

2017/2018

# Kenmore Little Athletics Handbook



# KENMORE

## LITTLE ATHLETICS



Family, Fun & Fitness

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# COMMITTEE LIST

Position	Name	Email
Centre Manager	Glen Kennedy	<a href="mailto:manager@kenmorelittleathletics.org.au">manager@kenmorelittleathletics.org.au</a>
Assistant Centre Manager	Venessa Moss	<a href="mailto:info@kenmorelittleathletics.org.au">info@kenmorelittleathletics.org.au</a>
Secretary	Emily Douglass	<a href="mailto:secretary@kenmorelittleathletics.org.au">secretary@kenmorelittleathletics.org.au</a>
Treasurer	Mark Bavister	<a href="mailto:treasurer@kenmorelittleathletics.org.au">treasurer@kenmorelittleathletics.org.au</a>
Registrar	Amanda Godfrey	<a href="mailto:registrar@kenmorelittleathletics.org.au">registrar@kenmorelittleathletics.org.au</a>
Recorder	Monika Egan	
I.T. Coordinator	Tony Richardson	<a href="mailto:admin@kenmorelittleathletics.org.au">admin@kenmorelittleathletics.org.au</a>
Programs Co-ordinator	Venessa Moss	
Carnivals Coordinator	Sheri-Lea Pearsall	
Tiny Tots Co-ordinator	Lisa Dundas	
Coaching Co-ordinator	TBA	
Canteen Co-ordinator	Mari Butlin	
Groundsman	Rick Butlin	
Equipment Officer	Shane Collins	
Sponsorship Co-ordinator	Anthony De Stefani	
Fundraising Co-ordinator	Kylie Hancock	
Uniform Co-ordinator	Venessa Moss	
Parent Participation Co-ordinator	Sheri-Lea Pearsall	
Club Newsletter	Venessa Moss	
Club Photographer	Mark Bavister	
General Committee	Charlton Noble Mark Woolcock-Egan	

**Club Website:** [www.kenmorelittleathletics.org.au](http://www.kenmorelittleathletics.org.au)

**Club Email:** [info@kenmorelittleathletics.org.au](mailto:info@kenmorelittleathletics.org.au)

**Club Mobile:** 0434 868 808 (Glen Kennedy)



# 2017 - 2018 SEASON CALENDAR

As the calendar is subject to change, please ensure that you read the newsletters and noticeboard carefully each week.

**The start time is 3:00pm for all Kenmore Centre Competitions**

2017			
Month	Date	Day	Competition / Event
August	26 <sup>th</sup>	Saturday	Sign On – Registration Pack pick up
September	2 <sup>nd</sup>	Saturday	Sign On – Registration Pack pick up
	9 <sup>th</sup>	Saturday	1 <sup>st</sup> Competition Day @ KLA
	16 <sup>th</sup>	Saturday	(S C H O O L H O L I D A Y S)
	23 <sup>rd</sup>	Saturday	(S C H O O L H O L I D A Y S)
	30 <sup>th</sup>	Saturday	Centre Competition @ KLA
October	7 <sup>th</sup>	Saturday	Centre Competition @ KLA
	14 <sup>th</sup>	Saturday	Centre Competition @ KLA
	21 <sup>st</sup>	Saturday	Centre Competition @ KLA
	28 <sup>th</sup>	Saturday	Centre Competition @ KLA *Photo Day*
November	4 <sup>th</sup>	Saturday	Centre Competition @ KLA
	5 <sup>th</sup>	Sunday	Senior Carnival / Junior Pentathlon @ Runaway Bay
	11 <sup>th</sup>	Saturday	Centre Competition @ KLA
	12 <sup>th</sup>	Sunday	Regional Relay Day @ Ipswich Little Athletics
	18 <sup>th</sup>	Saturday	Centre Competition @ KLA
	24 <sup>th</sup>	Friday	Toowong Invitational @ Toowong Little Athletics
December	2 <sup>nd</sup>	Saturday	State Relay Day @ SAF Nathan
	9 <sup>th</sup>	Saturday	Centre Competition @ KLA
9th Dec – 21st January CHRISTMAS HOLIDAY BREAK			
2018			
January	13 <sup>th</sup>	Saturday	(S C H O O L H O L I D A Y S)
	20 <sup>th</sup>	Saturday	Centre Competition @ KLA
	27 <sup>th</sup>	Saturday	Centre Competition @ KLA
February	3 <sup>rd</sup>	Saturday	Regional Championships @ Ipswich Little Athletics
	4 <sup>th</sup>	Sunday	
	10 <sup>th</sup>	Saturday	Centre Competition @ KLA
	17 <sup>th</sup>	Saturday	Centre Competition @ KLA
	24 <sup>th</sup>	Saturday	Western Suburbs Games @ Kenmore Little Athletics
March	3 <sup>rd</sup>	Saturday	Centre Competition @ KLA
	4 <sup>th</sup>	Sunday	Junior Carnival / Senior Pentathlon @ SAF Nathan
	10 <sup>th</sup>	Saturday	Centre Competition @ KLA
	17 <sup>th</sup>	Saturday	Presentation Day @ Kenmore (Start 2 pm)
	23 <sup>rd</sup>	Friday	State Championships @ QSAC Nathan
	24 <sup>th</sup>	Saturday	
	25 <sup>th</sup>	Sunday	





# SPONSORSHIP AND ACKNOWLEDGEMENTS

LAQ & Kenmore Little Athletics Sponsorships



# CENTRE MANAGER'S WELCOME

On behalf of our committee as Centre Manager, I would like to extend a warm welcome to all new and returning athletes and their families for the 2017-2018 Kenmore Little Athletics 42nd Season.

Please don't feel nervous to approach me, or my fellow committee members, regarding any ideas you may have for our wonderful club. We are very open to suggestions and will pass them forth to the committee for review.

The Little Athletics motto is family, fun and fitness. At Kenmore Little Athletics we try to live by this and believe a healthy lifestyle is a gift we parents can give to our children. Our aim as a club is to assist our athletes to improve their personal performances in all events, and at the same time to enjoy competition. Athletics is an individual competition in contrast to many other team sports offered and gives the children a different experience where their achievement is measured solely by their own efforts in a supportive peer environment. Little Athletics also provides an excellent opportunity for parents to become closely involved with their child's activities by helping with time keeping, discus, long jump, high jump, being an age marshal etc. This is how you can get up close to the events and provide encouragement to your child.

We are seeking more athletes to participate in carnivals organised by the Met West Region and LAQ. In 2017/2018, Kenmore Little Athletics will cover all entry fees for registered Kenmore athletes to these carnivals. All you have to do is complete the entry forms and lodge them with us at the canteen on competition days. If you are new this year, ask a member of the Committee to tell you more about these carnivals, they are great for the kids to participate in and provide them with valuable experience for school athletics meets – whatever their abilities.

This season we require all registrations to be completed online. Please follow the links from our website and carefully read the instructions provided. There is different process for returning families compared to new families. We will still have a sign on days so you can pick up new shirts, age patches and numbers or just get information on what is happening in the new season.

Kenmore Little Athletics is run by a Committee of volunteers (parents and grandparents) all of whom have other jobs and/or families to look after. Their dedication and effort is what makes Kenmore Little Athletics work. I must mention that the effort we put in, we get out exponentially and we can always use some extra help. Being part of the committee is the best way to be involved in the club and have a say in its direction.

This handbook is your guide to Kenmore Little Athletics (available via our website) activities throughout the season. Please keep it handy to check on dates of special events. Occasionally these dates may be changed due to wet weather or other reasons beyond our control. Therefore, it is most important to read our regular newsletters and to check for news on our website at [www.kenmorelittleathletics.org.au](http://www.kenmorelittleathletics.org.au) (look out for regular updates!) or on the white board at the club house each week. Our one-to-one communication is through email – if you do not have email you will need to check the white board and notice board.

Finally, please feel free to contact any of the committee members if you have any questions regarding our centre, or have some ideas that you would like to share with us. We always welcome advice and input from parents to the committee.

I sincerely hope that you will all enjoy the 2017-2018, 42nd season.

*Glen Kennedy*

# A SHORT HISTORY OF KENMORE LITTLE ATHLETICS

Kenmore Little Athletics (KLA) Centre was established in September 1975 — 42 years ago! From modest beginnings the club grew to become the largest centre in the State in the 1978/79 season with over 500 Athletes registered that season.

## Did you know?

- There were four other Little Athletics Clubs that were derived from the KLA Centre. They were: Indooroopilly; Kenmore South; Centenary and Moggill – Bellbowrie. Only the Centenary Centre is still running.
- Kenmore is the third oldest centre in the Qld Little Athletics Association, only being younger than Redcliffe (1973) and Mt Gravatt (1974).

KLA has a proud record of achievement with 2 current Australian records and 19 current or past Queensland records.

## Kenmore Honorary Life Members:

**Andrea Harvey** - one of our founding parents and Secretary of QLAA

**Dianna Knight** - had a long involvement with the Kenmore Centre including seven years as Centre Manager

**Sue Sewell** - had a long involvement in the Centre in more recent years

**Tony Castley** - had a long involvement with the club and held various positions on the Committee



# CENTRE COMPETITIONS

Meetings are conducted Saturday afternoons at the Kenmore State High School Oval. The entrance is via Dumbarton Drive. Meetings commence at 3 pm sharp with a warm up for athletes, followed by the events for each age group. The Under 6 age group usually competes in four/five events (a selection from: 70m sprint, 100m sprint, 200m sprint, long jump, discus and shot put). They will be given specific training in each event in the form of age appropriate coaching. Generally the U7's - U17's age groups compete in at least five events (a selection of both track & field). Sometimes a coaching session will be involved.

Centre competitions usually conclude before 5:30 pm (sometimes earlier). A BBQ is often held throughout the season (commencing around 3.30pm). There is a canteen in the club house and a water bubbler outside. Toilet facilities are right next to the club house.

*There is a no smoking policy within the Kenmore State High School grounds. Please refrain from smoking anywhere on the school premises.*

## WET WEATHER

In the event of very wet or extremely hot weather, a decision will be made by the committee just prior to the start time. Families will be notified via email when the competition is cancelled. You can also refer to the centres website [www.kenmorelittleathletics.org.au](http://www.kenmorelittleathletics.org.au) and facebook page for cancellations etc. We will endeavour to hold competitions whenever possible and will modify events if necessary to suit the conditions (eg. no high jump on wet days). If in doubt please always come down to the grounds.



## INSURANCE

When you join Little Athletics, your registration fee includes a small insurance premium. This charge provides insurance not only for registered Little Athletes, but also for all officials and voluntary workers. The policy provides cover for all accidental injuries, which occur in any activities associated with Little Athletics. Activities associated with Little Athletics include athletics meetings at Kenmore State High School and elsewhere, working bees, committee meetings and coaching (by nominated Centre coaches). The policy provides both personal accident insurance and public liability insurance. There is a schedule of payments for permanent injuries; an excess fee applies in some claims. Details of the policy are available on the LAQ website [www.laq.org.au](http://www.laq.org.au)





# REGISTRATION

Children must be over five, and under 17 years of age on the 30th September 2017 to be eligible for registration in the 2017/2018 season. Children born on or after 1st October 2012 are too young for full registration however; they can register as soon as they turn five years of age but not before. Only registered children are permitted to participate in Little Athletics meetings.

A three (3) and four (4) year old may register for the Tiny Tots program.

## REGISTRATION AGE TABLE (2017/2018)

	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
JAN	TOO OLD	17	16	15	14	13	12	11	10	9	8	7	6
FEB		17	16	15	14	13	12	11	10	9	8	7	6
MAR		17	16	15	14	13	12	11	10	9	8	7	6
APR		17	16	15	14	13	12	11	10	9	8	7	6
MAY		17	16	15	14	13	12	11	10	9	8	7	6
JUN		17	16	15	14	13	12	11	10	9	8	7	6
JUL		17	16	15	14	13	12	11	10	9	8	7	6
AUG		17	16	15	14	13	12	11	10	9	8	7	6
SEP		17	16	15	14	13	12	11	10	9	8	7	6
OCT	17	16	15	14	13	12	11	10	9	8	7	6	SEE
NOV	17	16	15	14	13	12	11	10	9	8	7	6	NOTE
DEC	17	16	15	14	13	12	11	10	9	8	7	6	

## FREE TRIAL

For all new athletes, we offer a free trial day before you join. This is to ensure that you and your child/children are familiar with the concept and are sure you would like to join Kenmore Little Athletics. To avail yourself of this opportunity we require you to fill in a **"Trialist Form"** to cover insurance etc. Membership will then be approved by the completion of a registration form and payment of the registration fees. Once registration fees have been paid, there will be no refund without committee approval.

## REGISTRATION FEES

Registration Fees for the 2017-2018 seasons (September - March) are as follows:

First Child	\$150
Second Child	\$140
Third child	\$130
Fourth and subsequent	\$60
Tiny Tots	\$60



A Family Participation Deposit of **\$80.00** is required per family and is refundable on the completion of the parent participation requirements.

Children registering for the **first time** are required to provide **proof of age** (eg. birth certificate) upon registering. Please do so within 14 days (2 centre meets) from your sign on date.

## PARENT PARTICIPATION FEE

A deposit of \$80 is paid **per family** upon registration. This deposit can be refunded at the end of the season if the below conditions are met. The refund is calculated on a "unit" basis.

**"One unit consists of assistance at one of our regular centre meets by volunteering at one of the duties listed on page 11".**

To obtain credit for a unit, you must find a job you'd like to do and enter your name on the **Parent Participation Sheet** at the start of each centre competition. Please also write down your child's registration number next to your name. You will find this sheet on the table outside the club house prior to each competition.

A **minimum of 10 units in total** must be completed in order for a refund to be given at the end of the season. You can add to your credit by having other family members come along and assist at a centre competition. They must also write their name down next to a job on the "Parent Participation Sheet" and record which family they belong to or a registration number of one of the children from the club. This will assist the committee when finalising refunds. Names will be cross checked each week during the competition by a committee member.

The Committee will decide the final cut off levels at the end of the season (incorporating such things as cancelled centre meets due to wet weather etc)

***There will be NO pro rata refunds.***

Finally, committee members are exempt from paying the Parent Participation Fee (a great reason to be on the Committee!!).

## REFUND PROCEDURE

This procedure only applies to the cancellation of Centre Membership after the commencement of Centre Competition.

Each request for a refund of fees will be considered on a case by case basis by the Centre Manager and Centre Committee.

