

This Handbook belongs to:

Family Name _____

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KEILOR LITTLE ATHLETICS CENTRE
STADIUM DRIVE, KEILOR PARK
POSTAL ADDRESS: PO BOX 4084,
KEILOR DOWNS, 3038

www.keilorlac.org.au

WELCOME

We welcome you to the Keilor Little Athletics Centre as either a new or returning member and trust that the 2009/2010 season will be enjoyable for athletes and their families.

The theme of Little Athletics is "**Family, Fun and Fitness**" and it is hoped that through your association with our Centre you will experience fulfilment in all three aspects.

Our aim is for you to "grow as a person" through involvement with Little Athletics. We hope you will achieve this by sharing friendships, by participating in healthy exercise and by achieving success through friendly competition. This success should be judged by the extent to which you improve your skills and personal performance - by *Being Your Best*.

Parents and guardians are an essential part of our sport. By signing the Register of Ordinary Members on the registration form you have become members of our Centre and of the Victorian Little Athletics Association. We ask that you actively assist in the many tasks necessary to run our Centre. Without extensive involvement from parents and guardians and other volunteers there would be no Keilor Little Athletics Centre. We also expect parents & guardians to read and follow the guidelines outlined in the *Codes of Behaviour* section of this handbook.

We remind you that the Keilor Park Athletics Track is a healthy, smoke and alcohol free sporting environment.

This Handbook contains a wealth of information on the activities of the Centre and the Association. Please take the time to read it carefully and don't hesitate to approach members of the Centre Executive if you have any questions or problems.

Building on Keilor's award as *Top Centre in Victoria in both 2002 and again in 2006* we are looking forward to another fantastic season. You should be proud that you are part on one of the largest and most progressive athletics clubs in Victoria and Australia.

We still have lots to do and the Centre Executive has a continual improvement program in place. We are setting our sights high and with funding approved by the Brimbank City Council for the design of a new all weather synthetic track, we hope to have an announcement as to the construction timeline within the foreseeable future.

We trust you and your families will avail yourselves of and support the many activities that will be on offer during the course of the season. We really aim to make Keilor LAC a fun place to be. Please refer to the event calendar regularly and make sure you are kept informed by reading the weekly newsletter. Our website (www.keilorlac.org.au) is also a handy source of information.

Finally, we thank you for joining our Centre and sincerely hope that your time with us will be long, enjoyable and successful.....and please, if you have any queries or problems with the club speak with a member of the Executive immediately.

**KEILOR LITTLE ATHLETICS
CENTRE EXECUTIVE**

Centre Executive 2009/2010

| Role & Contact Details | Responsibilities |
|--|---|
| President SAM BARBUTO s.barbuto@hotmail.com 0419 901 707 | Oversees the running of the Centre. Chairs the Centre Executive. Adjudicates on disputes. Represents the Centre in dealings with VLAA. |
| Vice President – Centre Development BILL MOBILIO wmobilio101@optusnet.com.au 0403 296 453 | Assists President. Responsible for the development and implementation and strategies and projects for the long term improvement of the Centre. Oversee the athlete development programme. |
| Vice President-Operations JAN BENNETTS jan.bennetts@bigpond.com.au 0438 907 022 | Assists President. Overall supervision of the many facets of the weekly “off track” administration activities of the centre. |
| Secretary KERRY WARE k.ware@unimelb.edu.au 0421 068 786 | Collects and distributes mail. The point of contact for general enquiries from members, general public & VLAA. Takes Centre Executive minutes. Maintains the Centre’s event calendar and follows up on due dates. |
| Treasurer VICKY THOMSON vicky.thomson@au.nestle.com 0413 970 322 | Keeps the accounts. Maintains the Centre’s asset register. Prepares monthly financial reports for the Centre Executive. Manages cash flow and collects and banks all cash. Organises the annual audit of the Centre’s accounts. Issues cheques. Responsible for Canteen, Fundraising & Uniform Managers. |
| Technical Equipment Director DON McLAREN donald.mclaren@team.telstra.com 0407 052 735 | Maintains equipment, makes recommendations for additions/replacements, and assists with any equipment problems. |
| Regional Representative CRAIG HILL Craighill77@bigpond.com 0419 588 797 | Attends monthly Northern Metropolitan Regional Meetings and Annual VLAA State Conference in August. Represents KLAC views at Regional level. |
| Special Events Manager PAULINE McSHANAG | Facilitates and manages KLAC’s involvement in Regional and State Championships and in the Royal Children’s Hospital annual fundraiser. Will have an assistant throughout the year and will also have four Team Managers– each Team Manager will be responsible for a particular special event (Regional and State Track and Field, Regional and State Relays, Regional and State Cross Country and State Multi-events as well as other special events). |

Competition Director

DAVID &
 CHERLYANNE CAMPBELL
DCampbell@ccinsurances.com.au
campc@echelonaustralia.com.au
 0409 219 150

Responsible for all activities related to planning for and the conduct of the Centre's weekly competition. Liaises with the Programme Manager in determining the competition event schedule and programme. Liaises with duty roster manager, set-up manager and chief officials to ensure adequate officials are available and equipment is set-up to allow for the competition to start on time. Responsible for the efficient running of the program on the day. Ensures the start/finish lines are marked as required each week. Supervises hurdles placements. Responsible for verifying and recording all records on each competition day. Ensures Chief Officials are in place for each area (Throws / Jumps / Track / Starters).

Community Liaison

JOHN RAYNER
rayner.john.m@edumail.vic.gov.au
 0414 325 619

Deals with Brimbank City Council on issues re permits, maintenance, capital grants. Deals with Keilor Park Soccer club re sharing of facilities. Liaise with other sporting clubs and schools.

General Committee (x2)

1. MIKE LLOYD

Attend Centre Executive meetings. Assist centre executive members in the conduct of their portfolios as requested. Assist with or co-ordinate projects or activities as requested by the executive. Learn the various aspects of the management of the Centre with the view to taking on an executive portfolio in the future.

Centre Committee 2009/2010

| Role | Reports to | Responsibilities & Contact Details (if relevant) |
|--|-----------------------------|--|
| Administration | | |
| Registrar DANA HILL | Vice President - Operations | In conjunction with Report/Database Manager, arrange prior re-registration for existing members ahead of new season, and recording of returning and new members on computer (NARS system). Preparing show bags for each member for registration, and general preparation for registration day. Storing alphabetical copy of all registrations for the duration of the season Liaising with VLAA regarding registration requirements including summary statements and payments and maintain the Clubs Online database. This role is very hectic at the start of the season, but is effectively completed (save for a few new registrations) after about 6 weeks Liaise with Office Manager and Records Manager as required. Assistant to help with data entry and checking Clubs Online and NARS databases. Contact: - 9390 4348 (AH) or 0419 588 797 (m) <u>Dana's email</u> |
| Assistant Registrar CRAIG HILL | Registrar | Assists Registrar as required with data entry and checking Clubs Online and NARS databases. |

Keilor Little Athletics Centre

| Role | Reports to | Responsibilities & Contact Details (if relevant) |
|--|---|--|
| Office Manager HEATHER SPURRELL | Vice President - Operations | Assists both the Registrar and Reports/Database Manager with everything including, pre-registrations for existing and new members ahead of new season, preparing for and assisting with show bags, registration days and the first few weeks of competition. Is required to assist with weekly enquiries (office duties, including PB Certificates and 5PB trophies). Office open on competition days for first 1 ½ hours. |
| Assistant to Office manager DENIENNE WAKEMAN JANE RYAN GILIAN MIEZIS KELLY McLAREN | Office Manager | General office duties as directed by Office Manager |
| Publicity Officer JOHN RAYNER | Vice President - Operations | Arranges pre-season publicity with schools, shopping centres etc. Prepares weekly newsletter. Liaises with the media. Seeks opportunities to promote the Centre. 0414 325 619 (m) or John's email |
| Website Manager JOHN RAYNER | President & Vice President - Operations | Maintains website – results (provided by Records Manager), records, etc. Liaises with President, VP Operations and Publicity Officer as to content. |
| Handbook Coordinator TIM GOLDER | President & Vice President - Operations | Prepares the annual Centre Handbook (to be updated from the previous season re dates, records, etc – liaises with President re changes). |
| Results Manager DANA HILL | Vice President - Operations | Enters weekly results into web based NARS system. Forward results to local newspapers and Website Manager. Prepares results books for weekly recording of each event. Weekly reports include top three (posted on notice board), and list of those with three or more PBs. Administrative duties and general queries with results. Maintain Excel spreadsheets for eligibility for five PB trophies, track records. Maintains three or more PB compilation list for encouragement awards. Liaises with Office Manager and Registrar as required. |
| Assistant to Results Manager CRAIG HILL | Results Manager | Assists with entering of weekly results into web based NARS system. Other administrative duties as required in consultation with Results Manager and Office Manager. |
| Reports Manager CRAIG HILL | Vice President - Operations | Recording of returning/new members in results into web based NARS system. Loading Centre Championship entries, results and reports. Produces all end of Season summaries and reports. Maintains and updates recording manuals. Liaises with Programme Manager, Results Manager and Office Manager as |

Keilor Little Athletics Centre

| Role | Reports to | Responsibilities & Contact Details (if relevant) |
|---|------------------------------|---|
| | | required. |
| Database Manager JOHN RAYNER/JAN BENNETTS | Vice President – Operations | Archives current Season results and registrations and prepares for next Season. In conjunction with computer programmer modifies and improves database and associated reports. Liaises with Programme Manager, Results Manager and Office Manager as required. |
| Trophy & Medal Buyer CRAIG HILL | Vice President – Operations | Liaise with the Centre's medal & trophy supplier. Organise weekly 5 PB trophies. Plan for and procure ribbons, medals & trophies or Centre Championship, Presentation & Handicap days/events. |
| Clubroom Manager MIKE LLOYD | Technical Equipment Director | Liaises with Council regarding clubroom matters, including hire, maintenance & repairs. Ensure clubrooms are clean – liaise with cleaning contractors. Oversees the continual improvement of the clubroom facilities. Develops and maintains a clubroom usage policy. |
| Finance – Merchandise, Sponsorship & Fundraising | | |
| Uniform Buyer/Seller SHARON SANDKUHL | Treasurer | Arranges the purchase from our suppliers, and the sale to our competitors of: crop tops; singlets; shorts; track suits; and supporters' apparel. |
| Uniform Assistant/Seller | Uniform Buyer/Seller | Assists with the sale to our competitors of: crop tops; singlets; shorts; track suits; and supporters' apparel. |
| Canteen Manager & Food Buyer LYNETTE NICOLAU | Treasurer | Runs the canteen (with assistants and rostered helpers). Orders and delivers food and drink to the canteen each week. Assists with hosting of athletics related functions at the clubrooms. Managers external suppliers such as coffee van. Liaises with Treasurer for cash float & takings and reporting on purchases & takings. Makes sure BBQ's are OK and gas bottles are filled. Manager does not work in the canteen while events are on, but assists with set up and pack up of canteen. |
| Assistant Canteen Managers (x4) | Canteen Manager | Works on a roster to run the canteen for the rostered competition day at the direction of the Canteen Manager. Will have the assistance of rostered helpers. |
| Sponsorship Manager | President | Is responsible for securing new and existing Sponsorship deals throughout the year. |
| Fundraising Manager REBEKKA CARUSO | President & Treasurer | Arranges Fundraising events, activities and prizes, pre and during the season. Will have a team of 4 to assist with events and activities. Other tasks to arrange or contribute to include: |

Keilor Little Athletics Centre

| Role | Reports to | Responsibilities & Contact Details (if relevant) |
|--|------------------------------------|--|
| | | <ul style="list-style-type: none"> - Procuring McDonald's Encouragement Vouchers - Arrange Billboard for Rego Day - Provide content and assist with the preparation of show bags - Have Fundraising events for 2008-09 documented to go in show bags and outline in Centre Handbook and Calendar of Events - Assist with Presentation and Centre Championship Days - Arrange details including promotion for Santa visit |
| Fundraising Assistants (x4) MALLY REBUFFO SANDRA BLANCK | Fundraising Manager | Assists the Fundraising Manager to arrange Fundraising events, activities and prizes, pre and during the season. |
| Competition | | |
| Programme Manager TIM GOLDER | Competition Director | Decides list of events to be run each week, maintains a list of events undertaken for the year for each group. |
| Announcer SAM BARBUTO & PAULINE McSHANAG | Competition Director | Calls the events every week. Liaises with the Programme Manager & Competition Director on the running order of the events. |
| Duty Roster Manager LYNELLE PETERSEN | Competition Director | Draws up and publishes duty roster. Allocates persons to events each week (liaising with Announcer and Programme Manager). Assists Announcer on competition days. Petersen's email or phone 0438 703 157 |
| Assistant to Duty Roster Manager & Announcer SHANE PETERSEN/ PETER QUINLAN/ ROB PEGORARO | Duty Roster Manager | Assists with duty roster draw up. Assists with allocating persons to events each week. Assists Announcer on competition days. |
| Set up & Pack up Equipment Manager ROBERT McSHANAG | Technical Equipment Director | Is responsible for organising the set up / pack up of the track & field equipment each week with the assistance of the Set up / Pack up Crews. Co-ordinates the crews. Not required to officiate during events. Maintains all the equipment. Assists with the marking of the Track. |
| Set up Crew (x6) CAROLYN JOHN MICHELLE MATHEWS | Equipment Manager | Sets up the track each week of competition (required to arrive early, but not required to officiate during the actual events), under the instruction of the Set up & Pack up Equipment Manager and Competition Director. |
| Pack up Crew (x6) LIZ BOND | Equipment Manager | Packs up the track each week of competition (required to stay late to pack up, but not required to officiate during the actual events), under the instruction of the Set up & Pack up Equipment manager. |

Keilor Little Athletics Centre

| Role | Reports to | Responsibilities & Contact Details (if relevant) |
|--|--------------------------|---|
| DARREN HILDRED EDDI CONDOTTI | | |
| Chief Starters & Timing Official CRAIG HILL | Competition Director | Ensures that the timing equipment is being used correctly. Responsible for starting procedures. Arranges the Starters & Timers Roster. Also responsible for checking the track each week before the start of competition, to reduce risks to children – for example, checking for holes in the track, etc. |
| Chief Jumps Official | Competition Director | Supervises the jumping events eg, ensuring that the mats are correctly placed for the relevant age groups, and that officials are measuring the events correctly. Also responsible for checking the pits each week before the start of competition, to reduce risks to children – eg. checking for broken glass in sand pits / etc. |
| Chief Throws Official ANTON BULIC | Competition Director | Supervises the throwing events, eg, ensuring that the children are throwing correctly, that measurements are being correctly taken, and that the right weight discus/shot put/javelin is being used for each age group. Also responsible for checking the throw areas each week before the start of competition, to reduce risks to children – eg. checking for broken glass / etc. |
| On-Track Coordinator JOHN McCALL | Competition Director | Coordinates the On-Track program. Is required to undertake training to properly equip the U6 & U7 Team Managers for the role. |
| Under 6 Boys Team Manager (Groups A & B) Group A. JOHN & SUSAN DAVEY Group B. BRAD PEMBERTON | On Track Co-ordinator | Takes group A or group B boys to and from each event, and assists them with their technique in the On-Track Program. |
| Under 6 Girls Team Manager Group A. JULIE COGGER Group B. MARDI O'CONNOR | On Track Co-ordinator | Takes group A or group B girls to and from each event, and assists them with their technique in the On-Track Program. |
| Under 7 Boys Team Manager (Groups A & B) Group A. CURRIE Group B. MIRARCHI | On Track Co-ordinator | Takes group A or group B boys to and from each event, and assists them with their technique in the On-Track Program. |

Keilor Little Athletics Centre

| Role | Reports to | Responsibilities & Contact Details (if relevant) |
|---|--|---|
| Under 7 Girls Team Manager (Groups A & B) Group A. AMANDA DISCO Group B DIANNE SEIFFERT | On Track Co-ordinator | Takes group A or group B girls to and from each event, and assists them with their technique in the On-Track Program. |
| Chief First Aid Officer PIP LLOYD | Competition Director | Take responsibility for our First Aid Kit and the first aid room. Arranges a roster of qualified First Aid Officers, so that one such person is on duty on each week of competition. |
| Rostered First Aid Officers (x4) | First Aid Manager | Assist the Chief First Aid Officer and to be available for rostered duty & on an ad-hoc basis if in an emergency. |
| Development & Projects | | |
| Selector for Captains WARREN HOSKING | President | Responsible for seeking nominations and selecting Centre and Team captains from amongst the older children. |
| Handicapper WARREN HOSKING | Competition Director & Special Events Manager | Assist the Competition Director and the Special Events Manager in organising the annual Keilor LAC Tim Golder & Warren Hosking Handicaps. To determine handicaps for athletes participating in the Centre handicaps and co-ordinate the races on the day. Liaise with the Keilor Sports Club and organise KLAC athletes' participation in the Keilor Junior Gift. |
| Athlete Development Manager | Vice President - Development | Coordinates coaches. Develops a training program. Sources, promotes and provides advice to athletes on development and competition opportunities. Arranges for personal coaching placement for athletes if required. Liaises with Senior Athletic Clubs. Acts as Head relay Coach. |
| Coaches (x5) - Walks - DON MCLAREN - Sprints - Distance - Jumps - Throws | Athlete Development Manager | Take training on designated nights. Would be expected to attend orientation to coaching courses (over two Sundays), to obtain Level 0 qualification if not already held. *KLAC and Northern Metro Region will together pay the fees for the course. |
| Special Events Team Manager- Relay 1. 2. | Special Events Manager | Coordinates KLAC's participation in the Regional and State Relays. Has the assistance of the Special Events Manager and Special Events assistant. |

Keilor Little Athletics Centre

| Role | Reports to | Responsibilities & Contact Details (if relevant) |
|--|------------------------|---|
| Special Events Team Manager– Track & Field (x2) 1. 2. | Special Events Manager | Coordinates KLAC's participation in the Regional and State Track and Field Championship. Has the assistance of the Special Events Manager and Special Events assistant. |
| Special Events Team Manager– Multi-events and other activities(x2) SHANE HAYES | Special Events Manager | Coordinates KLAC's involvement in the Regional and State Multi-events; and also assists with other special events such as the Royal Children's Hospital Lap for Kids. Has the assistance of the Special Events Manager and Special Events assistant. <u>Shane's email</u> or phone 0412 390 809 |
| Special Events Team Manager– Cross Country and other activities. | Special Events Manager | Coordinates KLAC's involvement in the Regional and State Cross Country; and also assists with other special events. Has the assistance of the Special Events Manager and Special Events assistant. |

If you have any concerns about any aspect of the Centre, please speak to one of the Executive Members. Please remember that Executive and Committee Members are volunteers, who are trying to do their best for the Centre and (most importantly) the children.

