

Melville Athletics Centre



2020/21
Annual Handbook

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MELVILLE ROAR

Home of the Melville Athletic Club & the Melville Little Athletics Centre

Dear Members,

Welcome to the 2020/2021 season with Melville Roar.

Dedicated parents and athletes make the world of athletics rotate with a common goal of family, fun and fitness. Melville Roar has a strong community spirit and we request that you actively participate by getting involved and assist in making Melville the premier athletics Centre within WA. As parents we are all aware of the behind the scenes efforts to make our Centre and competition run efficiently. This enables our children to simply participate and enjoy themselves, then return home at the end of competition with a sense of total satisfaction.

The reality of running a Centre is a big commitment and there needs to be a balance. Our committee has once again worked extremely hard to maintain the Centre in good shape for the future of Melville Roar.

Our attendance at events like the State Relays, Combined Events, State Championships Qualifier Event and State Championships continues to provide opportunities to showcase our most talented athletes and Centre and to promote ourselves and our Melville Roar spirit. It is always a pleasure to witness first hand the conduct of our athletes at these events particularly their sportsmanship, levels of encouragement and the resulting friendships that form.

We are in a privileged position to watch our athletes develop in the domains of physical, emotional, social and individual performance and become better for the experience. Let's continue to support our athletes and assist where we can to support the competition, committees and most of all the wellbeing of our athletes, ensuring they enjoy and learn from their experiences.

We sincerely thank everyone for their contribution which they are about to make, and remember we do it for the athletes, one smile and your day is made. Enjoy the season and remember if you have any questions please don't hesitate to ask.

Kind regards - MAC Executive Committee

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Melville Little Athletics Calendar 2020-2021

Day	Date	Time	Event	BBQ	Venue
2020					
Saturday	17 Oct	7:30 am	Program 1	PB	Len Shearer Reserve
	24 Oct		Program 2	LM	
	31 Oct		Program 1	OL	
	7 Nov		Program 2	BW	
	14 Nov		Program 1	PB	
Saturday	20 Nov		State Combined Event Champs		WA Athletics Stadium
Sunday	21 Nov		State Combined Events Champs		WA Athletics Stadium
Saturday	28 Nov	7:30 am	Program 2	LM	Len Shearer Reserve
Saturday	5 Dec	5:00pm	Program 1 TWILIGHT	OL	Len Shearer Reserve
Saturday	12 Dec		State Relay Championships		WA Athletic Stadium
CHRISTMAS BREAK					
2021					
Wednesday	20 Jan	5:00pm	Program 2 TWILIGHT	BW	
Saturday	30 Jan	7:30 am	Program 1	PB	
Saturday	6 Feb	5:00 pm	Program 2 TWILIGHT	LM	
Saturday	13 Feb	7:30 am	Program 1	OL	
Saturday	20 Feb	7:30 am	Program 2	BW	
Sat / Sun	27/28 Feb		State Championships Qualifier Event		
Saturday	6 Mar	7:30 am	Centre Champs - Program 1	MAC	Len Shearer
Saturday	7 Mar	7:30 am	Centre Champs - Program 2	MAC	Len Shearer
Sunday	14 Mar	TBC	Centre Wind-up & AGM		Len Shearer
Fri, Sat & Sun	19,20&21 Mar		State Track & Field Championships		WA Athletic Stadium

Melville Athletics Centre Executive – 2020/21

PRESIDENT	TREASURER
John Watters	Clayton Sharp
ARENA MANAGER	CHAMPIONSHIPS/OFFICIALS MANAGER
Graham Cowin	Carole Adams macchampandoffmgr@gmail.com
TECHNICAL MANAGER	SENIORS MANAGER
Mark Ainsworth	Tanya Bailey seniors@melvilleroar.com
WINTER COMPETITION MANAGER	CANTEEN MANAGER
Jodie McArthur melvillewinter@gmail.com	Nathan Trengove
COACHING & DEVELOPMENT MGR	EXECUTIVE OFFICER
Andrew Angelatos Mac.andrewangelatos@gmail.com	Brett Stokes macexecutiveofficer@gmail.com
Any queries to committee members should be addressed to: committee@melvilleroar.com	
ADDITIONAL KEY ROLES	
Assistant Arena Manager	First Aid Officer
Jeff Hughes	Anita Downing
Website Manager	
Steven Kempson	

Melville Little Athletics Centre Life Members

We wish to recognise and extend our appreciation for exceptional service to our life members.

Chris Chequer	Eric Christian (dec)	Chris Craggs	Lorraine Feddema
Doug Hancy (dec)	Kaye Hair (dec)	Jenny Hazell	Milan Klauz
Diane Lowe	Tracey Robinson	Merrill Straughan	Trevor Straughan (dec)
Jim Turnbull	Darren Wright	Teresa Blackman	Julie Pearman-Johns
Brett Johns	Mark Blackman	Ross Keane	Roger Hinton

Eric Christian Athlete Life Membership

From the commencement of the 2014/15 Season, this award was named after life member, Mr. Eric Christian. Established in 2012-13 we wish to recognise the dedication and contribution of athletes who have been registered and competed with Melville from U7-U17.

2013 Alyx Robinson (PB).
2014 Nicole (Bobbi) Clark (LM) & Kate Holt (OL).
2016 Andrew Gill (PB), Reid Hinton (OL) & John Craggs (BB).
2017 Mikayla Johns (PB) & Jizelle Kenworthy-Groen (BB).
2018 Caitlin Blackman (OL), Isabella Reeves (PB) & Raynor Keane (BW).
2019 Laura Hegedus (LM), Lyndon Kenworthy-Groen (LM) & Courtney Johns (PB).
2020 None in 2019/2020

Structure of Little Athletics

Clubs – Each Club is managed by a Committee of volunteers and is associated with a particular Centre. Melville has four Clubs each identified by different coloured uniforms. Each member belongs to one of the clubs and competes as a member of that Club at the Centre weekly competitions.

Centre – the Centre is the body that organises and conducts the weekly competitions for all athletes. At State and Winter Competitions, athletes wear their Centre, Melville Roar uniform. Melville holds their monthly Executive Committee Meetings on the first Tuesday of each month. The AGM shall be held at the completion of the Summer season.

Zone – A 'Zone' is a group of Centres in an area responsible for conducting the local heats / quarter finals of the AW State Track and Field Championship. For U7-U8's this is the final competition of the season and medals are awarded for the first three in each event. There are three Zones – 1 (Northern), 2 (Southern) and 3 (Country / Regional WA).

Athletics West (AW) – AW is the State body for Athletics in the State of Western Australia. AW is the governing body in WA. For more information see: www.athleticswest.com.au

Little Athletics Australia (LAA) – LAA is the national organisation for Little Athletics in Australia. For more information see: www.littleathletics.com.au

Club Contact Information

BRENTWOOD	
Contact:	Registrar – Tara Pike littleathleticsbrentwood@gmail.com
Uniform:	Brentwood club singlet with black shorts
Training Night:	5pm Tuesday (11s+) & 5pm Wednesday (6-10s)
Training Ground:	Len Shearer Reserve
LEEMING	
Contact:	Registrar – Libby Garrigan leemingstars@gmail.com
Uniform:	Leeming club singlet & black shorts
Training Night:	5pm Tuesday (11s+) & 5pm Wednesday (6-10s)
Training Ground:	Len Shearer Reserve
OLYMPIA	
Contact:	Registrar – Suzy Kitson olympiaregistrar@gmail.com
Uniform:	Olympia club singlet & black shorts
Training Nights:	5pm Tuesday (11s+) & 5pm Wednesday (6-10s)
Training Ground:	Len Shearer Reserve
PALMYRA/BICTON	
Contact:	Registrar – Ginetta Bernard palbiclacregistrar@gmail.com
Uniform:	Palmyra/Bicton club singlet & black shorts
Training Night:	5pm Tuesday (11s+) 4:30pm Wed (6-10s)
Training Ground:	Len Shearer Reserve Palmyra Primary School

Program 1

	TWILIGHT	6B	6G	7B	7G	8B	8G	9B	9G	10B	10G	11B	11G	12B	12G	13B	13G	14B	14G	15/16/17B	15/16/17G
7:00	4:30													1500MW		1500MW		Walk/Jav	D		
7:45	5:15	60MH	SP	60MH	SP			700MW	LJ	60MH			1500M		1500M	JAV	HJ				
						60MH		60MH													
							SP			1100MW		1100MW									
		D		D								80MH	HJ	80MH	TJ	80MH	1500M		1500M		1500M
								TURBO			SP										
						500M				LJ								90MH	100/110MH		
		Vortex	70M	Vortex	70M				D					800M							
							70M					SP	TJ			800M					
									70M	800M	HJ		100M				200MH	800M	200MH	800M	300MH
			200M		200M	TURBO	200M	800M				800M									
		x		300M					100M	TURBO						LJ		SP	HJ	SP	HJ
						D															
								HJ			400M			SP							
		100M		100M			LJ			200M		JAV	D								
						100M										SP			400M		400M
		LJ@f			LJ@f										HJ		400M				
								400M			D	200M		JAV				LJ			
									SP				400M			200M					
								200M			100M						D		TJ		TJ
												LJ		200M	100M		200M	200M			
																	100M				
12:10	9:10																		100M		100M
FINISH																					

Order of events may change – at the discretion of the relevant Committee Members.

Program will commence on time at 7:45am / 5:15pm. First marshal call is at 7:35am / 4:50pm. These are indicative times only as program will at times be ahead or behind schedule. It is the responsibility of all athletes to listen for the marshalling calls.

U14-17 program will commence Discus, Walks and Javelin at 7:45am / 5:15pm. U14-17 walkers proceed to Javelin immediately on completion of the walk and will be entitled to throw. Athletes late to Javelin that did not conduct the walk will not be entitled to throw.

Program 2

[illegible]

Order of events may change – at the discretion of the relevant Committee Members.

Program will commence on time at 7:45am / 5:15pm. First marshal call is at 7:35am / 4:50pm. These are indicative times only as program will at times be ahead or behind schedule. It is the responsibility of all athletes to listen for the marshalling calls.

U14-17 program will commence Discus, Walks and Javelin at 7:45am / 5:15pm. U14-17 walkers proceed to Javelin immediately on completion of the walk and will be entitled to throw. Athletes late to Javelin that did not conduct the walk will not be entitled to throw.

Club Rosters

Equipment and Club Rosters

Club parents on roster are responsible for setting up and putting away the equipment for each site on competition days. All parents should receive a roster of duties from their respective club.

The equipment is to be set up by 7.20am for morning meets and 4:50pm for twilight meets. Please arrive by 7:15am / 4:45pm, sign on for your roster at the sign-in desk in front of the shed door and proceed to your site and prepare it for competition. Race walks begin at 7:45 (5:15 for Twilights) so those assisting with walks need to arrive by 7:15 (4:45 for Twilights) to set up for timekeeping, recording and judging these events.

There are files for each event which need to be collected by the key official from the sign-in desk and taken to each site for recording. These files are to be returned to the sign-in desk on the completion of competition.

Sites must set up and ready in all respects for competition at the allocated time. We have an Arena Manager, an Assistant Arena Manager and other Committee members available if assistance is required. Delays in the program can nearly always be attributed to what happens at the commencement of competition, so please help us start the competition on time.

All equipment is to be returned correctly to the Equipment Shed on completion of competition and any deficiencies reported to the Technical Manager.

Each club is allocated a field site as their primary roster duty and is responsible for ensuring the efficient running of this site for the duration of the season. Clubs will maintain responsibility for their allocated site for two years when the sites will then be rotated. Club members will be responsible for setting up and putting away equipment and shade tents. Further information can be found in the By-Laws. Other major duties are open to clubs for nomination and if no nomination is received the duties will be allocated. Other duties will be distributed between clubs as deemed appropriate by the Championships/Officials Manager and will be aligned to registration numbers.

The Technical Manager can help with all requests and information in relation to the Melville Little Athletics equipment and is generally located in the equipment shed area at the commencement and completion of competition.

The athletics roster system is dependent on many volunteers doing their part. Each club will allocate their rosters to the parents of the club. If a family fails to participate by not completing their rostered duty they will be given a warning by the Club Manager. Failure to complete a rostered duty on a second occasion may result in the family's athlete/s not being allowed to compete at the Centre for the remainder of the season. Consideration will also be given to not permitting the family to register with the Centre the following season.

We only ask parents to help us and our children in the same way that we help you and your children.

General Information

Competition Facilities

Little Athletics meets are held at Len Shearer Reserve, Booragoon on Saturday mornings and twilight event evenings as detailed in the competition calendar. All competitors and volunteers are expected to take care of the track, equipment and surrounding areas.

Due to safety, no athlete or parent is permitted to use the field equipment during competition unless authorised by the Key Official in attendance.

Age Grouping and Registration

Little Athletics cater for boys and girls aged between 5 and 16 for enrolment in the U6-U17 age groups. The registration period is from 1 October to 30 September.

A child's age group is determined from the child's age on as at midnight 31 December. A birth certificate (or alternative 'proof of age') must be sighted by the Club Registrar to demonstrate proof of age for all new registrations.

An athlete will remain in the same age group for the Summer and Winter seasons.

Unless the program and Arena Manager allow for a multi age group event, no athlete is permitted to run outside their registered age group. The exception is the U15, U16 and U17 age groups who will compete in the same program due to limited numbers in these age groups. The results however, will be recorded as per each age group.

Winter Season and Registration

Athletes registered for the summer athletics season are automatically registered for the Winter season and may participate in the Winter Competition upon completing the Results HQ Winter nomination.

The Winter season program is set and run by the Officer for Winter Competition of the WA Little Athletics Association. The winter competition is alternated between cross country runs and road walks each Saturday afternoon, at various locations. The winter program is available towards the end of the summer season and can be downloaded from the AW website.

MELVILLE ROAR SENIORS

Melville Little Athletes that are turning 12 years of age or older in year of competing (i.e. minimum age must be turning 12 on, or before 31 Dec 2020) are allowed to be registered to compete at a Seniors meet.

Melville Athletics Club, otherwise known as Melville ROAR Seniors, is affiliated with Athletics West, who conducts all athletics meets at the WA Athletics Stadium. All Melville Little Athletics athletes wishing to compete must register for the season 2020/2021. The cost will be \$45, with a reduced meet fee of \$18 per meet.

The majority of senior's competitions are conducted as twilights under lights at the WA Athletic Stadium, Stephenson Avenue, Mt Claremont. The calendar of events along with timetables of events can be found on the Athletics West website – www.athleticswest.com.au. You can compete at seniors in black shorts or bike style running pants and either the Melville ROAR competition singlet or a Melville ROAR crop-top.

For further information regarding Melville seniors you can email the following email; seniors@melvilleroar.com

Program Management at MAC

Events are directed by the announcer over the PA system from the start to completion of the program. The announcer will endeavour to keep all events rotating. Competitors and parents need to listen out for the announcer throughout the day, as there may be slight changes to event marshalling.

Events are programmed for a minimum delay whilst providing adequate breaks for each age group and being cognisant of the number of athletes in age groups to be rotated. The Arena Manager and Assistant Arena Manager, working closely with the announcer, may modify the program if/when problems arise to ensure that an early as possible finish is achieved.