General Principles to be considered concerning the amount of refund granted:

- Where possible refunds will be provided less the expenses to the club.
  - Club expenses could include fees paid to external bodies and groups including LAQ or external competition fees.
- Refunds will not be provided after the 4<sup>th</sup> competition meeting.
- Parent Participation Fees – a refund of this section of the fees will only be considered if two or less club competition meets had been attended by the child or children.

## PARENTAL SUPERVISION POLICY

A parent or Guardian, of a child participating in a Kenmore Little Athletics calendared meeting, will stay within the grounds of that meeting for the entirety of the event/events in which their child/children are participating. If, for any reason you need to leave the grounds then your child/children must leave with you.

Alternatively, you can inform a trusted friend/family member who is at the grounds that you are leaving. Then this person takes responsibility of your child.

It is extremely important that you be contactable at all times during the centre competition. Sometimes it can be expected that the competition finishes earlier than scheduled, and for this reason it is important that you remain at the grounds so your child/children know where to find you. Parents are encouraged to volunteer at an activity during the centre meet.

## PARENT PARTICIPATION

Kenmore Little Athletics is a **voluntary** organisation and cannot operate without the assistance of parents each week in fulfilling the many and varied duties required.

For our Saturday afternoon competitions to run efficiently we require approximately 50 parents/adults to volunteer. If we do not have enough volunteers for an event, then that event may need to be cancelled for the day.

The following is a list of the duties required each week to run a competition efficiently.

- **Equipment Set Up** - the committee arrives early each week to set up equipment on the oval. Similarly an age group will be rostered on for set up, which means you will need to arrive 30 mins earlier than the start time of 3 pm. This set up duty counts as a unit for the parent participation refund. Set up duties may include, the long jump pit, shade tents at the start and finish line and any other general requirements needed on the day.
- **Field Event Facilitators** - each week we require at least 1 parent to help run each of the field events along with the age marshals and a committee member. Information cards are available from the clubhouse or inside the age marshal folders that help explain the rules

and regulations for the event. If you still require assistance please see a committee member. Unfortunately if we do not get enough helpers for these events we will have to cancel that event for the day.

- **Age Marshals** - this is a great way to follow your child around, but entails taking the entire age group to each event. You may also need to help run the field events and must write up performance tickets for each of the athletes. As an age marshal you are responsible for the group of children you are taking around and as such have the right to keep their behaviour in check. We require 2-3 parents for each age group and there is an expectation that those parents are involved in helping out at each field event. Most of the time at least one committee member will be present at a field event to help instruct/coach the athletes.
- **Starter** - is responsible for starting each race using a cap gun. They are in contact with the chief time keeper (via walkie talkies) detailing such things as: event, age group and how many competitors are racing.
- **Time Keepers & Place Judges** - Timekeepers sit up in the stand and time each track event. Each person is given a position to time (eg. 1st, 2nd, 3rd etc). Approximately 6 people are required for timekeeping and it is a great way to see your child/children run each week.
- **Recorder** - the recorder sits under the tent at the finish line. They are asked to record the individual times of each athlete onto a master sheet for track events only.
- **Equipment Pack Up** - Everybody (including age marshals) are asked to help with the pack up at the end of each competition. When you have completed your job for the day or when your children has finished their last event, we ask that you help pack up the equipment in that area. (eg. If your last event is long jump, please help pack up the rake, tape measure and mat etc and place them in the basket supplied and leave them in a neat pile for our groundsman to come around and collect with the trailer. Please, if you see something that needs to be packed up, use your initiative and help out. The pulling down of tents is one job that needs many hands, so please help out the committee when you see this happening.
- **First Aid Officer** - is asked to be on call at the grounds in case of a first aid incident. You are not required to sit up at the club house and are more than welcome to take on another role for the day, we just need to be able to find you in case of an incident. You will need a current first aid certificate for this role.

No experience is required for most of the above roles and it can be as much fun as you make it. The committee are always around so if you need assistance please ask. Parents like us are helping make these competitions happen every weekend, so please offer your assistance, and you never know you might even enjoy yourself!

Additional assistance is always required on the centre committee and all parents are encouraged to become involved. We understand that just like our athletes, our parents come from a diverse range of backgrounds and as such have different talents and experience. There is a place for everyone at Kenmore Little Athletics and there are a number of ways that you can become involved. You may have skills that the centre doesn't even know they need. **So if you think you can help with something, please let the committee know.**



# TINY TOTS

The Tiny Tots Program is for children aged 3 - 5 yrs old. It's a fun based program focusing on developing gross motor skills, fitness and balance and is heaps of fun. All exercises incorporate running, jumping, throwing with the aim of getting them ready for little athletics for ages 5 and up.

The Policy was framed after due consideration of the National Guidelines for the involvement of children in Athletics. Centres are allowed the option of providing a Tiny Tots program for children three and four years old. Parents are required to stay with their Tiny Tot athlete if they do not have other children competing at the centre competition. Parents with other children competing are free to leave their Tiny Tot in the capable hands of our Tiny Tots co-ordinator, and help out at the competition (therefore helping you fulfil your parent participation obligation).

**Activities:** No times, no places, and no measurements will be given to the Tiny Tot Athlete. They may compete in a 60 m sprint at the maximum. All activities are in accordance with Queensland Little Athletics Association (QLAA) programs.

Tiny Tots are provided with an achievement book and weekly encouragement tickets. A Tiny Tot registration number will be provided to the athletes, but uniforms are optional. At Kenmore we suggest buying a plain red shirt for the season.

Tiny Tot's are only able to take part in athletic activities at the Kenmore Centre. No activity is permitted beyond centre level.

Kenmore Little Athletics will decide on a season by season basis, as to whether Tiny Tot's will be held during that coming season based on assistance of parents willing to run the group.



## COACHING AND TRAINING

Kenmore Little Athletics appreciate that coaching is an important part of an athlete's development. In the 2017/18 season, we will endeavour to provide professional coaching opportunities throughout the season during our Saturday afternoon competitions. These will be both fun and constructive. Each week KLA committee members will be present at each event to give instruction and feedback to both parents and athletes.

There are also several excellent coaching programs run by UQ Athletics (University of Queensland Athletics) which are held at various times after school or on Saturday mornings. For full details refer to their website [www.uqsport.uq.edu.au](http://www.uqsport.uq.edu.au).

It is important to note that parents are also responsible for the running and (where able) basic coaching of all events, where everyone's assistance is considered important. All parents are encouraged to attend the Association Coaching Seminars and Clinics (see the events advertised in the newsletters). As a club, we will sponsor parents through coaching courses provided that there is a commitment to coach at our club for two seasons.



# UNIFORM

The Centre uniform must be worn at all times when competing at centre, Inter Centre, Regional and LAQ meetings.

Shoes are compulsory at all centres, regional and state level competitions. Spikes can be worn by U/11's up for certain events.

## Shirts

The light weight polo shirts are red with white sleeves and a white insert down the sides. They are available in a full range of sizes at the centre for a cost of \$35.00 each.

## Shorts

**Boys:** Dark blue (navy blue) shorts

**Girls:** Dark blue (navy blue) shorts/bike pants

(Athletes are permitted to wear full length bike pants (dark blue only) and or compression garments).

Please ensure that there are **no logos or advertising** on the shorts/bike pants. Outside club carnivals are very strict about the colour and they **MUST** be dark blue – not a light blue or black.

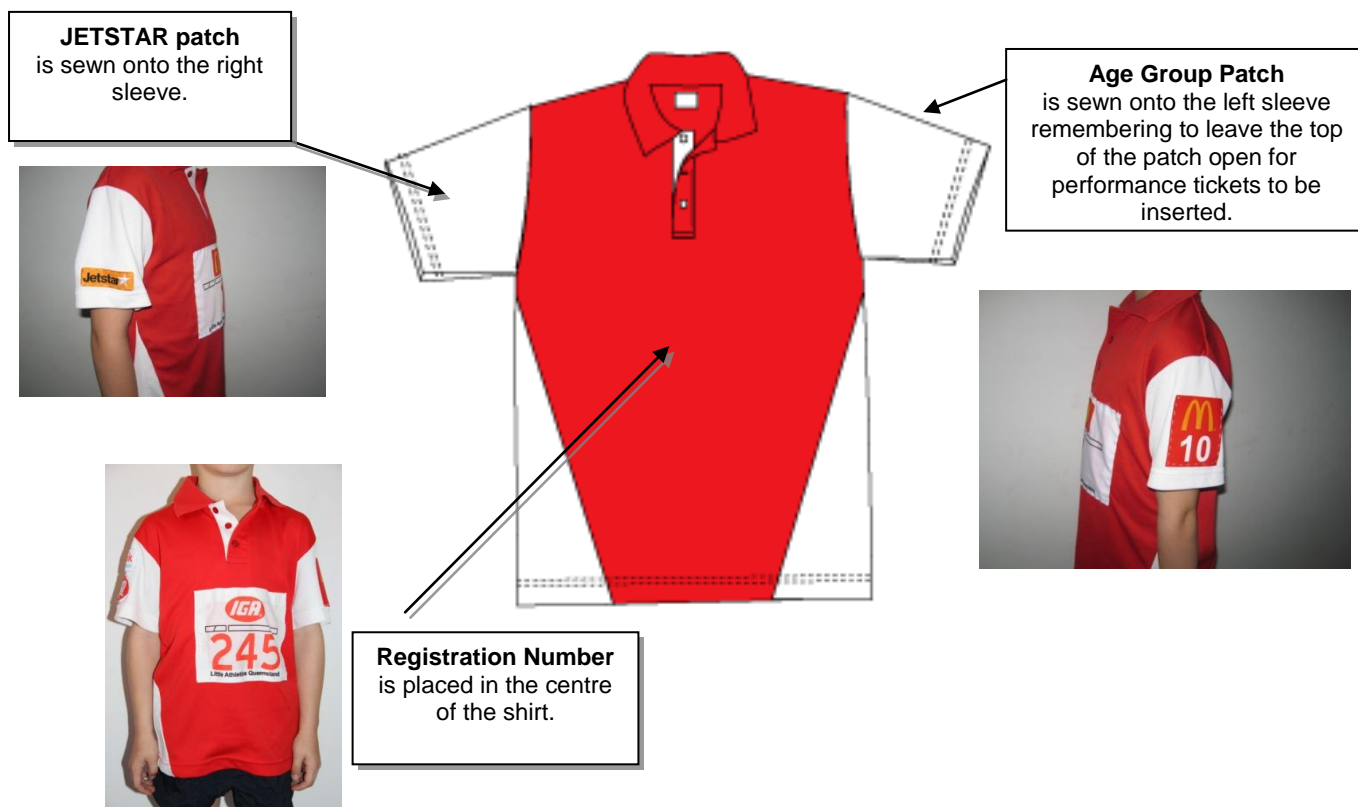
*A sunsafe policy has been adopted by LAQ and Kenmore Little Athletics, so we encourage athletes and officials to wear sunscreen and hats at all times.*

## Hats

A KLA club cap is available to purchase for \$10 at the canteen.



## **POSITION OF LABELS & PATCHES ON CENTRE SHIRT**



## INTER-CENTRE COMPETITIONS

Every year there is a friendly invitational meeting held with our neighbouring centre, Toowong Harriers. No special nominations are required. This event takes place instead of our normal weekly competition. This year it is to be held at Toowong Little Athletics (Jack Cook Park – Heroes Ave Toowong) on **Friday Night 24<sup>th</sup> November**.

Kenmore Little Athletics is also hosting the annual **Western Suburbs Games** this year. This is again, a friendly meeting with our neighbouring clubs, Centenary & Toowong Harriers. The event will be held at Kenmore Little Athletics on **Saturday 24th February 2018 from 2 - 6pm**.

## OTHER CENTRE ADDRESSES

CENTRE	VENUE	ADDRESS
Kenmore	Kenmore State High School	Dumbarton Drive - Kenmore
Ipswich	Bill Paterson Oval	Lion Street - Ipswich
Toowong	Jack Cook Park	Heroes Avenue - Taringa
Centenary	Jaguar A.F.L. Club	Wongaburra St - Jindalee
Goodna	E. Marginson Sports Ground	Woogaroo St - Goodna
Rosewood	Rosewood State High	Lanefield Road - Rosewood
Colleges	Mt Crosby Sports Ground,	Allawah Road - Mt Crosby
Souths	Robinson Park	Brougham Street - Fairfield
Forest Lake	St John's Anglican College	College Avenue - Forest Lake
QSAF	Queensland State Athletics Facility	Kessels Rd - Nathan

## LAQ CARNIVALS & COMPETITIONS

Little Athletics Queensland (LAQ) holds special "Carnivals" each year for particular age groups. These are intended primarily to be fun days, and all athletes in the relevant age groups are encouraged to nominate. Please note that nomination forms for carnivals need to be completed by a specific date and may include a nomination fee. Please refer to the noticeboard, newsletter and website for details.

### *Senior Carnival (U11 to U17's)*

The Medibank Senior Carnival aims to give all registered athletes in these age groups the opportunity to compete in a large-scale competition without the pressure of Championship conditions. Additionally it allows the athletes of the U13 age group to register performances that the State Team Selectors may need to refer to later in the season when selecting the State Team. Similarly, any U15 Multi Event State Team aspirants can gain additional valuable competition. It should be noted however, that the main purpose of the day is for athletes of all abilities to have an enjoyable day's competition and foster new friendships. There are no qualifying pre-requisites for this carnival and no medals are awarded at this event. Each athlete that competes will receive a performance certificate.

The Senior Carnival will be held on **Sunday 5th November 2017** from 7.15 am – 6.15 pm at the Sport Centre, Runaway Bay. Athletes can nominate for up to five individual events. There is no cost to athletes.

## ***Junior Pentathlon (U9 & U10's)***

The Medibank Junior Pentathlon will be held on the same day as the Senior Carnival on **Sunday 5th November 2017**. The pentathlon is oriented as a Championship event to place a stronger emphasis on the participation of children in a wider range of events rather than the early specialisation in one or two specific events. It is a day that promotes one of the main goals of Little Athletics, which is encouraging children to compete in a broad range of events. Entry is open to all LAQ registered athletes and there are no qualifying pre-requisites for this carnival. Medals are awarded to athletes who place first, second and third in each age group.

Points are allocated according to the level of performance achieved in each of the five events. Currently the Association uses a points system generated from within the Track & Field recording programme of Meet Manager – Alberta Youth for the U9-U17 age groups.

