



KENMORE
LITTLE ATHLETICS



KENMORE LITTLE ATHLETICS HANDBOOK 2024/25



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CENTRE MANAGER'S WELCOME

Welcome to the 2024-2025 season of Little Athletics at Kenmore.

On behalf of the committee, I would like to extend a very warm welcome to all families and athletes. For those families and athletes joining for the first time, we hope your stay with us will be a long and rewarding one. To those families who are returning to the club, welcome back.

The Little Athletics motto is **family, fun and fitness**. At Kenmore Little Athletics we hope to promote a friendly environment where all athletes feel comfortable doing and achieving their best. 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. At Kenmore Little Athletics we encourage every athlete to strive for their personal best in each event area and we hope that parents foster this philosophy at home as well. It's not all about "winning"!

Kenmore Little Athletics is run by a committee of volunteers all of which give up a lot of their precious time to help Kenmore Little Athletics be the best it can be. I would like to thank all the returning and new committee members that have stepped up to help support the running of the centre this season. Being part of the committee is a great way to be involved in the club and have a say in its direction, so please consider joining the committee if this interests you.

This handbook is a guide to Kenmore Little Athletics. Everything you need to know about our club is here. Occasionally dates and or information may change therefore it's important to also read our emails and other communications regularly.

Finally, please feel free to approach either myself or another committee member if you have a question or concern throughout the season. We welcome input from parents and will strive to do the best by your children and our club. I look forward to meeting you all throughout the season.

Kind Regards

Luke Montgomery

SEASON CALENDAR

2024			
Month	Date	Day	Competition /Event
AUGUST	Online Registrations OPEN		
SEPTEMBER	7 th	Saturday	Pack & Uniform Collection at KLA
SEPTEMBER	14 th	Saturday	School Holidays
	21 st	Saturday	School Holidays
	28 th	Saturday	School Holidays
OCTOBER	5 th	Saturday	KLA Meet 1
	12 th	Saturday	KLA Meet 2
	19 th	Saturday	KLA Meet 3
	26 th	Saturday	KLA Meet 4
	26th	Saturday	Coles Summer Carnival @ SAF
NOVEMBER	2 nd	Saturday	KLA Meet 5
	9 th	Saturday	No Meet @ KLA
	10th	Sunday	Regional Relay Day @ UQ
	16 th	Saturday	KLA Meet 6
	23 rd	Saturday	KLA Meet 7 * Club Photo Day *
	30th	Saturday	McDonalds State Relay Day @ SAF
DECEMBER	7 th	Saturday	KLA Meet 8
	14 th	Saturday	KLA Meet 9
	14 th	Saturday	School Holidays
CHRISTMAS HOLIDAY BREAK 14 th December – 27 th January			
2025			
Month	Date	Day	Competition /Event
JANUARY	18 th	Saturday	School Holidays
	25 th	Saturday	School Holidays
	25th	Saturday	KLA Meet @ UQ
FEBRUARY	1st	Saturday	Western Suburbs Games @ Toowong LA
	8th	Saturday	Met West Regional Championships @ UQ
	9th	Sunday	
	14 th	Saturday	KLA Meet 10
	22 nd	Saturday	KLA Meet 11
	28 th	Saturday	KLA Meet 12
MARCH	1 st	Saturday	KLA Meet 13
	1st	Saturday	McDonalds Combined Event Championships @ SAF
	2nd	Sunday	
	7 th	Saturday	KLA Meet 14
	15 th	Saturday	KLA Meet 15
	21st	Friday	McDonalds State Championships @ SAF
	22nd	Saturday	
	23rd	Sunday	
	29th	Saturday	KLA Presentation Day

SPONSORSHIP

LAQ AND KLA SPONSORS



A SHORT HISTORY OF KENMORE LITTLE ATHLETICS

Kenmore Little Athletics (KLA) Centre was established in September 1975 — 46 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. In more recent years, the club has approximately 150 athlete registrations each 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).

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.

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

Glen Kennedy – had a long involvement with the club from 2010 to 2020. Glen held various positions on the committee including club recorder, carnival co-ordinator, regional recorder and Centre Manager for 2 yrs.

Venessa Moss – had a long involvement with the club from 2013 to 2021. Venessa held various positions on the committee including Secretary for 2 years, Assistant Centre Manager for 2 years and Centre Manager for 3 years



CENTRE COMPETITION

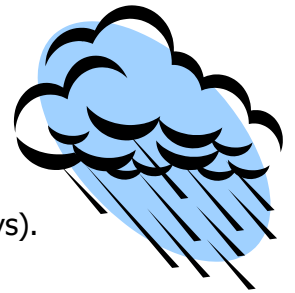
Kenmore Little Athletics Meetings are conducted Saturday afternoons at the Kenmore State High School Oval. The entrance is via Dumbarton Drive. Meetings commence at 3 pm sharp with a warm up for athletes, followed by the events for each age group. The Under 6 age group usually competes in four/five events (a selection from: 60m mini hurdles, 70m sprint, 100m sprint, 200m sprint, long jump, discus, shot put and vortex). 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 centre's website www.kenmorelittleathletics.org.au and Facebook page and TeamApp for cancellations etc. We will endeavour to hold competitions whenever possible and will modify events if necessary, to suit the conditions (e.g. 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

REGISTRATION

REGISTRATION AGES

The ages listed below refer to the athlete's age group (e.g. 13 means Under 13's). Three- and four-year olds may register as a Tiny Tot in the Tiny Tot program which Kenmore runs. Children who are two years old and have not yet turned three are not permitted to join Little Athletics until their third birthday.

The ages listed below refer to the athlete's age group (eg. 13 means U13)

BIRTH YEAR	AGE GROUP
2021	Tiny Tot
2020	Tiny Tot
2019	U6
2018	U7
2017	U8
2016	U9
2015	U10
2014	U11
2013	U12
2012	U13
2011	U14
2010	U15
2009	U16
2008	U17

TINY TOTS & U6 AGE GROUPS

Three and four olds may register as a Tiny Tot if the Centre runs such a program. Children who are two years old and have not yet turned three are not permitted to join Little Athletics until their third birthday.

Children that have turned five years can register as an U6.

REGISTRATION FEES

Registration Fees for the 2022-2023 seasons (September - March) are as follows:

DESCRIPTION	REGISTRATION FEE
First Child	\$215
Second Child	\$195
Third Child	\$175
Fourth and subsequent Child	\$155
Tiny Tot	\$115

KENMORE
LITTLE ATHLETICS



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

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 14-15".

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 8 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.

REFUND POLICY

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 4th 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.

PARENT SUPERVISION & PARTICIPATION

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 are always contactable 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 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 will help with the timing of each track event. With the introduction of timing gates we will need a time keeper monitoring the timing laptop at the finish line to ensure that the times are being recorded correctly. Place judges may also be required to ensure finish order is preserved for the longer unlaned distance events.
- **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 have 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. The pulling down of tents is one job that needs many hands, so please help 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 several 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 PROGRAM

The Tiny Tots Program is for children aged 3 and 4 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. 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 Tots 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 2024/25 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 the grounds to give instruction and feedback to both parents and athletes.

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 throughout the season). As a club, we will sponsor parents through coaching courses provided that there is a commitment to coach at our club for two seasons

PRE-MEET COACHING

KLA will not be running a separate training session during the week as part of this seasons program. Instead for our Second meet onwards, we will be having coaching available from 2pm for various disaplines before our meets. This will provide a good opportunity for athletes to improve their technique haed of the days events. These coaching opportunities will be advertised when the weekends program is sent our through email and other KLA communication channels.



UNIFORM

UNIFORM POLICY

The Centre uniform must be worn when competing at centre, Inter Centre, Regional and LAQ competitions. Shoes must be worn by all athletes while competing in any LAQ sanctioned track and field competition as well as our centre competitions at Kenmore. Spikes may be worn by U11-U17 athletes only in appropriate events. Please refer to our footwear policy on our website for further information.

KLA UNIFORM

Club Polo Shirt - \$35

Club Singlet - \$35

Club Crop Top - \$28

Club Bike Pants (not compulsory) - \$30

Club Shorts (not compulsory) - \$30

Club Cap (not compulsory) - \$20

Club Socks (not compulsory) - \$10

Athletes can purchase their own bottoms, but they must be:

Boys: Navy blue shorts (club colour) or be predominantly black

Girls: Navy blue shorts/bike pants (club colour) or be predominantly black

(Athletes are permitted to wear compression garments (skins) in either navy blue or black but they must be worn underneath the shorts)

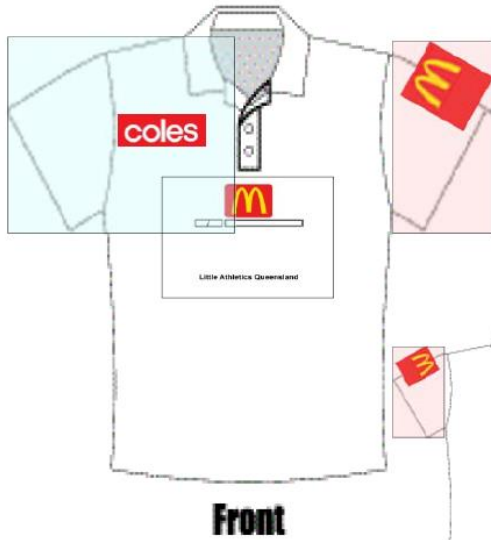


Please ensure that logos (e.g. Nike, Adidas etc) or other advertising is no larger than 5cm x 5cm on the shorts/skins or bike pants worn. LAQ can be very strict about this and athletes could be disqualified from competing if they are in the incorrect uniform at outside club competitions.

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.

POSITION OF LABELS & PATCHES ON CENTRE SHIRT





POLO SHIRT



Centre sponsorship logos, no larger than 30cm×10cm

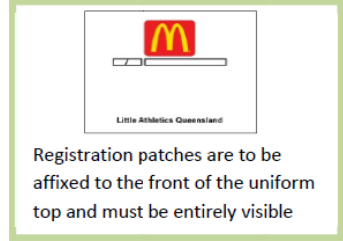
The front right chest side of the uniform top must be reserved for LAA sponsorships

The age label is to be affixed to the left shirt sleeve

SINGLET & CROP TOP

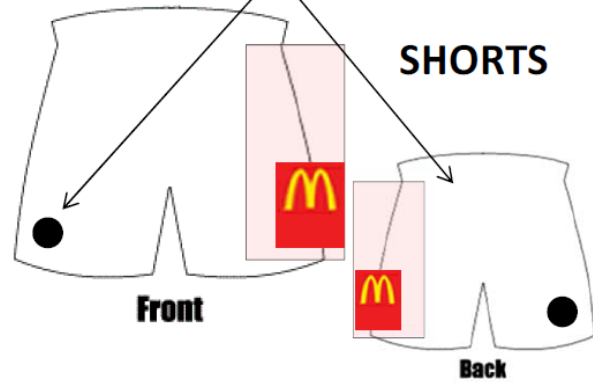
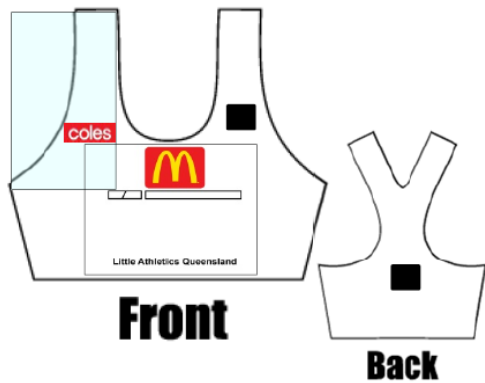


The front right chest side of the uniform top must be reserved for LAA sponsorships



The age label is to be affixed on the left side of the shorts or similar

- The manufacturer's logo on shorts are to be no larger than 4cm×4cm
- Centre sponsorship logos are to be no larger than 10cm×5cm on shorts
- The Centre logo on the shorts are to be no larger than 10cm×5cm



SHORTS

OUTSIDE CLUB COMPETITION

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.

