



**KENMORE**  
LITTLE ATHLETICS



# KENMORE LITTLE ATHLETICS HANDBOOK

**SEASON 2025/26**

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# CENTRE MANAGER'S WELCOME

Welcome to the 2025-2026 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

| 2025                                                                            |                                  |                 |                                                            |
|---------------------------------------------------------------------------------|----------------------------------|-----------------|------------------------------------------------------------|
| Month                                                                           | Date                             | Day             | Competition / Event                                        |
| <b>AUGUST</b>                                                                   | <b>Online Registrations OPEN</b> |                 |                                                            |
| <b>SEPTEMBER</b>                                                                | 13 <sup>th</sup>                 | Saturday        | Pack & Uniform Collection at KLA                           |
| <b>SEPTEMBER</b>                                                                | 20 <sup>th</sup>                 | Saturday        | School Holidays                                            |
|                                                                                 | 27 <sup>st</sup>                 | Saturday        | School Holidays                                            |
| <b>OCTOBER</b>                                                                  | 4 <sup>th</sup>                  | Saturday        | School Holidays                                            |
|                                                                                 | 11 <sup>th</sup>                 | Saturday        | KLA Meet 1                                                 |
|                                                                                 | 18 <sup>th</sup>                 | Saturday        | KLA Meet 2                                                 |
|                                                                                 | 25 <sup>th</sup>                 | Saturday        | KLA Meet 3                                                 |
|                                                                                 | 25 <sup>th</sup>                 | <b>Saturday</b> | <b>Coles Summer Carnival Series 1 @ SAF</b>                |
| <b>NOVEMBER</b>                                                                 | 1 <sup>st</sup>                  | Saturday        | No Meet @ KLA                                              |
|                                                                                 | 2 <sup>nd</sup>                  | <b>Sunday</b>   | <b>Regional Relay Day @ UQ</b>                             |
|                                                                                 | 8 <sup>th</sup>                  | Saturday        | KLA Meet 4 * <b>Club Photo Day *</b>                       |
|                                                                                 | 15 <sup>th</sup>                 | Saturday        | <b>Western Suburb Games @ Kenmore (Coles Community Rd)</b> |
|                                                                                 | 22 <sup>nd</sup>                 | Saturday        | KLA Meet 5                                                 |
|                                                                                 | 23 <sup>rd</sup>                 | <b>Sunday</b>   | <b>Coles Summer Carnival Series 2 @ Runaway Bay</b>        |
|                                                                                 | 29 <sup>th</sup>                 | Saturday        | KLA Meet 6                                                 |
| <b>DECEMBER</b>                                                                 | 6 <sup>th</sup>                  | Saturday        | KLA Meet 7                                                 |
|                                                                                 | 13 <sup>th</sup>                 | <b>Saturday</b> | <b>McDonalds State Relay Day @ SAF</b>                     |
|                                                                                 | 19 <sup>th</sup>                 | Saturday        | School Holidays                                            |
| CHRISTMAS HOLIDAY BREAK<br>14 <sup>th</sup> December – 27 <sup>th</sup> January |                                  |                 |                                                            |
| 2026                                                                            |                                  |                 |                                                            |
| <b>JANUARY</b>                                                                  | 17 <sup>th</sup>                 | Saturday        | School Holidays                                            |
|                                                                                 | 24 <sup>th</sup>                 | Saturday        | School Holidays                                            |
|                                                                                 | 31 <sup>st</sup>                 | Saturday        | KLA Meet 8                                                 |
|                                                                                 | 31 <sup>st</sup>                 | <b>Saturday</b> | <b>McDonalds Combined Event Championships @ SAF</b>        |
| <b>FEBRUARY</b>                                                                 | 1 <sup>st</sup>                  | <b>Sunday</b>   |                                                            |
|                                                                                 | 7 <sup>th</sup>                  | Saturday        | KLA Meet 9                                                 |
|                                                                                 | 14 <sup>th</sup>                 | <b>Saturday</b> | <b>Met West Regional Championships @ UQ</b>                |
|                                                                                 | 15 <sup>th</sup>                 | <b>Sunday</b>   |                                                            |
|                                                                                 | 21 <sup>st</sup>                 | Saturday        | KLA Meet 10                                                |
|                                                                                 | 28 <sup>th</sup>                 | Saturday        | KLA Meet 11                                                |
| <b>MARCH</b>                                                                    | 7 <sup>th</sup>                  | Saturday        | KLA Meet 12                                                |
|                                                                                 | 14 <sup>th</sup>                 | Saturday        | KLA Meet 13                                                |
|                                                                                 | 20 <sup>th</sup>                 | <b>Friday</b>   | <b>McDonalds State Championships @ QSAC</b>                |
|                                                                                 | 21 <sup>st</sup>                 | <b>Saturday</b> |                                                            |
|                                                                                 | 22 <sup>nd</sup>                 | <b>Sunday</b>   |                                                            |
|                                                                                 | 28 <sup>th</sup>                 | <b>Saturday</b> | <b>KLA Presentation Day</b>                                |

# 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](http://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](http://www.laq.org.au)

# REGISTRATION

## REGISTRATION AGES

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

| BIRTH YEAR | AGE GROUP |
|------------|-----------|
| 2022       | Tiny Tot  |
| 2021       | Tiny Tot  |
| 2020       | U6        |
| 2019       | U7        |
| 2018       | U8        |
| 2017       | U9        |
| 2016       | U10       |
| 2015       | U11       |
| 2014       | U12       |
| 2013       | U13       |
| 2012       | U14       |
| 2011       | U15       |
| 2010       | U16       |
| 2009       | U17       |