The Executive meets on the first Wednesday of each month. All members are welcome to attend as observers. Details of monthly venues are provided on the website www.keilorlac.org.au . **Notification of attendance is required 48 hours in advance - Please contact Kerry Ware – Centre Secretary**

Working with Children Check

The Victorian Government and VLAA requires that:-

- Members of the Centre Executive
- Coaches
- Team Managers
- First Aid personnel
- Officials at either State and Region Level
- Volunteers that do not have any children registered at the Centre

must have the necessary WWC certification. KLAC is arranging for all relevant officials to have such checks, which KLAC will keep for its records.

Duty Responsibilities

For some parents/guardians and those who are new to Little Athletics, becoming familiar with how the Centre works appears to be a very complex process. It is important to realise that the Centre cannot operate without the support and work that is done by our officials at various levels of the Little Athletics organisation.

The Keilor Little Athletics Centre needs at least 60 officials to be able to conduct all the events successfully each week. All officials are volunteers. To help spread the load, our Duty Manager, Lynelle Petersen, will prepare a roster of parents/guardians, to undertake duties.

When registering your child/children, you were to nominate yourself for 5 preferred duty dates throughout the season on the form provided by the Centre. Your preferred duty dates will be taken into account by the Duty Manager and a roster for the entire season produced. On registration day, or soon after, you were provided with a calendar listing and key contacts. Please circle your pledged dates for duty and attach the calendar fridge magnet to your fridge and refer to it regularly. When completing the duty roster form you were encouraged to provide an email address. This will assist the Centre in sending you regular information about the Centre and an email reminder of when you are on duty. If you are unable to attend duty, please arrange for someone to replace you – don't leave it up to Lynelle Petersen to do that.

Unfortunately, not all parents/guardians meet their rostered commitments or arrange replacements; and so each competition day the Executive has to call for volunteers. When you hear such an announcement, please offer your services (always ensuring that Lynelle – at the Centre table – writes down your name), even if it means you will be doing more than your fair share. If we don't get enough officials, the children will suffer because events will have to be cancelled. Please note that the completion of a requisite number of duties is a prerequisite to a child competing in Centre Championships.

The Centre does not expect any person to be an expert or to have any previous experience. You will be advised what to do (and if you have any doubts, see either of our Competition Directors (Dave & Cherylanne Campbell)), and you will find quickly that the job is not as hard as you think. We also have assistants to the Competition Directors, and they will be available to assist you with any questions that you have. If you are on duty, please remember the following. These people will be clearly identified in orange vests.

1. Those on duty are to be in attendance by 8.40am on Saturday and 5.10pm Fridays.
2. Please report to the announcer's table (located infield half way down the front track) when you arrive, so your name is noted and you are assigned a task.
3. The setting up of equipment includes the positioning of jump bags, markers, measuring tapes, rakes, shots etc on the appropriate venues. You will be instructed as to precisely what needs to be done. Jump pits are to be raked and run ups swept. (Prior to checking pits for syringes, please speak with Dave or Cherylanne Campbell for collection of the syringe disposal equipment supplied by Brimbank Council).
4. You should read the Regulations which appear in this Handbook, in relation to jumping and throwing events. This will assist you in running the event. An Officials card will also be issued

to you when you report to the Centre table. The Officials card summarises how the event is to be conducted and any rules specific to that event.

Officials - Duties



The Starter

Starting is a challenging job – but very absorbing and rewarding once mastered. The Starter is in total control of all aspects of the start of each track event. A good starter needs to be alert at all times and never flustered. The challenge is to ensure that all competitors on the starting line get a fair and equal start. The VLAA runs regular starters' seminars. Craig Hill – KLAC's Starters' Co-ordinator has information about VLAA starting procedures.

Timekeepers

Measures the time from the start of a race until a particular competitor crosses the finish line. Timekeepers are armed with a stopwatch (or a press button for electronic timer) and need to be in line with the finish with a clear view of the starter.

The start time is the first sign of smoke from the starter's gun (the sound of the gun takes longer to reach the finish line). The finish time is when the competitor's torso (ie, not the head, neck, arms or legs) crosses the line.

Electronic Timing Gates/Barcoding Software Operators

Operates timing gates (either front track or back track) processing events times and ensuring that all athletes results are barcoded into recording system.

Barcoding Operators

At the conclusion of specific track events, the athletes will collect their lane tags and proceed to the barcoding table. All results from the timing unit will download automatically to the NBS software and you and the operator will scan each athlete's patch in lane order. Training for both the Timing Gates and Barcoding Operators will be provided, please speak to Craig Hill or Jan Bennetts if you are interested in attending an informal training session.

Recorder

The Recorder records the performances of the athletes on the Recording Sheet so that they can be entered into the computer. Please read the instructions set out in the Recording folder which you will be given. Also, please put your name at the bottom of each Recording Sheet, so that if our Results Manager (Dana Hill) has any questions she can contact you about those. Please write neatly! Please ensure that for jumping and throwing events you write down each athlete's performance for each jump/throw, and then also (in the space provided) write their best result. Watch out for 'personal bests' (please mark those with the highlighter provided) and records. **If there is a record, immediately ensure that the relevant mark is not erased, and that one of our Competition Directors (David or Cherylanne Campbell) is called over to verify the record.**

Any comments or suggestions regarding the recording procedures should be directed to Dana either in writing at the bottom of a recording sheet or by phone on 0419 588 797.

Starter's Marshall

Checks the children's names off before each race, places the children in each event and decides the number of heats to be run.

Place Judges

Determine the order in which competitors pass the finish line. Placings are determined by the runner's torso (ie, not the head, neck, arms or legs) crossing the line. As we now have timing gates on both front and back tracks, place judges are now only needed for circular events.

Finish Marshall

The Finish Marshall assists the Timekeepers to keep the children in order when they finish their track events. The children are then taken to the Ticket Writer to receive their tickets.

Shot Put

Tasks include watching for foul Puts, recording measurements, ticket writing, pulling the tape through the centre of circle, finding and marking the point of impact and returning (with the assistance of the competitor) the Shot Put to the ring.

High Jump

Tasks include replacing high jump bar, recording measurements, ticket writing, marshalling children, shifting and measuring height of bar.

Long Jump

Tasks include watching for foul jumps, measuring jumps, recording measurements, ticket writing, marshalling children, marking the point of impact and raking.

Discus

Tasks include watching for foul throws, recording measurements, ticket writing, pulling the tape through the centre of circle, finding and marking the point of impact and (with the assistance of the competitor) returning the Discus to the ring.

Triple Jump

Tasks include watching for foul jumps, measuring jumps, recording measurements, ticket writing, marshalling children, positioning the mat, marking the point of impact and raking.

Javelin

Tasks include watching for foul throws, measuring throws, recording measurements, ticket writing, marshalling children, marking the point of impact and (with the assistance of the competitor) returning the Javelin to the run-up area.

Calendar of Events 2009/2010

TRACK AND FIELD SEASON

| 2009 | Event |
|--------------|--|
| September 26 | Competition (no points day) |
| October 3 | Competition (no points day) |
| October 10 | Competition. Bring a Friend Day |
| October 17 | Competition |
| October 24 | Competition |
| October 31 | Competition Relay Centre Best Performance attempts (Entry fee proceeds to Royal Children's Hospital) |
| November 7 | Competition "Coins for Kids" appeal for Royal Children's Hospital Centre's 40 th birthday celebrations Deadline for entries for Regional Multi Event Competition [‡] |
| November 13 | Friday Night , Twilight Competition (no points day) Kids' Disco |
| November 15 | Sunday – Regional Relay Championships at Diamond Valley LAC (Entries to be lodged by coaches) |
| November 21 | Competition Parents' Trivia Night. |
| November 27 | Friday Night , Twilight Competition |
| November 29 | Sunday – Regional Multi Event Competition at Kilmore (Entries close November 7) |
| December 5 | Competition |
| December 11 | Friday Night , Twilight Competition (no points day) |
| December 13 | Sunday – State Relay Championships at Olympic Park [‡] |
| December 19 | Competition – Christmas Break-Up Deadline for entries for Regional Track and Field Championships [‡] |

If a KLAC Competition Day is cancelled due to weather it will not be rescheduled, with the possible exception of the Centre Championships, which (if possible) will be re-scheduled to the following day or to a date deemed by the Centre Executive in its discretion.

| 2010 | Event |
|---------------|---|
| January 16 | Competition resumes at Essendon. Invitational day – Keilor will compete with athletes from Essendon LAC at the Essendon Track (Corio Street, Moonee Ponds – no points day) |
| January 23 | Competition (no points day) |
| January 30 | Competition |
| January 30-31 | State Multi Event Championships at Bendigo LAC |

Keilor Little Athletics Centre

| | |
|---|--|
| February 6 | Competition |
| February 12 | Gala Ball |
| February 13 | Competition (starts 3pm) |
| February 19 | Friday Night , Twilight Competition (no points day) Deadline for Free Entries (6.30pm) for KLAC Centre Championships [†] |
| February 20-21 | Saturday and Sunday – Regional Track and Field Championships at Whittlesea City LAC (Entries close December 19) |
| February 27 | Competition Final Deadline for Entries (12.00 noon) for KLAC Centre Championships (fee applies) [†] |
| March 6 | Competition |
| March 13 | Centre Championships & AGM |
| March 20 – 21 | Saturday and Sunday – State Track and Field Championships at Olympic Park |
| March 27 | Presentation Day, including KLAC Sprint & Middle Distance Handicaps (see handicap section in this handbook for entry/selection details) |
| CROSS-COUNTRY SEASON (Dates to be confirmed) | |
| May 1 | Likely start date for Cross-Country |
| June 12 | Likely deadline for Entries for Regional Cross-Country [‡] |
| June 26 | Regional Cross-Country (Coburg LAC) |
| July 25 | Sunday – State Cross-Country |

[‡] Please note that entrants for Regional and State Competitions (Under 9 and above) – excluding relays – must meet attendance and participation pre-requisites at Keilor meetings. Under 7 and 8 children may enter Regional (not State) competition without pre-requisites. See Vicky Thomson or Bill Mobilio for details.

[†] Entrants for Keilor Centre Championships must also meet attendance pre-requisites - detailed in 'The Centre Championships' section. **This year if entries for Centre Championships are received by 6.30pm February 19, entry to the Championships is free.** Late entries will be accepted after 6.30pm February 19 and up to 12 noon February 27 (provided other pre-requisites are met), but a fee of \$3 per event must accompany that late entry. **Strictly no entries will be accepted after 12.00 noon February 27.**

Bring A Friend Day (October 10)

On this day, little athletes are encouraged to bring friends who are not members. The friends take part in the normal Centre activities and get a 'taste' for Little Athletics.

Their participation is free of charge for their first week – thereafter, they must register and pay if they wish to continue.

Coaching Seminars

VLAA runs a Introduction to Coaching Courses each year. Usually they are in October or November, on consecutive Sundays. In past years the cost has been approximately \$90. Northern Metro Region of VLAA reimburses half of that cost and our Centre will reimburse the rest (provided the attendee uses the acquired skills to help train our little athletes). A number of our Committee Members have attended the course, which allows them to provide fundamental coaching to the children. They have found the coaching seminars invaluable. If you need any further information, contact Executive Member Bill Mobilio.

Regional Events

Keilor is part of the Northern Metropolitan Region of VLAA. (We are Centre No. 46.) Entries for the 3 Regional Championships must be lodged by the respective dates set out in the "Calendar of Events" section. If you wish your child to enter, please see our Special Events Manager, Pauline McShanag, well in advance of the due dates for entries. Attendance at State Relay Championships and Track & Field Championships is dependent upon performances at the relevant Regional Events; however, entries are open to State Multi Event Championships irrespective of performance at the Regional Multi Event.

Note that attendance at the Regional (and State) Track and Field Championships is dependent upon the athlete having competed in at least half of the KLAC competitions days *since the date of registration up to the close of entries* for the Regional Championships. Only the Region (not KLAC) has the right to waive this requirement, and will do so only in the most exceptional circumstances. These participation requirements do not apply to Relays or Multi-Events.

Attendance at Regional competitions (open to children from Under 7 upwards) is a great experience for young athletes, and those who progress to State Championships will have the chance to run at Olympic Park or similar venue.

During the 2008/2009 season well over 100 children represented Keilor in regional competitions, with over 60 competing at State level. At Keilor LAC we believe that Regional events are as much about participation and being part of the mighty Keilor LAC team as progressing through to State Championships. To that end ALL Keilor athletes are encouraged to participate at Regional events – experience competing at different athletics tracks (many are synthetic), being part of the Keilor team, making new friends and getting a PB!

Regional Cross-Country

During the winter months the Northern Metropolitan Region runs cross-country competitions (from late April until late July). Age groups are determined on the same date as for the Summer Track and Field competition (eg for 2010 Cross-Country, a child's age group is determined by their age at midnight on 30 September 2009). If you are interested in your child/children participating in Cross-Country in 2010, please see Executive Members John Rayner or David & Cherylanne Campbell. **Your child's registration for the 2009/2010 Little Athletics season covers registration for the 2009 Cross-Country season.** There is no extra charge, apart from a small weekly fee (currently \$1) to

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cover refreshments; and for Open Days and Regional Championships, additional fees of \$5 - \$6 to cover the cost of medallions and certificates.

The 2010 Regional Cross-Country Championship will be held in late June at Coburg, and the State Cross-Country Championship late July 2009 probably in Bundoora.

Cross-Country is a great event for all children. The distances are not daunting for the children - even the Under 6s compete, running 500 metres. Because it is run at a Regional level, children get to compete with athletes from other Centres. Last season over 70 Keilor children participated in cross country, and about 20 ran in the State Championships. Keilor has won the Northern Metro Regional Cross-Country Championship Trophy six times in the last eight years.

One of the great advantages of Cross-Country is that each Saturday the program starts at 9.30am and is over by about 11.15am. Both parents and children enjoy the relaxed atmosphere.

Note that Cross-Country is run in all weather – no cancellations.

On Track (For Under 6s and 7s)

Keilor will again be adopting the VLAA "On Track" program for Under 6's and 7's for this Season. On Track is a highly acclaimed athletic skills development program which takes the emphasis off competition for the little ones and puts it on learning the skills of athletics. Our Under 6's and Under 7s will still get the chance to do competition each week (3 events leading up to Christmas, and a full program of 5 events after Christmas).

Over half the Little Aths Centres in Victoria plus around 100 schools have implemented On Track.

On Track is a shortened program with a weekly session of 90 minutes which covers 2 separate skill elements plus a warm up, conclusion and some modified competition. The program meets the needs of children to participate actively, to have fun, to learn and improve skills and to experience success.

On Track takes children through 5 levels of learning commencing with "Fundamental Motor skills" as Level 1, developing them out to "Fundamental athletic skills" in Level 2 and on to some quite advanced event specific skills for the older kids in Levels 3-5.

The skills taught in Level 1 (ie Under 6's) are:

- Hopping
- Horizontal jumping
- Leaping
- Passing and receiving objects
- Projection (throwing)
- Running: and
- Vertical jumping

Each skill has several components, for example, the 5 skill elements of Level 1 Running then are:

1. Eyes focussed forward throughout the run
2. Knees bend at greater than 90 degrees during recovery phase

3. Arms bend at elbows and move in opposition to legs
4. Contact with ground is with front part of feet
5. Body leans slightly forward.

An On Track session might help the kids learn and reinforce one or two of the elements of running through modified activities and games, as well as then a skill element from another skill eg vertical jump, within the one session. The kids get plenty of rewards along the way, with weekly certificates, skill level certificates and a Year level certificate. A 10 week program allows the kids to reach the next Level in each skill component ie learn all skill elements for all skills to Level 1. Group's size is 10-15 children with an adult leader and the program provides a wide range of session plans to help the Centre develop the program.

The 5 skill elements of Level 1 Projection are:

1. Eyes are focused on the target throughout the projection
2. Stand side on to the target
3. Step towards target with foot opposite projecting arm
4. Sequential trunk-shoulder rotation during projection
5. Projecting arm follows through down and across the body.

The aim is to run a session to teach these skill elements to 5 and 6 year olds in a way that is fun, effective and enables their learning to be assessed so they can move on to the next skill element or eventually the next Skill Level. The On Track resources provided by the VLAA provides a range of Session Plans detailing fun activities to help teach the kids specific skills. For example in Level 1 Projection we can teach skill elements 1-3 through an activity such as **Knock Them Over**:

| | |
|--------------|---|
| Equipment | 1 ball per group |
| Space | 10 plastic bottles |
| Formation | Groups of 3, 10m away from plastic bottles |
| Instructions | Set up a series of targets in ten pin bowling format. 1 child replaces the bottles as they are knocked over and calls out the points scored. The other 2 children throw the ball towards the targets. |

Another alternative activity is **Crossing The Line**:

| | |
|--------------|---|
| Equipment | 1 skipping rope per pair 1 hoop 3 bean bags |
| Space | Wide-open area |
| Formation | Pairs up one end, hoops 5-10m away |
| Instructions | The first child picks up a beanbag from behind, steps forward over the line (rope) and attempts to throw the beanbag into the hoop at the other end. When the first child has completed all 3 attempts, their partner has a turn. |

These activities will re-inforce the skill elements, provide the kids with plenty of involvement and are simple and cheap to arrange and easy for a parent to run. They then provide the foundation for more

specific event related skill development in Level 2 and beyond. The Under 7s will be engaging in Level 2 activities.