Coles Summer Carnival (U9 to U17's)

The Summer Carnival aims to give all registered athletes in U7 - U17 age groups the opportunity to take part in a large-scale competition, without any of the pressures associated with a

Championship. 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.

The main purpose of the day is for athletes of all abilities to have an enjoyable day's competition and foster new friendships.

Athletes may nominate for a maximum of five (5) individual events.

Regional Relays (U7 to U17's)

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.

Athletes in the U7 and U8 age groups may only compete at Regional level.

U7 - 4x70m and 4x100m (shuttle relay), Long Jump and Discus

U8 - 4x70m, 4x100m (shuttle relay), Long Jump and Shot Put

The track relay events on offer for the U9-U17 ages groups are as follows:

U9 & U10s - 4 x 100m and 4 x 200m circular in lanes

U11 & U12 - 4 x 100m and 4 x Swedish (1 each 100m, 200m, 300m & 400m)

U13 & U14 - 4 x 100m and 4 x Medley (2 x 200m, 1 x 400m, 1 x 800m)

U15 - U17 - 4 x 100m and 4 x Swedish (1 each 100m, 200m, 300m & 400m)

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.

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 (U9 to U17's)

Teams that place 1st, 2nd, and 3rd at Regional Relay Day (U9-U17 only) 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 club will notify athletes who have qualified for this competition.

Regional Championships (U7 to U17's)

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. An athlete **MUST** have competed at a minimum of 4 centre meets to qualify for this event.

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 Regional Championships who place 1st - 4th may progress to the McDonald's State Championships held in March.



McDonalds Combined Event Championships (U7 to U17s)

The Combined Event Championships is oriented as a Championship Event for U9 – U17's and offers participation for U7 - U8's.

The number of combined events per age group is a graduated increase to reduce undue pressure on younger athletes and encourage athlete's development. A strong emphasis is on the participation of children in a wider range of events, rather than the early specialisation in one or two specific events. Additionally, the State Team Selectors will refer to the U15 Heptathlon results when selecting athletes for the State Team.

The main purpose of the day is for athletes of all abilities to have an enjoyable day's competition and foster new friendships.

Event list is below:

Age Group	Combined Events	Track 1	Track 2	Track 3	Jump 1	Jump 2	Throw 1	Throw 2
MULTI-CLASS U9-U17's	Triathlon	100m			Long Jump		Discus	
U7's	Triathlon	100m			Long Jump		Discus	
U8's		100m			Long Jump		Shot Put	
U9 Girls	Tetrathlon	100m	800m		Long Jump		Shot Put	
U9 Boys		100m	800m		*High Jump		Discus	
U10 Girls		100m	800m		*High Jump		Discus	
U10 Boys		100m	800m		Long Jump		Shot Put	
U11 Girls		100m	800m		Long Jump		Shot Put	
U11 Boys		100m	800m		Long Jump		Discus	
U12 Girls		80mH	100m	800m	High Jump		Discus	
U12 Boys	Pentathlon	80mH	100m	800m	High Jump		Shot Put	
U13 Girls		80mH	100m	800m	Long Jump		Shot Put	
U13 Boys		80mH	100m	800m	High Jump		Discus	
U14 Girls		80mH	100m	800m	High Jump		Shot Put	
U14 Boys		90mH	100m	800m	High Jump		Shot Put	
U15 Girls	Heptathlon	90mH	200m	800m	Long Jump	High Jump	Shot Put	Javelin
U15 Boys		100mH	100m	800m	Long Jump	High Jump	Discus	Javelin
U16 Girls		90mH	200m	800m	Long Jump	High Jump	Shot Put	Javelin
U16 Boys		100mH	100m	800m	Long Jump	High Jump	Discus	Javelin
U17 Girls		100mH	200m	800m	Long Jump	High Jump	Shot Put	Javelin
U17 Boys	110mH	100m	800m	Long Jump	High Jump	Discus	Javelin	
U13-U17's	Track Triathlon	100m	200m	Sprint Hurdle				
U13-U17's	Jumps Triathlon	High Jump	Long Jump	Triple Jump	Throws Triathlon	Discus	Javelin	Shot Put

Starting Heights for High Jump: Starting heights shall be agreed by the athletes
The bar will be raised 3cm throughout the competition.

*Scissors only

U13-U17 ATHLETE'S MAY NOMINATE FOR TWO COMBINATION EVENTS PROVIDED EVENTS ARE PROGRAMMED ON SEPERATE DAYS

McDonalds - State Championships (U9 – U17's)

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 **21st, 22nd and 23rd of March 2025 at the Queensland Sport & Athletics Centre (QSAC) Nathan.**

The Queensland Team to compete at the Coles Australian Little Athletics Championships is selected from the Under 13 age group at this competition and those selected will be notified. (An athlete MUST have competed at a minimum of 4 centre meets to qualify for the state team).

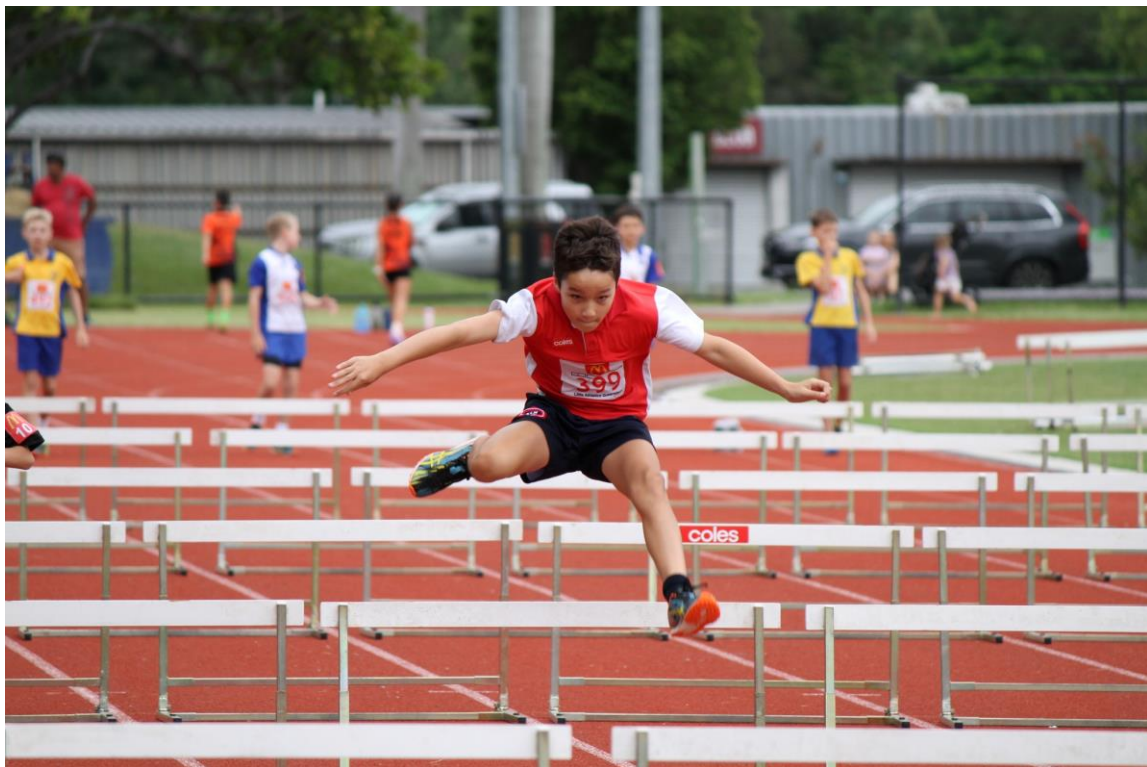
Coles Australian Little Athletics Championships (U13 & U15 only)

The 2024 Coles Australian Little Athletics Championships will be held on TBA.

The Championships will bring together the best 252 athletes from across Australia in the U13, U14 and U15 age groups who will compete towards achieving national medals and team trophies.

The ALAC is a three-day event held every year, hosted by each State or Territory on a rotational basis. Although recognition is given to individual place getters, the emphasis is on team performance and the main focus is on the team point scores.

All athletes are selected by their State Association. Individual entries are not permitted. The State Associations nominate the events that an athlete will contest with a view to obtaining the best results for the team. Each Association can enter a maximum of two competitors in each individual event and one relay team in each relay. No athlete may compete in more than four events, which includes a relay.



OUTSIDE COMPETITION CALENDAR

COMPETITION CALENDAR

2024-2025

Competition	Cost	Nominations & Due Date
Coles Summer Carnival When: 26 th Oct 2024 Where: SAF Age Groups: U7-U17	\$20 per athlete	Nominations via Family ResultHQ portal DUE: Monday 14th Oct 9am
Met West - Regional Relay Day When: Sunday 10 th November 2024 Where: UQ Age Groups: U7 – U17	FREE - included in registration fees	Paper nomination through your Centre DUE: Club - Sat 19th Oct LAQ – Mon 28th Oct 9am
McDonalds State Relay Day When: 30 th Nov 2024 Where: SAF Age Groups: U9 – U17	FREE – included in registration fees	Nomination confirmation through your centre DUE: Club - Sat 16th Nov LAQ – Mon 18th Nov 9am
Met West - Regional Championships When: 8 th & 9 th February 2025 Where: Ipswich LA Age Groups: U7 – U17	\$20 per athlete	Nominations via Family ResultsHQ portal DUE: 25th Jan 5pm
McDonalds Combined Event Championships When: 1 st & 2 nd March 2025 Where: SAF Age Groups: U9 – U17	\$20 per athlete	Nominations via Family ResultsHQ portal DUE: Monday 17th Feb 9am
McDonalds State Championships When: 21 th – 23 rd March 2025 Where: QSAC Age Groups: U9 – U17	FREE – included in registration fees	Nomination confirmation through your centre DUE: Club – Sat 1st March LAQ - Mon 3rd Mar 9am

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.

