

Melville Little Athletics Centre



2023/2024
Annual Handbook

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MELVILLE ROAR

Home of the Melville Athletics Club and Melville Little Athletics Centre

Dear Members,

Welcome to the 2024/2025 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 Paris 2024 Olympics Games where an impressive 5 WA athletes competed in athletics. 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 37 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 have an exciting year ahead with the refurbishment of the clubrooms and facilities at Len Shearer Reserve commencing. Please bear with us as we face the challenge of temporary facilities and storage as the new building will be worth the wait! We thank the City of Melville and the Cook State Government for funding the project.

This season will see the progression of the successful One Sport model for athletics in WA with all athletes affiliated solely under Athletics Australia. We are pleased to share that the Zones Championships are planned to again take place in February providing our younger athletes with another opportunity to qualify to participate in the State Junior Championships. We will be thrilled to showcase our local WA talent with the Australian Athletics Championships being held in Perth in April too. This will lead to an exciting season ahead with lots of action in track and field.

As always, everyone's contribution and participation leads Little Athletics to provide long lasting memories. Together, our contributions and support, of not only our children, but everyone in our Centre, develops foundational athletic skills, friendships and important life skills.

Kind regards
MAC Executive Committee

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Summer Season Calendar 2024-2025

Day	Date	Start Time	Event	BBQ	Venue
2024					
Saturday	5-Oct	7:45 am	Program 1	BW	Len Shearer
	12-Oct		Program 2	PB	
	19-Oct		Program 1	OL	
	26-Oct		Program 2	LM	
	2-Nov		Program 1	BW	
	9-Nov		Program 2	PB	
	16-Nov		Program 1	OL	
	23-Nov		Program 2	LM	
	30-Nov		Program 1 – MAC Fundraiser	BW	
	7-Dec	4.45 pm	Special Event - Twilight	MAC	
Saturday	14-Dec		State Relay Championships		WA Athletics Stadium
CHRISTMAS & NEW YEAR BREAK					
2025					
Saturday	11-Jan	4:45 pm	Program 2 - Twilight	PB	Len Shearer
	18-Jan		Program 1 - Twilight	OL	
Friday	24-Jan		Special Event - Twilight	MAC	
Sat & Sun	1 & 2 Feb		State Combined Events Champs		WA Athletics Stadium
Saturday	8-Feb	7:45 am	Program 2 – Life Members Day	LM	Len Shearer
Sat & Sun	15 & 16 Feb		Zones Championships *		TBA
Saturday	22-Feb	7:45 am	Centre Champs - Program 1 *	MAC	Len Shearer
	1-Mar		Centre Champs - Program 2 *	MAC	Len Shearer
Fri - Sun	7 - 9 Mar		State T&F Championships		WA Athletics Stadium
Sunday	16-Mar	3.00 pm	MAC AGM & Windup		Len Shearer
Sat & Sun	22 & 23 Mar		State Junior T&F Champs		WA Athletics Stadium
Fri - Sun	4 - 13 Apr		AUS Athletics Championships		Perth
Fri - Sun	25 - 27 Apr		AUS LA Championships		Adelaide

* Should Zones Champs be cancelled MAC will issue an updated calendar holding a comp on Sat 15/2 & no comp on Sat 1/3

Melville Little Athletics Centre - 2024-2025 – PROGRAM 1

	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	HJ		1500M	1500MW		1500MW	HJ	Jav	1500M	Jav	D
				60MH		60MH		1100MW					1500M	JAV			D		
D	LJ	D	LJ	SP						1100MW									1500M
				TURBO		HJ				80MH	HJ	80MH	TJ	80MH	1500M	90MH		110MH	
								LJ	SP										
Vortex	70M		70M	500M	70M		D			SP		800M		800M					
											TJ	LJ	D		200MH	800M	200MH	800M	300MH
	200M		200M			800M		800M											
		300M			200M		100M	TURBO		800M	100M								
				D									400M	LJ	TJ	SP	HJ	SP	HJ
100M	100M				LJ			200M	400M	JAV	D	SP							
						TURBO								SP			400M		400M
							400M		D	200M		JAV	HJ		400M	LJ			
														200M					
							SP				400M								
						200M			100M	LJ									
												200M	100M		D				
										LJ		200M	100M			200M			
															100M				
												200M					100M		
																			100M

- The 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 only as the program will at times be ahead or behind schedule.
- The order of events may change at the discretion of the Arena Manager. Please listen to the Announcer and be aware of your age group movements.
- Ages 15, 16, 17 and 18+ may all compete in the same heats. This will be dependent on athlete numbers at any given competition and will be at the discretion of the Arena Manager.

Melville Little Athletics Centre - 2024-2025 – PROGRAM 2

6B	6G	7B	7G	8B	8G	9B	9G	10B	10G	11B	11G	12B	12G	13B	13G	14B	14G	15/16/ 17/18B	1516/ 17/18G
SP	60MH SP	60MH	60MH		LJ	60MH	700MW	D	1100MW	1500M		1500M	1500MW	1500MW	1500MW	D	Jav	Jav	
LJ	D LJ	D	D	SP					60MH		1100MW			HJ		1500M			
					500M		TURBO	SP	LJ	HJ	80MH	TJ	80MH						
70M		70M	Vortex	70M		D							800M				80MH		100MH
	Vortex							70M		TJ	SP		800M		800M				
200M		200M			TURBO	70M	800M	HJ	800M			D	LJ	200MH		200MH	800M	300MH	800M
			300M	200M		100M			TURBO		800M				LJ	HJ	SP	HJ	SP
					D		HJ	400M				400M	SP						
	100M		100M	LJ					200M	D	JAV					400M			
					100M							HJ			SP	400M		400M	200M
						400M					200M		JAV	400M			LJ		LJ
						SP		100M		400M					200M	TJ		TJ	
							200M				LJ	100M					200M		
													200M	100M					
													200M			100M			

- The 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 only as program will at times be ahead or behind schedule.
- The order of events may change at the discretion of the Arena Manager. Please listen to the Announcer and be aware of your age group movements.
- Ages 15, 16, 17 and 18 plus may all compete in the same heats. This will be dependent on athlete numbers at any given competition and will be at the discretion of the Arena Manager.

Melville Athletics Centre Contacts 2024-2025

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

Assistant Field Manager	Anita Downing
Canteen Manager	Vacant
First Aid Officer	Ian Gawthrope
Grants and Sponsorships Officer	Lyndon Ryan
Seniors Manager	Vacant
Website Manger	Dean Fearnall
Winter Manager	Jenna Lujan Rocha

Centre Captains

Alexandra Pike	Brentwood Little Athletics Club
Lachlan Angelatos	Brentwood 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	4.30pm Wednesday (U6-U8) 5.15pm Wednesday (U9-U10) 5.00pm Tuesday (U11+)
Training Ground	Len Shearer Reserve
Leeming Stars	
Club Manager	Claire Barnes
Registrar	Libby Garrigan
Email	leeming@melvilleroar.com
Uniform	Leeming club singlet and black shorts
Training Nights	4:30pm Wednesday (U6-U10) 5.00pm Tuesday (U11+) and
Training Ground	Beasley Park (U6-U10) and Len Shearer Reserve (U11+)
Olympia	
Club Manager	Tarin Paniora
Registrar	Jackie Clarke
Email	olympia@melvilleroar.com
Uniform	Olympia club singlet and black shorts
Training Nights	4.30pm Wednesday (U6-U8) 5.15pm Wednesday (U9-U10) 5pm Tuesday (U11+)
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	4.30pm Wednesday (U6-U8) 5.15pm Wednesday (U9-U10) 5pm Tuesday (U11+)
Training Ground	Len Shearer Reserve

NB: Athletes are always welcome to train down (with younger age groups) however are not permitted to train up (with older age groups).