There may be times when an athlete may need to choose which event they wish to compete in where there is a clash of events. Any program issues need to be raised with your Club Manager in the first instance.

Complaints

Any complaints must be raised through your Club Manager. It is the Club(s) responsibility to take complaints or any discrepancies to the Melville Centre President or Arena Manager (preferably in writing) in a timely manner, so that matters can be dealt with fairly and appropriately.

Accidents and First Aid

All accidents are to be reported immediately to the First Aid Officer. A small first aid area is set up inside the roller door of the equipment shed during each competition. An Injury Report Form must be completed and lodged with the First Aid Officer.

Insurance: Competitors and Parents

Competitors and voluntary helpers are insured whilst engaged in any official Association, Centre or Club activity including, but not limited to, training sessions, working bees, and officiating. Athletes are automatically insured as part of their registration. Parents/guardians must sign on when officiating to ensure coverage. Only medical expenses not recoverable from any Medical or Hospital Benefit Scheme may be claimed.

Note: Each club is to provide an attendance book at training for coaches and parent helpers to sign in for each training session.

Working with Children Regulations

Any Volunteer who is not a parent of a child participating must get a Working With Children Card (WWCC). Paperwork to obtain this is available at your local Post Office or on the website www.checkwwc.wa.gov.au. A photocopy of your WWCC is to be given to the Centre Executive Officer who will maintain a register.

BBQ: Club Level Fundraising Protocols

Dates will be bid for and allocated at a Centre committee meeting prior to the commencement of the summer season.

Whilst there is no cost to clubs to use the centre BBQ for their allocated BBQ, clubs will be responsible for supplying their own gas. If the Centre gas is used clubs will be equally responsible to pay for it's replacement.

Each Club is to:

1. Erect shade tent over BBQ
2. Erect trestles for serving of food
3. Organise money and change to form a float for the day.
4. Follow Melville Council hygiene procedures.
5. Ensure all equipment is cleaned prior to packing up and storage.

Parental / Spectator Behaviour

All officials at Melville are volunteers and deserve respect from athletes and parents/spectators. Due to the nature of sport there will be times when errors will occur. If there is an issue with the operation of a site, this must be raised as soon as practical through your Club Manager and not with the volunteers on site.

If there is disruption by a parent or spectator on site this will be considered a breach of the Code of Behaviour and result in a warning or penalty (see Code of Behaviour for further information).

Centre Captains

The Executive Committee shall seek nominations from all interested U17 athletes at the completion of their U16 year and shall appoint two Centre Captains for the following season. The appointment of Centre Captains shall be announced at the first competition of the season. The Centre Captains will be the Centre representatives as required.

The Melville Captains for the 2020-2021 Season are:

Dylan Bailey	Brentwood Club
Caitlin Hodgkinson	Brentwood Club





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Rules for Melville Competition

Events

All events are conducted in accordance with the rules as set by the Little Athletics Association or as determined by the Melville Centre Executive. AW rules are available on the website www.athleticswest.com.au. MAC specific rules are listed in this book.

Shoes and Spikes

Footwear rules align with Rules of Competition (Rule 143):

- Athletes in U6-U10 may not wear spike shoes.
- Athletes in U11-U12 may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump and javelin.
- Athletes in U13-U17 may wear spike shoes in all track events except walks. Spike shoes may also be worn for long jump, triple jump, high jump and javelin.
- All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks installed.
- Spike shoes may only be worn during an event and are not to be worn to and from an event.
- Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11.
- Spike length is subject to ground policies. AW Little Athletics Rules of Competition specify spike requirements for the WA Athletics Stadium.
- Melville Centre permits running and jumping shoe spikes up to 7mm of the 'Christmas Tree' or 'Pyramid' shape.

Code of Safety for the Wearing of Spiked Shoes

Track - Shoes capable of taking spikes may be put on at the starting end of the track just prior to competition and must be removed at the end of the race prior to leaving the lane.

Field - Shoes capable of taking spikes may be put on at the start of the event, and must be removed at the completion of the event before leaving the field site.

Shoes capable of taking spikes may not be worn outside these rules at any time.

Spiked shoes should be carried with spikes facing each other to prevent accidental injury. Any athlete who does not exercise care when using or carrying spikes may be disqualified from the wearing of spiked shoes for the remainder of the competition, or if it occurs on more than one occasion then for the rest of the season. Flagrant disregard for this rule may result in the barring of an athlete from all Melville competition.

Club Uniform

Each competitor must be attired in the correct club uniform from the commencement of the season. The athlete's registration number must be securely fastened (either sewn, hand tacked or pinned) to the centre, front of the uniform top with the athlete's name printed in the space provided. Age tags must be securely fastened (either sewn, hand tacked or pinned) on the left-hand shoulder of the uniform top. Other badges must be sewn on appropriately, as required or directed by Melville Centre.

The only permitted type of shorts are plain black with a logo no greater than 5cm x 3cm. White lines on shorts are not permitted. Stitching must be black in colour.

An athlete will be initially cautioned and on additional occasions suspended from competition if they are out of uniform.

Centre Uniforms

Centre uniforms are to be worn at all meets conducted by AW except for U7 and U8 athletes competing at Zones Championships where club uniform may be worn.

The Melville Centre uniform consists of:

- Orange & black top with Tiger Motif. Plain black shorts, briefs, or cycle shorts. No advertising logos greater than 5cm x 3cm are allowed. (Black tape can be placed over logos if needed).
- The age group and registration number must be transferred onto this top.
- Bike shorts may be worn, must finish above the knees and be solid black with no other colour showing (including stitching).
- Centre singlets may be purchased from the Championships & Officials Manager.

High Jump

U9 and U10 athletes are to use 'scissors' style ONLY. The fair SCISSORS jump is one where:

- The head of the competitor does not go over the bar before the leading foot (the foot closest to the bar at take-off).
- The head of the competitor is not below the buttocks when the buttocks clear the bar, and
- The competitor's feet must touch the mat before any other part of the body.

Javelin

For a valid throw to be recorded, the javelin must land with the head of the javelin touching first. A flat landing or tail first landing will be recorded as a foul throw. The Landing Sector Official is to make judgement on the validity of the throw.

Starting Blocks

Starting blocks may be used by age groups U11 and older for laned events. Competitor's personal starting blocks will have to be approved by the Arena Manager prior to the event. Spikes for blocks must not exceed 15mm, with a maximum of 10 spikes per set. Melville Centre has sets of starting blocks available for competitors.

Marshalling

All competitors will be called approximately five minutes and then three minutes prior to commencement of events. Athletes in age groups U6 to U8 are to report to the marshalling area where they will be escorted to their events. U9 to U17 are to report directly to the site/start where they will be marshalled for their event. Club Managers and parents are asked to listen carefully to all announcements to aid athletes in not missing events as the program times are indicative only. Athletes may join events late but may not make up missed trials except at the discretion of the Key Official.

Grading for Track Events

In each track event, competitors are graded after their initial participation in the event, according to best achieved times. This will enable heats in following weeks to be as even as possible. In field events, competitors are listed according to their performance after the first weeks of competition. Age groups with large numbers will be split over 2-3 sites at field events.

Athletes are only permitted to compete within their age group, unless the event is run specifically as a multi age group event or permission from the Arena Manager has been sought.

Recording for Track Events

On completion of a track event, athletes must report to the recording table to have their results recorded. Failure to have a result recorded will result in no points being awarded. Recorders for walk events may record competitors finishing position and allow competitors to proceed to their next event prior to recording the finishing time.

Recording for Field Events

Recording for all field events is conducted on site. On completion of competition result sheets are to be returned to the recorders.

If an athlete turns up late and the first round has been thrown, the athlete shall forfeit the right to have that throw, unless the athlete's name has not been called out. In general, events are not to be held up for athletes that are late. In the case where an athlete is late due to circumstances beyond their control, the Key Official may exercise flexibility in allowing missed throws but must be cognisant of program timing constraints.

Arena Access

The centre of the arena must be left clear for field events. All adults and children, other than officials and competing athletes, must avoid this area. Athletes are to walk around the active section of the straight track and not cut across to enter the centre of the arena.

The Centre encourages support of the athletes but this must be done in a safe area clear of the arena, the track finish line and recording areas. Breach of this policy will be considered a breach of the spectator Code of Behaviour and may result in a ban from competition.

Athletes with disabilities that require specific parental supervision will be required to notify the Arena Manager through their Club Manager, to obtain an exemption to this policy.

Coaching on Sites

Coaching and encouragement of athletes during competition at all MAC controlled events is allowed, as long as it does not interfere with the efficient running of the event and they remain outside the arena. Competitors should not leave the competition area to receive coaching. Negative feedback or comments towards any competitor will not be tolerated and will be considered a breach of the Code of Behaviour.

At AW controlled events, coaches and parents are not allowed into the competition arena. All communication between athlete and coach/parent must be through natural means. Athletes may communicate via signals or talking to parents or coaches but may not leave the immediate area nor disrupt the competition to seek advice.

Electronic Devices

At AW controlled events no electronic devices are to be taken to site. Athletes found in possession of an electronic device on site may be disqualified.

Athletes from Other Centres Visiting MAC

Registered athletes from other Centres are welcome at Melville. Visitors should provide their personal best performances to the Track and Field Recorders at least three days prior to the competition day. Failure to do so may mean that the visitor is not appropriately graded and may be placed in the last heat of each event to avoid minimum disruption to Centre competition.

Visitors are expected to provide officials to help on sites as required. Visiting athletes will not have their results published by Melville, however may request results be emailed on completion of the competition.

Centre Policies and Guidelines

Centre policies and guidelines are detailed within the Melville By-Laws available on the Melville Roar website. The following is a summary of the policies and guidelines.

Code of Behaviour / Ethics for Athletes

Behaviour and / or actions considered to be in conflict to the spirit of Little Athletics will be considered a breach of the Code of Behaviour and will result in penalty. Penalties that are imposed are to be appropriate to the seriousness of the breach.

Any key official on site may issue a warning to an athlete who has broken the Code of Behaviour and the Arena Manager must be informed immediately.

Any executive committee member may issue a warning to an athlete who has broken the Code of Behaviour. This warning must be noted immediately to the Centre President and the athlete's parents notified.

Any key official on site or executive committee member may initiate a second warning but must do so through the Arena Manager/Assistant Arena Manager or Centre President immediately.

An athlete who has received two previous warnings will be issued a penalty under the Centre guidelines contained within Melville By-Laws.

Code of Behaviour / Ethics for Parents and Spectators

Behaviour and / or actions considered to be in conflict with the spirit of Little Athletics will be considered a breach of the Code of Behaviour and will result in penalty. Penalties that are imposed are to be appropriate to the seriousness of the breach.

Any key official on site may initiate a warning to a parent/spectator who has broken the Code of Behaviour through the Arena Manager.

Any executive committee member may issue a warning to a parent/spectator who has broken the code of behaviour. This warning must be noted immediately to the Arena Manager / Assistant Arena Manager and Centre President.

Any key official or executive committee member may initiate a second warning but must do so through the Arena Manager/Assistant Arena Manager or Centre President immediately.

A parent/spectator who has received two previous warnings will be issued a penalty under the Centre guidelines contained within Melville By-Laws.

Parent Participation

Athletics can only operate effectively when parents support each other. Parents will be required to participate through rostered duties as allocated by your Club/Centre. If a parent fails to participate by not completing their rostered duty they will be given a warning by the Club Manager. Failure to complete a rostered duty on a second occasion may result in the family's athlete/s not being allowed to compete at the Centre for the remainder of the season. Consideration will also be given to not permitting the family to register with the Centre the following season.

Sun Smart Policy

The Centre will promote, encourage and support sun protection at meetings, training and competitions. Natural shade from the trees and buildings should be utilised and where possible, portable shade areas shall be erected at marshalling areas and competition sites.

Athletes are strongly encouraged to wear hats except when in the action of competing i.e. hats should be worn in lines awaiting throws/jumps etc but removed when it is the athletes turn to compete.

Everyone is strongly encouraged to wear and regularly apply sunscreen. The Centre shall provide additional sunscreen at the Canteen during competition.

Heat and Hydration Guideline

If extreme temperatures are likely parents and officials should take extra care to ensure athletes are sufficiently hydrated and that shade is provided.

Consideration will be given to postponing or cancelling events if the ambient temperature is expected to be above 40⁰C for an extended period of time during the competition period. If a Centre meet is postponed or events cancelled, these events will not be made up in subsequent Centre meets.

Wet Weather Policy

A decision to cancel, modify or postpone a scheduled Centre meet due to prevailing weather shall be made no sooner than 30 minutes after the official starting time at a meeting attended by the Arena Manager, Centre President and a minimum of three members of the Centre Executive and three Club Managers

If significant rain has fallen overnight or in the lead up to competition, the track and field will be inspected prior to competition commencement with safety of the athletes being paramount.

In the case of a thunderstorm the '30-30 rule' as detailed in the By-Laws shall be observed.

If a Centre meet is postponed or events cancelled, these events will not be made up in subsequent Centre meets.

If an event is cancelled prior to athletes being marshalled, this event will be deemed as not being conducted and will not count towards event attendance for purposes of eligibility to compete at Centre Championships.

Smoke Free Policy

Smoking is prohibited in ALL areas of competition and in the clubrooms and its surrounds. This also includes ALL functions organised by the Centre or Association.

Privacy

The Centre collects personal information in order to provide you with the services and information associated with membership of Little Athletics. The information collected is supplied by the parent upon registration of an athlete for each new season of Little Athletics and may only be used for the purposes related to Little Athletics including research, development of services and promotion or products or services offered by related organisations and our sponsors.

Responsible Alcohol Management Policy

The Centre is aware that alcohol, when misused can cause harm to the drinker and others. A responsible drinking policy has been adopted so as to reduce risks and avoid problems.

Consumption of alcohol during the conduct of Twilight meets is not encouraged. It is an offence under Western Australian alcohol laws for persons of any age to drink in public, such as on the street, park or beach. (Maximum Fine: AUD\$2,000 or on the spot fine of AUD\$200 - Section 119(4a) Liquor Control Act 1988).

Photography

Athlete photos are only to be used for the Melville Website or promotional material where parents have given prior permission. As far as practical, persons taking private photographs are to restrict photography to their child only. Any inappropriate photographic material is considered to be an ethical issue. Consequently this will be considered a breach of behaviour / code of ethics for parent or spectators, and will result in disciplinary action.

Emails

Emails sent to the wider membership of the Centre should be sent using the 'blind carbon copy' (BCC) email addressing option to restrict on forwarding of email details.

Inter-Centre and State Competitions

A number of Inter-centre Competitions are held throughout the season and advertising of events will be on both the AW and MAC website and through Club / Centre distribution.

The Championships and Officials Manager is responsible for enquiries in relation to all Association Events.

A condition of nomination to events is that a parent must be available for a roster.

Failure to conduct a nominated roster may impact the athlete's eligibility to nominate for future events and/or register the following season.

Nominations for all AW events will be found in your family portal **new notifications** in Results HQ. It is your responsibility to ensure your nomination is activated prior to the closing date.