- 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. Starting blocks are provided by the Centre if required.
- 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!

- If children are interested encourage them to participate. However if your child is not willing, do not force him or her.
- 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.
- Teach your child that honest effort is as important as victory, so that the result of each competition is accepted with undue disappointment.
- Encourage your child to always participate according to the rules.
- Never ridicule or yell at your child for making a mistake or losing a competition.
- Remember children are involved in organised sports for **their** enjoyment.
- Remember that children learn best by example. Applaud good performances by all athletes.
- 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.
- Support all efforts to remove verbal and physical abuse from children's sporting activities.
- 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!

- Be reasonable in your demands on the young athletes' time, energy and enthusiasm. Remember that they have other interests.
- Teach your athletes that rules of the sport are mutual agreements, which no one should evade or break.
- When coaching, group athletes according to age, height, skill and physical maturity whenever possible.
- Avoid over-attention to the talented athletes. The "just- average" athletes need and deserve equal time.
- 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.
- Ensure that equipment and facilities meet QSAC safety standards and are appropriate for the age and ability of the athletes.
- The scheduling and length of coaching practice times and competitions should take into consideration the maturity level of the children.
- Develop each athlete's respect for the ability of opponents, as well as for the judgement of officials and opposing athletes.
- Follow the advice of a sports medicine physician when determining when an injured athlete is ready to compete or practice again.
- Remember that children need a coach they can respect. Be generous with your praise when it is deserved and set a good example.
- 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 ON OFFER

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

SUMMARY OF TRACK & FIELD EVENTS

All events are for boys & girls unless otherwise stated.

EVENTS	U6	U7	U8	U9	U10	U11	U12	U13	U 14	U 15	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				√	√							
Swedish 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)

WEEKLY RESULTS

RESULTHQ

The aim of Little Athletics is to improve your personal best in an event, rather than win. Each week our club rewards those athletes who perform a Personal Best (PB) by placing all their names on the bulletin board at the club house and by also putting their name in the draw to win a prize at the canteen. This has been a great incentive for all athletes to achieve their very best each week.

Each week, individual athletes' results will be recorded on the field events recording sheet in the age marshal's folder. Athletes will also have their track event results recorded and individual tickets can be handed out if desired. Each week's results will also be uploaded to the ResultsHQ website by our Recorder, where athletes can track their progress throughout the season. To login in to the ResultsHQ website follow the steps below:

FAMILY RESULTHQ LOG IN STEPS

To log into your family area to view results, tickets and graphs follow these steps:

1. Go to www.resultshq.com.au
2. Click on Forgot My Password
3. Enter your email as your username
4. Press Submit
5. You will get an email with the log in details for your family area



ACHIEVEMENT LEVELS

MCDONALD'S ACHIEVEMENT PERFORMANCE LEVELS

LAQ have released a set of achievement levels for each age group and these provide great encouragement and incentive for individual athletes to achieve their personal best. They can also be used as a means of goal setting for the more talented athletes.

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.

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

		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

Achievement Levels for each age group and each event are detailed below on the Girls and Boy's Achievement Level Cards (see pages 23 - 25).



GIRLS ACHIEVEMENT LEVELS



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			^ 14.5	13.6	13.9	17.8	17.8	17.9	16.8	18.2	18.0	19.4
	RED			^ 16.7	15.4	15.6	20.5	20.5	20.7	20.6	21.4	20.9	23.0
	GREEN			^ 20.5	18.7	19.2	26.5	26.5	27.0	26.5	30.0	28.0	34.0
200m Hurdles	BLUE								36.1	35.5			
	RED								40.5	40.1			
	GREEN								50.0	49.0			
300m Hurdles	BLUE										58.0	56.2	54.6
	RED										1:05.7	1:05.0	1:05.0
	GREEN										1:23.0	1:21.0	1:20.0
70m	BLUE	15.6	^ 14.4	^ 13.5	12.8	12.1	* 11.6	* 11.2	* 10.8	* 10.6	* 10.4	* 10.3	* 10.3
	RED	17.5	^ 16.0	^ 15.2	14.5	13.5	* 13.4	* 12.5	* 12.0	* 11.7	* 11.5	* 11.3	* 11.1
	GREEN	20.9	^ 18.8	^ 16.9	16.3	15.4	* 14.9	* 14.2	* 13.9	* 13.4	* 13.1	* 12.8	* 12.6
100m	BLUE	22.7	^ 20.7	^ 19.2	18.2	17.2	16.4	15.8	15.0	14.5	14.3	14.2	14.1
	RED	26.0	^ 23.0	^ 21.4	20.9	19.0	18.2	17.7	17.0	16.2	15.8	15.6	15.5
	GREEN	32.2	^ 29.2	^ 26.2	24.2	21.9	21.0	20.4	19.9	18.6	18.4	18.3	18.1
200m	BLUE	51.5	^ 46.0	^ 42.5	39.5	37.0	35.0	33.5	31.5	31.0	30.5	30.0	29.5
	RED	1:00.5	^ 53.0	^ 47.5	44.5	42.0	40.0	38.5	36.0	35.0	34.0	34.0	33.5
	GREEN	1:20.0	^ 1:11.0	^ 1:03.0	59.0	55.0	53.0	51.0	49.0	48.0	47.0	47.0	47.0
300m	BLUE		1:20.0										
	RED		1:35.0										
	GREEN		2:00.0										
400m	BLUE				1:35.0	1:29.0	1:24.0	1:21.0	1:16.0	1:14.0	1:13.0	1:13.0	1:12.0
	RED				1:49.0	1:43.0	1:36.0	1:35.0	1:30.0	1:28.0	1:27.0	1:26.0	1:26.0
	GREEN				2:26.0	2:15.0	2:08.0	2:05.0	2:03.0	2:01.0	1:59.0	1:57.0	1:57.0
500m	BLUE			2:15.0									
	RED			2:35.0									
	GREEN			3:20.0									
800m	BLUE				3:40.0	3:30.0	3:20.0	3:15.0	3:10.0	3:05.0	3:05.0	3:00.0	3:00.0
	RED				4:15.0	4:10.0	4:05.0	4:00.0	3:55.0	3:50.0	3:50.0	3:50.0	3:50.0
	GREEN				5:35.0	5:10.0	5:00.0	4:55.0	4:45.0	4:45.0	4:35.0	4:35.0	4:35.0
1500m	BLUE						6:50.0	6:45.0	6:40.0	6:35.0	6:25.0	6:25.0	6:25.0
	RED						8:15.0	8:10.0	8:00.0	7:55.0	7:50.0	7:50.0	7:50.0
	GREEN						10:50.0	10:40.0	10:30.0	10:20.0	10:00.0	10:00.0	10:00.0
300mW	BLUE			2:15.0	* 2:10.0								
	RED			2:30.0	* 2:25.0								
	GREEN			3:45.0	* 3:15.0								
700mW	BLUE				5:15.0	* 5:10.0	* 5:00.0	* 4:50.0	* 4:50.0	* 4:50.0	* 4:45.0	* 4:35.0	* 4:35.0
	RED				6:05.0	* 5:55.0	* 5:45.0	* 5:45.0	* 5:40.0	* 5:30.0	* 5:30.0	* 5:30.0	* 5:30.0
	GREEN				7:40.0	* 7:20.0	* 7:00.0	* 7:00.0	* 6:50.0	* 6:50.0	* 6:50.0	* 6:50.0	* 6:50.0
1100mW	BLUE					8:10.0	8:05.0						
	RED					9:10.0	9:05.0						
	GREEN					11:00.0	10:50.0						
1500mW	BLUE							11:20.0	11:00.0	10:55.0	10:40.0	10:40.0	10:40.0
	RED							12:40.0	12:30.0	12:30.0	12:30.0	12:30.0	12:30.0
	GREEN							15:00.0	14:50.0	14:40.0	14:40.0	14:40.0	14:40.0
SHOT PUT	BLUE	2.90	^ 3.50	^ 3.80	4.20	4.90	5.70	6.40	6.60	7.00	7.80	8.50	8.60
	RED	2.10	^ 2.60	^ 2.90	3.20	3.90	4.50	5.10	5.00	5.50	5.70	6.10	6.40
	GREEN	1.40	^ 1.90	^ 2.00	2.40	2.70	3.50	3.70	3.60	4.10	4.70	4.80	5.20
DISCUS	BLUE	5.00	^ 7.00	^ 8.00	10.00	12.00	14.50	14.50	17.50	17.50	19.00	21.50	21.50
	RED	4.00	^ 5.00	^ 5.50	7.00	9.00	11.00	11.00	12.00	13.50	14.00	14.50	15.00
	GREEN	2.50	^ 3.00	^ 3.50	4.50	5.50	7.00	6.50	8.00	8.50	9.50	10.00	10.00
JAVELIN	BLUE						10.00	12.00	14.50	17.50	16.50	19.50	21.00
	RED						7.00	8.50	9.00	11.50	12.00	13.00	13.50
	GREEN						5.00	5.50	6.50	7.00	8.50	9.00	9.00
HIGH JUMP	BLUE			0.85	0.90	1.00	1.05	1.15	1.20	1.25	1.30	1.30	1.30
	RED			0.65	0.75	0.80	0.90	0.95	1.00	1.05	1.10	1.10	1.10
	GREEN			0.50	0.60	0.65	0.75	0.80	0.80	0.90	0.95	0.95	0.95
LONG JUMP	BLUE	1.95	^ 2.25	^ 2.50	2.80	3.00	3.30	3.50	3.80	4.10	4.20	4.25	4.30
	RED	1.60	^ 1.80	^ 2.00	2.40	2.60	2.80	2.90	3.10	3.30	3.40	3.45	3.50
	GREEN	1.10	^ 1.30	^ 1.50	1.80	2.00	2.10	2.30	2.50	2.60	2.60	2.70	2.70
TRIPLE JUMP	BLUE						6.70	7.40	8.10	8.60	8.80	9.00	9.20
	RED						5.60	6.00	6.60	7.20	7.50	7.60	7.80
	GREEN						4.10	4.50	5.00	5.50	5.70	5.80	6.00

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 6.
- Performance levels can be achieved at any LAQ Centre or Association Competitions where the event is conducted.
- Attendance awards are achieved by attending Centre competition meetings. Cancelled competition days are considered in the competitor's favour.
- Symbols * or ^ against time / distances:

Events with * are optional events 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 February 2022