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. More recently Ky Hehir represented Australia at the Trinidad 2023 Commonwealth Youth Games in the 3,000m and Sacha Zoya represented France at the Paris 2024 Olympics in the 110m hurdles. 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)
2024	Alexander Dempsey (BW)

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 our 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 competitions.

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 LAC 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 requirements 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. We also offer a community membership option U18+ which is popular with current parents and aged out athletes who wish to continue to compete in the sport at a community and social level.

For 2024/25 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	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007

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 September to 31 August 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 WWCC 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.

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.

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).



The registration bib is placed on the front and centre 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 – U17 athletes must have competed in an event, a minimum of two times, 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 Relay Championships

Date: Sat 14 Dec 2024
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.

State Combined Event Championships

Date: Sat 1 & Sun 2 Feb 2025
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.

Little Athletics Zones Championships (Zone 1/South Metro)

Date: Sat 15 & Sun 16 Feb 2025
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: Fri 7 – Sun 9 Mar 2025
Venue: WA Athletics 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 Athletics Championships to be held in Perth 4 – 13 April 2025.

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: Sat 22 – Sun 23 Mar 2025
Venue: WA Athletics 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 2025 Entry Standards on the following page) or the required placing at their Zone Championships competition. See Athletics West website for full details.

Australian Athletics Championships

Date: Fri 4 – Sun 13 Apr 2025 WA
Venue: WA Athletics Stadium
Uniform: WA State uniform with name

Entry is open to LAs U12 - U17 & Seniors members.

Athletes must qualify to enter through achieving the entry standard during the Seniors Season/Strive meets or the required placing at the State Track & Field Championships competition. See Athletics Australia website for full details.

Heats, semis & finals are run. Gold, silver and bronze medals are presented to the top 3 placing athletes in all events.

2025 Entry Standards - State Junior Track & Field Championships



2025 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	11.50	16.50	34.30	1:19.0	2:58.0		11.60		700m 4:40.0	3.60		1.05	6.00	17.70	19.00
Under 10	Girls	11.30	15.70	33.40	1:18.40	3:00.0		12.00		1100m 7:50.0	3.64		1.10	6.00	17.00	15.80
Under 10	Boys	11.00	14.80	32.00	1:14.0	2:51.5		12.00		1100m 7:40.0	3.90		1.15	7.00	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	17.00
Under 11	Boys		14.70	31.10	1:13.0	2:45.0	5:35.0	15.20		1100m 7:31.0	4.10	8.50	1.25	8.15	24.30	24.00
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	1.30	7.90	19.40	19.30
Under 12	Boys		14.60	30.50	1:10.0	2:43.0	5:35.0	15.60		1500m 10:30.0	4.30	8.90	1.30	8.90	22.0	26.50
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	33.00	1500m 10:30.0	4.60	9.50	1.35	8.20	25.40	23.50

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 25-27 April 2025.

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.

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

Colour Standards

The Centre strongly encourages striving for personal achievement through the colour standards system. Each athlete has the opportunity to attain either a green, red or blue standard according to their achievement in each event. The colour standards are updated every year and based on the Centre Record for each event at the end of the prior season.

A standard 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 achieve green standard, 5 events in the red level to obtain a red standard, and 6 events in the blue level to obtain a blue standard.

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.

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.

Volunteer Award: The nominee must have demonstrated the desire to foster the aims of Melville Little Athletics Centre and have a level of commitment well in excess of that expected of a Club or Centre volunteer.

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 2023-2024

Champion Club

2018/19	Palmyra/Bicton	2019/20	Leeming
2020/21	Palmyra/Bicton	2021/22	Olympia
2022/23	Olympia	2023/24	Olympia

Open Champion Club

2018/19	Olympia	2019/20	Olympia
2020/21	Olympia	2021/22	Olympia
2022/23	Olympia	2023/24	Brentwood

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
2023/24	Zeva Smith	PB	U15

Independent Little Athlete of the Year Nomination

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
2023/24	Bailey Riemann	PB
	Choe Dartnall	OL

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
2023/24	Lachlan Breedon	BW	29 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	2023/24	Isabella Stott	BW

Age Group Champions and Runner Ups 2023-2024

Girl	Club	Age	Boy	Club	
Champion	Alice Ryan	BW	6	Champion Nate Wigger	PB
Runner-up	Isabelle O	BW	6	Runner-up Tex Masten	PB
Champion	Amie Gerard	BW	7	Champion Koa Paniora	OL
Runner-up	Audrey Buckley	BW	7	Runner-up Henry Cureton	BW
Champion	Mia Lujan Rocha	BW	8	Champion Cooper Singleton	OL
Runner-up	Siobhan McCarthy	BW	8	Runner-up Hugo Gauci	BW
Champion	Sinead Bernard	PB	9	Champion Cruz Ogle	LM
Runner-up	Isabella Jolly	BW	9	Runner-up Zach Erasmus	BW
Champion	Kayley Lassig	OL	10	Champion Austin Nadin	PB
Runner-up	Emmerson Jones	OL	10	Runner-up Elliott Tan	LM
Champion	Zahlia McGinn	OL	11	Champion Liam Palmer	OL
Runner-up	Elizabeth Wong	BW	11	Runner-up Wesley Kay	BW
Champion	Kylie Hawke	LM	12	Champion Jake Stott	BW
Runner-up	Riya Krishnan	BW	12	Runner-up Presley Murombo	OL
Champion	Ivy Nadin	PB	13	Champion Taro Naito	BW
Runner-up	Holly O'Riley	PB	13	Runner-up Owen Charsley	LM
Champion	Ellen Hawke	LM	14	Champion Joshua Goddard	OL
Runner-up	Heidi Palmer	OL	14	Runner-up Mitchell Warrilow	BW
Champion	Bethany Smits	OL	15	Champion Bailey Riemann	PB
Runner-up	Lilliana Rodriguez-Dunstan	OL	15	Runner-up Tom Meek	LM
Champion	Sarah Heyden	LM	16	Champion Mason Fidzewicz	PB
Runner-up	Saumia Panchalingam	LM	16	Runner-up Ryder White	OL
Champion	Ava Waters	PB	17	Champion Luke Henderson	BW
Runner-up	Lillian Sharp	LM	17	Runner-up Alexander Dempsey	BW

Participation medal - 100 % event completion 2023-2024

		Age	Club	Number of Events
Nate	Wigger	6	PB	40
Evie	Green	7	BW	45
Koa	Paniora	7	OL	45
Henry	Cureton	7	BW	45
Mia	Lujan Rocha	8	BW	45
Vethara	Gunasekara	8	LM	45
Matilda	Hoyland	8	BW	45
Adelaide	Tan	8	LM	45
Siobhan	McCarthy	8	BW	45
Logan	Cadd	8	BW	45
Rakshan	Krishnan	8	BW	45
Jack	Lassig	8	OL	45
Isabella	Jolly	9	BW	60
Harlow	Paniora	9	OL	60
Sinead	Bernard	9	PB	60
Lachlan	Breedon	9	BW	60
Cruz	Ogle	9	LM	60
Indy	Fearnall	10	BW	60
Mila	Howard	10	BW	60
Emmerson	Jones	10	OL	60
Charlotte	Jolly	10	BW	60
Elliott	Tan	10	LM	60
Austin	Nadin	10	PB	60
Amelie	Smits	11	OL	65
Zahlia	McGinn	11	OL	65
Mia	Giancola	11	OL	65
Riya	Krishnan	12	BW	65
Milla	Fearnall	12	BW	65
Nate	Nichol	12	LM	65
Gabrielle	Pike	13	BW	70
Bethany	Smits	15	OL	70