At the end of the 90 minute session (which would include a warm up, one of these activities, an activity to re-inforce a skill element from another skill group eg jumping), a modified competition could take place to let the kids use their new skills such as:

Fill The Square

| | |
|--------------|--|
| Equipment | 6 beanbags and 4 cones per pair. |
| Space | Wide, open area. |
| Formation | Pairs. |
| Instructions | Have 5m square areas marked out for each pair. Number the children 1 and 2 and give 6 beanbags to each pair. On 'GO', all the 1's throw their 3 beanbags to land in a square area positioned a set distance away. Then all 2's have a turn to throw their 3 beanbags. The number of beans bags that land in the hoop are then counted and the pair that has the highest number wins. |

This gives the idea of how a session is structured. For more information you can also check out the "Little Athletes" area under the Training and Development section of the VLAA's website at www.littleathletics.com.au.

"Competition" for Under 6s and 7s. During the 10 week program of On Track, the Under 6s and 7s will compete in 3 "normal" events (such as 100 metres, shot put, long jump and discus) to put their skills to practical use.

After the completion of the On Track program (after Christmas), the Under 6s and 7s will have 5 "normal" events each Saturday for the remainder of the season.

Relays

Relay Participation Policy 2009-10

Purpose

To define the way the Centre manages its participation in the Regional and State Championship Relay competitions.

Approval

The policy has been approved by the Centre Executive.

Review

The policy will be reviewed annually and updated following each State Relay Championships.

Measures of Success

The agreed measures of success which dictate our Policy are, in order of importance, as follows:

1. The number of Keilor teams qualifying for the State Championships
2. The number of State finals we make
3. The number of athletes participating at the Regional Championships including the Under 7's and Under 8's
4. Our score and placing in the Regional Trophy

Need for a Policy

The primary focuses for Keilor Little Athletics are the development, participation and enjoyment of each child. Individuals of all levels are catered for. However, with Relays the dynamic is different, as each athlete is being relied upon by three other team members. Also Relays are focused on Regional and State competition which requires a different level of commitment, and a different (and to some extent, more stringent) set of principles.

The Centre's involvement in State and Regional Relays can be traced through the following statistics (approximates for Under 9's to Under 16's) which indicate the huge growth the Centre has had in Relay participation and success (recognising that from 2005 the State Relay program has been significantly reduced):-

| Year | Teams in Regional Championships | Teams Qualifying for State Championships | State Finalists | State Medals |
|------|---------------------------------|--|-----------------|--------------|
| 1998 | <5 | 0 | 0 | 0 |
| 1999 | 20 | 4 | 0 | 0 |
| 2000 | 32 | 13 | 5 | 1 |
| 2001 | 47 | 15 | 9 | 1 |
| 2002 | 46 | 16 | 6 | 2 |
| 2003 | 49 | 31 | 15 | 7 |
| 2004 | 65 | 39 | 26 | 12 |
| 2005 | 55 | 36 | 21 | 12 |

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| Year | Teams in Regional Championships | Teams Qualifying for State Championships | State Finalists | State Medals |
|------|---------------------------------|--|-----------------|--------------|
| 2006 | 70 | 27 | 18 | 12 |
| 2007 | 73 | 39 | 23 | 17 |
| 2008 | 80 | 49 | 37 | 18 |

The Keilor Centre is now a force in Relay competitions, having won the Regional Relay Championships in 2008. We have several teams that can be regular State finalists and depth across all age groups. With more than 80 children participating at the Regional level in 2007 and again in 2008 a policy is needed which addresses several aims some of which are not necessarily consistent with the others:-

1. To enable athletes the chance to enjoy participation with friends in Centre teams that have the potential to make the State Championships and/or possibly win a medal.
2. To enable athletes interested in competing in State and Regional Relays the opportunity to enjoy participation.
3. To assist the development of Under 7's and 8's who can compete in the Regional event and gain experience for future years.
4. To ensure fairness in selection particularly for teams that have the potential to make a State final
5. To ensure a structure is in place which can manage the Centre's participation in the Relay competition especially coaching, and that the Centre enters teams and runners in appropriate events.
6. To involve families of athletes in the Relay competition.
7. To enable the Centre to feature strongly in the Regional trophy point score competition, and in particular to defend our 2008 title as Regional Champions ahead of strong Centres such as Diamond Valley, Essendon, Whittlesea City, Coburg, Sunbury etc.

Relay Policies

A. General Organisation

1. The Executive will appoint a member to act as Head Coach/Selector (this year that is Executive member, Bill Mobilio), a Team Manager (Pauline McShanag) and a coaching panel made up of parents / supporters prepared to coach one or more "Priority" teams or assist other athletes interested in participating in the Relays.
2. The coaching panel will initially review previous year's results and performances, athletes' capabilities (including athletes who are new to the Centre) and determine events in which the Centre believes it has potential State Championship qualifiers.
3. Selected athletes will be invited to form Priority teams or squads and train for the targeted event/s under a nominated coach. Additional athletes may be added to the squads if their performances justify it.
4. Once the Priority teams have been finalised and these teams announced, other interested athletes will be invited to express an interest in participating in the Regional Relays. The Priority teams will be announced as early as possible in the Season and expressions of

interest from athletes for involvement in "Participating" teams called by the third week of competition.

5. The overall plan for Relay participation based on the above will be approved by the President at least one month before the date of the Regional competition.

B. Coaches

1. The coach for each team will be approved by the Head Coach/Team Manager and have discretion to nominate training times and venues etc and to add or delete athletes from the team or squad on the basis of relay and running ability, form, training attendance, interest, attitude etc.
2. Coaches will be appointed for the Priority teams in mixed events and the coaches of the various same sex teams will co-operate to ensure that mixed teams can also train effectively.
3. The team coach will select the final team to represent the Centre, the running order and any other tactics.
4. If a parent or athlete is unhappy with the decision of a coach, he or she can approach the Head Coach/Team Manager if the problem initially cannot be resolved with the Coach.
5. Coaches of Priority teams are responsible for arranging appropriate training for their squad members including training at alternate venues eg Essendon, match races against other teams or Centres, and participation in the Mentone and/ or Box Hill Relay Days in late October.

C. Priority Teams

1. Priority teams are teams that the coaching panel believes will qualify for the State Championships if they run to their potential.
2. Generally this will be represented as the clear potential to run a time which is faster than 1/3 of teams running in the same event in the previous State Championships.
3. Normally Priority teams will comprise 4 high calibre athletes with no weak links. Medley teams should comprise a 400 metre runner with the ability to make a State final in this event in his or her age group.
4. All Priority teams must have a coach.
5. Athletes, families and coaches in Priority teams must commit themselves to co-operating towards a successful Relay season. Attendance will be mandatory for team members at training sessions and events nominated by the coach.
6. The composition of squads will be as permitted by the VLAA Competition regulations. Where an athlete is selected in a squad, he or she should understand that he/ she may not be selected in the final team but may be nominated as a reserve.
7. Generally athletes selected in Priority teams will be able to run their quota of 3 events in Priority teams. However if an athlete is not selected in Priority teams for 3 events, he or she may also compete in a Participating team.

D. Participating Teams

1. Following the announcement of Priority Teams, expressions of interest will be called from Athletes interested in representing the Centre in other teams (called Participating Teams).

2. Based on these expressions of interest, the coaching panel will select teams on the basis of maximising the opportunity for participation for the athlete in appropriate events and identify any teams with potential to also qualify for State Championships eg current Under 11 Girls 4 x 100 "B" team.
3. Participating teams will be announced by the end of October.
4. Athletes in Participating teams will be given 2 weeks maximum to confirm their involvement to both the Team Manager and to other team members. Replacement athletes will be sought if possible otherwise the team will be withdrawn but no refund will be able to be given at this late stage.
5. Athletes expressing interest in a Participating team will be advised that there can be no guarantee that a coach will be able to be found for the team BUT that general training will be available each Wednesday at the Centre for athletes.

Relay Records

We have nominated a morning where children will be able to attempt to break the 4 x 100m relay records. All children must run in their own age groups, and there will be no mixed sex records available. Please note that if a record is broken, plaques will be issued (as with children who break records in individual events). In any attempts on relay records we will not be clocking times of any individuals – only the team time. Under 6 children can form a team, but note that the Centre does not keep Under 6 records.

Training

At this stage general training will be held at the Centre on each Wednesday night (weather permitting and subject also to other commitments of our coaches) during the season (other than over the Christmas break). Training is run on a voluntary basis by our coaches (listed in the "Centre Committee" section in this Handbook). Regular updates on training times will be available on the Centre's website and weekly newsletters. If for some reason you are unsure whether training is on contact the relevant coach or executive members, Bill Mobilio or Sam Barbuto.

You must not simply drop your child off at training. All children at training must be under the supervision of an adult; so please either be in attendance or arrange for another responsible adult to be in attendance.

The initial focus of training will be on preparing teams of interested/selected athletes for the Regional Relay Championships to be held in November.

As the season progresses the focus will switch to providing opportunities for athletes to be coached in specific events. We plan to arrange for well qualified coaches to conduct clinics in specific event groups as well as make the Centre facilities available at specific times for supervised training. Further details will be provided via our weekly newsletter and via our website.

www.keilorlac.org.au

We have a well-developed website at www.keilorlac.org.au . There you will find information about the Centre, and during the season it is updated weekly with results and other current information. There is also an email facility there to make enquiries, which will be answered by a member of the Executive.

Queries With Recording of Weekly Results

Our Recorders, led by Dana and Craig Hill, spend many hours each week entering results, preparing recording sheets for the following weekend. Whilst the utmost care is taken with all entering of results, it would be appreciated if you could bring to the attention of Dana or Craig any queries or errors as soon as they are found. They will endeavour to clarify and respond to your query as soon as practicable.

To assist Dana and Craig, when you are on duty as a Recorder please follow the steps set out on page 13.

General Rules

1. The Keilor Little Athletics Centre accepts registrations from boys and girls in the age groups Under 6 to Under 16 as at midnight September 30. So if a child turns 9 on September 30 2009 they will be in the Under 10s; if they turn 9 on October 1 2009 they will be in the Under 9s and will stay in that age group throughout the season. Children attaining the age of 5 during the season may register after their fifth birthday. VLAA rules prohibit children competing before their 5th birthday.
2. All athletes must be registered with the Centre and shall compete only in their registered age group.
3. Children should wear the approved Centre uniform, and **must wear the current VLAA age group patch attached to the front of the Keilor top, and the IGA tag must be work on the back of the KLAC uniform top** (approximately 5cm from the collar above the centre number). Official Club shirts are available for purchase from the Clubrooms on nominated competition days between 8:30 am and 10:00 am. This will typically be the first Saturday of each month with a few extra weeks at the start of the season.
4. Suitable footwear must be worn for all events.
5. Under 12 to Under 16 athletes may wear spikes in laned track events. Under 12 to Under 16 athletes may also wear spikes during javelin and jumping events. Spikes are only permitted to be worn during an event. VLAA rules permit Under 15/16 athletes to wear spikes in middle distance (non-laned) events. VLAA rule changes made at the State Conference in August 2008 now permit Under 14 athletes also to wear spikes in middle distance (non-laned) events.
6. Athletes must report for events only when called over the public address system – not before - and must leave the arena as soon as the event is finished.

7. Only officials and competitors are permitted within the arena. Athletes must not cut through the centre of the track. **The track must only be crossed at the designated areas.** This is vital to ensure the safety of all.
8. Parents/guardians are not entitled to enter the arena unless officiating at an event. The KLAC Competition Director reserves the right to enforce this regulation, including prohibiting further participation by the athlete in the event.
9. Under recent VLAA Competition Regulation changes, athletes are now permitted to receive advice or assistance within the competition area during an event. **KLAC's own policy allows instruction to athletes as long as it does not interfere with the conduct of the event and is done from behind the fence.** This will be closely monitored and any breach in unacceptable behaviour, as deemed by the immediate chief official and/or Competition Director, the athlete may be prevented from participating further.
10. All parents, officials and athletes are to abide by the VLAA Codes of Behaviour. A summary is included in this Handbook.
11. Our Under 6 Team Managers are responsible for taking the Under 6 children to their events. When an Under 6 event is called, the children should assemble at the designated area (which will be explained by the Announcer) and wait for the Team Managers to take them to their event. As per points 7 and 8, parents/guardians should not enter the arena.
12. All children must be under the supervision of a parent/guardian or other responsible adult nominated by the parent/guardian. It is unacceptable for children to be 'dropped off' at the track without supervision. If children are left without supervision, they are liable to be withdrawn by the Executive from competition on that day.

Payment of Fees

We are a non-profit organisation. All members of the Centre Executive are volunteers. All funds are used to maintain and upgrade facilities.

We also have to pay **\$40** for each registered athlete to VLAA, to help cover their costs and public liability insurance. We have other expenses, such as rental fees to Brimbank Council, and payment of premiums for contents insurance (which is not covered by VLAA).

So we rely heavily on our members to pay their subscriptions promptly and participate in all our fundraising activities. We have had some awkward situations in recent years where members have not paid for six or eight weeks, then fail to return. This means they have obtained the benefit of the Centre's work for no charge, and the Centre has paid to VLAA **\$40** for their attendance. This puts pressure on the Centre's financial and other resources, which is unfair to other members.

We therefore have the following policy. It is expected that returning members will pay their fees when registering. In special cases, in consultation with the member, the Centre Executive may allow the member two weeks extra to make payment. However, even in those instances, if full payment of those registering on or before September 26 is not received by 9.00am on Saturday, October 10, then the Centre Executive reserves the right to prohibit the relevant athlete(s) from competing until full payment is made. For returning members re-registering after September 26, an equivalent period will apply.

VLAA policy gives new members two free weeks of competition to see if the child enjoys Little Athletics. This is a great opportunity for parents and children alike to experience Little Athletics, without any costs being involved. However, once that period is over, the member is obliged to make payment immediately for the season if they wish their child to continue.

We apologise for having to take this stance. The presence on our books of athletes whose fees were not paid blocks the registration of other athletes. To limit the impact of this unfair situation, we have the payment policy as set out above.

Reminder to Parents

The Centre program starts at 9.00am each Saturday (5.30pm Friday Twilight meetings). Children who arrive late may miss an event. It is your responsibility to give your children the best opportunity to take part in all the day's activities.

Parents rostered to officiate must report to the Duty Manager (Announcer's Table) by 8.40am (Saturdays) or 5.10pm (Fridays) (earlier if you are rostered for 'set up'). Remember, without you the program cannot begin. So please don't be late!!

If parents/guardians do not officiate on their rostered days (or obtain a replacement and ensure the replacement reports to the Announcer's Table, making it clear whom they are replacing), they jeopardise their children's chances of being allowed to compete in the Championships.

Competition Regulations

The Competition Regulations for the Conduct of All Victorian Little Athletic Championships will be used as a guide for Centre competition. Selected extracts are printed in the Handbook. Any variations made will be due to the age and skill level of the children, time restraints or lack of officials.

Walks

Three seasons ago we successfully reintroduced race walking at the Keilor Little Athletics Centre, after an hiatus of a number of years. This season we will (as with last season) have an expanded program, with race walking on 5 Saturday mornings. Early in the season there will be coaching sessions available for children (from Under 9 upwards) who are interested in race walking. This season the race walking events will be alternative point scoring events for those children who correctly complete the event. These events will be held early in the day.

Race walking has a rich history at Keilor Little Athletics Centre, with the Under 9 boy's record being held for many years by a well known former Essendon footballer, Joe Misiti (the record was finally broken 3 seasons ago).

Centre Captains/Team Captains

Last year, again we had "Captains" at Keilor Little Athletics Centre. A senior boy and senior girl will be appointed as the Centre Captains for the season, with the responsibility of being a positive role model for the other children, keeping an eye out for the younger children and answering questions. We intend this role will help the Captains mature as athletes and as people.

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For each regional event, team captains (again a senior boy and senior girl) will be appointed to instil a positive team spirit in the Keilor Little Athletics competitors and particularly to encourage first time regional competitors.

Warren Hosking (Past President & Life Member) is the Chief Selector of the Captains. Warren makes captain recommendations to the Executive for appointment.

The Captains for the 2008/09 season were as follows:

- Centre Captains: - Alan Pajtak and Erin Rayner
- Regional/State Relay Captains: - Jason Capkunoski and Pamela Radman
- Regional/State Track & Field Captains: - Aaron Preddy and Maggie-May Quinlan
- Regional/State Cross Country Captains: - Aaron Preddy and Caitlin Campbell

Did You Know?

1. Voluntary helpers are insured whilst engaged in Centre activities.
2. If medical assistance is required, report to the clubroom's first aid room. At least one qualified First Aid Officer will be present at each competition day. However, no ambulance will be in attendance. Mobile phones will be available should you wish to call an ambulance in an emergency.
3. Lost property should be handed in to or be claimed from the clubrooms between 8:30 am to 10:00 am.
4. The Canteen is open on each competition day.
5. The Keilor Centre is dedicated to promoting a healthy life style. We endorse the non-smoking and Sun Smart policies of Vic Health.
6. The emphasis is on improvement and achieving 'Personal Bests'. Children who achieve Personal Bests in 3 or more events on one competition day will receive a voucher or other acknowledgement.

In addition, trophies will be awarded to those children who achieve five or more personal bests on one competition day. If for some reason a competition day offers less than five events a five or more PB trophy will not be achievable. Furthermore the child who attains the most number of PBs for the whole Centre throughout the season is awarded a special trophy – the John McCall "Be Your Best" award recognises the outstanding contribution of John to the Centre and in particular his encouragement of children of all standards to achieve their best.

7. The VLAA conducts Track and Field, Relay, Multi-event and Cross Country Championships at Regional level for Under 7 to Under 15 athletes (also Under 6 in Cross-Country) and at State level for Under 9 to Under 15 athletes. The Under 16s will not be included in regional and/or State championships. Regular information on these will be available from your Special Events Manager, Pauline McShanag. Key dates are listed in the 'Calendar of Events' page in this Handbook and also detailed on the Calendar & Key Contacts fridge magnet handed out at the time of registration. Note the closing dates for entries for various events. See also the reference to "Regional Events" section in this handbook. These competitions attract entry fees.
8. In recent seasons the Executive has found that for some of the younger age groups (particularly Under 7, Under 8, Under 9, Under 10 and Under 11) we had so many participants that some events became unwieldy eg if 60 boys were lining up to participate in the boys under 9 long jump. The approach we have adopted is to break-up the largest groups into 'A' and 'B' (the break up is done alphabetically – with group 'A' comprising those children with registered surnames from 'A' to 'K', group 'B' for those with registered surnames from 'L' to 'Z'). For example the under 7 boys 'A', might do a long jump whilst the under 7 boys 'B' might do a 70 metre sprint. That way children are not queuing up for a long time for their event. Note that this break-up into groups does not affect a child's ability to score points towards the champion athlete award; and the break-up does not apply in the Championships. In the Championships all children of the same age group and gender will compete together.

