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HAMERSLEY LITTLE ATHLETICS CENTRE: AIMS

The primary aim of Little Athletics is to provide a recreational activity for boys and girls, turning 6 and under 17 years of age.

One of the most frequent criticisms of youth sports programs is that although they are organised by adults with children in mind, the end result can often be more for adults.

Hamersley is proud of its reputation of child involvement and enthusiasm as we have consistently worked towards several important objectives:

- To provide the opportunity for children to participate in athletics regardless of their ability level, and at a level that is commensurate with each child's development of skills, thus providing each child opportunity to strive for success.
- To provide qualified adult leadership.
- For the child to compete as a child, and not as an adult.
- For each athlete to be treated with dignity, and be provided with the opportunity to have fun through athletics.

From these objectives, we strive to ensure that all parents who become involved in Little Athletics are primarily responsible for ensuring that our activities remain recreational.

Little Athletics' Motto – "Family Fun and Fitness"

PATRON: GEORGE STRICKLAND

is proud to support the

HAMERSLEY LITTLE ATHLETICS CENTRE



HAMERSLEY COMMITTEE 2014/2015

POSITION	NAME	TELEPHONE	Email Title**
President:	Bruce Wilkins	0417 170 797	President
Vice President:	Vacant		
Admin/Secretary:	Sharryn Chapman	043 991 7242	Admin
Treasurer:	David Winstanley	0428 954 680	Treasurer
Arena Manager:	James Boggan	0449 160 707	arenamanager
Registrar:	Shelley Heathcote	0423 178 564	Registrar
Club Liaison:	Vacant		Clubliaison
Selections:	Annette Williams	9402 8082	Selections
Officials Organiser:	Vacant		Officials
Education/Training:	Steve Wisken	9203 7036	Education
Records/Results:	Martin Smith	9447 9316	Records
Data Entry:	Nicky Sundquist	9341 2460	seniorranking
Data Entry:	Julie Shepherd	0419 023 321	intermediateranking
Data Entry:	James Boggan	0449 160 707	juniorranking
Equipment:	John Rose	9448 0705	Equipment
Social Coordinator:	Vacant		Social
Winter Officer:	Nichola Jones	0410 734 268	Winter
Website/Publicity:	James Clarke	0452 213 147	Publicity
Uniforms:	Vicky Irvine	9409 8468	Uniforms
Canteen:	Vacant		Canteen
Wendling Road Rep:	Sharryn Chapman	043 9917 242	Admin
Club Delegates:			
Glendale	Anthea DeSouza	Simon Andreas	
Karrinyup	Becc Robinson	Paul Perin	
North Beach	Roger Smart	John Garnett	
Oceanside	Loana Sica	Pina Pettinichio	
Sorrento	Elaine Leask	Aleta Stacey	
Whitfords	Briana Bunce	Saul Newton	

This book contains all the information you need to know concerning the running of our centre. Please read it thoroughly, and do not hesitate to speak to a Committee member if you have any queries. Feel free to visit our website at www.hamersleyaths.com

** To email add <email title>@hamersleyathscom (eg president@hamersleyathscom)

HAMERSLEY LITTLE ATHLETICS CENTRE

The Hamersley Little Athletics Centre provides a competition venue and organisation for its six affiliated clubs. Competitions are mainly held at Charles Riley Reserve, North Beach each weekend over the summer period.

Hamersley is affiliated with West Australian Little Athletics Association (WALAA), who govern the sport in Western Australia WALAA is affiliated with the Australian Little Athletics Union.

AFFILIATED CLUB ADMINISTRATION 2014/2015

Glendale	President	Sarah Williamson	9448 4408	Sarah.williamson@inet.net.au
	Secretary	Pippa Holt-Brown	0438 910 079	pippa@drcapital.biz
Karrinyup	President	Clint Johnson	0412 777 985	candajohnson@optusnet.com.au
	Secretary	Catherine Wheeler	9203 5066	catherine.wheeler@corrs.com.au
North Beach	President	Glenn Whitbread	0438 280 573	nbla@iprimus.com.au
	Secretary	Monica Whitbread	9243 6665	nbla@iprimus.com.au
Oceanside	President	Marcus Blinco	0418 940 501	loanasica@yahoo.com
	Secretary	James Clarke	0452 213 147	oceansky@westnet.com.au
Sorrento	President	Karen Smith	9447 9316	karen.smith@bankwest.com.au
	Secretary	Aleta Stacey	0431 514 677	aletaj@optusnet.com.au
Whitfords	President	Briana Bunce	0416 135 012	bri02078@bigpond.net.au
	Secretary	Saul Newton	0412 088 574	saulnewton@dodo.com.au

UNIFORMS

Hamersley Centre (used for state-run and representative events)	Gold singlet / T-shirt with maroon trim Maroon Logo Maroon shorts, bicycle pants or briefs (girls)
Glendale	White T-shirt with red and black trim Logo and name on back Black shorts, bicycle pants or briefs (girls)
Karrinyup	Light blue top with royal blue trim Logo and name on back Royal blue shorts, bicycle pants or briefs (girls)
North Beach	Maroon T-shirt Logo and name on back Maroon shorts, bicycle pants or briefs (girls)
Oceanside	White T-shirt with navy panels & trim Logo and name on back Navy blue shorts, bicycle pants or briefs (girls)
Sorrento	Gold T-shirt with blue trim Logo and name on back Blue shorts, bicycle pants or briefs (girls)
Whitfords	Red T-shirt with black trim Black shorts, bicycle pants or briefs (girls)

Please Note: Approved bodysuits are permitted for all uniforms. If athletes are wearing lycra undergarments eg "skins", these must match the colour of the club's pants or be plain black (without any visible logos or coloured stitching)

CLUB BOUNDARIES

These boundaries are only guides. Presidents have an opportunity to put a case to the Committee to adjust their club's boundary if they see the need.

Athletes who wish to join a club outside of their boundary, will require a letter or email from the club's President or Registrar outlining the reasons and then the Hamersley sub-committee will approve or disapprove the request.

Previous registered athletes from any prior season can re-register with their original club even if they reside outside of these boundaries. Any athlete living outside of all club areas can go to the club of their choice

If any club considers themselves at capacity, then that club will direct the prospective athlete to another club as close as possible to their boundary. It is Hamersley's intention to accommodate every athlete that wishes to join us.

Karrinyup LAC: Training sessions at Karrinyup Reserve, Karrinyup

West: Marmion Ave

North: Reid Highway

South: No limits – most families south of Scarborough Beach Rd will likely join UWA Centre

North Beach LAC: Training sessions at Charles Riley Reserve, North Beach

East: Marion Ave

North: Beach Rd

South: Karrinyup Rd

Glendale LAC: Training sessions at Carine Open Space, Carine

West: Marmion Ave

North: Warwick Rd

South: Reid Highway

Sorrento LAC: Training sessions at Robin Reserve, Sorrento

North: Hepburn Ave

South: Beach Rd, Marmion Ave north to Warwick Rd, Warwick Rd East

Whitfords LAC: Training sessions at McDonald Reserve, Padbury

North: Whitfords Ave

South: Hepburn Ave

Oceanside LAC: Training sessions at Korella Park, Mullaloo

South: Whitfords Ave

North: No limits - most families north of Mullaloo will possibly join Joondalup Centre

ROSTER DUTIES

In 2014/2015 season, Hamersley rosters are being managed by the Centre; all parents are required to commit to an appropriate duty throughout the season.

At registration, you will be required to commit to a roster for Hamersley Little Athletics Centre. These will be pre-filled with past members in the first instance and then with new families at the time of registration. The Hamersley website has the available positions and the role descriptions; likewise, these will be available at the registration table on the day of registration. Most positions will require a commitment of around 12 – 15 hours across the 17 weeks of competition, from October to March. Other rosters for Zones and State competitions will also apply.

CLUB DUTIES/ROSTERS

CANTEEN (see season calendar for dates)

Roster 2 people for canteen duty

BARBEQUE CATERING DAYS (see season calendar for dates)

Each competition day the listed club is rostered for catering to provide and cook food for sale eg sausage sizzle (Club fundraising).

NB: A box of BBQ utensils is available for clubs to loan from the canteen. There will be an itemized list of the contents attached to the box, so the club can ensure all contents are returned or replaced if missing. There will also be a small supply of goods such as sauce, gloves etc if clubs run out on the day, which can be purchased from the canteen.

It is the catering clubs responsibility to ensure that gas is available Hamersley owns 2 gas bottles. Ensure 1 contains gas for your catering day. If it is necessary for a new bottle to be purchased you will be reimbursed; present a receipt and reimbursement form to the Treasurer.

The Social Coordinator has a catering day information sheet available from the canteen during the season to assist clubs with the organising of their BBQs.

HAMERSLEY ROSTERS AND KEY OFFICIALS

The expectation is that parents will voluntarily assist at sites during Hamersley competition days, so that the program can run smoothly and efficiently. The event can not run without enough helpers. If there is a shortage of helpers at a site during a competition day, helpers will be called for over the PA.

HAMERSLEY GENERAL ROSTER POSITIONS

Announcer & Two-way Control: 6 week roster

Set Up: 2 week roster

Northern Marshall: 4 week roster

Hurdles Marshall: 6 week roster

Key Official, Field: 2 week roster

Track Recording: 2 week roster

Timing Gates: 4 week roster

Data Entry: 4 week roster

Pack Up: 2 week roster

Southern Marshall: 4 week roster

Track Marshall: 4 week roster

Starter: 2 week roster

First Aid: 6 week roster

HAMERSLEY DUTIES – FIELD

GIRLS PROGRAM 1

U7G JAV	U7G DISCUS				
U8G JAV	U8G DISCUS				
U9G JAV	U9G DISCUS				
U10G JAV	U10G DISCUS			U10G LJ	
U11G JAV	U11G DISCUS		U11G TJ		
	U12G DISCUS	U12G SHOT	U12G TJ		
U13G JAV	U13G DISCUS		U13G TJ		
U14G JAV	U14G DISCUS		U14G TJ		
	U15,16,17G DISCUS	U15,16,17G SHOT	U15,16,17G TJ		

BOYS PROGRAM 1

		U7B SHOT		U7B LJ	
		U8B SHOT		U8B LJ	
		U9B SHOT		U9B LJ	
U10B JAV		U10B SHOT		U10B LJ	
		U11B SHOT		U11B LJ	U11B HJ
		U12B SHOT		U12B LJ	U12B HJ
		U13B SHOT		U13B LJ	U13B HJ
		U14B SHOT		U14B LJ	U14B HJ
	U15,16,17B DISCUS	U15,16,17B SHOT	U15,16,17B TJ		

GIRLS PROGRAM 2

		U7G SHOT		U7G LJ	
		U8G SHOT		U8G LJ	
		U9G SHOT		U9G LJ	
		U10G SHOT	U10G TJ		U10G HJ
		U11G SHOT		U11G LJ	U11G HJ
U12G JAV				U12G LJ	U12G HJ
		U13G SHOT		U13G LJ	U13G HJ
		U14G SHOT		U14G LJ	U14G HJ
U15,16,17G JAV				U15,16,17G LJ	U15,16,17G HJ

BOYS PROGRAM 2

U7B JAV	U7B DISCUS				
U8B JAV	U8B DISCUS				
U9B JAV	U9B DISCUS				
	U10B DISCUS		U10B TJ		U10B HJ
U11B JAV	U11B DISCUS		U11B TJ		
U12B JAV	U12B DISCUS		U12B TJ		
U13B JAV	U13B DISCUS		U13B TJ		
U14B JAV	U14B DISCUS		U14B TJ		
U15,16,17B JAV				U15,16,17B LJ	U15,16,17B HJ

HAMERSLEY'S COMMANDMENTS

- Little Athletics is a family sport to be enjoyed by each member in their own way. Don't spoil it by getting too intense.
- Do not force an unwilling child to participate.
- Remember – children are involved in organised sport for their enjoyment, not yours.
- Encourage your child always to play by the rules.
- Teach your child that honest effort is as important as victory, so that each result is accepted without undue disappointment.
- Turn each defeat into victory, by helping your child to work towards skill improvement and good sportsmanship. Never ridicule or abuse your child from the sidelines. There is NO circumstance which warrants humiliation.
- Remember – children learn best by example. Applaud good performances by your athlete AND by those competing with them.
- Do not project your own aspirations on to your child.
- Do not publicly question the Officials' judgement, and never their honesty. If you see something of which you disapprove, notify the Arena Manager, Club Official or any Committee member.
- Support all efforts to remove verbal and physical abuse from children's sport.
- Recognise the value and importance of volunteer coaches and officials. They give their time and resources freely to provide recreational activities for your child.

HEALTH AND INJURY

Should an athlete experience an injury resulting in pain or swelling, do not allow him/her to compete. To minimise the chance of obtaining an injury, it is recommended that athletes learn how to warm up and stretch the muscle groups specific to each discipline, and perform this routine before participating in any event

Immediate treatment for soft tissue injury is RICED

R	=	REST
I	=	ICE
C	=	COMPRESSION
E	=	ELEVATION
D	=	DELIVER FOR DIAGNOSIS

IMPORTANT: please notify the Arena Manager or Club Official of any injury that is sustained at any time during training or competition, so a record can be made. Do not pick up a fallen athlete until the injury has been examined by trained personnel. Although athletes are insured against serious injury, the cover provided under WALAA policy does not include the first \$50 of the claim.

HAMERSLEY'S HEALTHY CLUB POLICY

Smoking

Hamersley LAC recognises that smoking and passive smoking are hazardous to health. We will ensure a smoke free environment by ensuring all indoor areas of the club remain smoke free. We will also openly discourage adults from smoking in front of or near children.

Alcohol

Hamersley LAC will promote the responsible use of alcohol by adults by discouraging excessive or rapid consumption.

Other Drugs

The use of illicit drugs and performance enhancing drugs will not be tolerated under any circumstance

Sun Protection

The health of athletes, parents and officials is of primary concern to Hamersley LAC. Hamersley will actively seek to promote, encourage and support sun protection and awareness at local and inter-centre competitions.

Where possible Hamersley will:

- (a) Provide portable shade structures at each site on competition days
- (b) Make 30+ sunscreen available for everybody at the Northern and Southern marshalling sites during Saturday morning competitions
- (c) Provide key officials with long sleeve collared Key Officials' shirts, and encourage key officials to be sun smart role models
- (d) Promote sun safety through the Hamersley website and over the public address system on competition days
- (e) Encourage athletes, officials and parents to wear adequate hats when competing, officiating or spectating during Saturday morning competitions

Healthy Food Choices

Hamersley LAC recognises the importance of good nutrition for sports performance by:

- (a) Providing adequate information on good nutrition and sports performance
- (b) Ensuring when food is provided, healthy alternatives are available

Safety

Hamersley will encourage all members to adopt practices that seek to prevent injury by:

- (a) Promoting the use of protective equipment, suitable clothing and footwear
- (b) Providing safe surfaces, first aid equipment and accredited First Aiders on all competition days
- (c) Ensuring adequate public liability and player insurance of all members

NOTE: Adults and coaches are expected to set appropriate examples and act as role models for athletes. The centre will make information available to members and their families to promote healthy lifestyles. Breaches of the policy will be addressed through the Centre Committee. Anyone wishing to discuss any aspect of this Healthy Club Policy is invited to contact any member of the Centre Committee.