Gold Achievement Award Recipients 2023-2024

		Age	Club
Alice	Ryan	6	BW
Vethara	Gunasekara	8	LM
Mia	Lujan Rocha	8	BW

Service Awards 2023-2024

5 Year

First name	Surname	Club	First name	Surname	Club
Nevaeh	Artemis	OL	Wesley	Kay	BW
Maximilian	Buiks	PB	DeShawn	McCarthy	BW
Chloe	Cronin	BW	Arianne	Nadin	PB
Mia	Cronin	BW	Austin	Nadin	PB
Indiana	Fidzewicz	PB	Taro	Naito	BW
Mason	Fidzewicz	PB	Blake	Randall	LM
Andrew	Goddard	OL	Caleb	Reeves	BW
Joshua	Goddard	OL	Bailey	Riemann	PB
Alfie	Gray	PB	Elliott	Tan	LM
Emmerson	Jones	OL	Chiara	Tholet	OL

8 Year Awards

First name	Surname	Club	First name	Surname	Club
Griffin	Angelatos	BW	Layla	Goddard	PB
Lachlan	Angelatos	BW	Niamh	Jones	OL
Callum	Charsley	LM	Chelsea	Smith	PB
Charlotte	Dempsey	BW	Olivia	Stott	BW
Carys	Dewar	OL	Kobe	Taylor	OL

Athletics West 11 Year Awards

First name	Surname	Club
Ava	Watters	PB
Alexander	Dempsey	BW

Melville Athlete Life Membership (11 Year Awards)

First name	Surname	Club
Alexander	Dempsey	BW

Season Results 2023-2024

Season Best Performances

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

R – denotes RECORD

BOYS				GIRLS			
70m			AGE	70m			
Tex	Masten	PB	13.30R	6	Alice	Ryan	BW 14.00
Oscar	Perez Clark	OL	12.78	7	Amie	Gerard	BW 13.74
Lalit Ram	Kamma	BW	12.05	8	Aaliyah	Jones	OL 12.28
Michael	McKenzie	BW	11.42	9	Sienna	Quainton	OL 11.82
Oakley	Arangio	OL	10.82	10	Evi	Olislaegers	BW 11.25
100m				100m			
Tex	Masten	PB	19.28	6	Alice	Ryan	BW 19.56
Oscar	Perez Clark	OL	17.78	7	Amie	Gerard	BW 17.70
Hendrix	Olislaegers	LM	17.23	8	Aaliyah	Jones	OL 16.98
Michael	McKenzie	BW	15.81	9	Sienna	Quainton	OL 16.65
Archer	Weston	OL	15.49	10	Evi	Olislaegers	LM 15.63
Liam	Palmer	OL	14.24	11	Elizabeth	Wong	BW 15.22
DeShawn	McCarthy	BW	14.08	12	Billie	Richardson	OL 14.38
Bless	Jo	BW	13.24	13	Ellie	Ross	PB 14.40
Mitchell	Warrilow	BW	12.75	14	Georgia	Jenzen	OL 14.10
Bailey	Riemann	PB	12.48	15	Bethany	Smits	OL 13.56
Alexander	Dewar	OL	12.64	16	Saumia	Panchalingam	LM 14.29
Luke	Henderson	BW	12.11	17	Ava	Watters	PB 15.38
James	Maher	MEL	13.13R	18	Anna	Watters	MEL 18.04R
200m				200m			
Tex	Masten	PB	42.07	6	Alice	Ryan	BW 43.87
Koa	Paniora	OL	41.34	7	Amie	Gerard	BW 42.02
Hendrix	Olislaegers	LM	36.08	8	Aaliyah	Jones	OL 36.40
Michael	McKenzie	BW	34.59	9	Sinead	Bernard	PB 33.86
Austin	Nadin	PB	32.99	10	Evi	Olislaegers	LM 32.45
Liam	Palmer	OL	29.67	11	Elizabeth	Wong	BW 31.62
DeShawn	McCarthy	BW	28.59	12	Billie	Richardson	OL 29.73
Bless	Jo	BW	28.31	13	Ellie	Ross	PB 29.78
Mitchell	Warrilow	BW	26.12	14	Lolani	Hatch	PB 28.85
Bailey	Riemann	PB	25.19	15	Chiara	Tholet	OL 28.27
Mason	Fidzewicz	PB	25.96	16	Saumia	Panchalingam	LM 28.90
Cameron	Schirmer	PB	25.02	17	Lillian	Sharp	LM 31.67
Chad	Aziz	MEL	25.80R	18	Anna	Watters	MEL 41.06R
300m				300m			
Koa	Paniora	OL	1:06.69	7	Amie	Gerard	BW 1:10.84
400m				400m			
Michael	McKenzie	BW	1:15.17	9	Sinead	Bernard	PB 1:21.68
James	Guo	OL	1:13.78	10	Emmerson	Jones	OL 1:12.40
Liam	Palmer	OL	1:07.77	11	Elizabeth	Wong	BW 1:16.72
DeShawn	McCarthy	BW	1:05.39	12	Billie	Richardson	OL 1:05.54
Jaydon	Anthony	LM	1:03.36	13	Ellie	Ross	PB 1:09.99

BOYS					GIRLS			
Joshua	Goddard	OL	58.33	14	Heidi	Palmer	OL	1:09.59
Bailey	Riemann	PB	56.98	15	Chiara	Tholet	OL	1:03.54
Alexander	Dewar	OL	55.47	16	Saumia	Panchalingam	LM	1:06.99
Ashwin	Jose	LM	54.53	17	Lillian	Sharp	LM	1:15.00
James	Maher	MEL	59.81R	18				
Lalit Ram	Kamma							500m
Lalit Ram	Kamma	BW	1:50.99	8	Aaliyah	Jones	OL	1:45.23R
								800m
Cruz	Ogle	LM	3:00.83	9	Sienna	Quinton	OL	3:14.52
John	Mcilroy	OL	2:53.49	10	Emmerson	Jones	OL	2:45.85
Alfie	Gray	PB	2:31.07	11	Emerson	Taylor	OL	3:07.56
Jake	Stott	BW	2:33.59	12	Billie	Richardson	OL	2:38.07
Jaydon	Anthony	LM	2:19.37	13	Niah	Andrew	BW	2:46.76
Joshua	Goddard	OL	2:19.42	14	Heidi	Palmer	OL	2:40.67
Kiran	Jose	LM	2:25.09	15	Chloe	Dartnall	OL	2:29.81
Lachlan	Angelatos	BW	2:10.53	16	Sarah	Heyden	LM	2:28.24
Ashwin	Jose	LM	2:10.75	17	Lillian	Sharp	LM	4:50.10
Dean	Fearnall	MEL	2:49.60R	18	Amanda	Taylor	MEL	3:51.64R
								1500m
Alfie	Gray	PB	5:03.63	11	Emerson	Taylor	OL	6:16.57
Jake	Stott	BW	5:30.30	12	Billie	Richardson	OL	5:32.97
Jaydon	Anthony	LM	4:47.57	13	Niah	Andrew	BW	5:52.38
Joshua	Goddard	OL	4:53.99	14	Heidi	Palmer	OL	5:37.00
Callum	Charsley	LM	5:09.10	15	Chloe	Dartnall	OL	5:40.95
Lachlan	Angelatos	BW	4:46.80	16	Sarah	Heyden	LM	5:07.31
Daniel	Browning	BW	4:55.91	17	Lillian	Sharp	LM	9:37.57
Chad	Aziz	MEL	5:25.55R	18				
								60m Hurdles
Tex	Masten	PB	12.90R	6	Alice	Ryan	BW	13.60
Koa	Paniora	OL	12.35	7	Amie	Gerard	BW	12.83
Cooper	Singleton	OL	12.76	8	Siobhan	McCarthy	BW	12.38
Cruz	Ogle	LM	11.64	9	Sienna	Quinton	OL	11.98
Austin	Nadin	PB	11.98	10	Evi	Oliislaegers	LM	12.77
								80m Hurdles
Liam	Palmer	OL	14.10	11	Elizabeth	Wong	BW	15.90
DeShawn	McCarthy	BW	13.47R	12	Abbey	Brolsma	PB	14.38R
Taro	Naito	BW	14.83	13	Charlene	Lim	PB	17.11
				14	Ellen	Hawke	LM	14.70
								90m Hurdles
Mitchell	Warrilow	BW	14.67	14				
				15	Bethany	Smits	OL	15.65
								100m Hurdles
Bailey	Riemann	PB	16.89	15				
				16	Emily	Long	BW	19.44R
				17				
				18				
								110m Hurdles
Alexander	Dewar	OL	16.93	16				
Cameron	Schirmer	PB	16.10	17				