BOYS ACHIEVEMENT LEVELS



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			^ 13.8	12.9	13.2	17.0	17.0	16.8	17.1	17.9	16.6	17.9	
	RED			^ 15.6	14.7	14.9	19.2	19.3	19.6	20.3	21.0	19.8	21.0	
	GREEN			^ 19.8	18.6	18.8	24.5	24.5	25.0	25.0	27.0	26.0	27.0	
200mH	BLUE								35.0	33.5				
	RED								38.8	36.4				
	GREEN								49.0	48.0				
300mH	BLUE										51.0	50.0	48.5	
	RED										57.5	56.5	56.5	
	GREEN										1:12.0	1:11.0	1:10.0	
70m	BLUE	15.4	^ 13.8	^ 13.0	12.2	11.7	* 11.3	* 10.9	* 10.3	* 9.8	* 9.4	* 9.1	* 8.9	
	RED	17.2	^ 16.0	^ 14.5	14.0	13.0	* 12.5	* 12.0	* 11.5	* 11.3	* 10.5	* 10.4	* 10.0	
	GREEN	20.5	^ 18.3	^ 16.7	15.9	14.7	* 14.4	* 13.8	* 13.3	* 13.0	* 12.6	* 12.5	* 12.5	
100m	BLUE	22.3	^ 20.0	^ 18.4	17.4	16.5	15.8	15.1	14.5	13.7	13.0	12.6	12.3	
	RED	25.3	^ 22.8	^ 20.5	19.3	18.2	17.7	16.8	16.3	15.3	14.4	13.9	13.5	
	GREEN	31.2	^ 27.2	^ 25.2	23.2	21.7	20.6	19.4	19.0	18.1	17.2	16.8	16.4	
200m	BLUE	50.0	^ 43.5	^ 40.5	37.5	35.0	33.5	32.0	30.5	28.2	27.0	26.5	25.5	
	RED	57.5	^ 51.0	^ 44.5	42.5	40.0	38.0	36.0	34.5	32.0	30.0	29.0	28.5	
	GREEN	1:15.0	^ 1:04.0	^ 57.0	55.0	53.5	50.5	47.5	46.5	45.0	44.0	43.0	42.0	
300m	BLUE		1:15.0											
	RED		1:30.0											
	GREEN		1:55.0											
400m	BLUE				1:30.0	1:23.0	1:20.0	1:17.0	1:13.0	1:07.0	1:04.0	1:02.0	59.0	
	RED				1:41.0	1:37.0	1:33.0	1:30.0	1:25.0	1:20.0	1:15.0	1:10.0	1:10.0	
	GREEN				2:15.0	2:07.0	2:00.0	1:55.0	1:50.0	1:45.0	1:40.0	1:40.0	1:40.0	
500m	BLUE			2:05.0										
	RED			2:25.0										
	GREEN			3:10.0										
800m	BLUE				3:25.0	3:15.0	3:05.0	3:00.0	2:55.0	2:45.0	2:40.0	2:35.0	2:35.0	
	RED				3:55.0	3:40.0	3:35.0	3:30.0	3:25.0	3:20.0	3:20.0	3:20.0	3:20.0	
	GREEN				5:05.0	4:50.0	4:40.0	4:35.0	4:30.0	4:30.0	4:20.0	4:20.0	4:20.0	
1500m	BLUE						6:20.0	6:10.0	6:05.0	5:50.0	5:45.0	5:35.0	5:20.0	
	RED						7:30.0	7:05.0	7:00.0	6:55.0	6:35.0	6:30.0	6:20.0	
	GREEN						9:40.0	9:30.0	9:20.0	9:20.0	9:10.0	9:10.0	9:10.0	
300mW	BLUE			2:10.0	* 2:05.0									
	RED			2:25.0	* 2:20.0									
	GREEN			3:45.0	* 3:10.0									
700mW	BLUE				5:05.0	* 5:00.0	* 4:50.0	* 4:45.0	* 4:40.0	* 4:40.0	* 4:35.0	* 4:30.0	* 4:30.0	
	RED				5:50.0	* 5:40.0	* 5:30.0	* 5:30.0	* 5:25.0	* 5:20.0	* 5:20.0	* 5:20.0	* 5:20.0	
	GREEN				7:20.0	* 7:15.0	* 6:50.0	* 6:50.0	* 6:40.0	* 6:40.0	* 6:40.0	* 6:40.0	* 6:40.0	
1100mW	BLUE					8:00.0	7:50.0							
	RED					9:05.0	8:55.0							
	GREEN					10:50.0	10:40.0							
1500mW	BLUE							10:40.0	10:35.0	10:35.0	10:25.0	10:25.0	10:25.0	
	RED							12:30.0	12:20.0	12:20.0	12:20.0	12:20.0	12:20.0	
	GREEN							14:30.0	14:20.0	14:10.0	14:10.0	14:10.0	14:10.0	
SHOT PUT	BLUE	3.30	^ 4.40	^ 4.70	5.00	5.80	6.80	7.60	7.50	8.70	9.50	10.60	9.80	
	RED	2.50	^ 3.30	^ 3.50	3.80	4.60	5.30	6.10	5.40	6.50	6.90	7.40	8.00	
	GREEN	1.70	^ 2.10	^ 2.50	2.80	3.50	4.00	4.50	4.30	4.70	5.10	5.90	5.30	
DISCUS	BLUE	6.50	^ 9.00	^ 10.50	12.50	15.50	17.50	18.50	22.00	23.50	29.50	33.00	28.50	
	RED	5.00	^ 7.50	^ 8.00	10.00	12.00	13.50	14.50	15.50	16.50	20.00	22.00	21.00	
	GREEN	3.00	^ 4.00	^ 4.50	5.50	7.00	8.50	8.50	9.50	10.50	12.50	14.50	13.50	
JAVELIN	BLUE						13.50	17.00	18.00	21.50	26.00	27.50	32.00	
	RED						9.50	12.00	12.00	14.50	17.50	20.00	22.00	
	GREEN						6.00	7.50	7.50	8.50	11.00	13.00	13.00	
HIGH JUMP	BLUE			0.85	0.95	1.05	1.10	1.20	1.30	1.35	1.45	1.50	1.60	
	RED			0.70	0.80	0.85	0.95	1.00	1.05	1.15	1.25	1.30	1.40	
	GREEN			0.55	0.65	0.75	0.80	0.85	0.90	0.95	1.00	1.05	1.05	
LONG JUMP	BLUE	2.10	^ 2.40	^ 2.80	3.00	3.30	3.55	3.80	4.10	4.60	4.90	5.10	5.40	
	RED	1.70	^ 1.90	^ 2.30	2.50	2.80	2.90	3.20	3.40	3.80	4.00	4.20	4.40	
	GREEN	1.15	^ 1.40	^ 1.60	1.90	2.20	2.30	2.40	2.60	2.80	3.00	3.20	3.25	
TRIPLE JUMP	BLUE						7.20	7.90	8.60	9.60	10.30	10.60	11.10	
	RED						6.20	6.50	7.20	7.70	8.50	9.00	9.50	
	GREEN						4.50	5.00	5.50	5.70	6.30	6.80	7.40	

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 6.
- Performance levels can be achieved at any LAQ Centre or Association Competitions where the event is conducted.
- Attendance awards are achieved by attending Centre competition meetings. Cancelled competition days are considered in the competitor's favour.
- Symbols * or ^ against time / distances:

Events with * are optional events 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 February 2022

GOLD ACHIEVEMENT LEVELS

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	10.80	-	-	-	-	-	-	-
100m	16.00	15.30	14.50	14.00	13.60	13.20	13.10	13.10	12.90
200m	33.90	32.40	30.30	29.30	28.20	27.70	27.40	27.20	27.00
400m	01:19.8	01:16.4	01:12.0	01:09.0	01:04.1	01:05.0	01:03.8	01:05.0	01:04.4
800m	03:06.5	02:58.6	02:50.9	02:45.8	02:42.2	02:38.9	02:37.3	02:38.4	02:39.7
1500m	-	-	05:47.0	05:39.7	05:36.6	05:35.1	05:26.3	05:32.6	05:38.0
60/80/90/100mH	11.70	11.70	15.50	15.20	15.00	14.40	15.20	15.40	18.80
200mH	-	-	-	-	31.80	31.30	-	-	-
300mH	-	-	-	-	-	-	50.80	51.20	49.20
ShotPut	7.00	8.50	10.00	11.30	10.70	11.50	11.80	11.30	11.50
Discus	21.50	27.10	27.40	30.60	34.90	31.60	34.00	32.80	34.60
Javelin	-	-	22.30	26.40	28.60	34.90	31.20	33.50	33.20
HighJump	1.17	1.26	1.33	1.43	1.53	1.53	1.58	1.54	1.53
TripleJump	-	-	8.70	9.40	10.10	10.50	10.70	10.10	10.30
LongJump	3.60	3.90	4.20	4.60	4.80	5.00	5.20	4.90	5.00
700mWalk	04:18.3	-	-	-	-	-	-	-	-
1100mWalk	-	06:45.6	06:33.2	-	-	-	-	-	-
1500mWalk	-	-	-	08:59.3	08:52.7	08:27.7	08:30.4	08:26.8	08:48.7

BOYS

Event	U9 Gold	U10 Gold	U11 Gold	U12 Gold	U13 Gold	U14 Gold	U15 Gold	U16 Gold	U17 Gold
70m	10.90	10.50	-	-	-	-	-	-	-
100m	15.40	14.60	14.00	13.50	12.90	12.30	11.70	11.60	11.50
200m	32.50	31.00	29.70	28.20	26.60	25.30	24.40	24.30	23.90
400m	01:16.0	01:12.2	01:08.8	01:06.1	01:02.0	00:58.0	00:56.3	00:55.6	00:54.7
800m	02:52.9	02:48.3	02:41.2	02:35.1	02:29.3	02:22.1	02:18.0	02:17.4	02:14.8
1500m	-	-	05:28.4	05:15.1	05:08.6	04:59.4	04:54.4	04:55.2	04:44.7
60-110mH	11.10	11.40	14.80	14.70	14.30	14.50	15.10	14.80	17.90
200mH	-	-	-	-	30.40	28.60	-	-	-
300mH	-	-	-	-	-	-	44.70	45.00	44.20
ShotPut	8.30	9.60	10.70	11.80	13.30	13.40	14.60	13.70	12.80
Discus	25.10	29.60	31.50	36.90	41.60	42.00	47.00	48.80	41.60
Javelin	-	-	28.20	34.40	37.00	40.30	43.10	42.00	49.40
HighJump	1.22	1.32	1.39	1.53	1.59	1.70	1.83	1.80	1.88
TripleJump	-	-	9.40	10.50	11.00	12.20	12.40	12.10	12.60
LongJump	3.90	4.30	4.70	4.90	5.40	5.80	6.10	6.10	6.30
700mWalk	04:12.7	-	-	-	-	-	-	-	-
1100mWalk	-	06:33.4	06:19.4	-	-	-	-	-	-
1500mWalk	-	-	-	08:35.8	08:28.5	08:24.2	08:04.1	08:30.1	08:02.4

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 8 of the centre competitions listed on the calendar throughout the season to receive a special award.

All athletes (including Tiny Tots) receive a participation medal / age group photo and iceblock if they return after the Christmas holidays.

