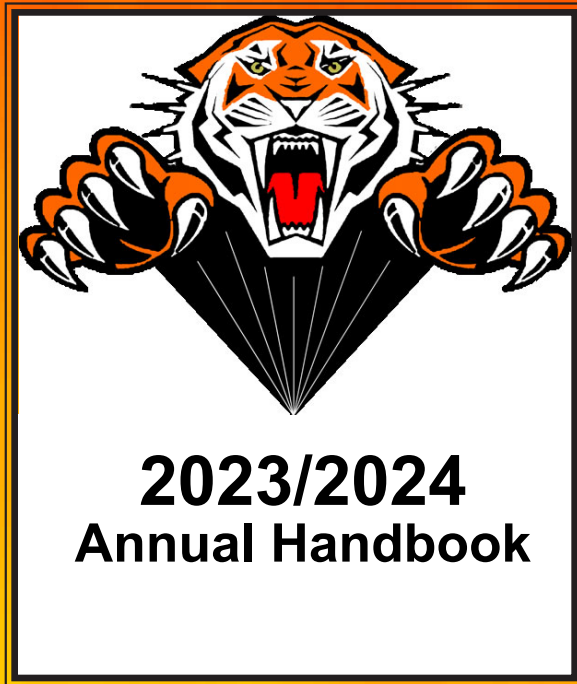


Meville Little Athletics Centre



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MELVILLE ROAR

Home of the Melville Athletics Club and Melville Little Athletics Centre

Dear Members,

Welcome to the 2023/2024 season with Melville Roar!

Firstly, we would like to acknowledge the Bibbulmun people as the Traditional Owners of the land on which we train and compete and pay our respect to the Whadjuk people, and Elders both past and present.

We are sure to have many returning and new athletes inspired by Australia's recent successes at the World Athletics Championships Budapest 2023. If you followed the events on social media, you would have noticed that many athletes started their journey with Little Athletics – it's exciting to think this could be you one day too!

This, our "Orange Book", is provided as a quick guide to Little Athletics activities for the Summer Season at Melville and Little Athletics State Events in WA. It is also a way for us to recognise the achievements of our committed and talented athletes over the previous Summer and Winter Seasons.

We completed a full season with an impressive 10 new Centre Records. Our athletes were also successful in both the State Junior Championships and the State Championships with an abundance of PB's, medals and Open Records. We were also very proud to have had a representative chosen for the 2023 Junior International Tour.

With the completion of the WA Athletics Stadium track replacement in late 2022 we will revert to the previous timings of State Events we are familiar with including the hotly contested State Track and Field Relay Championships which is once again scheduled in December. We will also showcase our local WA talent with the Australian All Schools Championships being held in Perth during December too.

This season will see the continuation of the successful One Sport model for athletics in WA which was introduced last year with changes to the qualification and operation of the State Championships. We are also pleased to share that the WA Little Athletics Zones Championships will return in February too providing our younger athletes with another opportunity to qualify to participate in the State Junior Championships. This will lead to an exciting season ahead with lots of action in track and field.

As always, everyone's contribution and participation is what leads Little Athletics to provide memories. Together, our contributions, support of not only our children, but everyone in our Centre develops foundation athletics skills, friendships and life skills.

Kind regards

MAC Executive Committee

TABLE OF CONTENTS

SUMMER SEASON CALENDAR 2023-2024..... 4

MELVILLE ATHLETICS CENTRE CONTACTS 2023-2024..... 7

HISTORY OF MELVILLE LITTLE ATHLETICS CENTRE 9

STRUCTURE OF LITTLE ATHLETICS IN WA 10

GENERAL INFORMATION 11

SAFETY 14

CLUB ROSTERS & SITE MANAGEMENT 16

RULES FOR MELVILLE COMPETITION 18

INTER-CENTRE AND STATE COMPETITIONS 21

CENTRE AWARDS AND CRITERIA..... 25

SEASON AWARDS 2022-2023..... 28

SEASON RESULTS 2022-2023..... 32

CENTRE RECORDS 39

OPEN RECORDS 44

COMPETITION STANDARDS 50

2023-24 ACHIEVEMENT RIBBON PERFORMANCE LEVELS – GIRLS 53

2023-24 ACHIEVEMENT RIBBON PERFORMANCE LEVELS – BOYS..... 54

Summer Season Calendar 2023-2024

	Day	Date	Start Time	Event	BBQ	Venue
2023	Saturday	7-Oct	7:45 am	Program 1	MAC	Len Shearer
		14-Oct		Program 2	MAC	
		21-Oct		Program 1	BW	
		28-Oct		Program 2	PB	
		4-Nov		Program 1	OL	
		11-Nov		Program 2 – Life Members Day	LM	
	Sat & Sun	18 & 19 Nov		State Combined Events Champs		WA Athletics Stadium
	Saturday	25-Nov	7:45 am	Program 1	BW	Len Shearer
		2-Dec		Program 2 – MAC Fundraiser	PB	
		9-Dec	4.45 pm	Special Event - Twilight	MAC	
	Saturday	16-Dec		State Relay Championships		WA Athletics Stadium
CHRISTMAS & NEW YEAR BREAK						
2024	Saturday	13-Jan	4:45 pm	Program 1 - Twilight	OL	Len Shearer
		20-Jan		Program 2 - Twilight	LM	
	Saturday	3-Feb	7:45 am	Centre Champs - Program 1	MAC	Len Shearer
		10-Feb		Centre Champs - Program 2	MAC	
	Sat & Sun	17 & 18 Feb		Zones Championships		TBA
	Thu - Sun	22 - 25 Feb		State T&F Championships		WA Athletics Stadium
	Saturday	2-Mar	7:45 am	Special Event	MAC	Len Shearer
	Fri - Sun	8 - 10 Mar		State Junior T&F Champs		WA Athletics Stadium
	Sunday	17-Mar	3.00 pm	MAC AGM & Windup		Len Shearer
	Thu - Fri	11 - 19 Apr		AUS Athletics Championships		Adelaide
	Fri - Sun	26 - 28 Apr		AUS LA Championships		Adelaide

Program 1

6B	6G	7B	7G	8B	8G	9B	9G	10B	10G	11B	11G	12B	12G	13B	13G	14B	14G	15/16/17/18B	15/16/17/18G
60MH	SP	60MH	SP			700MW	LJ	60MH			1500M		1500M	JAV	HJ	Walk/Jav	D	Walk/Jav	D
				60MH		60MH		1100MW		1100MW									
D	LJ	D	LJ		SP					80MH		80MH					1500M		1500M
						TURBO			SP		HJ	80MH	TJ	80MH	1500M	90MH		100/110MH	
				500M			D	LJ				800M		800M					
Vortex	70M	Vortex	70M		70M			800M	70M	SP	TJ	LJ	D		200MH	800M	200MH	800M	300MH
									HJ										
200M			200M	TURBO	200M	800M				800M	100M								
		300M					100M	TURBO						LJ	TJ	SP	HJ	SP	HJ
				D		HJ			400M			SP	400M						
100M		100M			LJ			200M		JAV	D								
				100M										SP			400M		400M
							400M			200M		JAV	HJ		400M	LJ		LJ	
									D					200M					
							SP				400M								
						200M			100M						D		TJ		TJ
										LJ			100M			200M		200M	
												200M			100M		100M		100M

- Program will commence on time at 7:45am or 4:45pm for twilights with the first marshal call approximately 5 minutes before the start time. The program will finish approximately 12 noon. These are indicative times only as program will at times be ahead or behind schedule.
- The order of events may change at the discretion of the Arena Manager.
- U14-17 program will commence Discus, Walks and Javelin at 7:45am/4:45pm. 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 participate in the walk will not be entitled to throw.

Program 2

6B	6G	7B	7G	8B	8G	9B	9G	10B	10G	11B	11G	12B	12G	13B	13G	14B	14G	15/16/17/18B	15/16/17/18G
													1500MW	1500M	1500MW	D	Walk/Jav		Walk/Jav
SP	60MH	SP	60MH		60MH	LJ	700MW	D	1100MW	1500M		1500M			JAV				
							60MH												
LJ	D	LJ	D	SP					60MH		1100MW			HJ		1500M		1500M	
											80MH		80MH						
							TURBO	SP		HJ		TJ	80MH		80MH				
					500M	D			LJ				800M			80MH		90/100MH	
70M		70M	Vortex	70M							SP		800M		800M				
								70M		TJ						200MH	800M	300MH	800M
									800M			D	LJ	200MH					
200M		200M			TURBO		800M	HJ											
			300M	200M		100M			TURBO	100M	800M								
					D							400M			LJ	HJ	SP	HJ	SP
							HJ	400M					SP						
100M			100M	LJ					200M	D	JAV								
															SP	400M		400M	200M
												HJ	JAV	400M					
						400M					200M						LJ		LJ
															200M				
						SP				400M						TJ		TJ	
							200M	100M						D			200M		
											LJ	100M	200M	100M					
																100M		100M	

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Melville Athletics Centre Contacts 2023-2024

Executive Committee

Position	Person
President	Andrew Angelatos
Vice President	Mark Stott
Treasurer	Tarin Paniora
Secretary	Executive Officer
Member Portfolios	
Arena	Andrew Angelatos
Assistant Arena	Mark Stott
Championships & Officials	Rebecca Gray
Coaching & Development	Matthew McCarthy
Technical	Dan Palmer

Committee Support

Executive Officer	Carole Adams
Assistant Field Manager	Anita Downing
Canteen	Lagi McCarthy
First Aid Officer	Ian Gawthrope
Seniors Manager	Vacant
Website Manger	Dean Fearnall
Winter Manager	Vacant

Centre Captains

Ava Watters	Palmyra Bicton Little Athletics Club
Xavier Bernard	Palmyra Bicton Little Athletics Club

In the first instance please submit any questions to your Club Manager.