The events contested in the **Pentathlon** for each age group are as follows:

**Junior Pentathlon Events**

U9 BOYS:	60MH	100M	800M	High Jump	Discus		U9 GIRLS:	60MH	100M	800M	Long Jump	Shot Put
U10 BOYS:	60MH	100M	800M	Long Jump	Shot Put		U10 GIRLS:	60MH	100M	800M	High Jump	Discus

## ***McDonalds - Regional Relay Day***

The Regional Relays are open to all registered Little Athletics from the U7 - U17's and primarily provide friendly Regional Competition for all athletes in these age groups and in addition are the means for qualifying for the State Relay Championships. Regional track and field relays are provided for, with the track teams comprising of 4 athletes and Centre field teams comprising of 2 nominating athletes.

Teams from the U9 - U17 age groups that place 1st, 2nd or 3rd will be eligible to progress to the McDonald's State Relays. As there are no heats or finals at the McDonald's Regional Relays, track teams are placed on best times from the timed finals. Field teams are formed and placed by combining the two best performances (distance or height) of athletes from the same Centre.

The Regional Relay Day will be held on **Sunday 12<sup>th</sup> November 2017 at Ipswich Little Athletics**. Each athlete may nominate to participate in a maximum number of 5 events and our club includes your nomination fee in your registration fees and as such there is no additional cost for entry. Once allocated to a team, an athlete must attend the Regional Relay Day unless prevented by injury or illness.

## ***McDonalds - State Relay Day***

Teams that place 1st, 2<sup>nd</sup>, and 3<sup>rd</sup> at Regional Relay Day (U9-U17) will compete on this day at the State Athletics Facility (QEII) Nathan. Teams must compete with the same team members as those who qualified from Regional Relay Day. The State Relays will be held on **Saturday 2nd of December 2017**. The club will notify athletes who have qualified for this competition.



## ***Nordic - Regional Championships***

This event is open to all registered LAQ athletes in the U7 to U17 age groups. Each of whom may compete in up to five events. Events offered to the U15, 16 & U17 age groups include a Pentathlon which comprises of 100m / 200m (boys/girls), 800m, 100m hurdles / 90m hurdles (boys/girls), Long Jump and Discus / Shot Put (boys/girls). Athletes nominating for the Pentathlon may also compete in any two individual events.

Athletes in the U9 - U17's that place 1st, 2nd and 3rd in the finals receive medals. All competitors receive performance certificates detailing all events they contest.

U9's - U17 athletes competing in the 2017/2018 Regional Championships who place 1st - 4th may progress to the McDonald's State Championships held in March 2018.

The Regional Championships will be held **on Saturday 3rd and Sunday 4th February 2018 at Ipswich Little Athletics**. There is no cost to athletes as it is included in your registration fees.

## ***Junior Carnival (U7 to U10s)***

The Junior Carnival aims to give all registered athletes in these age groups the opportunity to take part in a large scale competition, without any of the pressures associated with a Championship. Athletes may nominate in a maximum number of five events. There are no qualifying pre-requisites for this carnival and no medals are awarded at this event. Each athlete that competes will receive a performance certificate.

The Junior Carnival will be held on **Sunday 4th March 2018** at the SAF, Nathan (QEII). There is no cost for athletes to enter. This is a fun day and is a good introduction to carnivals for the younger age groups.

## ***Senior Pentathlon (U11 to U17s)***

The Senior Pentathlon will be held on the same day as the Junior Carnival – **Sunday 4th March 2018** at SAF - Nathan (QEII). There is no cost for athletes to enter.

The Pentathlon is oriented as a Championship Event to place a stronger emphasis on the participation of children in a wider range of events rather than the early specialisation in one or two specific events. It is a day that promotes one of the main goals of Little Athletics, which is encouraging children to compete in a broad range of events.

Entry is open to all LAQ registered athletes in the U11-U17 age groups and there are no qualifying pre-requisites for this carnival. Medals are awarded to athletes who place first, second and third in each age group.

Points are allocated according to the level of performance achieved in each of the five events. Currently the Association uses a points system generated from within the Track & Field recording programme of Meet Manager – Alberta Youth for the U9-U17 age groups.

**Senior Pentathlon**

U11 BOYS:	60MH	100M	800M	Long Jump	Discus	U11 GIRLS:	60MH	100M	800M	Long Jump	Shot Put
U12 BOYS:	60MH	100M	800M	High Jump	Shot Put	U12 GIRLS:	60MH	100M	800M	High Jump	Discus
U13 BOYS:	80MH	100M	800M	High Jump	Discus	U13 GIRLS:	80MH	100M	800M	Long Jump	Shot Put
U14 BOYS:	90MH	100M	800M	High Jump	Shot Put	U14 GIRLS:	80MH	100M	800M	High Jump	Shot Put
U15 BOYS:	100MH	100M	800M	Long Jump	Discus	U15 GIRLS:	90MH	200M	800M	Long Jump	Shot Put
U16 BOYS:	100MH	100M	800M	Long Jump	Discus	U16 GIRLS:	90MH	200M	800M	Long Jump	Shot Put
U17 BOYS:	110MH	100M	800M	Long Jump	Discus	U17 GIRLS:	100MH	200M	800M	Long Jump	Shot Put

## McDonalds - State Championships

The State Championships is the major competition in our Queensland calendar year. Athletes in the U9-U17's age groups who place in the first four at their Regional Championships are eligible to compete. Typically, some 2000 athletes from all corners of the State take part in this annual event.

Competitors will receive performance certificates detailing their event/s and performances. The first three placegetters from the finals receive medals.

The state championships will be held on **23<sup>rd</sup>, 24<sup>th</sup> & 25<sup>th</sup> of March 2018 at QSAC, Nathan, Brisbane.**

The Queensland Team to compete at the Australian Teams Championships is selected from the Under 13 age group at this competition and those selected will be notified. (An athlete **MUST** have competed at 60% of centre meets to qualify for the state team).



# CARNIVAL NOMINATIONS

## *Nomination closing dates and entry fees*

**Nomination Forms** for Association Carnivals must be given to the Carnival Co-ordinator before the closing dates shown below. Please find nomination forms on our website and noticeboard at the grounds. Carnival costs have been absorbed by the registration fees this season, therefore athletes can nominate for any of the below competitions for no cost.

Carnival	Cost	Nomination Form Due
<b>Senior Carnival &amp; Junior Pentathlon</b> Venue: Runaway Bay Date: Sun 5 <sup>th</sup> Nov 2017	No cost	Saturday 28 <sup>th</sup> October 2017
<b>McDonalds - Regional Relays</b> Venue: Ipswich Little Athletics Date: Sunday 12 <sup>th</sup> Nov 2017	No cost	Saturday 28 <sup>th</sup> October 2017
<b>McDonalds - State Relays</b> Venue: SAF – Nathan Date: Saturday 2nd Dec 2017	No cost	Saturday 18 <sup>th</sup> November 2017
<b>Regional Championships</b> Venue: Ipswich Little Athletics Date: Sat 3rd & Sun 4 <sup>th</sup> Feb 2018	No cost	Saturday 27 <sup>th</sup> January 2018
<b>Junior Carnival &amp; Senior Pentathlon</b> Venue: SAF – Nathan Date: Sun 4th March 2018	No cost	Saturday 24th February 2018
<b>McDonalds - State Championships</b> Venue: QSAC Nathan Date: 23 <sup>rd</sup> – 25 <sup>th</sup> March 2018	No Cost	Saturday 24 <sup>th</sup> February 2018



# CENTRE RULES

We are bound to follow the policies and Rules of the LAQ. For details on their policies and guidelines please see their website at [www.laq.org.au](http://www.laq.org.au).

- Shoes must be worn for all events.
- A sun safe policy is enforced – please ensure that all children have sunscreen, hat and a water bottle.
- Smoking is prohibited in and around the competition arena as there is a no smoking policy on school grounds.
- Spikes can be worn by the Under 11 - Under 17's age groups. They are only to be worn during an event and must be removed on completion of that event.
- U 11's can wear spikes for: long jump/triple jump and lane only track events.
- U12-U17's can wear spikes for high jump, long jump/triple jump and track events as follows: U12's may wear them in all laned running events and Under 13 – 17's may wear them in all laned and unlaned running events (800 and 1500m) and relays.
- Starting blocks may be used by U11 – U17's in laned events. The Centre will not be responsible for providing starting blocks.
- Should an athlete be distressed during an event, he/she is advised to withdraw from the event. Should an official decide that an athlete is unfit, unwell or in distress the athlete shall not be allowed to compete in the interests of their health and well-being.

As the Centre utilises the grounds of Kenmore State High School parents and athletes are advised that **Education Queensland does not permit dogs to be on school grounds.**

In the interest of safety of athletes and spectators the Committee would appreciate it if members could abide by Education Queensland's Policy. **Please do not bring pets to Centre Competitions.**

# CODE OF BEHAVIOUR

- Sport has a very special place in Australian society. We are proud of our sporting tradition. We look up to our champions and remember and respect the sporting heroes of yesteryear - a great many of whom are revered for their deeds on the Athletics field.
- Winning of course is a vital part of that tradition - but not as important as the spirit in which the majority of those Australian heroes have played their sport. That spirit stems from our commitment to fair play.
- The Australian Sports Commission has developed Codes of Behaviour for use in sporting programmes for children. As a community activity utilising sport to foster the development of Australia's Children, Little Athletics totally endorses these Codes for all its participants.

## PARENTS

**A child's basic training in good sportsmanship comes from the home!**

1. If children are interested encourage them to participate. However if your child is not willing, do not force him or her.
2. Focus upon your child's efforts and performance rather than the overall outcome of the event. This assists your child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
3. Teach your child that honest effort is as important as victory, so that the result of each competition is accepted with undue disappointment.
4. Encourage your child to always participate according to the rules.
5. Never ridicule or yell at your child for making a mistake or losing a competition.
6. Remember children are involved in organised sports for **their** enjoyment.
7. Remember that children learn best by example. Applaud good performances by all athletes.
8. If you disagree with an official, raise the issue through the appropriate channels rather than question the official's judgement and honesty in public. Remember, most officials give their time and effort for your child's involvement.



9. Support all efforts to remove verbal and physical abuse from children's sporting activities.
10. Recognise the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for your child.

## **COACHES**

**The best coaches are more interested in their athletes' well being than whether they win or lose!**

1. Be reasonable in your demands on the young athletes' time, energy and enthusiasm. Remember that they have other interests.
2. Teach your athletes that rules of the sport are mutual agreements, which no one should evade or break.
3. When coaching, group athletes according to age, height, skill and physical maturity whenever possible.
4. Avoid over-attention to the talented athletes. The "just- average" athletes need and deserve equal time.
5. Remember that children compete for fun and enjoyment and that winning is only part of the motivation. Never ridicule or yell at the children for making mistakes or losing in a competition.
6. Ensure that equipment and facilities meet QSAC safety standards and are appropriate for the age and ability of the athletes.
7. The scheduling and length of coaching practice times and competitions should take into consideration the maturity level of the children.
8. Develop each athlete's respect for the ability of opponents, as well as for the judgement of officials and opposing athletes.
9. Follow the advice of a sports medicine physician when determining when an injured athlete is ready to compete or practice again.
10. Remember that children need a coach they can respect. Be generous with your praise when it is deserved and set a good example.
11. Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.

## **ATHLETES**

**It isn't whether you win or lose, but, how you play the game!**

1. Compete and train for the "fun of it", not just to please your parents or coach.
2. Play by the rules.
3. Never argue with the official's decision. Let your Centre Manager or Coach ask any necessary questions.
4. Control your temper - no "mouthing off", breaking equipment, throwing implements or other equipment.
5. Work equally for yourself and your team in relay, and team events, your team's performance will benefit and so will your own.
6. Be a good sport. Cheer all good performances, whether your club mates or your opponents.
7. Treat all athletes as you would like to be treated. Don't interfere with, bully or take unfair advantage of any athlete.
8. Remember that the goal of training or competition is to have fun, improve your skills and feel good. Don't be a show-off or brag about your own performances.
9. Co-operate with your coach, club mates and opponents. For without them you don't have a competition.

## **ADMINISTRATORS, OFFICIALS & SPECTATORS**

In Little Athletics, virtually all these roles are filled by parents temporarily performing an additional function. **Don't adopt a different code of behaviour just because your role has changed.**

## **BREACHING OF CODE OF BEHAVIOUR**

The Code of Behaviour above is to be followed by all athletes, parents and coaches. The procedure for any breaches of this code will be dealt with in the following manner. In the first instance, the athlete will be spoken to by the Centre Manager and in the second instance; the Centre Manager will speak to the athlete along with the athlete's parents and decide what action is to be taken.

# EVENTS

Below is a summary of the track and field events that each age group can compete in, both at centre competitions and LAQ carnivals.

## 1. SUMMARY OF TRACK & FIELD EVENTS

All events are for boys & girls unless otherwise stated.

EVENTS	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
70 metre		✓	✓	✓	✓							
100 metre		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 metre		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
300 metre												
400 metre				✓	✓	✓	✓	✓	✓	✓	✓	✓
500 metre												
700 metre												
800 metre				✓	✓	✓	✓	✓	✓	✓	✓	✓
1500 metre						✓	✓	✓	✓	✓	✓	✓
60m Hurdle			✓	✓	✓	✓	✓					
80m Hurdle								✓	G			
90m Hurdle									B	G	G	
100m Hurdle										B	B	G
110m Hurdle												B
200m Hurdle								✓	✓			
300m Hurdle										✓	✓	✓
300m Race Walk												
700m Race Walk			✓									
1100m Race Walk				✓	✓							
1500m Race Walk						✓	✓	✓	✓	✓	✓	✓
3000m Race Walk									✓	✓	✓	✓
4 x 70 Relay		✓	✓									
4 x 100 Relay		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4 x 200 Relay				✓	✓							
4 x Medley Relay						✓	✓	✓	✓	✓	✓	✓
1000m Cross Country			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2000m Cross Country						✓	✓	✓	✓	✓	✓	✓
3000m Cross Country								✓	✓	✓	✓	✓
4000m Cross Country										✓	✓	G
6000m Cross Country												B
Long Jump		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump						✓	✓	✓	✓	✓	✓	✓
High Jump				✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Discus		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Javelin						✓	✓	✓	✓	✓	✓	✓
Vortex												
Turbo Jav												

### Legend:

✓ Centre & LAQ Competition  
 Optional at Centre only

Not permitted  
 LAA Standard Events (may be eligible for ABP's)

# CENTRE AWARDS

The aim of Little Athletics is to improve your personal best in an event, rather than win. After competing in an event, every athlete receives a performance ticket with their individual result recorded.