## REGISTRATION FEES

Registration Fees for the 2025-202 (September - March) are as follows:

| DESCRIPTION                   | REGISTRATION<br>FEE |
|-------------------------------|---------------------|
| Athlete Registration (U6-U17) | \$240               |
| Tiny Tot Registration         | \$140               |

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*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 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 2025/26 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 disciplines before our meets. This will provide a good opportunity for athletes to improve their technique ahead of the days events. These coaching opportunities will be advertised when the weekends program is sent out 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

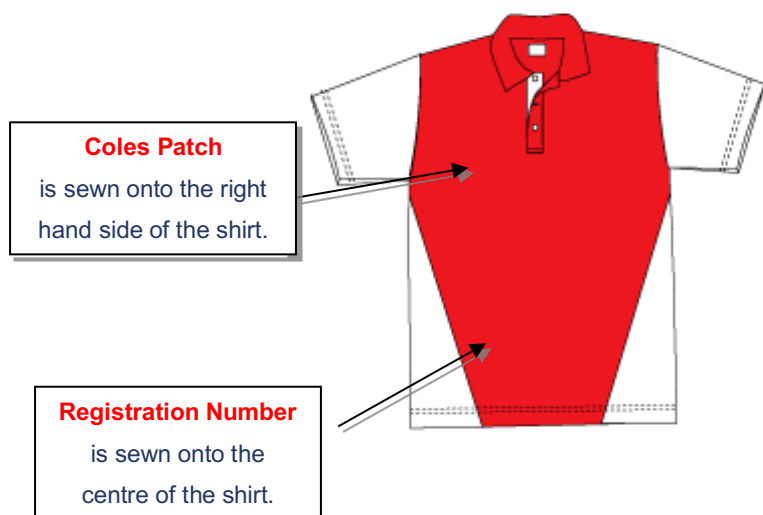
**Girls:** Navy blue shorts/bike pants (club colour) or be predominantly black

(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.

## POSITION OF REGISTRATION NUMBER ON CENTRE SHIRT



# 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. This season the Summer Carnival will to a Series with to events available to attend.

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, 2<sup>nd</sup>, and 3<sup>rd</sup> 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<br>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               | Pentathlon      | 80mH      | 100m      | 800m          | High Jump        |           | Discus   |          |
| U12 Boys                |                 | 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 **20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup> of March 2026 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 2025 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

## 2025-2026

| Competition                                                                                                                                                              | Cost                                 | Nominations & Due Date                                                                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <b>Coles Summer Carnival – Series 1</b><br>When: 26 <sup>th</sup> October 2025<br>Where: SAF, Nathan, Brisbane.<br>Age Groups: U9-U17                                    | \$ 22.50 per athlete                 | Nominations via Sport80<br><br><b>DUE: Monday 13<sup>th</sup> Oct 11:59am</b>                                                   |
| <b>Met West - Regional Relay Day</b><br>When: Sunday 2 <sup>nd</sup> November 2025<br>Where: UQ Athletics Track, St Lucia<br>Age Groups: U7 – U17                        | FREE - included in registration fees | Paper nomination through your Centre<br><br><b>DUE: Club - Sat 19<sup>th</sup> Oct LAQ – Mon 28<sup>th</sup> Oct 9am</b>        |
| <b>McDonalds State Relay Day</b><br>When: Saturday 13 <sup>th</sup> December 2025<br>Where: SAF<br>Age Groups: U9 – U17                                                  | FREE – included in registration fees | Nomination confirmation through your centre<br><br><b>DUE: Club - Sat 16<sup>th</sup> Nov LAQ – Mon 18<sup>th</sup> Nov 9am</b> |
| <b>Coles Summer Carnival – Series 2</b><br>When: 29 <sup>th</sup> November 2025<br>Where: Gold Coast Performance Centre, Runaway Bay.<br>Age Groups: U9-U17              | \$ 22.50 per athlete                 | Nominations via Sport80<br><br><b>DUE: Monday 10<sup>th</sup> Nov 11:59am</b>                                                   |
| <b>McDonalds Combined Event Championships</b><br>When: 31 <sup>st</sup> January & 1 <sup>st</sup> February 2026<br>Where: SAF, Nathan, Brisbane.<br>Age Groups: U9 – U17 | \$ 22.50 per athlete                 | Nominations via Sport80<br><br><b>DUE: Mon 19th Jan 11:59pm</b>                                                                 |
| <b>Met West - Regional Championships</b><br>When: 14 <sup>th</sup> & 15 <sup>th</sup> February 2026<br>Where: UQ Athletics Track, St Lucia<br>Age Groups: U7 – U17       | \$ 22.50 per athlete                 | Nominations via Sport80<br><br><b>DUE: Mon 2<sup>nd</sup> Feb 11:59am</b>                                                       |
| <b>McDonalds State Championships</b><br>When: 20 <sup>th</sup> – 22 <sup>nd</sup> March 2026<br>Where: QSAC, Nathan, Brisbane.<br>Age Groups: U9 – U17                   | FREE – included in registration fees | Nomination confirmation through your centre<br><br><b>DUE: Club – Sat 28<sup>th</sup> Feb LAQ - Mon 2<sup>nd</sup> Mar 9am</b>  |