9. On competition days between 8.30am and 10.00am enquiries can be made concerning Registration and Results, and 3 PB encouragement awards collected, at the clubroom's office window (though for the first few weeks you will need to go see the registration team in our new clubrooms hall).

Presentation Day - Trophies

1. At our presentation day, participation trophies are awarded to all children who have competed on more than 50% of the possible competition days since their registration (and up to and including 6 March 2010). The Centre Executive will apply its discretion in relation to children who join the Centre during the season immediately after their fifth birthday. If children join after Christmas, there will be a special calculation of the number of competition days (which will be at least 4) that they will need to attend up to and including 6 March 2010.
2. In special circumstances (such as long term injury or illness) participation trophies may be awarded to children who do not qualify based on their attendance records, but at the discretion of the Centre Executive after receiving a written request from a parent or guardian of the child outlining the relevant circumstances.
3. Trophies are also awarded in each age group (boy and girl) for "Champion Athlete", "Runner Up", "Most Improved" and "Special Achievement". Champion Athlete and Runner Up are determined in each age group (boy and girl) based on points accumulated (based on performances) in all events throughout the season (save for the dates designated in the calendar on pages 16 and 17 which are "no points days"). The award for Most Improved in each age group (boy and girl) goes to the child who has accumulated the most number of personal bests in that age group (again excluding "no points days"). The Special Achievement award goes to the child or children in the age group (boy and girl) who have participated in the most number of events (again excluding "no points days").
4. Trophies are also awarded for overall Champion Athlete (boy and girl).
5. Strict adherence to the "Athletes Code of Behaviour" is a pre-requisite before any athlete will be considered for any of the Centre's performance or special achievement awards.
6. Other trophies are referred to in point 6 under "Did You Know?" above. See towards the end of this Handbook for a list of trophy winners for the 2008/09 season.
7. KLAC recognises that a number of our children also compete in State and National School Athletics Championships, which coincide with, and prevents them from competing at, KLAC that weekend. To ensure these children are not disadvantaged in their chances at securing participation and other trophies at KLAC, children who participate in those school championships (which will be nominated and published by the Executive) will be deemed to have competed in the clashing KLAC competition and to have achieved their average KLAC season performances in each KLAC event for their age group that day.
8. The VLAA State Multi Events weekend coincides with a normal competition day. Following the principle in point 7 above, children participating at the State Multi Event weekend (and their non-participating siblings) will be deemed to have competed in the clashing KLAC competition and to have achieved their average KLAC season performances in each event that day.

9. The deemed participation provisions in paragraphs 7 and 8 above do not apply for qualification for regional and state championships (see Regional Events section in this handbook).
10. This year we will be making presentations on a Saturday, and will aim to couple that with some fun activities at the track. Not to mention the feature events of the day: the inaugural KLAC Sprint & Middle Distance Handicap races (see Handicap section in this handbook).
11. KLAC also recognises that for a KLAC child to represent Victoria in a National athletics carnival is a great achievement, and also reflects well on KLAC. It also carries with it financial burdens. Accordingly, KLAC makes available grants of up to \$100 to defray the costs for appearance of children representing Victoria in National Athletics or Cross Country Championships. Such awards are not automatic but athletes/families are invited to make application. Applications for such a grant should be made to the President, Sam Barbuto. The number of grants is limited to three (not including ALAC representation) over the duration of the child's membership of KLAC.

The Centre Championships

1. Centre Championships are held in March each year. To be eligible to enter children who register before Christmas must compete in more than 50% of possible competition days up to and including 6 March. (There is a special calculation for children who register after Christmas but they must have competed in at least 4 competition days. Also, the Centre Executive will apply its discretion in relation to children who join the Centre during the season immediately after their 5th birthday but they must have competed in at least 4 competition days. In special circumstances the Centre Executive may also allow a child to compete in the Centre Championship notwithstanding that he or she has not competed in the requisite number of competition days, after receiving a written request from a parent or guardian of the child outlining the relevant circumstances. See also the circumstances of deemed competition on points 7 and 8 on page 31). Also such children must have had their registration fees paid.
2. This year, again there will be no charge for entry to the Centre Championships, provided the entry form is received by 6.30pm at the Track on 19 February 2010. If athletics that evening is cancelled, Executive Members will be on duty at the Centre that evening until 6.30pm to accept entries. Late entries will be accepted until 12 noon sharp at the Track on 27 February 2010; however entries received after 6.30pm on 19 February 2010 must be accompanied by a late entry fee of \$3 per event. **No entries will be received after 12 noon sharp on 27 February 2010 (It is Centre policy that neither any member of the Centre Executive nor the President has the discretion to accept a late entry after 27 February 2010).**
Again, if athletics that morning is cancelled, Executive Members will be on duty at the Centre that morning until 10.30am to accept entries. The Executive also reserves the right to reject entries of children who have, or whose parents/guardians have, breached any of the Codes referred to below.
3. The Executive also reserves the right to reject entries of children whose parents/guardians have not met their rostered commitments throughout the season. See the section "Duty Responsibilities" on page 12.

4. Placegetters at the Centre Championships will be rewarded with gold/silver/bronze medals. Others who compete at the Centre Championships will receive ribbons.
5. Please note that in line with the emphasis of Little Athletics on 'fun, family, fitness', and on the individual improvement of each athlete in a range of disciplines, certain rules are in place in relation to the Championships (as in previous years) to give more athletes the chance to obtain medals in the Championships. No athlete may compete in more than four events in the Championships. Events have to be selected from various categories, so that in order to obtain (for example) four gold medals an athlete will probably need to compete in a jumping event, a throwing event, a sprint and a longer distance event (or a hurdles events).
6. The categories vary depending on the age group. There will be an announcement made in late January or early February as to when the Championship entry forms may be lodged.
7. When you are completing the entry form please read the instructions carefully to ensure the form is filled in correctly. If there is an error (for example, you incorrectly nominate your child for two throwing events and it is not picked up at the time of lodgement), the Executive reserves the right to substitute another event from a correct category without consulting with you further. Please understand that each year the Executive receives a large number of incorrect entries and it is not practical (nor is it really fair on the other children who have been correctly entered) for us to consult with parents whose children have been incorrectly entered.
8. Championship entry forms are to remain intact until checked and signed by a KLAC member when lodged. Make sure you select one from each of the A, B, C and D categories listed for the chosen age group and make sure you complete the tear off slip as well but do not remove. When you lodge your form, our volunteers will check the chosen events and raise any discrepancies with you at the time of lodgement. The tear off slip will be returned to you for your records.
9. If you are unhappy with the alternative event allocated to your child, you are entitled to withdraw the child from the event – in which case your entry fee (if payment was made) for the event will be refunded in full.
10. We note also that Championship Day is extremely busy, with so many events being conducted. It is a condition of each child's entry in the Centre Championships that their parents/guardians undertake some rostered duty on Championship Day. In no instance will the rostered duty on Championship Day be for the whole day, so you will have a chance to see your child compete in some events. Most importantly, if you are not officiating, then please remain off the oval. We have had some instances over the years where parents have entered the oval on Championship Day to be closer to their child's events. This puts pressure (usually unintended) on officials, and also raises the possibility of other persons believing some undue influence is being brought to bear. That is obviously not the sort of atmosphere we want to engender at Keilor Little Athletics. In this regard, see also General Rule No. 8 on Page 27.

Keilor LAC Sprint & Middle Distance Handicaps

Again this season the Keilor LAC Sprint and Middle Distance handicaps will be held. The handicaps will be the feature events on Presentation Day and all eligible Keilor LAC athletes will have an opportunity to enter the handicap.

To organise and provide equitable selection into the handicaps the following handicap policy will be followed.

Eligibility

1. Athletes eligible to enter the 100m & 800m handicaps must satisfy centre championship eligibility criteria (ie satisfactory participation & completion of duty roster obligations).
2. Athletes may enter either or both 100m & 800m handicaps.

Entry

3. Athletes declare interest in competing in handicap(s) by completing the relevant section on the centre championship form.
4. Handicap starting lists, including emergencies will be announced on championship day.
5. Acceptance of handicap starting offer must be received by the handicap organising team by closing time of the centre championships.
6. Late acceptance may result in the starting place being offered to an emergency.

Sprint Handicap Structure - 100m

7. There will be a separate boy and girl handicap final contested by a maximum of eight athletes in each final. The winner of each final will be declared the boy or girl winner of the handicap.
8. To determine progression to the handicap final athletes will compete in heats for their bracketed age group/gender as follows:

Boys - Junior - U7/8/9; **Intermediate** - U10/11/12; & **Senior** - U13/14/15/16;

Girls - Junior - U7/8/9; **Intermediate** - U10/11/12; & **senior** - U13/14/15/16

Note: Under 6 athletes are excluded. They will have their time and sometimes it is good to wait. There are other logistical reasons why they have been excluded. Finally U6 is an introductory year and for the same reason we don't have U6 records we believe it is in the children's best interest not place undue pressure on this young group to make and do well in the handicap.

9. First place in the heats will be declared Junior, Intermediate & Senior section winners. A suitable prize will be awarded for that.
10. First and second place in the heats automatically progress to the final. The remaining two positions are filled with the fastest two non-automatic qualifiers.
11. First place in the boy and girl handicap finals are declared the boy & girl handicap champions.
12. Athletes will keep the same handicaps for heats and finals.
13. Handicaps will be calculated based on 100m performances at KLAC during the season.

Selection Criteria - 100m

14. The selection criteria for entry into the 100m sprint handicap is based on all athletes in U7-16 age groups having a chance to participate in the handicaps whilst recognising athletes who have performed well in this event during the season. With this in mind athletes will be selected for the junior, intermediate & senior sectional heats on the following basis:
- (i) *The athlete with the fastest 100m time recorded at a KLAC hosted event in their respective age group. If the highest ranked athlete is not interested in competing in the handicap the position will be offered to the next highest ranked athlete, and so on.*
 - (ii) *The winning athlete at the KLAC Championship 100m for each age group. If the 100m championship winner is not interested in competing in the handicap or qualifies for the handicap as the highest ranked 100m athlete then the position under this clause will be offered to the next place getter in the 100m final at the centre championships, and so on.*
 - (iii) *The first two athletes drawn (for each sectional heat) in a ballot on Championship day not included in (i) or (ii) above and who expressed interest in competing in the handicap. Two emergencies for each sectional heat will also be drawn via the ballot.*

Middle Distance Handicap Structure - 800m

15. There will be a separate boy and girl handicap final only, contested by a maximum of 16 athletes in each final. The winner of each final will be declared the boy or girl winner of the handicap.

Note: Under 6,7 & 8 athletes are excluded. They will have their time and sometimes it is good to wait. There are other logistical reasons why they should be excluded. 800m is a very tough event and we don't want to see young athletes stressed by having to perform against older athletes in such a demanding event.

16. Handicaps will be calculated based on 800m performances at KLAC during the season.

Selection Criteria - 800m

17. The selection criteria for entry into the 800m handicap is based on all athletes in U9-16 age groups having a chance to participate in the handicaps whilst recognising athletes who have performed well in this event during the season. With this in mind athletes will be selected for the straight final on the following basis:
- (i) *The athlete with the fastest 800m time recorded at a KLAC hosted event in their respective age group. If the highest ranked athlete is not interested in competing in the handicap the position will be offered to the next highest ranked athlete, and so on.*
 - (ii) *The winning athlete at the KLAC Championship 800m for each age group. If the 800m championship winner is not interested in competing in the handicap or qualifies for the handicap as the highest ranked 800m athlete then the position under this clause will be offered to the next place getter in the 800m final at the centre championships, and so on.*
 - (iii) *The first two athletes drawn in a ballot on Championship Day not included in (i) or (ii) above and who expressed interest in competing in the handicap. Two emergencies will also be drawn via the ballot.*

Codes Of Behaviour

Parents, coaches and officials by example of behaviour, have an enormous influence on our children. All participants in Little Athletics should form an accepted pattern of behaviour. If Little Athletics is to be enjoyed by all in the spirit of 'Family, Fun and Fitness', then the Co-operation of all parents, coaches and officials is of primary importance. The Codes of Behaviour set out below are published by VLAA.

Officials' Code of Behaviour

In keeping with "Fun, Family and Fitness"....

- Ensure that the 'spirit of the game' for children is not lost by using common sense and not over-emphasising errors. In field events try and ensure all athletes get at least one recordable try in.
- Compliment all participants on their efforts.
- Be consistent, objective and courteous in calling all infractions.
- Condemn unsporting behaviour and promote respect for all opponents.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
- Publicly encourage rule changes which will reinforce the principles of participation for fun and enjoyment.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
- Make a personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.
- Avoid use of bad language.

Parents' Code of Behaviour

- Encourage children to participate if they are interested. However, if a child is not willing do not force him or her.
- Focus upon the child's efforts rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
- Teach children that an honest effort is as important as a victory, so that the result of each event is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing an event.
- Remember children are involved in Little Athletics for **their** enjoyment, not yours.
- If you disagree with an official, raise the issue through the appropriate channels (see the 'Complaints' section below), rather than questioning the official's judgement and honesty in

public. Remember, all officials give their time and effort for your child's involvement. At Keilor we encourage our more senior athletes to assist with officiating at events. Please give them your positive support in this development role.

- Support all efforts to remove verbal and physical abuse at Little Athletics activities.
- Recognise the value and importance of being a volunteer official. They give of their time and resources to provide recreational activities for all the children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes or officials, not smoking or being intoxicated within the sporting complex.
- Avoid use of bad language.

Spectators' Code of Behaviour

- Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators only, nor are they miniature professionals.
- Applaud good performances and efforts from each athlete. Congratulate all participants upon their performance regardless of the event outcome.
- Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the children to do likewise.
- Never ridicule or scold a child for making a mistake during a competition. Positive comments are motivational.
- Condemn the use of violence in any form, be it by spectators, officials or athletes.
- Show respect for each participant. Without them there would be no events.
- Encourage athletes to follow the rules and the official's decisions.
- Demonstrate appropriate social behaviour by not harassing athletes or officials, not smoking or being intoxicated within the sporting complex.
- Avoid use of bad language.

Athletes' Code of Behaviour

- Play by the rules.
- Never argue with an official.
- Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking another athlete is not permitted.
- At all times be a good sport and applaud results of your fellow athletes.
- Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- Co-operate with your coach, team manager and other participants.
- Participate in Little Athletics for the "fun of it" and not just to please parents or coaches.
- Avoid the use of bad language.



Wet Weather

If it has been raining the previous night or the morning of a meet listen to 98.9 North West FM between 7.15am and 7.30am for any cancellations of that day's activities.*

There will also be a sign placed on the front gate advising that Keilor Little Athletics has been cancelled that day. Note that there's also a possibility that Little Athletics will be cancelled due to extreme heat. (One Saturday morning a few years ago competition was cancelled when the forecast maximum temperature was 42 degrees celsius).

** Note that due to Melbourne's changeable weather, a decision to cancel may be made too late for radio broadcast; and in addition we cannot guarantee when announcements will be made on the radio. So even if you do not hear an announcement on the radio, please be aware that unfortunately the meeting may still be cancelled.*

Complaints

1. If you have any complaints about the conduct of a particular event, or an incident in a particular event, please take it up immediately with Executive Members Sam Barbuto or Bill Mobilio. Do not approach officials of any event. If the relevant Executive Member assesses that the matter cannot be fully dealt with immediately, you will be requested to put the complaint in writing so that it can be so dealt with.
2. The longer you leave your complaint, the harder it will be for the Executive to investigate. Please do not criticise the officials in a public forum (see 'Parents' Code of Behaviour'). Officials are giving their time and effort for your child's involvement.
3. Complaints about the general running of the Centre should be made in writing, addressed to the Centre Secretary.
4. When considering whether a complaint is justified, please remember we are all volunteers, who should all have as our number one priority the enjoyment of all children at the Centre.

Clubrooms Policy

KLAC's newest addition is our fantastic new clubrooms. While enjoying all these new amenities we would appreciate if you would kindly look after them and treat them like you would your own home. If you have any problems please contact Mike Lloyd, our Clubroom Manager or the office staff. It would also be appreciated if the area under the veranda - and particularly in front of the windows - is kept clear, so that people can move about the clubrooms, toilets, canteen and office freely.

Smoke-free Policy



KLAC is aware that smoking endangers health and believes that all Little Athletics venues and functions should be smoke-free.

The following strategies have been adopted to promote a smoke-free environment.

1. Cigarettes shall not be sold at any venue used by the Centre.
2. Executive members and officials shall not smoke in view of the public when representing the Centre.
3. All Centre meetings will be smoke-free.
4. The Athletics track is smoke-free. Smokers are advised to use the car park area on the Stadium Drive side of the track and are asked to dispose of their butts thoughtfully.
5. Reference will be made to the smoke-free policy in Centre publications.
6. All visitors are requested and encouraged to observe this policy.



Sun Smart Policy

The health of our members is of primary concern for the Keilor Little Athletics Centre.

Australia has the highest rate of skin cancer in the world. It is acknowledged that skin cancer is a preventable disease and that a preventative strategy including the following actions have been recommended by the Keilor Little Athletics Centre.

1. Wherever possible competition shall be scheduled outside the hours of 11.00am to 3.00pm (daylight savings time). We will endeavour to start competition on Saturdays by 9.00am, in an effort to finish before 12.30pm. This of course will depend on the co-operation of parents and guardians to be available for duty, so the meeting can start on time and run efficiently.
2. The Centre will maximise the use of natural shade provided by buildings and trees. The Brimbank Council has provided shade cloth (which will be erected along the spectator area beside the track on sunny days) and a verandah around the clubrooms/kiosk.
3. Individuals will be encouraged to bring their own shade structures to all outdoor Centre and Region activities.
4. Officials and athletes will promote the wearing of sun protective clothing. Athletes are encouraged to wear hats and sun glasses.
5. SPF15+ or higher sunscreens will be promoted and provided by the Centre. Athletes and officials are reminded to apply sunscreen prior to activity during peak UV periods.
6. Event programs, newsletters and public announcements will be used to maintain awareness and promote sun protective behaviour.
7. Centre Executive members and officials will act as Sun Smart role models.