BOYS					GIRLS			
Chad	Aziz	MEL	16.09R	18				
200m Hurdles					200m Hurdles			
Taro	Naito	BW	33.68	13	Holly	O'Riley	PB	35.83
Mitchell	Warrilow	BW	28.05	14	Ellen	Hawke	LM	32.32
300m Hurdles					300m Hurdles			
Kiran	Jose	LM	47.03	15	Bethany	Smits	OL	52.78
Alexander	Dewar	OL	42.85R	16	Sarah	Heyden	LM	57.41
Luke	Henderson	BW	46.43	17				
Chad	Aziz	MEL	42.95R	18	Amanda	Taylor	MEL	1:12.64R
700m Walk					700m Walk			
Lachlan	Breedon	BW	4:35.51	9	Summer	McGrath	LM	5:20.22
1100m Walk					1100m Walk			
Elliott	Tan	LM	7:32.04	10	Emmerson	Jones	OL	7:43.74
Wesley	Kay	BW	7:20.53	11	Zahlia	McGinn	OL	7:11.75
1500m Walk					1500m Walk			
Nate	Nichol	LM	8:53.03	12	Kylie	Hawke	LM	10:51.00
Kai	Flay	PB	9:39.56	13	Emily	Dixon Rainnie	PB	10:37.00
Noah	Janes	PB	7:28.96	14	Ellen	Hawke	LM	11:04.83
				15	Isla	Emmerson	BW	10:15.50
				16	Milla	Hague	PB	13:34.82
Xavier	Bernard	PB	7:25.29	17	Ava	Watters	PB	14:33.81
Dean	Fearnall	MEL	12:22.11R	18	Amanda	Taylor	MEL	10:26.40R
High Jump					High Jump			
Cruz	Ogle	LM	1.12	9	Sinead	Bernard	PB	1.04
Austin	Nadin	PB	1.20	10	Kayley	Lassig	OL	1.13
Wesley	Kay	BW	1.43	11	Elizabeth	Wong	BW	1.25
Chase	McGrath	LM	1.38	12	Abbey	Brolsma	PB	1.35
Owen	Charsley	LM	1.42	13	Ivy	Nadin	PB	1.37
Mitchell	Warrilow	BW	1.56	14	Olivia	Stott	BW	1.39
Bailey	Riemann	PB	1.50	15	Macey	McDougall	PB	1.48
Ryder	White	OL	1.70	16				
Cameron	Schirmer	PB	1.90R	17				
Chad	Aziz	MEL	1.80R	18				
Long Jump					Long Jump			
Tex	Masten	PB	2.84	6	Alice	Ryan	BW	2.63
Oscar	Perez Clark	OL	2.96	7	Amie	Gerard	BW	2.80
Cooper	Singleton	OL	3.33	8	Vethara	Gunasekara	LM	3.48
Cruz	Ogle	LM	3.62	9	Sienna	Quainton	OL	3.36
Austin	Nadin	PB	4.18	10	Kayley	Lassig	OL	3.86
Ruben	Singam	BW	4.56	11	Elizabeth	Wong	BW	3.98
Presley	Murombo	OL	4.66	12	Bailey	McCormick	OL	4.37
Taro	Naito	BW	4.58	13	Ivy	Nadin	PB	4.24
Zackary	Bishop	BW	5.44	14	Lolani	Hatch	PB	4.53
Bailey	Riemann	PB	5.94	15	Lilliana	Rodriguez-Dunstan	OL	4.60
Ryder	White	OL	5.89	16	Saumia	Panchalingam	LM	4.16
Cameron	Schirmer	PB	6.68R	17	Ava	Watters	PB	2.96
Chad	Aziz	MEL	5.59R	18	Anita	Christian	MEL	3.50

BOYS				GIRLS			
Triple Jump				Triple Jump			
Liam	Palmer	OL	9.47	11	Elizabeth	Wong	BW 8.46
Presley	Murombo	OL	10.11	12	Abbey	Brolsma	PB 8.82
Taro	Naito	BW	9.92	13	Ellie	Ross	PB 9.38
Zackary	Bishop	BW	10.48	14	Lolani	Hatch	PB 9.13
Bailey	Riemann	PB	10.93	15	Ainslie	Keady	PB 9.79
Mason	Fidzewicz	PB	11.94	16	Saumia	Panchalingam	LM 9.35
Alexander	Dempsey	BW	11.40	17	Ava	Watters	PB 7.43
Chad	Aziz	MEL	12.29R	18	Anita	Christian	MEL 7.33
Vortex/Turbo/Javelin				Vortex/Turbo/Javelin			
Nate	Wigger	PB	14.20	6	Alice	Ryan	BW 13.62R
Koa	Paniora	OL	24.01	7	Audrey	Buckley	BW 13.22
Dylan	Bonsu	PB	12.97	8	Siobhan	McCarthy	BW 12.74
Cruz	Ogle	LM	22.40	9	Isabella	Jolly	BW 14.25
Austin	Nadin	PB	22.07	10	Phillipa	Cox	OL 23.29
Kaden	Ogle	LM	32.90	11	Mia	Giancola	OL 16.25
Jake	Stott	BW	22.50	12	Abbey	Brolsma	PB 22.13
Callan	Emmerson	BW	19.13	13	Gabrielle	Pike	BW 24.57
Joshua	Goddard	OL	30.18R	14	Emily	Johnstone	OL 32.16R
Tom	Meek	LM	28.31	15	Olivia	Keady	PB 26.35
Maximilian	Buiks	PB	35.25	16	Ava	Nadin	PB 20.64
Cameron	Schirmer	PB	48.80	17	Ava	Watters	PB 17.59
Dean	Fearnall	MEL	41.19R	18	Anita	Christian	MEL 21.50R
Discus				Discus			
Nate	Wigger	PB	9.97	6	Alice	Ryan	BW 9.96
Koa	Paniora	OL	15.30	7	Amie	Gerard	BW 12.65
Hugo	Gauci	BW	13.65	8	Vethara	Gunasekara	LM 13.53
Zach	Erasmus	BW	19.18	9	Isabella	Jolly	BW 14.50
Cruz	Collie	OL	23.20	10	Phillipa	Cox	OL 27.83R
Kaden	Ogle	LM	41.10R	11	Elizabeth	Wong	BW 14.90
DeShawn	McCarthy	BW	20.38	12	London	Polak	OL 19.05
Taro	Naito	BW	19.73	13	Gabrielle	Pike	BW 21.85
Griffin	Angelatos	BW	30.08	14	Emily	Johnstone	OL 24.50
Bailey	Riemann	PB	28.40	15	Bethany	Smits	OL 23.61
Ryder	White	OL	24.72	16	Saumia	Panchalingam	LM 17.69
Cameron	Schirmer	PB	33.20	17	Ava	Watters	PB 29.30
Dean	Fearnall	MEL	32.32R	18	Amanda	Taylor	BW 22.63R
Shot Put				Shot Put			
Tex	Masten	PB	4.28	6	Alice	Ryan	BW 3.97
Koa	Paniora	OL	4.91	7	Audrey	Buckley	BW 4.41
Cooper	Singleton	OL	6.00	8	Siobhan	McCarthy	BW 5.64
Cruz	Ogle	LM	6.26	9	Isabella	Jolly	BW 4.51
John	Mcilroy	OL	7.70	10	Phillipa	Cox	OL 8.44
Kaden	Ogle	LM	11.44R	11	Amelie	Smits	OL 6.23
Jake	Stott	BW	8.10	12	Mia	Cronin	BW 7.66
Owen	Charsley	LM	7.69	13	Gabrielle	Pike	BW 8.04
Griffin	Angelatos	BW	8.89	14	Emily	Johnstone	OL 8.42
Tom	Meek	LM	9.26	15	Olivia	Hurley	BW 9.55