# 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. 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 | 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       |    |    |    | ✓  | ✓   |     |     |     |     |     |     |     |
| 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 into 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](http://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     |          |          |          |
|                | RED   |        |          |          |          |          |          |          |          | 40.5     |          |          |          |
|                | GREEN |        |          |          |          |          |          |          |          | 50.0     |          |          |          |
| 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<br>Gold | U10<br>Gold | U11<br>Gold | U12<br>Gold | U13<br>Gold | U14<br>Gold | U15<br>Gold | U16<br>Gold | U17<br>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<br>Gold | U10<br>Gold | U11<br>Gold | U12<br>Gold | U13<br>Gold | U14<br>Gold | U15<br>Gold | U16<br>Gold | U17<br>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.

| <b>Result</b>   | <b>Regional<br/>Championship</b> | <b>State<br/>Championship</b> |
|-----------------|----------------------------------|-------------------------------|
| 1 <sup>st</sup> | 12                               | 24                            |
| 2 <sup>nd</sup> | 10                               | 20                            |
| 3 <sup>rd</sup> | 8                                | 16                            |
| 4 <sup>th</sup> | 6                                | 12                            |
| 5 <sup>th</sup> | 5                                | 10                            |
| 6 <sup>th</sup> | 4                                | 8                             |
| 7 <sup>th</sup> | 3                                | 6                             |
| 8 <sup>th</sup> | 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 best 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<br>A Cambell<br>M Cooke<br>L Young | 4 x 200m Relay | 2:22.70       | 2005 |
| U9 Girls  | Lauren Jones<br>Eve Dundas                    | Shotput        | 12.84         | 2021 |
| U9 Boys   | S Stanway<br>M Moss                           | 4 x 100m relay | 1:04.63 (e)   | 2016 |

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

|          |                                                                     |                      |             |           |
|----------|---------------------------------------------------------------------|----------------------|-------------|-----------|
| U15 Boys | Toshi Butlin<br>Gian De Stefani<br>Xavier De Stefani<br>Max Kennedy | 4 x Swedish<br>Relay | 2:20.30 (e) | 2019-2020 |
| U17 Boys | Toshi Butlin<br>Gian De Stefani<br>Cooper Johnson<br>Max Kennedy    | 4 x Swedish<br>Relay | 2:50.30     | 2021-2022 |
| U17 Boys | Toshi Butlin<br>Max Kennedy                                         | Long Jump            | 11.32       | 2021-2022 |
| U17 Boys | Toshi Butlin<br>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<br>Alexander Cameron<br>Mitchell Durrheim<br>Oliver Gartner | 4 x 200m             | 2:10.29        | 2017-2018 |
| U11 Boys  | Gregory Thomas<br>Tobey Gough<br>Ezra Loli<br>Samuel Stanway            | 4 x Swedish<br>Relay | 2:45.23 (e)    | 2018-2019 |
| U17 Boys  | Gian De Stefani<br>Toshi Butlin<br>Cooper Johnson<br>Max Kennedy        | 4 x Swedish<br>Relay | 2:03.61        | 2021-2022 |

## CLUB THROW RECORDS AS OF 2025

| 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> | 11.64 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> | 13.49 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> | 8.90 m | <b>U16</b> | 7.53 m  | <b>U10</b> | 9.41 m  | <b>U16</b> | 16.04 m |
| <b>U11</b> | 9.50 m | <b>U17</b> | 7.43 m  | <b>U11</b> | 10.55 m | <b>U17</b> | 13.46 m |

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

| Javelin / Turbo / Vortex |           |            |         |            |           |            |         |
|--------------------------|-----------|------------|---------|------------|-----------|------------|---------|
| Girls                    |           |            |         | Boys       |           |            |         |
| <b>U6</b>                | 11.26 m V | <b>U12</b> | 30.92 m | <b>U6</b>  | 19.15 m V | <b>U12</b> | 30.84 m |
| <b>U7</b>                | 14.55 m V | <b>U13</b> | 37.61 m | <b>U7</b>  | 20.90 m V | <b>U13</b> | 32.70 m |
| <b>U8</b>                | 10.26 m T | <b>U14</b> | 37.50 m | <b>U8</b>  | 18.85 m T | <b>U14</b> | 36.55 m |
| <b>U9</b>                | 10.92 m T | <b>U15</b> | 13.55 m | <b>U9</b>  | 19.44 m T | <b>U15</b> | 43.42 m |
| <b>U10</b>               | 13.70 m T | <b>U16</b> | 14.76 m | <b>U10</b> | 21.57 m T | <b>U16</b> | 42.28 m |
| <b>U11</b>               | 22.08 m   | <b>U17</b> | 16.24 m | <b>U11</b> | 26.82 m   | <b>U17</b> | 27.73 m |

## CLUB JUMP RECORDS AS OF 2025

| 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> | 6.42 m |
| <b>U11</b> | 4.49 m | <b>U17</b> | 4.56 m | <b>U11</b> | 4.97 m | <b>U17</b> | 6.57 m |

| 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> | 10.65 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> | 10.85 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> | 12.70 m |
| <b>U11</b>  | 8.96 m | <b>U17</b> | 8.49 m  | <b>U11</b> | 10.07 m | <b>U17</b> | 12.56 m |

| 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> | 1.37 m | <b>U11</b> | 1.50 m | <b>U17</b> | 1.65 m |

## CLUB TRACK RECORDS AS OF 2025

| Age Group | Gender | Hurdles      | 200m Hurdles | 70m  | 100m  | 200m  | 400m    | 800m    | 1500m   |
|-----------|--------|--------------|--------------|------|-------|-------|---------|---------|---------|
| U6        | Girls  | 13.98 (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   | 14.62 (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 |