Dogs

If possible, please leave your adorable pets at home and help us run the activities.

HAMERSLEY DEVELOPMENT SQUAD “HDS”

This squad has been established for all athletes aged U13 and above to provide specific event group training from accredited coaches and is designed to be in addition to normal club training activities.

If all the available places are not filled by those athletes, then U12 athletes can be considered for the squad with a nomination from their club President. All athletes must still register with their respective clubs.

Training is held during the summer season from October to March on Wednesdays from 5.00pm to 6.45pm. Athletes will be able to select the events group/s in which they wish to participate. First part of the session will be either jumps/throws/hurdles and the second part of the session, sprints and middle distance Medicine ball or strength training will be available at the end of training. Coaching is to be provided by high level ATFCA accredited coaches selected by the Hamersley HDS sub-committee.

Registration for HDS is held at Charles Riley Reserve clubrooms at the Hamersley registration day (usually early September). The fee for new members is \$80 and includes t-shirt. Returning members the fee is \$60 if no t-shirt is required. All members of the HDS squad are required to wear a HDS t-shirt/singlet to training.

LIFE MEMBERS

Bob Fergie	1980	Edna Fergie	1980
Des Mardle	1980	George Strickland	1980
Margaret Ley (Dec)	1980	Margaret Davis	1980
Ron Tester	1980	Ken Scott (Dec)	1980
Derek Donegan	1984	Val Jones	1985
Ian Cassey	1986	Jim Starcevich	1986
Jan Veitch	1988	John Udall	1989
Frits Vanirsen	1990	Lindsey Glass	1993
Roz Udall	1994	Dave Dilley (Dec)	1995
Peter Ryan	1996	Tony Claydon	1998
Hannah Tebbutt	1998	Ann Graham	1998
Melissa Lewis	2001	Warren Gee	2001
Carol Harrison	2002	Tom Kaitse	2002
Sally Rafty	2002	Don Roffman	2002
Brendan O'Connor	2005	Pieter Bergshoeff	2005
Karen Burford	2006	Carole Bartlett	2009
Pauletta Watson	2014		

PAST PRESIDENTS AND ARENA MANAGERS

DATE	PRESIDENTS	ARENA MANAGERS
1971/72	John Minekus	Vern Herd
1972/73	John Minekus	Des Mardle
1973/74	Des Mardle	Allan Murrowood
1974/75	Des Mardle	George Strickland
1975/76	Bob Fergie	
1976/77	Barry Kernaghan	George Strickland
1977/78	George Strickland	Ken Scott
1978/79	George Strickland	Ross Mills
1979/80	George Strickland	Derek Donegan
1980/81	Geoff Brown	Ian Cassey
1981/82	Ian Cassey	Derek Donegan
1982/83	Ian Cassey	Ken Edwards
1983/84	Ian Cassey	Noel Poetschka
1984/85	Ian Cassey	John Udall
1985/86	John Udall	Dave Dilley
1986/87	John Udall	Frits Vanirsén
1987/88	John Udall	Lindsey Glass
1988/89	John Udall	Lindsey Glass
1989/90	Bruce Denham	Lindsey Glass
1990/91	Lindsey Glass	Peter Ryan
1991/92	Lindsey Glass	Peter Ryan
1992/93	Ed Murphy	Peter Ryan
1993/94	Ed Murphy	Peter Ryan
1994/95	Lindsey Glass	Peter Ryan
1995/96	Lindsey Glass	Warren Gee
1996/97	Warren Gee	Ed Murphy
1997/98	Tom Kaitse	Ed Murphy
1998/99	Tom Kaitse	Pieter Bergshoeff
1999/00	Tom Kaitse	Pieter Bergshoeff
2000/01	John Udall	Pieter Bergshoeff
2001/02	John Udall	Pieter Bergshoeff
2002/03	John Udall/Karen Burford	Keith Hay
2003/04	Karen Burford	Keith Hay
2004/05	Karen Burford	Keith Hay
2005/06	David Bradbury	Chris Hainsworth
2006/07	David Bradbury	Chris Hainsworth
2007/08	David Bradbury	John Rose
2008/09	David Bradbury (Acting)	John Rose
2009/10	Sharryn Chapman	John Rose
2010/11	Sharryn Chapman	John Rose
2011/12	Sharryn Chapman	Bruce Wilkins
2012/13	Pauletta Watson	Bruce Wilkins
2013/14	Pauletta Watson	Bruce Wilkins

EQUIPMENT SPECIFICATIONS - BOYS

EVENT

HIGH JUMP	7	8	9	10	11	12	13	14	15	16	17
Start Height (m)*				0.95	1.00	1.15	1.20	1.25	1.25	1.30	1.30
Before Xmas				0.95	1.00	1.05	1.20	1.25	1.30	1.30	1.35
After Xmas											
Bar rises	Bar rises in 5cm increments until 8 competitors left; then 3cm, unless larger increments are requested by all remaining competitors.										
JAVELIN	7	8	9	10	11	12	13	14	15	16	17
Weight	turbo	turbo	turbo	400g	400g	400g	600g	600g	600g	700g	700g
Length +/- 5cm				1.900	1.900	1.900	2.250	2.250	2.250	2.350	2.350
DISCUS	7	8	9	10	11	12	13	14	15	16	17
Weight	350g	500g	500g	500g	750g	750g	1kg	1kg	1kg	1kg	15kg
SHOT PUT	7	8	9	10	11	12	13	14	15	16	17
Weight (kg)	1	1.5	2	2	2	3	3	3	4	4	5
LONG JUMP	7	8	9	10	11	12	13	14	15	16	17
Mat size (m x m)	1x1	1x1	1x1	1x1/2	1x1/2	1x1/2	board	board	board	board	Board
TRIPLE JUMP	7	8	9	10	11	12	13	14	15	16	17
Mat size				1x1/2	1x1/2	1x1/2	board	board	board	board	Board
Mat distance (m)	In full metre increments starting from 4m unless safety concern										
HURDLES	7	8	9	10	11	12	13	14	15	16	17
Race Distance (m)	60	60	60	60	60	60	80	90	100	100	110
Height (cm)	45	45	45	60	60	68	76	76	76	76	76
Run In (m)	12	12	12	12	12	12	12	13	13	13	13.72
Spacing (m)	7	7	7	7	7	7	7	8	85	85	9.14
Run Out (m)	13	13	13	13	13	13	12	13	105	105	14.02
Flights	6	6	6	6	6	6	9	9	10	10	10
200M HURDLES	7	8	9	10	11	12	13	14	15	16	17
Height (cm)							68	76	76	76	76
Run In (m)							20	20	20	20	20
Spacing (m)							35	35	35	35	35
Run Out							40	40	40	40	40
Flights							5	5	5	5	5

NOTE:

- U10 and U11 must only use the 'Scissors' technique for High Jump. The 'Fosbury Flop' is not allowed for these age groups.
- Bar rises in 5cm increments until 8 competitors left; then 3cm, unless larger increments are requested by all remaining competitors.
- Athletes attempting High Jump records may elect to raise the bar in 1 cm lifts.
- The bar must be measured by the Arena Manager **BEFORE** a record or equal record height is attempted.

EQUIPMENT SPECIFICATIONS - GIRLS

EVENT

HIGH JUMP	7	8	9	10	11	12	13	14	15	16	17
Start Height (m)*				0.90	0.95	1.10	1.15	1.20	1.20	1.25	1.25
Before Xmas				0.90	0.95	1.00	1.15	1.20	1.25	1.30	1.30
After Xmas											
Bar rises	Bar rises in 5cm increments until 8 competitors left; then 3cm, unless larger increments are requested by all remaining competitors.										
JAVELIN	7	8	9	10	11	12	13	14	15	16	17
Weight	Turbo	turbo	Turbo	400g	400g	400g	400g	400g	500g	500g	500g
Length +/- 5cm				1900	1900	1900	1900	1900	2050	2050	2050
DISCUS	7	8	9	10	11	12	13	14	15	16	17
Weight	350g	500g	500g	500g	750g	750g	750g	1kg	1kg	1kg	1kg
SHOT PUT	7	8	9	10	11	12	13	14	15	16	17
Weight (kg)	1	1.5	2	2	2	2	3	3	3	3	3
LONG JUMP	7	8	9	10	11	12	13	14	15	16	17
Mat size (m x m)	1x1	1x1	1x1	1x1/2	1x1/2	1x1/2	board	Board	board	board	Board
TRIPLE JUMP	7	8	9	10	11	12	13	14	15	16	17
Mat size				1x1/2	1x1/2	1x1/2	board	Board	board	board	Board
Mat distance (m)				In full metre increments starting from 4m unless safety issue.							
HURDLES	7	8	9	10	11	12	13	14	15	16	17
Race Distance (m)	60	60	60	60	60	60	80	80	90	90	100
Height (cm)	45	45	45	60	60	68	76	76	76	76	76
Run In (m)	12	12	12	12	12	12	12	12	13	13	13
Spacing (m)	7	7	7	7	7	7	7	7	8	8	85
Run Out (m)	13	13	13	13	13	13	12	12	13	13	105
Flights	6	6	6	6	6	6	9	9	9	9	10
200M HURDLES	7	8	9	10	11	12	13	14	15	16	17
Height (cm)							68	76	76	76	76
Run In (m)							20	20	20	20	20
Spacing (m)							35	35	35	35	35
Run Out							40	40	40	40	40
Flights							5	5	5	5	5

NOTE:

- U10 and U11 must only use the 'Scissors' technique for High Jump. The 'Fosbury Flop' is not allowed for these age groups.
- Bar rises in 5cm increments until 8 competitors left; then 3cm, unless larger increments are requested by all remaining competitors.
- Athletes attempting High Jump records may elect to raise the bar in 1 cm lifts.
- The bar must be measured by the Arena Manager **BEFORE** a record or equal record height is attempted.

SOME EVENTS OCCUR ONLY AT STATE COMPETITIONS AND SOME ONLY AT HAMERSLEY COMPETITIONS (luckily - most events occur at both types of competitions, but please check)											
EVENT	7	8	9	10	11	12	13	14	15	16	17
SPRINTS											
70M	BOTH	BOTH	BOTH								
100M	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH
200M	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH
300M	Ham										
400M		Ham	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH
4x100M Relay		States	States	States	States	States	States	States	States	States	States
4x200M Relay		States	States	States							
4x400M Relay					States	States	States	States	States	States	States
LONG DISTANCE											
800M			BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH
1500M					BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH
1500M XCountry	States	States	States								
2000M XCountry				States	States	States					
3000M XCountry							States	States	States	States	States
HURDLES											
60M	Ham	BOTH	BOTH	BOTH	BOTH	BOTH					
80M							BOTH	BOTH Girls			
90M								BOTH Boys	BOTH Girls	BOTH Girls	
100M									BOTH Boys	BOTH Boys	BOTH Girls
110M											SHB
200M							BOTH	BOTH	BOTH	BOTH	BOTH
WALKS											
700M			States								
1100M				States	States						
1500M						States	States	States	States	States	States
1000M Road	States	States	States								
1500M Road				States	States	States					
2000M Road							States	States	States	States	States
JUMPS											
Long Jump	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH
Triple Jump				BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH
High Jump			BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH
THROWS											
Shot Put	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH
Discus	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH
Javelin	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH	BOTH

State Events Not Conducted At Hamersley Can Still Be Entered
Relay Events Entry - Selection By Hamersley

EVENT CALENDAR 2014/2015

The weekly competition commences at 7.45am
In the event of inclement weather the program may be deferred or modified
at the discretion of the Arena Manager, with the safety of athletes in mind

DATE	EVENT	CANTEEN	BBQ	VENUE
SAT OCT 11	Octathlon/Decathlon Prog 1*	NBE	OCE	CRR
SAT OCT 18	Octathlon/Decathlon Prog 2*	GLE	WHI	CRR
SAT OCT 25	Program 1	KAR	GLE	CRR
SAT NOV 1	Program 2 Track Relay "Squad" Invitation	SOR	NBE	CRR
SAT NOV 8	Program 1 PHM Fundraiser	OCE	SOR	CRR
SAT NOV 15	Program 2 Track & Field Relay "Squad" Selection	WHI	KAR	CRR
SUN NOV 16	WALAA Teams Challenge			WAAS
SAT NOV 22	Program 1	NBE	OCE	CRR
SAT NOV 29	Program 2 (Hammersley Gift A) Final Track & Field Relay "Teams" Announced	GLE	WHI	CRR
SAT DEC 6	Program 1	KAR	NBE	CRR
SUN DEC 14	State Relay Championships			WAAS
SAT JAN 10	Program 2	SOR	KAR	CRR
SAT JAN 17	Program 1	WHI	SOR	CRR
WED 21 JAN	Program 2 – Twilight	NBE	GLE	CRR
SAT JAN 31	Program 1	OCE	WHI	CRR
SUN FEB 1	State Multi-Event			TBA
SAT FEB 7	Program 2 (Hammersley Gift B)	KAR	OCE	CRR
SAT FEB 14	Program 1	GLE	NBE	CRR
SAT FEB 21	Program 2	SOR	KAR	CRR
SAT FEB 28	Medal Day	WHI	SOR	CRR
SAT MAR 7	Zone Championships			TBA
SUN MAR 8	Zone Championships			TBA
SAT MAR 14	Presentation & Windup (9am)			CRR
SAT MAR 21	State Championships			WAAS
SUN MAR 22	State Championships			WAAS
WED APR 1	Winter Training Starts (5pm)			TBA
MON APR 6	Hammersley AGM			CRR

*100m, 200m & 400m times will count for relay selection

Invitation or selection to a track relay "squad" does not necessarily mean the athlete will be part of the final "team"

WAAS - West Australian Athletics Stadium, next to Challenge Stadium, Mt Claremont

CRR - Charles Riley Reserve, Wending Road, North Beach

OCTATHLON AND DECATHLON COMPETITION PROGRAM

GIRLS PROGRAM 1 (11th October 2014)

7	8	9	10	11	12	13	14/15/16/17
70 m		70 m	Long Jump	Triple Jump	Shot Put	Long Jump	Discus
Long Jump	70 m	Long Jump	Discus	200 m	200 m		Long Jump
Turbo Javelin	Turbo Javelin		200 m	Discus	Triple jump	200 m	200 m
200 m	Long Jump	200 m	Shot Put			Discus	Shot Put
	200 m	Turbo Javelin		800 m	800 m		
				Shot Put	Discus	800 m	
			800 m			Shot Put	800 m

BOYS PROGRAM 1 (11th October 2014)

7	8	9	10	11	12	13	14/15/16/17
Turbo Javelin	70 m	70 m	Long Jump	Triple Jump	Discus	Triple Jump	Discus
	Shot Put	Shot Put	Javelin		200 m	200 m	Long Jump
70 m	200 m	Long Jump	200 m		Triple Jump	Discus	200 m
200 m	Long Jump	200 m	Discus	200 m		Javelin	Shot Put
Shot Put			800 m	Javelin	800 m		
				Discus	Javelin		800 m
				800 m		800 m	

NO PARENTS ARE ALLOWED ON THE CENTRE ARENA UNLESS ASSISTING IN THE RUNNING OF THE EVENT

PROGRAM SCHEDULE:

- 6:30am Set Up Team arrives, puts out equipment
- 7:50am First call for events. For first field events of the morning only, athletes can go directly to sites. Athletes in laned events must go to marshalling areas
- 8:00am Competition program commences
- 12:00pm Target finish time. Pack-Up Team packs equipment away

Note: Athletes may compete on either or both days. All competing athletes will receive a certificate. However, to be eligible for Octathlon and Decathlon trophies athletes must compete in all events on both days.