BOYS

Maximilian	Buiks	PB	9.50	16
Cameron	Schirmer	PB	12.67	17
Tim	Galvin	MEL	11.88R	18

GIRLS

Emily	Long	BW	9.57
Ava	Watters	PB	12.72R
Anita	Christian	MEL	9.05R

State Combined Events Championships 2023/24

In November 2023 15 Melville Roar athletes represented the Centre or Senior Club in the Combined Events Championships.

Name	Age	Place	Points	Name	Age	Place	Points
LITTLE ATHLETICS				Alexander D'Monte	12B	26	726
Liam Palmer	11B	GOLD	1427	Ellen Hawke	14G	BRONZE	3107
Kaden Ogle	11B	BRONZE	1383	Olivia Stott	14G	6	2159
Billie Richardson	12G	GOLD	2344	Joshua Goddard	14B	6	3114
Abbey Brolsma	12G	SILVER	2296	Noah Janes	14B	10	2553
Kylie Hawke	12G	10	1699	Griffin Angelatos	14B	11	2498
DeShawn McCarthy	12B	5	1515				
Presley Muroombo	12B	12	1185	SENIORS			
Jake Stott	12B	20	989	Cameron Schirmer	18M	SILVER	6112

State Relay Championships Results 2023/24

State Track Relay Championships Results

BOYS			GIRLS		
4 x 100m		Time	4 x 100m		Time
U9	BRONZE	1:03.63	U9	-	-
U10	-	-	U10	-	-
U11	SILVER	55.63	U11	-	-
U12	BRONZE	53.63	U12	-	-
U13	-	-	U13	-	-
U14	SILVER	50.17	U14	-	-
U15	-	-	U15	SILVER	51.73
U16/17	-	-	U16/17	-	-
Swedish			Swedish		
U9	-	-	U9	-	-
U10	-	-	U10	-	-
U11	GOLD	2:39.06	U11	-	-
U12	-	-	U12	SILVER	2:31.85
U13	SILVER	2:25.84	U13	-	-
U14	GOLD	2:15.80	U14	-	-
U15	GOLD	2:08.72	U15	GOLD	2:25.40
U16/17	-	-	U16/17	-	-

State Field Relay Championships Results

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

Zones Championships 2023/24

Age	Athlete		Event	Age	Athlete		Event
GOLD - Boys				GOLD - Girls			
7	Koa	Paniora	Vortex	7	Amie	Gerard	Discus
				8	Aaliyah	Jones	200m
				8	Aaliyah	Jones	500m
				8	Vethara	Gunasekara	Discus
				8	Vethara	Gunasekara	LJ
SILVER – Boys				SILVER - Girls			
7	Koa	Paniora	100m	8	Aaliyah	Jones	100m
				8	Siobhan	McCarthy	60m H
BRONZE – Boys				BRONZE – Girls			
				7	Amie	Gerard	300m
				8	Yuki	Honjo Thevenau	100m
				8	Vethara	Gunasekara	200m
				8	Vethara	Gunasekara	Shot Put

State Junior Track & Field Championships 2024

Age	Athlete		Event	Age	Athlete		Event
GOLD - Boys				GOLD - Girls			
11	Alfie	Gray	1500m	10	Emmerson	Jones	800m
11	Kaden	Ogle	Javelin	10	Phillipa	Cox	Discus
11	Kaden	Ogle	Shot Put	12	Billie	Richardson	800m
11	Liam	Palmer	80m H				
11	Liam	Palmer	200m				
11	Liam	Palmer	TJ				
11	Ruben	Singam	LJ				
11	Wesley	Kay	HJ				
12	DeShawn	McCarthy	80m H				
SILVER – Boys				SILVER - Girls			
11	Andrew	Goddard	400m	10	Kayley	Lassig	LJ
11	Wesley	Kay	LJ	10	Kayley	Lassig	HJ
13	Bless	Jo	200m	10	Phillipa	Cox	Turbo Jav
				12	Billie	Richardson	400m
BRONZE – Boys				BRONZE – Girls			
9	Cruz	Ogle	Turbo Jav	9	Isabella	Jolly	Turbo Jav
11	Alfie	Gray	800m	11	Elizabeth	Wong	LJ
11	Liam	Palmer	100m	12	Abbey	Brolsma	HJ
11	Wesley	Kay	TJ				
12	DeShawn	McCarthy	100m				

BRONZE – Boys				BRONZE – Girls			
12	Presley	Murombo	TJ				
13	Bless	Jo	100m				

State Track & Field Championships 2024*

Age	Athlete		Event	Age	Athlete		Event
GOLD - Boys				GOLD - Girls			
14/13	Jaydon	Anthony	800m	18/-	Emma	Kempson	Javelin
14/13	Jaydon	Anthony	1500m	20/-	Tahlia	Kitson	Discus
-/15	Kiran	Jose	400m	Open	Caitlin	Blackman	LJ
-/16	Alexander	Dewar	110m H	Open	Caitlin	Blackman	TJ
-/16	Alexander	Dewar	400m H				
Open	Sasha	Zhoya	110m H				
SILVER – Boys				SILVER - Girls			
-/13	Bless	Jo	100m	15/14	Emily	Johnstone	Javelin
-/13	Bless	Jo	200m	18/-	Emma	Kempson	Discus
14/13	Joshua	Goddard	200m H	18/-	Emma	Kempson	Shot Put
14/13	Taro	Naito	LJ	Open	Kiara	Speechley	200m
-/17	Xavier	Bernard	1500m W				
Open	Mackenzie	Liddelow	TJ				
Amb	Raynor	Keane	1500m				
BRONZE – Boys				BRONZE – Girls			
Amb	Raynor	Keane	200m	18/17	Ava	Watters	Shot Put

* 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.