The sun protective policy will be reviewed annually to ensure that it remains current and practical.

Allied to the Sun Smart policy, parents and guardians should also ensure that athletes have adequate access to appropriate fluids, so as not to become dehydrated.

Responsible Alcohol Management Policy

The Keilor Little Athletics Centre is aware that alcohol, when misused, causes harm to the drinker and others. A responsible drinking policy has been adopted to reduce risks and avoid problems.

The following strategies have been adopted:

1. There will be no sale or consumption of alcohol during the conduct of any Little Athletics competition.
2. Where alcohol is consumed at a Centre function the following measures will be taken:
 - (i) Alcohol will not be served to minors.
 - (ii) Alcohol will not be served to any patron who is intoxicated.
 - (iii) Low alcohol and non-alcoholic drinks will be available and promoted.
 - (iv) Water will be available at no cost.
 - (v) Members who have been drinking are encouraged to use safe transport options.
3. There will be no alcohol advertising at any venue used by the Centre.
4. The Centre will not accept any alcohol related sponsorship or use alcohol as a prize for fundraising activities.

Healthy Food Choice Policy

The Keilor Little Athletics Centre is aware that healthy eating is a vital part of good health. We recognise that lifestyle diseases such as heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity are all associated with the food we eat.

We acknowledge that healthy eating can have an impact on the lives of our members, and that the provision of healthy foods will contribute to better health for all.

The following strategies have been adopted to ensure that healthy food choices are available at all Centre activities.

1. The Centre canteen will provide healthy food choices.
2. The enjoyment of healthy eating and the role of food in relation to health will be promoted in Centre publications.
3. Healthy food choices will be priced competitively.
4. The variety of confectionery, potato chips, soft drinks and ice creams will be limited.
5. This healthy food choice policy will be reviewed annually to ensure that it remains relevant to the needs of the Centre.

Instructions for Officials

TIMEKEEPER

Function

To measure the elapsed time between the start of a race and the finish.

Definitions

- Start:** At first sign of smoke from Starter's gun, or sound if smoke not visible. Also the flash of a gun can be used.
- Finish:** When any part of the runner's torso crosses the plane of the finish line.
- Torso:** That part of the body not including the head, neck, arms and legs.

Preparation

- Get a watch and have a few practices starting, stopping and resetting it.
- Clarify which race and what place you will be timing – and be alert.

Points to watch

- Hold the watch between the thumb and forefinger with forefinger on the button.
- The watch must always be held still. You should eliminate all waste motion.
- As advised by the chief time keeper, know in advance what "place" – rather than lane – you are to time.
- With about 30 metres of the race still to run, note the athlete you are timing and prepare to stop the watch. Do not anticipate the finish.
- Always look at your watch prior to starting.
- Remember to **reset watch to zero** should a **false start** occur.
- Never reset your watch prior to agreement being reached with either the Chief Timekeeper or with other Timekeepers.**

Duties of a Chief Timekeeper

Ensure that Timekeepers are placed in such a position that they:

- (A) Know what place he/she is to time;
- (B) Are in line with the finish line;
- (C) Have a good view of all lanes; and
- (D) Have a clear view of the starter.

RECORDER

- **Recording:**
 - Check the time printed on the printout against the lane number held by the athlete. Record the time on the recording sheet against the relevant athlete. Check for PB's by comparing the new time to the previous time. PB's to be highlighted on the recording sheet.
 - For laned track events where the electronic timing gates and barcoding software are operational, there will be no recording sheet to maintain. Software will indicate whether a PB has been achieved.
- **Records:**
 - Watch out at all times for centre records. The centre record for each event will be printed on the recording sheets that you will be given for the event (excluding Under 6's and interaths – we have no records for our Under 6 and interaths children). If there is a record time run, ensure that the **relevant printout is held** and that one of our Competition Directors, David Campbell or Cherylanne Campbell is called over to verify the record, before the athlete leaves the recording area.

THE FOLLOWING ARE GUIDELINES FOR PARTICULAR FIELD EVENTS.

Long Jump

- **Equipment:**
 - Take-off mat or sand – U6-8: 1.22m x 1m; U9-11: 1.22m x 0.5m. See back of mat for age group markings
 - Take-off board: U12-16: 1.22m x 0.2m.
 - Measuring tape (20 metres) and Spike.
 - Rake, Broom, Shovel.
 - Place Tickets, Recording Sheets.
- **Preparation for Event:**
 - Ensure sand pit is level with run-up.
 - The front edge of the take-off mat should not be less than 500mm from the front edge of the pit.
- **Basic Rules:**
 - Each athlete is allowed a maximum of 3 trials.
 - To be a valid jump the athlete:
 - must take-off from one foot;
 - must place take-off foot on or behind the board/mat. If any part of foot is over the front edge of, or on either side of, the board/mat then it is a foul;
 - must not employ any form of somersaulting.

- No markers may be placed on runway but may be placed alongside runway.
 - No markers in landing area or sand pit.
 - If in running up to take-off an athlete passes the edge of the mat furthest from landing pit, it shall be called a trial, even if the jump is not complete.
 - The run-up may not exceed 40 metres.
 - If after completing the jump an athlete walks back through the landing area it is a 'no jump'.
 - In the course of landing an athlete must not touch the ground outside the landing area nearer to the take-off point than the nearest break (imprint) in the landing area.
- **Measuring the Jump:**
- Official selects break (imprint) made in sand by foot, hand etc., which is closest to (for U6-11 athletes) imprint made in take-off mat by take-off foot or (for U12-U16 athletes) the front edge of the take-off board (extended if necessary). This point in the pit is marked by spike, the zero end of tape is held at the spike.
 - For U6-U11, the tape is straightened so it lays over and in contact with imprint made by take-off foot in the take-off mat. The tape is drawn tight and the distance is measured to the nearest centimetre below distance jumped.
 - For U12-U16 athletes using a take-off board the measurement must be taken perpendicular to the front edge (ie, closer to the pit) of the take-off board (or its extension) (ie, straight back from the imprint in the sand).
 - The competitor who has the longest measured distance from all jumps recorded is the winner. In the event of a tie then a decision is made on the next best jump recorded.
 - If the athlete takes off before the take-off mat or board, then the jump shall be measured from the break in the sand to the back edge of the take-off mat (U6-U11) or the front edge of the take-off board (U12-U16).
- **Officials Required:**
- One official at take-off area. Tasks include watching for foul jumps, recording measurements (*see above for measuring the jump*).
 - Two officials at side of pit. Tasks include finding break (imprint) made in sand (*see above for measuring the jump*), recording measurements and raking and levelling sand in pit.
- **Recording:**
- Best performances should be circled or highlighted.
 - Ties are broken by referring to the next best jump.

| Name | 1 st Trial | 2 nd Trial | 3 rd Trial | Best | Place |
|------|-----------------------|-----------------------|-----------------------|------|-------|
| A | 2.75 | NT | 2.62 | 2.75 | 4 |
| B | 3.35 | 2.92 | 3.87 | 3.87 | 2 |
| C | 2.65 | 2.35 | 2.75 | 2.75 | 3 |

| | | | | | |
|-----------------------|------|------|------|------|---|
| D | 3.87 | 3.35 | 3.03 | 3.87 | 1 |
| NT – No trial/no jump | | | | | |

□ **Records:**

- Watch out at all times for centre records. The centre record for each event will be printed on the recording sheets that you will be given for the event (excluding Under 6's and interaths – we have no records for our Under 6 and interaths children). If there is a record jump, ensure that the relevant **mark is not erased** and that one of our Competition Directors, David Campbell or Cherylanne Campbell is called over to verify the record, before the event continues and the athlete leaves the event area.
- A recent VLAA rule change for U12's now means from the 2006/07 season U12 athletes must jump off the board (previously off a mat). The effect of this on records is that two sets of LJ records are maintained for U12 age groups: the mat record and board record (which is a shorter distance). The "mat" record will remain until such time that the "board" record surpasses the mat record.

Triple Jump

□ **Equipment:**

- Take-off mat or sand – U6-8: 1.22m x 1m; U9-12: 1.22m x 0.5m. See back of mat for age group markings.
- Take-off board: U13-16: 1.22m x 0.2m.
- Measuring tape (20 metres) and Spike.
- Rake, Broom, Shovel.
- Place Tickets, Recording Sheets.
- Chalk or Indicator Markers.

□ **Preparation for Event:**

- Ensure sand pit is level with run-up.
- Indicator markers shall be distributed to all competitors to mark run-ups.
- Take-off mats should be set at correct distance from sand pit (see below).

□ **Mat Placement:**

For State finals, the take-off area will be set-up as follows:

U9-10B&G = 6 m
U11B&G+U12G = 7m
U12B+U13B&G = 8m;
U14-15B&G = 9m

These may be altered for Centre competition at discretion of officials.

In organising athletes for their jumping order, athletes should be assembled in ascending order according to the take off marks, eg jumpers taking off from 6 metres jumps ahead of those taking off from 7 metres, etc.

An athlete may change the position of their take-off once only, after the competition has commenced.

□ **Basic Rules:**

- Each athlete is allowed a maximum of 3 trials.
- Definition of Triple Jump: consisting of three distinct sections:
 - ❖ A Hop: Athlete takes off and lands on the same foot as that from which they have taken off.
 - ❖ A Step: Athlete lands on the other foot (to that used on the hop).
 - ❖ A Jump: Athlete jumps from one foot and lands on one or both feet in the sand pit.
- A foul jump is recorded if:
 - ❖ Any part of the athlete's take-off foot protrudes over the front line, or side edge of the take-off mat or board.
 - ❖ After completing a jump the athlete walks back through the pit.
 - ❖ In the course of landing the athlete touches the ground outside the landing area nearer to the take-off point than the nearest break in the landing area made by the jump.
 - ❖ The athlete employs any form of somersaulting.

NB: The trailing leg may make contact with the runway during the jump.

- No markers may be placed on runway but can be used on the side. No markers may be placed closer to the pit than the take-off mat or in the sand pit.
- If in running up to take-off an athlete passes the furthest edge of the mat, it will be called a trial and no jump even if the jump is not completed.
- The run up may not exceed 40 metres.
- In the event an athlete should land in the pit on their step they should be allowed another trial after the position of the take-off mat is altered.
- To be a valid jump the athlete must land in the pit.

□ **Measuring the Jump:**

- Official selects break (imprint) made in sand by foot, hand etc., which is closest to (for U6-11 athletes) imprint made in take-off mat by take-off foot or (for U12-U16 athletes) the front edge of the take-off mat (extended if necessary). This point in the pit is marked by spike, the zero end of tape is held at the spike.
- For U6-U11, the tape is straightened so it lays over and in contact with imprint made by take-off foot in the take-off mat. The tape is drawn tight and the distance is measured to the nearest whole centimetre below distance jumped.
- For U12-U16 athletes using a take-off board, the measurement must be taken from the front edge of the take-off board or mat perpendicular to the take-off line or its extension (ie, straight back from the imprint in the sand).
- If an athlete takes off before the take-off mat or board, then the jump shall be measured from the break in the sand to the back edge of the take-off mat (U6-U11) or the front edge of the take-off board (U12-U16).

- The competitor who has the longest measured distance from all jumps recorded is the winner. In the event of a tie then a decision is made on the next best jump recorded.
- **Officials Required:**
 - One official at take-off area. Tasks include watching for foul jumps, recording measurements (*see above for measuring the jump*).
 - Two officials at side of pit. Tasks include finding break (imprint) made in sand (*see above for measuring the jump*), recording measurements and raking and levelling sand in pit.
- **Recording:**
 - Best performances should be circled or highlighted.
 - Ties are broken by referring to the next best jump. (See the example for long jump above).
- **Records:**
 - Watch out at all times for centre records. The centre record for each event will be printed on the recording sheets that you will be given for the event (excluding Under 6's and interaths – we have no records for our Under 6 and interaths children). If there is a record jump, ensure that the relevant **mark is not erased** and that one of our Competition Directors, David Campbell or Cherylanne Campbell, is called over to verify the record, before the event continues and the athlete leaves the event area.
 - A recent VLAA rule change for U12's now means from the 2006/07 season U12 athletes must jump off the board (previously off a mat). The effect of this on records is that two sets of TJ records are maintained for U12 age groups: the mat record and board record (which is a shorter distance). The "mat" record will remain until such time that the "board" record surpasses the mat record.

High Jump

- **Equipment:**
 - 2 x High Jump Stands.
 - Cross Bar (circular in cross section).
 - Measuring Stick or Tape.
 - Landing Bags (minimum of 60cm thick).
- **Before Competition:**
 - Chief Judge shall ensure that all aspects of landing area and run-up are safe for athletes.
 - Ensure that the platforms that support the cross-bar are facing the opposite upright.
 - Allow competitors a practice jump(s) to check their run-up.

- Set bar at correct starting height, measurement shall be checked with the measuring stick perpendicular to the ground at the lowest point of the cross-bar and top of the bar ie, 'middle of bar'. Measure outer edges higher so middle of bar is correct height.
- The uprights and landing area should be designed so that there is a clearance of at least 100mm between them to avoid displacement of the cross-bar through a movement of the landing area causing contact with the uprights.

☐ **Instructions:**

- Subject to rulings to the contrary by the Chief Judge (taking into account time, weather and other conditions) the bar should be raised in 5cm increments until there are 6 competitors or less, then in increments of 2cm or increments not less than 2cm unanimously agreed to by remaining athletes. The final competitor may continue to jump, at height rises agreed with the Chief Judge, until the competitor has three successive failures.
- An athlete may commence jumping at any height above the starting height. Three consecutive failures regardless of the height disqualifies the athlete.
- An athlete may pass on his second or third trial at a particular height (after failing first or second time) and still jump at a subsequent height.
- An athlete may approach the bar from any angle.
- An athlete must take-off from one foot only.
- Diving over the bar is not recommended.
- If the bar falls after an athlete has landed and left the mat it **MAY** be considered a failure. It is the decision of the judge if the bar fell because it was touched by the athlete.
- An athlete shall have (in general) 90 seconds in which to attempt a clearance; provided the aborted trial (balk) was not caused by external factors, the expiration of time shall not cause the non-attempt to count as a failure.
- However, if an athlete has 3 consecutive baulks, the failure will be recorded at the height of the bar at which the third balk occurs. **If** the athlete touches the ground or equipment (including the landing area) beyond the plane of the uprights either between or outside the upright, with any part of the body and fails to complete a successful jump, it is considered a failure.

☐ **Recording:**

- ✓ or 0 indicates the bar has been cleared.
- × indicates a failure
- indicates did not jump or a pass.

☐ **Determining the Results:**

- The athlete who jumps the greatest height is the winner.
- If there is a tie:

The athlete with the lowest number of jumps at the successful height at which the tie occurs shall be awarded the higher place. If the tie still remains, the

athlete with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.

- If the tie still remains:
 - ❖ If it concerns first place, the competitors tying shall have one more jump at that height at which they failed, and if no decision is reached, the bar shall be lowered or raised to the heights which shall be announced by the Chief Judge of the event; they shall then attempt one jump at each height until the tie is decided.
 - ❖ If it concerns any other place, the competitors shall be awarded equal place in the competition.

| Name | 1.05m | 1.10m | 1.15m | 1.20 | 1.25m | 1.30m | 1.33m | Total Failure | Position |
|------|-------|-------|-------|------|-------|-------|-------|---------------|----------|
| A | --- | x✓ | ✓ | x✓ | ✓ | xx✓ | xxx | 4 | = |
| B | ✓ | ✓ | ✓ | x--- | x✓ | xx✓ | xxx | 4 | = |
| C | ✓ | ✓ | x--- | ✓ | xx✓ | xx✓ | xxx | 5 | 4 |
| D | ✓ | --- | --- | xx✓ | xx✓ | x✓ | xxx | 4 | 1 |

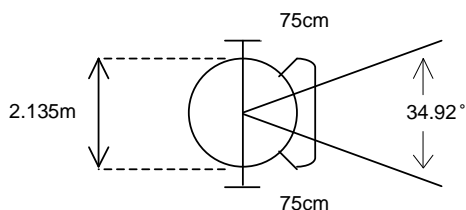
✓ = Cleared x = Failed --- = Did Not Jump

A, B, C and D all cleared 1.30m and failed at 1.33m.

- ❑ **Officials Required:**
 - One official to judge the jump and return the cross-bar to the supports.
 - One official to record.
- ❑ **Safety:**
 - The uprights/posts may be moved during a competition only if the Chief Judge in consultation with the Chief of Officials considers the take-off or landing ground has become unsuitable and dangerous. The uprights/posts may then be moved at the finish of the round.
 - The landing area should be maintained in a safe condition. If a number of small bags are used then it should be ensured that there are no gaps.
- ❑ **Records:**
 - Watch out at all times for Centre records. The Centre record for each event will be printed on the recording sheets that you will be given for the event (excluding Under 6's and interaths – we have no records for our Under 6 and interaths children). If there is a record jump, ensure that one of our Competition Directors, David Campbell or Cherylanne Campbell is called over to verify the record, before the bar is moved and the event continues and the athlete leaves the event area.

Shot Put

The shot is 'put' from a circle into a sector of 34.92 degrees. The inside diameter of the circle is 2.135m. All lines used to mark the circle and sector are 5cm wide.



The circle is divided into halves as shown.

A stop board 1.22m long, 100mm high and 114mm wide may be used.

❑ Implement Weights:

- 1kg U6 Girls & Boys (recommended).
- 1.5kg U7 and U8 Girls & Boys (recommended).
- 2kg U9-U12 Girls & U9-U11 Boys.
- 3kg U13-U16 Girls & U12-U13 Boys
- 4kg U14-U16 Boys

❑ Equipment:

- Shot Put Circle and Stop Board.
- Measuring Tape (20 metres).
- Shot (as above).
- Spike: To hold zero end of tape at mark (imprint).
- Place Tickets: Record performance for each athlete.
- Recording Sheets: For recording all performances at meeting.
- Cloth: To wipe and clean Shot.
- Broom: To clean inside surface of Shot Put Circle.