Please direct any Centre enquiries to the Executive Officer at macexecutiveofficer@gmail.com for distribution to the appropriate member.

Club Contacts

Brentwood Bolts	
Club Manager	Alasdair Dempsey
Registrar	Tara Pike
Email	brentwood@melvilleroar.com
Uniform	Brentwood club singlet and black shorts
Training Nights	5pm Tuesday (U11+) and 5:15pm Wednesday (U6-U10)
Training Ground	Len Shearer Reserve
Leeming Stars	
Club Manager	Claire Ogle
Registrar	Libby Garrigan
Email	leeming@melvilleroar.com
Uniform	Leeming club singlet and black shorts
Training Nights	5pm Tuesday (U11+) and 4:30pm Wednesday (U6-U10)
Training Ground	Len Shearer Reserve (U11+) and West Leeming Primary School (U6-U10)
Olympia	
Club Manager	Sheldon Jones
Registrar	Ian Gawthrope
Email	olympia@melvilleroar.com
Uniform	Olympia club singlet and black shorts
Training Nights	5pm Tuesday (U11+) and 4:45pm Wednesday (U6-U10)
Training Ground	Len Shearer Reserve
Palmyra Bicton	
Club Manager	Anita Downing
Registrar	Ginetta Bernard
Email	Palmyra-bicton@melvilleroar.com
Uniform	Palmyra/Bicton club singlet and black shorts
Training Night	5pm Tuesday (U11+) and 4:30pm Wednesday (U6-U10)
Training Ground	Len Shearer Res (U11+) and Palmyra Primary School (U6-U10)

History of Melville Little Athletics Centre

Melville Little Athletics Centre was founded in 1969, with the first competition being held in November 1969 with over 1000 athletes competing. The inaugural competition was held at Tomkins Park, moving to Marmion Reserve in 1975 and then our current home at Len Shearer in 1981.

Melville has had past athletes represent us at State, National and International Competitions and their abilities are shown in some of the long-standing Centre records you can still see in here. Fred Martin represented Australia in the 1984 Los Angeles Olympics in the 100m and 200m and held the U20 National 200m record for many years. Shane Hair represented Australia in the 1998 Commonwealth Games and held National Long Jump Titles from 1997 to 1999. Some of these record holders shifted from athletics to become champions in other sports, including basketball and football.

The success of our Centre comes not only from the athletes, but the parents who have contributed to both Clubs and the Centre. Our Life Members below, are recognised for their exceptional service to our Centre and we would like to extend our appreciation to them for where we are today.

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 (dec)	Darren Wright	Teresa Blackman	Julie Pearman-Johns
Brett Johns	Mark Blackman	Ross Keane	Roger Hinton
Neil Hancy	Simon Kenworthy-Groen	Graham Cowin	

Eric Christian Athlete Life Membership

Established in 2012-13 and renamed after life member, Mr. Eric Christian in 2015, this award recognises the dedication and contribution of athletes who have been registered and competed with Melville from U7 through to 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).
2021	Caitlin Hodgkinson (BW), Charlotte George (BW), Brandon George (LM)
2023	Olivia Sanderson (PB), Matilda Willis (PB)

Structure of Little Athletics in WA

The Little Athletics Program is offered at Centres throughout Australia, with Little Athletics in WA being governed by Athletics West.

Athletics West

Athletics West provides control and direction of Little Athletics at State level. In WA we have one state body for both Little Athletics and the Senior Program who conduct state events and undertake activities to promote and advance athletics in WA. They run all State Championships and prepare and enter West Australian teams in national athletics competition.

Athletics West have a website www.athleticswest.com.au that provides information on state events, including their results; Rules of Competition and opportunities for coaching development. They also have a Facebook page to keep up-to-date with events.

Centre

A Centre is the body that organises and conducts the weekly competitions for local Little Athletics athletes. Centres design their own program and timetable, register members and co-ordinate the activities of volunteers. Centres can be a hub for athletes from surrounding areas or they may be made up of multiple clubs.

At Melville Athletics Centre we have an Executive Committee that works with our clubs to provide our summer athletics meets. We also have officers that support senior and winter competitors. At State and Winter Competitions, all athletes compete for Melville and wear the Melville Roar uniform.

Melville Athletics Club has a website www.melvilleroar.com that contains Melville Roar specific information. We also have a Facebook page: Melville Roar Athletics Club for up-to-date information on our training and events and our Melville Roar Buy and Sell group.

Club

Melville has four Clubs each identified by different coloured uniforms. Each club has a small management committee of volunteers to support activities like coaching and arranging parent rosters. Clubs organise training sessions for their athletes, and are the main channel of communication for athletes to keep them informed of any nomination forms or events that are being held.

General Information

The content in this book is a summary of key information about how we run our program. Please see our website for our full By-Laws and Policies and speak to your Club Manager if you have any queries.

Facilities

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

If there is a safety concern at the facilities please speak to your Club Manager, the Arena Manager or an Executive Committee member.

Age Grouping and Registration

Little Athletics cater for boys and girls aged between 5 and 16 for enrolment in the U6-U17 age groups.

For 2023/24 Age Groups are as follows based on the child's age at midnight 31 December:

Age Group	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18+
Year Born	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006

A birth certificate (or alternative 'proof of age') must be sighted by the Club Registrar or uploaded to Results HQ to demonstrate proof of age for all new registrations.

The official registration period is from 1 October to the 30 September and Little Athletics athletes compete in the same age group for both the Summer and Winter seasons. Further details on the Winter Season can be found in the back of this book. Alternatively Senior athletes competing in the Strive Program progress up an age group on 1 January each year.

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, U17 and U18+ 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.

Program Management

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 each competition, as there may on occasion be slight changes to the order of events. 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 Assistants, work closely with the announcer, and may modify the program if/when problems or opportunities arise to ensure that an early as possible finish is achieved.

Any program issues need to be raised with your Club Manager in the first instance.

Club Parent Rosters

Parent participation in club rosters is essential for the successful running of our competitions. See Club Rosters and Site Management for further information.

Marshalling

All competitors will be called approximately five minutes and then three minutes prior to the commencement of events. Athletes in age groups U6 to U8 are to report to the marshalling tent where they will be escorted to their events. U9 to U18+ are to report directly to the site or event start line where they will be marshalled.

Club Managers and parents are asked to listen carefully to all announcements to assist athletes in not missing events. Athletes may join events late but may not make up missed trials except at the discretion of the Key Official.

Heats and Field Sites

In each track event, competitors are ordered after their initial participation in the event, according to best achieved times. This enables 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 two sites at field events.

Results

Results HQ is the platform used by Little Athletics in WA to collate event results and organise event start lists each week. You log in to this online application using the details you set up at registration to see your weekly results and compare your event performance over the season. Melville results will be available within two working days after each program. Please be aware due to the volume of paper generated, recording sheets are only held for two weeks. As such please address any results queries promptly via our Executive Officer.

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.

Parent and Spectator Behaviour

All officials at Melville are volunteers and deserve respect from athletes, parents and 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 our Code of Conduct. Please see the Code of Conduct on our website for further information.

Photography

If you plan to take photos or footage that include children or young persons that are not your own, please obtain permission from the child's parent or guardian prior, particularly if they can be identified and you intend to post the images on to social media.

Coaches must inform any athlete and guardian(s) if they want to record the athlete as a tool to analyse and improve performance.

Athlete photos used for Melville Roar promotional purposes will have parent's prior permission.

Melville Roar Senior Athletics

Melville Roar Athletics Club competes under the affiliation of Athletics West (AW) who conduct senior athletic meets at the WA Athletics Stadium for athletes registered in the Strive Program. Melville Roar Seniors requires a separate registration.

Athletes that are a minimum of 11 years old can register to compete in the Strive program. We offer discounted Strive Membership options for our Little Athletics members registering as Melville Roar Seniors.

The level of competition is high and the majority of Strive events are conducted on a Friday evening under lights at the WA Athletics Stadium. The calendar of events along with timetables can be found on the Athletics West website – www.athleticswest.com.au.

The Strive program of events follows a 4-week cycle (A to D) as well as some special meets 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. Technical specifications for events, such as hurdle heights and distances, throwing implement weights, may vary from Little Athletics specifications. There are fees associated with nominating for each seniors competition which must be done weekly and prior to the cut off for each meet – see AW website for further details.

Melville Roar Senior Athletes wear the Melville Roar uniform and are required to wear their AW assigned competition number as opposed to the Little Athletics assigned competition number.

Safety

Accidents, First Aid and Insurance

In the event of an athlete requiring First Aid assistance please report to the announcer or ask the site key official to radio the announcer who will request the First Aid Officer attendance. All accidents are to be reported immediately to the First Aid Officer. A small first aid area is set up inside the roller door entry to our Clubroom during each competition. An Injury Report Form must be completed and lodged with the First Aid Officer.

Insurance is provided through Athletics West and further information is available on their website.

Working with Children Regulations

Any regular volunteer at training or competition who is not a parent or guardian of a child participating must obtain a Working with Children Card (WWCC). Please speak to the Executive Officer to make arrangements for this as it needs to be supported by the Centre and included on the Centre register.

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.



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Weather

If a centre program or events are cancelled due to weather the events will not be made up in subsequent weeks.