These tickets should be affixed in his or her achievement book at home. Achievement Cards and McDonalds Certificates are handed out during the season for those athletes who reach a green, red or blue level. Almost every athlete should be able to achieve a green level in an event. These achievement cards are great encouragement for those who do not always win their events and is a means of goal setting for the more talented athletes. Centre records for each event are recorded and acknowledged during and at the end of the season.

## ACHIEVEMENT LEVELS



The McDonald's achievement levels are calculated from the performance averages attained by Queensland's Little Athletes over the years. A regular review of the levels is conducted at least every three years.

The first level is the Green Level, which is within reach of 95% of athletes. This level represents a good level of performance.

A Red Level represents a very good performance and is achievable by approximately 65% of athletes.

A Blue Level represents an excellent performance and is achievable by approximately 20% of athletes.

Levels for each age group and all events are detailed below on the Girls and Boy's Achievement Level Cards (see page 24 & 25).

To receive a McDonald's Achievement Award, an athlete must reach the relevant level in all events applicable to their age group in three (3) event groups. The event groups include:

(1) Hurdles (2) Sprints (3) Distance (4) Walks (5) Throws and (6) Jumps.

For example an U13 athlete would be awarded a Green level certificate if they were to equal or better the Green level times and distances in (1) Hurdles: 60m Hurdles and 200m Hurdles, (2) Sprints: 70m, 100m and 200m and in (3) Throws: Discus, Javelin and Shot Put. Any event group combination can be used to meet the criteria, as long as the levels in three event groups are attained.

*Performance levels can be achieved at any LAQ Centre or Association Competition.*

Achievement Awards are provided as an incentive to children to improve their own performance and level of participation, thus providing satisfaction for the athlete who does not have the ability to win. It is a great way to set goals for the season.

		Achievement Levels	Points Awarded
1st Level	Green	Approximately 95% of Little Athletes achieve this	1
2nd Level	Red	Achievable by approximately 65%	2
3rd Level	Blue	Approximately 20% achievable	3
4th Level	Gold	Achieved only by an exceptional few (National Level)	5

# GIRLS ACHIEVEMENT LEVELS

		U 6	U 7	U 8	U 9	U 10	U 11	U 12	U 13	U 14	U 15	U 16	U 17
						60m			80m		90m		100m
Sprint Hurdles	BLUE			^ 14.1	13.1	13.6	12.8	12.9	17.8	16.7	18.2	17.2	18.9
	RED			^ 16.1	14.8	15.0	14.5	14.6	20.2	20.1	21.9	20.9	23.0
	GREEN			^ 19.6	17.8	18.5	17.5	17.5	29.6	26.0	29.3	26.6	29.3
200m Hurdles	BLUE								36.1	34.8			
	RED								40.5	39.8			
	GREEN								48.9	47.8			
300m Hurdles	BLUE										57.4	56.0	54.6
	RED										1:05.7	1:04.1	1:02.5
	GREEN										1:18.9	1:16.9	1:15.0
70m	BLUE	15.0	^ 13.8	^ 13.2	12.6	11.9	* 11.6	* 11.2	* 10.8	* 10.7	* 10.4	* 10.3	* 9.6
	RED	17.1	^ 15.5	^ 14.7	14.0	13.0	* 12.9	* 12.3	* 12.0	* 11.6	* 11.3	* 11.3	* 11.3
	GREEN	20.7	^ 18.6	^ 16.7	16.1	14.7	* 14.5	* 13.9	* 13.9	* 13.4	* 13.1	* 12.7	* 12.6
100m	BLUE	22.6	^ 20.1	^ 18.9	17.9	17.0	16.1	15.5	14.8	14.4	14.1	14.0	14.0
	RED	25.6	^ 22.5	^ 21.2	19.9	18.6	18.0	17.5	16.8	16.0	15.6	15.3	15.3
	GREEN	31.2	^ 27.9	^ 24.1	23.3	21.7	20.8	20.0	19.5	18.2	18.2	17.5	17.5
200m	BLUE	50.0	^ 44.5	^ 41.5	39.0	36.5	34.5	33.0	31.5	30.5	29.5	29.5	29.5
	RED	1:00.5	^ 53.0	^ 47.5	44.5	42.0	40.0	38.5	36.0	34.5	34.5	33.5	33.5
	GREEN	1:14.5	^ 1:06.0	^ 58.0	54.0	49.5	48.0	46.0	43.5	40.0	40.0	40.0	39.0
300m	BLUE		^ 1:16.0										
	RED		^ 1:27.0										
	GREEN		^ 1:46.0										
400m	BLUE				1:33.0	1:29.0	1:24.0	1:21.0	1:16.0	1:10.0	1:10.0	1:10.0	1:10.0
	RED				1:49.0	1:43.0	1:36.0	1:35.0	1:29.0	1:28.0	1:27.0	1:26.0	1:26.0
	GREEN				2:21.0	2:04.0	2:03.0	1:52.0	1:52.0	1:50.0	1:50.0	1:50.0	1:43.0
500m	BLUE			^ 2:10.0									
	RED			^ 2:35.0									
	GREEN			^ 3:15.0									
800m	BLUE				3:35.0	3:30.0	3:20.0	3:15.0	3:10.0	3:05.0	3:05.0	2:55.0	2:55.0
	RED				4:15.0	4:05.0	3:50.0	3:50.0	3:50.0	3:45.0	3:35.0	3:35.0	3:35.0
	GREEN				5:35.0	5:00.0	4:35.0	4:35.0	4:35.0	4:35.0	4:15.0	4:00.0	4:00.0
1500m	BLUE						6:50.0	6:50.0	6:40.0	6:35.0	6:25.0	6:00.0	5:50.0
	RED						8:15.0	8:10.0	7:55.0	7:55.0	7:40.0	7:40.0	7:40.0
	GREEN						10:40.0	10:20.0	9:45.0	9:45.0	9:35.0	9:25.0	9:00.0
300mW	BLUE			^ 2:20.0	* 2:10.0								
	RED			^ 2:45.0	* 2:35.0								
	GREEN			^ 3:40.0	* 3:15.0								
700mW	BLUE				5:15.0	* 5:05.0	* 5:05.0	* 5:05.0	* 4:50.0	* 4:45.0	* 4:45.0	* 4:45.0	* 4:30.0
	RED				6:10.0	* 5:50.0	* 5:50.0	* 5:40.0	* 5:30.0	* 5:20.0	* 5:20.0	* 5:20.0	* 5:10.0
	GREEN				7:40.0	* 7:20.0	* 7:00.0	* 6:50.0	* 6:40.0	* 6:25.0	* 6:25.0	* 6:25.0	* 6:25.0
1100mW	BLUE					8:10.0	8:10.0						
	RED					9:10.0	9:10.0						
	GREEN					10:30.0	10:20.0						
1500mW	BLUE						11:30.0	11:20.0	10:40.0	10:20.0	10:20.0	9:50.0	9:50.0
	RED						12:40.0	12:30.0	12:10.0	12:10.0	12:10.0	12:10.0	12:10.0
	GREEN						15:00.0	14:20.0	14:00.0	14:00.0	14:00.0	14:00.0	14:00.0
SHOT PUT	BLUE	3.10	^ 3.70	^ 4.10	4.40	5.10	6.10	7.00	6.70	8.10	8.10	9.00	9.50
	RED	2.30	^ 2.90	^ 3.10	3.40	4.00	4.60	5.10	5.10	6.10	6.10	6.10	6.30
	GREEN	1.50	^ 2.00	^ 2.10	2.50	2.80	3.70	3.80	3.70	4.10	4.90	4.90	5.30
DISCUS	BLUE	5.50	^ 8.50	^ 8.50	11.50	13.50	14.00	15.00	18.50	19.00	19.00	23.00	25.50
	RED	4.00	^ 5.50	^ 6.00	7.50	9.00	9.50	10.50	13.00	14.00	14.50	14.50	15.50
	GREEN	2.50	^ 4.00	^ 4.00	5.00	6.00	7.00	7.00	8.50	9.50	10.00	10.50	10.50
JAVELIN	BLUE						11.00	12.50	15.50	19.50	17.00	20.00	22.00
	RED						7.50	8.50	10.00	12.50	12.00	13.00	13.00
	GREEN						5.00	6.50	6.00	7.00	8.50	9.00	9.00
HIGH JUMP	BLUE			^ 0.85	0.90	0.95	1.05	1.15	1.20	1.30	1.30	1.30	1.35
	RED			^ 0.70	0.75	0.85	0.90	1.00	1.05	1.15	1.15	1.15	1.20
	GREEN			^ 0.55	0.65	0.70	0.80	0.85	0.85	1.00	1.00	1.00	1.00
LONG JUMP	BLUE	2.00	^ 2.40	^ 2.60	2.80	3.10	3.40	3.60	3.90	4.30	4.30	4.30	4.40
	RED	1.60	^ 1.90	^ 2.10	2.30	2.60	2.90	3.00	3.10	3.40	3.60	3.60	3.70
	GREEN	1.10	^ 1.30	^ 1.50	1.80	2.00	2.20	2.50	2.50	2.70	2.70	2.70	2.70
TRIPLE JUMP	BLUE						7.20	7.70	8.10	9.10	9.10	9.10	9.80
	RED						5.90	6.30	6.60	7.30	7.60	7.40	7.90
	GREEN						4.70	5.10	5.10	5.60	5.90	5.90	6.40

## ACHIEVEMENT AWARD RULES

- Group awards are achieved when all of the same level is reached in all events in the associated Group e.g. to achieve the Green Group award for sprints, the competitor must achieve green level in 70m, 100m, 200m, events. The same rule applies for Red and Blue Group Awards.
- The number of Group Awards required is age group adjusted: U6's need 2 groups of 3; U7's need 2 groups of 4; U8 – U17's need 3 groups of 7.
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Events with \* are not conducted at State Championships or Carnivals competitions (U9 – U17's)

Events with ^ are optional events that may be conducted at Regional & LAQ Carnival Competitions (U7 & U8's).

updated October 2016



# BOYS ACHIEVEMENT LEVELS

		U 6	U 7	U 8	U 9	U 10	U 11	U 12	U 13	U 14	U 15	U 16	U 17
						60m			80m	90m	100m		110m
Sprint Hurdles	BLUE			^ 13.5	12.6	12.9	12.4	12.0	16.3	16.8	17.6	15.5	17.9
	RED			^ 14.9	14.1	14.3	14.0	13.8	19.6	19.8	19.0	18.0	20.8
	GREEN			^ 18.0	17.3	17.5	16.8	16.1	22.9	23.4	23.1	22.2	25.6
200mH	BLUE								34.0	31.2			
	RED								38.8	36.4			
	GREEN								47.2	42.1			
300mH	BLUE										51.5	50.2	48.9
	RED										1:00.0	58.5	57.0
	GREEN										1:09.5	1:07.8	66.1
70m	BLUE	14.8	^ 13.3	^ 12.6	12.0	11.6	* 11.1	* 10.6	* 10.2	* 9.7	* 9.4	* 9.3	* 8.7
	RED	16.8	^ 15.4	^ 13.9	13.4	12.7	* 12.3	* 11.8	* 11.4	* 11.2	* 10.2	* 10.2	* 9.4
	GREEN	19.4	^ 18.1	^ 15.9	15.7	14.5	* 14.5	* 13.3	* 13.3	* 12.7	* 12.7	* 12.7	* 12.5
100m	BLUE	21.8	^ 19.3	^ 18.1	17.1	16.3	15.4	14.8	14.0	13.3	12.5	12.3	12.0
	RED	24.9	^ 22.4	^ 20.1	18.9	18.0	17.5	16.6	15.9	14.8	14.0	13.4	13.0
	GREEN	29.8	^ 26.8	^ 23.8	22.2	21.5	20.4	19.0	18.5	17.7	16.5	16.4	16.0
200m	BLUE	49.0	^ 43.0	^ 39.0	37.0	35.0	33.5	31.5	30.0	28.0	26.5	25.5	25.5
	RED	57.5	^ 51.0	^ 44.5	42.5	40.0	38.0	36.0	34.5	32.0	30.0	28.5	27.5
	GREEN	1:10.0	^ 1:02.5	^ 55.0	53.0	48.5	45.5	45.5	40.5	39.5	39.5	38.0	37.0
300m	BLUE		^ 1:10.0										
	RED		^ 1:26.0										
	GREEN		^ 1:46.0										
400m	BLUE				1:28.0	1:23.0	1:20.0	1:17.0	1:12.0	1:05.0	1:02.0	1:00.0	57.0
	RED				1:41.0	1:37.0	1:33.0	1:27.0	1:22.0	1:18.0	1:15.0	1:09.0	1:04.0
	GREEN				2:10.0	2:02.0	1:48.0	1:44.0	1:40.0	1:36.0	1:27.0	1:24.0	1:24.0
500m	BLUE			^ 2:00.0									
	RED			^ 2:25.0									
	GREEN			^ 3:15.0									
800m	BLUE				3:20.0	3:15.0	3:05.0	3:00.0	2:50.0	2:45.0	2:40.0	2:35.0	2:35.0
	RED				3:55.0	3:45.0	3:35.0	3:25.0	3:20.0	3:20.0	3:00.0	3:00.0	2:55.0
	GREEN				5:05.0	4:50.0	4:25.0	4:25.0	4:10.0	4:10.0	3:50.0	3:35.0	3:30.0
1500m	BLUE						6:20.0	6:05.0	6:00.0	5:50.0	5:45.0	5:20.0	5:20.0
	RED						7:35.0	7:05.0	7:00.0	7:00.0	6:35.0	6:30.0	6:10.0
	GREEN						9:35.0	8:50.0	8:40.0	8:40.0	8:30.0	8:20.0	8:00.0
300mW	BLUE			^ 2:10.0	* 2:05.0								
	RED			^ 2:40.0	* 2:30.0								
	GREEN			^ 3:40.0	* 3:15.0								
700mW	BLUE				5:15.0	* 5:05.0	* 4:50.0	* 4:50.0	* 4:50.0	* 4:45.0	* 4:30.0	* 4:30.0	* 4:30.0
	RED				5:55.0	* 5:50.0	* 5:40.0	* 5:35.0	* 5:30.0	* 5:20.0	* 5:20.0	* 5:20.0	* 5:10.0
	GREEN				7:20.0	* 7:20.0	* 7:00.0	* 6:50.0	* 6:40.0	* 6:25.0	* 6:25.0	* 6:25.0	* 6:25.0
1100mW	BLUE					8:00.0	7:45.0						
	RED					9:10.0	8:55.0						
	GREEN					10:30.0	10:20.0						
1500mW	BLUE							10:40.0	10:40.0	10:20.0	10:20.0	9:50.0	9:50.0
	RED							12:30.0	12:30.0	12:10.0	11:50.0	11:30.0	11:30.0
	GREEN							14:00.0	14:00.0	14:00.0	14:00.0	13:10.0	13:10.0
SHOT PUT	BLUE	3.60	^ 4.70	^ 4.90	5.30	6.20	7.10	7.30	8.40	10.00	11.10	11.20	10.00
	RED	2.60	^ 3.40	^ 3.80	3.90	4.70	5.30	5.40	6.00	7.00	7.70	8.60	8.00
	GREEN	1.80	^ 2.20	^ 2.70	2.80	3.60	4.10	4.30	4.70	4.80	5.40	6.40	5.50
DISCUS	BLUE	8.00	^ 11.00	^ 12.00	15.00	16.00	16.50	22.00	21.00	26.50	31.50	35.00	30.00
	RED	5.50	^ 7.50	^ 8.00	10.00	12.00	11.50	14.50	14.00	17.00	20.50	24.50	20.00
	GREEN	3.50	^ 4.50	^ 5.00	6.00	7.50	8.00	9.00	9.00	11.00	11.00	15.00	14.00
JAVELIN	BLUE						15.50	18.50	19.00	24.00	27.00	33.50	34.00
	RED						10.50	13.50	13.00	15.00	18.50	21.00	24.50
	GREEN						6.00	7.50	9.00	9.50	11.00	13.00	13.00
HIGH JUMP	BLUE			^ 0.85	0.95	1.05	1.10	1.20	1.30	1.40	1.55	1.60	1.70
	RED			^ 0.75	0.80	0.90	0.95	1.05	1.10	1.20	1.35	1.35	1.50
	GREEN			^ 0.60	0.65	0.80	0.80	0.90	1.00	1.05	1.05	1.10	1.15
LONG JUMP	BLUE	2.10	^ 2.50	^ 2.90	3.10	3.40	3.80	4.00	4.20	4.80	5.20	5.30	5.60
	RED	1.70	^ 2.00	^ 2.40	2.60	2.90	3.00	3.30	3.50	3.90	4.40	4.40	4.60
	GREEN	1.20	^ 1.20	^ 1.40	1.90	2.30	2.30	2.70	2.70	3.10	3.10	3.30	3.80
TRIPLE JUMP	BLUE						7.60	8.50	8.90	9.90	10.90	10.90	11.10
	RED						6.30	7.00	7.10	8.30	9.20	9.50	10.30
	GREEN						4.70	5.90	6.00	6.20	7.20	8.00	8.20