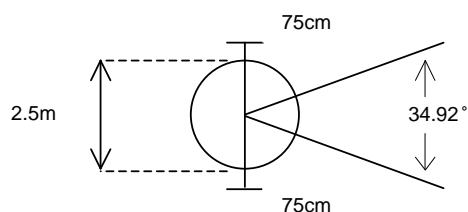
❑ To be a Valid Put:

- Each athlete is entitled to three trials.
- The Put must be commenced from a stationary position.
- The competitor may enter the circle from any direction (but preferably from the rear half) but must leave **from the REAR HALF** of the circle.
- The athlete must not touch the top of the circle or stop board, or the ground outside the circle during the trial with any part of their body. They may touch the inside edge of the stop board.
- The Shot must land so that the point of impact is within the inner edges of the lines marking the sector.

- The Shot shall be Put from below the ear area with one hand only. At the start of the trial the Shot shall touch the jaw line, close to the ear and the hand shall not be dropped below this position during the action of putting.
 - The Shot must not be brought from behind the line of the shoulders.
 - The elbow must start and stay at 90 degrees to the athletes body.
 - The athlete may, during the course of each trial, stop and place the Shot down in the ring and then recommence the attempt again, providing that this occurs only once in any one trial, and that no other infringement has occurred.
- ☐ **Method of Measurement:**
- Officials select the edge of the imprint mark made by the Shot closest to the ring when landing. The selected point is marked by a spike and the zero end of the tape is held at this spike.
 - The tape is drawn tight and back through the centre of the circle.
 - The distance is measured at the point where the tape crosses the inner edge of the ring. Each measurement is to the nearest cm below the distance putted.
 - Ties are broken by referring to the next best throw. (See the example for long jump Page 43).
- ☐ **Officials Required:**
- One official at throwing circle. Tasks include watching for foul throws, recording measurements and pulling the end of the tape through centre of the circle.
 - One official at side of sector. Tasks include finding and marking the point of impact of the implement and ensuring the athlete returns the shot to the circle.
 - One official for recording.
- ☐ **Recording:**
- Best performances should be circled or highlighted.
 - Ties are broken by referring to the next best throw. (See the example for long jump at page 43).
- ☐ **Records:**
- Watch out at all times for centre records. The centre record for each event will be printed on the recording sheets that you will be given for the event (excluding Under 6's and interaths – we have no records for our Under 6 and interaths children). If there is a record throw, ensure that the relevant mark is not erased and that one of our Competition Directors, David Campbell or Cherylanne Campbell, is called over to verify the record, before the event continues and the athlete leaves the event area.
- ☐ **Safety:**
- Everyone should stand **behind** the Putter and the sector should be clear.
 - The Shot should be **CARRIED** back to the circle, **never thrown**.

Discus

The discus is thrown from a circle into a sector of 34.92° . The inside diameter of the circle is 2.50m. All lines used to mark the circle and sector are 5cm wide.



❑ Implement Weights:

350gm U6-U8 Girls & Boys (recommended)

500gm U9-U10 Girls & Boys

750gm U11-U13 Girls & U11-U12 Boys

1kg U14-U16 Girls & U13-U16 Boys

❑ Equipment:

- Sector and circle clearly marked (as above).
- Measuring Tape (50m).
- Discus (as above).
- Spike: To hold zero end of tape at the nearest edge of the mark made by the discus.
- Place Tickets: Record performance for each athlete.
- Recording Sheet: For recording all performances at meeting.
- Cloth: To wipe and clean Discus.
- Broom: To clean inside surface of Discus Ring.

❑ To be a Valid Throw:

- Each athlete is entitled to 3 trials.
- The Throw must be commenced from a stationary position.
- The athlete must not leave the circle until the Discus has landed.
- The athlete must not touch the top of the circle or the ground outside the circle during the trial with any part of their body. They are allowed to touch the inside of the ring.
- The Discus must land so that the imprint mark is within the inner edges of the lines marking the sector.
- The athlete may enter the circle from any direction (but preferably from the rear half) but **must leave from the REAR HALF of the circle.**
- The athlete may, during the course of each trial, stop and place the Discus down in the ring and then recommence the attempt again, providing that this occurs only once in any one trial, and that no other infringement has occurred.

- **Method of Measurement:**
 - Officials select the edge of the imprint mark made by the Discus closest to the ring when landing. The selected point is marked by a spike, and the zero end of the tape is held at this spike.
 - The tape is drawn tight and through the centre of the circle.
 - The distance is measured at the point where the tape crosses the inner edge of the ring.
 - Each measurement is to the nearest cm below the distance thrown, unless the reading is a whole centimetre.
 - Ties are broken by referring to the next best throw. (See the example for Long Jump on page 43.)
- **Officials Required:**
 - One official at throwing circle. Tasks include watching for foul throws, recording measurements and pulling the end of the tape back through centre of the circle.
 - One official at side of sector. Tasks include finding and marking the point of impact of the implement and ensuring the athlete returns the Discus to the circle.
 - One official for recording.
- **Recording:**
 - Best performances should be circled or highlighted.
 - Ties are broken by referring to the next best throw. (See the example for long jump Page 43)
- **Records:**
 - Watch out at all times for centre records. The centre record for each event will be printed on the recording sheets that you will be given for the event (excluding Under 6's and interaths – we have no records for our Under 6 and interaths children). If there is a record throw, ensure that the relevant mark is not erased and that one of our Competition Directors, David Campbell or Cherylanne Campbell, is called over to verify the record, before the event continues and the athlete leaves the event area.
- **Safety:**
 - Everyone should stand **behind** the Thrower and the safety cage and the sector should be clear.
 - The Discus should be **CARRIED** back to the circle, **never thrown**.
 - No one should stand on the right side of a right handed thrower attempting to turn, and vice-versa.

Javelin

The javelin is a form of spear and as such is a lethal weapon, which can be deflected by gusts of wind.

Officials in the field must watch carefully because as the javelin comes towards them it may appear to be a smaller object than it is.

The javelin is thrown from a runway into a sector of 28.95°. All lines used to mark the area are 5cm wide.

- **Implement weights:**
 - 400gms: Under 11-12 Boys, Under 11-13 Girls.
 - 600gms: Under 13-16 Boys, Under 14-16 Girls.

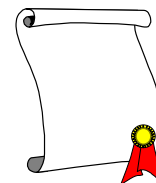
- **Equipment:**
 - Sector clearly marked.
 - Measuring tape (50m).
 - Javelin.
 - Spike: To hold zero end of tape at the nearest edge of the mark made by the Javelin.
 - Place Tickets: Record the best performance for each athlete.
 - Recording Sheet: For recording all performances at the meet.
 - Cloth: To wipe and clean the Javelin.
 - Broom: To clean the run-up surface.

- **To be a Valid Throw:**
 - Each athlete is entitled to 3 trials.
 - The Throw must be commenced from a stationary position.
 - The athlete must not leave the throwing area until the Javelin has landed.
 - The Javelin shall be held at the grip. It shall be thrown over the shoulder or upper part of the throwing arm, and shall never be slung or hurled. Non-orthodox styles shall not be permitted.
 - At no time during the throw, until the Javelin has been discharged into the air, shall the athlete turn completely around, so that their back is toward the throwing arc.
 - For a valid throw the tip of the Javelin shall fall within the inner edges of the landing sector.
 - A throw shall be valid only if the tip of the metal head strikes the ground before any other part of the Javelin. The Javelin does not have to stick in, but marking is easier if it does.
 - The athlete shall not leave the runway until the implement has touched the ground. When leaving the runway the first contact with the parallel lines or the ground outside the runway shall be completely behind the white lines of the arc at right angles to the parallel lines.
 - Provided that, in the course of a trial, the above rules have not been infringed, an athlete may interrupt a trial once started, lay down the implement inside or outside the runway, or leave the runway, then return to begin a fresh trial.

- The Javelin shall be carried back to the starting line, and not thrown back.
- It shall be a foul throw if the athlete after they have started their throw:
 - touches (with any part of their body or limbs) the runway lines or the ground outside the runway; or
 - improperly releases the Javelin whilst making an attempt.
- **Method of Measurement:**
 - The measurement of each throw shall be made from where the tip of the metal head first strikes the ground to the inside edge (run-up side) of the arc line with the tape being pulled back inline with the V marked on the run-up.
 - The tape shall be straightened and pulled tight and the distance measured to the nearest whole centimetre below the distance thrown unless the reading is a whole centimetre.
- **Officials Required:**
 - One official at throwing area. Tasks include watching for foul throws, pulling (with the assistance of an athlete) the end of the tape back to the centre of the V on the run-up and reading the measurement thrown.
 - One official to measure the throw. Tasks include finding and marking the point of impact of the implement and ensuring the athlete returns the Javelin to the throwing area.
 - One official for recording.
- **Recording:**

Recording (and method of breaking ties) is as per long jump, Page 43.
- **Records:**
 - Watch out at all times for centre records. The centre record for each event will be printed on the recording sheets that you will be given for the event (excluding Under 6's and interaths – we have no records for our Under 6 and interaths children). If there is a record throw, ensure that the relevant **mark is not erased** and that one of our Competition Directors, David Campbell or Cherylanne Campbell, is called to verify the record, before the event continues and the athlete leaves the event area.
- **Safety:**
 - Everyone should stand **behind** the Thrower and the sector should be clear.
 - The Official in the field must watch carefully as the Javelin is thrown.
 - The Javelin should be **CARRIED** back to the throwing area, **never thrown**.

Note: Starting age group for javelin is under 11. *Parents must ensure no child (other than those competing in the javelin event) are anywhere near the javelin area during competition.* The javelin is a very dangerous implement, and all parents and children must respect the safety issues in relation to the running of the event. *If any parent or guardian is concerned that their child may not behave themselves during the course of the javelin event and may put themselves or others in danger (or if they feel there is a risk others may endanger their child), they should not allow their child to participate.*



Life Members

The Centre may from time to time bestow upon individuals the honour of Life Membership of the Centre.

The criteria for Life Membership of the Centre shall be:

1. Membership of the Centre Executive Council for at least five years; or
2. Outstanding general service to the Centre for a period exceeding seven years.

The awarding of Life Membership shall be decided by the Executive Council.

Life Members of KLAC as at 1 October 2009 are:

| | |
|----------------------|----------------------------|
| Mr Malcolm Hastie | Mrs J Mrnjavac |
| Mr John Petersen | Mrs K McAllester |
| Mrs Joyce West | Mr John Cahill |
| Mr John Sinclair | Mr Tony Cilia |
| Mr Ian Upton | Mr Shane Johnson |
| Mrs Cheryl Mallinson | Mr Laurie Roberts |
| Mrs Val Craig | Ms Pam Stewart |
| Mr K Vaughan | Mrs Louise Carayannopoulos |
| Mr Graeme Newman | Mrs Martes Papalia |
| Mr B Leed | Mrs Lynne Tabone |
| Mr A Marshall | Mr Tim Golder |
| Mr P Wilson | Mr Warren Hosking |
| Mr Leo Herrick | Mrs Jan Bennetts |
| Mrs J Bradley | Mr John McCall |
| Mrs B Jacobson | Mr Don McLaren |
| Mr B Langlely | Ms Karol Barbuto |
| Mr Brian Ridley | Mr Sam Barbuto |
| Mrs E Terkiewicz | Mr John Rayner |
| Mr P Pigott | Mrs Cherylanne Campbell |
| Mr C Ridley | Ms Denniene Wakeman |
| Mr John Sewell | Mrs Jane Ryan |
| Mrs S Duncan | |

Junior Life Members



Athletes who have competed at the Centre for at least seven years (consecutive) or ten years (non-consecutive) are eligible for Junior Life Membership.

The awarding of Junior Life Membership shall be decided by the Executive Council.

The Junior Life Memberships were awarded in the Annual General Meeting of the Centre in April 2009 to the following athletes:

Claire Aston
Ashleigh Bartolo
Joshua Best
Rebecca Campbell
Joshua Esposito
Alanah Hayes
Ashleigh Hayes
Brayden Hill
Tegan Johnson
Luke Juncic
Tayla McKeown
Jade Miezis
Caitlyn Miezis
Jacqueline Nicolaou
Kristen Pegoraro
Taylor Pegoraro
Julian Seol
Michael Simiele

Season Award Winners 2008/09

| Age Group | Best Athlete | Runner Up | Most Improved | Special Achievement | Centre Best Performances |
|--|-----------------------|---------------------|--------------------|---------------------|---|
| B06 | Brock Jacobsen | Anthony Mirarchi | Jervaiius Lapworth | Liam Cox | |
| B07 | Lopeti Tia | Christian Koulouris | Andrea Rossimel | Steven Hooper | |
| B08 | Christian Petersen | Christian Inglese | Isaiah Vidot | Hayden Pemberton | Christian Inglese – 60m Hurdles |
| B09 | Trent Thomson | Ethan McShanag | Christopher Gerken | Eddie Seiffert | Samuel Candotti – 1100 Walk (Twice) Ethan McShanag – Discus |
| B10 | Daniel Venables | Riley Caines | Jack Phillips | Shannon Bain | |
| B11 | Corey Mobilio | James Richter | Nicholas Mirarchi | Timothy Petersen | Boe Makiri – Javelin (3 Times) Timothy Petersen – 1500m Walk |
| B12 | Tylar Vujanic | Madigan Quinlan | Brandon Flack | Jaxon Mobilio | |
| B13 | Christopher Mitrevski | Connor McShanag | Justin McLaren | Scott Ridley | Connor McShanag – 1500m walk (3 Times) Christopher Mitrevski – Triple Jump (Twice) |
| B14 | Lachlan John | Nicholas Jursic | Jordan Hildred | Joshua Best | |
| B15 | Alan Pajtak | Jason Capkunovski | Aaron Preddy | | |
| B16 | Daniel Simielle | Jayden Estacamento | Dean Ellis | | Nathan Ryan – 400M |
| Overall Champion athlete (boys) all ages – Brock Jacobsen | | | | | |

| | | | | | |
|-----|-------------------------|---------------------|-------------------------------|----------------------------------|--|
| G06 | Cassidy Disco | Maya Smith | Nina Georgievski | Beth Seiffert | |
| G07 | Elisabeth Georgostathis | Emily Caruso | Tanisha Zerafa | Georgina Rebuffo | |
| G08 | Melissa Hordyk | Courtney McKeown | Arabella Blackmore | Josephine Mirarchi | Savannah Matofai - Forbes - Shot Put (Twice) |
| G09 | Georgia Bertrand | Lauren Caruso | Caitlin Pruscino | Eva Becvinovski | Lauren Caruso - 400m, Triple Jump, Long Jump & 80m Hurdles Georgia Bertrand - 110m Walk (Twice) |
| G10 | Madeline Price | Kara Olsen | Paris Disco | Rhiana Jordan Vanessa Hordyk | Jade Sandkuhl - 60m Hurdles (Twice) Kara Olsen – High Jump (Twice) |
| G11 | Zara Keca | Kelsey Hildred | Morgan Bain | Zoe Sadler Madeline Koelman | Zara Keca - 60m Hurdles (Twice) |
| G12 | Bethany Rayner | Ashleigh Hayes | Nicole Ware Caitlin Gerken | Stacey McLaren Caitlin Miezis | Ashleigh Hayes - Triple Jump (3 Times) Bethany Rayner – 400m |
| G13 | Wen Yang Lee | Millie-Rose Quinlan | Bianca Pruscino | Christina Spurrell | Millie-Rose Quinlan 80m Hurdles (Twice) & 4x100m relay Wen Yang Lee - Discus (Twice) Stephanie Marinelli - 4x100m relay Iman Balla - 4x100m relay Michelle Guyett - 4x100m relay |
| G14 | Alexandra Bulic | Caitlin Campbell | Casey Cataldo | Alanah Hayes | Alanah Hayes – 100m Steeplechase (4 times) Alexandra Bulic – Discus (3 Times) Caitlin Campbell – 1500 walk (3 times) Monique Cilione – Javelin (Twice) & Triple Jump |

Keilor Little Athletics Centre

| | | | | | |
|---|-------------|--------------------|---------------------------------------|-------------------|--|
| G15 | Erin Rayner | Maggie-May Quinlan | Anastacia Nicolaou | Devon Iluksooriya | Erin Rayner - 800m (twice) 1500m (twice & 1000m Steeplechase Maggie-May Quinlan - 100m (3 times) & 200m (twice) |
| G16 | Jade Miezis | Jennifer Spurrell | Gordana Stojanoska Rachel Bennetts | | |
| Overall Champion athlete (girls) all ages - Georgia Bertrand | | | | | |

John McCall - "Be Your Best" Award – Christopher Gerken

Tim Golder 100m Handicap Winner - Boys: Jayden Estacamento Girls: Caitlin Campbell

Warren Hosking 800m Handicap Winner - Boys: Connor McShanag Girls: Stacey McLaren