Awards at Kenmore Little Athletics may include:

- ❖ Most Improved
- ❖ Encouragement Award
- ❖ New Club Records
- ❖ High Achiever Award
- ❖ Gold Achievement Award
- ❖ Club Champion
- ❖ Neville Knight Encouragement Award
- ❖ George Harvey Perpetual Award – LAQ 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. Please note: Athletes who receive an "Overall High Achiever Award" are ineligible to receive the most improved award. 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 (from each age group) 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 25. 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 greatest 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.

Points are assigned for results at regionals and states per event per the below table.

Result	Regional Championship	State Championship
1 st	12	24
2 nd	10	20
3 rd	8	16
4 th	6	12
5 th	5	10
6 th	4	8
7 th	3	6
8 th	2	4
Other	1	2

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.

GEORGE HARVEY PERPETUAL AWARD – LAQ AWARD

The George Harvey Award is presented each year by Little Athletics QLD 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. As a club, we will put forward the names of any athletes who fit the above criteria to Little Athletics QLD.

KENMORE RECORDS

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. Those highlighted are new records that have been achieved during the past season.

AUSTRALIAN BEST PERFORMANCES SET BY KENMORE ATHLETES

Age Group	Name	Event	Time/Distance	Year
U12 Girls	Kerry Bowers	200m	25.6	1979
U12 Girls	Kerry Bowers	400m	56.94	1979

QUEENSLAND BEST PERFORMANCES SET BY KENMORE ATHLETES

Age Group	Name	Event	Time /Distance	Year
U12 Girls	Lucinda Young	800m	2.22.8	2008
U9 Boys	Alexander Cameron	400m	1:05.96	2018
U10 Boys	Alexander Cameron	200m	28.29	2019
U16 Boys	Toshi Butlin	200m	22.49	2021
U17 Boys	Toshi Bultin	200m	22.21	2022

MET WEST REGIONAL BEST PERFORMANCES SET BY KENMORE ATHLETES

Age Group	Name	Event	Time/Distance	Year
U9 G	M Cooke	800m	2:49.10	2006
U9 B	Alexander Cameron	200m	30.65 (e)	2017
U9 B	Alexander Cameron	400m	1:10.01 (e)	2017
U9 B	Alexander Cameron	800m	2:41.06 (e)	2017
U10 G	L Young	800m	2.41.3	2006
U10 G	L Young	1100m Walk	6.13.60	2006
U10 G	Elizabeth Moss	High Jump	1.25m	2012
U10 B	Adam Kovacevic	60m Hurdles	10.83 (e)	2011
U10 B	Alexander Cameron	400m	1:07.81 (e)	2019
U11 G	L Young	1500m	5.17.30	2007
U11 B	Alexander Cameron	400m	1:04.50 (e)	2020
U11 B	Oliver Gartner	800m	2:26.94 (e)	2020

U11 B	Adam Kovacevic	60m Hurdles	10.15 (e)	2012
U11 B	Mitchell Durrheim	Discus	31.73m	2020
U11 B	Isaac Dundas	High Jump	1.37m	2022
U12 G	L Young	1500m	5:06.80	2008
U12 G	L Young	800m	2:30.90	2008
U12 G	Leah Leembruggen	80m Hurdles	14.53	2022
U12 B	Adam Kovacevic	200m	26.95 (e)	2013
U12 B	Mitchell Moss	60m Hurdles	10.39 (e)	2019
U12 B	Mitchell Durrheim	Shot Put	11.64m	2021
U13 B	D Bock	200m Hurdles	28.40	1996
U13 B	D Bock	100m	12.50	1996
U15 B	Joshua Watt	Javelin	38.53	2016
U15 B	Toshi Butlin	100m	12.06 (e)	2020
U15 B	Toshi Butlin	200m	24.23	2020
U16 B	Toshi Butlin	100m	11.20 (e)	2021
U16 B	Toshi Butlin	200m	23.08 (e)	2021
U16 B	Toshi Butlin	Long Jump	6.09m	2021
U16 B	Toshi Butlin	Discus	50.12m	2021
U16 B	Toshi Butlin	Shot Put	16.04m	2021
U17 B	Toshi Butlin	100m	11.36	2022
U17 B	Toshi Butlin	200m	23.27	2022
U17 B	Cooper Johnson	800m	2:04.84	2022
U17 B	Cooper Johnson	1500m	4:42.78	2022
U17 B	Tim Castley	Shot Put	16.78m	2015

MET WEST REGIONAL RELAY BEST PERFORMANCES SET BY KENMORE ATHLETES.

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
U9 Girls	Lauren Jones Eve Dundas	Shotput	12.84	2021
U9 Boys	S Stanway M Moss	4 x 100m relay	1:04.63 (e)	2016

	J Stanway M Boccolacci			
U9 Boys	A Bliss M Durrheim O Gartner A Cameron	4 x 200m relay	2:15.31 (e)	2017
U10 Boys	E Loli M Moss T Gough S Stanway	4 x 200m Relay	2:10.17 (e)	2017
U11 Girls	L Danckwerts K Somerset L Meyers-Young L Young	4 x Medley Relay	4.51.70	2006
U11 Boys	Tobey Gough Samuel Stanway Ezra Loli Joshua Stanway	4 x 100m relay	58.81 (e)	2018
U11 Boys	Archer Gartner Isaac Dundas Lachlan Cleary Ashton Moss	4 x Swedish Relay	2:50.30	2021-2022
U12 Girls	L Young L Meyers-Young K Somerset C Leggett	4x Medley Relay	4.31.20 (e)	2007
U12 Boys	Harry Cartwright Harrison Hawyes Ezra Loli Gregory Thomas	4 x Swedish Relay	2:43.54 (e)	2019-2020
U12 Boys	D Madden A Kovacevic R Womal S Wijesooriya	4 x Medley Relay	4.46.04 (e)	2012
U14 Boys	Toshi Butlin Max Kennedy Gian De Stefani Cooper Johnson	4 x 100m Relay	52.19 (e)	2018
U14 Boys	Toshi Butlin Max Kennedy Gian De Stefani Cooper Johnson	4 x Medley Relay	4:08.94 (e)	2018

U15 Boys	Toshi Butlin Gian De Stefani Xavier De Stefani Max Kennedy	4 x Swedish Relay	2:20.30 (e)	2019-2020
U17 Boys	Toshi Butlin Gian De Stefani Cooper Johnson Max Kennedy	4 x Swedish Relay	2:50.30	2021-2022
U17 Boys	Toshi Butlin Max Kennedy	Long Jump	11.32	2021-2022
U17 Boys	Toshi Butlin Max Kennedy	Shot Put	20.64	2021-2022

QUEENSLAND BEST PERFORMANCES (RELAYS) SET BY KENMORE ATHLETES.

Age Group	Name	Event	Time /Distance	Year
U9 Boys	Angus Bliss Alexander Cameron Mitchell Durrheim Oliver Gartner	4 x 200m	2:10.29	2017-2018
U11 Boys	Gregory Thomas Tobey Gough Ezra Loli Samuel Stanway	4 x Swedish Relay	2:45.23 (e)	2018-2019
U17 Boys	Gian De Stefani Toshi Butlin Cooper Johnson Max Kennedy	4 x Swedish Relay	2:03.61	2021-2022

CLUB THROW RECORDS AS OF 2024

Shot Put							
Girls				Boys			
U6	5.03 m	U12	11.54 m	U6	5.29 m	U12	11.64 m
U7	5.73 m	U13	13.05 m	U7	7.57 m	U13	13.14 m
U8	5.69 m	U14	11.71 m	U8	7.92 m	U14	13.49 m
U9	6.44 m	U15	10.63 m	U9	7.61 m	U15	17.99 m
U10	8.90 m	U16	7.53 m	U10	9.41 m	U16	16.04 m
U11	9.50 m	U17	7.43 m	U11	10.55 m	U17	13.46 m

Discus							
Girls				Boys			
U6	10.24 m	U12	31.54 m	U6	13.30 m	U12	33.78 m
U7	14.59 m	U13	37.00m	U7	18.60 m	U13	28.65 m
U8	14.68 m	U14	28.78 m	U8	22.27 m	U14	42.80 m
U9	20.45 m	U15	27.68 m	U9	27.87 m	U15	48.57 m
U10	26.72 m	U16	19.42 m	U10	32.04 m	U16	50.12 m
U11	27.21 m	U17	18.06 m	U11	31.73 m	U17	38.41 m

Javelin / Turbo / Vortex							
Girls				Boys			
U6	11.26 m V	U12	30.92 m	U6	19.15 m V	U12	30.84 m
U7	14.55 m V	U13	37.61 m	U7	20.90 m V	U13	32.70 m
U8	10.26 m T	U14	37.50 m	U8	18.85 m T	U14	36.55 m
U9	10.50 m T	U15	13.55 m	U9	19.44 m T	U15	43.42 m
U10	13.70 m T	U16	14.76 m	U10	21.57 m T	U16	42.28 m
U11	22.08 m	U17	16.24 m	U11	26.82 m	U17	27.73 m

CLUB JUMP RECORDS AS OF 2024

Long Jump							
Girls				Boys			
U6	2.53 m	U12	4.87 m	U6	2.83 m	U12	5.36 m
U7	3.15 m	U13	5.24 m	U7	3.35 m	U13	5.46 m
U8	3.44 m	U14	4.54 m	U8	3.54 m	U14	5.21 m
U9	3.78 m	U15	4.56 m	U9	4.17 m	U15	5.78 m
U10	4.40 m	U16	4.33 m	U10	4.62 m	U16	6.42 m
U11	4.49 m	U17	4.56 m	U11	4.97 m	U17	6.57 m

Triple Jump							
Girls				Boys			
U6	n/a	U12	9.20 m	U6	n/a	U12	11.09 m
U7	n/a	U13	10.65 m	U7	n/a	U13	11.01 m
U8	n/a	U14	10.18 m	U8	n/a	U14	10.85 m
U9	n/a	U15	9.30 m	U9	n/a	U15	11.52 m
U10	n/a	U16	9.45 m	U10	n/a	U16	12.70 m
U11	8.96 m	U17	8.49 m	U11	10.07 m	U17	12.56 m

High Jump							
Girls				Boys			
U6	n/a	U12	1.45 m	U6	n/a	U12	1.60 m
U7	n/a	U13	1.60 m	U7	n/a	U13	1.58 m
U8	1.02 m	U14	1.41 m	U8	1.09 m	U14	1.63 m
U9	1.19 m	U15	1.50 m	U9	1.22 m	U15	1.70 m
U10	1.25 m	U16	1.40 m	U10	1.30 m	U16	1.63 m
U11	1.34 m	U17	1.37 m	U11	1.50 m	U17	1.65 m