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.

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 (i.e. 8:15am for a morning meet or 5:15pm for a twilight meet) 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 to ensure it is safe.

In the case of a thunderstorm, if the time between the lightning flash and rumble of thunder is 30 seconds or less. All individuals will be instructed to take appropriate shelter and events will be postponed or cancelled. Competition will not resume until at least 30 minutes after the last sound of thunder or flash of lightning

Extreme Heat

Consideration will be given to postponing or cancelling events if the ambient temperature is expected to be above 40°C for an extended period of time during the competition period.

Club Rosters & Site Management

Equipment and Club Rosters

Parents on roster are critical for the successful running of our competitions.

All parents will receive a roster of duties from their respective club upon registering their U6 to U17 children. Athletes registered as Community Members (U18+ Little Athletics Age group) are not required to do roster duties or additional rosters (if they are the parent of a registered U6 to U17 Little Athletics athlete) as a result of their registration.

Setting up and starting on time ensures we finish as scheduled. When on roster please:

	Morning Meet	Twilight Meet
Arrive and sign in by	7:30am	4:30pm
Complete equipment set up by	7:45am	4:45pm
Start events at	7:45am	4:45pm

Signing in when on roster ensures that you are covered by Athletics West insurance in the event of an incident. Each Club will display a Sign In Sheet for those on roster outside our Canteen serving hatch.

Each club is allocated specified sites as their primary roster duty and are responsible for ensuring the efficient running of these sites for the duration of the season. Club members will be responsible for setting up and putting away all equipment and shade tents by the allocated times at these sites.

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. Further missing a duty roster may result in athletes being not allowed to compete.

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

Site Management

Sites are controlled by a nominated key official. They will provide all parents on roster on that site with direction to ensure the site is run safely and efficiently.

There are files for each site 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 at the completion of competition for results to be entered into Results HQ.

For field events if an athlete turns up late and the athletes name has been called in the first round, the athlete shall forfeit the right to participate in that round. 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.

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 their finishing time.

We have an Arena Manager, an Assistant Arena Manager and an Assistant Field Manager who can assist with queries or problems during the Program.

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. Please inform them of any problems with equipment when returning it.



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Rules for Melville Competition

All events are conducted in accordance with the rules as set by Athletics West or as determined by the Melville Centre Executive. Athletics West rules are available on the website www.athleticswest.com.au.

MAC specific rules are listed in this book under Competition Standards.

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 Conduct 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.

Uniform

The Athletics West Rules of Competition state:

- If manufacturer's logos are present on the uniform, the logo must not exceed 7cm x 5cm (approximate size of a matchbox).
- Athletes may wear a second top underneath their approved uniform top. If worn, the top must be plain and the same colour as the predominant colour of the approved uniform top, or white
- Athletes may wear leggings of any length except in Walking events. If worn they shall be the same colour as approved uniform short colour, or predominately black
- If an athlete is to wear compression shorts as an outer garment only, then they must be the same colour as the approved centre shorts colour or predominately black.
- Athletes may wear a second pair of shorts (e.g., compression shorts) underneath their approved uniform shorts. If worn, they must be the same colour as the approved uniform shorts colour, predominately black, or skin colour.
- Compression shorts that have branding on the waist like, e.g., Nike Pro, will be accepted
- For Walking events, short length must finish at least 5cm above the knee

Club Uniform

Each competitor must be attired in the correct club uniform from the commencement of the season. Please securely fasten the registration bib (sewn, hand tacked or pinned).



Registration number is placed centre front of the uniform top with the athlete's name and age group written in the spaces provided.

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.

The Melville Centre uniform consists of:

- Orange & black top with Tiger Motif.
- Plain black shorts, briefs, or cycle shorts.
- The registration number must be transferred onto this top in the same position.
- Centre singlets may be purchased from the Championships & Officials Manager.

Footwear, Shoes and Spikes

The Athletics West Rules of Competition state:

- Appropriate footwear is compulsory for all athletes in all events.
- No athlete may wear football boots or cleats in any event.
- Athletes in the U6 - U10 age group may not wear spike shoes.
- Athletes in the U11 - U12 age group may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump and javelin.
- Athletes in the U13 - U17 age groups 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.
- Spike shoes cannot be worn outside the defined "Field of Play" unless all spikes are suitably covered.

Please see the Rules of Competition for further details on the Athletics West website.

Melville Athletics Centre 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 competitions.

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 coaches 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 Conduct.

At Athletics West 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.

Centre Championships

To be eligible to compete at the Centre Championships, U6 – U12 athletes must have competed in an event, a minimum of three times and U13-U17 athletes must have competed in an event at least twice, at our weekly Melville Little Athletics Centre competitions during the current program season. U18+ community member athletes are not eligible to compete in any events at the Centre Championships.

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. Eligible athletes must nominate via Results HQ in order to compete in Centre Championships competitions.

Athletes Visiting from Other Centres

Registered athletes from other Centres are welcome at Melville. Visitors should provide their personal best performances to the Executive Officer at least one week prior to the competition day. Failure to do so will mean that the athlete will not be registered for the event and may not be allowed to compete.

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. Visitors are not eligible to attend in Weeks 1-4, or at Centre Championships.

Inter-Centre and State Competitions

A number of Inter-centre Competitions are held throughout the season with further details available on the Athletics West website.

Please direct any enquiries about events to the Championships and Officials Manager.

A condition of nomination to these 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.

Nominations for Athletics West events before the closing date are either through Results HQ or the Events Page on AW website. Entries are the responsibility of individual athletes (with the exception of State Relays).

State Combined Event Championships

Date: Sat 18 & Sun 19 Nov 2023
Venue: WA Athletics Stadium
Uniform: Melville Centre uniform with registration number

This event is open to all athletes in the U11 – U17 age groups following self-nomination. U11 – U13 athletes compete in five events over one day, whilst U14-U17 athletes compete in seven events over two days. Event specifications and program details can be found on the AW website

Combined Events is a pentathlon/heptathlon competition where the athlete competes in all events involving both track and field for their age group. 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.

U15 competitors who nominate may be considered to represent WA in the Interstate Teams Championship or other events as identified by Athletics West.

State Relay Championships

Date: Sat 16 Dec 2023
Venue: WA Athletics Stadium
Uniform: Melville Centre uniform with registration number

Entry to the State Relays is for U9 to U17 age groups and through Centre selection via criteria found in our Centre Selection Criteria Policy.

Track Relay Teams shall comprise of either 4 or 5 athletes to compete in one or two events which are determined by AW. Field Relay 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.

Each Centre is eligible to nominate one team (minimum of four, maximum of five participants) 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.

Little Athletics Zones Championships (Zone 1/South Metro)

Date: Sat 17 & Sun 18 Feb 2024
Venue: TBC
Uniform: Melville Centre uniform with registration number

This is an inter-centre competition for Little Athletics U7 – U13 athletes. Entry will be via Results HQ with age-based athlete entry limits. This is an automatic qualifying event for the State Junior Championships in addition to qualifying via meeting the Entry Standards for the State Junior Championships during the Centre weekly competitions.

For U7-U8 athletes this will be their final competition for the summer and the top 3 placing athletes in each event will be awarded pennants.

State Track & Field Championships

Date: Thu 22 – Sun 25 Feb 2024
Venue: WA Athletic Stadium
Uniform: Melville Centre uniform with registration number

Entry is open to all LAs U13 - U17 & Seniors members.

There is no qualification criteria for members to enter this event.

This event is the qualification for the Australian Track & Field Championships to be held in Adelaide 11 – 19 April 2024.

The number of athletes in each event will determine if heats or straight finals are run. Gold, silver and bronze medals are presented to the top 3 placing athletes in all events.

State Junior Track & Field Championships

Date: Fri 8 – Sun 10 Mar 2024
Venue: WA Athletic Stadium
Uniform: Melville Centre uniform with registration number

Entry is open to LAs U9 - U13.

Athletes must qualify to enter through achieving the entry standard at their Little Athletics Centre (see 2024 Entry Standards on the following page) or the required placing at their Zone Championships competition. See Athletics West website for full details.

2024 Entry Standards - State Junior Track & Field Championships



2024 ENTRY STANDARDS

Age Group	Gender	70m	100m	200m	400m	800m	1500m	Sprint Hurdles	200m Hurdles	Race Walk	Long Jump	Triple Jump	High Jump	Shot Put	Discus	Javelin
Under 9	Girls	11.80	16.70	36.00	1:23.0	3:12.0		12.00		700m 4:55.0	3.35		1.03	4.70	13.40	12.00
Under 9	Boys	11.30	16.30	34.10	1:19.0	2:58.0		11.60		700m 4:40.0	3.60		1.05	5.90	17.30	17.50
Under 10	Girls	11.30	16.00	33.40	1:18.40	3:00.0		12.00		1100m 7:50.0	3.64		1.10	6.00	16.30	15.80
Under 10	Boys	11.00	15.00	32.00	1:14.0	2:51.5		11.85		1100m 7:40.0	3.90		1.15	6.90	21.50	21.00
Under 11	Girls		15.20	32.30	1:16.0	2:57.0	6:00.0	16.01		1100m 7:50.0	3.80	8.10	1.18	6.60	19.40	15.60
Under 11	Boys		14.90	31.10	1:13.0	2:45.0	5:45.0	15.50		1100m 7:31.0	4.00	8.40	1.25	8.15	24.30	23.00
Under 12	Girls		14.80	31.00	1:12.3	2:53.0	5:59.0	15.60		1500m 10:30.0	4.15	8.60	1.25	7.90	19.40	19.30
Under 12	Boys		14.60	30.50	1:11.0	2:43.0	5:42.0	15.60		1500m 10:30.0	4.30	8.90	1.30	8.90	21.50	25.40
Under 13	Girls		14.30	30.20	1:11.0	2:52.0	5:55.0	15.80	34.00	1500m 10:30.0	4.50	9.10	1.35	7.30	21.00	21.00
Under 13	Boys		13.90	29.27	1:08.0	2:40.0	5:40.0	15.00	34.00	1500m 10:30.0	4.60	9.50	1.35	8.20	25.40	22.40

Australian Little Athletics Championships

Australian Little Athletics Championships features two competitions; the Australian Teams Championships for U13 athletes and the Multi-Event Championships for U15 athletes. The competitions will take place in Adelaide from the 26-28 April 2024.

