

# Information Manual



# Welcome to Huon Valley Little Athletics Centre



Competition Venue	Huonville Athletics Ground, Heron Street, Huonville
Day & Time	Saturday 9.00am - 12.00pm Twilights 5.15pm - 8.15pm
Training	Check website <a href="http://www.huonvalley.org">www.huonvalley.org</a>
Centre Uniform	Blue, green and white top, plain black shorts
Committee Meetings	First Tuesday of every month, Huon Valley Clubrooms at 6.30pm
Postal Address	PO Box 179, Huonville 7109 TAS
Email Address	<a href="mailto:info@huonvalley.org">info@huonvalley.org</a>
Website	<a href="http://www.huonvalley.org">www.huonvalley.org</a>
Facebook	Huon Valley Little Athletics Centre
Phone	0408351762

## Committee of Management

President	Marty Doyle
Vice President	Franky Turnbull
Secretary	Jean O'Neil
Treasurer	Rochelle Hughes
Registrar	Missy Abbott
Records & Rankings	Missy Abbott
Publicity Officer	Jess Direen
Education	Jean O'Neil
Arena Manager	Franky Turnbull
Special Events	Rochana Gordon
Technical Requirements	Cheyne Mason
Canteen Manager	Vacant
First Aid Officer	Jen Woodward
General Committee	Ellie Doyle, Jules Direen, Jen Woodward & Maretta Mason

## Life Members

Michael Phillips, Merimy Bruens, Reg Conley, Paul Mommers, James O'Connor,  
Vicky Royer, James Turnbull & Marty Doyle



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# Tasmanian Little Athletics Association Inc. Board of Management 2021-2022



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## Tasmanian Little Athletics Association Inc.

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Little Athletics Tasmania sincerely thank the following Sponsors for their support of Little Athletics



Tasmanian  
Government



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National Sponsors



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Media Partner



# HONOUR ROLL

## Life Members

Helen Moir	1993	Rhonda O'Sign	2002
Michael Stubbs	1997	Paul Street*	2006
Garry House	1999	Kaylene Knee	2021
Ross Burridge	1999		

## Distinguished Service Award Recipients

Helen Moir	1990	Garry House	1996	Roger Hosie	2015
Les Nankervis	1990	Cliff Marsh	1997	Peter Weldon*	2015
Peter Lawson	1990	Rhonda O'Sign	2000	Rosemary Coleman	2020
Nigel McLaren	1993	Paul Street*	2002	Peter McConnon	2020
Michael Stubbs	1994	Brian Bannister	2005	Brett Gillow	2021
Rob Crosswell	1994	Anne House	2010	Brett Johnstone	2021
Marguerite Duke	1995	Kaylene Knee	2010	Paul Mommers	2022
Ross Burridge	1996	Wim Vaessen	2013		

## State Service Award Recipients

Bill Cooper*	1990	Gavin Radford	1999	Greg Cooper	2004	Leanne Harvey	2010
Diane Lawson	1990	Paul Street*	1999	Andrew Tomes	2005	Mathew Hey	2010
Jeff Nankervis	1990	Karen Tuthill	2000	Vicki Sansom	2005	Michael Walker	2012
Paul Plumbridge	1990	Ken Elphinstone	2000	Peter Weldon*	2005	Brian James	2012
John Boxhall	1991	Roger Howlett	2000	Shirley Kelly	2005	Michael Phillips	2012
Les Charlesworth	1991	Anne Millington	2001	Eric Howells	2006	Andrew Shepherd	2013
Clif Marsh	1992	Margaret Osborne	2001	Kaylene Knee	2006	Brett Clements	2013
Ted Beecroft	1992	Mary Clear	2001	Peter McConnon	2006	Brett Johnstone	2013
Matt Osbourne	1993	Anthony Cruse	2002	Tim Heron	2006	Paul Mommers	2016
Graeme Moore	1995	Rosemary Coleman	2002	Carolyn Bussey	2007	Paula Brown	2016
Sallie Garwood	1995	Brian Bannister	2002	Daryn Weller	2007	Amanda Robertson	2019
Anne House	1995	Janene Stubbs	2002	Dirk Nankervis	2007	Allan Faint	2019
Merimy Bruens	1996	Terry Byrne	2002	Michael Harvey	2007	Jenny Broad	2020
Albert Johnson*	1996	Frank Buller	2003	Greg Byard	2008	Michael Brideson	2020
Carolyn Banks	1996	Wim Vaessen	2003	Kendra Hey	2008	Michelle Scolyer	2022
Gayleen Goodwin	1998	Frank Furfaro	2004	Scott Calvert	2008		
Viv Beswick	1998	Karen Pelham	2004	Kim Nankervis	2009		
Wim VanDerPols	1998	Kristy Periera	2004	Wayne Hall	2010		