OCTATHLON AND DECATHLON COMPETITION PROGRAM

GIRLS PROGRAM 2 (18th October 2014)

7	8	9	10	11	12	13	14/15/16/17
Discus	Shot Put	Shot Put	Triple Jump	Javelin		80 m Hurdle	80/90/110 m Hurdle
60 m Hurdle	60 m Hurdle				60 m Hurdle	Triple Jump	Javelin
Shot Put	Discus	60 m Hurdle	60 m Hurdle	60 m Hurdle	Long Jump		
100 m		Discus	Javelin	Long Jump	100 m	100 m	
	100 m			100 m	Javelin		100 m
		100 m	100 m			400 m	Triple Jump
					400 m		400 m
			400 m	400 m		Javelin	

BOYS PROGRAM 2 (18th October 2014)

7	8	9	10	11	12	13	14/15/16/17
Long Jump	Discus	Turbo Javelin	Triple Jump	Long Jump		80 m Hurdle	90/100/110 m Hurdle
60 m Hurdle	60 m Hurdle				60 m Hurdle	Long Jump	Javelin
	Turbo Javelin	60 m Hurdle	60 m Hurdle	60 m Hurdle	Shot Put		
100 m				100 m	100 m		100 m
Discus	100 m	100 m	Shot Put	Shot Put	Long Jump	100 m	
		Discus	100 m			Shot Put	Triple Jump
				400 m			400 m
			400 m		400 m	400 m	

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PROGRAM SCHEDULE:

- 6:30am Set Up Team arrives, puts out equipment
- 7:50am First call for events. For first field events of the morning only, athletes can go directly to sites. Athletes in laned events must go to marshalling areas
- 8:00am Competition program commences
- 12:00pm Target finish time. Pack-Up Team packs equipment away

Note: Athletes may compete on either or both days. All competing athletes will receive a certificate. However, to be eligible for Octathlon and Decathlon trophies athletes must compete in all events on both days.

WEEKLY COMPETITION PROGRAM - GIRLS PROGRAM 1

7:45 am Start to this Program

Events typically flow down a column, but Program changes can occur

7	8	9	10	11	12	13	14	15/16/17
60 m Hurdle	60 m Hurdle	400 m	Javelin	Discus	Triple Jump	Discus	800 m	800 m
300 m See Below	400 m See Below	60 m Hurdle						Triple Jump
Turbo Javelin	Turbo Javelin	Discus	60 m Hurdle	60 m Hurdle	800 m	800 m	Discus	
Discus	Discus	*200 m	Long Jump	800 m	60 m Hurdle	80 m Hurdle	80 m Hurdle	
200m	*200 m	Turbo Javelin	200 m	Triple Jump	Discus	Javelin	Triple Jump	90/100 m Hurdle
		High Jump See Below	Discus	200 m	200 m	Triple Jump	Javelin	Shot Put
				Javelin	Shot Put	200 m	200 m	Discus
								200 m

**NO PARENTS ARE ALLOWED ON THE CENTRE ARENA UNLESS ASSISTING
IN THE RUNNING OF THE EVENT**

PROGRAM SCHEDULE:

- 6:30am Set Up Team arrives, puts out equipment
- 7:40am First call for events. For first field events of the morning only, athletes can go directly to sites. Athletes in laned events must go to marshalling areas
- 7.45am Competition program commences
- 12:00pm Target finish time. Pack-Up Team packs equipment away

U7, U8 & U9 age athletes may compete in a **maximum of 4 events** per Saturday
 U10 to U17 age athletes may compete in a **maximum of 5 events** per Saturday

An event with a result of a 'no-throw', 'no jump', or 'Did Not Finish' **cannot** be substituted with another event. Points gained from extra events are **forfeited**, refer Rules for Competition - Point 9

*Dropping the 200m may prevent the athlete from winning the sprint trophy

**** 300m U7, 400m U8 & High Jump U9 to be run after Christmas only.**

WEEKLY COMPETITION PROGRAM - BOYS PROGRAM 1

7:45 am Start to this Program

Events typically flow down a column, but Program changes can occur

7	8	9	10	11	12	13	14	15/16/17
60 m Hurdles	60 m Hurdles	400 m	Shot Put	High Jump	800 m	Long Jump	800 m	800 m
300 m See Below	400 m See Below	60 m Hurdles			Shot Put		Shot Put	Triple Jump
Shot Put	Long Jump	Shot Put	60 m Hurdles	60 m Hurdles	60 m Hurdles	800 m	Long Jump	
Long Jump	Shot Put	*200 m	Javelin	800 m	High Jump	80 m Hurdles		
200 m	*200 m	Long Jump	200 m	Shot Put	Long Jump	High Jump	90 m Hurdles	100/110 Hurdles
		High Jump See Below	Long Jump	200 m	200 m	Shot Put	High Jump	Shot Put
				Long Jump		200 m	200 m	Discus
								200 m

**NO PARENTS ARE ALLOWED ON THE CENTRE ARENA UNLESS ASSISTING
IN THE RUNNING OF THE EVENT**

PROGRAM SCHEDULE:

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- 7:40am First call for events. For first field events of the morning only, athletes can go directly to sites. Athletes in laned events must go to marshalling areas
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*Dropping the 200m may prevent the athlete from winning the sprint trophy

**** 300m U7, 400m U8 & High Jump U9 to be run after Christmas only.**

WEEKLY COMPETITION PROGRAM - GIRLS PROGRAM 2

7:45 am Start to this Program

Events typically flow down a column, but Program changes can occur

7	8	9	10	11	12	13	14	15/16/17
70 m	70 m			1500 m	1500 m	1500 m	1500 m	1500 m
Long Jump	Shot Put	800 m	800 m	Shot Put	Long Jump	200 m Hurdles	High Jump	High Jump
Shot Put		70 m	Shot Put	Long Jump	Javelin	Long Jump	200 m Hurdles	200 m Hurdles
100 m	100 m	Long Jump	Triple Jump	400 m	High Jump	400 m	100 m	100 m
	Long Jump	Shot Put	100 m	High Jump	100 m	High Jump	Shot Put	Long Jump
		100 m	High Jump	100 m	400 m	Shot Put	400 m	Javelin
			400 m			100 m	Long Jump	400 m

**NO PARENTS ARE ALLOWED ON THE CENTRE ARENA UNLESS ASSISTING
IN THE RUNNING OF THE EVENT**

PROGRAM SCHEDULE:

- 6:30am Set Up Team arrives, puts out equipment
- 7:40am First call for events. For first field events of the morning only, athletes can go directly to sites. Athletes in laned events must go to marshalling areas
- 7.45am Competition program commences
- 12:00pm Target finish time. Pack-Up Team packs equipment away

U7, U8 & U9 age athletes may compete in a **maximum of 4 events** per Saturday

U10 to U17 age athletes may compete in a **maximum of 5 events** per Saturday

An event with a result of a 'no-throw', 'no jump', or 'Did Not Finish' **cannot** be substituted with another event. Points gained from extra events are **forfeited**, refer Rules for Competition - Point 9

COMPETITION PROGRAM - BOYS PROGRAM 2

7:45 am Start to this Program

Events typically flow down a column, but Program changes can occur

7	8	9	10	11	12	13	14	15/16/17
70 m	70 m			1500 m	1500 m	1500 m	1500 m	1500 m
Turbo Javelin	Turbo Javelin	800 m	800 m	Javelin	Discus	Discus	Triple Jump	High Jump
Discus		70 m	High Jump	Discus	Javelin	200 m Hurdles	200 m Hurdles	200 m Hurdles
100 m	100 m	Turbo Javelin	400 m	100 m	400 m	Triple Jump	Javelin	100 m
	Discus	Discus	Triple Jump	400 m	Triple Jump	100 m	100 m	Long Jump
		100 m	100 m	Triple Jump	100 m	Javelin	400 m	Javelin
			Discus			400 m	Discus	400 m

**NO PARENTS ARE ALLOWED ON THE CENTRE ARENA UNLESS ASSISTING
IN THE RUNNING OF THE EVENT**

PROGRAM SCHEDULE:

- 6:30am Set Up Team arrives, puts out equipment
- 7:40am First call for events. For first field events of the morning only, athletes can go directly to sites. Athletes in laned events must go to marshalling areas
- 7.45am Competition program commences
- 12:00pm Target finish time. Pack-Up Team packs equipment away

U7, U8 & U9 age athletes may compete in a **maximum of 4 events** per Saturday

U10 to U17 age athletes may compete in a **maximum of 5 events** per Saturday

An event with a result of a 'no-throw', 'no jump', or 'Did Not Finish' **cannot** be substituted with another event. Points gained from extra events are **forfeited**, refer Rules for Competition - Point 9

MEDAL DAY PROGRAM (Saturday 28th February 2015)

7.45 am start to this Program with Grand Relay
Events typically flow down a column, but program changes can occur

7	8	9	10	11	12	13	14	15/16/17
60 m Hurdles	60 m Hurdles	200 m	Shot Put	Discus	Long Jump	Discus	800 m	800 m
200 m	200 m	60 m Hurdles	60 m Hurdles	800 m	800 m	800 m	High Jump	High Jump
Long Jump	Long Jump	Discus	Long Jump	60 m Hurdles	60 m Hurdles			
Discus	Shot Put	Long Jump		Long Jump	Shot Put	80 m Hurdles	80/90 m Hurdles	90/100/110 m Hurdles
70 m	70 m	70 m				Long Jump	Shot Put	Discus
			100 m	100 m	100 m			
			Discus			100 m	100 m	100 m

PROGRAM SCHEDULE

6:30am	Set Up Club arrives, puts out equipment
7:40am	First call for the Grand Relay
7:45am	Grand Relay commences
8:00am	Competition program commences
12:00pm	Target finish time. Pack-Up Club packs equipment away

MEDAL DAY

The aim of Medal day is the opportunity for the second tier of athlete to win something.

Any Hamersley records broken will be recognised.

Athletes that are ineligible are strongly encouraged to participate on this day.

Medals are awarded to the overall top three place-getters in each age/sex group at the HLAC Presentation Day.

INELIGIBLE	ELIGIBLE
1) Do less than 5 events on Medal Day	1) You must do all 5 events to receive a medal.
2) 2013/14 Zone Medallists (U7-U9)	2) 2013/14 and prior AGE GROUP WINNERS
3) 2013/14 State Medallists (U10-U17)	3) Any prior Medal Day Medallists
4) 2013/14 State Multi Medallists	4) Any Relay Medallists (Track & Field)
5) 2014/15 AGE GROUP WINNERS* (not known until after Medal Day comp)	5) Any Cross Country & Winter Walks medallists
6) If not completed two competition days after Christmas break	6) Any other athlete who is not ineligible

Any athletes that were registered with another centre in 2013/14 are ineligible if they are Zone, State or Multi medallists per points 2, 3 & 4

* Consistency Awards (Age Group Winners) who receive 1st, 2nd & 3rd

2013/2014 WINTER CROSS COUNTRY COMPETITION RESULTS

STATE CROSS COUNTRY CHAMPIONSHIPS – MEDALLISTS

GOLD	SILVER	BRONZE
Tait Saunders U9B	Joshua Fletcher U8B	Kai Richards U7B
Jasmine Pugh U12G	Taine Hughes U9B	Dominic Saunders U9B
Melany Smart U13G	Brandon Ford U11B	Emma Walsh-Kennedy U12G
	Tia Chitty U12G	
	Jesse Hunt U16B	

CONSISTENCY AWARDS FOR CROSS COUNTRY

Distance	Boys	Girls
1500m	Owen Hurley	Alana Sim
2000m	Luke Heathcote	Mia Lockwood
3000m	Jesse Hunt	Melany Smart

LIFE MEMBER AWARDS FOR CROSS COUNTRY

Life Member	Perpetual Trophy for	Award Winner
Ryan	Excellency	Jasmine Pugh / Melany Smart
Gee	Coach's Award (Effort & Participation)	Callum O'Shea

QUALIFIED FOR STATES

BOYS

Kai Richards, Fletcher Bromwell, James Chansbury, Robert Wood, James Thomas, Joshua Fletcher, Benj Heathcote, Owen Hurley, Vincent Pettinicchio, Taine Hughes, Tait Saunders, Callum Sainsbury, Kai Dunne, Dominic Saunders, Rory Jones, Zachary Passera, David Wood, Henry Lang, Joshua Smith, Brandon Ford, Kyle Sorensen, Luke Heathcote, Nicholas Cleaver, Callum O'Shea, Luke Saunders, Morgan Fletcher, Jake Lorkin, Jarrick van Wyk, Tyson Croyston, Lachlan Thomas, Daniel Smith, Alessio Merlo, Jesse Hunt.

GIRLS

Audrey Pettinicchio, Cerys Jones, Scout Croyston, Megan Jones, Alana Sim, Caylin Robey, Poppy Briggs, Kate Cleaver, Darcie Richards, Noelle Chitty, Ajani Blinco, Fallon van Wyk, Montanna Bromwell, Louise Wood, Bronte Croyston, Mia Lockwood, Jasmine Pugh, Charis Harvey, Isobel Jones, Emma Walsh-Kennedy, Tia Chitty, Maeve Evans, Melany Smart, Madison Bromwell, Annalise Re, Saffi Hunt, Niamh Wilkins.