CLUB TRACK RECORDS AS OF 2024

Age Group	Gender	Hurdles	200m Hurdles	70m	100m	200m	400m	800m	1500m
U6	Girls	14.03 (60m)		13.6	19.66	43.10			
	Boys	13.25 (60m)		12.6	18.6	41.45			
U7	Girls	12.84 (60m)		12.2	17.3	37.3	1:33.0		
	Boys	11.75 (60m)		11.9	16.9	35.7	1:29.41		
U8	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		
U9	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	1:05.96	2:33.01	
U10	Girls	10.2 (60m)		9.9	14.5	30.7	1:06.0	2:32.4	6:21.10
	Boys	9.9 (60m)		9.8	14.1	28.29	1:03.53	2:32.13	5:28.45
U11	Girls	14.01 (80m)			13.9	29.0	1:06.3	2:33.4	5:08.4
	Boys	14.91 (80m)			13.4	27.9	1:04.50	2:23.80	4:45.7
U12	Girls	14.50 (80m)			12.6	25.6	56.8	2:22.8	4:57.3
	Boys	15.19 (80m)			13.23	26.37	1:01.1	2:22.2	4:55.4
U13	Girls	13.4 (80m)	30.68		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	2:18.37	4:32.95
U14	Girls	14.3 (80m)	33.0		13.0	26.79	1:01.45	2:32.0	5:06.0
	Boys	14.60 (90m)	29.4		12.28	24.94	57.97	2:14.26	4:51.65
U15	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		11.81	24.23	56.44	2:13.3	4:48.6
U16	Girls	17.73 (90m)	34.71		14.0	29.37	1:09.5	2:43.5	5:49.9
	Boys	15.75 (100m)	34.81		11.11	24.49	52.93	2:09.33	5:31.0
U17	Girls	20.12 (100m)	-		13.76	29.97	1:11.91	3:00.05	6:58.14
	Boys	15.40 (100m)	57.37 (300m)		10.98	22.21	51.67	2:00.50	4:13.97

2023-2024 AWARD RECIPIENTS

ENCOURAGEMENT AWARD 2023-2024

AGE	BOYS	GIRLS
U6	Reuben Nitschike	Maddie Uebel
U7	Murray Nangle	Lauren Starr-Gangemi
U8	Reise Hohn	Ivy Gelling
U9	Bailey Le Roux	Fatima Zahra Sial
U10	Heath Waterhouse	Olivia Salcedo
U11	Hadrian Rankin	Abigail Wilson
U12	Evan Nicoll	Lilli Starr-Gangemi
U13+	James Forkgen	Cordelia Pool



MOST IMPROVED 2023 - 2024

AGE	BOYS	GIRLS
U6	Luca Kassman	Isabel Salcedo
U7	Winston Montgomery	Sara Demartini
U8	Bodhi Stokes	Arabella Everitt
U9	Samuel McManmon	Sarah Martin
U10	Oliver Chu	Ashlee Starr-Gangemi
U11	Thomas McManmon	Laura Jeuken
U12	Harrison Egan	Mia McMahan
U13+	Lachlan Cleary	Amelia Egan



OVERALL HIGH ACHIEVERS 2023 - 2024

AGE	BOYS	GIRLS
U7	Jacob Le Roux	Arlowe Reeves
U8	Mason Egan Charlie Herekotukutuku Carter Ng Harrison Parker Coby Mitchell	Eve Walne
U10		Harper Stokes
U12	Henry Scales	



GOLD ACHIEVEMENT AWARDS 2023-2024

AGE GROUP	NAME	EVENTS
U9	Samuel McManmon	800m (2:47.95s)
U10	Laird Walne	60m Hurdles (10.95)
U11	Lauren Jones	Discus (27.21m)
U13	Liliana Talevich	800m (2:41.64)
U13	William Law	800m (2:28.56s) & 1500m (4:47.68s)



CLUB CHAMPIONS 2023 - 2024

BOY	GIRL
Henry Scales	Lauren Jones



STATE CHAMPIONSHIP QUALIFIERS FROM KENMORE

Lachlan Cleary

Anabelle Doherty-Bigara

Elliott Dundas

Isaac Dundas

James Eadie

Harrison Egan

Noah Egan

James Forkgen

Lauren Jones

William Law

Samuel McManmon

Sylvie Oxley

Cordelia Pool

Henry Scales

Ashlee Starr-Gangemi

Liliana Talevich

Laird Walne

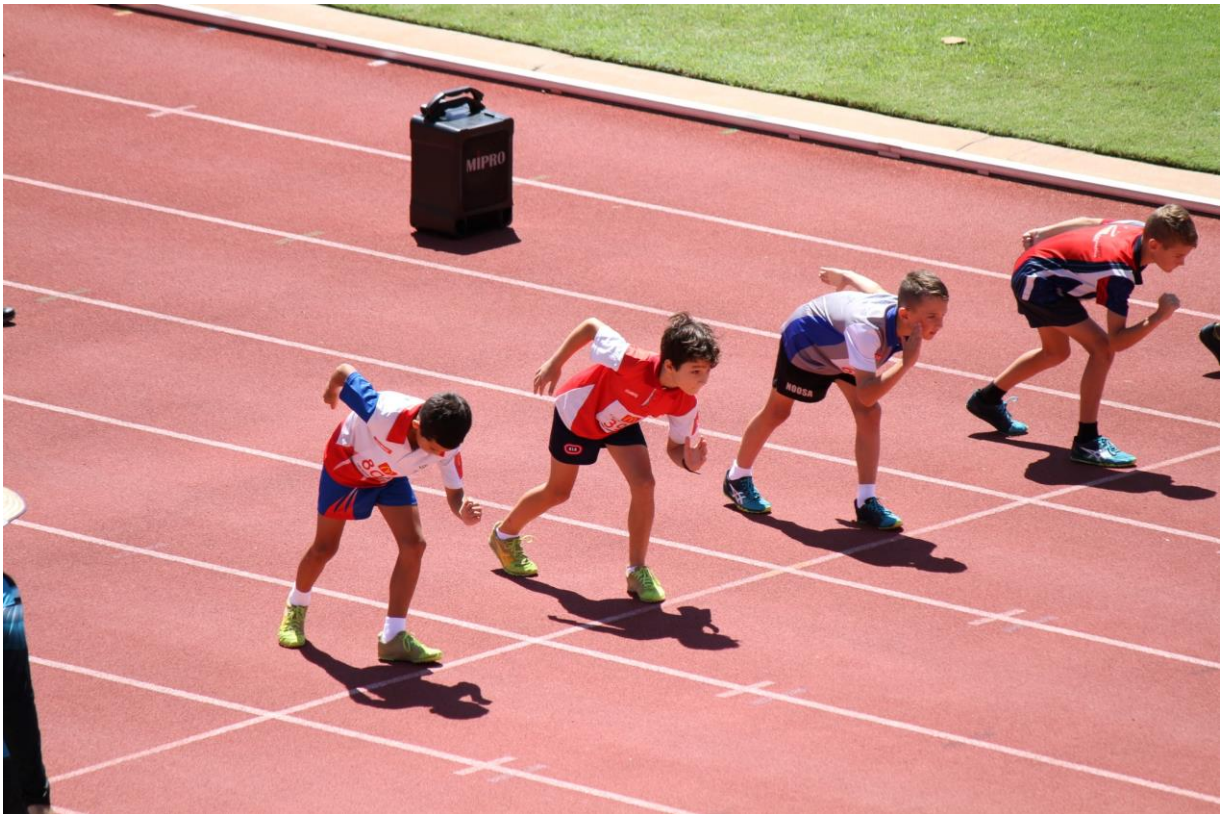
Charlie Wilson

STATE CHAMPIONSHIP MEDAL WINNERS / RESULTS

Laird Walne (U10) – 3rd in 60m Hurdles

Lauren Jones (U11) – 2nd in Shot Put

Isaac Dundas (U13) – 3rd in Triple Jump



NEW CLUB RECORDS 2023-24

GIRLS			
Age Group	Name	Event	Time/Distance
U9	Emmie Weisse	Turbo Javelin	10.50m (previous record: Aliyah Moss 10.30m in 2018/19)
U10	Ashlee Starr-Gangemi	1500m	6:21.10 (previous record: Lilana Talevich 6:27.76s in 2020/21)
U11	Lauren Jones	Discus 500g	27.21m (previous record: Taya Wojtowicz 24.76m in 2018/19)
U11	Lauren Jones	Shot Put 2kg	9.5m (previous record: Ashleigh Hess 9.16m in 2005/06)
U17	Sophie David	100m	13.76 (previous record: Josephine Haupt 14.53s in 21/22)
U17	Sophie David	200m	29.97 (previous record: Annabelle Aitken 30.66s in 21/22)
U17	Sophie David	High Jump	1.37m (previous record: Ashleigh Hess 9.16m in 2005/06)
U17	Sophie David	Long Jump	4.56m (previous record: Annabelle Aitken 1.10m in 21/22)
U17	Sophie David	Shot Put 3kg	7.43m (previous record: Josephine Haupt 7.02m in 21/22)
U17	Sophie David	Discus 1kg	18.06m (previous record: Annabelle Aitken 16.17m in 21/22)



2023-24 SEASON BEST VS ALL TIME RECORD

BOYS

UNDER 6 BOYS	2023 - 2024 SEASON	
60m Hurdles	Reuben Nitschke	14.87
70 m	Reuben Nitschke	15.58
100 m	Reuben Nitschke	21.53
200 m	Reuben Nitschke	48.21
300mWalk		
Shot Put (1kg)	Reuben Nitschke	3.71
Discus (350g)	Reuben Nitschke	7.46
Vortex	Jacob Le Roux	7.83
Long Jump	Jacob Le Roux	2.06

ALL TIME BEST – KENMORE		
Jacob Mills	13.25	16-17
Max Kennedy	12.6	11-12
S. Russell	18.6	95-96
Emmett Shaw	41.45	14-15
Samuel Godfrey	2:28.0	12-13
Davonte Rodgers	5.29	08-09
S. Russell	13.30	95-96
Harrison Groom	19.15	18-19
Mitchell Durrheim	2.83	14-15
Emmett Shaw	2.83	14-15

UNDER 7 BOYS	2023 - 2024 SEASON	
60 m Hurdles	Jacob Le Roux	12.69
70 m	Jacob Le Roux	13.38
100 m	Jacob Le Roux	18.62
200 m	Jacob Le Roux	39.44
400 m	Jacob Le Roux	1:30.07
300m Walk		
400 m Walk		
Shot Put (1kg)	Murray Nangle	5.16
Discus (350g)	James Kilpatrick	15.53
Vortex	James Kilpatrick	16.81
Long Jump	Azta Usher	2.66

ALL TIME BEST – KENMORE		
Ashton Moss	11.75	17-18
P. Hemming	11.9	88-89
S. Horwill	16.9	86-87
J. Duffield	16.9	00-01
C. Dempsey	35.7	90-91
Aston Stanley	1:29.41	19-20
Max Kennedy	2:00.0	12-13
Max Mapley		
S. O'Brien	1:30.9	84-85
Daniel Kovacevic	7.57	10-11
Michael Martini	18.60	15-16
Benjamin Williams-Peters	20.90	17-18
B. Coady	3.35	86-87