Centre Best Performances

Boys

| Age | Event | Performance | Type/Size | Date | First Name | Surname |
|----------------|--------|-----------------|-----------|------------|-------------|----------------------|
| Sprints | | | | | | |
| Boys U07 | 50M | 08.60 sec | | 1978/79 | Dean | Chakley |
| Boys U08 | 50M | 08.43 sec | | 1999/2000 | Jack | Duncan |
| | eq 50M | 08.43 sec | | 2001/02 | Sean | Brown |
| Boys U09 | 50M | 07.68 sec | | 1995/96 | S | Mc Allester |
| Boys U10 | 50M | 07.56 sec | | 2/12/2000 | Johnny | Rayner |
| Boys U07 | 70M | 11.00 sec | | 1988/89 | B | Flannery |
| Boys U08 | 70M | 10.83 sec | | 1999/00 | Jack | Duncan |
| Boys U09 | 70M | 10.40 sec | | 1971/72 | D | West |
| Boys U10 | 70M | 10.01 sec | | 1983/84 | M | Mc Leod |
| Boys U11 | 70M | 09.60 sec | | 1984/85 | M | Mc Leod |
| Boys U12 | 70M | 09.45 sec | | 1993/94 | D | Tanner |
| Boys U13 | 70M | 09.16 sec | | 8/12/2007 | Hernan | Espindola |
| Boys U14 | 70M | 08.10 sec | | 2/11/2002 | Fabian | Sirgiovanni |
| Boys U15 | 70M | 08.64 sec | | 1/10/2005 | Ben | Rubinich |
| Boys U16 | 70M | 08.46 sec | | 1992/93 | B | Jacobson (Benchmark) |
| Boys U07 | 100M | 16.90 sec | | 1976/77 | M | Anderson |
| Boys U08 | 100M | 15.40 sec | | 1970/71 | B | West |
| Boys U09 | 100M | 14.70 sec | | 1983/84 | B | Dyer |
| Boys U10 | 100M | 14.40 sec | | 1983/84 | M | Mc Leod |
| Boys U11 | 100M | 13.84 sec | | 1992/93 | D | Tanner |
| Boys U12 | 100M | 12.80 sec | | 1983/84 | J | Phyland |
| Boys U13 | 100M | 12.65 sec | | 8/03/2008 | Hernan | Espindola |
| Boys U14 | 100M | 12.11 sec | | 26/11/2004 | Ben | Rubinich |
| Boys U15 | 100M | 11.89 sec | | 25/02/2006 | Celik | Aliaj |
| Boys U16 | 100M | 11.89 sec | | 25/02/2006 | Celik | Aliaj (Benchmark) |
| Boys U07 | 200M | 35.27 sec | | 2001/02 | Christopher | Dib |
| Boys U08 | 200M | 33.30 sec | | 1971/72 | Christopher | Caleo |
| Boys U09 | 200M | 30.30 sec | | 1982/83 | M | Mc Leod |
| Boys U10 | 200M | 30.20 sec | | 1971/72 | Peter | Baxter |
| Boys U11 | 200M | 28.30 sec | | 1984/85 | M | Mc Leod |
| Boys U12 | 200M | 27.62 sec | | 1/12/2006 | Christopher | Cristaldo |
| Boys U13 | 200M | 26.04 sec | | 23/02/2008 | Hernan | Espindola |
| Boys U14 | 200M | 24.46 sec | | 26/11/2004 | Ben | Rubinich |
| Boys U15 | 200M | 23.86 sec | | 11/03/2006 | Celik | Aliaj |
| Boys U16 | 200M | 23.86 sec | | 11/03/2006 | Celik | Aliaj (Benchmark) |
| Boys U07 | 400M | 1 min 22.33 sec | | 28/02/2004 | Corey | Ellis |
| Boys U08 | 400M | 1 min 16.27 sec | | 12/03/2005 | Corey | Ellis |
| Boys U09 | 400M | 1 min 09.45 sec | | 1982/83 | M | Mc Leod |
| Boys U10 | 400M | 1 min 09.29 sec | | 1983/84 | D | Farrell |
| Boys U11 | 400M | 1 min 03.67 sec | | 1982/83 | J | Phyland |
| Boys U12 | 400M | 1 min 03.64 sec | | 1983/84 | J | Phyland |
| Boys U13 | 400M | 59.38 sec | | 8/03/2008 | Christopher | Cristaldo |
| Boys U14 | 400M | 56.36 sec | | 8/03/2008 | Aaron | Preddy |
| Boys U15 | 400M | 54.21 sec | | 8/03/2008 | Nathan | Ryan |
| Boys U16 | 400M | 53.95 sec | | 18/10/2008 | Nathan | Ryan |

Boys

| Age | Event | Performance | Type/Size | Date | First Name | Surname |
|------------------------|-------|-----------------|-----------|------------|-------------|-----------------------------|
| Hurdles | | | | | | |
| Boys U07 | 60H | 12.28 sec | | 12/03/2005 | Nicholas | Charalambous |
| Boys U08 | 60H | 11.81 sec | | 27/03/2009 | Christian | Inglese |
| Boys U09 | 60H | 11.03 sec | | 1998/99 | Steven | Carayannopoulos |
| Boys U10 | 60H | 11.36 sec | | 1999/00 | Steven | Carayannopoulos |
| Boys U11 | 60H | 10.64 sec | | 13/10/2001 | Johnny | Rayner |
| Boys U12 | 60H | 10.50 sec | | 2/11/2002 | Johnny | Rayner |
| <hr/> | | | | | | |
| Boys U07 | 80H | 17.37 sec | | 28/02/2004 | Corey | Ellis |
| Boys U08 | 80H | 15.78 sec | | 10/03/2007 | Riley | Caines |
| Boys U09 | 80H | 14.14 sec | | 1/03/2008 | Daniel | Venables |
| Boys U10 | 80H | 14.93 sec | | 2000/01 | Johnny | Rayner |
| Boys U11 | 80H | 13.91 sec | | 8/12/2001 | Johnny | Rayner |
| Boys U12 | 80H | 13.67 sec | | 22/03/2003 | Johnny | Rayner |
| Boys U13 | 80H | 13.74 sec | | 21/10/2002 | Steven | Carayannopoulos |
| Boys U14 | 80H | 13.24 sec | | 28/11/2003 | Steven | Carayannopoulos |
| <hr/> | | | | | | |
| Boys U14 | 90H | 13.04 sec | | 1994/95 | J | Parkinson |
| <hr/> | | | | | | |
| Boys U15 | 100H | 14.87 sec | | 12/03/2005 | Steven | Carayannopoulos |
| Boys U16 | 100H | 14.39 sec | | 8/10/2005 | Steven | Carayannopoulos (Benchmark) |
| <hr/> | | | | | | |
| Boys U12 | 300H | 50.33 sec | | 10/03/2007 | Kristopher | Takakis |
| Boys U13 | 300H | 48.67 sec | | 25/10/2003 | Johnny | Rayner |
| Boys U14 | 300H | 45.08 sec | | 23/10/2004 | Ben | Rubinich |
| Boys U15 | 300H | 42.94 sec | | 5/11/2005 | Johnny | Rayner |
| Boys U16 | 300H | 42.94 sec | | 5/11/2005 | Johnny | Rayner (Benchmark) |
| Middle Distance | | | | | | |
| <hr/> | | | | | | |
| Boys U07 | 600S | 2 min 27.82 sec | | 18/02/2006 | Daniel | Venables |
| Boys U08 | 600S | 2 min 22.19 sec | | 18/02/2006 | Luke | Beddoe |
| Boys U09 | 600S | 2 min 12.53 sec | | 6/03/2004 | Christopher | Dib |
| Boys U10 | 600S | 1 min 58.58 sec | | 1994/95 | A | Viney |
| <hr/> | | | | | | |
| Boys U11 | 1000S | 3 min 36.31 sec | | 18/02/2006 | Damon | Kliman |
| Boys U12 | 1000S | 3 min 32.25 sec | | 6/03/2004 | Lachlan | Rayner |
| Boys U13 | 1000S | 3 min 26.06 sec | | 1/12/2007 | Damon | Kliman |
| Boys U14 | 1000S | 3 min 07.83 sec | | 20/11/2004 | Mark | Blicavs |
| Boys U15 | 1000S | 3 min 01.25 sec | | 18/02/2006 | Johnny | Rayner |
| Boys U16 | 1000S | 3 min 01.25 sec | | 18/02/2006 | Johnny | Rayner (Benchmark) |
| <hr/> | | | | | | |
| Boys U09 | 800M | 2 min 44.70 sec | | 1977/78 | Nigel | Lusk |
| Boys U10 | 800M | 2 min 38.99 sec | | 24/03/2007 | Madigan | Quinlan |
| Boys U11 | 800M | 2 min 34.80 sec | | 1972/73 | B | Brady |
| Boys U12 | 800M | 2 min 32.25 sec | | 22/03/2003 | Johnny | Rayner |
| Boys U13 | 800M | 2 min 23.60 sec | | 25/10/2003 | Johnny | Rayner |
| Boys U14 | 800M | 2 min 15.22 sec | | 12/03/2005 | Johnny | Rayner |
| Boys U15 | 800M | 2 min 11.14 sec | | 25/03/2006 | Johnny | Rayner |
| Boys U16 | 800M | 2 min 11.14 sec | | 25/03/2006 | Johnny | Rayner (Benchmark) |
| <hr/> | | | | | | |
| Boys U11 | 1500M | 5 min 18.50 sec | | 1974/75 | Dean | Turnham |

Boys

| Age | Event | Performance | Type/Size | Date | First Name | Surname |
|----------|-------|-----------------|-----------|------------|------------|--------------------|
| Boys U12 | 1500M | 5 min 03.07 sec | | 21/02/2004 | Lachlan | Rayner |
| Boys U13 | 1500M | 4 min 59.44 sec | | 5/02/2005 | Lachlan | Rayner |
| Boys U14 | 1500M | 4 min 48.52 sec | | 5/02/2005 | Mark | Blicavs |
| Boys U15 | 1500M | 4 min 31.04 sec | | 10/03/2007 | Lachlan | Rayner |
| Boys U16 | 1500M | 4 min 31.04 sec | | 10/03/2007 | Lachlan | Rayner (Benchmark) |

Walks

| | | | | | | |
|----------|-------|------------------|--|------------|---------|----------------------|
| Boys U09 | 1100W | 7 min 08.50 sec | | 1/11/2008 | Samuel | Candotti |
| Boys U10 | 1100W | 7 min 11.00 sec | | 1/03/2008 | Timothy | Petersen |
| Boys U11 | 1500W | 9 min 23.21 sec | | 28/02/2009 | Timothy | Petersen |
| Boys U12 | 1500W | 8 min 31.52 sec | | 8/12/2007 | Connor | McShanag |
| Boys U13 | 1500W | 8 min 27.98 sec | | 27/03/2009 | Connor | McShanag |
| Boys U14 | 1500W | 14 min 37.36 sec | | 2005/06 | Luke | Price |
| Boys U15 | 1500W | 10 min 10.83 sec | | 2005/06 | Bradley | Mc Laren |
| Boys U16 | 1500W | 10 min 10.83 sec | | 2005/06 | Bradley | Mc Laren (Benchmark) |

Throws

| | | | weight | | | |
|----------|-----|---------|--------|------------|--------|-------------------|
| Boys U07 | DIS | 20.14 m | 350g | 27/01/2007 | Trent | Thomson |
| Boys U08 | DIS | 27.82 m | 350g | 1/03/2008 | Trent | Thomson |
| Boys U09 | DIS | 29.36 m | 500g | 7/03/2009 | Ethan | McShanag |
| Boys U10 | DIS | 33.34 m | 500g | 1978/79 | Andrew | Webb |
| Boys U11 | DIS | 31.82 m | 750g | 1989/90 | R | Mayne |
| Boys U12 | DIS | 36.83 m | 750g | 1980/81 | Andrew | Webb |
| Boys U13 | DIS | 29.68 m | 1kg | 1989/90 | B | Jacobson |
| Boys U14 | DIS | 36.13 m | 1kg | 12/03/2005 | Johnny | Rayner |
| Boys U15 | DIS | 42.70 m | 1kg | 1988/89 | S | Mayne |
| Boys U16 | DIS | 42.70 m | 1kg | 1988/89 | S | Mayne (Benchmark) |

| | | | | | | |
|----------|-----|---------|------|------------|------|--------------------|
| Boys U11 | JAV | 29.15 m | 400g | 31/01/2009 | Boe | Makiri |
| Boys U12 | JAV | 31.56 m | 400g | 28/02/2004 | Kane | Barbutto |
| Boys U13 | JAV | 33.82 m | 600g | 12/03/2005 | Jack | Duncan |
| Boys U14 | JAV | 38.86 m | 600g | 8/10/2005 | Jack | Duncan |
| Boys U15 | JAV | 40.13 m | 600g | 14/10/2006 | Jack | Duncan |
| Boys U16 | JAV | 40.13 m | 600g | 14/10/2006 | Jack | Duncan (Benchmark) |

| | | | | | | |
|----------|----|---------|-------|------------|--------|----------------------|
| Boys U07 | SP | 7.45 m | 1.5kg | 24/03/2007 | Trent | Thomson |
| Boys U08 | SP | 8.42 m | 1.5kg | 20/10/2007 | Trent | Thomson |
| Boys U09 | SP | 8.94 m | 2kg | 1980/81 | Jason | Pettigrove |
| Boys U10 | SP | 9.54 m | 2kg | 1982/83 | Dean | Chakley |
| Boys U11 | SP | 10.04 m | 2kg | 2003/04 | Daniel | Simiele |
| Boys U12 | SP | 9.75 m | 3kg | 1983/84 | E | Mustafa |
| Boys U13 | SP | 11.31 m | 3kg | 1989/90 | M | Dragani |
| Boys U14 | SP | 11.65 m | 4kg | 1985/86 | J | Mallinson |
| Boys U15 | SP | 13.46 m | 4kg | 1988/89 | S | Mayne |
| Boys U16 | SP | 14.26 m | 4kg | 1992/93 | B | Jacobson (Benchmark) |

Jumps

| | | | | | | |
|----------|----|--------|--|------------|--------|--------------|
| Boys U08 | HJ | 1.04 m | | 1994/95 | T | Christakakis |
| Boys U09 | HJ | 1.23 m | | 1988/89 | C | Pearce |
| Boys U10 | HJ | 1.33 m | | 14/12/2002 | Jack | Duncan |
| Boys U11 | HJ | 1.49 m | | 19/10/2002 | Kane | Laidley |
| Boys U12 | HJ | 1.50 m | | 28/11/2003 | Jack | Duncan |
| Boys U13 | HJ | 1.64 m | | 6/03/2004 | Johnny | Rayner |

Boys

| Age | Event | Performance | Type/Size | Date | First Name | Surname |
|----------|-------|-------------|-----------|------------|-------------|--------------------|
| Boys U14 | HJ | 1.75 m | | 17/12/2005 | Jack | Duncan |
| Boys U15 | HJ | 1.83 m | | 25/11/2006 | Jack | Duncan |
| Boys U16 | HJ | 1.83 m | | 25/11/2006 | Jack | Duncan (Benchmark) |
| Boys U07 | LJ | 3.41 m | | 1982/83 | C | Stone |
| Boys U08 | LJ | 3.98 m | | 1986/87 | M | Jacobson |
| Boys U09 | LJ | 4.09 m | | 2000/01 | Jack | Duncan |
| Boys U10 | LJ | 4.38 m | | 1983/84 | M | Mc Leod |
| eq | LJ | 4.38 m | | 2001/02 | Jack | Duncan |
| Boys U11 | LJ | 4.78 m | | 9/11/2002 | Jack | Duncan |
| Boys U12 | LJ | 5.24 m | Mat | 2003/04 | Jack | Duncan |
| | LJ | 4.83 m | Board | 10/11/2007 | Christopher | Mitrevski |
| Boys U13 | LJ | 5.32 m | | 5/02/2005 | Jack | Duncan |
| Boys U14 | LJ | 6.01 m | | 11/03/2006 | Jack | Duncan |
| Boys U15 | LJ | 6.05 m | | 11/03/2006 | Johnny | Rayner |
| Boys U16 | LJ | 6.05 m | | 11/03/2006 | Johnny | Rayner (Benchmark) |
| Boys U09 | TJ | 8.20 m | | 2000/01 | Jack | Duncan |
| Boys U10 | TJ | 9.04 m | | 1991/92 | D | Tanner |
| Boys U11 | TJ | 9.80 m | | 14/12/2002 | Jamie | Papalia |
| Boys U12 | TJ | 10.50 m | Mat | 2002/03 | Johnny | Rayner |
| | TJ | 10.31 m | Board | 8/03/2008 | Christopher | Mitrevski |
| Boys U13 | TJ | 11.25 m | | 24/01/2009 | Christopher | Mitrevski |
| Boys U14 | TJ | 11.64 m | | 18/02/2005 | Johnny | Rayner |
| Boys U15 | TJ | 12.36 m | | 25/03/2006 | Johnny | Rayner |
| Boys U16 | TJ | 12.36 m | | 25/03/2006 | Johnny | Rayner (Benchmark) |

Relays

| | | | | | | |
|----------|-------|----------------|--|------------|--|--|
| Under 7 | 4x100 | 1min 15.90 sec | | 2004/05 | Boe Makiri, Harrison Bult, Nicholas Mirarchi, Nicholas Charalambous | |
| Under 8 | 4x100 | 1min 09.18 sec | | 2005/06 | Boe Makiri, Harrison Bult, Nicholas Mirarchi, Nicholas Charalambous | |
| Under 9 | 4x100 | 1min 05.57 sec | | 2003/04 | Kristopher Takakis, Christopher Cristaldo, Christopher Dib, Hernan Espindola | |
| Under 10 | 4x100 | 1min 01.64 sec | | 2006/07 | Jaxon Mobilio, Ravi Iluksooriya, Julian Seol, Tylar Vujanic | |
| Under 11 | 4x100 | 58.22 | | 14/12/2007 | Jaxon Mobilio, Ravi Iluksooriya, Max Radman, Julian Seol | |
| Under 12 | 4x100 | 54.32 sec | | 2006/07 | Kristopher Takakis, Christopher Cristaldo, Hernan Espindola, Alexander Nikolic | |
| Under 13 | 4x100 | 55.16 | | 14/12/2007 | Kristopher Takakis, Christopher Cristaldo, Hernan Espindola, Josha Best | |
| Under 14 | 4x100 | 50.27 sec | | 2006/07 | Jayden Estacamento, Tubay Emirler, Daniel Simiele, Dean Ellis | |
| Under 15 | 4x100 | 46.66 sec | | 2005/06 | Ben Rubinich, Luke Hogbin, Christopher Pereira-Oliva, Celik Aliaj | |

Keilor Little Athletics Centre

Under 16 Centre Best Performances

Following a decision at the August 2007 VLAA State Conference the U16 age group is now an officially recognised category. Save where records already exist from earlier years when Under 16s competed at Keilor, the 'Benchmark' Under 16 records are the best Under 15 performances up to the end of the 2006/07 season. Under 16 performances which surpass these Benchmarks are recognised as 'Centre Best Performances'.