## ACHIEVEMENT AWARD RULES

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updated October 2016

## GOLD ACHIEVEMENT LEVELS

### GIRLS

Event	U9 Gold	U10 Gold	U11 Gold	U12 Gold	U13 Gold	U14 Gold	U15 Gold	U16 Gold	U17 Gold
70m	11.40	10.90	-	-	-	-	-	-	-
100m	16.10	15.20	14.50	14.10	13.70	13.40	13.10	13.30	13.30
200m	34.40	32.10	30.80	29.50	28.60	27.30	27.20	27.20	27.00
400m	01:20.8	01:16.5	01:14.0	01:11.3	01:06.7	01:04.5	01:03.3	01:05.2	01:04.7
800m	03:04.0	02:56.0	02:53.9	02:47.4	02:43.6	02:38.7	02:34.0	02:35.8	02:33.3
1500m	-	-	05:53.5	05:44.4	05:38.5	05:34.3	05:23.5	05:34.0	05:31.5
60/80/90mH	11.50	11.50	11.30	11.10	14.60	14.40	15.30	15.60	15.40
200mH	-	-	-	-	32.20	32.00	31.30	31.40	30.90
ShotPut	6.80	8.60	10.20	11.80	10.90	11.90	11.90	10.70	11.00
Discus	22.30	26.10	27.00	31.60	33.80	31.90	34.10	29.90	31.90
Javelin	-	-	20.90	27.40	31.00	30.00	31.10	30.20	31.20
HighJump	1.15	1.23	1.32	1.43	1.53	1.53	1.58	1.55	1.57
TripleJump	-	-	8.70	9.60	10.20	10.30	10.70	10.20	10.30
LongJump	3.70	4.00	4.20	4.60	4.80	4.90	5.20	4.80	4.80
700mWalk	04:25.7	-	-	-	-	-	-	-	-
1100mWalk	-	06:54.0	06:30.0	-	-	-	-	-	-
1500mWalk	-	-	-	08:56.3	08:40.4	08:39.6	07:59.1	08:23.7	08:18.7

### BOYS

Event	U9 Gold	U10 Gold	U11 Gold	U12 Gold	U13 Gold	U14 Gold	U15 Gold	U16 Gold	U17 Gold
70m	11.00	10.70	-	-	-	-	-	-	-
100m	15.40	14.70	14.10	13.60	13.00	12.40	11.90	11.80	11.70
200m	32.60	31.10	29.90	28.20	26.70	25.60	24.40	23.80	23.50
400m	01:16.3	01:11.4	01:09.1	01:06.8	01:02.6	00:59.0	00:56.5	00:55.2	00:54.7
800m	02:56.8	02:50.2	02:42.9	02:38.5	02:29.8	02:23.9	02:16.6	02:18.6	02:16.1
1500m	-	-	05:29.3	05:23.6	05:04.1	04:59.7	04:53.5	04:53.9	04:48.9
60-100mH	11.00	11.20	10.80	10.70	13.70	14.30	14.90	14.70	14.40
200mH	-	-	-	-	30.10	29.00	27.50	26.70	25.90
ShotPut	8.40	9.70	11.00	11.40	13.90	14.10	15.10	14.20	14.40
Discus	25.80	29.60	29.20	36.20	38.00	42.30	47.30	45.50	46.50
Javelin	-	-	27.30	34.90	38.70	42.30	42.30	47.40	49.40
HighJump	1.22	1.29	1.39	1.53	1.59	1.68	1.83	1.78	1.81
TripleJump	-	-	9.30	10.50	10.90	12.00	12.40	12.00	12.30
LongJump	3.90	4.30	4.70	5.00	5.30	5.60	6.10	6.00	6.10
700mWalk	04:26.8	-	-	-	-	-	-	-	-
1100mWalk	-	06:50.4	06:32.1	-	-	-	-	-	-
1500mWalk	-	-	-	09:13.6	08:25.8	08:37.1	08:10.9	07:42.4	07:37.4

# END OF SEASON AWARDS

This Centre offers a wide range of awards, to be presented at our end-of-season Presentation Day. All Little Athletes are required to participate in at least 10 of the centre competitions listed on the calendar throughout the season to receive an award.

A medal is presented to **all** athletes together with an Achievement Card at the end of the season.

Awards at Kenmore Little Athletics may include:

- ❖ Most Improved
- ❖ Encouragement Award
- ❖ New Club Records
- ❖ High Achiever Award
- ❖ Gold Achievement Award
- ❖ Club Champion
- ❖ The Neville Knight Encouragement Award
- ❖ The Laurie Baartz Award
- ❖ The George Harvey Perpetual Award



*The final decision / criteria on all awards presented at the end of the season is done at the discretion of the committee each year.*

## THE MOST IMPROVED AWARD

A points system operates at the weekly centre competitions over the season and will be used to make awards in each age group. The highest point scorer will be the MOST IMPROVED FOR THAT AGE GROUP and will receive a trophy provided that they fulfil the requirements mentioned above. Points are awarded as follows:

1. Points for participating (1 for each event completed)
2. Points for achieving a personal best (5 points)
3. Points for equalling a personal best (3 points)

## ENCOURAGEMENT AWARD

This is an award to identify those athletes who inspire courage and spirit within our club. They are athletes whose attendance is high and determination is great. They demonstrate positivity and sportsmanship, even though they may never win.

## THE OVERALL HIGH ACHIEVER AWARD

The Overall High Achiever Awards are presented to those athletes who has achieved 83% or higher in blue levels in their respective events. It identifies those athletes who perform at a high level in all event groups.

## ***GOLD ACHIEVEMENT AWARD***

The Gold Achievement Award is presented to those athletes in the Under 9+ age groups who have achieved a "Gold Level" in a particular event, according to the levels stated on page 26. Gold levels are obtained by athletes who are considered to be performing at a national level.

## ***CLUB CHAMPION***

This is awarded to an athlete who has accumulated the most number of points across any age group for the season. It is an athlete who has performed at a high level at both club and outside club competitions.

## ***NEVILLE KNIGHT ENCOURAGEMENT AWARD***

This award is presented by the Centre to honour the memory of the late Neville Knight who sadly passed away in November 1993. Neville was very committed to the Kenmore Centre over a number of years. Because he had great deal to do with the U13 to U15 age group, the award is usually made each year to someone from this group, or to a parent who has been motivational and provided assistance to athletes beyond the call of their duty.

Eligibility for the award is not restricted to athletic ability. Rather, the athlete selected will have demonstrated a preparedness to become involved in and help with the development of our younger athletes at the Centre. The athlete selected will have displayed leadership qualities and by example provided a role model for the younger athletes to base their conduct on.

## ***LAURIE BAARTZ AWARD***

This LAQ trophy was introduced in memory of Laurie Baartz who was the LAQ Manager for coaching and passed away on April 11, 1985. It is awarded by the LAQ to the Queensland Little Athlete who most consistently improves throughout the season regardless of ability. Points are awarded at ten nominated centre meetings in four (4) groups of events:

- Sprints and hurdles
- Distance and walks
- Throws
- Jumps

Each time a little Athlete improves their personal best in at least one (1) event in each group, they will earn one (1) point. A maximum of forty (40) points can be reached by the end of the season.

The Little Athlete gaining the most points will be awarded a centre trophy with their name being forwarded to the Association as a finalist in the State Competition.

The committee will decide as to whether the club makes a nomination for this award based on the programme for the season and the performances of the athletes. This award basically duplicates our centre award for the most improved athlete.

## ***GEORGE HARVEY PERPETUAL AWARD***

The George Harvey Award will be presented each year by the LAQ to one girl and one boy who bests demonstrates that they embrace the ideals of Little Athletics. Eligibility for the award will not be restricted by athletic ability as demonstrated on the track and in the field. The athletes will have been regular attendees of Centre and Regional meetings and will have displayed a willingness to participate in the full range of Little Athletics events. They will also have been involved in Little Athletics for a minimum of 6 years and will currently be in one of the U13 to U15 Age Groups.



# RECORDS HELD BY KENMORE ATHLETES

Since our Centre started in September 1975 it has grown to be one of the most successful in Queensland. Members can be proud of the following achievements.

## *Australian Best Performances set by Kenmore Athletes*

Age Group	Name	Event	Time/Distance	Year
U/12 Girls	Kerry Bowers	200m	25.84 (equal)	1979
U/12 Girls	Kerry Bowers	400m	56.94	1979

## *Queensland Best Performances set by Kenmore Athletes*

Age Group	Name	Event	Time /Distance /Points	Year
U/12 Girls	Lucinda Young	800m	2.22.8	2008

## *Regional Best Performances set by Kenmore Athletes – Met West*

Age Group	Name	Event	Time/Distance	Year
U13 G	J Poulsen	Discus	37.00m	1983
U11 B	K Richardson	800m	2:30.60	1985
U11 B	K Richardson	1500m	5:06.30	1985
U13 B	D Bock	200m Hurdles	28.40	1996
U13 B	D Bock	100m	12.50	1996
U11 G	A Riha	200m	29.70 (e)	2003
U9 G	M Cooke	800m	2:49.10	2006
U10 G	L Young	800m	2.41.3 (e)	2006
U10 G	L Young	1100m Walk	6.13.60	2006
U11 G	L Young	1500m	5.17.30	2007
U12 G	L Young	1500m	5.06.80	2008
U12 G	L Young	800m	2.30.90	2008
U10 G	E Moss	High Jump	1.25m	2012
U15 B	T Castley	Javelin	37.47m	2013
U16 B	M Arnold	Discus	32.80m	2015
U17 B	T Castley	Shot Put	16.78m	2015

## *Regional Relay Best Performances set by Kenmore Athletes – Met West*

Age Group	Name	Event	Time/Distance	Year
U9 Girls	L Babbidge A Cambell M Cooke L Young	4 x 200m Relay	2:22.70	2005
U11 Girls	L Danckwerts K Somerset L Meyers-Young L Young	4 x Medley Relay	4.51.70	2006
U12 Girls	L Young L Meyers-Young K Somerset C Leggett	4x Medley Relay	4.31.20 (e)	2007
U10 Boys	L Best A Kovacevic D Madden I Madden	4 x 200m Relay	2:12.38 (e)	2010
U12 Boys	A Kovacevic D Madden I Madden R Womal	4 x 100m Relay	57.56 (e)	2012
U12 Boys	D Madden A Kovacevic R Womal S Wijesooriya	4 x Medley Relay	4.46.04 (e)	2012
U15 Boys	T Castley L Davies K Godfrey C Patten	4x100m Relay	49.86 (e)	2012



# CLUB RECORDS

## Long Jump

Girls				Boys			
<b>U6</b>	2.53 m	<b>U12</b>	4.87 m	<b>U6</b>	2.83 m	<b>U12</b>	5.36 m
<b>U7</b>	3.15 m	<b>U13</b>	5.24 m	<b>U7</b>	3.35 m	<b>U13</b>	5.46 m
<b>U8</b>	3.44 m	<b>U14</b>	4.54 m	<b>U8</b>	3.54 m	<b>U14</b>	5.21 m
<b>U9</b>	3.78 m	<b>U15</b>	4.56 m	<b>U9</b>	4.17 m	<b>U15</b>	5.78 m
<b>U10</b>	4.40 m	<b>U16</b>	4.33 m	<b>U10</b>	4.62 m	<b>U16</b>	5.95 m
<b>U11</b>	4.49 m	<b>U17</b>	3.31 m	<b>U11</b>	4.97 m	<b>U17</b>	-