# Calendar of State Events 2022-2023

## September 2022

Saturday 17th	10.00am - 11.30am	Come & Try, Hobart
Sunday 18th	10.00am - 11.30am	Come & Try, Penguin
Sunday 18th	2.30pm - 4.00pm	Come & Try, St Leonards

## October 2022

Monday 10th	8.30am - 2.30pm	U11 Intro to New Events Clinic, St Leonards
Tuesday 11th	8.30am - 2.30pm	U11 Intro to New Events Clinic, Penguin
Wednesday 12th	8.30am - 2.30pm	U11 Intro to New Events Clinic, Hobart

## November 2022

Friday 11th	6.00pm - 7.30pm	U11 New Events, U13-U15 Speed Development, St Leonards
Saturday 12th	9.30am - 2.30pm	Coles State Series 1, St Leonards
Friday 25th	6.00pm - 7.30pm	U11 New Events, U13-U15 Speed Development & Walks, Penguin
Saturday 26th	10.00 - 3.00pm	Coles State Series 2, Penguin

## December 2022

Friday 9th	6.00pm - 7.30pm	U11 New Events, U13-U15 Speed Development & Walks, Hobart
Saturday 10th	10.00am - 3.00pm	Coles State Series 3, Hobart

## January 2023

Monday 3rd - Saturday 7th		U12-13 Coaching Camp, Camp Clayton
Wednesday 11th	9.00am - 2.00pm	Coach & Compete Throws U6-U10, Hobart
Thursday 12th	9.00am - 2.00pm	Coach & Compete Throws U6-U10, Penguin
Friday 13th	9.00am - 2.00pm	Coach & Compete Throws U6-U10, St Leonards
Saturday 21st	5.00pm - 8.00pm	State Multi Event Championships U13-U15, Hobart
Sunday 22nd	10.00am - 4.00pm	State Multi Event Championships U9-U15, Hobart
Monday 23rd	9.00am - 2.00pm	Coach & Compete Jumps U6-U10, Hobart
Tuesday 24th	9.00am - 2.00pm	Coach & Compete Jumps U6-U10, Penguin
Wednesday 25th	9.00am - 2.00pm	Coach & Compete Jumps U6-U10, St Leonards

## February 2023

Saturday 11th	10.00am - 4.00pm	State Relay Championships, Penguin
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## March 2023

Saturday 11th	9.00am - 4.00pm	State Individual Championships, St Leonards
Sunday 12th	9.00am - 4.00pm	State Individual Championships, St Leonards

# State Conducted Meetings

These meetings have been organised to encourage closer ties and friendship between Centre's and to give all age groups greater opportunity to have the strongest possible competition.

The Coles State Series is open to all registered athletes in the U6 to U15 age groups. Performances by athletes at the Coles State Series and State Championship events are eligible for consideration as State Best Performances