Australian Athletics Championships 2024*

Age	Athlete		Event	Age	Athlete		Event
GOLD - Boys				GOLD - Girls			
14/13	Bless	Jo	4x100m				
SILVER – Boys				SILVER - Girls			
14/13	Bless	Jo	200m	13/12	Billie	Richardson	800m
14/13	Bless	Jo	4x200m				
BRONZE – Boys				BRONZE – Girls			

* 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.

2024 Cross Country Short Course Championships

Age	Athlete		Event	Age	Athlete		Event
GOLD – Boys				GOLD - Girls			
Amb	Raynor	Keane	2000m CC				
SILVER – Boys				SILVER - Girls			
				7	Amie	Gerard	1000m CC
BRONZE – Boys				BRONZE - Girls			

2024 State Cross Country Championships

Age	Athlete		Event	Age	Athlete		Event
GOLD – Boys				GOLD - Girls			
17/-	Callum	Cumming	6000m CC	-/16	Sarah	Heyden	4000m CC
SILVER – Boys				SILVER - Girls			
11	Alfie	Gray	2000m CC				
BRONZE – Boys				BRONZE - Girls			

As a result of the Winter Manager position being vacant for much of the season 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) where manual records still exist.
2. Only records for current events are shown.
3. Records broken in 2023/24 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
70m					70m			
U6	2024	T Masten	PB	13.30(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)
U18	2023	J Maher	MAC	13.13(e)	2024	Anna Watters	MAC	18.04(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)
U18	2023	C Aziz	MAC	25.80(e)	2023	Anna Watters	MAC	41.06(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(e)
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)
U18	2023	J Maher	MAC	59.81(e)				
500m					500m			
U8	2021	A Gray	PB	1:40.80	2023	A Jones	OL	1:45.23
800m					800m			
U9	1994	K Taylor	OL	2:40.6	2013	C Kenny	PB	2:53.63(e)
U10	2021	J Anthony	LM	2:35.18(e)	2016	M Kenny	PB	2:41.11(e)
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(e)
	1975	S Francis	MP	2:19.6				
U13	2012	N George	LM	2:13.41(e)	2016	K van der Linden	PB	2:17.41(e)
U14	2016	L Shaw	BW	2:09.80(e)	2018	K van der Linden	PB	2:16.12(e)
U15	1990	S Hair	KD	2:06.8	2004	M Hollick	OL	2:21.6
U16	2011	A Tharle	OL	2:04.15(e)	2006	M Hollick	OL	2:25.8(e)
U17	2013	T Kenworthy-Groen	BB	2:03.43(e)	2019	V Miller	BW	2:26.24(e)
U18	2023	D Fearnall	MAC	2:49.60(e)	2024	A Taylor	MAC	3:51.64(e)
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(e)	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(e)	2005	M Hollick	OL	5:06.5
U17	2021	D Bailey	BW	4:25.16(e)	2020	V Miller	BW	5:10.79
U18	2024	C Aziz	MAC	5:25.55(e)				

60m Mini Hurdles					60m Mini Hurdles			
U6	2024	T Masten	PB	12.90	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)
80m Hurdles					80m Hurdles			
U11	2019	D Dawson	LM	12.89(e)	2022	B Richardson	OL	15.31(e)
U12	2024	D McCarthy	BW	13.47(e)	2023	A Broisma	PB	14.38(e)
U13	1997	B Jewell	PB	12.3	2010	C Gibson	PB	13.20(e)
U14					2014	I Reeves	PB	13.08(e)
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				
U16					2024	E Long	BW	19.44
U17					2014	A Reid	PB	15.83
110m Hurdles								
U16	2023	C Schirmer	PB	16.84				
U17	2021	Jack Watters	PB	14.66				
U18	2023	C Aziz	MAC	16.09				
200m Hurdles					200m Hurdles			
U13	2015	S Rajakovic	BW	27.53(e)	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	2024	A Dewar	OL	42.85	2016	A Cronin	BB	47.77
U17	2021	Jack Watters	PB	41.30	2018	A Cronin	BB	49.09
U18	2023	C Aziz	MAC	42.95	2023	A Taylor	MAC	1:12.64
700m Walk					700m Walk			
U9	1989	D Schmidberger	LM	3:46.8	1983	H Walsh	BB	3:48.8
1100m Walk					1100 Walk			
U10	1996	T Hellings	OL	5:34.4	2009	M Johns	PB	5:41.84
U11	1995	J Klauz	OL	5:44.4	2010	M Johns	PB	5:41.90
1500m Walk					1500m Walk			
U12	1997	N Avery	BB	7:08.4	2012	M Johns	PB	7:36.07(e)
U13	1997	N Avery	BB	6:51.1	2008	H Watson	BW	7:12.8(e)
U14	1999	N Avery	BB	6:47.1	2008	H Watson	BW	6:57:70(e)
U15	1995	J Gawley	BB	6:28.6	2009	H Watson	BW	7:05.75(e)
U16	2000	J Klauz	OL	6:22.3	2010	H Watson	BW	7:05.00(e)
U17	2000	J Klauz	OL	6:42.7	2012	H Watson	BW	7:08.00(e)
U18	2023	D Fearnall	MAC	12:22.11(e)	2024	A Taylor	MAC	10.26.40(e)
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	2024	C Schirmer	PB	6.68	2018	C Blackman	OL	5.67
U18	2023	C Aziz	MAC	5.59				
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
U18	2023	C Aziz	MAC	12.29				
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	2023	C Schirmer	PB	1.90	2015	L Lowrey	BW	1.51
U18	2023	C Aziz	MAC	1.80				
Vortex					Vortex			
U6	2022	C Singleton	LM	20.96	2024	A Ryan	BW	13.62
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

Javelin 700g					Javelin 500g			
U14	2024	J Goddard	OL	30.18	2024	E Johnstone	OL	32.16
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
U18	2023	D Fearnall	MAC	41.19	2024	A Christian	MAC	21.50
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	Ava Watters	PB	7.43
U10	1973	S Fazey	OL	10.18	1989	A Christian	PB	8.84
U11	2023	K Ogle	LM	11.44	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					1992	B Payze	PB	12.81
U15					1993	B Payze	PB	13.57
U16					2015	I Taylor	PB	12.84
U17					2023	Ava Watters	PB	12.72
U18					2023	A Christian	MAC	9.05
Shot Put 4kg					Shot Put 4kg			
U14	1985	R Vogl	MT	13.63				
U15	2002	T Grabe	OL	15.99				
Shot Put 5kg					Shot Put 5kg			
U16	2022	C Schirmer	PB	11.67				
U17	2000	S Leighton	CW	13.23				
U18	2024	T Galvin	MAC	11.88				
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	2024	P Cox	OL	27.83
U11	2023	K Ogle	LM	41.10	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

U18

2024

A Taylor

MAC

22.63

Discus 1.5kg

U16 2004 M Malone OL 46.66

U17 2022 X Miller BW 40.86

U18 2024 D Fearnall MAC 32.32

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, Little Athletics Australia National Competition, or Athletics Australia National Competition. The onus of responsibility rests with the athlete or parent contacting the Centre Executive by 30 June of each year to be included in the subsequent season's handbook.