## Triple Jump

Girls				Boys			
<b>U6</b>	n/a	<b>U12</b>	9.20 m	<b>U6</b>	n/a	<b>U12</b>	11.09 m
<b>U7</b>	n/a	<b>U13</b>	9.63 m	<b>U7</b>	n/a	<b>U13</b>	11.01 m
<b>U8</b>	n/a	<b>U14</b>	10.18 m	<b>U8</b>	n/a	<b>U14</b>	10.81 m
<b>U9</b>	n/a	<b>U15</b>	9.30 m	<b>U9</b>	n/a	<b>U15</b>	11.52 m
<b>U10</b>	n/a	<b>U16</b>	9.45 m	<b>U10</b>	n/a	<b>U16</b>	11.10 m
<b>U11</b>	8.96 m	<b>U17</b>	5.44 m	<b>U11</b>	10.07 m	<b>U17</b>	-

## High Jump

Girls				Boys			
<b>U6</b>	n/a	<b>U12</b>	1.45 m	<b>U6</b>	n/a	<b>U12</b>	1.60 m
<b>U7</b>	n/a	<b>U13</b>	1.60 m	<b>U7</b>	n/a	<b>U13</b>	1.58 m
<b>U8</b>	1.02 m	<b>U14</b>	1.41 m	<b>U8</b>	1.09 m	<b>U14</b>	1.63 m
<b>U9</b>	1.19 m	<b>U15</b>	1.50 m	<b>U9</b>	1.22 m	<b>U15</b>	1.70 m
<b>U10</b>	1.25 m	<b>U16</b>	1.40 m	<b>U10</b>	1.30 m	<b>U16</b>	1.63 m
<b>U11</b>	1.34 m	<b>U17</b>	1.05 m	<b>U11</b>	1.50 m	<b>U17</b>	-

## Shot Put

Girls				Boys			
<b>U6</b>	5.03 m	<b>U12</b>	11.54 m	<b>U6</b>	5.29 m	<b>U12</b>	9.69 m
<b>U7</b>	5.73 m	<b>U13</b>	13.05 m	<b>U7</b>	7.57 m	<b>U13</b>	13.14 m
<b>U8</b>	5.69 m	<b>U14</b>	11.71 m	<b>U8</b>	7.92 m	<b>U14</b>	12.58 m
<b>U9</b>	6.44 m	<b>U15</b>	10.63 m	<b>U9</b>	7.61 m	<b>U15</b>	17.99 m
<b>U10</b>	7.70m	<b>U16</b>	7.72 m	<b>U10</b>	9.00 m	<b>U16</b>	10.95 m
<b>U11</b>	9.16m	<b>U17</b>	5.80 m	<b>U11</b>	10.55 m	<b>U17</b>	18.35 m

## Discus

Girls				Boys			
<b>U6</b>	10.24 m	<b>U12</b>	31.54 m	<b>U6</b>	13.30 m	<b>U12</b>	33.00 m
<b>U7</b>	14.59 m	<b>U13</b>	37.00m	<b>U7</b>	18.60 m	<b>U13</b>	35.02 m
<b>U8</b>	14.68 m	<b>U14</b>	28.78 m	<b>U8</b>	22.27 m	<b>U14</b>	40.96 m
<b>U9</b>	19.85 m	<b>U15</b>	27.68 m	<b>U9</b>	27.87 m	<b>U15</b>	44.92 m
<b>U10</b>	26.72 m	<b>U16</b>	19.42 m	<b>U10</b>	32.04 m	<b>U16</b>	35.84 m
<b>U11</b>	24.76 m	<b>U17</b>	11.78 m	<b>U11</b>	29.53 m	<b>U17</b>	51.00m

Javelin							
Girls				Boys			
<b>U6</b>	-	<b>U12</b>	30.92 m	<b>U6</b>	-	<b>U12</b>	30.84 m
<b>U7</b>	-	<b>U13</b>	37.61 m	<b>U7</b>	-	<b>U13</b>	32.70 m
<b>U8</b>	10.26m	<b>U14</b>	37.50 m	<b>U8</b>	11.26m	<b>U14</b>	36.55 m
<b>U9</b>	10.09m	<b>U15</b>	12.55 m	<b>U9</b>	19.44m	<b>U15</b>	43.42 m
<b>U10</b>	8.56m	<b>U16</b>	24.90 m	<b>U10</b>	17.09m	<b>U16</b>	26.85 m
<b>U11</b>	22.08 m	<b>U17</b>	13.37 m	<b>U11</b>	24.90 m	<b>U17</b>	-

Track									
Age Group	Gender	Hurdles	200m Hurdles	70m	100m	200m	400m	800m	1500m
<b>U6</b>	Girls	14.03 (60m)		13.6	19.66	43.10			
	Boys	13.25 (60m)		12.6	18.6	41.45			
<b>U7</b>	Girls	12.84 (60m)		12.2	17.3	37.3	1:33.0		
	Boys	12.0 (60m)		11.9	16.9	35.7	1:31.85		
<b>U8</b>	Girls	11.8 (60m)		11.4	16.1	33.4	1:14.4		
	Boys	11.1 (60m)		11.0	15.3	29.7	1:13.10		
<b>U9</b>	Girls	10.8 (60m)		11.2	15.6	31.3	1:10.80	2:49.1	
	Boys	10.4 (60m)		10.5	14.1	30.08	1:09.80	2:33.20	
<b>U10</b>	Girls	10.2 (60m)		9.9	14.5	30.7	1:06.0	2:32.4	
	Boys	9.9 (60m)		9.8	14.1	29.6	1:07.4	2:34.0	
<b>U11</b>	Girls	10.3 (60m)			13.9	29.0	1:06.3	2:33.4	5:08.4
	Boys	9.8 (60m)			13.4	27.9	1:05.90	2:23.80	4:45.7
<b>U12</b>	Girls	10.1 (60m)			12.6	25.6	56.8	2:22.8	4:57.3
	Boys	8.8 (60m)			13.23	26.37	1:01.1	2:22.2	4:55.4
<b>U13</b>	Girls	13.4 (80m)	32.4		12.5	25.6	1:00.0	2:29.5	5:09.2
	Boys	12.3 (80m)	26.8		12.6	26.2	1:00.4	2:22.8	4:43.4
<b>U14</b>	Girls	14.3 (80m)	33.0		13.0	26.79	1:01.45	2:32.0	5:06.0
	Boys	14.9 (90m)	29.4		12.5	25.6	58.9	2:22.0	4:59.0
<b>U15</b>	Girls	15.6 (90m)	33.8		13.2	29.4	1:02.7	2:31.8	5:06.0
	Boys	15.1 (100m)	27.6		12.1	24.95	56.44	2:13.3	4:48.6
<b>U16</b>	Girls	17.73 (90m)	36.6		14.0	30.2	1:09.5	2:43.5	5:49.9
	Boys	16.73 (100m)	-		12.54	26.47	1:04.60	2:39.8	5:31.0
<b>U17</b>	Girls	-	-		17.2	44.7	-	-	-
	Boys	20.97 (100m)	-		13.97	33.75	1:14.10	-	8:00.40



# RESULTS 2016-2017 SEASON

## ENCOURAGEMENT AWARD 2016-2017

AGE	BOYS	GIRLS
U6	Lachlan Cleary	Sienna Pearsall
U7	Joey Silva	Ella Kudriawzew
U8	Angus Bliss	Harriot Woolcock-Egan
U9	Taiki Butlin	Estelle Ratcliffe
U10	Xavier DeStefani	Keeley Woolock-Egan
U11	Jack Strick van Linschoten	Jalina Raya
U12	Alex Torkington	Albie Woolcock-Egan
U13+	Oscar Kennedy	Holly Arnold



Encouragement Award



Most Improved Award

## MOST IMPROVED 2016 - 2017

AGE	BOYS	GIRLS
U/6	Flynn Noble	Amelia Egan
U/7	Cruz Learmont	Avalon Godfrey
U/8	Ben McAdam	Lana Torkington
U/9	Joshua Stanway	Isabel Douglass
U/10	Nathan Richardson	Lucy Collins
U/11	Dudley Ratcliffe	Ruby Browne
U/12	Gian DeStefani	Lucy Bavister
U/13	Gavin Angus-Johnson	Hannah Loli
U/14	Isaac Ginn	Elissa Raya

## **OVERALL HIGH ACHIEVERS 2016 - 2017**

AGE	BOYS	GIRLS
U/6	Jacob Mills Ashton Moss	Kara Torkington
U/7	Joshua Douglass Cruz Learmont Jack McDermott James Green	Aliyah Moss
U/8	Alexander Cameron	Googie Hendricks
U/9	Mitchell Moss Samuel Stanway	
U/10	Samuel Godfrey	
U/11	Max Kennedy Bailey Moss	
U/12	Jackson Tallis	Mattea Pearsall



Overall High Achievers Award

## **CLUB CHAMPIONS 2016 - 2017**

Mitchell Moss (U9)	Mattea Pearsall (U12)
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## **GOLD ACHIEVEMENT AWARDS 2016-2017**

AGE GROUP	NAME	EVENTS
U9	Mitchell Moss	60m Hurdles, 70m, 100m, 200m, 400m & Long Jump
U9	Samuel Stanway	100m, 200m, 400m & 800m
U10	Samuel Godfrey	800m
U11	Max Kennedy	400m
U11	Bailey Moss	60m Hurdles
U12	Mattea Pearsall	400m & 800m
U12	Connor McAdam	800m & 1500m
U12	Toshi Butlin	100m
U12	Jackson Tallis	60m Hurdles



Gold Achievement Awards

## **STATE CHAMPIONSHIP RESULTS 2016 – 2017**

### State Championship Qualifiers from Kenmore

Lucy Bavister (U12)  
 Gian DeStefani (U12)  
 Samuel Godfrey (U10)  
 Oscar Kennedy (U14)  
 Mitchell Moss (U9)  
 Ethan Tallis (U13)

Taiki Butlin (U9)  
 Xavier DeStefani (U10)  
 Arabella Hancock (U10)  
 Connor McAdam (U12)  
 Mattea Pearsall (U12)  
 Jackson Tallis (U12)

Toshi Butlin (U12)  
 Isaac Ginn (U14)  
 Max Kennedy (U11)  
 Bailey Moss (U11)  
 Elissa Raya (U14)

AGE GROUP	NAME	EVENT	TIME/DISTANCE	RESULT
U9 Boys	Mitchell Moss	60m Hurdles	10.40	3 <sup>rd</sup>
	Mitchell Moss	100m	14.64	1 <sup>st</sup>
	Mitchell Moss	200m	31.01	1st
	Mitchell Moss	Long Jump	4.05m	2 <sup>nd</sup>
	Mitchell Moss	Discus	17.40m	16 <sup>th</sup>
	Taiki Butlin	Discus	16.12m	20 <sup>th</sup>
	Taiki Butlin	Long Jump	3.44m	21 <sup>st</sup>
	Taiki Butlin	Shot Put	7.61m	2 <sup>nd</sup>
U10 Boys	Xavier DeStefani	70m	11.18	21st
	Xavier DeStefani	400m	1:12.23	11th
	Xavier DeStefani	200m	32.70	23rd
	Samuel Godfrey	High Jump	1.20m	10 <sup>th</sup>
	Samuel Godfrey	400m	1:10.12	7th
	Samuel Godfrey	800m	2:44.43	10 <sup>th</sup>
U10 Girls	Arabella Hancock	70m	12.19	23 <sup>rd</sup>
U11 Boys	Max Kennedy	Shot Put	7.79m	17 <sup>th</sup>
	Max Kennedy	400m	1:08.79	10 <sup>th</sup>
	Max Kennedy	200m	30.21	14 <sup>th</sup>
	Bailey Moss	Triple Jump	8.81m	10 <sup>th</sup>
	Bailey Moss	100m	14.56	20th
	Bailey Moss	Javelin	22.40m	8 <sup>th</sup>
	Bailey Moss	60m Hurdles	10.35	5 <sup>th</sup>
U12 Girls	Lucy Bavister	200m	31.28	21st
	Lucy Bavister	400m	1:11.41	16th
	Lucy Bavister	60m hurdles	12.08	15 <sup>th</sup>
	Lucy Bavister	High Jump	1.20m	15 <sup>th</sup>
	Mattea Pearsall	Triple Jump	8.47m	13 <sup>th</sup>
	Mattea Pearsall	800m	2:32.79	7 <sup>th</sup>
	Mattea Pearsall	Long Jump	3.94m	15 <sup>th</sup>
	Mattea Pearsall	400m	1:05.60	5 <sup>th</sup>
	Mattea Pearsall	Shot Put	7.66m	18 <sup>th</sup>
U12 Boys	Toshi Butlin	Triple Jump	8.60m	15 <sup>th</sup>
	Toshi Butlin	Discus	30.48m	6 <sup>th</sup>
	Toshi Butlin	100m	13.21	1st
	Toshi Bultin	Shot Put	9.69m	4 <sup>th</sup>
	Toshi Butlin	200m	28.26	5 <sup>th</sup>
	Jackson Tallis	Long Jump	3.98m	16 <sup>th</sup>



	Jackson Tallis	60m Hurdles	10.35	3 <sup>rd</sup>
	Gian DeStefani	400m	1:10.81	17 <sup>th</sup>
	Connor McAdam	1500m	5:09.08	5 <sup>th</sup>
	Connor McAdam	400m	1:06.89	11 <sup>th</sup>
	Connor McAdam	800m	2:31.88	5 <sup>th</sup>
U14 Girls	Elissa Raya	400m	1:08.92	17 <sup>th</sup>
U14 Boys	Isaac Ginn	200m	32.36	23 <sup>rd</sup>



## NATIONAL CHAMPIONSHIP RESULTS 2016 - 2017

Age Group	Name	Event	Heat/Final	Time/Distance	Result

## NEW CLUB RECORDS 2016 – 2017

GIRLS			
Age Group	Name	Event	Time/Distance
U7	Aliyah Moss	60m Hurdles	12.84 (previous record 13.0 from 1988)
BOYS			
Age Group	Name	Event	Time/Distance
U8	Alexander Cameron	100m	15.30 (previous record 15.40 from 1986)
U9	Taiki Butlin	Shot Put	7.61m (previous record 7.29m from 1989)
U9	Mitchell Moss	Long Jump	4.17m (previous record 4.13m from 1987)
U9	Mitchell Moss	60m Hurdles	10.40 (previous record 10.50 from 1981)
U12	Toshi Butlin	Shot Put	9.69m (previous record 9.43m from 1985)
U12	Toshi Butlin	100m	13.21 (previous record 13.23 from 2012)