Event Details	Track Program		Field Program	
<b>Coles State Series #1 – Launceston</b> <b>Saturday 12th November 2022</b>	100 Metres 200 Metres 400 Metres Walks	U6, 7, 8, 9, 10, 11, 12, 13, 14, 15 U6, 7 U8, 9, 10, 11, 12, 13, 14, 15 U9, 10, 11, 12, 13, 14, 15	Long Jump Triple Jump High Jump Shot Put Discus Javelin/Turbo/Vortex	U6, 7, 8, 9, 11, 13 U12 U10, 14, 15 U7, 10, 13 U8, 11, 14, 15 U6, 9, 12
<i>Northern Athletic Centre, St Leonards</i> <i>First event 9:30am</i>				
<b>Coles State Series #2 – Penguin</b> <b>Saturday 26th November 2022</b>	70 Metres 100 Metres 200 Metres 800 Metres 1500 Metres 200-300M Hurd	U6, 7, 8, 9, 10 U6, 7, 8, 9, 10, 11, 12, 13, 14, 15 U11, 12 U9, 10 U11, 12, 13, 14, 15 U13, 14, 15	Long Jump Triple Jump High Jump Shot Put Discus Javelin/Turbo/Vortex	U6, 7, 8, 10, 14, 15 U11, 13 U9, 12 U6, 9, 12 U7, 10, 13 U8, 11, 14, 15
<i>Penguin Athletic Track, Penguin</i> <i>First event 10:00am</i>				
<b>Coles State Series #3 – Hobart</b> <b>Saturday 10th December 2022</b>	200 Metres 800 Metres 60-100M Hurd	U6, 7, 8, 9, 10, 11, 12, 13, 14, 15 U9, 10, 11, 12, 13, 14, 15 U6, 7, 8, 9, 10, 11, 12, 13, 14, 15	Long Jump Triple Jump High Jump Shot Put Discus Javelin/Turbo/Vortex	U6, 7, 8, 9, 10, 12 U14, 15 U11, 13 U8, 11, 14, 15 U6, 9, 12 U7, 10, 13
<i>Domain Athletic Centre, Hobart</i> <i>First Event 10:00am</i>				
<b>State Multi Event Championships</b> <b>Saturday 21st January 2023</b> 5:00pm - 8:00pm	The LATas Multi-Event Championship is for registered athletes in Under 9 to Under 15. Both an individual and a team Multi Event will be offered. Athletes compete in five (Under 9 to Under 12), or seven (Under 13 to Under 15) events.			
Day 1 - U13-U15	<ul style="list-style-type: none"> <li>BOYS: 100 Metres, Sprint Hurdles, 800 Metres, Long Jump, Discus, High Jump*, Javelin*</li> <li>GIRLS: 200 Metres, Sprint Hurdles, 800 Metres, Long Jump, Shot Put, High Jump*, Javelin*</li> </ul>			
<b>Sunday 22nd January 2023</b> 10:00am - 4:00pm	Note: Only athletes in the Under 13 to Under 15 age groups compete in the High Jump & Javelin as part the Multi-Event Program.			
Day 2 - U9-U15	Athletes in the individual Multi Event Championship must compete in ALL events to receive a final score.			
<i>Domain Athletic Centre, Hobart</i>				
<b>State Relay Championships</b> <b>Saturday 11th February 2023</b>	4 x 100m Relay U8 - U15 4 x 200m Relay U9 - U15 Swedish Relay U9 - U15 Field Event Relay U8 - U15	Under 6 and 7 athletes will be offered a long jump event while the 4 x 200m Relays are being conducted.  Under 6 and 7 athletes will be offered an invitational 4 x 100m relay.		
<i>Penguin Athletic Track, Penguin</i> <i>First Event 10:00am</i>				



# State Individual Championships Schedule

## State Individual Championships

**Saturday 11 March 2023**

**First Event 9:00am**

**Sunday 12 March 2023**

**First Event 9:00am**

Information relating to the specific AWD events at State Championships will be released in a separate document

*Northern Athletic Centre, St Leonards*

### DAY 1

	60-100M Hurdles	100 Metres	400 Metres	1500 Metres	High Jump	Triple Jump	Long Jump	Shot Put	Discus	Javelin
Under 8	X	X	X				X			X
Under 9	X	X	X		X			X	X	
Under 10	X	X	X				X	X	X	
Under 11	X	X	X	X	X		X			X
Under 12	X	X	X	X	X		X			X
Under 13	X	X	X	X	X		X			X
Under 14	X	X	X	X		X		X	X	
Under 15	X	X	X	X		X		X	X	

### DAY 2

	70 Metres	200 Metres	200m/300m Hurdles	800 Metres	Race Walks	High Jump	Triple Jump	Long Jump	Shot Put	Discus	Javelin
Under 8	X	X				X			X	X	
Under 9	X	X		X	X			X			X
Under 10	X	X		X	X	X					X
Under 11		X		X	X		X		X	X	
Under 12		X		X	X		X		X	X	
Under 13		X	X	X	X		X		X	X	
Under 14		X	X	X	X	X		X			X
Under 15		X	X	X	X	X		X			X

**Please note:**

**The AM/PM programs are not generated until after the close of entries with the LATas Office. Centres will be notified when this program is available.**

## Insurance

For all information on LAA Insurance Policies, including FAQ and claim forms, go to the Little Athletics Australia website and click on the Honan Group logo or contact the LATas office on 1300 888 713 or email [office@taslittleathletics.com.au](mailto:office@taslittleathletics.com.au)

When your claim form is fully completed (as per instructions), have it signed by the Centre Secretary and forward to the LATas Office.

## Principal Partners



# LATas Badge Placement Guide

## PLACEMENT OF NAME & SPONSOR BADGES

The front of the athlete's competition top MUST display the athlete's name/age group badge and when provided, appropriate State sponsorship badges.