State Relay Championships – Saturday 12 Dec 2020

Venue: WA Athletic Stadium
Uniform: Melville Centre uniform with age tag and registration number.
Information: www.walittleathletics.com.au

Entry to the State Relays is through Centre selection and criteria can be found in the Centre By-Laws.

Track events at the State Relay Championships are as follows:

- 4 x 100m (U9 to U17)
- 4 x 200m (U9 to U10)
- 4 x 400m (U11 to U17)

Field Relay Events are for U9 to U17 age groups only. Teams shall comprise of either 2, 3 or 4 athletes to compete in the four events – which are determined by AW, from the following: triple jump, long jump, javelin, shot put and discus. Precise details are on the AW website.

Each Centre is eligible to nominate one team (minimum of four, maximum of five) for the track events. For field events, one team of either two, three or four competitors is allowed. Athletes competing in track events are not allowed to compete in the field events.

Melville Centre has established comprehensive selection criteria for relays which are detailed within the By-Laws.

State Combined Event Championships – Sat 20 & Sun 21 Nov 2021

Venue: WA Athletics Stadium
Uniform: Melville Centre uniform with age tag and registration number.
Nomination Fee: Approximately \$15 to be submitted with entry nomination
Information: www.athleticswest.com.au

This event is open to all athletes in the U11 – U17 age groups. U11 – U13 athletes will compete in five events over one day, whilst U14-U17 athletes will compete in seven

events over two days. Event specifications can be found on the AW website under 'Rules of Competition'.

Nominations for all AW events will be found in your family portal **new notifications** in Results HQ. It is your responsibility to ensure your nomination is activated prior to the closing date.

Nominations will not be accepted if parents are not willing to conduct a rostered duty.

Combined Events is a competition where the athlete competes in all events involving both track and field. Points are allocated to each athlete for each event based on the performance and the athlete's points are totalled. Medals are presented to the first three placegetters in each age group.

Competitors in the U15 age group may nominate to be selected to represent WA in the Interstate Teams Championship held in April. The highest place nominating athletes will be selected.

Athletes in the U14 and U15 age groups who win a medal may be eligible to be a State representative for the International trip held in July.

The official Combined Event Championships Program will be available closer to the date and will be available on the AW website.

State Championships Qualifier Event (Zones) – 27 & 28 February 2021

Venue: To Be Confirmed

Uniform: U9 – U15 Melville Centre uniform with age tag and registration number.

U16 & U17 do not do Zones (can nominate straight to States)

Further information: www.athleticswest.com.au

The State Track and Field Championships is the culmination of the summer season for Little Athletes. It is a AW-controlled competition held over two consecutive days. Melville competes **Zone 1** competition, which includes all Metropolitan Centre south of the river (and those Country Centres as allocated by AW).

Nomination is open to all athletes that complete the nomination form through the ResultsHQ **new notification** prior to the cut off, and their parent/s have nominated for a rostered duty. There are restrictions on the number of events that an athlete can compete in.

For U9 – U15 athletes this event comprises the heats and quarter finals for the State Championships. The number of competitors qualifying in each event is detailed in the AW Rules of Competition.

U16 & U17 do not compete in this as they nominate straight to State Championships.

Where there are not enough competitors to have more than one heat, then the event will become a (straight) final. Centres will be advised prior.

Unless the track event is revised to be a straight final where a lane draw will take place at the marshal area, competitors must run in their heats and lanes as allocated.

The heats will be randomly generated following submission of all zone nominations to the zone co-ordinator.

Athletes should not depart the venue until at least 30minutes following the completion of their event in case a protest is raised.

State Track & Field Championships – 19, 20 & 21 March 2021

Venue: WA Athletic Stadium, AK Reserve
Uniform: Melville Centre uniform with age tag and registration number.
Information: www.athleticswest.com.au

Little Athletes compete in events over two and a half consecutive days. Heats and Finals are run for some track events. Gold, silver and bronze medals are presented to the first three placegetters in all events. The State Championships are regarded as the Grand Finale for the summer athletics season.

Athletes should not depart the venue until at least 30minutes following the completion of their event in case a protest is raised.

Official State Championships Program will be available closer to the date on the AW website. Note that the program for States differs from the Zone program.

Interstate Teams Championships The U13 “Australian Little Athletics Championships” (ALAC)

For 2021 it is yet to be determined if this will proceed. If it does, athletes are to be selected from the U13 age group. Athletes must nominate for selection prior to State Championships. Selection is based primarily on their performances at State Championships, however results from other State and Centre competitions may be used to determine final team selection. See AW website for more details.

Multi–Event U15 Interstate Team

In conjunction with the Interstate Teams Championships, a Combined Event Competition is held, based on pentathlon points. This competition is for U15 athletes, made up of three boys and three girls from each state. Selection is primarily based on performances at the State Combined Championships in that year. This team will compete at the Australian Little Athletics Championships.

International State Team – Friendly Games Singapore/Kuala Lumpur

All medal winners in the U14 and U15 State Track and Field Championships, and the State Combined Events are automatically selected for inclusion in the State team to compete in Singapore or Malaysia in July. It is yet to be determined if this will take place in 2021. Refer to the AW website for more details; www.athleticswest.com.au

Winter Competition

Background

All athletes may compete at these Inter-Centre meets in the same age group as the preceding summer. No further registration fee is required. Age tags and registration numbers must be transferred to the Melville Roar singlet. New registrations are welcome. Athletes must purchase a timing chip to be worn at each competition. The timing chip may be retained for use in subsequent seasons. Training schedule will be promulgated prior to season commencement. Details for Winter competition can be found on the AW website.

Parental support is required for training and running of our hosted competition day.

Cross Country Runs

Competition is held every second Saturday afternoon. Athletes are required to compete in a minimum of 4 (four) events to be eligible to compete in State Championships. U7 & U8 athletes race over 1000m, U9 & U10 athletes race over 1500m, U11 & U12 over 2000m and U13 to U17 over 3000m. Cross Country courses are located at venues spread around the metropolitan area and one country venue per season – with each event organised / hosted by a Centre in conjunction with AW.

Further information and Venues can be obtained from the AW website.

Road Walks

Competition is held on alternate Saturday afternoons to cross country runs. Races are held over 1000m for U9, 1500m for U10-U11 and 2000m for U12 to U17. Races are held in at various locations around the metropolitan area.

Further information and venues can be obtained from the AW website.

State Championships

Cross country runs and road walks are held over their respective distances and conclude the winter competition. Gold, silver and bronze medals are awarded to placegetters in each age group. The championships are regarded as the Grand Finale for the winter athletics season.

Athletes must have competed in a minimum of 4 (four) events to be eligible to compete in State Championships.

Awards

Club Awards

Each club, independently of the Centre, has its own trophies, merit and incentive awards, selection criteria and medal presentation ceremonies. Members should consult their Club Manager for details.

Centre Awards and Points

Centre awards are based on a points system using a central database. Points are awarded for each event the athlete participates in during the Centre competition, excluding Championship weeks. Points are not distributed to competitors as they are used as the basis for Centre awards.

Ribbon Achievements

The Centre strongly encourages striving for personal achievement through the ribbon achievement system. Each athlete has the opportunity to earn either a green, red or blue ribbon according to their achievement in each event. The ribbon achievement levels are updated every 3-4 years and based on mean accumulated performance over previous years. A ribbon of the corresponding colour can be achieved through the accumulation of a specific number of events as highlighted in the Centre 'Orange Book'. For example, U7 Boys need 4 events in the green level to obtain a green ribbon, 5 events in the red level to obtain a red ribbon, and 6 events in the blue level to obtain a blue ribbon.

The ribbons are presented to athletes, through their clubs once a year at the completion of the season.

Gold Achievement Award

An athlete who achieves the blue level in a specific number of events, as detailed in the Centre 'Orange Book', will be presented a Gold Achievement Award at the end of year presentations.

Participation Medals

U6, U7, U8 athletes who have participated for more than half the season will be presented with a participation medal at the end of year presentations.

Centre Championships

The final two weeks of normal competition are reserved for the Melville Centre Championships. In each age group for each event, the first three place getters will be awarded a medal (except where there are five or less athletes registered, in which case only Gold medals will be handed out). In addition, U6 -to- U/13 athletes who achieve a Personal Best during the championships will receive a PB ribbon.

Any Melville registered athlete may compete in any event they have qualified for. This is a separate competition to the weekly competition therefore results from the Centre Championships do not count towards overall Champion & Runner-Up awards of each age group.

To be eligible to compete at the Centre Championships, U6 – U11 athletes must have competed at the event a minimum of two times and U/12 - U17 must have competed at the event at least once during season. If an event is cancelled twice during the season beyond the control of the athlete, then committee discretion for purposes of eligibility to compete at Centre Championships will be used.

Age Group Champions

Age Group Champions and Runner-Up are awarded each season based on accumulated points. There will be a combined age group champion for U16/U17 if there are five or less athletes in each of these age groups.

Perpetual Centre Awards

Nominations for Centre Awards are voted on by the Executive Committee. Nominations are to be presented to the Executive Committee by mid season for consideration early in the New Year.

Personal Best Award: The MG Bassett trophy will be presented to the athlete who achieves the greatest improvement in performances over the season through Personal Best improvements.

Tom Wilson Award: This award was introduced at the conclusion of the 2007/08 season by the Wilson family to honour the memory of their son Tom Wilson who was tragically taken from the MAC community. This award reflects Tom's fun-loving enthusiasm for running and being a happy participant no matter the result. The award goes to the athlete who is not necessarily the best athlete but is always happy to try their hardest and do it with a smile.

Independent Little Athletes of the Year: This award is presented to an U15 athlete that 'has the potential to go on and possibly become a State or National Champion Athlete.' The recipient will become the Centre's nominee to AW. The Centre may nominate a maximum of one boy and one girl for this award.

Centre Sportsmanship Award: The Sportsmanship award is presented to an U15, U16 or U17 athlete who, in the opinion of the Executive Committee, best complies with the criteria for the AW Doug Hancy Award. The recipient is considered to be a mentor for younger athletes and will become the Centre's nominee for this prestigious award. The nominee must meet the following criteria:

- Competes regularly in all events
- Assists at club and Centre level
- Is respected by other athletes, officials and parents
- Endeavours to uphold the Little Athletics Code of Conduct at all times
- Shows sportsmanship, courage and maintains an effort to do better
- Honest and friendly

The Centre may nominate a maximum of one boy and one girl for this award.

Open Champion Club: The Open Champion Club shield is presented to the club with the highest aggregate total of points score by all club athletes.

Champion Club: The Champion Club shield is presented to the club with the highest points, based on the total points scored by all its athletes, divided by the number of registered athletes in the club.

Athlete Service Awards

Melville presents service awards to athletes that have completed 5 year, 8 year and 11 years of service at the Centre. This award is presented in the season it is achieved. An 8 year athlete service award is presented by AWA and awarded at the State Championships for the completion of 8 years of service.

Club registrars and recorders are to ensure this information is forwarded to the Centre Executive Officer by mid-January each year.

Volunteer Service Awards

In recognition of volunteer support over many years, AW presents the following awards:
Service Awards-Officials: 3, 6, 10 and 20 year awards
Centre Official, Administrator and Coach of the year award
Honour, Merit and Distinguished Merit Awards
Life Membership

Clubs must provide nominations to the MAC Executive Committee by last competition prior to Christmas mid-season break to ensure our volunteers are recognised.

Winter Awards

Awards are derived from a placing based points system and calculated over the season performance – as detailed in the Centre By-Laws.

Cross Country: Awards are presented to the Champion and Runner-up in the Junior (U7-U9), Intermediate (U10 – U12) and Senior Divisions (U13 – U17) for both boys and girls.

Road Walking: Awards are presented to the overall Champion and Runner-up.

Coach's Winter Award: A coach's award is presented to a winter athlete who shows dedication to the sport.

Season Results 2019/20

History of Season Results can be found on the Melville Roar website: www.melvilleroar.com

CHAMPION CLUB

2008/09	Palmyra/Bicton	2009/10	Palmyra/Bicton
2010/11	Leeming	2011/12	Bateman/Bullcreek
2012/13	Brentwood	2013/14	Palmyra/Bicton
2014/15	Leeming	2015/16	Olympia
2016/17	Brentwood	2017/18	Olympia
2018/19	Palmyra/Bicton	2019/20	Leeming

OPEN CHAMPION CLUB

2008/09	Palmyra/Bicton	2009/10	Palmyra/Bicton
2010/11	Palmyra/Bicton	2011/12	Brentwood
2012/13	Olympia	2013/14	Palmyra/Bicton
2014/15	Palmyra/Bicton	2015/16	Olympia
2016/17	Olympia	2017/18	Olympia
2018/19	Olympia	2019/20	Olympia

CENTRE SPORTSMANSHIP AWARD

Year	Name	Age	Club
2012/13	Nicola Vester	U15	PB
2013/14	Andrew Gill	U15	PB
2014/15	Mikayla Johns	U15	PB
	Joshua Mott	U15	LM
2015/16	Caitlin Blackman	U15	OL
2016/17	Courtney Johns	U15	PB
2017/18	Not awarded		
2018/19	Not awarded		
2019/20	Taya Mascarenhas	U15	OL

INDEPENDENT LITTLE ATHLETE OF THE YEAR NOMINATION

2018/19	Aedam Quinn	OL
2019/20	Jack Watters	PB

MG BASSETT AWARD for most Personal Best Performances

2018/19	Chad Aziz	PB	34 season PB's
2019/20	Alexandra Pike	BW	34 season PB's
	Matilda Willis	PB	34 season PB's

TOM WILSON AWARD

2011/12	Ben Shaw	BW	2016/17	Camryn Tidy	OL
2012/13	Denzel Bourne	BW	2017/18	Cheryl Lim	PB
2013/14	Sara Becker	BB	2018/19	Charlotte George	BW
2014/15	Riley Innes	PB	2019/20	Emily Barlow	OL
2015/16	Taylor James	OL			

Track & Field Relay Championships Results 2019/20

17/18 – TRACK: 4 x GOLD, 3 x SILVER & 1 x BRONZE.

17/18 – FIELD: 1 x GOLD

18/19 – TRACK: 5 x GOLD, 6 x SILVER & 3 x BRONZE.

18/19 – FIELD: 3 x GOLD & 1 x SILVER.

18/19 Overall Track Winners - Melville Boys Track Relay Teams – 3rd

19/20 – TRACK: 2 x GOLD, 5 x SILVER & 4 x BRONZE.

19/20 – FIELD: 1 x SILVER & 1 x BRONZE.