# 2024-2025 AWARD RECIPIENTS

## ENCOURAGEMENT AWARD 2024-2025

| AGE  | BOYS                  | GIRLS               |
|------|-----------------------|---------------------|
| U6   | Archie Herekotukutuku | Kai Collins         |
| U7   | Harry Mitchell        | Alexandra Hetper    |
| U8   | Dylan Lowe            | Jessica Stjepanovic |
| U9   | Eric Jeuken           | Sophie Robinson     |
| U10  | Eddie Reeves          | Lucy Hancock        |
| U11  | Oliver Chu            | Janis Wong          |
| U12  | Thomas McManmon       | Laura Jeuken        |
| U13+ |                       | Liliana Talevich    |

## MOST IMPROVED 2024 - 2025

| AGE  | BOYS                   | GIRLS                  |
|------|------------------------|------------------------|
| U6   | Leo Middleton-Kailola  | Bridget Adams          |
| U7   | Luca Kassman           | Zuri Lord              |
| U8   | Winston Montgomery     | Sara Demartini         |
| U9   | Charlie Herekotukutuku | Skye Middleton-Kailola |
| U10  | Bailey Le Roux         | Ava Clifford           |
| U11  | Jarvis Wong            | Harper Stokes          |
| U12  | Henry Scales           | Abigail Wilson         |
| U13+ |                        | Sylvie Oxley           |

## OVERALL HIGH ACHIEVERS 2024 - 2025

| AGE | BOYS                                           | GIRLS          |
|-----|------------------------------------------------|----------------|
| U7  | Darcy Travers                                  | Delilah Parker |
| U8  | Jacob Le Roux                                  | Arlowe Reeve   |
| U10 | Mason Egan<br>Coby Mitchell<br>Harrison Parker |                |
| U11 | Noah Egan                                      |                |

## GOLD ACHIEVEMENT AWARDS 2023-2024

| AGE GROUP | NAME            | EVENTS                                                          |
|-----------|-----------------|-----------------------------------------------------------------|
| U9        | Mason Egan      | 400m - 1.15.80                                                  |
| U9        | Coby Mitchell   | 70m - 10.74<br>100m - 15.31<br>200m - 31.51                     |
| U9        | Harrison Parker | 400m - 1.15.35<br>800m - 2.47.89                                |
| U9        | Bodhi Stokes    | 70m - 10.86<br>200m - 30.78<br>400m - 1.09.60<br>800m - 2.39.82 |
| U10       | Bailey Le Roux  | 800m - 2.44.91                                                  |
| U10       | Samuel McManmon | 800m - 2.33.60                                                  |
| U11       | Harper Stokes   | 400m - 1.10.60<br>800m - 2.45.91<br>1500m - 5.34.06             |
| U11       | Laird Walne     | 80m Hurdles - 14.62                                             |
| U12       | Lauren Jones    | Discus - 32.04                                                  |
| U12       | Thomas McManmon | 800m 2.27.82<br>1500m - 4.55.19                                 |
| U13       | Henry Scales    | 100m - 12.78                                                    |

## CLUB CHAMPIONS 2024 - 2025

| BOY          | GIRL         |
|--------------|--------------|
| Bodhi Stokes | Lauren Jones |

## STATE CHAMPIONSHIP MEDAL WINNERS / RESULTS

**Laird Walne (U9)** – 1<sup>st</sup> in 200m  
1<sup>st</sup> in 400m  
1<sup>st</sup> in 800m

**Samuel McManmon (U10)** – 3<sup>rd</sup> in 800m

**Henry Scales (U13)** – 3<sup>rd</sup> in Long Jump



# NEW CLUB RECORDS 2024-25

| KLA New Club Records |                  |               |                                                                      |
|----------------------|------------------|---------------|----------------------------------------------------------------------|
| Age Group            | Name             | Event         | Time/Distance                                                        |
| U6                   | Delilah Parker   | 60m Hurdles   | <b>13.98</b><br>(previous record: Sienna Pearsall 14.03s in 2016/17) |
| U9                   | Bitsy Billington | Turbo Javelin | <b>10.92m</b><br>(previous record: Emmie Weisse 10.50m in 2023/24)   |
| U11                  | Laird Walne      | 80m Hurdles   | <b>14.62</b><br>(previous record: Harrison Egan 14.91s in 2022/23)   |
| U12                  | Lauren Jones     | Discus 750g   | <b>32.04m</b><br>(previous record: Y McMillen 31.54m)                |

# 2024-25 SEASON BEST VS ALL TIME RECORD

## BOYS

| UNDER 6 BOYS   | 2024 - 2025 SEASON |       | ALL TIME BEST – KENMORE |        |       |
|----------------|--------------------|-------|-------------------------|--------|-------|
| 60m Hurdles    | Darcy Travers      | 13.92 | Jacob Mills             | 13.25  | 16-17 |
| 70 m           | Darcy Travers      | 14.16 | Max Kennedy             | 12.6   | 11-12 |
| 100 m          | Darcy Travers      | 20.50 | S. Russell              | 18.6   | 95-96 |
| 200 m          | Carter Mitchell    | 50.68 | Emmett Shaw             | 41.45  | 14-15 |
| 300mWalk       |                    |       | Samuel Godfrey          | 2:28.0 | 12-13 |
| Shot Put (1kg) | Darcy Travers      | 3.98  | Davonte Rodgers         | 5.29   | 08-09 |
| Discus (350g)  | Carter Mitchell    | 9.88  | S. Russell              | 13.30  | 95-96 |
| Vortex         | Carter Mitchell    | 15.65 | Harrison Groom          | 19.15  | 18-19 |
| Long Jump      | Carter Mitchell    | 2.37  | Mitchell Durrheim       | 2.83   | 14-15 |
|                |                    |       | Emmett Shaw             | 2.83   | 14-15 |