## ACHIEVEMENT AWARDS

It is compulsory that **only** the current season's badges be worn. All current season's award badges must be placed on the back of the athlete's competition top.



## Wet Weather

In the event of severe weather conditions, the LATas Board of Management will take into consideration the options available, which may involve consultation with Centre Presidents, in determining the continuation or otherwise of the competition meeting. Every effort will be made to broadcast cancellation advice on local radio and Facebook; however this may not always be possible.

For cancellation advice please contact a LATas Board Member (refer to page 3) or check our Facebook page.

## Tiny Tots

Centres may offer the Tiny Tots Program to children once they have turned 3 years of age and who will be less than 5 years of age at 31 December in the calendar year in which the Little Athletics summer season commences. This program is optional and no Centre will be compelled to offer the program.

Tiny Tots is a program designed to improve the basic movement skills of younger children, along with social skills and self-confidence. Tiny Tots should not be confused with the competition performed by the children between the ages of 5 and 15 years at Little Athletics.

- Tiny Tots is an option that may be offered by any Centre and incorporated during the normal weekly meeting;
- Children must be registered prior to participating at the third meeting at any Centre;
- Children are not required to wear Centre or Club Uniform;
- Children must wear suitable footwear;
- Children are not eligible for any TLAA Participation or Merit Awards.
- A registration fee will be set by the TLAA each year;
- Tiny Tots must be conducted in accordance with the Guidelines issued by the TLAA; and
- Guidelines are reviewed annually at the TLAA Board Conference.

## U12-U13 Coaching Camp



3rd to 7th January 2023  
Camp Clayton, Ulverstone

For further information contact [office@taslittleathletics.com.au](mailto:office@taslittleathletics.com.au) or  
1300 888 713.

The U12-U13 Coaching Camp is held over 4 days/3 nights. The cost of  
the camp is \$395.00.

Registrations for Camp are taken online and close on the 30th  
September (unless sold out).

A deposit of \$150.00 is required to secure your place with the balance  
payable by the 30th November 2022.



# State Team Selection

## Coles Australian Little Athletics Championships 2023 (ALACs)

1. Under 13 Coles Australian Little Athletics Championships is a team's based competition of up to 40 athletes per team, 20 boys and 20 girls.
2. Under 15 Championships is a multi-event championship consisting of up to 3 boys and 3 girls per team.
3. Selection will be based on the following criteria:
4. To be eligible for State Team Selection, Under 13 and Under 15 athletes are recommended to achieve the 25 event minimum to demonstrate a commitment to their Little Athletics Clubs and Centre's.
  - I. Performance at Centre level.
  - II. Performances at State Conducted Meetings and Championships
  - III. Gold Medal Winners are not automatic selections
5. It is recommended that Under 13 athletes compete at two State Conducted Meetings throughout the season and any coaching camps arranged for that age group. Under 13 athletes should attend State Individual Championships.
6. It is recommended that Under 15 athletes compete at two State Conducted Meetings throughout the season. They should attend the Multi-Event Championships, and should attend State Individual Championships.
7. Performances officially recorded only at Little Athletics Sanctioned Meetings will be considered by Selectors for State Team selection.
8. Each athlete in the Under 13 State Team may compete in a maximum of 6 events (including relay). State Team Selection is final, and no correspondence will be entered into.
9. Nominations for the State Team are to be submitted online by no later than Sunday 5th March 2023 at 5:00pm



# BE YOUR BEST<sup>®</sup>



# LATas Recognised Track Events & Specifications

## Hurdles

Age Group	Distance	Heights	Lead In	Distance Between	Lead Out	Number of Hurdles
Under 6	60m	Max 20cm	12m	7m	13m	6
Under 7	60m	Max 20cm	12m	7m	13m	6
Under 8	60m	45cm	12m	7m	13m	6
Under 9	60m	45cm	12m	7m	13m	6
Under 10	60m	60cm	12m	7m	13m	6
Under 11	80m	60cm	12m	7m	12m	9
Under 12	80m	68cm	12m	7m	12m	9
Under 13	80m	76cm	12m	7m	12m	9
Under 14 Girls	80m	76cm	12m	7m	12m	9
Under 14 Boys	90m	76cm	13m	8m	13m	9
Under 15 Girls	90m	76cm	13m	8m	13m	9
Under 15 Boys	100m	76cm	13m	8.5m	10.5m	10