WINTER COMPETITION

The Annual Subscription covers the Winter season as well. During the winter, WALAA conducts Inter-Centre Cross Country Running and Road Walking events.

The events are held on Saturday afternoons, starting at 100 pm, at a variety of different venues throughout the metropolitan area.

Hamersley conducts regular training sessions on Monday and Wednesday evenings from 5pm to 6pm. 2014/2015 training starts on Wednesday 1st April, 2015 at Carine Open Space. For more details contact the Hamersley Winter Officer, Nichola Jones.

Recipients of the Hamersley Little Athletics 'Life Member Awards' from 2002 to 2013

Year	CASSEY	DAVIS	DONEGAN	JAN VEITCH
	Jumps	Walks	Senior Sprinting	Junior Sprinting
2013	A Dargan	No Award	D Holland	S Rajakovic
2012	M Smart	No Award	J Murphy	S Rajakovic
2011	A Dargan	A Barron	E Leask	S Rajakovic
2010	G Papathanassiou	H Birch	E Italiano-Schmidt	S Rajakovic
2009	G Papathanassiou	J Hamilton	D White	A Jurilj
2008	A Cotton	J Hamilton	N Caccamo	J Webb
2007	A Cotton	S Rafty	N Caccamo	K Smith
2006	H Miller	E Clauson	K Honer	C Bryan
2005	C Nankivell	S Rafty	P Goods	M Peirce
2004	A Nankivell	S Dib	L Henderson	J Darling
2003	A Nankivell	S Rafty	A Round	J Darling
2002	M Dodd	S Rafty	A Round	T Bruins

Year	JONES	LEY	PAUL MARDLE	SCOTT
	Shotput	High Jump	Discus	Long Distance
2013	L Birch	G Szalek	S Du Toit	L Heathcote
2012	L Birch	S Szalek	E Bond	L Graves
2011	L Birch	J Friedman	J Prior	L Graves
2010	N Hastie	S Aitken	T Oswald	L Graves
2009	L Birch	C Murphy	B Reyes	L Wood
2008	T Wisken	A Rossandich	B Reyes	S Vigors
2007	C Bryan	J Hamilton	B Reyes	M Fernandes
2006	M Seitz	A Rossandich	B Reyes	S Vigors
2005	B Reyes	A Rossandich	E Bartlett	S Mayer
2004	E Bartlett	L Hodder	S Bartlett	H Allnut
2003	J Anfuso	M Dodd	E Barlett	T Bruins
2002	E Bartlett	A Rudd	L Michel/J Anfuso	S Mayer

Year	STARCEVICH	TESTER	ROFFMAN	GAVIN DUNN
	Hurdles	Javelin	Turbo Javelin	High Jump
2013	S Sundquist	E Rose	N Chitty	G Szalek
2012	E Leask	D Smith	N Chitty	T Watson
2011	S Sundquist	C Charles	M Burton	P Papathanassiou
2010	A Lyons	R Charles	A Breman	J Chapman
2009	E Mills	C Charles	D Smith	J McIntee
2008	H Miller	J Chapman	H Trent	K Davey
2007	L Sabbagh	J Chapman	J Fleay	C Wright
2006	A Cotton	E Bartlett	J Fleay	L Rodman
2005	S Walsh	J Chapman	H Miller	A Nankivell
2004	S Walsh	J van Kampen	A Rossandich	Z Timmers
2003	S Walsh	J O'Connor	B Rayner	A Thompson
2002	A Boshart	H Thompson		D Kandic

Year	CARISSA STEERE	LEWIS	HARRISON	O'CONNOR
	Decathlete	Octathlete	Senior PB's	Junior PB's
2013	S Rajakovic	OHurley	NCleaver	LSamuels
2012	S Rajakovic	PPayne	ASundquist/JKing	LHobbs
2011	J Prior	SRajakovic	BWilson	HPickett
2010	L Foley	CKnight	ZJurilj	KFisher
2009	H Miller	SDeegan	Eitaliano-Schmidt	CRafferty
2008	J Webb	TTrent	PGavranich	CJurilj/TBerry
2007	E Bartlett	MGuy	BWaters	No Award
2006	E Bartlett	JFleay	NKenyon	No Award
2005	A Cotton	HMiller	SVigors	No Award
2004	EBartlett	CBryan	RWren	No Award
2003	MDodd	JAnfuso	KDavey/MWileman	No Award
2002	EDodd	SWalsh/EBartlett	No Award	No Award

Year	TEBBUTT	GRAHAM	GRAHAM	VANIRSEN
	Quiet Achiever	Fellowship Girl	Fellowship Boy	Outstanding Assistance
2013	J Johnstone	O Wiskin	L Watson	B Wilkins
2012	No Award	T Watson	S Stewart	P Watson
2011	Emma Wilkinson	No Award	P Papatthanasious	T Smetherham
2010	S Hoffman	J King	J Sabbagh	K Warner
2009	A Bannister	S Vigors	T Ockelford	J Rose
2008	S Rayner	A Staffe	D Bradbury	H Hoey
2007	D Clancy-Lowe	M Lydiard	S Rafty (Girl)	C Bartlett
2006	C Wright	E Causon	J Baharthah	L Mayer
2005	C Smetherham	L Henderson	J Ockelford	S Rafty/K Lydiard
2004	L Edwards	K Stephens/SButt	S Rafty	C Penkin
2003	C Jones	L McNally	C Piccoli	T Kaitse
2002	J O'connor	N Philpott	M Clarke	S&B O'connor

Year	FERGIE	STRICKLAND	RAFTY	KAITSE
	Junior Girl Champion	Junior Boy Champion	Intermediate Girl Champion	Intermediate Boy Champion
2013	L Samuels	H Apsey	T Chitty	S Rajakovic
2012	L Hobbs	H Apsey	M Smart	S Rajakovic
2011	J Pugh	S Rajakovic	A Dargan	L Foley
2010	A Berman	J Prior	K Waters	L Foley
2009	S Deegan	Z Shellabear-Healey	B Saltmarsh	C Charles
2008	T Trent	H Trent	J Webb	K Egan
2007	B Saltmarsh	H Trent	K Holmes	C Bryan
2006	J Fleay	M Peirce	E Bartlett	C Bryan
2005	H Miller	C Bryan	E Bartlett	S Walsh
2004	H Miller	A Rossandich	E Bartlett	J Darling
2003	E Bartlett	J Anfuso	S Mayer	M Dodd
2002	E Bartlett	J Anfuso	A Rudd	M Dodd

Year	BRUCE TRIVETT	JACK STURROCK	RYAN	GEE
	Senior Girl Champion	Senior Boy Champion	Excellency In Cross Country	Effort & Participation in Cross Country
2013	C Metcalf	G Szalek	O Hurley/JPugh	A Blinco
2012	E Leask	J Murphy	LGraves/MSmart/JPugh	N Cleaver
2011	E Italiano-Schmidt	C Charles	L Graves	L Heathcote
2010	T Watson	C Charles	J Pugh/L Graves	Z Jurilj
2009	H Miller	D White	S Deegan	S Johnstone
2008	A Cotton	A Rossandich	K Holmes	G Devitt/L Wood
2007	R McCormick	D Bradbury	J Jason	T Watson
2006	K Honer	J McCabe	M Fernandes	J Jason
2005	C Nankivell	P Goods	C Piccoli	R McCormick
2004	A Nankivell	S Bartlett	S Mayer	J Rodman
2003	E Dodd	T Bruins	S Mayer	C Prendiville
2002	E Dodd	M Clarke/D Gourdis	C Piccoli	S Mayer

Year	BARTLETT	UDALL	HLAC	HLAC
	Hepathlete	Club Consistency	Parent Participation	Champion Club
2013	S Rajakovic	Glendale	Karrinyup	Sorrento
2012	S Rajakovic	Glendale	Glendale	North Beach
2011	J Prior	North Beach	Karrinyup	North Beach
2010	L Foley	Glendale	Glendale	Glendale
2009	No Award	Oceanside	Glendale	North Beach
2008	No Award	Sorrento	Glendale	North Beach
2007	No Award	Whitfords	Glendale	Sorrento
2006	No Award	Oceanside	Oceanside	Glendale
2005	No Award	Oceanside	Whitfords	Sorrento
2004	No Award	Oceanside	Sorrento	Sorrento
2003	No Award	Whitfords	Karrinyup	Sorrento
2002	No Award	North Beach	Oceanside	Sorrento

RULES FOR COMPETITION

Competition rules are those within the WALAA Competition Handbook currently in force

Local Rules enforced by Hamersley Little Athletics Centre are:

1. ENTITLEMENT

- (a) All competitors must be registered with the West Australian Little Athletics Association
- (b) Minimum Age - All competitors must turn six years of age (by 30th Sep) in the year of the commencing season, ie the child's birthday must be within the grid below.
- (c) Age group is determined by the athletes age as at September 30th. For example, a child turning 8, October 1st to September 30th of the following year, is eligible to compete as U8. See age group grid below.

Yr	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
'08	U7	U7	U7	U7	U7	U7	U7	U7	U7			
'07	U8	U8	U8	U8	U8	U8	U8	U8	U8	U7	U7	U7
'06	U9	U9	U9	U9	U9	U9	U9	U9	U9	U8	U8	U8
'05	U10	U10	U10	U10	U10	U10	U10	U10	U10	U9	U9	U9
'04	U11	U11	U11	U11	U11	U11	U11	U11	U11	U10	U10	U10
'03	U12	U12	U12	U12	U12	U12	U12	U12	U12	U11	U11	U11
'02	U13	U13	U13	U13	U13	U13	U13	U13	U13	U12	U12	U12
'01	U14	U14	U14	U14	U14	U14	U14	U14	U14	U13	U13	U13
'00	U15	U15	U15	U15	U15	U15	U15	U15	U15	U14	U14	U14
'99	U16	U16	U16	U16	U16	U16	U16	U16	U16	U15	U15	U15
'98	U17	U17	U17	U17	U17	U17	U17	U17	U17	U16	U16	U16
'97										U17	U17	U17

- (d) All competitors **must** wear correct club uniform with their registration number on the front and the age badge must be fastened on the top left front, and any sponsor's year badge top right front of the T-shirt. Failure to comply with these rules may render the athlete ineligible to compete.
- (e) Athletes must compete only in their age/sex group.
- (f) Departure from these rules will only be with the consent of the Arena Manager on application from the Club Manager.

2. ORGANISATION

- (a) Athletes must, when called by the Announcer, report to the appropriate Marshall before all events. The only exception to this is at the start of the program, where athletes in the first field events may proceed directly to the site.
- (b) For safety reasons the centre of the Arena is not to be occupied by anybody except competing athletes and the supervising Officials. Competitors must walk around the track to reach their field sites.
- (c) Each week affiliated Clubs must supply sufficient parent helpers to assist in conducting the competition. All parent helpers **must** present themselves to the Key Official and sign on (for insurance purposes)
- (e) Where practical, any Official shall stand aside for that event in which their child or a child they privately coach, is competing. The final decision on parent behaviour rests with the Arena Manager.

3. COMPETITION OFFICIALS

- (a) Key Officials will be provided by all clubs to run the competition (see Page 6).
- (b) Parent helpers will be called for on the day of competition. A minimum of 100 officials is required to run the morning's program efficiently. It is most important that this number of parent officials volunteer to help so that the program can finish close to the scheduled time.
- (c) Duties and responsibilities of all Officials and Helpers are outlined in the WALAA Officials Handbook.

4. PROGRAM

- (a) The published programs shown in this booklet display recommended order for events. These programs are to be considered only as a guide. The Hamersley Committee reserves the right to amend or vary event orders or cancel any of the program, as local circumstances or conditions dictate. The Committee will not be held responsible for athletes missing their events.
- (b) Track events will not be held up for Field events. Should a coincidence of events occur, Track should take preference. With the permission of the Key Official, an athlete may leave that event to compete in the Track event, but must return immediately on its completion to finish the Field event, in accordance with the WALAA rules.
- (c) Athletes will be placed two per lane for the start of the 800m race, and will run in lanes for approximately the first 120m. Lanes will not be used runs longer than 800m and the 300m. These events will start from a curved line.

5. COMPETITION

- (a) **FALSE STARTS**, Warning - yellow flag, Disqualification - red flag
U7-U10, three false starts by an athlete, disqualification
U11-U15, two false starts by an athlete, disqualification
U16-U17, only one false start per race allowed, next false start disqualification
- (b) **STARTING BLOCKS** may be used by athletes in the U13 to U17 age groups in laned events only.
- (c) The wearing of shoes is mandatory in all events.
- (d) **SPIKES**:
 - (i) May be worn by athletes from U11 to U17 age groups in all laned events (but not Relays), Javelin and High Jump (U11 must not wear them for their High Jump). A Key Official or the Arena Manager may, from time to time, consider that competition conditions, or an athletes' jumping style may make the use of spikes inappropriate and ban the use of spikes for that event.
 - (ii) U13 to U17 age groups (but **not** U11 & U12) may also wear spikes in Long Jump & Triple Jump.
 - (iii) Spiked shoes **must** be carried to the start of the event, and removed on completion. The shoes are to be carried "Spikes in". Disqualification from events may result for breach of this rule, or any dangerous or frivolous use of the spikes.
 - (iv) Maximum spike lengths; 7mm for synthetic tracks; 9mm for jumps and 12mm for grass tracks. Maximum spike number per track shoe is 7, for HJ & Javelin 11.
 - (v) At the State Athletics Stadium, to maximise performance & prevent damage to the mondo surface, athletes must **not** use 'sharp' spikes that will penetrate the surface. As such, the **only** spikes **permitted** for use on the track are of the Christmas Tree shape & **7mm** in length only, the material of which the spike is made eg ceramic or metal is irrelevant & as such will not be monitored.
 - (vi) Only shoes **not** capable of taking spikes will be allowed for the U7 to U10 age groups.
- (e) In accordance with WALAA guidelines, "there will be no restriction on athletes talking or signalling back to coaches/parents as long as it does not disrupt the event and providing that

the coach/parent is not officiating on that site". Any disruptions to the event will be dealt with by the Key Official and the Arena Manager.