State Track Relay Championships Results 2019/2020

4 x 100	BOYS	Time	4 x 100	GIRLS	Time
U8	11 th	1:10.92	U8	4 th	1:11.73
U9	6 th	1:02.60	U9	7 th	1:07.56
U10	9 th	1:01.60	U10	11 th	1:04.97
U11	SILVER	55.46s	U11	5 th	59.83s
U12	GOLD	53.75s	U12	4 th	56.25s
U13	GOLD	50.60s	U13	4 th	55.01s
U14	11 th	55.70s	U14	BRONZE	52.71s
U15	SILVER	46.36s	U15	9 th	54.06s
U16/17	7 th	46.31s	U16/17	7 th	54.01s
4 x 200m			4 x 200m		
U8	12 th	2:31.98	U8	7 th	2:40.65
U9	10 th	2:24.19	U9	9 th	2:30.93
U10	6 th	2: 14.24	U10	8 th	2:18.46
4 x 400m			4 x 400m		
U11	SILVER	4:34.69	U11	SILVER	4:55.21
U12	BRONZE	4:31.20	U12	5th	4:53.09
U13	SILVER	4:05.54	U13	5th	4:40.68
U14	11th	4:54.06	U14	4 th	4:23.54
U15	BRONZE	3:50.98	U15	6 th	4:24.84
U16/17	7 th	3:38.12	U16/17	BRONZE	4:10.46

State Field Relay Championships Results 2019/2020

Boys	Result	Points	Girls	Result	Points
U9	8 th	569	U9	7th	517
U10	4 th	764	U10	8 th	611
U11	10 th	747	U11	6 th	823
U12	5 th	888	U12	9 th	851
U13	8 th	948	U13	BRONZE	1,581
U14	SILVER	1,993	U14	DNF	503
U15	7 th	1,453	U15	x	
U16/17	x		U16/17	x	

State Combined Events Championships 2019/20

Results of Melville athletes

On 8/9 February 2020 a total of 21 Melville Roar athletes represented the Centre in the Combined Events Championships.

TOP PERFORMERS

Gold Medals	Daniel Dawson 11M – 1,558 points (100-14.46,LJ-4.19,80H-13.26,DT-22.53 & 800-2:49.82)	
	Kaelen Adams 13F – 2,687 points (200-27.61,SP-7.42,80H-13.72,LJ-4.51 & 800-2:34.11)	
Silver Medals	James Artemis 11M – 1,459 points (100-14.98,LJ-4.00,80H-14.74,DT-22.49 & 800-2:28.41)	
	Angus Clearwater 13M – 1,913 points (100-12.73,LJ-5.19,80H-13.46,DT-NT & 800-2:23.77)	
	Taya Chambers 14F – 3,199 points (80H-14.26,JT-16.58,LJ-4.55,200-27.79,SP-7.32,HJ-1.39 & 800-2:46.03)	
Bronze Medal	Jack Watters 15M – 3,745 points (100H-13.85,DT-31.69,LJ-5.48,100-11.91,HJ-1.54,JT33.40 & 800-2:31.02)	
Top 5 finishers	Hayley Tidy (5 th – 15F)	
Top 10 finishers	Alexander Dewar (6 th – 12M) Thomas Dawson (8 th – 13M)	Heidi Clearwater (9 th – 12F) Olivia Sanderson (8 th – 14F) Tia McArthur (10 th – 15F)

Interstate Teams Championships – U13 Australian Little Athletics Championships (ALAC's)

THERE WAS NO CHAMPIONSHIP MEET HELD IN 2020

International State Team – Friendly Games Singapore/Kuala Lumpur

W.A. DID NOT SEND A TOURING TEAM IN 2020

Zone Championships 2019/20

U7 & U8 Medal Winners

Age	Athlete		Event
GOLD - Boys			
U7	Kaden	Ogle	100m-17.53s
U7	Alfie	Gray	300m-59.77s
U7	Kaden	Ogle	Vort -23.53m

SILVER – Boys			
U7	Wesley	Kay	200m-38.43s
U7	Kaden	Ogle	Disc-15.88m
U7	Wesley	Kay	LJ – 2.86m
U7	Blake	Hall	Vort-19.84m

BRONZE – Boys			
U7	Alfie	Gray	200m-38.61s
U7	Jake	Leadbeater	300m-1:00.92
U7	Blake	Hall	Disc-14.84m
U7	Andrew	Goddard	Vort-18.07m

Age	Athlete		Event
GOLD - Girls			
U8	Taylah	Lobik	100m – 17.20s
SILVER - Girls			
U7	Nevaeh	Artemis	100m - 20.05s
U7	Emerson	Taylor	300m – 1:08.11s
U8	Taylah	Lobik	500m-1:54.84
U8	Taylah	Lobik	SPut – 5.09m
U8	Milla	Puglisi	Discus – 10.59m

BRONZE - Girls			
U8	London	Polak	70m - 12.37s
U8	London	Polak	100m - 18.01s

State T & F Championships 2019/20 Medal Winners

CHAMPIONSHIPS SCHEDULED FOR MARCH 2020 WERE CANCELLED



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MAC Age Group Champions / Runner Ups 2019/20

GIRLS AWARD WINNERS			AGE	BOYS AWARD WINNERS		
CHAMP.	Emmerson Jones	OL	6	CHAMP.	Austin Nadin	PB
R-UP	Violet Puglisi	OL	6	R-UP	Jago Harrison	PB
CHAMP.	Emmerson Taylor	OL	7	CHAMP.	Kaden Ogle	LM
R-UP	Nevaeh Artemis	OL	7	R-UP	Wesley Kay	LM
CHAMP.	Taylah Lobik	OL	8	CHAMP.	Jake Stott	BW
R-UP	London Polak	LM	8	R-UP	Lachlan Turner	LM
CHAMP.	Grace Nichols	BW	9	CHAMP.	Rhys Armstrong	BW
R-UP	Kimberley Kay	LM	9	R-UP	Austin Saratsis	BW
CHAMP.	Eva Jarvis	BW	10	CHAMP.	Luke Wilson	PB
R-UP	Emily Johnstone	OL	10	R-UP	Jake Lobik	OL
CHAMP.	Ainslie Keady	PB	11	CHAMP.	Ashton Nichols	LM
R-UP	Olivia Keady	PB	11	R-UP	Daniel Dawson	OL
CHAMP.	Parker Brindle	OL	12	CHAMP.	Alexander Dewar	OL
R-UP	Xanthe Evans	PB	12	R-UP	Hunter O'Riley	PB
CHAMP.	Mia Tidy	PB	13	CHAMP.	Angus Clearwater	BW
R-UP	Kaelan Adams	PB	13	R-UP	Thomas Dawson	LM
CHAMP.	Olivia Sanderson	LM	14	CHAMP.	Nicholas Davidson	OL
R-UP	Taya Chambers	LM	14	R-UP	Edward Bailey	BW
CHAMP.	Tia McArthur	LM	15	CHAMP.	Chad Aziz	LM
R-UP	Hayley Tidy	BW	15	R-UP	Xavier Miller	BW
CHAMP.	Caitlin Hodgkinson	BW	16	CHAMP.	James Maher	PB
R-UP	Charlotte George	BW	16	R-UP	Dylan Bailey	BW
CHAMP.	Vanessa Miller	BW	17	CHAMP.	Jayden Omerod	LM
R-UP	Tara Aziz	LM	17	R-UP	Oskar Weir	LM

100% Event Participation medal recipients – 2019/20

First name	Surname	Age	Events	First name	Surname	Age	Events
Elliott	Tan	6M	56	Indi	Smith	8F	63
Caleb	Reeves	7M	63	Lachlan	Turner	8M	63
Wesley	Kay	7M	63	Kendra	Smith	9F	84
Genevieve	Dirk	8F	63	Damon	Stokes	9M	84
Ivy	Vaughan-Davies	8F	63	Eva	Jarvis	10F	84
Amelia	Mcivor	8F	63	Blake	Hancy	11M	91

Gold Achievement Award Recipients 2019/20

Awarded to athletes that achieve the BLUE ribbon performance achievement level in the specified number of events – as per the tables in the back of this booklet

7M Kaden Ogle (LM) 8F Taylah Lobik (OL)

MAC SERVICE AWARDS 2019/20

5 YEAR AWARDS

Emily	Annandale	OL	Kye	Ormerod	LM
Aaron	Aziz	LM	Kaelan	Adams	OL
Siyana	Bernard	PB	Amy	Ungvari	LM
Blake	Hancy	OL	Emily	Bailey	BW
Cheryl	Lim	PB	Sienna	Fillis	LM
Angus	McArthur	LM	Catherine	Adams	PB
Lilianna	Renton	OL	Erika	Smits	PB
Jade	Worth	BW	Hayley	Tidy	OL
Noah	Bailey	BW	Dylan	Bailey	BW
Alexander	Dewar	OL	Ella	Cruickshank	BW

8 YEAR AWARDS

Nicholas	Davidson	OL	Tia	McArthur	LM
Crystal-Jane	Cowin	PB	Jayden	Ormerod	LM

ATHLETE LIFE MEMBERSHIP - none in 2019/20

Season Best Performances 2019/20

Achieved at Len Shearer during the season, including Centre Championships. R – denote RECORD

70m SPRINT - BOYS				AGE	70m SPRINT - GIRLS			
Austin	Nadin	PB	14.90	6	Emmerson	Jones	OL	14.32
Kaden	Ogle	LM	12.63	7	Claudia	Coster	OL	14.02
Jake	Stott	BW	12.42	8	Taylah	Lobik	OL	12.11
Owen	Charsley	LM	11.30	9	Grace	Nichols	LM	11.90
Luke	Wilson	PB	11.02	10	Olympia	Bacich	PB	10.45
100m SPRINT - BOYS					100m SPRINT - GIRLS			
Austin	Nadin	PB	21.89	6	Emmerson	Jones	OL	20.73
Kaden	Ogle	LM	17.49	7	Emery	Herdman	LM	20.26
Leonardo	Di Latte	LM	17.20	8	Genevieve	Dirk	BW	16.86
Owen	Charsley	LM	15.76	9	Grace	Nichols	LM	16.63
Luke	Wilson	PB	15.47	10	Olympia	Bacich	PB	15.88
Ashton	Nichols	LM	14.21	11	Macey	McDougall	PB	15.27
Joshua	Wilson	PB	13.99	12	Michaela	O'Brien	LM	14.64
Angus	Clearwater	BW	13.07	13	Kaelan	Adams	OL	14.01
Jeff	Douce	LM	12.62	14	Sienna	Fillis	LM	13.08
Jack	Watters	PB	12.10	15	Hayley	Tidy	OL	13.76
Brandon	George	LM	12.13	16	Ella	Cruickshank	BW	13.82
Jayden	Ormerod	LM	12.29	17	Vanessa	Miller	BW	14.44
200m SPRINT - BOYS					200m - GIRLS			
Austin	Nadin	PB	46.81R	6	Emmerson	Jones	OL	44.01R
Kaden	Ogle	LM	37.09	7	Nevaeh	Artemis	OL	43.34
Jake	Stott	BW	37.12	8	Taylah	Lobik	OL	35.73
Owen	Charsley	LM	33.07	9	Grace	Nichols	LM	36.34
Luke	Wilson	PB	32.44	10	Lauren Charlotte	Nolan	OL	33.18
Ashton	Nichols	LM	28.96	11	Siyana	Bernard	PB	31.72
Joshua	Wilson	PB	29.06	12	Xanthe	Evans	PB	30.48
Angus	Clearwater	BW	26.52	13	Kaelan	Adams	OL	29.32
Jeff	Douce	LM	25.64	14	Sienna	Fillis	LM	27.00
Jack	Watters	PB	23.86	15	Hayley	Tidy	OL	29.07
Brandon	George	LM	24.03	16	Ella	Cruickshank	BW	28.35
Jayden	Ormerod	LM	24.96	17	Vanessa	Miller	BW	29.15

300m - BOYS					300m - GIRLS			
Kaden	Ogle	LM	59.23	7	Nevaeh	Artemis	OL	1:08.51
400m - BOYS					400m - GIRLS			
Owen	Charsley	LM	1:16.06	9	Grace	Nichols	LM	1:21.27
Isaac	Lim	PB	1:13.35	10	Lauren Charlotte	Nolan	OL	1:17.06
Ashton	Nichols	LM	01:04.2	11	Siyana	Bernard	PB	1:13.54
Alexander	Dewar	OL	1:05.83	12	Parker	Brindle	OL	1:08.99
Angus	Clearwater	BW	1:00.20	13	Kaelan	Adams	OL	1:06.51
Jeff	Douce	LM	58.63	14	Taya	Chambers	LM	1:05.13
Jack	Watters	PB	56.99	15	Erika	Smits	PB	1:07.36
Brandon	George	LM	54.03	16	Charlotte	George	BW	1:03.18
Jayden	Ormerod	LM	57.12	17	Vanessa	Miller	BW	1:10.11
500m - BOYS					500m - GIRLS			
Jake	Stott	BW	1:46.24	8	Genevieve	Dirk	BW	1:45.28R
800m - BOYS					800m - GIRLS			
Austin	Saratsis	BW	2:59.06	9	Paisley	Williams	OL	3:04.74
Joshua	Goddard	OL	2:56.28	10	Lauren Charlotte	Nolan	OL	3:06.00
James	Artemis	LM	2:29.84	11	Niamh	Jones	OL	2:49.95
Alexander	Dewar	OL	2:33.02	12	Olivia	Gauder	OL	2:55.18
Angus	Clearwater	BW	2:24.20	13	Lillian	Sharp	LM	2:42.30
Thomas	Stipinovic	OL	2:32.61	14	Emily	Bailey	BW	2:39.45
Robert	Hughes	LM	2:19.40	15	Tia	McArthur	LM	2:34.06
Dylan	Bailey	BW	2:05.42	16	Charlotte	George	BW	2:28.95
Jayden	Ormerod	LM	2:35.23	17	Vanessa	Miller	BW	2:26.74R
1500m - BOYS					1500m - GIRLS			
James	Artemis	LM	5:10.41	11	Niamh	Jones	OL	5:36.93
Max	Buiks	PB	5:09.23	12	Jasmine	Rummer	PB	6:04.14
Angus	Clearwater	BW	4:59.79	13	Lillian	Sharp	LM	5:32.50
Nicholas	Davidson	OL	5:20.80	14	Emily	Bailey	BW	5:40.50
Robert	Hughes	LM	4:59.57	15	Tia	McArthur	LM	5:30.88
Dylan	Bailey	BW	4:19.89R	16	Josie	Wilson	PB	5:38.10
Jayden	Ormerod	LM	5:15.18	17	Vanessa	Miller	BW	5:10.79R
60m HURDLES - BOYS					60m HURDLES - GIRLS			
Austin	Nadin	PB	14.23	6	Emmerson	Jones	OL	13.83
Kaden	Ogle	LM	11.34R	7	Priya	Trengove	LM	13.45