## 200 / 300 Metre Hurdles

Age Group	Distance	Heights	Lead In	Distance Between	Lead Out	Number of Hurdles
Under 13	200m	68cm	20m	35m	40m	5
Under 14	200m	76cm	20m	35m	40m	5
Under 15	300m	76cm	50m	35m	40m	7

## Spikes

### Spike length

- Synthetic - Track 7mm maximum
- Long/Triple/High/Javelin 9mm maximum
- Grass 12mm maximum

## Track Events

150 Metres	Under 6, 7
70 Metres	Under 6, 7, 8, 9, 10, 11, 12, 13, 14, 15
100 Metres	Under 6, 7, 8, 9, 10, 11, 12, 13, 14, 15
200 Metres	Under 6, 7, 8, 9, 10, 11, 12, 13, 14, 15
400 Metres	Under 8, 9, 10, 11, 12, 13, 14, 15
800 Metres	Under 9, 10, 11, 12, 13, 14, 15 – Laned Start (2 competitors per lane)
1500 Metres	Under 11, 12, 13, 14, 15 (limited to a field of 16)
700 Metre walk	Under 9
1100 Metre walk	Under 10, 11
1500 Metre walk	Under 12, 13, 14, 15

## Shot Put

*Time limit per trial – 60 seconds*

Under 6, 7	1.0 kg	Blue	Diameter Tolerance – 60 to 85mm	Diameter of Circle – 2.135m
Under 8	1.5 kg	Yellow	Diameter Tolerance – 70 to 90mm	Angle of Sector - 35°
Under 9, 10, 11, 12	2.0 kg	Orange	Diameter Tolerance – 76 to 90mm	
Under, 13, 14, 15G	3.0 kg	White	Diameter tolerance – 85 to 110mm	
Under 15B	4.0 kg	Red	Diameter Tolerance – 95 to 110mm	

# LATas Recognised Track Events & Specifications

*Time limit per trial – 60 seconds*

## Discus

Under 6, 7	330-350 grams
Under 8, 9, 10, 11	500 grams
Under 12, 13	750 grams
Under 14, 15	1.0 kg

Diameter of Circle - 2.5m

Angle of Sector - 40°

## Javelin

Under 6, 7	Vortex
Under 8, 9, 10	Turbo Jav
Under 11, 12, 13G, 14G	400 grams
Under 15G	500 grams
Under 13B, 14B	600 grams
Under 15B	700 grams

Angle of Sector - 29°

## High Jump

Boys	U8	U9	U10	U11	U12	U13	U14	U15
Centre Competition	0.60	0.65	0.75	0.80	0.85	0.90	0.95	1.00
State Conducted Meetings	0.65	0.75	0.85	0.90	1.00	1.10	1.15	1.20
State Championships	0.85	0.95	1.05	1.10	1.20	1.30	1.35	1.40

Girls	U8	U9	U10	U11	U12	U13	U14	U15
Centre Competition	0.55	0.60	0.65	0.70	0.75	0.80	0.85	0.90
State Conducted Meetings	0.60	0.70	0.80	0.85	0.90	0.95	1.00	1.10
State Championships	0.80	0.90	1.00	1.05	1.10	1.15	1.20	1.30

It is recommended side bags should be used for athlete safety

Scissor Jump is compulsory for Under 8, 9 and 10 athletes

## Long Jump & Triple Jump

Under 6, 7, 8, 9, 10	a 0.50m x 1m mat covered with damp sand to the depth of 1 to 2cm a 0.2m x 1.22m area consisting of either a board sunk level with the runway, or white line painted on to the runway, or a 0.5m x 1m mat with a 20cm white line painted on the front edge
Under 11,12, 13, 14, 15	runway, or white line painted on to the runway, or a 0.5m x 1m mat with a 20cm white line painted on the front edge

The Competition Director and/or Arena Manager will predetermine the most appropriate type of take-off area to be utilised by all athletes in that particular event.

### Mat Placement - Long Jump

Under 6 to Under 10	0.50m from pit.
Under 11 to Under 15	2m from pit.

All positions for take-off mat measured from pit to front edge, i.e. edge nearest to pit.

It is at the discretion of the Competition Director and/or Arena Manager if a mat is required to be moved.

### Mat Placement - Triple Jump (U11-U15)

At State conducted meetings, the take-off mat options will be in 2m increments starting from 5m (5m, 7m, 9m etc.). Any other take-off points are at the discretion of the Competition Director and/or Arena Manager.