| UNDER 7 BOYS   | 2024 - 2025 SEASON |         | ALL TIME BEST – KENMORE  |         |       |
|----------------|--------------------|---------|--------------------------|---------|-------|
| 60 m Hurdles   | Reuben Nitschke    | 13.62   | Ashton Moss              | 11.75   | 17-18 |
| 70 m           | Reuben Nitschke    | 13.99   | P. Hemming               | 11.9    | 88-89 |
| 100 m          | Reuben Nitschke    | 20.17   | S. Horwill               | 16.9    | 86-87 |
|                |                    |         | J. Duffield              | 16.9    | 00-01 |
| 200 m          | Reuben Nitschke    | 42.42   | C. Dempsey               | 35.7    | 90-91 |
| 400 m          | Reuben Nitschke    | 1:40.14 | Aston Stanley            | 1:29.41 | 19-20 |
| 300m Walk      |                    |         | Max Kennedy              | 2:00.0  | 12-13 |
|                |                    |         | Max Mapley               |         |       |
| 400 m Walk     |                    |         | S. O'Brien               | 1:30.9  | 84-85 |
| Shot Put (1kg) | Theodore Bennett   | 4.13    | Daniel Kovacevic         | 7.57    | 10-11 |
| Discus (350g)  | Lachie Johnson     | 9.42    | Michael Martini          | 18.60   | 15-16 |
| Vortex         | Theodore Bennett   | 17.26   | Benjamin Williams-Peters | 20.90   | 17-18 |
| Long Jump      | Julian Hepter      | 2.59    | B. Coady                 | 3.35    | 86-87 |

| UNDER 8 BOYS     | 2024 - 2025 SEASON |         |
|------------------|--------------------|---------|
| 60 m Hurdles     | Jacob Le Roux      | 12.72   |
| 70 m             | Jacob Le Roux      | 12.21   |
| 80 m             |                    |         |
| 100 m            | Jacob Le Roux      | 17.11   |
| 200 m            | Jacob Le Roux      | 39.25   |
| 400 m            | Jacob Le Roux      | 1:23.27 |
| 300m Walk        |                    |         |
| 400 m Walk       |                    |         |
| Shot Put (1.5kg) | Liam Johnson       | 4.69    |
| Discus (500g)    | Jacob Le Roux      | 11.13   |
| Turbo Javelin    | Jacob Le Roux      | 12.72   |
| Long Jump        | Jacob Le Roux      | 3.22    |
| High Jump        | Jacob Le Roux      | 0.98    |

| 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   | 2024 - 2025 SEASON     |         |
|----------------|------------------------|---------|
| 60 m Hurdles   | Mason Egan             | 11.69   |
| 70 m           | Coby Mitchell          | 10.74   |
| 80 m           |                        |         |
| 100 m          | Coby Mitchell          | 15.31   |
| 200 m          | Bodhi Stokes           | 30.78   |
| 400 m          | Bodhi Stokes           | 1:09.60 |
| 800 m          | Bodhi Stokes           | 2:39.82 |
| 300m Walk      |                        |         |
| 700 m Walk     |                        |         |
| 800 m Walk     |                        |         |
| Shot Put (2kg) | William Jackson        | 6.16    |
| Discus (500g)  | Coby Mitchell          | 17.44   |
| Turbo Javelin  | Charlie Herekotukutuku | 14.87   |
| High Jump      | Owen Williams          | 1.10    |
| Long Jump      | Coby Mitchell          | 3.82    |

| 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  | 2024 - 2025 SEASON |         |
|----------------|--------------------|---------|
| 60 m Hurdles   | Charlie Wilson     | 13.06   |
| 70 m           | Jack Uebel         | 11.02   |
| 100 m          | Samuel McManmon    | 16.45   |
| 200 m          | Samuel McManmon    | 32.87   |
| 400 m          | Samuel McManmon    | 1:13.81 |
| 800 m          | Samuel McManmon    | 2:33.60 |
| 1500 m         | Harry Williams     | 5:39.66 |
| 700 m Walk     |                    |         |
| 1100m Walk     |                    |         |
| Shot Put (2kg) | Alex Johnson       | 6.38    |
| Discus (500g)  | Samuel McManmon    | 17.05   |
| Turbo Javelin  | Samuel McManmon    | 18.26   |
| High Jump      | Samuel McManmon    | 1.13    |
|                | Bailey Le Roux     | 1.13    |
| Long Jump      | Bailey Le Roux     | 3.83    |
| 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  | 2024 - 2025 SEASON |         |
|----------------|--------------------|---------|
| 60 m Hurdles   |                    |         |
| 80m Hurdles    | Laird Walne        | 14.62   |
| 100 m          | Laird Walne        | 14.42   |
| 200 m          | Laird Walne        | 31.70   |
| 400 m          | Noah Egan          | 1:15.03 |
| 800 m          | Noah Egan          | 2:56.32 |
| 1500 m         | Oliver Chu         | 6:11.95 |
| 700m Walk      |                    |         |
| 1100 m Walk    |                    |         |
| Shot Put (2kg) | Noah Egan          | 7.69    |
| Discus (500g)  | Elliott Dundas     | 18.36   |
| Javelin (400g) | Noah Egan          | 17.26   |