BOYS					GIRLS			
Age	Year	Name	Club	Result	Year	Name	Club	Result
70m					70m			
U6	2024	T Masten	PB	13.30(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 Ellis	PB	11.00
U9	2007	L McDermott	PB	9.70	1977	M Eldrid	MW	10.1
U10	1987	G Meadowcroft	OL	9.90	1992	A Harding	BB	10.10
100m					100m			
U6	2019	E Hiemstra	PB	18.88(e)	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
200m					200m			
U6	2021	L Hunt	BW	41.98(e)	2021	S Quinton	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	2024	A Jones	OL	1:42.96
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	2024	E Jones	OL	2:35.09
U11	1986	O Dartnall	MP	2:21.9	2023	B Richardson	OL	2:27.98
U12	2012	N George	LM	2:14.55	2024	B Richardson	OL	2:21.83
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	2024	T Masten	PB	12.90	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	2024	D McCarthy	BW	12.80e	2021	T Duncan	LM	14.20e
U13	2015	S Zhoya	PB	11.61e	1997	A Chequer	BW	12.60
U14					2015	I Reeves	PB	12.20e
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	13.10				
U16					2024	E Long	BW	19.44
U17					2018	I Reeves	PB	13.77
110m Hurdles					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	2024	A Dewar	OL	42.85	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	2024	C Schirmer	PB	6.68	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 Schirmer	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	2023	C Schirmer	PB	1.90	2015	L Lowrey	BW	1.51
Vortex					Vortex			
U6	2022	C Singleton	LM	20.96	2024	A Ryan	BW	13.62
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
Javelin 700g					Javelin 500g			
U14	2024	J Goddard	OL	30.18	2024	E Johnstone	OL	35.83
U15	1991	C Roebuck	MW	59.84	2022	E Kempson	LM	41.28
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	2023	K Ogle	LM	11.44	1995	H Lawson	MW	10.09	
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					1992	B Payze	PB	12.88	
U15					1995	L Wai	PB	13.96	
U16					2016	I Taylor	PB	13.36	
U17					2023	Ava Watters	PB	12.72	
Shot Put 4kg									
U14	1985	R Vogl	MT	13.76					
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	2024	K Ogle	LM	45.34	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
100m	Yellow	Girls U16-U17
90m	White	Girls U15
80m	Red	Girls U11-U14
60m	Black	Girls 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	300
Height (cm)	30	30	45	45	60	60	68	76	76	76	76	76	68	76	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	50
Distance between (m)	7	7	7	7	7	7	7	7	8	8.5	9.14	9.14	35	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	40
Number of flights	6	6	6	6	6	9	9	9	9	10	10	10	5	5	7	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	300
Height (cm)	n/a	n/a	45	45	60	60	68	76	76	76	76	76	68	76	76	76	76	76
Run in (m)	12	12	12	12	12	12	12	12	12	13	13	13	20	20	50	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	35
Run Out (m)	13	13	13	13	13	12	12	12	12	13	10.5	10.5	40	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	7

2024-25 Achievement Colour Standards – Girls

	70m	100m	200m	400m	800m	1500m	Short Hurdles	Long Hurdles	Shot Put	Discus	Javelin	High Jump	Long Jump	Triple Jump	Walk	#	GOLD
17	B	00:14.0	00:28.7	01:07.5	02:41.4	05:41.9	00:54.0	00:54.0	9.54	28.52	27.03	1.13	4.25	9.37	07:50.8	9	
17	R	00:15.3	00:31.4	01:13.6	02:56.1	06:12.9	00:58.9	00:58.9	6.36	19.02	18.02	0.76	2.84	6.25	08:33.6	8	13
17	G	00:16.5	00:34.0	01:19.8	03:10.8	06:44.0	01:03.8	01:03.8	5.09	15.21	14.42	0.60	2.27	5.00	09:16.4	7	
16	B	00:14.1	00:29.2	01:07.2	02:40.4	05:37.2	00:21.4	00:52.5	9.63	30.41	29.30	1.20	4.17	8.69	07:47.5	9	
16	R	00:15.4	00:31.8	01:13.3	02:55.0	06:07.8	00:23.3	00:57.3	6.42	20.22	19.54	0.80	2.78	5.79	08:30.0	8	13
16	G	00:16.7	00:34.5	01:19.4	03:09.5	06:38.5	00:25.3	01:02.1	5.14	16.22	15.63	0.64	2.22	4.63	09:12.5	7	
15	B	00:14.0	00:28.1	01:04.6	02:35.8	05:24.0	00:15.2	00:54.3	10.18	29.17	30.96	1.22	4.23	8.67	07:48.3	9	
15	R	00:15.3	00:30.6	01:10.5	02:49.9	05:53.4	00:16.5	00:59.3	6.79	19.45	20.64	0.81	2.82	5.78	08:30.9	8	13
15	G	00:16.6	00:33.2	01:16.4	03:04.1	06:22.9	00:17.9	01:04.2	5.43	15.56	16.51	0.65	2.26	4.62	09:13.5	7	
14	B	00:14.1	00:28.7	01:03.2	02:29.7	05:20.5	00:14.4	00:32.3	9.61	28.35	24.12	1.22	4.14	8.33	07:39.5	9	
14	R	00:15.4	00:31.3	01:11.1	02:43.3	05:49.6	00:15.7	00:35.2	6.41	18.90	16.08	0.81	2.76	5.56	08:21.2	8	13
14	G	00:16.7	00:33.9	01:17.0	02:57.0	06:18.8	00:17.0	00:38.1	5.12	15.12	12.86	0.65	2.21	4.44	09:03.0	7	
13	B	00:14.1	00:29.1	01:06.6	02:31.2	05:23.8	00:14.5	00:32.5	8.81	28.07	31.05	1.20	3.92	8.12	07:56.1	9	
13	R	00:15.4	00:32.4	01:12.6	02:44.9	05:53.2	00:15.8	00:35.4	5.87	18.71	20.70	0.80	2.61	5.42	08:39.4	8	13
13	G	00:16.7	00:34.8	01:18.7	02:58.6	06:22.6	00:17.2	00:38.4	4.70	14.97	16.56	0.64	2.09	4.33	09:22.6	7	
12	B	00:14.5	00:30.3	01:05.6	02:42.6	05:42.4	00:15.8			24.56	26.09	1.18	3.82	7.70	08:21.7	9	
12	R	00:15.8	00:33.0	01:12.6	02:57.4	06:13.5	00:17.3			16.37	17.40	0.79	2.55	5.14	09:07.3	8	11
12	G	00:17.1	00:35.8	01:18.7	03:12.2	06:44.7	00:18.7			13.10	13.92	0.63	2.04	4.11	09:52.9	7	
11	B	00:15.4	00:31.5	01:11.5	02:49.1	05:53.9	00:16.8			20.38	21.97	1.03	3.63	7.14	06:16.1	9	
11	R	00:16.8	00:34.4	01:18.0	03:04.4	06:26.1	00:18.4			13.59	14.65	0.69	2.42	4.76	06:50.3	8	11
11	G	00:18.1	00:37.2	01:24.6	03:19.8	06:58.3	00:19.9			10.87	11.72	0.55	1.94	3.81	07:24.5	7	
10	B	00:16.0	00:32.9	01:13.7	02:57.2		00:12.3			20.87	17.52	0.94	3.31		06:16.0	9	
10	R	00:17.4	00:35.9	01:22.6	03:13.3		00:13.4			13.92	11.68	0.63	2.21		06:50.2	8	11
10	G	00:18.9	00:38.9	01:29.5	03:29.4		00:14.5			11.13	9.34	0.50	1.76		07:24.4	7	
9	B	00:12.0	00:16.3	00:34.9	03:11.0		00:12.0			17.15	16.22	0.86	2.99		04:11.7	8	
9	R	00:13.1	00:17.8	00:38.1	03:28.4		00:13.1			11.43	10.82	0.58	2.00		04:34.6	7	11
9	G	00:14.2	00:19.3	00:41.3	03:45.7		00:14.2			9.14	8.65	0.46	1.60		04:57.4	6	
8	B	00:12.6	00:17.8	00:36.7	01:55.8		00:12.9			14.79	13.68	0.80	2.73			7	
8	R	00:13.7	00:19.4	00:40.1	02:06.3		00:14.1			9.86	9.12	0.54	1.82			6	9
8	G	00:14.9	00:21.0	00:43.4	02:16.8		00:15.3			7.89	7.30	0.43	1.48			5	
7	B	00:13.5	00:19.2	00:39.4	00:39.4		00:12.9			13.20	13.20		2.38			6	
7	R	00:14.7	00:21.0	00:43.0	01:11.9		00:14.1			8.80	8.80		1.59			5	8
7	G	00:15.9	00:22.7	00:46.6	01:17.9		00:15.3			7.04	7.04		1.27			4	
6	B	00:15.3	00:21.1	00:46.7			00:14.7				10.22		2.03			4	
6	R	00:16.6	00:23.0	00:51.0			00:16.0				6.81		1.36			3	6
6	G	00:18.0	00:24.9	00:55.2			00:17.4				5.45		1.08			2	