- (f) No parents are permitted in the Centre of the Arena unless they are helping with the running of an event.
- (g) Appropriate tracksuit pants (black or club colours), not surf clothing or similar apparel, may be worn while competing in the throwing events. Tracksuit jackets or other tops must **not** be worn while competing.
- (h) Hats may be worn during participation in all events. If the hat falls off during Long Jump, Triple Jump, Shot Put, Javelin or Discus, **no** penalty will be incurred. However, in High Jump the hat is considered part of the apparel and like any other clothing, if it causes the bar to fall then it is a foul.
- (i) Competitors are limited to 1 minute after being called, in which to commence their throw or jump attempt.
- (j) On completion of all Track events, competitors must report to the judges, displaying their registration number, so results can be recorded.
- (k) On Program 1 and 2 days, athletes from the U7, U8 & U9 age groups may select a maximum of four (4) events in which to compete. Athletes from the U10 – U17 age groups may select a maximum of five (5) events, in which to compete. (Exceeding the event maximums will lead to forfeiture of either or both of individual and Club points for the final completed event(s) of the day).
- (l) On Octathlon and Decathlon days, athletes in the U7, U8 & U9 age groups compete in eight (8) events over the two Programs. Athletes in the U10 – U17 age groups compete in ten (10) events over the two Programs. Athletes may compete on either or both days. All competing athletes will receive a certificate. However, to be eligible for Octathlon and Decathlon trophies, athletes must compete in all events on both days.

6. DISQUALIFICATION

- (a) Misbehaviour by any athlete may result in disqualification from that or any other event, and/or suspension for a period to be decided by any two of the following: President, Arena Manager and Key Official, acting together, or in their absence, by any combination of three Committee Members and Key Officials acting together.
- (b) Athletes handling implements on Sites in the absence of Officials, may be disqualified from that event.
- (c) Disqualification will be immediate if the athletes cause interference during any race, eg by cutting in too quickly or changing lanes.
- (d) Disqualification may result if the rules relating to Spikes (see Rule 5(d)) are not adhered to.
- (e) Athletes who fail to marshal on time, go to a site without marshalling, or otherwise disrupt the program, may be ruled out of the event.

7. RECORDS

Centre event records are recognised on all HLAC competition days held at Charles Riley Reserve by Hamersley athletes only. HLAC does **not** recognise away or open records or records at State run events that Hamersley athletes compete in such as the Zone Championships. For a record to be claimed, athletes must compete in their own age group (except in events where age groups are regularly combined). Please inform the Arena Manager or the starting official beforehand if possible, if you expect to break a record so all timers are ready.

The Arena Manager should verify and record **all** records. This task may be delegated to an alternative Hamersley LAC official in some instances for expediency provided due diligence is adhered to.

i) For a track record where electronic timing is in use, that time will be the record; if it fails then the lower of two stop watches will be the record. If no Electronic timing is in use then three stop watches are required and the middle time (rounded up to point one of a second) will be the record. For track events, the centre records at the back of this book show the current record from the previous season; the recording sheets will display the current record for the Age Group.

ii) For field record ratification to occur after week 5 of the current season, the event is to be officiated by a Level D or above WALAA accredited person for that event. In the case of High jump, please call the Arena Manager **before** attempting the height.

8. PROTESTS

- (a) The Protest Committee shall consist of the Arena Manager, a Committee Member and the appropriate Key Official of the Site involved with the dispute.
- (b) Protests are to be presented by Club Managers to the Arena Manager in writing, within thirty (30) minutes of the completion of the event in question. A fee of fifty dollars (\$50) shall accompany the protest, which will be forfeited if the complaint is considered frivolous.
- (c) **No** video or photographic evidence will be accepted in any protest.
- (d) The Protest Committee may determine any matter not covered by these rules as may arise from time to time.

9. POINTS SCORING AND AWARDS

Athletes accumulate Performance based points (**not** place based points) in accordance with the scales of points as specified, and reviewed as required, by the Hamersley Committee. Points are awarded to each athlete for each event.

The Hamersley record in each event constitute 120 points (for the U16 & U17's the state record constitutes 120 points). All competing athletes receive a minimum of 1 point for each event attempted, which currently stands at 5% of the record for throws, 40% of the record for jumps and 60% on the record for track. The calculation of points are linear, therefore performances mid-way between the tabled achievements earn half points. Where a record is broken, an athlete can exceed 120 points for the event. Where a record has been broken during the season, performances in excess of the original record will also earn greater than 120 points. . Any queries regarding points, contact the Hamersley Recording Officer.

Rule 5(k) provides for the forfeiture of points. Such action is at the discretion of the Ranking Officers and the Records Officer acting together.

If an athlete competes in more than their allocated events, then the points gained on the last event on the calendar they competed in are forfeited. Note this could influence relay selection and trophy calculation, as that result is erased.

(a) Centre Consistency Awards (Age Group Winners)

An Award for 1st, 2nd & 3rd in each age/sex will be made at season's end to the athletes with the highest accumulation of points achieved from a maximum of 10 competition days, ie Program 1 & 2 days & including the Octathlon/Decathlon programs Two of these must be contested after the Christmas break

(b) Life Member Event Awards

These are perpetual trophies, dedicated by our Life Members, to reward athletes who have demonstrated a consistently high standard in specific events throughout the season.

(i) They are awarded to the athletes with the highest accumulation of points from their best 5 of the target event over Program 1 and 2 days, excluding Medal Day.

(ii) Must be eligible to win a Centre Consistency Award.

(iii) U7 athletes are not eligible for Life Member awards; except for the Junior Champion trophy, Octathlon trophy and O'Connor for Junior Personal Bests.

(iv) An athlete shall not receive more than one Life Member award; except for the Junior, Intermediate and Senior Champion trophies, Octathlon, Decathlon and Heptathlon trophies, the Graham Fellowship trophy, and the Dunn Memorial trophy, which is awarded to an U15 athlete for High Jump.

(c) Club Awards

(i) Champion Club

Clubs progressively accumulate the points from each event, in each age/sex group. The "Champion Club" award is determined by the highest accumulation of points throughout the season, using all Program 1 & 2 days, as 'award eligible dates'.

(ii) Club Consistency

As per champion club except divided by the number of registered athletes. The club with the highest number of points per athlete wins.

(iii) Parent Participation

Points are awarded to Clubs for their contribution to the parental help necessary to make the program run smoothly, on the basis of each Club's number of signed on helpers expressed as a percentage of its competing athletes. Further points may be awarded for any Centre activity requiring parent help (eg line marking). The basis of calculation is determined by the Centre Committee. The award will be presented at seasons' end to the Club with the highest accumulation of points.

(d) Championship Certificates

The top three performers from each age/sex group for each event will be determined from performances achieved throughout the season, and will receive certificates.

10. SELECTION OF ATHLETES TO REPRESENT HAMERSLEY

Normally athletes compete each Saturday for their Clubs. However, there are various occasions throughout the season when our athletes will be selected to represent our Centre. Please note that non-attendance by an athlete, at an event for which the athlete was selected/qualified, without reasonable excuse, may result in the athlete not being selected in future events. The exclusion of an athlete shall be by decision of the Hamersley Selection Subcommittee.

Those dates known at the time of printing are shown on the Calendar of Events in this book. Full details will be made available nearer the time in each case.

A summary of the regular meetings follows:

Note, the rules for competition of State run events may or may not be consistent with Hamersley's rules or Hamersley's general accepted practices or procedures. Failure to follow the WALAA rules for competition at a State run event may result in disqualification. The rules can be found on WALAA's website.

- **State Track and Field Relay Championships**

This event is organised by WALAA, it embraces all Centres, is held at the West Australian Athletics Stadium and consists of Track Relay teams and selected Field Event teams. Track selection takes precedence over field selection, at the discretion of the Selection sub-committee. Athletes competing in the Field Relay may not compete in a Track Relay Event and vice versa.

Initial squad invitation this year will be based on all performances up to and including week 4 (Nov 1st) for track and week 6 (Nov 15th) for field. Squad lists will be available the following week for viewing on the Hamersley website.

All age/sex groups except U7 are involved in Track Relays. The Field relays are for athletes in U10 to U17.

TRACK RELAY RULES:

- (a) A Coach/Manager is required for each age/sex squad. The Coach is selected by a sub-committee from the Centre Committee. Individuals interested in coaching teams may contact the Selections Officer at the commencement of the season. The following guidelines for Coach selection will apply:
 - (i) Previous year's coaches may be given preferential consideration, provided past work has been satisfactory.
 - (ii) Level of accreditation and field of expertise will be considered.
 - (iii) Parents or interested parties, who are active at Centre and/or Club level, will be considered.
- (b) Invitation and selection of the athletes for each relay Squad is by Hamersley Sub-committee.
- (c) Athletes must have had at least one recorded time or distance for the event, to be considered for selection.
- (d) Athlete invitation and selection will be based on rankings (i.e. season best times) at the conclusion of the last selection day. However, an athlete who is not ranked in the top 4 on times but places in the top 4, will be considered for selection. Previous performance may be considered in extenuating circumstances at the committee's discretion. Athletes who are sick or injured and wish to be considered must contact the selections officer prior to final selection day.
- (e) Addition to Squads and selection of the final team is at the discretion of each age/sex Coach/Manager and the Hamersley Selection Officer. It may be up to one day prior to the actual competition. On occasions due to illness, injury or poor performance on the day, a late change may be deemed necessary by the coach in discussion with the Selections Officer.
- (f) Centre uniform must be worn and WALAA rules for footwear apply.
- (g) Training in squads is involved, and will be separate from normal club training. It is compulsory to attend most of these sessions.
- (h) For track relay squads, a practice run may be held at the State Athletic Stadium at the coach's discretion, the week prior to Championships.

FIELD RELAY RULES:

- (a) The priority of a Centre is to nominate a Track Relay Team **before** a Field Relay Team
- (b) 4 events will be chosen from Long Jump, Triple Jump, Javelin, Shot, Discus to form the field relay for the U10 to U17 age groups.
- (c) A Centre may enter one team per age group.
- (d) Each team must compete in all 4 events.
- (e) Each athlete in the team may compete in no more than 2 events.
- (f) Teams may be composed of: 4 athletes with 1 event each; 3 athletes with 1 athlete competing in 2 events and the other 2 competing in 1 event each; or 2 athletes competing in 2 events each.
- (g) Medals are presented to the first three placed teams in each grouping.
- (h) Full details regarding the rules of competition and the scoring process are available from the Selections Officer.

CODE OF CONDUCT FOR PARENTS & ATHLETES INVOLVED WITH RELAY SQUADS:

- (a) Invitation of an athlete in the preliminary squads is not to be construed as meaning that the athlete will be an automatic selection in the final team, to compete at State Relay Championships.
- (b) Proficiency in both baton changing and the preservation of the ranking in the distances from the 100m-400m, will be necessary to attain and retain a place in the final teams.
- (c) Athletes must be prepared to attend a majority of training sessions, whenever and wherever the coach elects to conduct the sessions. Parents are not to be involved in, nor interfere with, the training sessions, unless specifically asked to by the coach.
- (d) The coach is to be left to make the decisions about the order of running of the athletes, as well as who will be the reserve/s, in both heats and finals (from the selected squad). They have the right to make these decisions on the day.
- (e) All issues pertaining to selection & training must be referred to the Selection Sub-committee. Do not approach the coach directly.

• Multi Event

This event is organised by WALAA and held at the State Athletics Stadium. It is open to all athletes in the U11 and above age groups.

- (a) Centre uniform must be worn.
- (b) Athletes **must** compete in five (5) events specified for their age group.
- (c) Athletes nominate for the event by the nominated date in order to enter.

Note: Successful athletes in the U15 age group, may be eligible to be selected to represent WA in the National Multi Event Championships.

• Zone Championships (State Championship Heats and Quarter Finals)

The State is divided into Zones which once a year conduct Championship meetings, held over two consecutive days, to determine which athletes go through to the State Championships, held two/three weeks later. The "Zones" are in effect the State heats and quarter finals. There are four Centres in our Zone: Joondalup, UWA, Ridgewood and Hamersley.

- (a) U10 to U15 must wear Centre uniform; U7, U8 & U9 can wear their club uniform.
- (b) WALAA rules for footwear, spikes and starting blocks apply.
- (c) Athletes nominate their chosen events on forms provided, and submit by a nominated closing date. Check with your Club Managers. Nominations after the closing date will not be accepted.
- (d) Athletes can select **any** event listed on the nomination form, whether they have competed in the event previously or not.
- (e) The maximum numbers of events that can be competed in are:
U7, U8 & U9: 4 events over the two days
U10 to U12: 5 events over the two days
U13 to U15: 6 events over the two days
- (f) U7, U8 & U9 age groups will complete their state championships at the zones competition. In those age groups medals will be awarded for 1st, 2nd and 3rd in each event at the zone.
- (g) U16 and 17 age groups do not compete at the zones. Those athletes will progress directly to the State Championships in all of their chosen events, up to a maximum of 6 events over the two days.

• State Championships (Semi Finals and Finals)

Those athletes entitled to compete are the top qualifiers from the Zones and the U16 and U17 age groups. There are semi-finals and finals, run at the State Athletics Stadium.

- (a) Centre uniform must be worn.
- (b) WALAA rules for footwear and starting blocks apply.

- (c) Successful athletes in the U13 age groups may be eligible for selection to represent WA in the National Championships (usually held in April).
- (d) Successful medal winners in the U14 & U15 age groups may be eligible to nominate for selection to represent WA in the International Challenge held in Singapore or Kuala Lumpur (usually in July).

11. PARENT PARTICIPATION POLICY IN RELATION TO STATE RUN EVENTS

Zones Competition/State Track & Field Championships

Parents of participating athletes are required to fulfil **two*** time slots of roster duty at the venue over the weekend. A “please explain” email will be requested from parents who do not complete a roster. If this does not prove satisfactory, then the children of that family will not be eligible for any trophy for that season and this will also place their family’s membership for the following season in jeopardy.

Teams Challenge, State Multi Events/State Track & Field Relay Championships

Parents of participating athletes are required to fulfill **one*** time slot of roster duty at the State Athletics Stadium on the day. Same rules apply as above if a roster is not completed.

Hamersley Hosted Cross Country Events

Parents of any athlete attending winter training and/or participating in the fortnightly winter WALAA races are required to fulfill **one*** time slot of roster duty at the Hamersley LAC winter race venue (usually Millington Reserve, corner Elliott and Jeanes Roads, Karrinyup) on the day.

* Please note the number of roster duties required per family may change closer to the date of the event depending on the number of athletes participating.

Exceptions to the above may be extended to Hamersley Committee, or due to extenuating circumstances and must be agreed to by the Organizer of Officials prior to the day of Competition. Failure by parents to complete their required rostered duties may result in your athlete being excluded from competing as a Hamersley Athlete in future events and/or may place your membership for the following season in jeopardy.

12. VISITOR POLICY

Registered athletes from other Centres are welcome at Hamersley. Visitor’s should provide their personal best performances to the Recording Officer at least three days prior to the competition day. Failure to do so may mean that the visitor is not appropriately graded and may be placed in the last heat of each event to avoid minimum disruption to Centre Competition. Visitors are expected to provide officials to help on sites as required. Visiting athletes will not have their results published by Hamersley, however they may request their results on the day from the recorders at each event.