| ALL TIME BEST – KENMORE  |         |       |
|--------------------------|---------|-------|
| Adam Kovacevic           | 9.8     | 11-12 |
| Laird Walne              | 14.62   | 24-25 |
| 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 |

|             |             |      |
|-------------|-------------|------|
| High Jump   | Noah Egan   | 1.20 |
| Long Jump   | Laird Walne | 3.98 |
| Triple Jump | Noah Egan   | 8.03 |

|                |       |       |
|----------------|-------|-------|
| S. Byrne       | 1.50  | 97-98 |
| D. Callaghan   | 4.97  | 85-86 |
| Adam Kovacevic | 10.07 | 11-12 |

| UNDER 12 BOYS  | 2024 - 2025 SEASON |         |
|----------------|--------------------|---------|
| 60 m Hurdles   | N/A                |         |
| 80m Hurdles    | George Jenvey      | 17.32   |
| 100 m          | Thomas McManmon    | 15.32   |
| 200 m          | Thomas McManmon    | 30.96   |
| 400 m          | Thomas McManmon    | 1:09.47 |
| 800 m          | Thomas McManmon    | 2:27.82 |
| 1500 m         | Thomas McManmon    | 4:55.19 |
| 700m Walk      |                    |         |
| 1500 m Walk    |                    |         |
| Shot Put (2kg) | Thomas McManmon    | 6.73    |
| Discus (750g)  | Thomas McManmon    | 13.45   |
| Javelin (400g) | Thomas McManmon    | 15.07   |
| High Jump      | Immanuel Ikoro     | 1.35    |
| Long Jump      | Thomas McManmon    | 4.08    |
| Triple Jump    | Thomas McManmon    | 7.78    |

| 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 | 2024 - 2025 SEASON |         |
|---------------|--------------------|---------|
| 80 m Hurdles  | Harrison Egan      | 16.26   |
| 90 m Hurdles  |                    |         |
| 200 m Hurdles |                    |         |
| 100 m         | Henry Scales       | 12.78   |
| 200 m         | Henry Scales       | 26.89   |
| 400 m         | Henry Scales       | 1:07.78 |
| 800 m         | Evan Nicoll        | 2:44.96 |
| 1500 m        | Henry Scales       | 6:11.79 |

| 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 |

|                |              |       |
|----------------|--------------|-------|
| 700m Walk      |              |       |
| 1500 m Walk    |              |       |
| Shot Put (3kg) | Henry Scales | 8.05  |
| Discus (750g)  | Henry Scales | 19.65 |
| Javelin (600g) | Henry Scales | 23.06 |
| High Jump      | Henry Scales | 1.40  |
| Long Jump      | Henry Scales | 4.80  |
| Triple Jump    | Henry Scales | 9.53  |

|                     |        |       |
|---------------------|--------|-------|
| 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  | 2024 - 2025 SEASON |         |
|----------------|--------------------|---------|
| 90m Hurdles    |                    |         |
| 200 m Hurdles  |                    |         |
| 100m           | Oscar O'Neill      | 16.49   |
| 200m           | Oscar O'Neill      | 35.50   |
| 400 m          | Oscar O'Neill      | 1:28.81 |
| 800 m          |                    |         |
| 1500 m         | Oscar O'Neill      | 7:21.10 |
| 700m Walk      |                    |         |
| 1500 m Walk    |                    |         |
| Shot Put (3kg) | Oscar O'Neill      | 5.33    |
| Discus (1kg)   | Oscar O'Neill      | 14.82   |
| Javelin (600g) | Oscar O'Neill      | 12.95   |
| High Jump      | Oscar O'Neill      | 1.15    |
| Long Jump      | Oscar O'Neill      | 2.61    |
| Triple Jump    | Oscar O'Neill      | 5.98    |

| 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 | 2024 - 2025 SEASON |  |
|---------------|--------------------|--|
| 90 m Hurdles  |                    |  |
| 100 m Hurdles |                    |  |
| 200 m Hurdles |                    |  |
| 100 m         |                    |  |
| 200 m         |                    |  |

| 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 |

|                |  |  |
|----------------|--|--|
| 400 m          |  |  |
| 800 m          |  |  |
| 1500 m         |  |  |
| 700m Walk      |  |  |
| 1500 m Walk    |  |  |
| Shot Put (4kg) |  |  |
| Discus (1kg)   |  |  |
| Javelin (700g) |  |  |
| High Jump      |  |  |
| Long Jump      |  |  |
| Triple Jump    |  |  |

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

| UNDER 16 BOYS  | 2024 - 2025 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 | 2024 - 2025 SEASON |  |
|---------------|--------------------|--|
| 100m Hurdles  |                    |  |
| 110 m Hurdles |                    |  |
| 200 m Hurdles |                    |  |

| ALL TIME BEST - KENMORE |       |       |
|-------------------------|-------|-------|
| Toshi Butlin            | 15.40 | 21-22 |
| Oscar Kennedy           | 24.75 | 19-20 |
|                         |       |       |

|                |  |  |
|----------------|--|--|
| 300m Hurdles   |  |  |
| 100 m          |  |  |
| 200 m          |  |  |
| 400 m          |  |  |
| 800 m          |  |  |
| 1500 m         |  |  |
| 700m Walk      |  |  |
| 1500 m Walk    |  |  |
| Shot Put (5kg) |  |  |
|                |  |  |
| Discus (1.5kg) |  |  |
|                |  |  |
| Javelin (700g) |  |  |
| High Jump      |  |  |
| Long Jump      |  |  |
| Triple Jump    |  |  |