LAs U13 athletes must nominate to be considered for the state team with selection based on performances from either or both the State Championships or the State Junior Championships.

The top 3 LAs U15 nominated athletes at the State Combined Events Championships will be selected for the State Team.

Winter Competition

Athletes registered for the Little Athletics or Seniors summer athletics seasons are automatically registered for the Winter season and may participate in the Winter meets by registering for each of them, prior to their deadlines, via the Athletics West website. Athletes compete in the Melville Roar singlet and their registrations numbers must be transferred to this. Each event is organised and hosted by a Centre in conjunction with Athletics West. Further information can be found on the Athletics West website.

Training

Training is provided for Cross Country Running through the winter season. A training schedule will be provided close to the time and parents who are avid runners are requested to offer their support.

Cross Country Runs

Competition is held every second Saturday and located at venues spread around the metropolitan area. There is also the opportunity to participate in a run at a country location.

Distances are:

- U7 - U8 1000m
- U9 - U10 1500m
- U11 - U12 2000m
- U13 - U17 3000m
- As well as various Senior events

Road Walks

Competition is held on alternate Saturday to cross country runs in various locations. 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.

Winter 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.

Centre Awards and Criteria

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 tables at the end of this 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.

An athlete who achieves the blue level in a specific number of events, as detailed in the Achievement Ribbon Performance Levels at the back of this book will be presented a Gold Achievement Award at the end of year presentations. Centre Championship results are excluded from the ribbon achievement system.

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. In addition, U6 to U12 athletes who achieve a Personal Best during the championships will receive a PB ribbon.

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. Athletes across all age groups who complete 100% of events will also be recognised.

Age Group Champions

Age Group Champions and Runner-Up are awarded each season based on accumulated points. Points are awarded for each event the athlete participates in during the Centre competition, excluding Championship weeks. These points are not visible to competitors.

Perpetual Centre Awards

Nominations for Centre Awards are voted on by the Executive Committee. Nominations are to be presented to the Executive Committee before the Christmas break 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 Athletics West. 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 Athletics West 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 years, 8 years and 11 years of service at the Centre. This award is presented in the season it is achieved.

An 8 years athlete service award is presented by Athletics West and awarded at the State Championships.

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, Athletics West presents the following awards:

- Service Awards-Officials: 3, 6, 10 and 20 years 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 considered for these awards.

Winter Awards

Awards are derived from a placing based points system and calculated over the season performance.

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.

Please note Winter Awards will not be presented in years when the Winter Manager position is vacant.

Centre Captains

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

Season Awards 2022-2023

Champion Club

2014/15	Leeming	2015/16	Palmyra/Bicton
2016/17	Brentwood	2017/18	Olympia
2018/19	Palmyra/Bicton	2019/20	Leeming
2020/21	Palmyra/Bicton	2021/22	Olympia
2022/23	Olympia		

Open Champion Club

2014/15	Palmyra/Bicton	2015/16	Olympia
2016/17	Olympia	2017/18	Olympia
2018/19	Olympia	2019/20	Olympia
2020/21	Olympia	2021/22	Olympia
2022/23	Olympia		

Centre Sportsman Award

2019/20	Taya Mascarenhas	OL	U15
2020/21	Caitlin Hodgkinson	BW	U17
2021/22	Olivia Sanderson	PB	U16
2022/23	Ava Nadin	PB	U15

Independent Little Athlete of the Year Nomination

2018/19	Aedam Quinn	OL
2019/20	Jack Watters	PB
2020/21	Nick Davidson	OL
2021/22	Kaelan Adams	OL
	Xavier Bernard	PB
2022/23	Lachlan Angelatos	BW
	Saumia Panchalingham	LM

MB Bassett Award for most Personal Best Performances

2019/20	Alexandra Pike	BW	34 season PBs
	Matilda Willis	PB	34 season PBs
2020/21	Alexandra Pike	BW	34 season PBs
2021/22	Olivia Sanderson	PB	31 season PBs
2022/23	John McIlroy	OL	37 season PBs

Tom Wilson Award

2016/17	Camryn Tidy	OL	2017/18	Cheryl Lim	PB
2018/19	Charlotte George	BW	2019/20	Emily Barlow	OL
2020/21	Otis Coad	PB	2021/22	Salah Salim	PB
2022/23	Logan Cadd	BW			

Age Group Champions and Runner Ups 2022-2023

Girl		Club	Age	Boy		Club
Champion	Audrey Buckley	BW	6	Champion	Toby Bayliss	OL
Runner-up	Abigail Sloan	OL	6	Runner-up	Charlie Groombridge	BW
Champion	Mia Lujan Rocha	BW	7	Champion	James Bax	OL
Runner-up	Siobhan McCarthy	BW	7	Runner-up	Lalit Ram Kamma	BW
Champion	Sienna Quainton	LM	8	Champion	Cruz Ogle	LM
Runner-up	Jhacynta Sepi-Ulukita	PB	8	Runner-up	James Groombridge	BW
Champion	Emmerson Jones	OL	9	Champion	John Mcilroy	OL
Runner-up	Kayley Lassig	OL	9	Runner-up	Austin Nadin	PB
Champion	Zahlia McGinn	OL	10	Champion	Kaden Ogle	LM
Runner-up	Elizabeth Wong	BW	10	Runner-up	Wesley Kay	BW
Champion	Billie Richardson	OL	11	Champion	Jake Stott	BW
Runner-up	London Polak	OL	11	Runner-up	Leo Bayliss	OL
Champion	Ivy Nadin	PB	12	Champion	Christian Singleton	LM
Runner-up	Sophie Evans	OL	12	Runner-up	Taro Naito	BW
Champion	Ellen Hawke	LM	13	Champion	Griffin Angelatos	BW
Runner-up	Eva Jarvis	BW	13	Runner-up	Joshua Goddard	OL
Champion	Chelsea Smith	PB	14	Champion	Bailey Riemann	PB
Runner-up	Macey McDougall	PB	14	Runner-up	Harrison Weston	OL
Champion	Alexandra Pike	BW	15	Champion	Mason Fidzewicz	PB
Runner-up	Sanji Kandaswamy	LM	15	Runner-up	Lachlan Angelatos	BW
Champion	Ava Watters	PB	16	Champion	Ashwin Jose	LM
Runner-up	Lillian Sharp	LM	16	Runner-up	Alexander Dempsey	BW
Champion	Olivia Sanderson	PB	17			
Runner-up	Ayla Keady	PB	17			

Participation medal - 100 % event completion – 2022-2023

		Age	Club	Number of Events
Ivy	Arangio	6	OL	48
Audrey	Buckley	6	BW	48
Darcy	Brown	6	BW	48
Charlie	Groombridge	6	BW	48
Mia	Lujan Rocha	7	BW	54
Aaliyah	Jones	7	OL	54
Adelaide	Tan	7	LM	54
Rakshan	Krishnan	7	BW	54
Hugo	Gauci	7	BW	54
Mitchell	McCormick	7	OL	54
Lalit Ram	Kamma	7	LM	54
Jhacynta	Sepi-Ulukita	8	PB	54
Sofia	Danisikova	8	OL	54
Sienna	Quainton	8	OL	54
James	Groombridge	8	BW	54
Emmerson	Jones	9	OL	72
Kya	Brown	9	OL	72
Charlotte	Jolly	9	BW	72
Arianne	Nadin	9	PB	72
Elliott	Tan	9	LM	72
John	Mcilroy	9	OL	72
Nevaeh	Artemis	10	OL	72
Zahlia	McGinn	10	OL	72
Alfie	Gray	10	PB	72
Jordon	Conigliaro	10	OL	72
Riya	Krishnan	11	BW	78
Alexander	D'Monte	11	BW	78
Melody	Brackstone	12	OL	78
Griffin	Angelatos	13	BW	84
Olivia	Sanderson	17	PB	84

Gold Achievement Award Recipients 2022-2023

		Age	Club
Mia	Lujan Rocha	7	BW
Cooper	Singleton	7	LM
Liam	Palmer	10	OL

Service Awards 2022-23

5 Year

First name	Surname	Club	First name	Surname	Club
Isabella	Dempsey	BW	Kaden	Ogle	LM
Ella	Green	BW	London	Polak	OL
Ashlee	Jarvis	BW	Lily	Reeves	BW
Eva	Jarvis	BW	Curtis	Rogers	BW
Emily	Johnstone	OL	Emerson	Taylor	OL
Ainslie	Keady	PB	Oliver	Taylor	BW
Ayla	Keady	PB	Lachlan	Turner	LM
Olivia	Keady	PB	Ryder	White	OL
Macey	McDougall	PB			

8 Year Awards

First name	Surname	Club	First name	Surname	Club
Emily	Bailey	BW	Jackson	Kerr	PB
Noah	Bailey	BW	Cheryl	Lim	PB
Siyana	Bernard	PB	Lillian	Sharp	LM
Alexander	Dewar	OL			

Melville Athlete Life Membership

First name	Surname	Club
Matilda	Willis	PB
Olivia	Sanderson	PB



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Season Results 2022-2023

Season Best Performances

Achieved at Len Shearer during the season, including Centre Championships.