## BEST OF LAST SEASON VS ALL TIME RECORDS

### BOYS

UNDER 6 BOYS	2016 - 2017 SEASON		ALL TIME BEST – KENMORE		
60m Hurdles	Jacob Mills	13.25	Jacob Mills	13.25	16-17
70 m	Ashton Moss	14.10	Max Kennedy	12.6	11-12
100 m	Ashton Moss	20.40	S. Russell	18.6	95-96
200 m	Flynn Noble	43.80	Emmett Shaw	41.45	14-15
300mWalk	N/A		Samuel Godfrey	2:28.0	12-13
Shot Put	Jacob Mills	4.87	Davonte Rodgers	5.29	08-09
Discus	Ashton Moss	10.68	S. Russell	13.30	95-96
Turbo Javelin	Ashton Moss	8.95	Ashton Moss	8.95	16-17
Long Jump	Ashton Moss	2.37	Mitchell Durrheim	2.83	14-15
			Emmett Shaw	2.83	14-15

<b>UNDER 7 BOYS</b>	<b>2016 - 2017 SEASON</b>	
60 m Hurdles	James Green	12.06
70 m	Joaquin Silva Jack McDermott	12.60 12.60
100 m	Joshua Douglass	18.10
200 m	Cruz Learmont	39.00
400 m	Joshua Douglass	1:31.85
300m Walk		
400 m Walk		
Shot Put	Jack McDermott	5.78
Discus	Cruz Learmont	13.50
Long Jump	Jack McDermott	2.93

<b>ALL TIME BEST – KENMORE</b>		
P. Leftwich	12.0	88-89
P. Hemming	11.9	88-89
S. Horwill J. Duffield	16.9 16.9	86-87 00-01
C. Dempsey	35.7	90-91
Joshua Douglass	1:31.85	16-17
Max Kennedy Max Mapley	2:00.0	12-13
S. O'Brien	1:30.9	84-85
Daniel Kovacevic	7.57	10-11
Michael Martini	18.60	15-16
B. Coady	3.35	86-87

<b>UNDER 8 BOYS</b>	<b>2016 - 2017 SEASON</b>	
60 m Hurdles	Alexander Cameron	11.24
70 m	Alexander Cameron	11.06
80 m		
100 m	Alexander Cameron	15.30
200 m	Alexander Cameron	32.75
400 m	Alexander Cameron	1:25.65
300m Walk		
400 m Walk		
Shot Put	Alexander Cameron	5.82
Discus	Alexander Cameron	13.83
Turbo Javelin	Benjamin McAdam	11.26
Long Jump	Alexander Cameron	3.34
High Jump	Alexander Cameron	0.95

<b>ALL TIME BEST – KENMORE</b>		
A. Pigott A. Timms	11.1 11.1	85-86 89-90
T. Horwill C. Gordon	11.0 11.0	89-90 90-91
A. Pigott	12.5	85-86
Alexander Cameron	15.30	16-17
A. Pigott	29.7	85-86
K. Richardson	1:13.1	81-82
Jai Dekker	2:04.9	10-11
S. Thomasson	2:14.2	80-81
A. Timms	7.92	87-88
K. Butler	22.27	87-88
Benjamin McAdam	11.26	16-17
P. Hemming	3.54	89-90
Adam Kovacevic	1.09	08-09



<b>Under 9 BOYS</b>	<b>2016 - 2017 SEASON</b>	
60 m Hurdles	Mitchell Moss	10.40
70 m	Mitchell Moss	10.94
80 m	N/A	
100 m	Mitchell Moss	14.61
200 m	Mitchell Moss	31.01
400 m	Samuel Stanway	1:14.20
800 m	Samuel Stanway	2:53.11
300m Walk	N/A	
700 m Walk	N/A	
800 m Walk	N/A	
Shot Put	Taiki Butlin	7.61
Discus	Taiki Butlin	20.58
Turbo Javelin	Samuel Stanway	19.44
High Jump	Mitchell Moss	1.12
Long Jump	Mitchell Moss	4.17

<b>ALL TIME BEST – KENMORE</b>		
Mitchell Moss	10.40	16-17
J. Clancy	10.5	94-95
A. Pigott	12.1	86-87
T. Unsworth-Smith	14.1	88-89
Adam Kovacevic	30.08	09-10
K. Richardson	1:09.8	82-83
S. Rowe	2:33.2	80-81
Jack Whellum	1:57.8	05-06
E. Hives	3:54.0	90-91
S. Brennan	4:39.5	82-83
Taiki Butlin	7.61	16-17
R. Harvey	27.87	79-80
Samuel Stanway	19.44	16-17
T. Sercombe	1.22	81-82
Mitchell Moss	4.17	16-17

<b>UNDER 10 BOYS</b>	<b>2016 - 2017 SEASON</b>	
60 m Hurdles	Samuel Godfrey	12.68
70 m	Samuel Godfrey	11.12
100 m	Xavier De Stefani	15.60
200 m	Samuel Godfrey	32.16
400 m	Samuel Godfrey	1:10.12
800 m	Samuel Godfrey	2:44.43
700 m Walk	N/A	
1100m Walk	N/A	
Shot Put	Xavier De Stefani	7.20
Discus	Samuel Godfrey	16.90
Turbo Javelin	Declan O'Connell	17.09
High Jump	Samuel Godfrey	1.20
Long Jump	Samuel Godfrey	3.98
Triple Jump	N/A	

<b>ALL TIME BEST – KENMORE</b>		
P. McPhee	9.9	82-83
A. MacDonald	9.8	90-91
D. Lyon	14.1	97-98
T. Sercombe	29.6	82-83
T. Sercombe	1:07.4	82-83
J. McConnachy	2:34.0	82-83
D. Knight	3:52.0	90-91
Isaac Madden	7:34.1	10-11
Toshi Butlin	9.00	14-15
P. McPhee	32.04	82-83
Declan O'Connell	17.09	16-17
A. St Baker	1.30	77-78
M. Shortt	1.30	93-94
A Kovacevic	1.30	10-11
T. Sercombe	4.62	82-83
T. Sercombe	9.06	82-83



UNDER 11 BOYS	2016 - 2017 SEASON		ALL TIME BEST – KENMORE		
60 m Hurdles	Bailey Moss	10.35	Adam Kovacevic	9.8	11-12
100 m	Bailey Moss	14.56	D. Callaghan	13.4	85-86
200 m	Max Kennedy	30.21	D. Callaghan	27.9	85-86
400 m	Max Kennedy	1:07.96	K. Richardson	1:05.9	84-85
800 m	Oliver Owen	2:55.43	K. Richardson	2:23.8	84-85
1500 m	Oliver Owen	5:30.90	K. Richardson	4:45.7	84-85
700m Walk			Harry Pennington	4:57.0	12-13
1100 m Walk			Colin Gunn	8:24.3	10-11
Shot Put	Bailey Moss	8.58	Toshi Butlin	10.91	15-16
Discus	Bailey Moss	22.62	Toshi Butlin	29.53	15-16
Javelin	Bailey Moss	22.40	P. Hemming	24.90	29-93
High Jump	Max Mapley	1.30	S. Byrne	1.50	97-98
Long Jump	Bailey Moss	4.23	D. Callaghan	4.97	85-86
Triple Jump	Bailey Moss	9.10	Adam Kovacevic	10.07	11-12
UNDER 12 BOYS	2016 - 2017 SEASON		ALL TIME BEST – KENMORE		
60 m Hurdles	Jackson Tallis	10.35	D. Callaghan	8.8	86-87
100 m	Toshi Butlin	13.21	Toshi Butlin	13.21	16-17
200 m	Toshi Butlin	28.26	Adam Kovacevic	26.37	12-13
400 m	Connor McAdam	1:06.89	K. Richardson	1:01.1	85-86
800 m	Connor McAdam	2:31.88	K. Richardson	2:22.2	85-86
1500 m	Connor McAdam	5:09.08	K. Richardson	4:55.4	85-86
700m Walk	N/A		Declan Madden	4.44.0	12-13
1500 m Walk	N/A		M. Reck	8:22.9	89-90
Shot Put	Toshi Butlin	9.69	Toshi Butlin	9.69	16-17
Discus	Toshi Butlin	32.29	C. Harvey	33.00	79-80
Javelin	Toshi Butlin	23.35	P. Hemming	30.84	93-94
High Jump	Jackson Tallis	1.30	Adam Kovacevic	1.60	12-13
Long Jump	Toshi Butlin	4.34	Adam Kovacevic	5.36	12-13
Triple Jump	Toshi Butlin	9.22	Adam Kovacevic	11.09	12-13

<b>UNDER 13 BOYS</b>	<b>2016 - 2017 SEASON</b>	
80 m Hurdles	Gavin Angus-Johnson	18.06
90 m Hurdles		
200 m Hurdles		
100 m	Sam Edwards	13.97
200 m	Eli Silva	29.40
400 m	Ethan Tallis	1:13.02
800 m	Ethan Tallis	3:10.36
1500 m	Xavier Johnson	6:54.39
700m Walk		
1500 m Walk		
Shot Put	Ethan Tallis	7.20
Discus	Ethan Tallis	22.96
Javelin	Ethan Tallis	20.83
High Jump	Eli Silva	1.35
Long Jump	Sam Edwards	4.64
Triple Jump	Xavier Johnson	8.05

<b>ALL TIME BEST – KENMORE</b>		
Angus Powell	12.3	13-14
D. Callaghan	14.4	87-88
D. Bock	26.8	95-96
D. Bock	12.6	95-96
L. Griffin	26.2	94-95
Jordan Cook	1:00.4	07-08
Adam Other-Gee	2:22.8	07-08
K. Richardson	4:43.4	86-87
Tim Castley	4:27.4	10-11
D. Thomasson	8:09.8	81-82
B. Spencer	13.14	77-78
S. Dearden	35.02	79-80
J. Jack	32.70	92-93
S. Heytman	1.58	84-85
C. Harvey	5.46	80-81
Adam Kovacevic	11.01	13-14

<b>UNDER 14 BOYS</b>	<b>2016 - 2017 SEASON</b>	
90 m Hurdles	Oscar Kennedy	18.91
200 m Hurdles		
100 m	Oscar Kennedy	14.06
200 m	Oscar Kennedy	29.50
400 m	Oscar Kennedy	1:11.12
800 m	Oscar Kennedy	2:48.23
1500 m	Isaac Ginn	7:21.48
700m Walk		
1500 m Walk		
Shot Put (3kg)	Oscar Kennedy	9.43

<b>ALL TIME BEST – KENMORE</b>		
B. Brotherton	14.9	88-89
I. Edwards	14.9	93-94
J. Jack	14.9	93-94
M. Wheeler	29.4	93-94
I. Edwards	12.5	93-94
J. Jack	12.5	93-94
M. Wheeler	12.5	93-94
I. Edwards	25.6	04-05
M. Wheeler	25.6	93-94
Christopher Patten	58.9	11-12
O. Johnson	2:22.0	94-95
I. Crawley	4:59.0	89-90
Isaac Hinds	4:56.8	10-11
M. Burns	9:37.9	84-85
J. Jack (4kg)	12.58	93-94
Tim Castley (4kg)	12.58	11-12

Discus	Oscar Kennedy	21.91
Javelin	Oscar Kennedy	17.48
High Jump	Isaac Ginn	1.10
Long Jump	Oscar Kennedy	4.09
Triple Jump	Oscar Kennedy	8.98

Matt Arnold (3kg)	10.85	12-13
J. Jack	40.96	93-94
J. Jack	36.55	93-94
D. Vivian	1.63	84-85
D. Vivian	5.21	84-85
D. McNair	5.21	86-87
M. Wheeler	10.81	93-94

UNDER 15 BOYS	2016 - 2017 SEASON	
90 m Hurdles		
100 m Hurdles		
200 m Hurdles		
100 m		
200 m		
400 m		
800 m		
1500 m		
700m Walk		
1500 m Walk		
Shot Put		
Discus		
Javelin (700g)		
High Jump		
Long Jump		
Triple Jump		

ALL TIME BEST – KENMORE		
D. McNair	14.2	87-88
I. Edwards	15.1	94-95
I. Edwards	27.6	94-95
I. Edwards	12.1	94-95
Christopher Patten	24.95	12-13
Christopher Patten	56.44	12-13
Karl Stacey	2:13.3	02-03
Karl Stacey	4:48.6	02-03
Tim Castley	4.06.0	12-13
Tim Castley	17.99	12-13
Tim Castley	44.92	12-13
D. McNair (600g)	37.85	87-88
Tim Castley (700g)	43.42	12-13
D. McNair	1.70	87-88
Scott Estwick	1.70	06-07
Liam Ginn	5.78	14-15
I. Edwards	11.52	94-95



<b>UNDER 16 BOYS</b>	<b>2016 - 2017 SEASON</b>	
100 m Hurdles		
200 m Hurdles		
100 m		
200 m		
400 m		
800 m		
1500 m		
700m Walk		
1500 m Walk		
Shot Put		
Discus		
Javelin (700g)		
High Jump		
Long Jump		
Triple Jump		

<b>ALL TIME BEST – KENMORE</b>		
Liam Ginn	16.73	15-16
Michael Steffe	12.54	14-15
Kyle Godfrey	26.47	13-14
Liam Ginn	1:04.60	15-16
Josh Collins	2:39.80	14-15
Kyle Godfrey	5:31.0	13-14
Matthew Arnold	10.95	14-15
Matthew Arnold	35.84	14-15
Matthew Arnold	26.85	14-15
Josh Collins	1.63	14-15
Liam Ginn	5.95	15-16
Josh Collins	11.10	14-15

<b>UNDER 17 Boys</b>	<b>2016-2017 SEASON</b>	
100 m Hurdles		
200 m Hurdles		
100 m		
200 m		
400 m		
800 m		
1500 m		
700m Walk		
1500 m Walk		
Shot Put		
Discus		
Javelin (700g)		
High Jump		
Long Jump		
Triple Jump		

<b>ALL TIME BEST - KENMORE</b>		
Matthew Arnold	20.97	15-16
Matthew Arnold	13.97	15-16
Matthew Arnold	33.75	15-16
Matthew Arnold	1:14.10	15-16
Matthew Arnold	8:00.40	15-16
Tim Castley	18.35	14-15
Tim Castley	51.00	14-15
Matthew Arnold	27.60	15-16
Matthew Arnold	1.40	15-16
Matthew Arnold	4.21	15-16