13. PRIVACY POLICY

Parents/Guardians are advised that email distribution lists from Hamersley are not to be used for any reason other than for matters directly related to athletics at club and centre. To ensure privacy of email addresses, the sending of email requires the use of the “BCC” field at all times for bulk email communication to club members.

14. NO PARENT/NO COMPETITION POLICY

It is Centre policy that if a child is dropped at the Centre for competition and does not have a parent or nominated guardian present, they will not be allowed to compete until that parent or guardian arrives.

2013/2014 SUMMER COMPETITION RESULTS

2013/2014 CONSISTENCY AWARDS (Age Group Winners) GIRLS

	WINNER	RUNNER UP	THIRD
U7	Tamsyn Naughton	Gisele Phelan	Tamzyn Aisbett
U8	Courtney Walsh	Jada Bunce	Hayley Hyde
U9	Alana Sim	Caitlin Courtie	Sophie Birch
U10	Poppy Briggs	Lili Hobbs	Luka Samuels
U11	Ella Ugwu	Madison Burton	Mia Robinson
U12	Jade Whyte	Sinead Du Toit	Olivia Roberts
U13	Melany Smart	Hannah Whitbread	Sarah Sundquist
U14	Jenna Newton	Brianne Wilson	Mia Clementi
U15	Chloe Metcalf	Lauren Holder	Emily Rose
U16	Caitlin Murphy	Gemma Devitt	Rebecca Wasley
U17	Taylor Watson	Phoebe Lawes	Ella Italiano-Schmidt

2013/2014 CONSISTENCY AWARDS (Age Group Winners) BOYS

	WINNER	RUNNER UP	THIRD
U7	Ben Daynes	James Philpott	Samuel Rowling
U8	Luke Holt-Brown	Riley Smith	Ben Ellis-Williams
U9	Owen Hurley	Alex Perin	Dylan Brimson
U10	Liam Moody	Nicholas Holmes	Ethan Roberts
U11	Toby Waymouth	Jaxon Poole	Aiden Nelson
U12	Stefan Rajakovic	Nicholas Cleaver	Cambell Franceschi
U13	Nicholas Deleonardis	Dylan Clayton	Alexander Sundquist
U14	Luke Foley	Daniel Smith	Riley Armstrong
U15	Adam Kopp	Kane Goodyear	Mitchell Chapman
U16	Liam Goodyear	Grant Szalek	James Vasikaran
U17	Jack Johnstone		

2013/2014 PERSONAL BEST AWARDS

	GIRLS	BOYS
U7	Tamsyn Naughton	Harrison Clarke
U8	Kirra Prumm	Cody Tana
U9	Aleesia Uchino	Jozef Monastra
U10	Luka Samuels	Zachary Passera
U11	Fallon van Wyk	Cameron Day/Jacob Hristianopoulos
U12	Mia Lockwood	Ian Cahyo
U13	Melany Smart	Dylan Clayton
U14	Jenna Newton	Daniel Smith
U15	Elise van Rooyen	Adam Kopp
U16	Sophie Kijak	Liam Goodyear
U17	Taylor Watson	Jack Johnstone

2013/2014 'LIFE MEMBER AWARD' WINNERS

LIFE MEMBER	PERPETUAL TROPHY for	AWARD WINNER
CASSEY	JUMPS (Long and Triple)	Melany Smart (U13G)
DAVIS	WALKS	No Award
DONEGAN	SENIOR SPRINTING	Hannah Whitbread (U13G)
JAN VEITCH	JUNIOR SPRINTING	Stefan Rajakovic (U12B)
JONES	SHOT PUT	Liam Birch (U14B)
LEY	HIGH JUMP (Fosbury)	Leah Richards (U12G)
DILLEY	HIGH JUMP (Scissor) Memorial Trophy	Toby Waymouth (U11B)
PAUL MARDLE	DISCUS	Sinead Du Toit (U12G)
SCOTT	LONG DISTANCE	Nicholas Cleaver (U12B)
STARCEVICH	HURDLES	Poppy Briggs (U10G)
TESTER	JAVELIN	Emily Rose (U15G)
ROFFMAN	TURBO JAVELIN	Emma Gabbitus (U8G)
O'CONNOR	JUNIOR PERSONAL BESTS	Aleesia Uchino (U9G)
HARRISON	SENIOR PERSONAL BESTS	Mia Lockwood (U12G)
CARISSA STEERE *	DECATHLETE of the YEAR	Melany Smart (U13G)
LEWIS	OCTATHLETE of the YEAR	Owen Hurley (U9B)
BARTLETT	HEPTATHLETE of The YEAR	Stefan Rajakovic (12B)
GAVIN DUNN *	HIGH JUMP U15 Memorial Trophy	Lauren Holder (U15G)
TEBBUTT	The "QUIET ACHIEVER"	Chloe Metcalf (U15G)
GRAHAM	FELLOWSHIP	Emily Rose (U15G) Adam Kopp (U15B)
VANIRSEN	OUTSTANDING ASSISTANCE TO THE CENTRE	Anthony Pollard
FERGIE	JUNIOR GIRL CHAMPION	Tamsyn Naughton (U7G)
STRICKLAND	JUNIOR BOY CHAMPION	Owen Hurley (U9B)
RAFTY	INTERMEDIATE GIRL CHAMPION	Ella Ugwu (U11G)
KAITSE	INTERMEDIATE BOY CHAMPION	Stefan Rajakovic (U12B)
BRUCE TRIVETT *	SENIOR GIRL CHAMPION	Melany Smart (U13G)
JACK STURROCK *	SENIOR BOY CHAMPION	Luke Foley (U14B)
UDALL	CLUB CONSISTENCY	Karrinyup
HAMERSLEY LAC	PARENT PARTICIPATION	Whitfords
	CHAMPION CLUB	Sorrento

* Not A Life Member

2013/2014 CENTRE CAPTAINS

Girls Captain: Taylor Watson

Boys Captain: Jack Johnstone

2013/2014 UNDER 7 PARTICIPATION AWARDS

BOYS

Lucas Ali, Taaj Annert, Khiron Blinco, Jasper Brankovic, Taj Butter, Harrison Clarke, Alex D'Agostino, Ben Daynes, Travis Di Giovanni, Alexander Dowdeswell, Oliver Green, Liam Hall, Xavier Isaako, Hunter Isles, Dylan Kasten-Lee, Angus Keay, Jonathan Luglio, Dylan Manning, Ross McKirdy, Jai Moxham, Archie Newman, Finn O'Neill, Samuel Parker, James Philpott, Regan Plaucs, Lachlan Pugh, Ben Rock, James Roux, Samuel Rowling, Kai Roze, Cooper Sadgrove, Kiefer Seth, Zac Surtees, Lewis Williams

GIRLS

Tamzyn Aisbett, Greta Bailey, Imogen Boss, Olivia Burnley, Sofie Clementi, Matilda Dixon, Amelie Erskine, Amy Evans, Bridget Gibbons, Emily Guard, Eva Harvey, Emily Hemphill, Jorja Herman, Ruby Hobbs, Sarah Holland, Alyssa Jones, Claudia Kasten-Lee, Caoimhe Mahon, Tamsyn Naughton, Jasmine Orton, Madeline Peou, Audrey Pettinicchio, Gisele Phelan, Ebony Pozzi, Isahra Russell, Ruby Smith, Erin Timms, Sophie Waymouth, Kate Wimbridge

2013/2014 MEDAL DAY MEDALLISTS

GIRLS

	WINNER	RUNNER UP	THIRD
U7	Jasmine Orton	Erin Timms	Isahra Russell
U8	Jekylah Garlett	Emily Rowling	Isabelle Andreas
U9	Caylin Robey	Delilah O'Donoghue	Caitlin Madden
U10	Jazmin Spray	Haylee Dallin	Adisha Russell
U11	Madelaine Williams	Alyssa Wheeler	Kate Axworthy
U12	Ashlee Ryan	Gabrielle Jason	Ruby Baumgartner
U13	Kate Roux	Rachael Morrison	Catherine Hill
U14	Annalise Re	Megan Greensmith	Sophie Johnstone
U15	Niamh Wilkins	Elise van Rooyen	
U16	Olivia Wisken		

BOYS

	WINNER	RUNNER UP	THIRD
U7	Angus Keay	Regan Plaucs	Lewis Williams
U8	Brock Hodgkinson	Jesse Rafferty	Liam Chin
U9	Riley Burton	Ashton Waters	Callum Sainsbury
U10	Jack Davey	Samuel Cockle	Zachary Passera
U11	Jason Holmes	Jacob Hristianopoulos	Dominic Jason
U12	Pulith Halangoda	Matthew Ryan	Alex Halley-Wright
U13	Bryce Laing	Lachlan Thomas	
U14	Jacob Irwin		

GRAND RELAY WINNER – Sorrento

2013/2014 STATE RELAY CHAMPIONSHIPS**GOLD MEDALLISTS**

U9G	4 x 200	C Courtie, A Sim, S Birch, M Jones, K Pannell
U12G	4 x 400	E Walsh-Kennedy, J Whyte, M Lockwood, O Roberts, T Chitty
U13G	4 x 100	H Whitbread, M Smart, S Sundquist, M Furlan, C Hall
U13G	4 x 400	H Whitbread, M Smart, S Sundquist, K Roux, S Rafferty
U12G	Field	L Richards, S Du Toit

SILVER MEDALLISTS

U9G	4 x 100	C Courtie, A Sim, S Birch, K Pannell, M Jones
U10G	4 x 100	L Hobbs, P Payne, P Briggs, L Samuels, J Spray
U10G	4 x 200	L Hobbs, P Payne, P Briggs, L Samuels, J Spray
U11B	4 x 100	T Waymouth, A Nelson, Z Moxham, J Hristianopoulos, J Poole
U11B	Field	C Day, J Matteo
U11G	4x100	E Ugwu, M Williams, K Axworthy, M Burton, M Robinson
U12B	4x100	S Rajakovic, J Surtees, P Halangoda, T Schofield, L Heathcote
U12B	4x400	S Rajakovic, N Cleaver, M Ryan, L Heathcote, J Surtees
U12G	4x100	A Ryan, G Jason, J Whyte, T Chitty, O Roberts
U14B	Field	L Birch, L Ranalli, C Winstanley

BRONZE MEDALLISTS

U10G	Field	G Lafford, K Cleaver, N Chitty, C McKirdy
U11G	4 x 400	E Ugwu, M Williams, K Axworthy, M Burton, M Robinson
U11G	Field	S Crevacore, E Dronfield, E Birch
U14B	4 x 100	L Foley, R Armstrong, L Surtees, D Smith, J Guest-Knight
U14B	4 x 400	L Foley, R Armstrong, J Guest-Knight, J Irwin, C Lawes
U15B	4 x 400	D Holland, S King, L Graves, A Kopp, K Pugh

2013/2014 STATE RELAY COACHES (TRACK)

	GIRLS COACH	BOYS COACH
U8	Nicole Walsh	Pippa Holt-Brown
U9	Gareth Jones	Matt Brimson
U10	Amanda Payne	Brenton Mizen
U11	Kristy Axworthy	Andrea Waymouth
U12	Steve Roberts	Mark Heathcote
U13	Glenn Whitbread	Cris Gagliardi
U14	Ashley Clementi	David Armstrong
U15	Deb Strickland	Barry Holland
U16/17	No Team	No Team

2013/2014 ZONE TRACK & FIELD CHAMPIONSHIPS - MEDALLISTS U7 TO U9

Age	Name	GOLD	SILVER	BRONZE
U7B	Ben Daynes			70m 100m
U8B	Luke Holt-Brown	70m	200m	100m
U9B	Alex Perin	60m Hurdles Long Jump	Discus Shot Put	
	Owen Hurley	100m 200m 400m 800m		
	Benj Heathcote			400m 800m
	Riley Burton			Shot Put
U7G	Claudia Kasten-Lee		70m	100m 200m
	Jasmine Orton	100m 200m		
	Tamsyn Naughton	Discus	Long Jump	
	Kate Wimbridge		Discus	Shot Put
	Tamzyn Aisbett	Long Jump		Discus
	Erin Timms	Shot Put		
	Jorja Herman		Shot Put	
U8G	Jada Bunce	Discus	Shot Put	
U9G	Caitlin Courtie		70m 100m	Long Jump
	Alana Sim		200m 800m	400m
	Sophie Birch			200m
	Sarah Currell	Javelin		
	Haylee Pozzi	Discus	Shot Put	

ATHLETES THROUGH TO STATE FINALS FROM ZONES – 2014

GIRLS

U10	T Peou, L Samuels, E Kinsman, J Spray, P Briggs, L Hobbs
U11	A Muller, K Axworthy, E Birch, M Burton, E Ugwu, M Williams, J Letch, M Robinson, M Daynes, S Isakko, K Parrotte
U12	M Evans, J Pugh, L Richards, R Baumgartner, G Jason, M Lockwood, E Bond, H Johnston, A Peou, O Roberts, J Whyte, S Du Toit, T Chitty, A Ryan, E Walsh-Kennedy
U13	C Muller, K Roux, K Clifton, C Hall, J Devitt, A Morris, M Smart, S Sundquist, C Tassicker, H Whitbread
U14	J Odina, B Wilson, J Newton, A Re
U15	L Holder, C Metcalf, E Rose, N Wilkins, J Lewis, E Wallace, A Dargan

BOYS

U10	L Moody, Passera, E Roberts, O Waymouth, J Davey, S Rapley
U11	A Nelson, J Matteo, J Hristianopoulos, D Jason, Z Moxham, T Waymouth, J Smith, C Day, B Ford
U12	L Heathcote, P Halangoda, S Rajakovic, N Cleaver, M Ryan, A Bell, C Sayers, P Tunnis
U13	K Sauerwein, D Clayton, N Deleonardis, A Sundquist
U14	L Birch, C Winstanley, R Armstrong, D Smith, L Foley, L Rannalli
U15	L Graves, M Morrison, A Kopp, S King

COMPETING AT THE STATE FINALS U16 & U17 – 2014

GIRLS

BOYS

U16	E Leask, S Wilson, G Devitt, S Kijak, R Kijak	L Goodyear, J Murphy, G Szalek
U17	E Italiano-Schmidt, T Watson, P Lawes	