R – denotes RECORD

BOYS				AGE	GIRLS			
70m					70m			
Koa	Paniora	OL	14.53	6	Amie	Gerard	BW	14.94
Cooper	Singleton	LM	13.03	7	Mia	Lujan Rocha	BW	13.00
James	Groombridge	BW	12.15	8	Jhacynta	Sepi-Ulukita	PB	12.00
Cruz	Collie	OL	11.67	9	Evi	Olislaegers	LM	11.76
Liam	Palmer	OL	10.67	10	Elizabeth	Wong	BW	11.22
100m					100m			
Charlie	Groombridge	BW	20.75	6	Amie	Gerard	BW	21.68
Hendrix	Olislaegers	LM	18.34	7	Aaliyah	Jones	OL	18.43
James	Groombridge	BW	16.90	8	Sienna	Quainton	OL	16.87
John	McIlroy	OL	16.46	9	Evi	Olislaegers	LM	16.66
Liam	Palmer	OL	15.06	10	Elizabeth	Wong	BW	16.03
DeShawn	McCarthy	BW	14.65	11	Billie	Richardson	OL	14.89
Bless	Jo	BW	13.98	12	Ellie	Ross	PB	14.81
Luke	Wilson	PB	14.30	13	Estelle	Smith	OL	14.85
Bailey	Riemann	PB	12.94	14	Bethany	Smits	OL	13.79
Joshua	Wilson	PB	12.50	15	Sanji	Kandaswamy	LM	13.66
Cameron	Schirmer	PB	12.35	16	Ava	Watters	PM	15.88
				17	Ayla	Keady	PB	13.90
200m					200m			
Oliver	Jenzen	OL	45.44	6	Amie	Gerard	BW	48.99
James	Bax	OL	39.78	7	Aaliyah	Jones	OL	39.27
James	Groombridge	BW	35.03	8	Sienna	Quainton	OL	35.42
Cruz	Collie	OL	34.38	9	Evi	Olislaegers	LM	34.94
Liam	Palmer	OL	31.36	10	Elizabeth	Wong	BW	33.93
DeShawn	McCarthy	BW	30.31	11	Addison	Masci	OL	29.05
Bless	Jo	BW	28.75	12	Ellie	Ross	PB	31.15
Callum	Johnson	OL	29.32	13	Georgia	Jenzen	OL	30.19
Bailey	Riemann	PB	26.10	14	Chelsea	Smith	PB	29.09
Joshua	Wilson	PB	25.32	15	Sanji	Kandaswamy	LM	28.34
Ashwin	Jose	LM	24.89	16	Lillian	Sharp	LM	32.46
				17	Matilda	Willis	PB	29.15
300m					300m			
Brooklyn	Auguste	OL	1:04.39	7	Aaliyah	Jones	OL	1:00.29
400m					400m			
James	Guo	BW	1:17.28	9	Emmerson	Jones	OL	1:17.81
Andrew	Goddard	OL	1:09.09	10	Elizabeth	Wong	BW	1:18.93
Jake	Stott	BW	1:09.93	11	Billie	Richardson	OL	1:12.03
Jaydon	Anthony	LM	1:03.97	12	Holly	O'Riley	PB	1:13.90
Joshua	Goddard	OL	1:02.13	13	Estelle	Smith	OL	1:09.28
Bailey	Riemann	PB	57.28	14	Chelsea	Smith	PB	1:05.39
Mason	Fidzewicz	PB	57.33	15	Saumia	Panchalingam	LM	1:05.56

BOYS				GIRLS			
Ashwin	Jose	LM	53.94	16	Lillian	Sharp	LM 1:28.78
				17	Matilda	Willis	PB 1:08.57
500m				500m			
James	Groombridge	BW	1:46.06	8	Sienna	Quainton	OL 1:49.93
800m				800m			
John	McIlroy	OL	2:56.81	9	Emmerson	Jones	OL 2:57.79
Alfie	Gray	PB	2:36.28	10	Emerson	Taylor	OL 3:06.34
Jake	Stott	BW	2:40.95	11	Billie	Richardson	OL 2:39.98
Jaydon	Anthony	LM	2:27.25	12	Niah	Andrew	BW 2:49.98
Joshua	Goddard	OL	2:24.56	13	Heidi	Palmer	OL 2:48.60
Bailey	Riemann	PB	2:25.28	14	Chloe	Dartnall	OL 2:45.10
Lachlan	Angelatos	BW	2:12.21	15	Saumia	Panchalingam	LM 2:53.33
Ashwin	Jose	LM	2:09.97	16	Lillian	Sharp	LM 3:22.52
				17	Madeleine	Armstrong	OL 2:54.52
1500m				1500m			
Jake	Stott	BW	5:32.00	11	Billie	Richardson	OL 5:44.99
Jaydon	Anthony	LM	5:07.12	12	Sophie	Evans	OL 6:00.11
Joshua	Goddard	OL	5:12.36	13	Heidi	Palmer	OL 5:39.90
Harrison	Weston	OL	5:23.34	14	Chloe	Dartnall	OL 5:41.56
Max	Buiks	PB	4:43.01	15	Saumia	Panchalingam	LM 6:35.02
Ashwin	Jose	LM	4:42.42	16	Ava	Watters	PB 9:25.96
				17	Emma	Levett	OL 7:04.65
60m Hurdles				60m Hurdles			
Koa	Paniora	OL	13.51	6	Amie	Gerard	BW 13.71
Cooper	Singleton	LM	11.68	7	Siobhan	McCarthy	BW 12.05
Logan	Hunt	LM	12.54	8	Sienna	Quainton	LM 12.53
Austin	Nadin	PB	11.78	9	Emmerson	Jones	OL 11.95
Liam	Palmer	OL	11.27	10	Elizabeth	Wong	BW 12.87
80m Hurdles				80m Hurdles			
DeShawn	McCarthy	BW	14.12	11	Billie	Richardson	OL 15.31R
Christian	Singleton	LM	14.47R	12	Holly	O'Riley	PB 16.58
Oliver	Taylor	BW	14.74	13	Ellen	Hawke	LM 15.47
				14	Macey	McDougall	PB 14.44
90m Hurdles				90m Hurdles			
Cayden	Whangapirita	PB	15.33	14			
				15	Sanji	Kandaswamy	LM 16.31
100m Hurdles				100m Hurdles			
Alexander	Dewar	OL	15.58	15			
				17	Ayla	Keady	PB 18.25
110m Hurdles							
Cameron	Schirmer	PB	16.84R	16			
200m Hurdles				200m Hurdles			
Joshua	Goddard	OL	31.45	13	Ellen	Hawke	LM 33.26
Bailey	Riemann	PB	30.28	14	Chelsea	Smith	PB 32.46
300m Hurdles				300m Hurdles			
Alexander	Dewar	OL	45.84	15	Sanji	Kandaswamy	LM 56.76
Ashwin	Jose	LM	46.11	16	Ava	Watters	PB 1:44.63
				17	Olivia	Sanderson	PB 54.74

BOYS					GIRLS			
700m Walk					700m Walk			
Elliott	Tan	LM	4:28.85	9	Emmerson	Jones	OL	4:38.43
1100m Walk					1100m Walk			
Alfie	Gray	PB	6:42.01	10	Zahlia	McGinn	OL	7:39.82
Nate	Nichol	LM	6:36.73	11	Scarlet	Sceats	OL	7:25.40
1500m Walk					1500m Walk			
Kai	Fly	PB	9:40.17	12	Emily	Dixon Rainnie	PB	9:50.43
Noah	Janes	PB	8:20.19	13	Eva	Jarvis	BW	9:53.44
				14	Lila	Wollams	OL	10:06.05
Max	Buiks	PB	8:39.76	15	Hayden	Gore	PB	10:47.97
Xavier	Bernard	PB	6:59.64	16	Ava	Watters	PB	14:39.75
				17	Olivia	Sanderson	PB	12:35.33
High Jump					High Jump			
Koby	Coleman	PB	1.07	9	Kayley	Lassig	OL	1.07
Wesley	Kay	BW	1.28R	10	Zahlia	McGinn	OL	1.16
Presley	Murombo	OL	1.27	11	Billie	Richardson	OL	1.29
Christian	Singleton	LM	1.33	12	Ivy	Nadin	PB	1.33
Oliver	Taylor	BW	1.50	13	Ellen	Hawke	LM	1.36
Bailey	Riemann	PB	1.47	14	Ainslie	Keady	PB	1.47
Ryder	White	OL	1.67	15	Sanji	Kandaswamy	LM	1.35
Cameron	Schirmer	PB	1.93R	16				
				17	Olivia	Sanderson	PB	1.37
Long Jump					Long Jump			
Koa	Paniora	OL	2.49	6	Alicia	Quinn	OL	2.61
Cooper	Singleton	LM	3.03	7	Madeleine	Curnow	BW	3.10
Cruz	Ogle	LM	3.31	8	Quinn	Flay	PB	3.40
Austin	Nadin	PB	3.68	9	Kayley	Lassig	OL	3.42
Liam	Palmer	OL	4.18	10	Elizabeth	Wong	BW	3.86
Presley	Murombo	OL	4.27	11	London	Polak	OL	4.16
Taro	Naito	BW	4.46	12	Ellie	Ross	PB	4.12
Griffin	Angelatos	BW	4.72	13	Eva	Jarvis	BW	4.33
Cayden	Whangapirita	PB	5.03	14	Macey	McDougall	PB	4.64
Mason	Fidzewicz	PB	5.66	15	Chilli	Sumpter	OL	4.43
Cameron	Schirmer	PB	6.37	16	Ava	Watters	PB	3.67
				17	Tahlia	Kitson	OL	4.74
Triple Jump					Triple Jump			
Presley	Murombo	OL	8.86	11	London	Polak	OL	8.34
Christian	Singleton	LM	9.68	12	Ellie	Ross	PB	8.81
Callum	Johnston	OL	9.66	13	Lolani	Hatch	PB	9.11
Bailey	Riemann	PB	10.83	14	Macey	McDougall	PB	9.49
Mason	Fidzewicz	PB	11.41	15	Sanji	Kandaswamy	LM	9.98
Cameron	Schirmer	PB	11.76	16	Ava	Watters	PB	7.83
				17	Tahlia	Kitson	OL	9.53