UNDER 8 BOYS	2023 - 2024 SEASON	
60 m Hurdles	Charlie Herekotukutuku	13.15
70 m	Coby Mitchell	12.02
80 m		
100 m	Bodhi Stokes	17.16
200 m	Bailey Le Roux	39.25
400 m	Bailey Le Roux	1:30.25
300m Walk		
400 m Walk		
Shot Put (1.5kg)	Charlie Herekotukutuku	6.5
Discus (500g)	Mason Egan	9.94
Turbo Javelin	Charlie Herekotukutuku	9.62
Long Jump	Coby Mitchell	3.30
High Jump	Carter Ng	0.91

ALL TIME BEST – KENMORE		
A. Pigott	11.1	85-86
A. Timms	11.1	89-90
T. Horwill	11.0	89-90
C. Gordon	11.0	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
Cruz Learmont	11.70	17-18
P. Hemming	3.54	89-90
Adam Kovacevic	1.09	08-09

Under 9 BOYS	2023 - 2024 SEASON	
60 m Hurdles	Jack Uebel	12.86
70 m	Samuel McManmon	12.20
80 m		
100 m	Ahren Tinkler	16.98
200 m	Samuel McManmon	34.38
400 m	Bailey Le Roux	1:20.90
800 m	Samuel McManmon	2:47.95
300m Walk		
700 m Walk		
800 m Walk		
Shot Put (2kg)	Ahren Tinkler	5.23
Discus (500g)	Bailey Le Roux	12.52
Turbo Javelin	Zander Hyam-Wilson	14.64
High Jump	Bailey Le Roux	1.05
Long Jump	Bailey Le Roux	3.39

ALL TIME BEST – KENMORE		
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
Alexander Cameron	1:05.96	17-18
Alexander Cameron	2:33.01	17-18
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

UNDER 10 BOYS	2023 - 2024 SEASON	
60 m Hurdles	Laird Walne	10.95
70 m	Laird Walne	10.68
100 m	Noah Egan	37.18
200 m	Alexander Everitt	37.18
400 m	Noah Egan	1:24.18
800 m	Arlo Usher	2:59.64
1500 m	Harry Williams	6:23.86
700 m Walk		
1100m Walk		
Shot Put (2kg)	Noah Egan	7.39
Discus (500g)	Noah Egan	16.99
Turbo Javelin	Noah Egan	19.45
High Jump	Noah Egan	1.08
Long Jump	Laird Walne	3.98
Triple Jump		

ALL TIME BEST – KENMORE		
P. McPhee	9.9	82-83
A. MacDonald	9.8	90-91
D. Lyon	14.1	97-98
Alexander Cameron	28.29	18-19
Alexander Cameron	1:03.53	18-19
Alexander Cameron	2:32.13	18-19
William Hayes	5:28.45	20-21
D. Knight	3:52.0	90-91
Isaac Madden	7:34.1	10-11
Taiki Butlin	9.41	18-19
P. McPhee	32.04	82-83
Samuel Stanway	21.57	17-18
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	2023 - 2024 SEASON	
60 m Hurdles		
80m Hurdles	Henry Schuring	16.94
100 m	Henry Schuring	15.83
200 m	James Nangle	33.92
400 m	Thomas McManmon	1:16.56
800 m	Thomas McManmon	2:56.70
1500 m	Thomas McManmon	5:35.11
700m Walk		
1100 m Walk		
Shot Put (2kg)	Samuel Felber	6.36
Discus (500g)	Elliott Dundas	17.23
Javelin (400g)	Henry Schuring	15.80
High Jump	Elliott Dundas	1.20
Long Jump	Elliott Dundas	3.85
Triple Jump	Elliott Dundas	7.90

ALL TIME BEST – KENMORE		
Adam Kovacevic	9.8	11-12
Harrison Egan	14.91	22-23
D. Callaghan	13.4	85-86
D. Callaghan	27.9	85-86
Alexander Cameron	1:04.50	19-20
K. Richardson	2:23.8	84-85
K. Richardson	4:45.7	84-85
Harry Pennington	4:57.0	12-13
Colin Gunn	8:24.3	10-11
Toshi Butlin	10.91	15-16
Mitchell Durrheim (500g)	31.73	19-20
Toshi Butlin (750g)	29.53	15-16
Mitchell Durrheim	26.82	19-20
S. Byrne	1.50	97-98
D. Callaghan	4.97	85-86
Adam Kovacevic	10.07	11-12

UNDER 12 BOYS	2023 - 2024 SEASON	
60 m Hurdles	N/A	
80m Hurdles	Harrison Egan	15.29
100 m	Henry Scales	13.85
200 m	Henry Scales	29.92
400 m	Henry Scales	1:11.85
800 m	Henry Scales	2:49.80
1500 m	Evan Nicoll	5:46.73
700m Walk		
1500 m Walk		
Shot Put (2kg)	Henry Scales	7.87
Discus (750g)	Henry Scales	18.91
Javelin (400g)	Harrison Egan	23.44
High Jump	Henry Scales	1.35
Long Jump	Henry Scales	4.16
Triple Jump	Henry Scales	8.83

ALL TIME BEST – KENMORE		
D. Callaghan	8.8	86-87
Benjamin Thomas	15.19	21-22
Toshi Butlin	13.21	16-17
Adam Kovacevic	26.37	12-13
K. Richardson	1:01.1	85-86
K. Richardson	2:22.2	85-86
K. Richardson	4:55.4	85-86
Declan Madden	4.44.0	12-13
M. Reck	8:22.9	89-90
Mitchell Durrheim (2kg)	11.64	20-21
Toshi Butlin (3kg)	9.69	16-17
Mitchell Durrheim	33.78	20-21
P. Hemming	30.84	93-94
Adam Kovacevic	1.60	12-13
Adam Kovacevic	5.36	12-13
Adam Kovacevic	11.09	12-13

UNDER 13 BOYS	2023 - 2024 SEASON	
80 m Hurdles	Ashton Moss	14.73
90 m Hurdles		
200 m Hurdles		
100 m	Ashton Moss	13.57
200 m	Ashton Moss	27.97
400 m	Ashton Moss	1:07.62
800 m	William Law	2:28.56
1500 m	William Law	4:47.68
700m Walk		
1500 m Walk		
Shot Put (3kg)	Ashton Moss	7.54
Discus (750g)	Lachlan Cleary	25.30
Javelin (600g)	Ashton Moss	24.68
High Jump	Ashton Moss	1.29
Long Jump	Ashton Moss	4.83
Triple Jump	Ashton Moss	9.68

ALL TIME BEST – KENMORE		
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
Oliver Gartner	2:18.37	21-22
Oliver Gartner	4:32.95	21-22
Tim Castley	4:27.4	10-11
D. Thomasson	8:09.8	81-82
B. Spencer	13.14	77-78
Taiki Butlin (750g)	28.65	19-20
S. Dearden (1kg)	35.02	79-80
J. Jack	32.70	92-93
S. Heytman	1.58	84-85
Ezra Loli	1.58	20-21
C. Harvey	5.46	80-81
Adam Kovacevic	11.01	13-14

UNDER 14 BOYS	2023 - 2024 SEASON	
90m Hurdles		
200 m Hurdles		
100m	Thomas Felber	15.53
200m		
400 m		
800 m	Thomas Felber	3:07.36
1500 m	Thomas Felber	6:37.18
700m Walk		
1500 m Walk		
Shot Put (3kg)	Thomas Felber	9.03
Discus (1kg)		
Javelin (600g)	Thomas Felber	18.80
High Jump		
Long Jump	Thomas Felber	3.75
Triple Jump	Thomas Felber	8.06

ALL TIME BEST – KENMORE		
Mitchell Moss	13.55	20-21
M. Wheeler	29.4	93-94
Toshi Butlin	12.01	18-19
Toshi Butlin	24.94	18-19
Max Kennedy	57.97	18-19
Cooper Johnson	2:14.26	18-19
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
Toshi Butlin (3kg)	13.49	18-19
Toshi Butlin	42.80	18-19
J. Jack	36.55	93-94
D. Vivian	1.63	84-85
D. Vivian	5.21	84-85
D. McNair	5.21	86-87
Mitchell Moss	10.85	20-21

UNDER 15 BOYS	2023 - 2024 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 (4kg)		
Discus (1kg)		
Javelin (700g)		
High Jump		

ALL TIME BEST – KENMORE		
D. McNair	14.2	87-88
I. Edwards	15.1	94-95
I. Edwards	27.6	94-95
Toshi Butlin	11.81	19-20
Toshi Butlin	24.23	19-20
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
Toshi Butlin	48.57	19-20
D. McNair (600g)	37.85	87-88
Tim Castley (700g)	43.42	12-13
D. McNair	1.70	87-88

Long Jump		
Triple Jump		

Scott Estwick	1.70	06-07
Liam Ginn	5.78	14-15
I. Edwards	11.52	94-95

UNDER 16 BOYS	2023 - 2024 SEASON	
100 m Hurdles		
200 m Hurdles		
100 m		
200 m		
400 m		
800 m		
1500 m		
700m Walk		
1500 m Walk		
Shot Put (4kg)		
Discus (1kg)		
Javelin (700g)		
High Jump		
Long Jump		
Triple Jump		

ALL TIME BEST – KENMORE		
Toshi Butlin	15.75	20-21
Oscar Kennedy	34.81	18-19
Toshi Butlin	11.11	20-21
Toshi Butlin	22.49	20-21
Max Kennedy	52.93	20-21
Max Kennedy	2:09.33	20-21
Kyle Godfrey	5:31.0	13-14
Toshi Butlin	16.04	20-21
Toshi Butlin	50.12	20-21
Taiki Butlin	42.28	22-23
Josh Collins	1.63	14-15
Gian De Stefani	1.63	20-21
Toshi Butlin	6.42	20-21
Lachlain Rolison	12.70	21-22

UNDER 17 Boys	2023 - 2024 SEASON	
100m Hurdles		
110 m Hurdles		
200 m Hurdles		
300m Hurdles		
100 m		
200 m		
400 m		
800 m		
1500 m		
700m Walk		
1500 m Walk		
Shot Put (5kg)		

ALL TIME BEST - KENMORE		
Toshi Butlin	15.40	21-22
Oscar Kennedy	24.75	19-20
Oscar Kennedy	57.37	19-20
Toshi Butlin	10.98	21-22
Toshi Butlin	22.21	21-22
Max Kennedy	51.67	21-22
Cooper Johnson	2:00.50	21-22
Cooper Johnson	4:13.97	21-22
Tim Castley (4kg)	18.35	14-15
Toshi Butlin (5kg)	13.46	21-22

Discus (1.5kg)		
Javelin (700g)		
High Jump		
Long Jump		
Triple Jump		

Tim Castley (1kg)	51.00	14-15
Toshi Butlin	38.41	21-22
Toshi Butlin	27.73	21-22
Gian De Stefani	1.65	21-22
Toshi Butlin	6.57	21-22
Lachlain Rolison	12.56	22-23