ATHLETES WHO SET STATE RECORDS AT ZONES - 2014

U12B	Stefan Rajakovic – Long Jump – 5.59m
U15G	Emily Rose – Javelin – 36.81m

2013/2014 STATE TRACK AND FIELD CHAMPIONSHIPS – MEDALLISTS

AGE	NAME	GOLD	SILVER	BRONZE
U10B	Ethan Roberts		Shot Put	
U10G	Luka Samuels	100m 200m		400m
	Eve Kinsman		High Jump	
	Poppy Briggs		400m	800m
U11B	Aiden Nelson			100m
	Jacob Matteo	Shot Put		
	Toby Waymouth		60m Hurdles 200m	
U11G	Ella Ugwu		200m	
	Ansu Muller			100m
U12B	Luke Heathcote		1500m	
	Stefan Rajakovic	Triple Jump Long Jump – State Record 100m 200m		
U12G	Jasmine Pugh	1500m	800m	
	Leah Richards	High Jump		Long Jump
	Gabrielle Jason	100m 200m		
	Mia Lockwood			1500m 800m
	Emma Bond	Shot Put		
	Olivia Roberts	800m		400m
	Jade Whyte		400m	200m
	Sinead du Toit	Discus		
	Tia Chitty		1500m	
U13G	Kate Roux			100m
	Melany Smart	Triple Jump Long Jump 800m – State Record 1500m 200m Hurdles		
	Sarah Sundquist	80m Hurdles		
	Hannah Whitbread	200m	100m	
U14B	Liam Birch	Discus	Shot Put	

2013/2014 STATE TRACK AND FIELD CHAMPIONSHIPS – MEDALLISTS

AGE	NAME	GOLD	SILVER	BRONZE
U14B	Luke Foley		1500m	
U15B	Luke Graves	1500m	800m	
	Sam King		1500m	800m
U15G	Emily Rose		Javelin	
	Niamh Wilkins			1500m
	Abigail Dargan		Long Jump Triple Jump	
U16B	Grant Szalek	High Jump	Triple Jump	
U16G	Simone Wilson	High Jump		
U17G	Taylor Watson	200m Hurdles	100m Hurdles	100m

2013/2014 MULTI- EVENT STATE CHAMPIONSHIPS

Gold	Stefan Rajakovic	U12B, New Record 2532 Points
	Melany Smart	U13G
Bronze	Jade Whyte	U12G

U13 NATIONAL CHAMPIONSHIPS – MELBOURNE, MAY 2014

Gold	Melany Smart	1500m
Silver		800m
Silver		Triple Jump
4 th	Sarah Sundquist	80m Hurdles

CURRENT CENTRE RECORDS

Age	Name	Club	Date	Time/Dist	Rounded Time
60M HURDLES					
7B	Mitchell Barron	North Beach	05/02/11	12.24	
8B	Simon Walsh	Karrinyup	09/03/02	10.58	(10.6)
9B	Simon Walsh	Karrinyup	08/03/03	10.00	
10B	David Gourdis	Glendale	21/11/98	10.52	(10.6)
	Stefan Rajakovic	North Beach	09/03/12	10.57	
11B	Stefan Rajakovic	North Beach	02/02/13	9.28	
12B	Nathan Low	North Beach	17/02/01	9.78	(9.8)
7G	Shannon Morkel	Glendale	15/02/97	13.00	(13.0)
8G	Amy Brehan	Sorrento	13/03/10	11.75	
9G	Cleo Carr	Sorrento	10/02/01	11.04	(11.1)
10G	Poppy Briggs	North Beach	09/11/13	11.05	
11G	Alexandra Cotton	Glendale	10/12/05	10.50	
	Melany Smart	North Beach	12/11/11	10.50	
12G	Sarah Sundquist	North Beach	24/11/12	10.20	
80M HURDLES					
13B	Shannon Bell	Glendale	01/02/92	13.12	(13.2)
13G	Michelle Carew-Gibson	Oceanside	21/02/93	12.66	(12.7)
14G	Elle Leask	Sorrento	26/11/11	13.25	
90M HURDLES					
14B	Shannon Bell	Glendale	05/12/92	13.06	(13.1)
15G	Michelle Carew-Gibson	Oceanside	22/10/94	13.13	(13.2)
16G	Lyndsay Pekin	Sorrento	20/10/01	14.34	(14.4)
	Laura Melis	Glendale	19/10/02	14.40	
100M HURDLES					
15B	Steven Richardson	Glendale	02/12/95	13.73	(13.8)
16B	Liam Goodyear	Sorrento	01/02/14	14.23	
17B *	Robert Kaitse	North Beach	11/11/00	15.29	(15.3)
17G	Taylor Watson	Karrinyup	15/02/14	16.72	
110M HURDLES					
17B	Thiago De Castro Cruz	Sorrento	19/01/03	15.60	
200M HURDLES					
13B	Thomas Bruins	Glendale	30/11/02	28.80	
14B	David Gourdis	Glendale	25/01/03	28.40	
15B	Peter Maher	Whitfords	22/02/97	26.72	(26.8)
16B	Felipe De Castro Cruz	Sorrento	22/02/03	26.20	
17B	Duncan Bradbury	Karrinyup	13/02/10	25.89	
13G	Melany Smart	North Beach	22/02/14	29.75	
14G	Elle Leask	Sorrento	25/01/12	30.20	
15G	Liana Cox	Oceanside	23/10/99	29.90	(29.9)
16G	Lyndsay Pekin	Sorrento	19/01/02	30.15	(30.2)
17G	Taylor Watson	Karrinyup	16/11/13	31.88	

CURRENT CENTRE RECORDS

Age	Name	Club	Date	Time/Dist	Rounded Time
70M					
7B	David Gourdis	Glendale	17/02/96	11.14	(11.2)
8B	Steven Illott	Whitfords	10/11/84	10.48	(10.5)
9B	Shane Cassey	Karrinyup	??/??/80	10.10	(10.1)
	Phillip Haas	Whitfords	05/12/87	10.10	(10.1)
10B *	Grigor Haas	Whitfords	05/12/87	9.70	(9.7)
7G	Kimberley Mickle	Oceanside	22/02/92	11.78	(11.8)
8G	Natalie Hood	Glendale	10/03/84	10.81	(10.9)
9G	Natalie Hood	Glendale	26/01/85	10.25	(10.3)
10G *	Malaika Deacon	Karrinyup	22/11/86	9.87	(9.9)
100M					
7B	David Gourdis	Glendale	24/02/96	15.97	(16.0)
8B	Shane Cassey	Karrinyup	??/??/79	14.70	(14.7)
	R Banks	Glendale	??/??/81	14.70	(14.7)
9B	Julian Mathias	North Beach	??/??/77	13.70	(13.7)
10B	Troy Hogan	Whitfords	??/??/82	13.60	(13.6)
	Grigor Haas	Whitfords	30/01/88	13.60	(13.6)
11B	David Gadsden	Sorrento	24/11/90	12.95	(13.0)
12B	Shane Cassey	Karrinyup	??/??/82	12.80	(12.8)
13B	Alan Nowrojee	Glendale	23/11/85	12.17	(12.2)
14B	Steven Illott	Whitfords	08/12/90	11.87	(11.9)
15B	David Gourdis	Glendale	08/11/03	11.50	
16B	James Ockelford	Glendale	18/02/06	11.40	
17B	James Ockelford	Glendale	25/11/06	11.70	
7G	Olivia Reeves	Whitfords	03/02/90	16.59	(16.6)
8G	C Torre	North Beach	??/??/79	15.10	(15.1)
9G	Rebecca Starceвич	Sorrento	??/??/80	14.50	(14.5)
10G	Rebecca Starceвич	Sorrento	??/??/81	13.90	(13.9)
11G	Suzanne Broadrick	Whitfords	??/??/80	13.10	(13.1)
12G	Suzanne Broadrick	Whitfords	??/??/81	12.70	(12.7)
13G	Suzanne Broadrick	Whitfords	??/??/82	12.60	(12.6)
14G	Alison Smith	North Beach	01/12/90	12.40	(12.4)
15G	Lisa Morrison	Oceanside	08/02/97	12.46	(12.5)
16G	Kristina Duncan	Whitfords	15/02/03	13.00	
17G	Laura Melis	Glendale	22/11/03	13.30	
200M					
7B	Shane Egan	Whitfords	03/12/94	33.56	(33.6)
8B	Shane Cassey	Karrinyup	??/??/79	31.60	(31.6)
	S McCrae	North Beach	??/??/82	31.60	(31.6)
9B	Julian Mathias	North Beach	??/??/77	29.60	(29.6)
10B	Grigor Haas	Whitfords	28/11/87	28.33	(28.4)
11B	Stefan Rajakovic	North Beach	16/02/13	26.97	
12B	Shane Cassey	Karrinyup	??/??/83	26.80	(26.8)
13B	Alan Nowrojee	Glendale	23/11/85	24.64	(24.7)
14B	Alan Nowrojee	Glendale	07/03/87	24.87	(24.9)
15B	Peter Maher	Whitfords	07/12/96	23.96	(24.0)
16B	Michael Day	Glendale	09/12/00	23.39	(23.4)
17B	James Ockelford	Glendale	24/02/07	23.80	
7G	Olivia Reeves	Whitfords	11/11/89	36.61	(36.7)
8G	Rebecca Starceвич	Sorrento	??/??/79	31.50	(31.5)

CURRENT CENTRE RECORDS

Age	Name	Club	Date	Time/Dist	Rounded Time
200M (continued)					
9G	Rebecca Starcevich	Sorrento	??/??/80	30.40	(30.4)
10G	Rebecca Starcevich	Sorrento	??/??/81	29.10	(29.1)
11G	Renee Poetschka	Karrinyup	??/??/82	27.90	(27.9)
12G	Suzanne Broadrick	Whitfords	??/??/81	26.50	(26.5)
13G	Suzanne Broadrick	Whitfords	??/??/82	25.70	(25.7)
14G	Suzanne Broadrick	Whitfords	??/??/83	25.60	(25.6)
15G	Joanne Stannard	Sorrento	12/10/02	25.70	
16G	Jenna Birtles	Sorrento	16/02/02	26.44	(26.5)
17G	Phoebe Lawes	Whitfords	01/02/14	27.97	
300M					
7B	Brad Dyer	Oceanside	07/12/91	55.87	(55.9)
7G	Olivia Reeves	Whitfords	10/02/90	59.52	(59.6)
400M					
8B	Robert Brayshaw	North Beach	??/??/80	1:12.90	(1:12.9)
9B	Scott Lothian	Sorrento	??/??/80	1:09.20	(1:09.2)
10B	Shane Cassey	Karrinyup	??/??/81	1:08.00	(1:08.0)
	Justin Drifill	Glendale	??/??/82	1:08.00	(1:08.0)
11B	Nicky Loncar	Sorrento	??/??/78	1:04.10	(1:04.1)
12B	Kegan Smith	Oceanside	17/02/07	1:02.30	
13B	Alan Nowrojee	Glendale	30/11/85	58.19	(58.2)
14B	Fraser Fullerton	North Beach	25/02/12	56.06	
15B	David Preen	Glendale	31/01/87	54.07	(54.1)
16B	Felipe De Castro Cruz	Sorrento	26/10/02	54.20	
17B	James Ockelford	Glendale	17/02/07	55.00	
8G	Rebecca Starcevich	Sorrento	??/??/79	1:12.60	(1:12.6)
9G	Rebecca Starcevich	Sorrento	??/??/80	1:10.80	(1:10.8)
10G	Rebecca Starcevich	Sorrento	??/??/81	1:09.50	(1:09.5)
11G	Rebecca Starcevich	Sorrento	??/??/82	1:05.00	(1:05.0)
12G	Debbie Whinnen	Karrinyup	??/??/79	1:02.00	(1:02.0)
13G	Michelle Buttel	Glendale	??/??/79	1:00.80	(1:00.8)
13G	Suzanne Broadrick	Whitfords	??/??/82	1:00.80	(1:00.8)
14G	Suzanne Broadrick	Whitfords	??/??/83	57.90	(57.9)
15G	Sarah Forbes	Glendale	10/02/90	59.96	(1:00.0)
16G	Emma Brown	Whitfords	20/02/99	1:04.88	(1:04.9)
17G	Phoebe Lawes	Whitfords	08/02/14	1:05.36	
800M					
9B	Owen Hurley	Oceanside	30/11/13	2:45.10	
10B	Kale Wright	Glendale	09/02/91	2:34.09	(2:34.1)
11B	Luke Heathcote	Glendale	02/02/13	2:26.64	
12B	Mark Vanderlist	Takari	??/??/80	2:20.90	(2:20.9)
13B	Thomas Bruins	Glendale	08/02/03	2:16.60	
14B	Fraser Fullerton	North Beach	09/03/12	2:10.11	
15B	Ryan Miles	Glendale	18/11/89	2:07.95	(2:08.0)
16B	Felipe De Castro Cruz	Sorrento	30/11/02	2:13.70	
17B	Andrew Piccoli	North Beach	24/02/01	2:10.22	(2:10.3)
9G	Caitlin Knight	Oceanside	05/12/09	2:53.84	
10G	Maya Fernandes	Glendale	11/02/06	2:42.00	
11G	Sharon Kernaghan	Karrinyup	??/??/79	2:35.80	(2:35.8)
12G	Gillian de Gruchy	Sorrento	??/??/79	2:26.40	(2:26.4)