BOYS				GIRLS			
Vortex/Turbo/Javelin				Vortex/Turbo/Javelin			
Thomas	Walters	PB	12.76	6	Ashley	Brown	BW 7.36
Cooper	Singleton	LM	23.97	7	Mia	Lujan Rocha	BW 14.86
Cruz	Ogle	LM	19.61	8	Jhacynta	Sepi-Ulukita	PB 12.51
Austin	Nadin	PB	19.91	9	Kayley	Lassig	OL 15.50
Kaden	Ogle	LM	33.60	10	Mia	Giancola	OL 16.36
Leo	Bayliss	OL	23.13	11	London	Polak	OL 18.41
Christian	Singleton	LM	23.99	12	Ivy	Nadin	PB 17.73
Joshua	Goddard	OL	26.20	13	Emily	Johnstone	OL 30.73
Tom	Meek	LM	22.85R	14	Layla	Goddard	PB 26.52
Max	Buiks	PB	31.92	15	Chilli	Sumpter	OL 19.65
Cameron	Schirmer	PB	45.54	16	Ava	Watters	PB 17.71
				17	Tahlia	Kitson	OL 22.94
Discus				Discus			
Koa	Paniora	OL	11.57	6	Audrey	Buckley	BW 5.45
Cooper	Singleton	LM	14.98	7	Siobhan	McCarthy	BW 13.46
Zach	Erasmus	BW	16.78	8	Isabella	Jolly	BW 12.15
Austin	Nadin	PB	17.17	9	Kayley	Lassig	OL 15.03
Kaden	Ogle	LM	34.75R	10	Matilda	Hall	OL 15.95
DeShawn	McCarthy	BW	21.80	11	London	Polak	OL 23.02
Christian	Singleton	LM	22.01	12	Gabrielle	Pike	BW 20.89
Griffin	Angelatos	BW	27.31	13	Emily	Johnstone	OL 24.83
Bailey	Riemann	PB	26.44	14	Zeva	Smith	PB 21.59
Max	Buiks	PB	27.70	15	Sanji	Kandaswamy	LM 17.33
Cameron	Schirmer	PB	37.56	16	Ava	Watters	PB 31.62
				17	Tahlia	Kitson	OL 31.68
Shot Put				Shot Put			
Koa	Paniora	OL	3.89	6	Audrey	Buckley	BW 3.25
Dylan	Bonsu	PB	5.75	7	Mia	Lujan Rocha	BW 4.73R
Felix	Morton	PB	6.15	8	Isabella	Jolly	BW 4.38
John	McIlroy	OL	6.54	9	Arianne	Nadin	PB 4.79
Kaden	Ogle	LM	9.73	10	Coco	Morton	PB 5.67
DeShawn	McCarthy	BW	7.09	11	London	Polak	OL 6.88
Christian	Singleton	LM	9.20	12	Gabrielle	Pike	BW 9.21
Oliver	Taylor	BW	8.70	13	Asha	Peach	OL 7.82
Tom	Meek	LM	8.05	14	Zeva	Smith	PB 7.99
Max	Buiks	PB	10.52	15	Sanji	Kandaswamy	LM 7.32
Cameron	Schirmer	PB	11.67R	16	Ava	Watters	PB 12.33
				17	Tahlia	Kitson	OL 10.52

State Relay Championships Results 2022/23

State Track Relay Championships Results

BOYS			GIRLS		
4 x 100		Time	4 x 100		Time
U9	-	-	U9	GOLD	1:04.09
U10	SILVER	58.90	U10	-	-
U11	-	-	U11	-	-
U12	-	-	U12	-	-
U13	-	-	U13	-	-
U14	-	-	U14	GOLD	52.66
U15	-	-	U15	-	-
U16/17	-	-	U16/17	-	-
4 x 200m			4 x 200m		
U9	-	-	U9	-	-
U10	GOLD	2:05.36	U10	-	-
4 x 400m			4 x 400m		
U11	-	-	U11	BRONZE	4:49.59
U12	GOLD	4:20.37	U12	-	-
U13	SILVER	4:18.04	U13	-	-
U14	-	-	U14	SILVER	4:25.50
U15	GOLD	3:49.45	U15	-	-
U16/17	-	-	U16/17	-	-

State Field Relay Championships Results

BOYS	Result	Points	GIRLS	Result	Points
U9	-	-	U9	-	-
U10	-	-	U10	-	-
U11	-	-	U11	-	-
U12	-	-	U12	-	-
U13	-	-	U13	-	-
U14	-	-	U14	-	-
U15	-	-	U15	-	-
U16/17	-	-	U16/17	-	-

State Combined Events Championships 2022/23

In December 2022 12 Melville Roar athletes represented the Centre or Seniors Club in the Combined Events Championships.

Name	Age	Place	Points	Name	Age	Place	Points
LITTLE ATHLETICS				Joshua Goddard	13B	7	1616
Billie Richardson	11G	GOLD	2196	Macey McDougall	14G	4	2932
London Polak	11G	13	1391	Alexander Dewar	15B	7	3320
DeShawn McCarthy	11B	BRONZE	1314	Mason Fidzewicz	15B	DNF	
Jake Stott	11B	12	986	Olivia Sanderson	17G	4	2836
Presley Murombo	11B	14	932	SENIORS			
Ellie Ross	12G	23	1329	Cameron Schirmer	17M	GOLD	5044

State Junior Track & Field Championships 2022/23

Age	Athlete		Event	Age	Athlete		Event
GOLD - Boys				GOLD - Girls			
10	Kaden	Ogle	Discus	9	Emmerson	Jones	800m
10	Kaden	Ogle	Shot Put	11	Billie	Richardson	800m
10	Wesley	Kay	HJ	11	London	Polak	LJ
SILVER – Boys				SILVER - Girls			
10	Kaden	Ogle	Turbo Jav	10	Elizabeth	Wong	LJ
10	Liam	Palmer	200m	11	Billie	Richardson	400m
11	DeShawn	McCarthy	80m H	13	Emily	Johnstone	Javelin
12	Jaydon	Anthony	800m				
13	Noah	Janes	1500m W				
BRONZE – Boys				BRONZE - Girls			
9	John	Mcilroy	HJ				
10	Liam	Palmer	60m H				
10	Alfie	Gray	800m				
10	Liam	Palmer	70m				

2023 Junior International Tour

Congratulations to the following Melville athlete on their selection for the team. The tour took place from 5-10 July and featured a two-day competition at Choa Chu Kang Stadium in Singapore.

U15 Boy: Lachlan Angelatos

State Track & Field Championships 2022/23*

Age	Athlete		Event	Age	Athlete		Event
GOLD - Boys				GOLD - Girls			
15/14	Bailey	Riemann	400m	17/16	Ava	Watters	Shot Put
16/15	Lachlan	Angelatos	800m	Open	Caitlin	Blackman	TJ
17/-	Cameron	Schirmer	Pole Vault	Open	Kiara	Speechley	200m
20/-	Xavier	Miller	LJ				
Open	Mackenzie	Liddelow	LJ				
SILVER – Boys				SILVER - Girls			
14/13	Joshua	Goddard	400m	Open	Caitlin	Blackman	LJ
16/15	Max	Buiks	3000m				
17/16	Cameron	Schirmer	LJ				
17/16	Cameron	Schirmer	HJ				
17/16	Cameron	Schirmer	Javelin				
17/16	Cameron	Schirmer	Discus				
17/16	Cameron	Schirmer	110m H				
Amb	Raynor	Keane	400m				
Amb	Raynor	Keane	800m				
Amb	Raynor	Keane	1500m				
BRONZE – Boys				BRONZE - Girls			
16/15	Ryder	White	100m H	14/13	Ellen	Hawke	200m H
16/15	Alexander	Dewar	200m H	-/17	Olivia	Sanderson	300m H
17/16	Cameron	Schirmer	Shot Put	18/-	Madeleine	Armstrong	400m H
20/-	Kye	Brindle	LJ	Open	Kiara	Speechley	400m

* Athletes enter as either a Seniors Member or a Little Athletics Members with an age of 16/15 denoting a Seniors U16 or a Little Athletics U15 member as these are the same aged athlete.