2024-25 Achievement Colour Standards – Boys

	70m	100m	200m	400m	800m	1500m	Short Hurdles	Long Hurdles	Shot Put	Discus	Javelin	High Jump	Long Jump	Triple Jump	Walk	#	GOLD
17	B	00:12.5	00:26.0	00:57.9	02:15.8	04:51.7	00:16.1	00:45.4	9.92	30.65	39.00	1.62	5.68	11.15	07:23.0	9	
17	R	00:13.6	00:28.3	01:02.8	02:28.1	05:18.2	00:17.6	00:49.6	6.62	20.43	26.00	1.43	5.01	9.84	08:03.2	8	13
17	G	00:14.8	00:30.7	01:08.4	02:40.5	05:44.7	00:19.1	00:53.7	5.29	16.34	20.80	1.24	4.34	8.53	08:43.5	7	
16	B	00:12.7	00:26.0	00:56.1	02:16.6	04:45.9	00:18.5	00:47.1	8.75	35.00	38.43	1.64	5.44	11.26	07:00.5	9	
16	R	00:13.8	00:28.3	01:01.2	02:29.0	05:11.9	00:20.2	00:51.4	5.84	23.33	25.62	1.45	4.80	9.94	07:38.8	8	13
16	G	00:15.0	00:30.7	01:06.4	02:41.4	05:37.9	00:21.9	00:55.7	4.67	18.66	20.50	1.25	4.16	8.61	08:17.0	7	
15	B	00:12.6	00:26.1	00:58.2	02:19.5	04:58.0	00:14.4	00:46.5	11.99	35.33	42.53	1.57	5.34	11.11	07:07.5	9	
15	R	00:13.8	00:28.5	01:03.5	02:32.2	05:25.1	00:15.7	00:50.7	8.00	29.55	28.35	1.39	4.71	9.80	07:46.3	8	13
15	G	00:14.9	00:30.9	01:08.8	02:44.8	05:52.2	00:17.0	00:54.9	6.40	18.84	22.68	1.20	4.08	8.50	08:25.2	7	
14	B	00:12.6	00:26.9	00:58.4	02:22.8	04:51.8	00:14.3	00:29.7	11.33	38.39	22.64	1.50	5.05	11.26	07:27.8	9	
14	R	00:13.8	00:29.4	01:03.7	02:35.8	05:18.3	00:15.6	00:32.4	7.56	25.59	15.09	1.32	4.46	9.94	08:08.5	8	13
14	G	00:14.9	00:31.8	01:09.0	02:48.7	05:44.9	00:17.0	00:35.1	6.04	20.47	12.07	1.14	3.86	8.61	08:49.2	7	
13	B	00:13.2	00:26.8	01:00.0	02:26.8	05:06.3	00:13.8	00:30.3	10.98	34.13	33.80	1.47	5.32	10.79	07:32.2	9	
13	R	00:14.4	00:29.2	01:05.5	02:40.1	05:34.2	00:15.0	00:33.0	7.32	22.75	22.53	1.30	4.70	9.52	08:13.3	8	13
13	G	00:15.6	00:31.6	01:10.9	02:53.4	06:02.1	00:16.3	00:35.8	5.86	18.20	18.02	1.12	4.07	8.25	08:54.4	7	
12	B	00:13.8	00:28.1	01:05.1	02:33.6	05:11.6	00:14.8	8.16	30.03	33.72	33.72	1.36	4.62	9.63	07:51.2	9	
12	R	00:15.0	00:30.6	01:11.0	02:47.5	05:40.0	00:16.2	5.44	20.02	22.48	1.20	4.07	3.50	8.90	08:34.1	8	11
12	G	00:16.3	00:33.2	01:16.9	03:01.5	06:08.3	00:17.5	4.35	16.02	17.98	1.04	3.53	7.36	6.49	09:16.9	7	
11	B	00:14.7	00:29.4	01:08.7	02:40.3	05:30.8	00:14.2	8.58	30.83	32.09	1.25	4.39	3.87	7.49	06:18.8	9	
11	R	00:16.0	00:32.1	01:14.9	02:54.8	06:00.8	00:15.5	5.72	20.55	21.39	1.10	3.87	3.35	6.49	06:53.3	8	11
11	G	00:17.3	00:34.8	01:21.2	03:09.4	06:30.9	00:16.8	4.58	16.44	17.11	0.96	3.35	3.35	6.49	07:27.7	7	
10	B	00:14.6	00:31.7	01:12.4	02:50.7		00:12.1	7.64	26.06	25.20	1.09	3.88			06:07.8	9	
10	R	00:15.9	00:34.6	01:19.0	03:06.2		00:13.2	5.09	17.38	16.80	0.96	3.38			06:41.3	8	11
10	G	00:17.2	00:37.5	01:25.6	03:21.7		00:14.3	4.07	15.90	13.44	0.83	2.93			07:14.7	7	
9	B	00:11.4	00:15.8	00:34.1	02:56.7		00:11.8	6.61	22.30	21.43	1.04	3.71			04:09.5	8	
9	R	00:12.4	00:17.2	01:23.3	03:12.7		00:12.8	4.41	14.87	14.29	0.92	3.27			04:32.2	7	11
9	G	00:13.4	00:18.6	01:30.3	03:28.8		00:13.9	3.52	11.89	11.43	0.79	2.83			04:54.8	6	
8	B	00:11.9	00:16.5	00:34.8	01:50.9		00:12.5	6.22	18.53	16.11	0.94	3.32				7	
8	R	00:13.0	00:18.0	00:38.0	02:01.0		00:13.7	4.15	12.35	10.74	0.83	2.93				6	9
8	G	00:14.1	00:19.6	00:41.1	02:11.0		00:14.8	3.32	9.88	8.59	0.72	2.54				5	
7	B	00:13.3	00:18.9	00:39.4	01:04.5		00:12.5	4.44	14.84	19.89	1.28	2.86				6	
7	R	00:14.5	00:20.7	01:10.3	01:10.3		00:13.6	2.96	9.90	13.26		2.52				5	8
7	G	00:15.8	00:22.4	00:46.6	01:16.2		00:14.7	2.37	7.92	10.61	2.18	2.48				4	
6	B	00:14.6	00:20.8	00:46.2			00:14.2	3.50	10.10	15.72		2.44				4	
6	R	00:16.0	00:22.7	00:50.4			00:15.5	2.33	6.74	10.48		2.15				3	6
6	G	00:17.3	00:24.5	00:54.6			00:16.8	1.86	5.39	8.88		1.87				2	



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