CURRENT CENTRE RECORDS

Age	Name	Club	Date	Time/Dist	Rounded Time
800M (continued)					
13G	Melany Smart	North Beach	01/03/14	2:19.20	
14G	Nicole Kuhaupt	Karrinyup	10/11/84	2:25.41	(2:25.5)
15G	Sharlene Raftis	Karrinyup	14/02/87	2:25.10	(2:25.1)
16G	Lynsey Gee	Sorrento	13/02/99	2:24.79	(2:24.8)
17G	Phoebe Lawes	Whitfords	01/02/14	2:42.19	
1500M					
11B	Luke Graves	Oceanside	21/11/09	4:58.90	
12B	Luke Graves	Glendale	04/12/10	4:48.62	
13B	Luke Graves	Glendale	25/01/12	4:37.41	
14B	Luke Graves	Glendale	17/11/12	4:27.38	
15B	David Preen	Glendale	28/02/87	4:26.01	(4:26.1)
16B	Daniel Roffman	North Beach	16/02/02	4:49.32	(4:49.4)
17B	Andrew Piccoli	North Beach	17/02/01	4:36.18	(4:36.2)
11G	Heidi Wheeler	Glendale	22/02/86	5:13.28	(5:13.3)
12G	Jodi Bilich	Glendale	??/??/79	5:03.90	(5:03.9)
13G	Jodi Bilich	Glendale	??/??/80	4:48.60	(4:48.6)
14G	G Hagan	Whitfords	11/02/89	5:03.97	(5:04.0)
15G	Sharlene Raftis	Karrinyup	07/03/87	5:04.61	(5:04.7)
16G	Lynsey Gee	Sorrento	20/02/99	5:34.30	(5:34.3)
17G	Celia Collins	Glendale	22/01/05	5:52.30	
500M WALK					
7B *	Lisa Edwards	Glendale	31/01/87	3:03.37	(3:03.4)
8B *	S Fallons	Whitfords	??/??/78	2:59.20	(2:59.2)
7G *	B Ward	Karrinyup	18/10/86	3:04.04	(3:04.1)
8G *	Twanay Hartung	Whitfords	20/11/93	2:44.77	(2:44.8)
700M WALK					
9B *	S Gask	Oceanside	16/02/91	3:42.90	(3:42.9)
10B *	Kieran Hartung	Whitfords	31/10/93	3:30.94	(3:31.0)
9G *	Sofie Harrison	North Beach	17/01/93	3:44.19	(3:44.2)
10G *	Samantha Irwin	Whitfords	08/02/92	3:33.09	(3:33.1)
1100M WALK					
10B *	Simon Dib	Karrinyup	14/02/04	5:50.30	
11B *	Paul Ryan	Whitfords	11/10/97	6:07.07	(6:07.1)
10G *	Twanay Hartung	Whitfords	18/11/95	6:40.01	(6:40.1)
11G *	Twanay Hartung	Whitfords	05/02/97	5:56.75	(5:56.8)
1500M WALK					
11B *	Chris Lewis	Takari	??/??/76	7:39.20	(7:39.2)
12B *	Andrew Miller	Whitfords	??/??/83	7:27.01	(7:27.1)
13B *	Daniel Carew-Gibson	Oceanside	09/02/91	7:18.75	(7:18.8)
14B *	Daniel Carew-Gibson	Oceanside	26/10/91	7:22.94	(7:23.0)
15B *	Robert O'Shea	Sorrento	30/11/91	7:11.62	(7:11.7)
16B *	Daniel Roffman	North Beach	24/11/01	7:52.19	(7:52.2)
17B *	Daniel Roffman	North Beach	01/02/03	8:29.80	
11G *	Samantha Irwin	Whitfords	13/02/93	8:05.67	(8:05.7)
12G *	Samantha Irwin	Whitfords	12/02/94	7:33.75	(7:33.8)
13G *	Samantha Irwin	Oceanside	18/02/95	7:38.09	(7:38.1)
14G *	Samantha Irwin	Oceanside	17/02/96	7:37.69	(7:37.7)
15G *	Nicole Kuhaupt	Karrinyup	30/11/85	7:35.38	(7:35.4)

CURRENT CENTRE RECORDS

Age	Name	Club	Date	Time/Dist	Rounded Time
1500M WALK (continued)					
16G *	Emily Clauson	Whitfords	28/10/06	8:15.30	
17G *	Emily Clauson	Whitfords	17/11/07	8:15.30	
LONG JUMP					
7B	Michael Dodd	Karrinyup	05/12/98	3.40	
8B	Michael Dodd	Karrinyup	29/01/00	3.87	
9B	Alex Perin	Karrinyup	01/03/14	4.25	
10B	D Foster	Sorrento	19/02/94	4.69	
11B	Stefan Rajakovic	North Beach	02/03/13	5.31	
12B	Jason Perry	Glendale	21/11/87	5.35	
13B	Alan Nowrojee	Glendale	30/11/85	5.76	
14B	Alan Nowrojee	Glendale	29/11/86	6.15	
15B	David Gourdis	Glendale	17/01/04	6.77	
16B	Liam Goodyear	Sorrento	01/03/14	6.00	
17B	Georgios Papathanassiou	Karrinyup	17/10/09	6.03	
	Perrin Papathanassiou	Karrinyup	02/03/13	6.03	
7G	Kimberley Mickle	Oceanside	15/02/92	3.19	
8G	Trudy Dawson	Sorrento	??/??/73	3.52	
9G	Sara Stoitis	Karrinyup	15/02/92	4.01	
10G	Natalie Hood	Glendale	09/11/85	4.27	
11G	Michelle Carew-Gibson	Oceanside	23/02/91	4.76	
12G	Michelle Carew-Gibson	Oceanside	25/01/92	4.76	
13G	Diana Christenson	Karrinyup	??/??/74	5.07	
	Michelle Carew-Gibson	Oceanside	17/01/93	5.07	
14G	Lisa Morrison	Oceanside	10/02/96	5.42	
15G	Lisa Morrison	Oceanside	15/02/97	5.52	
16G	Laura Melis	Glendale	08/02/03	5.09	
17G	Laura Melis	Glendale	21/02/04	5.33	
TRIPLE JUMP					
8B *	Shane Cassey	Karrinyup	??/??/79	7.85	
9B *	Dean DeWit	Whitfords	??/??/79	9.13	
10B	Craig Johnson	Sorrento	16/11/91	9.59	
11B	Stefan Rajakovic	North Beach	23/02/13	10.75	
12B	Shane Cassey	Karrinyup	??/??/83	11.13	
13B	Alan Nowrojee	Glendale	25/01/86	12.13	
14B	Alan Nowrojee	Glendale	07/03/87	13.25	
15B	David Gourdis	Glendale	01/11/03	13.08	
16B	Grant Szalek	Sorrento	01/02/14	12.62	
17B	Georgios Papathanassiou	Karrinyup	10/10/09	12.92	
8G *	Leonie Bradley	Glendale	24/02/90	7.45	
9G *	Bethanie Melis	Karrinyup	18/10/86	8.25	
10G	Lisa Morrison	Oceanside	22/02/92	9.14	
11G	Kirsty Fitzpatrick	Sorrento	26/10/85	9.71	
12G	Kylie Vallence	Karrinyup	21/11/87	10.02	
13G	Melany Smart	North Beach	01/02/14	10.84	
14G	Lisa Morrison	Oceanside	03/02/96	11.25	
	Abigail Dargan	North Beach	24/11/12	11.25	
15G	Alison Smith	North Beach	16/11/91	11.34	
16G	Claire Nankivell	Oceanside	22/11/03	10.68	
17G	Claire Nankivell	Oceanside	09/10/04	11.04	

CURRENT CENTRE RECORDS

Age	Name	Club	Date	Time/Dist	
HIGH JUMP (Scissors)					
10B	Stefan Rajakovic	North Beach	25/01/12	1.31	
11B	Stefan Rajakovic	North Beach	19/01/13	1.36	
10G	Sophie Aitken	Karrinyup	22/11/08	1.23	
11G	Leah Richards	Glendale	23/02/13	1.34	
HIGH JUMP (Fosbury)					
10B *	Jay Burton	Karrinyup	??/??/83	1.45	
11B *	Jay Burton	Karrinyup	03/03/84	1.52	
12B	Jay Burton	Karrinyup	27/10/84	1.62	
14B	Grant Szalek	Sorrento	18/02/12	1.74	
15B	Grant Szalek	Sorrento	09/02/13	1.90	
16B	Grant Szalek	Sorrento	16/11/13	1.89	
17B	Thiago De Castro Cruz	Sorrento	18/01/03	1.77	
10G *	Tammy Mort	Oceanside	21/02/93	1.30	
11G *	Anna Baric	Glendale	23/02/91	1.38	
12G	Leah Richards	Glendale	30/11/13	1.50	
13G	J Wilcox	Takari	09/02/85	1.58	
14G	Stacey Woodhouse	Oceanside	25/02/95	1.65	
15G	Stacey Woodhouse	Oceanside	18/11/95	1.61	
16G	Simone Wilson	Sorrento	02/11/13	1.60	
17G	Neira Fetahovic	Whitfords	18/02/06	1.50	
	Madeline Jones	Glendale	25/01/12	1.50	
SHOT PUT					
1KG					
7B	Joshua Anfuso	North Beach	02/02/02	7.69	
7G	Elora Bartlett	Glendale	20/01/01	6.40	
1.5KG					
7B *	K Van Der Kwast	Oceanside	03/02/96	6.22	
8B	Joshua Anfuso	North Beach	03/01/03	8.50	
7G *	Kimberley Mickle	Oceanside	22/02/92	5.39	
8G	Kimberley Mickle	Oceanside	21/02/93	7.22	
2KG					
9B	Michael Pettigrew	Oceanside	12/02/94	8.36	
10B	Scott Vickery	Karrinyup	??/??/74	10.32	
11B	Matthew Seitz	North Beach	11/02/06	11.11	
9G	Sinead Du Toit	Whitfords	26/02/11	7.57	
10G	Elora Bartlett	Glendale	24/01/04	9.38	
11G	Elora Bartlett	Glendale	22/01/05	11.13	
12G	Elora Bartlett	Glendale	04/02/06	12.38	
3KG					
12B	Bryan Reyes	Sorrento	12/02/05	11.07	
13B	Paul Mardle	Sorrento	??/??/76	14.04	
14B	Liam Birch	Glendale	26/10/13	14.52	
13G	Elora Bartlett	Glendale	09/12/06	11.56	
14G	Elora Bartlett	Glendale	20/10/07	11.54	
15G	Byrony Glass	Sorrento	22/02/92	11.54	
16G	Tamara Denham	Sorrento	13/10/12	8.77	
17G	Taylor Watson	Karrinyup	18/01/14	8.57	

CURRENT CENTRE RECORDS

Age	Name	Club	Date	Time/Dist	
SHOT PUT (continued)					
4KG					
14B *	Shannon Bell	Glendale	16/01/93	14.04	
15B *	Shaun O'Brien	Karrinyup	13/02/93	15.63	
16B	Bryan Reyes	Sorrento	15/11/08	15.29	
16G *	A Kay	Glendale	30/01/99	10.38	
17G *	Jacinta Van Kampen	Oceanside	07/02/04	9.33	
5KG					
17B	Jake O'Connor	Oceanside	08/11/03	13.32	
DISCUS					
350G					
7B	Joshua Anfuso	North Beach	23/02/02	21.60	
7G	Tamsyn Naughton	North Beach	15/02/14	15.43	
500G					
7B *	Aiden Hibbs	Sorrento	26/01/91	14.90	
8B	Joshua Anfuso	North Beach	10/01/03	22.70	
9B	Shane Cassey	Karrinyup	??/??/80	29.04	
10B	Paul Mardle	Sorrento	17/03/73	33.98	
	J Macander	North Beach	??/??/83	33.98	
7G *	Kimberley Mickle	Oceanside	15/02/92	14.26	
8G	Sharon McLeod	North Beach	??/??/73	16.82	
9G	Elora Bartlett	Glendale	23/11/02	22.52	
10G	Nicole Kuhaupt	Karrinyup	??/??/81	26.44	
750G					
11B	Paul Mardle	Sorrento	09/03/74	33.18	
12B	Paul Mardle	Sorrento	??/??/75	40.88	
13B *	Paul Mardle	Sorrento	21/02/76	49.58	
11G	Sinead Du Toit	Oceanside	16/02/13	27.95	
12G	Sinead Du Toit	Oceanside	07/12/13	34.06	
13G	Trudy Dawson	Sorrento	??/??/78	35.64	
1KG					
13B	Liam Birch	Glendale	02/03/13	35.64	
14B	Shannon Bell	Glendale	21/02/93	43.96	
15B	Shaun O'Brien	Karrinyup	07/11/92	50.90	
16B	Matthew Clarke	Glendale	30/11/02	51.09	
13G *	Debbie Hodgkinson	Oceanside	30/10/94	21.72	
14G	Elora Bartlett	Glendale	17/11/07	32.65	
15G	Byrony Glass	Sorrento	19/10/91	32.82	
16G	Tara Oswald	Oceanside	05/02/11	31.20	
17G	Jacinta van Kampen	Oceanside	31/01/04	29.25	
1.5KG					
17B	Jake O'Connor	Oceanside	07/02/04	37.84	
JAVELIN					
TURBO					
7B	Michael Dodd	Karrinyup	07/11/98	16.41	
8B	Joshua Anfuso	North Beach	03/01/03	23.71	
9B	Michael Dodd	Karrinyup	10/02/01	27.92	
7G	Bianca Webb	Sorrento	01/12/07	10.08	
8G	Jane Fleay	Glendale	10/12/05	13.26	
9G	Hayley Miller	Oceanside	26/11/04	20.93	

CURRENT CENTRE RECORDS

Age	Name	Club	Date	Time/Dist	
JAVELIN					
400G					
7B *	Aiden Hibbs	Sorrento	26/01/91	16.26	
8B *	Jay Hunter	Karrinyup	??/??/79	22.36	
9B *	Peter Parlongo	Karrinyup	08/02/86	27.88	
10B	Aidan Rossandich	Whitfords	19/02/05	31.84	
11B	Darren Jones	Karrinyup	??/??/80	35.76	
	Jarrold Chapman	Glendale	04/02/06	35.76	
12B	Shane Cassey	Karrinyup	??/??/83	39.00	
7G *	Emily Dimmer	Oceanside	01/02/92	11.70	
8G *	Emily Dimmer	Oceanside	30/01/93	16.38	
9G *	Emily Dimmer	Oceanside	15/01/94	20.96	
10G	Emily Dimmer	Oceanside	25/02/95	24.96	
11G	Emily Dimmer	Oceanside	03/02/96	29.06	
12G	Elora Bartlett	Glendale	11/02/06	36.02	
13G	Hannah Thompson	North Beach	13/10/01	36.41	
14G	Brianne Wilson	North Beach	15/02/14	36.08	
500G					
15G	Emily Rose	Glendale	08/02/14	33.39	
16G	Gemma Devitt	North Beach	16/11/13	21.71	
17G	Taylor Watson	Karrinyup	30/11/13	22.78	
600G					
13B	Philip Winstanley	Karrinyup	??/??/79	40.64	
14B	Darren Jones	Karrinyup	??/??/83	47.26	
15B	Shannon Bell	Glendale	06/11/93	51.60	
16B *	Robert Kaitse	North Beach	05/02/00	38.75	
14G *	Elora Bartlett	Glendale	13/10/07	35.34	
15G *	Karen Spivey	Sorrento	28/02/87	32.80	
16G *	Emma Wilkinson	Glendale	05/12/09	26.07	
17G *	Elora Bartlett	Glendale	04/12/10	34.09	
700G					
16B	Bryan Reyes	Sorrento	01/11/08	48.14	
17B	Jarrold Chapman	Glendale	22/10/11	46.73	

* These events are not currently being contested at Hamersley Little Athletics Centre

NORTH BEACH SENIORS

The next progressive step from Little Athletics is to "Seniors". Anybody over the age of twelve (12) is allowed to compete at Senior level. The 2014/15 season competitions are held on Friday evenings at the WA Athletics Stadium, Mt Claremont.

North Beach Athletics (Inc) is located at our "front door", and has been established since 1971. They train at Charles Riley Reserve. Gym facilities are available. For enquiries, contact Paul Edmiston on 0413 010 981 (Coach) Website address, news & updates: www.nbablues.com.
Email: paul@nbablues.com