2023 State Championships Winter

Age	Athlete		Event	Age	Athlete		Event
GOLD – Boys				GOLD - Girls			
Amb	Raynor	Keane	3000m CC				
SILVER – Boys				SILVER - Girls			
				9	Emerson	Jones	1500m CC
BRONZE – Boys				BRONZE - Girls			
10	Alfie	Gray	1500m CC	7	Aaliyah	Jones	1000m CC
16/15	Max	Buiks	3000m CC	Com/y	Angel	Mills	3000m CC

As a result of the Winter Manager position becoming vacant MAC Winter Awards were not distributed this season.

Centre Records

Records achieved in a competition at Melville Little Athletics Centre by a Melville athlete.

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).

2. Only records for current events are shown.

3. Records broken in 2021/22 are bold.

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
KD	Kardinya	PB	Palmyra/Bicton	BTM	Bateman

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)
					2021	J Sepi-Ulukita	PB	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)	2022	A Jones	OL	19.17(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	2021	Jack Watters	PB	11.35(e)	2017	I Reeves	PB	12.73(e)
200m					200m			
U6	2021	L Hunt	BW	41.98(e)	2021	S Quainton	LM	42.47(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
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-Parenzee	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	2021	Jack Watters	PB	23.61(e)	2017	K Speechley	LM	26.13(e)
300m					300m			
U7	2017	O Charsley	LM	58.61	2022	J Sepi-Ulukita	PB	59.92
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	2021	A Gray	PB	1:40.80	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	2021	J Anthony	LM	2:35.18	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	2021	D Bailey	BW	4:25.16	2020	V Miller	BW	5:10.79
60m Mini Hurdles					60m Mini Hurdles			
U6	2019	K Ogle	LM	12.91	2017	M Hall	OL	13.37
U7	2019	K Ogle	OL	11.34	2022	S Quainton	LM	11.76

60m Hurdles					60m Hurdles				
U8	2011	C Bourne	BW	11.38(e)	2009	I Reeves	PB	11.74(e)	
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)	2022	B Richardson	OL	15.31(e)	
U12	2022	C Singleton	LM	14.47(e)	2022	AK Bortolotti	OL	14.43(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)	
100m Hurdles					100m Hurdles				
U15	2019	Jack Waters	PB	13.10(e)					
U16									
U17					2014	A Reid	PB	15.83	
110m Hurdles									
U16	2023	C Schirmer	PB	16.84(e)					
U17	2021	Jack Watters	PB	14.66					
200m Hurdles					200m Hurdles				
U13	2015	S Rajakovic	BW	27.53	2002	M Hollick	OL	29.3	
U14	2018	Jack Watters	PB	26.98(e)	2003	M Hollick	OL	29.1	
300m Hurdles					300m Hurdles				
U15	2019	Jack Watters	PB	42.23	2022	K Adams	OL	49.39	
U16	2020	D Bailey	BW	42.93	2016	A Cronin	BB	47.77	
U17	2021	Jack Watters	PB	41.30	2018	A Cronin	BB	49.09	
700m Walk					700m Walk				
U9	1989	D Schmidberger	LM	3:46.8	1983	H Walsh	BB	3:48.8	
1100m Walk					1100m Walk				
U10	1996	T Hellings	OL	5:34.4	2009	M Johns	PB	5:41.84	
U11	1995	J Klauz	OL	5:44.4	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	2022	C Singleton	LM	2.87	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
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	2022	X Miller	BW	13.12	2018	C Blackman	OL	12.49
High Jump					High Jump			
U8	1980	J Edlich	OL	1.11	2016	B Stanes	OL	1.07
U9	2022	W Kay	LM	1.22	2014	M Kenny	PB	1.15
U10	2022	W Kay	BW	1.28	1983	K Woodward	KD	1.25
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	2023	C Schirmer	PB	1.93	1999	S Blackney	BB	1.60
U17	2022	C Aziz	LM	1.85	2015	L Lowrey	BW	1.51
Vortex					Vortex			
U6	2022	C Singleton	LM	20.96	2022	M Lujan Rocha	BW	10.80
U7	2020	K Ogle	LM	26.52	2019	T Lobik	OL	17.60
Turbo Javelin					Turbo Javelin			
U8	2021	K Ogle	LM	21.48	2004	A Robinson	LM	18.24
U9	2022	K Ogle	LM	28.57	2005	A Robinson	LM	21.63
U10	2022	K Ogle	LM	33.60	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
Javelin 600g					Javelin 400g			
U13	1981	R Giroud	MW	45.06	2020	E Kempson	LM	41.40
					2014	L Ilievski	BW	38.94

Javelin 700g					Javelin 500g				
U14	2022	T Meek	LM	22.85					
U15	1999	C Jovanovic	PB	56.70	2022	E Kempson	LM	41.28	
U16	2010	M Craggs	BB	51.24	2016	I Taylor	PB	39.07	
U17	2002	A Hofstee	CW	52.00	2013	A Robinson	PB	36.04	
Shot Put 1.0kg					Shot Put 1.0kg				
U6	2022	C Singleton	LM	4.66	2022	S McCarthy	BW	4.77	
U7	2022	J Groombridge	BW	5.92	2022	M Lujan Rocha	BW	4.73	
Shot Put 1.5kg					Shot Put 1.5kg				
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	J Patterson	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					
Shot Put 5kg									
U16	2022	C Schirmer	PB	11.67					
U17	2000	S Leighton	CW	13.23					
Discus 350g					Discus 350g				
U6	2018	K Ogle	LM	13.47	2022	S McCarthy	BW	11.36	
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	2023	K Ogle	LM	34.75	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	2022	X Miller	BW	40.86					

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	

Open records are recognised where a registered Melville Little Athletics Centre athlete can provide proof of a better performance in any event, at any authorised AW State Championship or Little Athletics National Competition, excluding country meets. The onus of responsibility rests with the athlete or parent contacting the Centre Executive 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
100					100m			
U6	2019	E Hiemstra	PB	18.88(e)	2022	A Jones	OL	19.17(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	2022	Jack Watters	PB	11.09	2010	R O'Kane	BB	12.53
200					200m			
U6	2021	L Hunt	BW	41.98(e)	2021	S Quainton	LM	42.47(e)
U7	1988	N Hebbard	LM	35.6	1991	J Hofsink	AT	35.6
U8	1986	G Meadowcroft	OL	31.0	1992	A Chequer	BW	32.9
U9	1987	G Meadowcroft	OL	29.4	1992	A Harding	BB	30.4
U10	1973	K Atkinson	CW	28.0	2000	M Hollick	OL	29.2

U11	1978	F Martin	PB	26.3	2001	M Hollick	OL	27.2
	2013	S Zhoya	LM	26.3				
U12	1979	F Martin	PB	24.7	2002	M Hollick	OL	26.6
U13	1980	F Martin	PB	23.6	2015	J Bain	PB	25.47
U14	2014	J Gallagher	OL	22.6	1990	L Miller	MW	25.2
U15	2013	L McDermott	PB	22.52	2015	K Speechley	LM	24.86
U16	1998	C Troode	BB	23.1	2017	I O'Meara	BB	25.38(e)
U17	2002	M Simon	OL	23.2	2018	I Reeves	PB	25.70
300m					300m			
U7	2017	O Charsley	LM	58.61	2022	J Sepi-Ulukita	PB	59.92
400m					400m			
U9	1972	K Atkinson	CW	1:09.3	1984	L Chadwick	BB	1:12.70
U10	1986	John Watters	PB	1:04.4	1982	M Miragliotta	PB	1:05.70
U11	1978	F Martin	PB	1:00.6	2015	C Kenny	PB	1:02:75
U12	1979	F Martin	PB	55.0	2016	K van der Linden	PB	59.06
U13	1980	F Martin	PB	51.9	1995	C Cochrane	MW	59.4
					2003	M Hollick	OL	59.4
U14	2014	N George	LM	50.83	2002	M Wheatley	PB	57.8
U15	2015	N George	LM	51.0	2015	K Speechley	OL	57.48
U16	2015	L Moore	BB	49.52	2006	E Longo	OL	1:00.1
U17	2017	N George	LM	49.32	2014	N Clark	LM	59.52
500m					500m			
U8	2018	O Charsley	LM	1:41.00	2022	E Jones	OL	1:44.00
800m					800m			
U9	1994	K Taylor	OL	2:38.9	2006	N Clark	LM	2:50.10
U10	2021	J Anthony	LM	2:28.26	2016	M Kenny	PB	2:37.19
U11	1986	O Dartnall	MP	2:21.9	2023	B Richardson	OL	2:27.98
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	2023	L Angelatos	BW	4:16.99	2001	A Anderson	LM	4:48.80
U16	2014	K Metzner	BB	4:15.93	2012	K Audsley	MW	5:04.55
U17	2021	D Bailey	BW	4:18.16	2013	K Audsley	MW	5:01.37