Jake	Stott	BW	12.37	8	Taylah	Lobik	OL	12.31
Cameron	Brindle	OL	11.00	9	Kimberley	Kay	LM	11.84
Luke	Wilson	PB	11.84	10	Lauren Charlotte	Nolan	OL	12.44
80m HURDLES - BOYS					80m HURDLES - GIRLS			
Daniel	Dawson	LM	12.89R	11	Tilly	Duncan	LM	15.65R
Alexander	Dewar	OL	14.51R	12	Parker	Brindle	OL	15.05R
Angus	Clearwater	BW	12.90	13	Kaelan	Adams	OL	14.63
				14	Taya	Chambers	LM	13.96
90m HURDLES - BOYS					90m HURDLES - GIRLS			
Edward	Bailey	BW	14.15	14				
				15	Hayley	Tidy	OL	16.00
				16	Caitlin	Hodgkinson	BW	18.94
100m HURDLES - BOYS					100m HURDLES - GIRLS			
Jack	Watters	PB	13.10R	15				
James	Maher	PB	18.19	16/17	Tara	Aziz	LM	31.52
110m HURDLES - BOYS								
Jayden	Ormerod	LM	16.03	17				
200m HURDLES - BOYS					200m HURDLES - GIRLS			
Angus	Clearwater	BW	29.03	13	Kaelan	Adams	OL	32.93
Thomas	Stipinovic	OL	29.75	14	Taya	Chambers	LM	32.40
300m HURDLES - BOYS					300m HURDLES - GIRLS			
Jack	Watters	PB	42.23R	15	Hayley	Tidy	OL	52.48R
Dylan	Bailey	BW	42.93R	16	Josie	Wilson	PB	58.93
Jayden	Ormerod	LM	45.58	17	Vanessa	Miller	BW	56.49
700m WALK - BOYS					700m WALK - GIRLS			
Austin	Saratsis	BW	DSQ	9	Maya	Hall	OL	4:47.31
1100m WALK - BOYS					1100m WALK - GIRLS			
Noah	Janes	PB	07:52.3	10	Eva	Jarvis	BW	7:20.93
Angus	McArthur	LM	6:19.43	11	Lilianna	Renton	OL	7:09.51
1500m WALK - BOYS					1500m WALK - GIRLS			
Chase	Taylor	OL	9:39.17	12	Jasmine	Rummer	PB	08:46.1
Xavier	Bernard	PB	7:40.21	13	AMY	SILVESTER	OL	10:09.66
Cameron	Anthony	BW	10:49.32	14	Elizabeth	Wignell	PB	10:48.2
Liam	Ford	LM	08:14.3	15	Tia	McArthur	LM	8:15.80
Bailey	Artemis	OL	8:12.30	17/16	Caitlin	Hodgkinson	BW	9:27.11

HIGH JUMP - BOYS					HIGH JUMP - GIRLS				
Noah	Hunt	PB	1.13	9	Kendra	Smith	PB	1.05	
Oliver	Taylor	BW	1.20	10	Carys	Dewar	OL	1.14	
Ashton	Nichols	LM	1.35	11	Zeva	Smith	PB	1.27	
Alexander	Dewar	OL	1.40	12	Parker	Brindle	OL	1.37	
Angus	Clearwater	BW	1.45	13	Kaelan	Adams	OL	1.37	
Edward	Bailey	BW	1.60	14	Charlotte	Patten	OL	1.50	
Kye	Brindle	OL	1.65	15	Hayley	Tidy	OL	1.52	
James	Maher	PB	1.35	16	Josie	Wilson	PB	1.30	
Oskar	Weir	LM	1.65	17	Vanessa	Miller	BW	1.30	
LONG JUMP - BOYS					LONG JUMP - GIRLS				
Elliott	Tan	LM	2.19	6	Arianne	Nadin	PB	2.24	
Kaden	Ogle	LM	3.00	7	Emery	Herdman	LM	2.84	
Xavi	Raeburn	PB	3.31	8	Taylah	Lobik	OL	3.34	
Owen	Charsley	LM	3.83	9	Kimberly	Kay	LM	3.46	
Luke	Wilson	PB	3.92	10	Logan	Heygate	PB	3.70	
Daniel	Dawson	LM	4.73	11	Chiara	Tholet	OL	3.98	
Joshua	Wilson	PB	4.58	12	Xanthe	Evans	PB	4.27	
Angus	Clearwater	BW	5.42	13	Kaelan	Adams	OL	4.65	
Jeff	Douce	LM	5.22	14	Taya	Chambers	LM	5.02	
Kye	Brindle	OL	5.56	15	Hayley	Tidy	OL	4.99	
James	Maher	PB	4.50	16	Josie	Wilson	PB	3.88	
Oskar	Weir	LM	5.57	17	Vanessa	Miller	BW	4.53	
TRIPLE JUMP - BOYS					TRIPLE JUMP - GIRLS				
Daniel	Dawson	LM	9.38	11	Zeva	Smith	PB	8.12	
Joshua	Wilson	PB	9.07	12	Xanthe	Evans	PB	9.18	
Thomas	Dawson	LM	10.54	13	Kaelan	Adams	OL	9.90	
Edward	Bailey	BW	10.84	14	Taya	Chambers	LM	9.62	
Kye	Brindle	OL	11.46	15	Hayley	Tidy	OL	10.15	
James	Maher	PB	9.35	16	Josie	Wilson	PB	8.95	
Oskar	Weir	LM	11.45	17	Vanessa	Miller	BW	9.18	
VORTEX / TURBO / JAV - BOYS					VORTEX / TURBO / JAV - GIRLS				
Austin	Nadin	PB	17.57R	6	Violet	Puglisi	OL	9.20	
Kaden	Ogle	LM	26.52R	7	Alice	Whitcher	OL	15.27	
Leonardo	Di Latte	LM	15.47	8	Taylah	Lobik	OL	14.37	

Rhys	Armstrong	BW	18.60	9	Grace	Nichols	LM	13.63
Isaac	Lim	PB	23.96	10	Emily	Johnstone	OL	21.32
Blake	Hancy	OL	28.89	11	Layla	Goddard	PB	15.16
Alexander	Dewar	OL	21.97	12	Parker	Brindle	OL	24.98
Thomas	Dawson	LM	27.60	13	Emma	Kempson	LM	41.40R
Thomas	Stipinovic	OL	37.63	14	Florence	Chapman	OL	22.73
Chad	Aziz	LM	38.46	15	Catherine	Adams	PB	21.98
James	Maher	PB	21.34	16	Quintelle	Kenworthy-Groen	LM	29.13
Jayden	Ormerod	LM	35.89	17	Vanessa	Miller	BW	15.06
DISCUS - BOYS					DISCUS - GIRLS			
Austin	Nadin	PB	8.68	6	Violet	Puglisi	OL	6.37
Kaden	Ogle	LM	15.51	7	Priya	Trengove	LM	9.54
Jake	Stott	BW	13.08	8	Taylah	Lobik	OL	12.95
Damon	Stokes	PB	18.03	9	Grace	Nichols	LM	14.51
Luke	Wilson	PB	21.12	10	Emily	Cook	LM	16.66
Daniel	Dawson	LM	28.82R	11	Grace	Hackett	PB	19.10
Alexander	Dewar	OL	23.29	12	Lara	Bussell	BW	22.76
Thomas	Dawson	LM	32.80	13	Emma	Kempson	LM	35.26
Nicholas	Davidson	OL	32.08	14	Tahlia	Kitson	OL	25.50
Xavier	Miller	BW	35.32	15	Catherine	Adams	PB	22.57
Brandon	George	LM	24.43	16	Caitlin	Hodgkinson	BW	23.62
Spencer	Jennings	LM	30.58	17	Vanessa	Miller	BW	18.17
SHOT PUT - BOYS					SHOT PUT - GIRLS			
Edward	Hunt	PB	3.17R	6	Arianne	Nadin	PB	4.02R
Kaden	Ogle	LM	5.45	7	Alice	Whitcher	OL	3.60
Leonardo	Di Latte	LM	6.82	8	Taylah	Lobik	OL	6.00
Owen	Charsley	LM	6.55	9	Grace	Nichols	LM	6.20
Oliver	Taylor	BW	7.79	10	Logan	Heygate	PB	5.70
James	Artemis	LM	9.02	11	Emily	Annandale	OL	7.02
Alexander	Dewar	OL	8.67	12	Lara	Bussell	BW	12.14R
Angus	Clearwater	BW	9.27	13	Emma	Kempson	LM	11.74R
Nicholas	Davidson	OL	11.89	14	Tahlia	Kitson	OL	8.60
Jack	Watters	PB	10.91	15	Taya	Mascarenhas	OL	8.41
Brandon	George	LM	10.09	16	Caitlin	Hodgkinson	BW	8.60
Jayden	Ormerod	LM	9.93	17	Tara	Aziz	LM	6.71

State Championships Winter Medalists 2020

Despite the shortened season, Melville had a healthy number of athletes registered for the 2020 Winter Cross Country / Road Walk season.

Congratulations to all our participants.

As a result of the shortened season MAC Winter Awards were not distributed this season.

Congratulations to all those who made the commitment to participate and special thank you to the Winter Manager and coaches for all their efforts at short notice.

ROAD WALKING

10M	Noah JANES	BRONZE
13M	Xavier BERNARD	SILVER

CROSS COUNTRY

7M	Alfie GRAY	GOLD	1,000m – 4:04.95
10M	Josh GODDARD	BRONZE	1,500m – 5:48.79
12M	Max BUIKS	SILVER	2,000m - 7:26.76
16M	Dylan BAILEY	GOLD	3,000m – 9:59.38

MAC Winter Award Winners 2020 - No awards – shortened season

As a result of the shortened season – no MAC awards were done this season.

Congratulations to all those who made the commitment to participate and a big thank you to the Winter Manager Jodie McArthur for overseeing the Season... and the coaches for their input and effort in developing the athletes.



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Centre Records... achieved in a MAC competition by a Melville athlete.

Abbreviations:

AT Attadale	MT Mount Pleasant	BB Bateman/Bullcreek
OL Olympia	BW Brentwood	RM Rossmoyne
LM Leeming	CW Carawatha/Willagee	MW Melway/Winthrop
ARD Ardross	COO Coolbellup	HL Hilton
LYN Lynwood	SP Spearwood	KIT Kitchener (split into Melway & Olympia)
KD Kardinya	PB Palmyra/Bicton	
BTM Bateman		

Note: 1. Timing gates were purchased and introduced in 2006/07 season. Centre records that have been broken using electronic timing since are indicated with an (e).

Note: 2. Only records for current events are shown. Manual records are maintained for all events and are held by Centre Recorder.

Note 3. Records achieved in the previous season are in **Bold underlined**

Boys					Girls			
Age	Year	Name	Club	Result	Year	Name	Club	Result
50m					50m			
U7	1996	B Abel	LM	8.7	2009	H Sullivan	LM	8.78 (e)
	2007	C Reeves	PB	8.94(e)				
70m					70m			
U6	2019	K Ogle	LM	13.37(e)	2017	M Hall	OL	13.87(e)
U7	2007	C Reeves	PB	12.12(e)	2009	H Sullivan	LM	12.25(e)
U8	1981	N Mansfield	MW	10.6	1992	J Hofsink	AT	11.2
U9	2007	L McDermott	PB	10.32(e)	1982	D Evans	OL	10.7
U10	1987	G Meadowcroft	OL	9.90	1992	A Harding	BB	10.10
100m					100m			
U6	2019	E Hiemstra	PB	18.88(e)	2017	M Hall	OL	19.94(e)
U7	2017	O Charsley	LM	17.21(e)	2012	M Kenny	PB	17.47(e)
U8	1972	M Bradley	RM	14.8	1971	J Richmond	AT	15.9
					1974	C Smith	PB	15.9
U9	1972	K Atkinson	CW	14.1	1975	C Smith	PB	14.6
U10	1971	S Kinniment	BW	13.0	1992	A Harding	BB	14.3
U11	1972	R McKinnon	MW	13.1	2013	N Darwin	BB	13.96(e)
U12	1978	F Martin	PB	12.5	1975	M Fowler	MW	12.9
U13	2013	J Gallagher	OL	12.03(e)	1976	M Sands	ARD	12.6
U14	2014	J Gallagher	OL	11.49(e)	1998	S Oksuz	BW	12.6
U15	2013	L McDermott	PB	11.47(e)	1999	S Oksuz	BW	12.5
U16	2001	M Dawson	BB	11.3	2016	I Reeves	PB	12.86(e)
U17	2011	M.Craggs	BB	11.65(e)	2017	I Reeves	PB	12.73(e)
200m					200m			
U6	2020	A Nadin	PB	46.21 (e)	2019	E Jones	OL	44.01 (e)
U7	1988	N Hebbard	LM	35.6	1991	J Hofsink	AT	35.6
U8	1985	G Meadowcroft	OL	31.4	2014	M Kenny	PB	33.40(e)
U9	1996	A Minchin	LM	30.8	1977	M Eldrid	MW	31.5
U10	1977	F Martin	PB	28.6	1977	M Ashley	LYN	29.7
U11	1977	F Martin	PB	26.5	1974	M Fowler	MW	28.4
200m					200m			
U12	1979	F Martin	PB	25.3	1975	M Fowler	MW	27.3

U13	2013	J Gallagher	OL	24.34(e)	1975	M Fowler	MW	26.5
U14	2013	N George	LM	24.48(e)	2008	B Pires-	PB	26.09(e)
U15	2013	L McDermott	PB	23.74(e)	1999	B Wood	OL	25.3
U16	1999	C Troode	BB	23.5	2005	E Longo	OL	26.3
U17	2001	M Simon	OL	23.5	2017	K Speechley	LM	26.13(e)
300m					300m			
U7	2017	O Charsley	LM	58.61	2018	G Nichols	LM	1:03.97
400m					400m			
U9	1972	K Atkinson	CW	1:09.3	1971	L Quail	LYN	1:13.0
U10	1975	D Wright	MP	1:05.7	1982	M Miragliotta	PB	1:08.7
U11	1977	F Martin	PB	1:02.3	1974	M Fowler	MW	1:04.9
U12	2011	N George	LM	59.16(e)	1975	M Fowler	MW	1:00.4
U13	2013	N George	LM	54.56(e)	1975	M Fowler	MW	1:00.4
U14	2014	N George	LM	53.06(e)	2002	R Francisco	OL	0:59.1
U15	1991	John Watters	PB	52.8	2012	M Hollick	OL	0:58.6
U16	1999	C Troode	BB	50.9	2015	K Speechley	LM	1:01.10(e)
U17	2016	N George	LM	52.63(e)	2015	Z O'Meara	BB	1:01.36(e)
500m					500m			
U8	201	O Charsley	LM	1:41.00	2020	G Dirk	OL	1:45.29
800m					800m			
U9	1994	K Taylor	OL	2:40.6	2013	C Kenny	PB	2:53.63
U10	1991	M Colegate	OL	2:35.3	2016	M Kenny	PB	2:41.11
U11	1974	S Francis	MP	2:25.7	1974	M Fowler	MW	2:33.7
U12	1975	K Davies	RM	2:19.6	2016	C Kenny	PB	2:27.83
	1975	S Francis	MP	2:19.6				
U13	2012	N George	LM	2:13.41	2016	K van der Linden	PB	2:17.41
U14	2016	L Shaw	BW	2:09.80	2018	K van der Linden	PB	2:16.12
U15	1990	S Hair	KD	2:06.8	2004	M Hollick	OL	2:21.6
U16	2011	A Tharle	OL	2:04.15	2006	M Hollick	OL	2:25.8
U17	2013	T Kenworthy-Groen	BB	2:03.43	2019	V Miller	BW	2:26.24
1500m					1500m			
U11	1974	S Francis	MP	5:00.7	2014	C Kenny	PB	5:21:74
U12	1975	K Davies	RM	4:43.3	2016	C Kenny	PB	5:11.27
	1975	S Francis	MP	4:43.3				
U13	1976	K Davies	RM	4:38.5	2016	K van der Linden	PB	4:54.34
U14	2015	L Shaw	BW	4:25.29	2017	K van der Linden	PB	4:51.37
U15	1997	B Johnson	OL	4:30.9	2004	M Hollick	OL	4:54.5
U16	2020	D Bailey	BW	4:19.89	2005	M Hollick	OL	5:06.5
U17	2013	T Kenworthy-Groen	BB	4:27.69	2020	V Miller	BW	5:10.79
60m Mini Hurdles					60m Mini Hurdles			
U6	2019	K Ogle	LM	12.91(e)	2017	M Hall	OL	13.37
U7	2019	K Ogle	OL	11.34 (e)	2017	T Duncan	LM	12.32
60m Hurdles					60m Hurdles			
U8	2011	C Bourne	BW	11.38(e)	2009	I Reeves	PB	11.74(e)
60m Hurdles					60m Hurdles			
U9	2012	T Field	LM	10.69(e)	1991	A Harding	BB	10.7