Girls

| Age | Event | Performance | Type/Size | Date | First Name | Surname |
|----------------|-------|-----------------|------------|------------|------------|-----------------------|
| Sprints | | | | | | |
| Girls U07 | 50M | 08.52 sec | | 1994/95 | M | Lee |
| Girls U08 | 50M | 08.06 sec | | 5/02/2000 | Danielle | Grioli |
| Girls U09 | 50M | 08.25 sec | | 2000/01 | Danielle | Grioli |
| Girls U10 | 50M | 08.28 sec | | 8/12/2000 | Isabel | Vraca |
| Girls U07 | 70M | 10.76 sec | | 1983/84 | R | Graco |
| Girls U08 | 70M | 11.00 sec | | 1970/71 | S | Day |
| Girls U09 | 70M | 10.60 sec | | 1970/71 | L | Muscat |
| Girls U10 | 70M | 10.41 sec | | 9/11/2002 | Cassandra | Gioutsos |
| Girls U11 | 70M | 10.00 sec | | 1978/79 | Michelle | Galea |
| Girls U12 | 70M | 09.50 sec | | 1999/00 | Stephanie | Vathis |
| Girls U13 | 70M | 09.40 sec | | 1/12/2006 | Pamela | Radman |
| Girls U14 | 70M | 09.08 sec | | 8/11/2003 | Kessia | Ianzano |
| Girls U15 | 70M | 09.30 sec | | 1991/92 | S | Newton |
| Girls U16 | 70M | 09.30 sec | | 1991/92 | S | Newton (Benchmark) |
| Girls U07 | 100M | 17.19 sec | | 1994/95 | M | Lee |
| Girls U08 | 100M | 16.48 sec | | 16/12/2006 | Katarina | Rebuffo |
| Girls U09 | 100M | 15.70 sec | | 1970/71 | L | Muscat |
| Girls U10 | 100M | 15.00 sec | | 1971/72 | J | Millett |
| Girls U11 | 100M | 14.08 sec | | 1990/91 | K | Pigott |
| Girls U12 | 100M | 13.70 sec | | 1985/86 | K | Richens |
| Girls U13 | 100M | 12.74 sec | | 10/03/2007 | Maggie-May | Quinlan |
| Girls U14 | 100M | 12.45 sec | | 8/03/2008 | Maggie-May | Quinlan |
| Girls U15 | 100M | 12.89 sec | | 20/12/2008 | Maggie-May | Quinlan |
| Girls U16 | 100M | 13.41 sec | | 12/03/2005 | Rita | Azzopardi (Benchmark) |
| Girls U07 | 200M | 37.24 sec | | 2003/04 | Bethany | Rayner |
| | 200M | 36.87 sec | Hand Timed | 3/03/2007 | Georgia | Bertrand |
| Girls U08 | 200M | 35.20 sec | | 1984/85 | S | Zammit |
| Girls U09 | 200M | 33.04 sec | | 18/02/2006 | Bethany | Rayner |
| Girls U10 | 200M | 31.90 sec | | 1971/72 | D | Dorrington |
| Girls U11 | 200M | 29.17 sec | | 2002/03 | Taleisha | Ianzano |
| Girls U12 | 200M | 27.86 sec | | 11/03/2006 | Pamela | Radman |
| Girls U13 | 200M | 27.69 sec | | 1/12/2006 | Pamela | Radman |
| | 200M | 26.38 sec | Hand Timed | 2006/07 | Maggie-May | Quinlan |
| Girls U14 | 200M | 26.84 sec | | 8/03/2008 | Maggie-May | Quinlan |
| Girls U15 | 200M | 25.98 sec | | 7/03/2009 | Maggie-May | Quinlan |
| Girls U16 | 200M | 27.93 sec | | 26/10/2002 | Stephanie | Vathis (Benchmark) |
| Girls U07 | 400M | 1 min 22.13 sec | | 21/02/2004 | Bethany | Rayner |
| Girls U08 | 400M | 1 min 17.50 sec | | 8/03/2008 | Lauren | Caruso |
| Girls U09 | 400M | 1 min 13.00 sec | | 28/02/2009 | Lauren | Caruso |
| Girls U10 | 400M | 1 min 12.76 sec | | 4/10/2003 | Erin | Rayner |
| Girls U11 | 400M | 1 min 09.80 sec | | 9/02/2008 | Bethany | Rayner |
| Girls U12 | 400M | 1 min 07.00 sec | | 28/02/2009 | Bethany | Rayner |
| Girls U13 | 400M | 1 min 05.98 sec | | 2002/03 | Catherine | Coventry |
| Girls U14 | 400M | 1 min 01.02 sec | | 9/02/2008 | Erin | Rayner |
| Girls U15 | 400M | 1 min 00.58 sec | | 12/03/2005 | Catherine | Coventry |
| Girls U16 | 400M | 1 min 00.58 sec | | 12/03/2005 | Catherine | Coventry (Benchmark) |

Girls

| Age | Event | Performance | Type/Size | Date | First Name | Surname |
|------------------------|-------|-----------------|-----------|------------|-------------|--------------------------|
| Hurdles | | | | | | |
| Girls U07 | 60H | 12.79 sec | | 2003/04 | Bethany | Rayner |
| Girls U08 | 60H | 12.17 sec | | 8/03/2008 | Lauren | Caruso |
| Girls U09 | 60H | 11.60 sec | | 10/12/2005 | Bethany | Rayner |
| Girls U10 | 60H | 12.29 sec | | 20/12/2008 | Jade | Sandkuhl |
| Girls U11 | 60H | 11.09 sec | | 7/02/2009 | Zara | Keca |
| Girls U12 | 60H | 11.07 sec | | 2/02/2008 | Millie-Rose | Quinlan |
| Girls U07 | 80H | 17.30 sec | | 10/03/2007 | Lauren | Caruso |
| Girls U08 | 80H | 16.33 sec | | 1/03/2008 | Lauren | Caruso |
| Girls U09 | 80H | 14.83 sec | | 27/03/2009 | Lauren | Caruso |
| Girls U10 | 80H | 15.89 sec | | 24/01/2004 | Erin | Rayner |
| Girls U11 | 80H | 14.49 sec | | 24/03/2007 | Millie-Rose | Quinlan |
| Girls U12 | 80H | 13.89 sec | | 8/03/2008 | Millie-Rose | Quinlan |
| Girls U13 | 80H | 13.23 sec | | 27/03/2009 | Millie-Rose | Quinlan |
| Girls U14 | 80H | 14.09 sec | | 1993/94 | K | Pigott |
| Girls U15 | 80H | 14.79 sec | | 1/12/2007 | Sofia | Lungo |
| Girls U16 | 80H | 14.95 sec | | 11/12/2004 | Jaime-Lee | Price-McCall (Benchmark) |
| Girls U15 | 90H | 15.00 sec | | 1991/92 | S | Newton |
| Girls U16 | 90H | 15.00 sec | | 1991/92 | S | Newton (Benchmark) |
| Girls U12 | 300H | 52.03 sec | | 11/12/2004 | Sofia | Lungo |
| Girls U13 | 300H | 51.08 sec | | 10/03/2007 | Erin | Rayner |
| Girls U14 | 300H | 51.22 sec | | 1/03/2008 | Erin | Rayner |
| Girls U15 | 300H | 46.31 sec | | 1994/95 | H | Ridley |
| Girls U16 | 300H | 46.31 sec | | 1994/95 | H | Ridley (Benchmark) |
| Middle Distance | | | | | | |
| Girls U07 | 600S | 2 min 31.57 sec | | 6/03/2004 | Bethany | Rayner |
| Girls U08 | 600S | 2 min 20.58 sec | | 25/11/2006 | Madeline | Price |
| Girls U09 | 600S | 2 min 16.14 sec | | 18/02/2006 | Ashleigh | Hayes |
| Girls U10 | 600S | 2 min 12.11 sec | | 18/12/2004 | Alanah | Hayes |
| Girls U11 | 1000S | 3 min 45.12 sec | | 18/02/2006 | Alanah | Hayes |
| Girls U12 | 1000S | 3 min 43.07 sec | | 10/02/2007 | Alanah | Hayes |
| Girls U13 | 1000S | 3 min 33.60 sec | | 26/01/2008 | Alanah | Hayes |
| Girls U14 | 1000S | 3 min 24.42 sec | | 20/12/2008 | Alanah | Hayes |
| Girls U15 | 1000S | 3 min 23.05 sec | | 20/12/2008 | Erin | Rayner |
| Girls U16 | 1000S | 3 min 43.47 sec | | 26/02/2005 | Catherine | Coventry (Benchmark) |
| Girls U09 | 800M | 2 min 52.09 sec | | 25/02/2006 | Bethany | Rayner |
| Girls U10 | 800M | 2 min 44.98 sec | | 21/02/2004 | Erin | Rayner |
| Girls U11 | 800M | 2 min 39.19 sec | | 25/02/2006 | Alanah | Hayes |
| Girls U12 | 800M | 2 min 37.10 sec | | 7/10/2006 | Alanah | Hayes |
| Girls U13 | 800M | 2 min 28.13 sec | | 8/03/2008 | Alanah | Hayes |
| Girls U14 | 800M | 2 min 29.63 sec | | 27/10/2007 | Erin | Rayner |
| Girls U15 | 800M | 2 min 29.17 sec | | 25/10/2008 | Erin | Rayner |
| Girls U16 | 800M | 2 min 37.89 sec | | 8/11/2003 | Elizabeth | French (Benchmark) |
| Girls U11 | 1500M | 5 min 28.75 sec | | 2/02/2008 | Ashleigh | Hayes |

Girls

| Age | Event | Performance | Type/Size | Date | First Name | Surname |
|-----------|-------|-----------------|-----------|------------|------------|----------------------|
| Girls U12 | 1500M | 5 min 16.99 sec | | 3/02/2007 | Alanah | Hayes |
| Girls U13 | 1500M | 5 min 08.45 sec | | 3/02/2007 | Erin | Rayner |
| Girls U14 | 1500M | 4 min 57.23 sec | | 2/02/2008 | Erin | Rayner |
| Girls U15 | 1500M | 4 min 57.72 sec | | 27/03/2009 | Erin | Rayner |
| Girls U16 | 1500M | 5 min 40.96 sec | | 5/02/2005 | Catherine | Coventry (Benchmark) |

Walks

| | | | | | | |
|-----------|-------|-----------------|--|------------|---------|----------|
| Girls U09 | 1100W | 6 min 26.26 sec | | 28/02/2009 | Georgia | Bertrand |
| Girls U10 | 1100W | 6 min 16.96 sec | | 4/11/2006 | Carly | Bertrand |

| | | | | | | |
|-----------|-------|------------------|--|------------|---------|----------|
| Girls U11 | 1500W | 8 min 28.82 sec | | 19/11/2005 | Caitlin | Campbell |
| Girls U12 | 1500W | 7 min 53.68 sec | | 16/12/2006 | Caitlin | Campbell |
| Girls U13 | 1500W | 7 min 58.81 sec | | 1/03/2008 | Caitlin | Campbell |
| Girls U14 | 1500W | 8 min 05.65 sec | | 27/03/2009 | Caitlin | Campbell |
| Girls U15 | 1500W | 10 min 07.21 sec | | 9/02/2008 | Sarina | Dean |

Throws

| | | | weight | | | |
|-----------|-----|---------|--------|------------|-----------|--------------------|
| Girls U07 | DIS | 14.69 m | 350g | 1991/92 | J | Hall |
| Girls U08 | DIS | 19.85 m | 350g | 12/03/2005 | Ashleigh | Hayes |
| Girls U09 | DIS | 21.34 m | 500g | 1973/74 | S | Belling |
| Girls U10 | DIS | 25.49 m | 500g | 16/02/2007 | Ashleigh | Hayes |
| Girls U11 | DIS | 25.50 m | 750g | 1983/84 | J | Larter |
| Girls U12 | DIS | 26.47 m | 750g | 1976/77 | S | Belling |
| Girls U13 | DIS | 28.78 m | 750g | 27/03/2009 | Wen Yang | Lee |
| Girls U14 | DIS | 29.96 m | 1kg | 27/03/2009 | Alexandra | Bulic |
| Girls U15 | DIS | 31.34 m | 1kg | 1991/92 | S | Newton |
| Girls U16 | DIS | 31.34 m | 1kg | 1991/92 | S | Newton (Benchmark) |

| | | | | | | |
|-----------|-----|---------|------|------------|---------|--------------------|
| Girls U11 | JAV | 27.41 m | 400g | 18/02/2006 | Monique | Cilione |
| Girls U12 | JAV | 34.24 m | 400g | 10/02/2007 | Monique | Cilione |
| Girls U13 | JAV | 43.71 m | 400g | 10/11/2007 | Monique | Cilione |
| Girls U14 | JAV | 40.25 m | 600g | 25/10/2008 | Monique | Cilione |
| Girls U15 | JAV | 33.28 m | 600g | 19/11/2005 | Sarah | Simeon |
| Girls U16 | JAV | 33.28 m | 600g | 19/11/2005 | Sarah | Simeon (Benchmark) |

| | | | | | | |
|-----------|----|---------|-------|------------|----------|-------------------|
| Girls U07 | SP | 5.51 m | 1kg | 2000/01 | Pamela | Radman |
| | SP | 5.26 m | 1.5kg | 25/03/2006 | Madeline | Price |
| Girls U08 | SP | 6.01 m | 1.5kg | 24/01/2009 | Savannah | Matofai-Forbes |
| Girls U09 | SP | 6.49 m | 2kg | 1989/90 | T | De Lange |
| Girls U10 | SP | 8.05 m | 2kg | 1982/83 | J | Larter |
| Girls U11 | SP | 9.87 m | 2kg | 1993/94 | R | Rametta |
| Girls U12 | SP | 11.04 m | 2kg | 1984/85 | J | Larter |
| Girls U13 | SP | 9.74 m | 3kg | 1989/90 | R | Shore |
| Girls U14 | SP | 8.69 m | 3kg | 6/03/2004 | Kessia | Ianzano |
| Girls U15 | SP | 9.87 m | 3kg | 1991/92 | R | Shore |
| Girls U16 | SP | 9.87 m | 3kg | 1991/92 | R | Shore (Benchmark) |

Jumps

| | | | | | | |
|-----------|----|--------|--|------------|----------|----------|
| Girls U08 | HJ | 0.95 m | | 1994/95 | J | Griffith |
| Girls U09 | HJ | 1.20 m | | 28/01/2006 | Ashleigh | Hayes |
| Girls U10 | HJ | 1.35 m | | 27/03/2009 | Kara | Olsen |
| Girls U11 | HJ | 1.36 m | | 8/03/2008 | Ashleigh | Hayes |

Girls

| Age | Event | Performance | Type/Size | Date | First Name | Surname |
|-----------|-------|-------------|-----------|------------|------------|--------------------|
| Girls U12 | HJ | 1.52 m | | 1999/00 | Stephanie | Vathis |
| Girls U13 | HJ | 1.60 m | | 18/11/2000 | Stephanie | Vathis |
| Girls U14 | HJ | 1.71 m | | 2001/02 | Stephanie | Vathis |
| Girls U15 | HJ | 1.66 m | | 26/10/2002 | Stephanie | Vathis |
| Girls U16 | HJ | 1.66 m | | 26/10/2002 | Stephanie | Vathis (Benchmark) |
| <hr/> | | | | | | |
| Girls U07 | LJ | 3.15 m | | 10/03/2007 | Georgia | Bertrand |
| | eq LJ | 3.15 m | | 2006/07 | Lauren | Caruso |
| Girls U08 | LJ | 3.53 m | | 12/03/2005 | Bethany | Rayner |
| Girls U09 | LJ | 3.98 m | | 28/02/2009 | Lauren | Caruso |
| Girls U10 | LJ | 4.11 m | | 1973/74 | L | Atkinson |
| Girls U11 | LJ | 4.45 m | | 10/03/2007 | Stephanie | Marinelli |
| Girls U12 | LJ | 4.89 m | Mat | 2005/06 | Megan | Burnside |
| | LJ | 4.46 m | Board | 24/03/2007 | Monique | Cilione |
| Girls U13 | LJ | 4.83 m | | 16/12/2006 | Pamela | Radman |
| Girls U14 | LJ | 5.01 m | | 10/02/2007 | Sofia | Lungo |
| Girls U15 | LJ | 5.06 m | | 28/01/2006 | Rachel | Rowe |
| Girls U16 | LJ | 5.06 m | | 28/01/2006 | Rachel | Rowe (Benchmark) |
| <hr/> | | | | | | |
| Girls U09 | TJ | 8.23 m | | 28/02/2009 | Lauren | Caruso |
| Girls U10 | TJ | 8.55 m | | 12/03/2005 | Monique | Cilione |
| Girls U11 | TJ | 9.49 m | | 10/12/2005 | Monique | Cilione |
| Girls U12 | TJ | 10.46 m | Mat | 2005/06 | Megan | Burnside |
| | TJ | 9.65 m | Board | 20/03/2009 | Ashleigh | Hayes |
| Girls U13 | TJ | 10.54 m | | 10/03/2007 | Pamela | Radman |
| Girls U14 | TJ | 10.86 m | | 18/10/2008 | Monique | Cilione |
| Girls U15 | TJ | 11.02 m | | 25/03/2006 | Rachel | Rowe |
| Girls U16 | TJ | 11.02 m | | 25/03/2006 | Rachel | Rowe (Benchmark) |

Relays

| | | | | | |
|----------|-------|----------------|--|------------|--|
| Under 7 | 4x100 | 1min 15.95 sec | | 2003/04 | Amber Ballard, Rebecca Campbell, Ashleigh Hayes, Bethany Rayner |
| Under 8 | 4x100 | 1min 11.23 sec | | 2006/07 | Rachel Ware, Madeline Price, Kara Olsen, Katarina Rebuffo |
| Under 9 | 4x100 | 1min 06.51 sec | | 2005/06 | Ashleigh Bartolo, Ashleigh Hayes, Bethany Rayner, Nicole Ware |
| Under 10 | 4x100 | 1min 03.40 sec | | 2006/07 | Ashleigh Bartolo, Ashleigh Hayes, Bethany Rayner, Nicole Ware |
| Under 11 | 4x100 | 59.75 sec | | 10/11/2007 | Ashleigh Hayes, Tayla McKeown, Bethany Rayner, Nicole Ware |
| Under 12 | 4x100 | 57.29 sec | | 2005/06 | Megan Burnside, Erin Rayner, Pamela Radman, Devon Iluksooriya |
| Under 13 | 4x100 | 55.41 sec | | 2008/09 | Iman Balla, Michelle Guyett, Stephanie Marinelli, Millie-Rose Quinlan |
| Under 14 | 4x100 | 53.27 sec | | 14/12/2007 | Maggie-May Quinlan, Pamela Radman, Erin Rayner, Sarah Walshe |
| Under 15 | 4x100 | 54.06 sec | | 2004/05 | Rita Azzopardi, Catherine Coventry, Kessia Ianzano, Jaime-Lee Price-McCall |