# GIRLS

UNDER 6 GIRLS	2016 - 2017 SEASON	
60m Hurdles	Sienna Pearsall	14.03
70 m	Kara Torkington	14.20
100 m	Sienna Pearsall	21.54
200 m	Kara Torkington	47.19
300m Walk	N/A	
Shot Put	Sienna Pearsall	2.99
Discus	Kara Torkington	7.58
Turbo Javelin	Cianna Naylor	5.24
Long Jump	Kara Torkington	2.21

ALL TIME BEST – KENMORE		
Sienna Pearsall	14.03	16-17
Carly Hess	13.6	04-05
Asha Forsyth	13.6	13-14
Aliyah Moss	19.66	15-16
Aliyah Moss	43.10	15-16
Helen Yesberg	2:28.0	06-07
Carly Hess	5.03	04-05
Carly Hess	10.24	04-05
Cianna Naylor	5.24	16-17
Aliyah Moss	2.53	15-16

UNDER 7 GIRLS	2016 - 2017 SEASON	
60 m Hurdles	Aliyah Moss	12.84
70 m	Aliyah Moss	12.60
100 m	Aliyah Moss	18.19
200 m	Aliyah Moss	39.88
400 m	Aliyah Moss	1:39.16
300m Walk	N/A	
400 m Walk	N/A	
Shot Put	Aliyah Moss	4.37
Discus	Aliyah Moss	9.12
Long Jump	Aliyah Moss	2.81

ALL TIME BEST – KENMORE		
Aliyah Moss	12.84	16-17
Lucinda Young	12.2	02-03
Lucinda Young	17.3	02-03
Lucinda Young	37.3	02-03
Chloe McDonald	37.3	07-08
C. Gulley	1:33.0	97-98
Carly Hess	2:12.1	05-06
C. Jackson-Carroll	2:55.0	85-86
Asha Forsyth	5.73	14-15
Carly Hess	14.59	05-06
Carly Hess	3.15	05-06



<b>UNDER 8 GIRLS</b>	<b>2016 - 2017 SEASON</b>	
60 m Hurdles	Googie Hendricks	13.37
70 m	Googie Hendricks	12.61
100 m	Charlotte Strickland	18.00
200 m	Charlotte Strickland	38.50
400 m	Stephanie Abbott	1:32.53
300m Walk	N/A	
400 m Walk	N/A	
Shot Put	Stephanie Abbott	4.96
Discus	Googie Hendricks	10.81
Turbo Javelin	Stephanie Abbott	10.26
Long Jump	Googie Hendricks	2.82
High Jump	Sophie Vague	0.90

<b>ALL TIME BEST – KENMORE</b>		
F. Larking	11.8	84-85
C. McPhee	11.8	84-85
R. Gatehouse	11.8	84-85
Lucinda Young	11.8	03-04
Lucinda Young	11.4	03-04
V. Sands	16.1	
H. Foster	33.4	
M. Laycock	1:14.4	
Carly Hess	2:06.0	06-07
M. Muggeridge	2:30.9	
Erica Sitcheff	5.69	09-10
J. Stehn	14.68	82-83
Lucinda Young	3.44	03-04
N. Stevens	1.02	82-83
J. Stehn	1.02	82-83
G. McPhee	1.02	

<b>UNDER 9 GIRLS</b>	<b>2016 - 2017 SEASON BEST</b>	
60 m Hurdles	Emma Thallon	12.10
70 m	Asha Forsyth	11.44
100 m	Asha Forsyth	16.33
200 m	Asha Forsyth	35.47
400 m	Emma Thallon	1:26.10
800 m	Lilly Meldrum	3:13.17
300m Walk	N/A	
700 m Walk	N/A	
800 m Walk	N/A	
Shot Put	Asha Forsyth	5.73
Discus	Asha Forsyth	15.08
Turbo Javelin	Giang Ngo	10.09
High Jump	Isabelle Strick van Linschoten	0.98
Long Jump	Asha Forsyth	3.37

<b>ALL TIME BEST – KENMORE</b>		
M. Laycock	10.8	79-80
Lucinda Young	11.2	04-05
Lucinda Young	15.6	04-05
Lucinda Young	31.3	04-05
S. Dawson	1:10.8	79-80
Maddi Cooke	2:49.1	05-06
Alexis Campbell	1:59.2	05-06
Alexis Campbell	4:47.7	05-06
L. Tacey	5:09.1	78-79
Tayla Dunn	6.44	12-13
Tayla Dunn	19.85	12-13
Giang Ngo	10.09	16-17
M. Griffin	1.19	81-82
Carly Hess	3.78	07-08

<b>UNDER 10 GIRLS</b>	<b>2016 - 2017 SEASON</b>	
60 m Hurdles	Arabella Hancock	13.32
70 m	Arabella Hancock	12.06
100 m	Arabella Hancock	16.30
200 m	Arabella Hancock	38.56
400 m	Keeley Woolcock-Egan	1:33.01
800 m	Keeley Woolcock-Egan	3:28.85
700 m Walk	N/A	
1100m Walk	N/A	
Shot Put	Sophie Strickland	5.19
Discus	Mackenzie Dawson	9.62
Turbo Javelin	Mackenzie Dawson	8.56
High Jump	Arabella Hancock	1.01
Long Jump	Arabella Hancock	3.16
Triple Jump	N/A	

<b>ALL TIME BEST – KENMORE</b>		
K. Bowers	10.2	76-77
L. Harrison	9.9	79-80
S. Grieco	14.5	85-86
K. Bowers	30.7	76-77
S. Grieco	30.7	85-86
S. Dawson	1:06.0	80-81
S. Dawson	2:32.5	80-81
Lucinda Young	4:14.0	05-06
Alexis Campbell	4:14.0	06-07
Lucinda Young	6:13.6	05-06
Erica Sitcheff	7.70	11-12
J. Poulsen	26.72	79-80
Mackenzie Dawson	8.56	16-17
Elizabeth Moss	1.25	11-12
S. Grieco	4.40	85-86
G. McPhee	8.25	

<b>UNDER 11 GIRLS</b>	<b>2016 - 2017 SEASON</b>	
60 m Hurdles	Jalina Raya	13.29
100 m	Ally Johnson	16.25
200 m	Jalina Raya	35.00
400 m	Ally Johnson	1:28.62
800 m	Jalina Raya	3:16.86
1500 m	Ruby Browne	6:52.93
700 m Walk	N/A	
1100 m Walk	N/A	
1500 m Walk	N/A	
Shot Put	Ruby Browne	4.84
Discus	Ruby Browne	14.04
Javelin	Ally Johnson	10.32
High Jump	Ally Johnson	1.15
Long Jump	Ally Johnson	3.62
Triple Jump	Jalina Raya	6.65

<b>ALL TIME BEST – KENMORE</b>		
Lucinda Young	10.3	06-07
K. Bowers	13.9	77-78
K. Bowers	29.0	77-78
S. Dawson	1:06.3	81-82
Lucinda Young	2:33.4	06-07
Lucinda Young	5:08.4	06-07
Emma Sykes	4:54.7	08-09
Lucinda Young	6:40.2	06-07
K. Skoien	10:20.8	82-83
Ashleigh Hess	9.16	05-06
J. Poulsen	24.76	80-81
Ashleigh Sitcheff	22.08	13-14
J. Shield	1.34	
M. Walkington	4.49	81-82
Lucinda Young	8.96	06-07

<b>UNDER 12 GIRLS</b>	<b>2016 - 2017 SEASON</b>	
60 m Hurdles	Lucy Bavister	12.00
100 m	Mattea Pearsall	14.87
200 m	Lucy Bavister	31.28
400 m	Mattea Pearsall	1:05.60
800 m	Mattea Pearsall	2:32.79
1500 m	Mattea Pearsall	5:41.89
700m Walk		
1500 m Walk		
Shot Put	Mattea Pearsall	7.66
Discus	Mattea Pearsall	18.47
Javelin	Mattea Pearsall	13.29
High Jump	Lucy Bavister	1.24
Long Jump	Mattea Pearsall	4.23
Triple Jump	Mattea Pearsall	8.90

<b>ALL TIME BEST – KENMORE</b>		
L. Harrison	10.1	81-82
K. Bowers	12.6	78-79
K. Bowers	25.6	78-79
K. Bowers	56.8	78-79
Lucinda Young	2:22.8	07-08
Lucinda Young	4:57.3	07-08
Alexis Campbell	4:36.6	05-06
L. Tyson	8:04.6	08-09
L. Tyson	11.54	82-83
Y. McMillen	31.54	
Ashleigh Sitcheff	30.92	14-15
K. Nixon-Smith	1.45	78-79
Elizabeth Moss	1.45	13-14
K. Bowers	4.87	78-79
N. Atkin	9.20	88-89

<b>UNDER 13 GIRLS</b>	<b>2016 - 2017 SEASON</b>	
80 m Hurdles		
90 m Hurdles	N/A	
200 m Hurdles	N/A	
100 m	Hannah Loli	15.69
200 m	Hannah Loli	35.84
400 m	Hannah Loli	1:54.90
800 m	Hannah Loli	4:41.99
1500 m	Hannah Loli	9:28.68
700m Walk	N/A	
1500 m Walk	N/A	
Shot Put	Hannah Loli	4.93
Discus	Hannah Loli	12.76
Javelin	Hannah Loli	11.01
High Jump	Hannah Loli	1.05
Long Jump	Hannah Loli	2.89
Triple Jump	Hannah Loli	5.97

<b>ALL TIME BEST – KENMORE</b>		
Taylor Croker	13.4	13-14
A. Nipperes	19.1	88-89
Alexis Campbell	32.4	09-10
K. Bowers	12.5	79-80
K. Bowers	25.6	79-80
K. Bowers	1:00.1	79-80
M. Lock	2:29.5	79-80
F. Bain	5:09.2	79-80
Krystina Markovics	4:50.7	10-11
E. Acraman	9:11.1	84-85
J. Poulsen	13.05	82-83
J. Poulsen	37.00	82-83
Ashleigh Sitcheff	37.61	15-16
Elizabeth Moss	1.60	14-15
K. Bowers	5.24	79-80
F. Larking	9.63	84-85

<b>UNDER 14 GIRLS</b>	<b>2016 - 2017 SEASON</b>	
80 m Hurdles	Katelyn Heinrich	17.59
90 m Hurdles		
200 m Hurdles		
100 m	Holly Arnold	14.79
200 m	Katelyn Heinrich	31.54
400 m	Elissa Raya	1:08.92
800 m	Elissa Raya	3:09.16
1500 m	Elissa Raya	7:24.26
700m Walk	N/A	
1500 m Walk	N/A	
Shot Put	Katelyn Heinrich	8.14
Discus	Holly Arnold	21.70
Javelin	Holly Arnold	19.41
High Jump	Elissa Raya	1.28
Long Jump	Holly Arnold	4.24
Triple Jump	Holly Arnold	8.97

<b>ALL TIME BEST – KENMORE</b>		
Alexis Campbell	14.3	10-11
Alexis Campbell	16.3	10-11
Megan Brodie	33.0	07-08
Sachini Godamunne	13.0	13-14
Sachini Godamunne	26.79	13-14
Sachini Godamunne	1:01.45	13-14
Ariana Conroy	2:32.0	13-14
S. Acraman	5:06.0	86-87
Alexis Campbell	4:05.3	10-11
S. Acraman	8:01.1	86-87
Erica Sitcheff	11.71	15-16
Erica Sitcheff	28.78	15-16
Erica Sitcheff	39.53	15-16
Isabella Grigg	1.41	14-15
F. Larking	4.54	85-86
Claudia Royle	10.18	13-14

<b>UNDER 15 GIRLS</b>	<b>2016 - 2017 SEASON</b>	
90 m Hurdles		
200 m Hurdles		
100 m		
200 m		
400 m		
800 m		
1500 m		
700m Walk		
1500 m Walk		
Shot Put		
Discus		
Javelin		
High Jump		
Long Jump		
Triple Jump		

<b>ALL TIME BEST – KENMORE</b>		
A. Pratt	15.6	95-96
E. Hinds	33.8	05-06
A. Pratt	13.2	95-96
L. Baillie	29.4	93-94
Natasha Dickinson	1:02.7	10-11
S. Acraman	2:31.8	87-88
S. Acraman	5:06.0	87-88
Megan Brodie	5:04.0	08-09
S. Acraman	7:41.0	87-88
C. King	10.63	88-89
C. King	27.68	88-89
C. King (600g)	32.42	88-89
Krystina Markovics (500g)	12.55	12-13
Isabella Grigg	1.50	15-16
Isabella Grigg	4.56	15-16
C. Hughes	9.30	86-87
Liana Hinds	9.30	09-10



<b>UNDER 16 GIRLS</b>	<b>2016 - 2017 SEASON</b>	
90 m Hurdles		
200 m Hurdles		
100 m		
200 m		
400 m		
800 m		
1500 m		
700m Walk		
1500 m Walk		
Shot Put		
Discus		
Javelin		
High Jump		
Long Jump		
Triple Jump		

<b>ALL TIME BEST – KENMORE</b>		
Cecylia Garcia-Kubicki	17.73	08-09
Cecylia Garcia-Kubicki	36.6	08-09
Cecylia Garcia-Kubicki	14.0	08-09
Liana Hinds	30.2	10-11
Krystina Markovics	1:09.5	13-14
Alexandra Young	2:43.5	06-07
Alexandra Young	5:49.9	06-07
Liana Hinds	4:48.0	10-11
Alexandra Young (4kg)	7.72	06-07
Alexandra Young	19.42	06-07
Alexandra Young (600g)	24.90	06-07
Emma Hinds	1.40	06-07
Cecylia Garcia-Kubicki	4.33	08-09
Liana Hinds	9.45	10-11

<b>UNDER 17 GIRLS</b>	<b>2016 - 2017 SEASON</b>	
90 m Hurdles		
200 m Hurdles		
100 m		
200 m		
400 m		
800 m		
1500 m		
700m Walk		
1500 m Walk		
Shot Put		
Discus		
Javelin		
High Jump		
Long Jump		
Triple Jump		

<b>ALL TIME BEST – KENMORE</b>		
Sarah Barker	17.2	08-09
Sarah Barker	44.7	08-09
Sarah Barker (4kg)	5.80	08-09
Sarah Barker	11.78	08-09
Sarah Barker (600g)	13.37	08-09
Sarah Barker	1.05	08-09
Sarah Barker	3.31	08-09
Sarah Barker	5.44	08-09



# **KENMORE**

## **LITTLE ATHLETICS**