|                    |         |       |
|--------------------|---------|-------|
| 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 |
| 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  | 2024 - 2025 SEASON |       |
|----------------|--------------------|-------|
| 60m Hurdles    | Delilah Parker     | 13.98 |
| 70 m           | Delilah Parker     | 13.99 |
| 100 m          | Delilah Parker     | 21.20 |
| 200 m          | Delilah Parker     | 46.13 |
| 300m Walk      |                    |       |
| Shot Put (1kg) | Delilah Parker     | 3.90  |
| Discus (350g)  | Tully Day          | 7.45  |
| Vortex         | Alpha Hartin       | 10.30 |
| Long Jump      | Delilah Parker     | 2.44  |

| ALL TIME BEST – KENMORE |        |       |
|-------------------------|--------|-------|
| Delilah Parker          | 13.98  | 24-25 |
| 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  | 2024 - 2025 SEASON |         |
|----------------|--------------------|---------|
| 60 m Hurdles   | Maddie Uebel       | 14.33   |
| 70 m           | Maddie Uebel       | 14.50   |
| 100 m          | Maddie Uebel       | 20.66   |
| 200 m          | Maddie Uebel       | 46.58   |
| 400 m          | Maddie Uebel       | 1:48.23 |
| 300m Walk      |                    |         |
| 400 m Walk     |                    |         |
| Shot Put (1kg) | Thea Castro Ormeno | 5.00    |
| Discus (350g)  | Amalia Jackson     | 11.30   |
| Vortex         | Amalia Jackson     | 12.00   |
| Long Jump      | Avery Mikeleit     | 2.40    |

| 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    | 2024 - 2025 SEASON |         |
|------------------|--------------------|---------|
| 60 m Hurdles     | Arlowe Reeves      | 13.73   |
| 70 m             | Arlowe Reeves      | 12.42   |
| 100 m            | Arlowe Reeves      | 18.33   |
| 200 m            | Arlowe Reeves      | 37.30   |
| 400 m            | Arlowe Reeves      | 1:31.13 |
| 300m Walk        |                    |         |
| 400 m Walk       |                    |         |
| Shot Put (1.5kg) | Arlowe Reeves      | 4.62    |
| Discus (500g)    | Matilda King       | 10.09   |
| Turbo Javelin    | Eylul Emilyya Irac | 9.82    |
| Long Jump        | Arlowe Reeves      | 2.73    |
| High Jump        | Arlowe Reeves      | 0.93    |

| 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  | 2024 - 2025 SEASON     |         |
|----------------|------------------------|---------|
| 60 m Hurdles   | Sophie Taylor          | 12.24   |
| 70 m           | Summer Lawrence        | 12.40   |
| 100 m          | Summer Lawrence        | 17.20   |
| 200 m          | Arial Fabris           | 36.66   |
| 400 m          | Emerson Olds           | 1:32.88 |
| 800 m          | Emerson Olds           | 3:38.85 |
| 300m Walk      |                        |         |
| 700 m Walk     |                        |         |
| 800 m Walk     |                        |         |
| Shot Put (2kg) | Bitsy Billington       | 4.04    |
| Discus (500g)  | Skye Middleton-Kailola | 10.44   |
| Turbo Javelin  | Bitsy Billington       | 10.92   |
| High Jump      | Violet Lang            | 0.98    |
| Long Jump      | Summer Lawrence        | 2.82    |

| 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 |
| Bitsy Billington        | 10.92  | 24-25 |
| M. Griffin              | 1.19   | 81-82 |
| Carly Hess              | 3.78   | 07-08 |

| UNDER 10 GIRLS | 2024 - 2025 SEASON                 |                |
|----------------|------------------------------------|----------------|
| 60 m Hurdles   | Lucy Hancock                       | 15.21          |
| 70 m           | Lucy Hancock<br>Shaleen Jayatilake | 13.16<br>13.16 |
| 100 m          | Lucy Hancock                       | 17.54          |
| 200 m          | Lucy Hancock                       | 37.08          |
| 400 m          | Sarah Martin                       | 1:31.86        |
| 800 m          | Sarah Martin                       | 3:21.60        |
| 1500 m         | Sarah Martin                       | 6:58.98        |
| 700 m Walk     |                                    |                |
| 1100m Walk     |                                    |                |
| Shot Put (2kg) | Lucy Hancock                       | 4.27           |
| Discus (500g)  | Lucy Hancock                       | 9.54           |
| Turbo Javelin  | Shaleen Jayatilake                 | 9.74           |
| High Jump      | Lucy Hancock                       | 1.07           |
| Long Jump      | Lucy Hancock                       | 3.05           |
| 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<br>S. Grieco           | 30.7<br>30.7     | 76-77<br>85-86 |
| S. Dawson                        | 1:06.0           | 80-81          |
| S. Dawson                        | 2:32.5           | 80-81          |
| Ashlee Starr-<br>Gangemi         | 6:21.10          | 23-24          |
| Lucinda Young<br>Alexis Campbell | 4:14.0<br>4:14.0 | 05-06<br>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 | 2024 - 2025 SEASON   |         |
|----------------|----------------------|---------|
| 80 m Hurdles   | Annaliese Egan       | 18.30   |
| 100 m          | Chinyere Aimee Ikoro | 15.08   |
| 200 m          | Harper Stokes        | 31.57   |
| 400 m          | Harper Stokes        | 1:10.60 |
| 800 m          | Harper Stokes        | 2:45.91 |
| 1500 m         | Harper Stokes        | 5:34.06 |
| 700 m Walk     |                      |         |
| 1100 m Walk    |                      |         |
| 1500 m Walk    |                      |         |
| Shot Put (2kg) | Kira Parkins         | 5.52    |
| Discus (500g)  | Kira Parkins         | 14.01   |
| Javelin (400g) | Mia Duesing          | 17.61   |