U10	2008	L McDermott	PB	10.99(e)	2017	M Tidy	OL	11.16(e)
U11	2012	S Zhoya	LM	9.60 (e)	2000	M Hollick	OL	10.2
						S Oksuz	BW	10.2
U12	2013	S Zhoya	PB	9.80 (e)	2009	R D'Cunha	MW	10.19(e)
80m Hurdles					80m Hurdles			
U11	2019	D Dawson	LM	12.89 (e)	2019	T Duncan	LM	15.65 (e)
U12	2020	A Dewar	BW	14.51 (e)	2019	P Brindle	OL	15.05 (e)
U13	1997	B Jewell	PB	12.3	2010	C Gibson	PB	13.20(e)
U14	---	---	---	---	2014	I Reeves	PB	13.08
90m Hurdles					90m Hurdles			
U14	1999	C Jovanovic	PB	12.8	---	---	---	---
U15	---	---	---	---	2015	I Reeves	PB	13.79 (e)
U16	---	---	---	---	2016	I Reeves	PB	13.88 (e)
100m Hurdles					100m Hurdles			
U15	2019	Jack Waters	PB	13.10 (e)	---	---	---	---
U16	2010	M Craggs	BB	13.84 (e)	---	---	---	---
U17	2000	G Artemis	OL	13.6	2014	A Reid	PB	15.83
110m Hurdles								
U17	2011	M Craggs	BB	14.88(e)	---	---	---	---
200m Hurdles					200m Hurdles			
U13	2015	S Rajakovic	BW	27.53	2002	M Hollick	OL	29.3
U14	2018	J Watters	PB	26.98(e)	2003	M Hollick	OL	29.1
300m Hurdles					300m Hurdles			
U15	2019	Jack Watters	PB	42.23(e)	2019	H Tidy	OL	52.48(e)
U16	2020	D Bailey	BW	42.93 (e)	2016	A Cronin	BB	47.77
U17	2018	L Kenworthy-Groen	LM	42.06(e)	2018	A Cronin	BB	49.09
700m Walk					700m Walk			
U9	1989	D	LM	3:46.8	1983	H Walsh	BB	3:48.8
1100m Walk					1100 Walk			
U10	1996	T Hellings	OL	5:34.4	2009	M Johns	PB	5:41.84
U11	1995	J Klauz	OL	5:44.4	2010	M Johns	PB	5:41.90
1500m Walk					1500m Walk			
U12	1997	N Avery	BB	7:08.4	2012	M Johns	PB	7:36.07
U13	1997	N Avery	BB	6:51.1	2008	H Watson	BW	7:12.8
U14	1999	N Avery	BB	6:47.1	2008	H Watson	BW	6:57:70
U15	1995	J Gawley	BB	6:28.6	2009	H Watson	BW	7:05.75
U16	2000	J Klauz	OL	6:22.3	2010	H Watson	BW	7:05.00
U17	2000	J Klauz	OL	6:42.7	2012	H Watson	BW	7:08.00
Long Jump					Long Jump			
U6	2018	W Kay	LM	2.81	2017	M Hall	OL	2.71
U7	1996	D Chan	OL	3.36	2014	A Mott	LM	3.17
U8	1985	G Meadowcroft	OL	3.90	2011	H Sullivan	LM	3.64
U9	2014	L Burns	BB	4.36	2009	Z Walker	PB	3.99
U10	1987	G Meadowcroft	OL	4.51	1993	B Wood	OL	4.41
U11	1981	M Hamilton	CW	5.16	1972	L Richmond	AT	4.84

Long Jump					Long Jump			
U12	2014	T Field	LM	5.43	2014	S White	PB	5.09
U13	1980	F Martin	PB	6.26	1996	S Oksuz	BW	5.22
U14	2016	S Rajakovic	BW	5.94	2014	C Blackman	OL	5.52
U15	2000	J Surjan	PB	6.28	1999	S Oksuz	BW	5.64
U16	2014	M Liddelow	PB	6.40	2017	C Blackman	OL	5.56
U17	2011	M Craggs	BB	6.60	2018	C Blackman	OL	5.67
Triple Jump					Triple Jump			
U10	1984	M Cattalini	OL	9.34	1993	B Wood	OL	8.98
U11	2013	S Zhoya	LM	9.98	1995	S Oksuz	BW	9.52
U12	2015	T Field	LM	11.33	2013	C Blackman	BW	10.27
U13	2014	S Rajakovic	BW	12.69	2014	C Blackman	BW	10.83
U14	2016	S Rajakovic	BW	13.25	2015	C Blackman	OL	11.11
U15	1990	S Hair	KD	13.07	2016	C Blackman	OL	11.56
U16	2014	M Liddelow	PB	13.25	2017	C Blackman	OL	11.58
U17	2000	G Artemis	OL	13.01	2018	C Blackman	OL	12.49
High Jump					High Jump			
U8	1980	J Edlich	OL	1.11	2016	B Stanes	OL	1.07
U9	2014	A Harvey	PB	1.21	2014	M Kenny	PB	1.15
U10	2011	C Fitzgerald	BW	1.23	1983	K Woodward	KD	1.25
	2016	J Whitelaw	PB	1.23				
U11	1977	D Anderson	MW	1.47	1979	G Legge		1.37
U12	1977	D Anderson	MW	1.60	1983	L Shenstone	BW	1.57
U13	1978	D Anderson	MW	1.73	2010	N Robinson	PB	1.60
U14	2014	L Fox	BB	1.76	2010	N Robinson	PB	1.62
U15	2014	L Fox	BB	1.85	2011	N Robinson	PB	1.62
U16	2015	L Fox	LM	1.88	1999	S Blackney	BB	1.60
U17	2013	L Peers	BB	1.82	2015	L Lowrey	BW	1.51
Vortex					Vortex			
U6	2020	A Nadin	PB	17.57	2018	M Hall	OL	9.65
U7	2020	K Ogle	LM	26.52	2019	T Lobik	OL	17.60
Turbo Javelin					Turbo Javelin			
U8	2001	D Duplock	CW	21.11	2004	A Robinson	LM	18.24
U9	2002	M Craggs	BB	25.76	2005	A Robinson	LM	21.63
U10	2017	T Dawson	OL	28.45	2017	P Brindle	OL	23.36
Javelin 400g					Javelin 400g			
U11	1980	A Foley	BB	42.78	2007	A Robinson	LM	29.29
U12	1980	A Foley	BB	44.96	2008	A Robinson	PB	34.79
U13	---	---	---	---	2020	E Kempson	LM	41.40
U14	---	---	---	---	2014	L Ilievski	BW	38.94
Javelin 500g					Javelin 500g			
U15	---	---	---	---	2014	L Ilievski	OL	40.77
U16	---	---	---	---	2016	I Taylor	PB	39.07
U17	---	---	---	---	2013	A Robinson	PB	36.04
Javelin 600g								
U13	1981	R Giroud	MW	45.06	---	---	---	---

Javelin 600g								
U14	2000	D Prigmore	PB	51.18	---	---	---	---
U15	1999	C Jovanovic	PB	56.7	---	---	---	---
Javelin 700g								
U16	2010	M Craggs	BB	51.24	---	---	---	--
U17	2002	A Hofstee	CW	52.0	---	---	---	---
Shot Put 1.0kg					Shot Put 1.0kg			
U6	2020	E Hunt	PB	3.17	2020	A Nadin	PB	4.02
Shot Put 1.5kg					Shot Put 1.5kg			
U7	2008	O Bodlovich	BW	5.96	1987	A Christian	PB	5.57
U8	1989	N Hebbard	LM	8.29	2004	A Robinson	LM	6.69
Shot Put 2kg					Shot Put 2kg			
U9	1989	N Hebbard	LM	8.81	2016	A Watters	PB	7.43
U10	1973	S Fazey	OL	10.18	1989	A Christian	PB	8.84
U11	1998	H O'Brien	PB	11.16	2012	<i>J Patterson</i>	OL	9.55
U12	2019	K Summerell	OL	10.88	2020	L Bussell	BW	12.14
Shot Put 3kg					Shot Put 3kg			
U13	1982	R Giroud	MW	14.64	2020	E Kempson	LM	11.74
U14	2015	L Fox	BB	15.11	1992	B Payze	PB	12.81
U15	---	---	---	---	1993	B Payze	PB	13.57
U16	---	---	---	---	2015	I Taylor	PB	12.84
U17	---	---	---	---	2016	I Taylor	PB	12.37
Shot Put 4kg					Shot Put 4kg			
U15	2002	T Grabe	OL	15.99	---	---	---	---
U16	1998	J Hofstee	OL	15.86	---	---	---	---
Shot Put 5kg								
U17	2000	S Leighton	CW	13.23	---	---	---	---
Discus 350g					Discus 350g			
U6	2018	K Ogle	LM	13.47	2018	M Hall	OL	9.46
U7	2001	M O'Brien	BTM	19.79	1993	S Dunnet	PB	15.09
Discus 500g					Discus 500g			
U8	1992	A Prince	PB	24.70	1994	S Dunnet	PB	19.72
U9	1989	N Hebbard	LM	29.73	1988	A Christian	PB	22.86
U10	1979	N Hancy	OL	32.96	1989	A Christian	PB	27.24
U11	2020	D Dawson	LM	28.22	2019	L Bussell	BW	27.17
Discus 750g					Discus 750g			
U12	1981	A Foley	BB	40.04	1995	L Smith	OL	32.74
U13	1982	R Giroud	MW	45.50	1991	B Payze	PB	37.42
Discus 1kg					Discus 1kg			
U14	2000	D Prigmore	PB	51.18	1992	B Payze	PB	37.80
U15	1991	A Casey	PB	47.10	1992	B Payze	PB	38.89
U16	---	---	---	---	2003	L Smith	LM	40.55
U17	---	---	---	---	2009	S Fenwick	OL	38.03
Discus 1.5kg								
U16	2004	M Malone	OL	46.66	---	---	---	---
U17	2010	M Craggs	BB	38.00	---	---	---	---

Open Records

AT Attadale	LM Leeming	MP Mount Pleasant
BB Bateman/Bull Creek	MW Melway/Winthrop	OL Olympia
BW Brentwood	COO Coolbellup	PB Palmyra/Bicton
KD Kardinya	LYN Lynwood	RM Rossmoyne
CW Carawatha/Willagee	ARD Ardross	HIL Hilton
SP Spearwood	KIT Kitchener	

TO CLAIM A RECORD:

Any Melville Little Athletics Centre athlete who can provide proof of a better performance in any event at any authorized AW or Little Athletics National Competition, excluding country meets. The onus of responsibility rests with the athlete or parent contacting the centre recorder by June of each year to be included in the subsequent season's handbook.

Boys					Girls			
Age	Year	Name	Club	Result	Year	Name	Club	Result
50m					50m			
U7	1996	B Abel	LM	8.70	1990	A Harding	BB	8.60
70m					70m			
U6	2019	K Ogle	LM	13.37(e)	2017	M Hall	OL	13.87(e)
U7	2011	J Cleaver	BW	11.64	2014	A Mott	LM	11.99
U8	1986	G Meadowcroft	OL	10.40	1981	D Evans	OL	11.00
					1997	K Elliss	PB	11.00
U9	2007	L McDermott	PB	9.70	1977	M Eldrid	MW	10.1
U10	1987	G Meadowcroft	OL	9.90	1992	A Harding	BB	10.10
100m					100m			
U6	2019	E Hiemstra	PB	18.88(e)	2017	M Hall	OL	19.94(e)
U7	1988	N Hebbard	LM	16.60	2014	A Mott	LM	17.09
					2010	H Sullivan	LM	17.30
U8	1986	G Meadowcroft	OL	14.50	1991	A Harding	BB	15.70
U9	1987	G Meadowcroft	OL	13.90	1975	C Smith	PB	14.60
U10	1971	S Kinniment	BW	13.00	2010	Z Walker	PB	13.98
U11	1978	F Martin	PB	12.90	2013	N Darwin	BB	13.16
U12	1979	F Martin	PB	12.40	2011	G Boxley	PB	12.50
U13	2015	S Rajakovic	BW	11.22	2012	G Boxley	PB	12.49
U14	2014	J Gallagher	OL	11.09	2013	G Boxley	PB	11.99
U15	2013	L McDermott	PB	10.89	2016	I Reeves	PB	12.25
U16	2002	M Dawson	PB	10.90	2017	I O'Meara	BB	12.24 (e)
U17	2015	M Liddelow	PB	11.18	2010	R O'Kane	BB	12.53
200m					200			
U6	2020	A Nadin	PB	46.81	201	E Jones	OL	44.01
U7	1987	N Hebbard	LM	35.6	199	J Hofsink	AT	35.6
U8	1986	G Meadowcroft	OL	31.0	199	A Chequer	BW	32.9
U9	1987	G Meadowcroft	OL	29.4	199	A Harding	BB	30.4