GIRLS

UNDER 6 GIRLS	2023 - 2024 SEASON	
60m Hurdles	Isabel Salcedo	14.77
70 m	Isabel Salcedo	14.75
100 m	Isabel Salcedo	21.68
200 m	Isabel Salcedo	46.56
300m Walk		
Shot Put (1kg)	Isabel Salcedo	2.83
Discus (350g)	Maddie Uebel	5.76
Vortex	Maddie Uebel	9.35
Long Jump	Maddie Uebel	1.70

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
Matilda Dewar	11.26	19-20
Aliyah Moss	2.53	15-16

UNDER 7 GIRLS	2023 - 2024 SEASON	
60 m Hurdles	Arlowe Reeves	13.29
70 m	Arlowe Reeves	13.65
100 m	Arlowe Reeves	18.82
200 m	Arlowe Reeves	41.51
400 m	Arlowe Reeves	1:46.91
300m Walk		
400 m Walk		
Shot Put (1kg)	Arlowe Reeves	4.32
Discus (350g)	Arlowe Reeves	9.32
Vortex	Arlowe Reeves	9.46
Long Jump	Lauren Starr-Gangemi	2.32

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
Matilda Dewar	14.55	20-21
Carly Hess	3.15	05-06

UNDER 8 GIRLS	2023 - 2024 SEASON	
60 m Hurdles	Eve Walne	13.62
70 m	Eve Walne	12.92
100 m	Eve Walne	18.50
200 m	Eve Walne	38.43
400 m	Eve Walne	1:38.24
300m Walk		
400 m Walk		
Shot Put (1.5kg)	Eve Walne	3.97
Discus (500g)	Arabella Everitt	6.09
Turbo Javelin	Eve Walne	7.36
Long Jump	Eve Walne	2.64
High Jump	Eve Walne Arabella Everitt	0.87 0.87

ALL TIME BEST – KENMORE		
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
Stephanie Abbott	10.26	16-17
Lucinda Young	3.44	03-04
N. Stevens	1.02	82-83
J. Stehn	1.02	82-83
G. McPhee	1.02	

UNDER 9 GIRLS	2023 - 2024 SEASON	
60 m Hurdles	Emmie Weisse	13.65
70 m	Fatima Zahra Sial	13.00
100 m	Fatima Zahra Sial	18.23
200 m	Fatima Zahra Sial	38.40
400 m	Sarah Martin	1:37.25
800 m	Sarah Martin	3:34.08
300m Walk		
700 m Walk		
800 m Walk		
Shot Put (2kg)	Emmie Weisse	5.04
Discus (500g)	Emmie Weisse	12.06
Turbo Javelin	Emmie Weisse	10.50
High Jump	Emmie Weisse	1.00
Long Jump	Fatima Zahra Sial	3.01

ALL TIME BEST – KENMORE		
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
Lauren Jones	20.45	21-22
Emmie Weisse	10.50	23-24
M. Griffin	1.19	81-82
Carly Hess	3.78	07-08

UNDER 10 GIRLS	2023 - 2024 SEASON	
60 m Hurdles	Harper Stokes	13.72
	Annaliese Egan	13.72
70 m	Harper Stokes	11.75
100 m	Harper Stokes	16.79
200 m	Annaliese Egan	34.44
400 m	Harper Stokes	1:18.60
800 m	Ashlee Starr-Gangemi	3:01.78
1500 m	Ashlee Starr-Gangemi	6:21.10
700 m Walk		
1100m Walk		
Shot Put (2kg)	Sophie Lenneberg	4.50
Discus (500g)	Kira Parkins	12.71
Turbo Javelin	Annaliese Egan	11.68
High Jump	Kira Parkins	1.06
Long Jump	Harper Stokes	3.21
Triple Jump		

ALL TIME BEST – KENMORE		
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
Ashlee Starr-Gangemi	6:21.10	23-24
Lucinda Young	4:14.0	05-06
Alexis Campbell	4:14.0	06-07
Lucinda Young	6:13.6	05-06
Lauren Jones	8.90	22-23
J. Poulsen	26.72	79-80
Lauren Jones	13.70	22-23
Elizabeth Moss	1.25	11-12
S. Grieco	4.40	85-86
G. McPhee	8.25	

UNDER 11 GIRLS	2023 - 2024 SEASON	
80 m Hurdles	Imogen Pool	17.01
100 m	Imogen Pool	16.28
200 m	Imogen Pool	34.06
400 m	Imogen Pool	1:20.95
800 m	Anabelle Doherty-Bigara	3:14.39
1500 m	Anabelle Doherty-Bigara	6:41.42
700 m Walk		
1100 m Walk		
1500 m Walk		
Shot Put (2kg)	Lauren Jones	9.50
Discus (500g)	Lauren Jones	27.21

ALL TIME BEST – KENMORE		
Aliyah Moss (80m)	14.01	20-21
Lucinda Young (60m)	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
Lauren Jones	9.50	23-24
Lauren Jones	27.21	23-24
J. Poulsen (750g)	24.76	80-81

Javelin (400g)	Lauren Jones	13.84
High Jump	Laura Jeuken	1.17
Long Jump	Laura Jeuken	3.33
Triple Jump	Anabelle Doherty-Bigara	6.78

Ashleigh Sitcheff	22.08	13-14
J. Shield	1.34	
M. Walkington	4.49	81-82
Lucinda Young	8.96	06-07

UNDER 12 GIRLS	2023 - 2024 SEASON	
60 m Hurdles	N/A	
80m Hurdles	Isabell Everitt	18.26
100 m	Sylvie Oxley	14.64
200 m	Sylvie Oxley	30.42
400 m	Sylvie Oxley	1:10.60
800 m	Sylvie Oxley	2:58.85
1500 m	Sylvie Oxley	6:18.09
700m Walk		
1500 m Walk		
Shot Put (2kg)	Sylvie Oxley	7.69
Discus (750g)	Lillie Eadie	12.17
Javelin (400g)	Amelia David	16.40
High Jump	Mia McMahon	1.27
Long Jump	Isabell Everitt	3.62
Triple Jump	Mia McMahon	7.75

ALL TIME BEST – KENMORE		
L. Harrison	10.1	81-82
Leah Leembruggen	14.50	21-22
Aliyah Moss	14.50	21-22
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 (2kg)	11.54	82-83
Y. McMillen	31.54	
Ashleigh Sitcheff	30.92	14-15
K. Nixson-Smith	1.45	78-79
Elizabeth Moss	1.45	13-14
K. Bowers	4.87	78-79
N. Atkin	9.20	88-89

UNDER 13 GIRLS	2023 - 2024 SEASON	
80 m Hurdles	Amelia Egan	16.85
90 m Hurdles	N/A	
200 m Hurdles		
100 m	Cordelia Pool	14.64
200 m	Cordelia Pool	30.74
400 m	Cordelia Pool	1:06.76
800 m	Liliana Talevich	2:41.64
1500 m	Liliana Talevich	5:42.26
700m Walk		
1500 m Walk		
Shot Put (3kg)	Freda Parkins	6.54
Discus (750g)	Freda Parkins	15.70

ALL TIME BEST – KENMORE		
Taylor Croker	13.4	13-14
A. Nipperes	19.1	88-89
Leah Leembruggen	30.68	22-23
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

Javelin (400g)	Cordelia Pool	15.57
High Jump	Freda Parkins	1.27
Long Jump	Liliana Talevich	3.72
Triple Jump	Freda Parkins	8.58

Ashleigh Sitcheff (400g)	37.61	15-16
Elizabeth Moss	1.60	14-15
K. Bowers	5.24	79-80
Mattea Pearsall	10.33	17-18

UNDER 14 GIRLS	2023 - 2024 SEASON	
80 m Hurdles		
90 m Hurdles		
200 m Hurdles		
100 m	Maddison Wardell	15.87
200 m	Maddison Wardell	33.75
400 m	Maddison Wardell	1:30.27
800 m		
1500 m		
700m Walk		
1500 m Walk		
Shot Put (3kg)	Maddison Wardell	5.92
Discus (1kg)	Maddison Wardell	11.19
Javelin (400g)		
High Jump	Maddison Wardell	1.10
Long Jump	Maddison Wardell	3.38
Triple Jump	Maddison Wardell	6.45

ALL TIME BEST – KENMORE		
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 (400g)	39.53	15-16
Isabella Grigg	1.41	14-15
F. Larking	4.54	85-86
Claudia Royle	10.18	13-14

UNDER 15 GIRLS	2023 - 2024 SEASON	
90 m Hurdles		
200 m Hurdles		
100 m		
200 m		
400 m		
800 m		
1500 m		
700m Walk		
1500 m Walk		
Shot Put (3kg)		
Discus (1kg)		
Javelin (500g)		

ALL TIME BEST – KENMORE		
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

High Jump		
Long Jump		
Triple Jump		

Emily Thomas (500g)	13.55	20-21
Isabella Grigg	1.50	15-16
Isabella Grigg	4.56	15-16
C. Hughes	9.30	86-87
Liana Hinds	9.30	09-10

UNDER 16 GIRLS	2023 - 2024 SEASON	
90 m Hurdles		
200 m Hurdles		
100 m		
200 m		
400 m		
800 m		
1500 m		
700m Walk		
1500 m Walk		
Shot Put (3kg)		
Discus (1kg)		
Javelin (500g)		
Javelin (600g)		
High Jump		
Long Jump		
Triple Jump		

ALL TIME BEST – KENMORE		
Cecylia Garcia-Kubicki	17.73	08-09
Josephine Haupt	34.71	20-21
Cecylia Garcia-Kubicki	14.0	08-09
Josephine Haupt	29.37	20-21
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
Annabelle Aitken (3kg)	7.53	20-21
Alexandra Young (4kg)	7.72	06-07
Alexandra Young	19.42	06-07
Emily Thomas	14.76	21-22
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

UNDER 17 GIRLS	2023 - 2024 SEASON	
100 m Hurdles		
200 m Hurdles		
100 m	Sophie David	13.76
200 m	Sophie David	29.97
400 m	Sophie David	1:14.28
800 m	Sophie David	3:16.31
1500 m	Sophie David	6:59.44
700m Walk		
1500 m Walk		
Shot Put (3kg)	Sophie David	7.43

ALL TIME BEST – KENMORE		
Josephine Haupt	20.12	21-22
Sophie David	13.76	23-24
Sophie David	29.97	23-24
Josephine Haupt	1:11.91	21-22
Josephine Haupt	3:00.05	21-22
Josephine Haupt	6:58.14	21-22
Sophie David	7.43	23-24
Sarah Barker (4kg)	5.80	08-09

Discus	Sophie David	18.06
Javelin (500g)		
High Jump	Sophie David	1.37
Long Jump	Sophie David	4.56
Triple Jump	Sophie David	8.10

Sophie David	18.06	23-24
Annabelle Aitken (500g)	16.24	21-22
Sarah Barker (600g)	13.37	08-09
Sophie David	1.37	23-24
Sophie David	4.56	23-24
Annabelle Aitken	8.49	21-22