| 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<br>J. Poulsen (750g) | 27.21<br>24.76 | 23-24<br>80-81 |
| Ashleigh Sitcheff                 | 22.08          | 13-14          |

|             |                      |      |
|-------------|----------------------|------|
| High Jump   | Kira Parkins         | 1.12 |
| Long Jump   | Harper Stokes        | 3.53 |
| Triple Jump | Chinyere Aimee Ikoro | 7.26 |

|               |      |       |
|---------------|------|-------|
| J. Shield     | 1.34 |       |
| M. Walkington | 4.49 | 81-82 |
| Lucinda Young | 8.96 | 06-07 |

| UNDER 12 GIRLS | 2024 - 2025 SEASON       |         |
|----------------|--------------------------|---------|
| 60 m Hurdles   | N/A                      |         |
| 80m Hurdles    | Laura Jeuken             | 17.29   |
| 100 m          | Laura Jeuken             | 16.05   |
| 200 m          | Anabelle Doherty-Biggara | 36.73   |
| 400 m          | Laura Jeuken             | 1:22.24 |
| 800 m          | Anabelle Doherty-Biggara | 3:13.87 |
| 1500 m         | Anabelle Doherty-Biggara | 6:45.08 |
| 700m Walk      |                          |         |
| 1500 m Walk    |                          |         |
| Shot Put (2kg) | Lauren Jones             | 10.78   |
| Discus (750g)  | Lauren Jones             | 32.04   |
| Javelin (400g) | Lauren Jones             | 20.19   |
| High Jump      | Laura Jeuken             | 1.20    |
| Long Jump      | Laura Jeuken             | 3.55    |
| Triple Jump    | Anabelle Doherty-Biggara | 7.25    |

| 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 |
| Lauren Jones            | 32.04  | 24-25 |
| 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 | 2024 - 2025 SEASON |         |
|----------------|--------------------|---------|
| 80 m Hurdles   | Mia McMahon        | 17.87   |
| 90 m Hurdles   | N/A                |         |
| 200 m Hurdles  |                    |         |
| 100 m          | Sylvie Oxley       | 13.80   |
| 200 m          | Sylvie Oxley       | 28.41   |
| 400 m          | Sylvie Oxley       | 1:06.73 |
| 800 m          | Sylvie Oxley       | 2:53.30 |
| 1500 m         | Sylvie Oxley       | 6:14.52 |
| 700m Walk      |                    |         |
| 1500 m Walk    |                    |         |

| 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 |

|                |              |       |
|----------------|--------------|-------|
| Shot Put (3kg) | Sylvie Oxley | 6.41  |
| Discus (750g)  | Sylvie Oxley | 15.71 |
| Javelin (400g) | Amelia David | 17.51 |
| High Jump      | Mia McMahon  | 1.37  |
| Long Jump      | Sylvie Oxley | 4.00  |
| Triple Jump    | Mia McMahon  | 9.00  |

|                          |       |       |
|--------------------------|-------|-------|
| J. Poulsen               | 13.05 | 82-83 |
| J. Poulsen               | 37.00 | 82-83 |
| 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 | 2024 - 2025 SEASON |         |
|----------------|--------------------|---------|
| 80 m Hurdles   | Liliana Talevich   | 18.64   |
| 90 m Hurdles   |                    |         |
| 200 m Hurdles  |                    |         |
| 100 m          | Cordelia Pool      | 14.57   |
| 200 m          | Cordelia Pool      | 28.19   |
| 400 m          | Cordelia Pool      | 1:06.70 |
| 800 m          | Liliana Talevich   | 2:45.72 |
| 1500 m         |                    |         |
| 700m Walk      |                    |         |
| 1500 m Walk    |                    |         |
| Shot Put (3kg) | Cordelia Pool      | 5.64    |
| Discus (1kg)   | Cordelia Pool      | 13.31   |
| Javelin (400g) |                    |         |
| High Jump      | Liliana Talevich   | 1.25    |
| Long Jump      | Chelsea Neale      | 3.95    |
| Triple Jump    | Cordelia Pool      | 8.28    |

| 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 | 2024 - 2025 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) |                    |  |

| 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 |

|                |  |  |
|----------------|--|--|
| Discus (1kg)   |  |  |
| Javelin (500g) |  |  |
| High Jump      |  |  |
| Long Jump      |  |  |
| Triple Jump    |  |  |

|                     |       |       |
|---------------------|-------|-------|
| C. King             | 27.68 | 88-89 |
| C. King (600g)      | 32.42 | 88-89 |
| 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 | 2024 - 2025 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 | 2024 - 2025 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    |                    |         |

| 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 |
|                         |         |       |
|                         |         |       |

|                |              |       |
|----------------|--------------|-------|
| Shot Put (3kg) | Sophie David | 7.43  |
|                |              |       |
| 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            | 7.43  | 23-24 |
| Sarah Barker (4kg)      | 5.80  | 08-09 |
| 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 |