60m Mini Hurdles					60m Mini Hurdles			
U6	2019	K Ogle	LM	12.91	2017	M Hall	OL	13.37
U7	2020	A Gray	PB	11.32	2022	S Quainton	LM	11.76
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	LM	12.89e	2022	B Richardson	OL	15.24e
U12	2021	D Dawson	LM	13.19e	2021	T Duncan	LM	14.20e
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
100m Hurdles					100m Hurdles			
U15	2019	Jack Watters	PB	13.10e				
U16								
U17					2018	I Reeves	PB	13.77e
110m Hurdles								
U16	2023	C Schirmer	PB	16.84				
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	PB	42.23	2022	K Adams	OL	46.60
U16	2020	D Bailey	BB	42.93	2017	A Cronin	BB	45.85
U17	2021	Jack Watters	PB	41.30	2018	A Cronin	BB	46.26
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	2022	C Singleton	LM	2.87	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	2022	X Miller	BW	13.12	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	2021	C Schimer	PB	1.80	2011	N Robinson	PB	1.68	
U15	1990	J Pozzi	MP	1.93	2012	N Robinson	PB	1.65	
U16	2023	C Schirmer	PB	1.93	1999	S Blackney	BB	1.60	
U17	2022	C Aziz	LM	1.85	2015	L Lowrey	BW	1.51	
Vortex					Vortex				
U6	2022	C Singleton	LM	20.96	2022	M Lujan Rocha	BW	10.80	
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	2022	K Ogle	LM	28.57	2005	A Robinson	LM	22.26	
U10	2017	K Ogle	LM	33.60	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
Javelin 600g					Javelin 400g			
U13	1998	C Jovanovic	PB	46.46	2020	E Kempson	LM	41.40
					2021	E Kempson	LM	40.76m
Javelin 700g					Javelin 500g			
U14	2022	T Meek	LM	22.85				
U15	1991	C Roebuck	MW	59.84	2015	L Ilievski	BW	45.96
U16	2010	M Craggs	BB	51.24	2021	A Richards	LM	42.81
U17	2002	A Hoftsee	CW	52.00	2013	A Robinson	PB	37.45
Shot Put 1.0kg					Shot Put 1.0kg			
U6	2022	C Singleton	LM	4.66	2022	S McCarthy	BW	4.77
U7	2022	J Groombridge	BW	5.92	2022	M Lujan Rocha	BW	4.73
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				
Shot Put 5kg								
U16	2022	C Schirmer	PB	11.67				
U17	2000	J Hoftsee	OL	13.41				

Discus 350g					Discus 350g			
U6	2018	K Ogle	LM	13.47	2022	S McCarthy	BW	11.36
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	2023	K Ogle	LM	34.75	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
Discus 1.5kg								
U16	2004	M Malone	OL	46.66				
U17	2022	X Miller	BW	40.86				

Competition Standards

False Starts

Little Athletics False Start Rules will be applied, in summary, any athlete who commits a false start shall be warned as follows:

U7 – U8 age groups

Any individual athlete in each heat, shall be allowed a maximum of TWO (2) false starts without disqualification. Any individual athlete responsible for more than TWO (2) false starts shall be disqualified.

U9 – U13 age groups

A maximum of TWO (2) false starts per race shall be allowed without disqualification, regardless of which athlete is responsible. Any athlete responsible for a subsequent false start shall be disqualified.

U14 – U17 age groups

A maximum of ONE false start per race shall be allowed without disqualification, regardless of which athlete is responsible. Any athlete responsible for a subsequent false start shall be disqualified.

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 Athletics West 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.

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.

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.

Triple Jump

Each athlete can have a practice jump (if athlete desires) then each is allowed three (3) jumps. The 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.

Shot Put

U6 – U12 athletes have 1 practice and 1 measured throw in round 1, then 2 measured throws in round 2.

U13+ athletes are allowed 1 practice (if athlete desires), then 3 individual measured throws.

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	4	4	5	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.

U13+ athletes are allowed 1 practice (if athlete desires), then 3 individual measured throws.

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	1.5kg	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.

U13+ athletes are allowed 1 practice (if athlete desires), then 3 individual measured throws.

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	Turbo	Turbo	Turbo	400g	400g	600g	700g	700g	700g	700g
GIRLS	Vortex	Vortex	Turbo	Turbo	Turbo	400g	400g	400g	500g	500g	500g	500g

Hurdles

The colour coding for hurdles spacing on the tape is:

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

BOYS	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U13	U14	U15	U16	U17
Distance (m)	60	60	60	60	60	80	80	80	90	100	110	110	200	200	300	300	300
Height (cm)	30	30	45	45	60	60	68	76	76	76	76	76	68	76	76	76	76
Run in (m)	12	12	12	12	12	12	12	12	13	13	13.72	13.72	20	20	50	50	50
Distance between (m)	7	7	7	7	7	7	7	7	8	8.5	9.14	9.14	35	35	35	35	35
Run Out (m)	13	13	13	13	13	12	12	12	13	10.5	14.02	14.02	40	40	40	40	40
Number of flights	6	6	6	6	6	9	9	9	9	10	10	10	5	5	7	7	7
GIRLS	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U13	U14	U15	U16	U17
Distance (m)	60	60	60	60	60	80	80	80	80	90	100	100	200	200	300	300	300
Height (cm)	n/a	n/a	45	45	60	60	68	76	76	76	76	76	68	76	76	76	76
Run in (m)	12	12	12	12	12	12	12	12	12	13	13	13	20	20	50	50	50
Distance between (m)	7	7	7	7	7	7	7	7	7	8	8.5	8.5	35	35	35	35	35
Run Out (m)	13	13	13	13	13	12	12	12	12	13	10.5	10.5	40	40	40	40	40
Number of flights	6	6	6	6	6	9	9	9	9	9	10	10	5	5	7	7	7

2023-24 Achievement Ribbon Performance Levels – Girls

		70m	100m	200m	400m	800m	1500m	Short Hurdles	Long Hurdles	Shot Put	Discus	Javelin	High Jump	Long Jump	Triple Jump	Walk	#	GOLD
16	B		13.39	28.20	1:05.4	2:42.9	6:06.5	No	52.90	9.62	26.18	23.76	1.41	4.72	10.12	9:38.1	9	
16	R		14.59	31.42	1:20.3	3:00.7	6:47.5	standard	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		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	No	1.40	4.41	9.47	8:58.2	9	
14	R		15.21	32.16	1:17.2	3:14.7	6:52.1	17.14	36.84	6.63	16.72	standard	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		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	6:51.0	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	No		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	7:05.3			6.23	13.80	13.92	1.13	3.94	7.23	11:17.4	8	
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	No		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			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	11.49	16.17	34.42	1:20.3	3:07.9		12.86		6.05	16.76	16.08	1.07	3.62		7:54.9	9	
10	R	12.38	17.72	38.41	1:30.6	3:31.9		14.17		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		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		4.95	12.35	11.06	1.02	3.30		4:54.7	8	
9	R	13.10	18.74	41.28	1:37.1	3:45.2		14.00		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		3.27	7.47	7.83	0.85	2.44		5:56.8	6	
8	B	12.84	18.30	38.98		500m		13.56		4.76	10.37	9.72		2.94			7	9
8	R	13.96	20.06	43.67		1:58.7		14.72		3.71	7.52	7.41		2.49			6	
8	G	14.68	21.02	46.32		2:31.2		15.60		3.04	5.85	6.01		2.25			5	
7	B	13.67	19.67	42.55		300m		13.16		No	9.35	Vortex					6	8
7	R	14.93	21.84	47.12		1:07.3		14.46		standard	7.11	8.91		2.22			5	
7	G	15.62	22.77	51.15		1:17.5		15.67			5.47	6.70		1.95			4	
6	B	15.14	20.80	No		1:24.4		14.93			7.21	8.27		2.15			4	
6	R	17.07	24.45	standard				16.32		No	5.47	6.03		1.83			3	6
6	G	17.45	27.02					17.74		standard	4.34	4.42		1.61			2	

Note: There is insufficient data for U17 ribbon achievements. U16 data can be used noting some differences in distances and weights. There is no standard for ribbons in events started in the last two years or where there have been weight changes.

2023-24 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	No standard	44.81	No standard	No standard	No standard	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	5:55.6	47.78	50.26	10.82	23.95	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	5:55.6	50.26	50.26	7.87	22.50	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	15.73	8.99	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	17.29	7.87	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	18.40	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	14.29	No standard	No standard	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	17.51	8.53	23.95	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	19.27	6.98	14.92	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	13.95	5.80	14.92	24.20	1.50	4.76	9.83	8:50.8	9	13
13 R	15.15	31.58	1:14.6	2:55.6	6:06.2	17.04	35.24	17.04	6.32	16.51	18.59	1.32	4.10	8.58	10:21	8	
13 G	16.23	34.43	1:23.8	3:11.9	6:35.2	19.15	38.49	19.15	5.11	13.24	15.03	1.20	3.73	7.73	10:51	7	
12 B	14.42	29.53	1:08.6	2:42.0	5:28.9	No standard			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	12.26			6.32	16.51	17.34	1.19	3.69	7.88	10:49	8	11
12 G	16.66	34.65	1:22.6	3:22.0	6:54.5	14.28			5.11	13.24	12.88	1.09	3.31	7.19	11:39	7	
11 B	15.31	31.64	1:12.1	2:49.4	5:41.8	No standard			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	15.01			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	12.26			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	10.87	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	
8 B	12.33	17.36	37.16		500m	12.71			5.09	12.89	13.66		3.12			7	9
8 R	13.50	19.33	41.98	1:51.2	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	2:22.3	14.91			3.53	7.31	7.66		2.39			5	
7 B	13.32	18.80	40.87	300m	1:05.5	12.41			No standard	11.69	Vortex		2.82			6	8
7 R	14.35	20.51	44.86	1:14.7	1:14.7	13.56			No standard	9.03	12.99		2.46			5	
7 G	15.01	21.91	47.40	1:21.6	1:21.6	14.43				6.92	9.86		2.15			4	
6 B	14.13	20.73	No standard			13.39			No standard	8.39	16.01		2.50			4	
6 R	16.09	23.38				15.61				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. There is no standard for ribbons in events started in the last two years or where there have been weight changes.



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