U10	1973	K Atkinson	CW	28.0	200	M Hollick	OL	29.2
U11	1978	F Martin	PB	26.3	200	M Hollick	OL	27.2
	2013	S Zhoya	LM	26.3				
U12	1979	F Martin	PB	24.7	200	M Hollick	OL	26.6
U13	1980	F Martin	PB	23.6	201	J Bain	PB	25.47
U14	2014	J Gallagher	OL	22.6	199	L Miller	MW	25.2
U15	2013	L McDermott	PB	22.52	201	K Speechley	LM	24.86
U16	1998	C Troode	BB	23.1	201	I O'Meara	BB	25.38(e)
U17	2002	M Simon	OL	23.2	201	I Reeves	PB	25.70
300m				300m				
U7	2017	O Charsley	LM	58.61	201	G Nichols	LM	1:03.97
400m				400m				
U9	1972	K Atkinson	CW	1:09.3	198	L Chadwick	BB	1:12.70
U10	1986	J Watters	PB	1:04.4	198	M Miragliotta	PB	1:05.70
U11	1978	F Martin	PB	1:00.6	201	C Kenny	PB	1:02:75
U12	1979	F Martin	PB	55.0	201	K van der Linden	PB	59.06
U13	1980	F Martin	PB	51.9	199	C Cochrane	MW	59.4
				200	M Hollick	OL	59.4	
U14	2014	N George	LM	50.83	200	M Wheatley	PB	57.8
U15	2015	N George	LM	51.0	201	K Speechley	OL	57.48
U16	2015	L Moore	BB	49.52	200	E Longo	OL	1:00.1
U17	2017	N George	LM	49.32	201	N Clark	LM	59.52
500m				500m				
U8	2018	O Charsley	LM	1:41.00	2020	G Dirk	BW	1:45.28
800m				800m				
U9	1994	K Taylor	OL	2:38.9	2006	N Clark	LM	2:50.10
U10	2004	J Mapstone	LM	2:31.1	2016	M Kenny	PB	2:37.19
U11	1986	O Dartnall	MP	2:21.9	2008	N Clark	LM	2:29.40
U12	2012	N George	LM	2:14.55	2016	K van der Linden	PB	2:23.19
U13	2015	L Shaw	BW	2:06:25	2003	M Hollick	OL	2:15.60
U14	2016	L Shaw	BW	1:59.01	2017	K van der Linden	PB	2:16.12
U15	1998	M McNally	BB	2:03.5	2005	M Hollick	OL	2:15.90
U16	2013	T Kenworthy-Groen	BB	2:02.58	2012	K Audsley	MW	2:21.22
U17	2014	T Kenworthy-Groen	BB	1:59.29	2013	K Audsley	MW	2:22.01
1500m				1500m				
U11	1986	O Dartnall	MP	4:47.20	2008	N Clark	LM	5:10.80
U12	1987	O Dartnall	MP	4:41.10	2016	C Kenny	PB	4:54.92
U13	2015	L Shaw	BW	4:18:17	2016	K van der Linden	PB	4:54.34
U14	2016	L Shaw	BW	4:08.83	2000	A Anderson	LM	4:51.10
U15	1992	B Prosser	MP	4:17.80	2001	A Anderson	LM	4:48.80
U16	2014	K Metzner	BB	4:15.93	2012	K Audsley	MW	5:04.55
U17	2014	T Kenworthy-Groen	BB	4:22.13	2013	K Audsley	MW	5:01.37
60m Mini Hurdles				60m Mini Hurdles				
U6	2019	K Ogle	LM	12.91(e)	2017	M Hall	OL	13.37
U7	2020	A Gray	PB	11.32(e)	2017	T Duncan	LM	12.32

60m Hurdles					60m Hurdles			
U8	2012	C Bourne	BW	10.56	2014	M Kenny	PB	11.13
U9	2012	T Field	LM	9.97	1995	T Brown	MW	10.60
U10	1997	M Schrader	LM	10.1	1997	C Douglas	OL	10.30
	2012	S Zhoya	LM	10.1				
U11	2013	S Zhoya	LM	9.13	2001	M Hollick	OL	9.50
U12	2014	S Zhoya	PB	9.10	2014	S White	PB	9.60
80m Hurdles					80m Hurdles			
U11	2019	D Dawson	BW	12.89e	2019	T Duncan	LM	15.65e
U12	2020	A Dewar	OL	14.51e	2019	P Brindle	OL	15.05e
U13	2015	S Zhoya	PB	11.61	1997	A Chequer	BW	12.60
U14	---	---	---	---	2015	I Reeves	PB	12.20
					2000	T Pollard	PB	12.70
90m Hurdles					90m Hurdles			
U14	2012	L McDermott	PB	12.74	---	---	---	---
U15	---	---	---	---	2014	S Williams	BB	12.99
U16	---	---	---	---	2017	I Reeves	PB	13.38(e)
100m Hurdles					100m Hurdles			
U15	2019	Jack Watters	PB	13.10e	---	---	---	---
U16	2003	C Artemis	CW	13.4	---	---	---	---
U17	---	---	---	---	2018	I Reeves	PB	13.77
110m Hurdles								
U17	2011	M Craggs	BB	14.00	---	---	---	---
200m Hurdles					200m Hurdles			
U13	2015	S Rajakovic	BW	25.39	2016	M Hebiton	OL	28.61
U14	2016	S Rajakovic	BW	25.22	2015	I Reeves	PB	28.26
300m Hurdles					300m Hurdles			
U15	2019	Jack Watters	OL	42.23(e)	2019	H Tidy	OL	52.48(e)
U16	2020	D Bailey	BB	42.93(e)	2016	A Cronin	BB	45.85(e)
U17	2018	L Kenworthy-Groen	LM	42.06(e)	2018	A Cronin	BB	46.26(e)
700m Walk					700m Walk			
U9	1983	A Fitzgerald	MW	3:36.3	1992	A Thevenau	BB	3:41.3
1100m Walk					1100m Walk			
U10	1996	T Hellings	OL	5:34.4	2009	M Johns	PB	5:41.84
U11	1995	J Klauz	OL	5:37.3	2008	K Holt	OL	5:34.1
1500m Walk					1500m Walk			
U12	1997	N Avery	BB	7:08.4	1999	S Avery	BB	7:13.8
U13	1997	N Avery	BB	6:51.1	2008	H Watson	BW	7:00.5
U14	1999	N Avery	BB	6:47.1	2009	H Watson	BW	6:48.2
U15	1995	J Gawley	BB	6:28.4	2009	H Watson	BW	6:54.30
U16	2000	J Klauz	OL	6:21.9	2011	H Watson	BW	7:05.00
U17	2001	J Klauz	OL	6:42.7	2012	H Watson	BW	6:59.85
Long Jump					Long Jump			
U6	2018	W Kay	LM	2.81	2017	M Hall	OL	2.71
U7	1996	D Chan	OL	3.36	1990	L Smith	OL	3.2
U8	1986	G Meadowcroft	OL	4.09	1983	L Miller	CW	3.7

U9	1987	G Meadowcroft	OL	4.37	2009	Z Walker	PB	3.99
U10	1987	M Chequer	BW	4.67	1993	B Wood	OL	4.41
U11	1981	M Hamilton	CW	5.16	1972	L Richmond	AT	4.84
U12	2014	S Zhoya	PB	5.48	2014	S White	PB	5.09
U13	2015	S Rajakovic	BW	6.56	2002	J McKinnon	BB	5.34
U14	2016	S Rajakovic	BW	6.43	1998	S Oksuz	BW	5.59
U15	1998	W Surjan	PB	6.32	1999	S Oksuz	BW	6.19
U16	1999	G Artemis	OL	6.40	2017	C Blackman	OL	5.76
	2014	M Liddelow	PB	6.40				
U17	2011	M Craggs	BB	6.69	2018	C Blackman	OL	5.67
Triple Jump					Triple Jump			
U10	1988	G Meadowcroft	OL	9.82	2011	C Blackman	BW	9.53
U11	2013	S Zhoya	LM	10.89	1998	C Douglas	OL	10.12
U12	1988	S Hair	KD	11.46	2001	J McKinnon	BB	11.04
U13	2014	S Rajakovic	BW	13.09	2014	C Blackman	BW	10.83
U14	2016	S Rajakovic	BW	13.25	1994	B Payze	PB	11.11
U15	1991	S Hair	KD	13.19	2016	C Blackman	OL	11.80
U16	2013	J Konle	OL	13.90	2017	C Blackman	OL	11.58
U17	2000	G Artemis	OL	13.01	2018	C Blackman	OL	12.49
High Jump					High Jump			
U8	1980	J Edlich	OL	1.11	2015	B Stanes	OL	1.07
U9	1975	D Anderson	MW	1.28	1982	J Mullings	KD	1.18
U10	1980	J Cook	MW	1.42	1983	K Woodward	KD	1.25
U11	1977	D Anderson	MW	1.58	1982	K. Bailey	MW	1.43
U12	1978	D Anderson	MW	1.60	1983	L Shenstone	BW	1.57
U13	1979	D Anderson	MW	1.82	2008	K Sexton	OL	1.65
U14	1997	D Singe	BB	1.76	2011	N Robinson	PB	1.68
	2014	L Fox	BB	1.76				
U15	1990	J Pozzi	MP	1.93	2012	N Robinson	PB	1.65
U16	2013	J Konle	OL	1.90	1999	S Blackney	BB	1.60
	2016	L Fox	LM	1.90				
U17	2013	L Peers	LM	1.82	2015	L Lowrey	BW	1.51
Vortex					Vortex			
U6	2020	A Nadin	PB	17.57	2018	M Hall	OL	9.65
U7	2020	K Ogle	LM	26.52	2019	T Lobik	OL	17.60
Turbo Javelin					Turbo Javelin			
U8	2002	D Duplock	CW	24.04	2004	A Robinson	LM	18.30
U9	2001	G Derrington	BW	28.07	2005	A Robinson	LM	22.26
U10	2017	T Dawson	OL	28.45	2017	P Brindle	OL	23.36
Javelin 400g					Javelin 400g			
U11	1980	A Foley	BB	42.78	2001	J O'Donovan	BW	30.74
U12	1980	A Foley	BB	47.70	2008	A Robinson	PB	34.79
U13	---	---	---	---	2020	E Kempson	LM	41.40
U14	---	---	---	---	2014	L Ilievski	BW	38.94
Javelin 500g					Javelin 500g			
U15	---	---	---	---	2015	L Ilievski	BW	45.96

U16	---	---	---	---	2016	I Taylor	PB	39.07
U17	---	---	---	---	2013	A Robinson	PB	37.45
Javelin 600g					Javelin 600g			
U13	1998	C Jovanovic	PB	46.46	---	---	---	---
U14	1990	C Roebuck	MW	54.56	---	---	---	---
Javelin 700g					Javelin 700g			
U15	1991	C Roebuck	MW	59.84	---	---	---	---
U16	2010	M Craggs	BB	51.24	---	---	---	---
U17	2002	A Hoftsee	CW	52.00	---	---	---	---
Shot Put 1.0kg					Shot Put 1.0kg			
U6	2020	E Hunt	PB	3.17	2020	A Nadin	PB	4.02
U7	new	2020/21			new	2020/21		
Shot Put 1.5kg					Shot Put 1.5kg			
U8	1989	N Hebbard	LM	9.41	1988	A Christian	PB	7.46
Shot Put 2kg					Shot Put 2kg			
U9	1975	A Reeves	AT	9.31	1989	A Christian	PB	7.59
U10	1973	S Fazey	OL	10.45	1989	A Christian	PB	8.84
U11	1998	H O'Brien	PB	11.16	1995	H Lawson	MW	10.09
	2005	M Craggs	BB	11.16				
U12	2019	K Summerell	OL	10.88	1986	C Finucane	PB	12.42
Shot Put 3kg					Shot Put 3kg			
U13	1982	R Giroud	MW	14.64	2020	E Kempson	LM	11.74
U14	2015	L Fox	BB	15.11	1992	B Payze	PB	12.88
U15	---	---	---	---	1995	L Wai	PB	13.96
U16	---	---	---	---	2016	I Taylor	PB	13.36
U17	---	---	---	---	2016	I Taylor	PB	12.37
Shot Put 4kg					Shot Put 4kg			
U15	2003	T Grabe	OL	16.20	---	---	---	---
U16	1998	J Hoftsee	OL	15.86	---	---	---	---
Shot Put 5kg					Shot Put 5kg			
U17	2000	J Hoftsee	OL	13.41	---	---	---	---
Discus 350g					Discus 350g			
U6	2018	K Ogle	LM	13.47	2018	M Hall	OL	9.46
U7	2001	M O'Brien	BTM	19.79	2010	K Yates	BW	16.81
Discus 500g					Discus 500g			
U8	1992	A Prince	PB	24.70	1987	A Christian	PB	20.20
U9	1983	J Foley	BB	30.80	1989	A Christian	PB	25.14
U10	1978	A Foley	BB	34.28	1990	A Christian	PB	30.68
U11	2020	D Dawson	LM	28.82	2019	L Bussell	BW	27.17
Discus 750g					Discus 750g			
U12	1980	A Foley	BB	42.50	1992	A Christian	PB	34.34
U13	1982	R Giroud	MW	45.50	1991	B Payze	PB	37.80
Discus 1 kg					Discus 1 kg			
U14	1985	R Vogel	MP	49.08	1992	B Payze	PB	38.10
U15	1991	C Roebuck	MW	47.28	1993	B Payze	PB	39.68
U16	1999	J Hoftsee	OL	49.22	2004	L Smith	LM	42.34

U17	---	---	---	---	2009	S Fenwick	OL	38.03
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Discus 1.5kg

U16	2004	M Malone	OL	46.66
U17	2000	J Hoftsee	OL	40.75



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SALES AND LEASING TEAM

Competition Standards

High Jump

Competition at MAC commences with the bar at the heights listed in the table below:

	U9	U10	U11	U12	U13	U14	U15	U16	U17
BOYS	90cm	95cm	1.00m	1.10m	1.15m	1.20m	1.25m	1.30m	1.35m
GIRLS	85cm	90cm	95cm	1.05m	1.10m	1.15m	1.20m	1.25m	1.30m

Note: the starting height of state events differs from MAC competition. Please refer to the WA website for State starting heights prior to nominating to participate in this event at state events.

Each athlete is allowed a practise run through / jump (without the bar up). Each athlete is allowed three attempts at each height. The bar is raised in 5cm increments until all but the final six (6) athletes¹ have been eliminated. The bar is then raised a minimum of 2cm intervals. U9 and U10 athletes to use 'scissors' style only.

Long Jump

U6 – U17 athletes can have a practice jump (if athlete desires) then each athlete is allowed three (3) individual measured jumps (total 4 trials in 4 rounds).

The front of mat for U6 to U9 will be 20 cm from the pit. For U10 to U12 the front of the mat will be 1m from the pit and for U13-17 front of the strip will be 1m from the pit. A 1m mat is used for U6 to U8, a 0.5m mat for U9 to U10, and a 0.2m mat/board/strip for U11 to U17.

Triple Jump

Each athlete can have a practice jump (if athlete desires) then each is allowed three (3) jumps. Take-off board/mat same size as for long jump. The board settings are listed below:

BOYS & GIRLS	U11	U12	U13	U14	U15	U16	U17
Board (m)	Strip	Strip	Strip	Strip	Strip	Strip	Strip
Mat (m)	In full metre increments commencing from 5m						

Competitors can request to move the mat/board in metre increments up or down from the recommended distance. Distance measured from edge of mat closest to pit.

¹ Final 6 athletes refers to the highest jumping athletes in an age group, regardless of the number of sites operating. The exception is the first two weeks when PB's are still being determined.

Shot Put

U6 – U12 athletes have 1 practice and 1 measured throw in round 1 then 2 measured throws in round 2 (total 4 trials in 2 rounds)

U13+ athletes are allowed 1 practice (if athlete desires) then three (3) individual measured throws (total 4 trials in 4 rounds).

Listed below are the weights (in kilograms – kg) of implements for each age group:

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
BOYS	1	1	1.5	2	2	2	2	3	3	4	4	5
GIRLS	1	1	1.5	2	2	2	2	3	3	3	3	3

Discus

U6 – U12 athletes have 1 practice and 1 measured throw in round 1 then 2 measured throws in round 2 (total 4 trials in 2 rounds)

U13+ athletes are allowed 1 practice (if athlete desires) then three (3) individual measured throws (total 4 trials in 4 rounds).

Listed below are the weights of implements for each age group:

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
BOYS	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg	1.5kg
GIRLS	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg	1kg

Javelin

U6 – U12 athletes have 1 practice and 1 measured throw in round 1 then 2 measured throws in round 2 (total 4 trials in 2 rounds)

U13+ athletes are allowed 1 practice (if athlete desires) then three (3) individual measured throws (total 4 trials in 4 rounds).

Listed below are the weights of implements for each age group:

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15/U16/U17
BOYS	Vortex	Vortex	Tjav	Tjav	Tjav	400g	400g	600g	600g	700g
GIRLS	Vortex	Vortex	Tjav	Tjav	Tjav	400g	400g	400g	400g	500g

Note:Tjav = Turbo Javelin for U8 – U10.

Hurdles

Colour coding for Hurdles Spacing:

110m	Blue	Boys U17
100m	Yellow	Boys U15-U16
90m	White	Boys U14
80m	Red	Boys U11-U13
60m	Black	Boys U6-U10

BOYS	U6	U7	U8/9	U10	U11	U12	U13	U14	U15	U16	U17
Distance (m)	60	60	60	60	80	80	80	90	100	100	110
Height (cm)	30	30	45	60	60	68	76	76	76	76	76
Run in (m)	12	12	12	12	12	12	12	13	13	13	13.72
Dist between (m)	7	7	7	7	7	7	7	8	8.5	8.5	9.14
Run Out (m)	13	13	13	13	12	12	12	13	10.5	10.5	14.02
Number of flights	6	6	6	6	9	9	9	9	10	10	10
GIRLS	U6	U7	U8/9	U10	U11	U12	U13	U14	U15	U16	U17
Distance (m)	60	60	60	60	80	80	80	80	90	90	100
Height (cm)	n/a	n/a	45	60	60	68	76	76	76	76	76
Run in (m)	12	12	12	12	12	12	12	12	13	13	13
Dist between (m)	7	7	7	7	7	7	7	7	8	8	8.5
Run Out (m)	13	13	13	13	12	12	12	12	13	13	10.5
Number of flights	6	6	6	6	9	9	9	9	9	9	10

U13	U14	U15	U16	U17
200	200	300	300	300
68	76	76	76	76
20	20	50	50	50
35	35	35	35	35
40	40	40	40	40
5	5	7	7	7
U13	U14	U15	U16	U17
200	200	300	300	300
68	76	76	76	76
20	20	50	50	50
35	35	35	35	35
40	40	40	40	40
5	5	7	7	7

2020-21 Achievement Ribbon Performance Levels – Girls

	70m	100m	200m	400m	800m	1500m	Short Hurdle s	Long Hurdle s	Shot Put	Disc us	Javeli n	High Jum p	Long Jump	Triple Jump	Walk	#	GOLD
16 B	13.39	28.20	1:05.4	2:42.9	6:06.5	15.34	52.90	9.62	26.18	23.76	14.1	4.72	10.12	9:38.1	9		
16 R	14.59	31.42	1:20.3	3:00.7	6:47.5	18.67	60.64	8.05	19.94	19.36	1.31	4.27	9.22	11:36.9	8		13
16 G	15.40	33.01	1:40.8	3:14.1	7:32.4	19.97	68.26	6.84	15.59	15.72	1.26	3.87	8.58	12:51.7	7		
15 B	14.11	29.85	1:08.1	2:48.9	6:07.9	17.29	56.07	8.44	21.21	23.40	1.40	4.39	9.22	9:38.1	9		
15 R	15.26	33.07	1:20.2	3:28.7	7:12.4	19.26	62.78	6.96	16.56	16.49	1.28	3.94	8.36	11:36.9	8		13
15 G	15.95	35.08	1:29.0	3:57.2	8:24.9	20.36	66.72	6.19	13.56	12.34	1.20	3.69	7.73	12:51.7	7		
14 B	13.93	29.12	1:06.7	2:38.8	5:20.5	14.90	33.79	8.05	19.77	26.19	1.40	4.41	9.47	8:56.2	9		
14 R	15.21	32.16	1:17.2	3:14.7	6:52.1	17.14	36.84	6.63	16.72	17.94	1.26	3.81	8.10	10:34.4	8		13
14 G	15.83	33.84	1:24.3	3:41.0	7:56.8	18.67	38.86	5.58	13.97	13.40	1.20	3.42	7.32	11:27.1	7		
13 B	14.01	29.00	1:07.2	2:41.8	5:42.8	15.76	33.51	7.00	20.88	21.48	1.35	4.29	9.22	9:02.2	9		
13 R	15.72	32.84	1:19.0	3:11.9	6.51	18.76	37.83	5.93	15.51	15.80	1.21	3.67	8.06	10:56.4	8		13
13 G	17.15	35.87	1:27.8	3:34.2	7:44.5	20.65	40.72	5.16	11.98	11.59	1.11	3.27	7.14	11:45.7	7		
12 B	14.78	30.86	1:10.9	2:53.8	5:57.5	NEW	NEW	7.46	18.76	18.95	1.22	3.91	8.46	9:16.8	9		
12 R	16.53	35.33	1:23.3	3:19.6	7:5.3	EVENT	EVENT	6.23	13.80	13.92	1.13	3.34	7.23	11:17.4	8		11
12 G	17.72	38.40	1:31.6	3:37.3	7:36.8			5.33	10.70	10.67	1.05	2.95	6.25	12:30.6	7		
11 B	15.30	32.36	1:15.2	3:01.2	6:09.8	NEW	NEW	6.78	16.84	16.28	1.16	3.64	7.81	7:28.4	9		
11 R	16.94	36.86	1:28.6	3:26.2	7:06.0	EVENT	EVENT	5.50	12.31	11.48	1.06	3.13	6.68	8:22.9	8		11
11 G	18.32	39.74	1:34.8	3:42.6	7:43.1			4.60	9.94	8.53	1.00	2.79	5.71	9:01.3	7		
10 B	16.17	34.42	1:20.3	3:07.9	6:09.8	12.86	NEW	6.05	16.76	16.08	1.07	3.62	6.02	7:54.9	9		
10 R	12.38	17.72	38.41	1:30.6	3:31.9	14.17	NEW	4.88	11.90	12.31	0.97	3.08	8:33.5	8			11
10 G	13.04	18.70	41.33	1:36.5	3:47.1	15.07	NEW	3.96	9.24	8.90	0.90	2.76	8:59.0	7			
9 B	11.79	16.70	36.47	1:24.8	3:15.8	12.45	NEW	4.95	12.35	11.06	1.02	3.30	5:56.8	8			
9 R	13.10	18.74	41.28	1:37.1	3:45.2	14.00	NEW	3.98	9.49	9.29	0.90	2.80	5:28.1	7			11
9 G	13.92	19.90	44.86	1:46.4	4:06.2	14.79	NEW	3.27	7.47	7.83	0.85	2.44	5:56.8	6			
8 B	12.84	18.30	38.98	1:58.7	500m	13.56	NEW	4.76	10.37	9.72	0.97	2.94	2.94	7			9
8 R	13.96	20.06	43.67	2:17.7	2:17.7	14.72	NEW	3.71	7.52	7.41	0.97	2.49	2.49	6			
8 G	14.68	21.02	46.32	2:31.2	2:31.2	15.60	NEW	3.04	5.85	6.01	0.90	2.25	2.25	5			
7 B	13.67	19.67	42.55	1:07.3	300m	13.16	NEW	NEW	9.35	Vortex	2.58	2.58	2.58	6			8
7 R	14.93	21.84	47.12	1:17.5	1:17.5	14.46	NEW	WEIGHT	7.11	8.91	2.22	2.22	2.22	5			
7 G	15.62	22.77	51.15	1:24.4	1:24.4	15.67	NEW	WEIGHT	5.47	6.70	1.95	1.95	1.95	4			
6 B	15.14	20.80	NEW	NEW	NEW	14.93	NEW	NEW	7.21	8.27	2.15	2.15	2.15	4			
6 R	17.07	24.45	EVENT	EVENT	EVENT	16.32	EVENT	EVENT	5.47	6.03	1.83	1.83	1.83	3			6
6 G	17.45	27.02				17.74			4.34	4.42	1.61	1.61	1.61	2			

Note: There is insufficient data for U17 ribbon achievements. U16 data can be used noting some differences in distances and weights.

2019-2020 Achievement Ribbon Performance Levels – Boys

		70m	100m	200m	400m	800m	1500m	Short Hurdles	Long Hurdles	Shot Put	Discus	Javelin	High Jump	Long Jump	Triple Jump	Walk	#	GOLD
16	B		12.52	25.45	0:56.3	2:18.0	4:51.9	15.70	44.81	10.04	33.25	37.12	1.54	5.21	10.47	9:57.3	9	
16	R		13.06	27.26	1:02.3	2:33.4	5:25.1	16.56	47.78	9.26	28.65	30.62	1.49	4.62	9.99	10:26.9	8	13
16	G		13.47	28.10	1:05.1	2:45.5	5:55.6	17.51	50.26	8.75	24.38	24.91	1.46	4.34	9.67	11:48.7	7	
15	B		12.48	25.23	0:55.0	2:15.7	4:48.3	15.73	44.55	10.82	34.97	35.92	1.61	5.69	11.35	9:57.3	9	
15	R		13.40	27.42	1:01.4	2:38.0	5:28.7	17.29	51.76	8.99	26.82	27.71	1.45	5.00	10.38	10:26.9	8	13
15	G		14.04	29.31	1:07.1	2:54.4	6:12.1	18.40	56.25	7.87	22.50	21.97	1.36	4.53	9.76	11:48.7	7	
14	B		13.05	26.59	0:57.7	2:24.8	4:55.9	14.29	29.26	10.18	26.09	31.48	1.55	5.16	10.47	9:04.6	9	
14	R		14.03	29.74	1:08.6	2:49.9	5:58.7	17.51	33.72	8.28	21.60	22.27	1.35	4.43	9.39	10:28.8	8	13
14	G		14.86	32.02	1:14.8	3:04.8	6:15.4	19.27	37.00	6.89	17.99	17.11	1.20	3.78	8.77	11:44.5	7	
13	B		13.72	27.63	1:02.5	2:32.3	5:06.5	13.95	31.00	8.53	23.95	24.20	1.50	4.76	9.83	8:50.8	9	
13	R		15.15	31.58	1:14.6	2:55.6	6:06.2	17.04	35.24	6.98	18.82	18.59	1.32	4.10	8.58	10:21.8	8	13
13	G		16.23	34.43	1:23.8	3:11.9	6:35.2	19.15	38.49	5.80	14.92	15.03	1.20	3.73	7.73	10:51.7	7	
12	B		14.42	29.53	1:08.6	2:42.0	5:28.9	NEW		8.18	22.70	24.34	1.35	4.33	9.01	9:25.8	9	
12	R		15.79	33.25	1:17.4	3:04.5	6:16.0	EVENT		6.32	16.51	17.34	1.19	3.69	7.88	10:49.8	8	11
12	G		16.66	34.65	1:22.6	3:22.0	6:54.5			5.11	13.24	12.88	1.09	3.31	7.19	11:39.7	7	
11	B		15.31	31.64	1:12.1	2:49.4	5:41.8	NEW		7.43	18.12	21.56	1.27	3.88	8.16	6:49.8	9	
11	R		16.91	35.18	1:23.6	3:13.0	6:32.7	EVENT		6.17	14.51	14.88	1.11	3.36	7.13	7:55.4	8	11
11	G		17.51	37.68	1:29.5	3:26.6	7:06.1			5.25	11.62	11.37	1.00	3.06	6.42	8:38.6	7	
10	B		11.02	15.57	31.94	1:16.0	2:51.3	12.26		6.61	19.19	22.32	1.11	3.79		7:28.3	9	
10	R		12.37	17.66	37.90	1:28.0	3:23.1	14.28		5.28	14.12	15.22	1.01	3.20		8:35.4	8	11
10	G		13.01	18.64	39.80	1:35.9	3:39.9	15.01		4.42	10.82	10.87	0.95	2.91		9:21.2	7	
9	B		11.63	16.65	34.76	1:19.6	3:00.9	12.06		5.42	15.48	16.41	1.05	3.45		4:39.1	8	
9	R		12.73	18.16	39.01	1:30.2	3:26.4	13.29		4.44	11.92	12.49	0.93	2.98		5:20.4	7	11
9	G		13.51	19.29	41.42	1:37.3	3:38.8	14.08		3.81	9.67	9.76	0.80	2.71		5:50.7	6	
						500m												
8	B		12.33	17.36	37.16	1:51.2		12.71		5.09	12.89	13.66		3.12			7	9
8	R		13.50	19.33	41.98	2:08.4		14.17		4.14	9.65	10.30		2.67			6	
8	G		14.23	21.03	46.13	2:22.3		14.91		3.53	7.31	7.66		2.39			5	
						300m						Vortex						
7	B		13.32	18.80	40.87	1:05.5		12.41		NEW	11.69	19.01		2.82			6	8
7	R		14.35	20.51	44.86	1:14.7		13.56		WEIGHT	9.03	12.99		2.46			5	
7	G		15.01	21.91	47.40	1:21.6		14.43			6.92	9.86		2.15			4	
6	B		14.13	20.73	NEW			13.39		NEW	8.39	16.01		2.50			4	
6	R		16.09	23.38	EVENT			15.61		EVENT	6.62	9.29		2.11			3	6
6	G		17.40	24.52				16.96			4.69	6.70		1.75			2	

Note: There is insufficient data for U17 ribbon achievements. U16 data can be used noting some differences in distances and weights.

Melville Roar Seniors

Melville ROAR Athletic Club competes under the affiliation of Athletics West (AW) who conducts all senior athletic meets at the WA Athletics Stadium, Stephenson Ave, Mt Claremont for any athlete turning 12 and older.

The program of events follows a 4 week cycle (A to D) and covers all the events from sprints, middle distance, throws, jumps and walks. Essentially any event you will see at the Olympics is conducted except for the Marathon.

Melville Athletics Centre registered athletes turning 12 and over in the current year will be able to register with AW and be eligible to compete at all AW and AA National competitions for Summer (20/21) and Winter (2021). There are fees associated with nominating for each meet event – see AW website.

There will be no late entries permitted in season 2020/21 for weekly registration process, check AW website for details. Closing time/date will be advised by Athletics West via the registration portal, but as a general rule will now close at midnight two days prior to the competition. Athletes are required to wear their AW assigned competition number , NOT their Little Athletics assigned competition number.

Note: hurdle heights and distances, throwing implement weights may vary from Little Athletics specifications.

Athletes are to wear the Melville Athletics uniform worn for states and utilised by Melville Seniors. You are required to wear the AW assigned competition number as opposed to the Little Athletics assigned competition number.

For further information about AW and the competition they co-ordinate, please visit AW's website – athleticswest.org.au, where information regarding competition rules, results, news etc. is located.

A sub-committee for administering and fostering senior athletics meets on a monthly basis during the summer season and members are more than willing to assist, where possible.

The members of the sub-committee are current or former Melville Little Athletics Centre parents or athletes and if more information about Melville Seniors or have any queries please go to the melvilleroar.com website or email: seniors@melvilleroar.com

Hear the ROAR

See the ROAR

Be the ROAR