# State Multi Event Championships

Saturday 21st January 2023, 5pm – 8pm (U13 - U15 only)

Sunday 22nd January 2023, 10am – 4pm (U9 - U15)

Domain Athletic Centre, Hobart

The multi-event will consist of the following events:

**GIRLS:** 200 metres, sprint hurdles, 800 metres, long jump, shot put, javelin\*, high jump\* (\*javelin & high jump for U13 - U15 athletes only).

**BOYS:** 100 metres, sprint hurdles, 800 metres, long jump, discus, javelin\*, high jump\* (\*javelin & high jump for U13 - U15 athletes only).

## Conditions of Entry

- All athletes must be registered with Little Athletics Tasmania to compete.
- The Multi Event Championships are for registered Under 9 - Under 15 athletes. Both individual and team Multi Event Championships will be offered for these age groups.
- Details of online entries will be sent to all eligible athletes in December 2022. Entry cost is \$18.00 per person for the individual Championships and \$6.00 per athlete for the team Championships.
- Entries close on Sunday 15th January 2023 at 6:00pm. *No late entries will be accepted.* Entries must be completed via the online registration portal. Team entries are submitted via your Centre.
- LATas name/age badge must be displayed on the front of the competition top.
- Failure to have correct uniform may lead to disqualification of athlete.
- CLUB UNIFORM MUST BE WORN.
- Medals will be awarded to the first three place getters in each age group/gender in both the individual and team events.



# State Relay Championships

Saturday 11th February 2023 10am – 4pm  
Penguin Athletic Track, Penguin

## Conditions of Entry

- Relay Championships will be conducted as a State competition meeting and will include both heats and finals on the same day.
- Athletes must be registered with Little Athletics Tasmania to be eligible to compete in relays.
- Athletes can only be named and compete in (1) team for each relay event
- Relay Championship entries close Sunday 5th February 2023 at 6:00pm
- Relay entry payments must be received by the LATas Office in accordance with the timeframes set by LATas

## Entry Process

- The entry process for Centres will involve the nomination and names of 'Complete Teams', and also the nomination of 'additional athletes' wishing to be entered in each gender/age group.
- A 'Complete Team' consists of a team of 4 (or 5 athletes if a reserve is named) from the same gender/age group.
- Centres can nominate multiple 'Complete Teams' per gender/age group.
- A 'Composite Team' (formed in accordance with this provision) consists of a team of 4 (or 5 athletes if a reserve is named) from the same gender but, if a Centre does not have enough available registered athletes in a specific age group to create a 'Complete Team', the Centre may use athletes from the next youngest age group to nominate a team.
- The 'Composite Team' will compete in the age group of the older age group athlete(s) in that team.
- Where a 'Complete Team' is also nominated in the original age group of such an athlete, the Centre must be able to demonstrate that the athlete competing in the older age group has reasonably been omitted from the team in his/her own age group.
- LATas reserves the right to refuse movement of athletes between age groups where it believes this is not the case.
- Each Centre is permitted to enter only one 'Composite Team', per gender/age group.
- An Under 8 athlete is not permitted to run in an Under 9 'Composite Team' for the 4x200m relay or Medley/Swedish relay.
- If an Under 10 athlete competes in an Under 11 'Composite Team', no athlete in that team will be permitted to wear spikes.
- If an Under 12 athlete competes in an Under 13 'Composite Team' Medley/Swedish or 4x200m relay, no athlete in that team will be permitted to wear spikes.
- Spikes can only be worn in a Medley/Swedish relay or the 4x200m relay by the Under 13 and up age groups.
- An 'additional athlete' is an athlete not named in a Centre 'Complete Team' or a Centre 'Composite Team' who wishes to run in a relay team and is happy to run with athletes from other Centres and committed to attending on the day.
- A 'Combined Team' is a team made up of additional athletes nominated by multiple Centres.
- The LATas Director responsible for Competition will be responsible for the creation of 'Combined Teams'.
- As much as possible athletes will be kept in Centre groupings.
- Whenever a choice is to be made, this will be by the random drawing of lots.
- All such teams shall be called 'Combined' and each athlete will compete in their own Centre uniforms.
- Once a 'Combined Team' is named, athletes named in the 'Combined Team' will not be released to substitute in, nor form another team in that event (e.g. 4x100m) in any age





# State Relay Championships

- group unless such 'Combined Team' is unable to compete due to illness, unavailability or injury, or the combined team has sufficient athletes to still be able to compete in that event.
- At any time from the closing date for entries, up until 30 minutes before the scheduled start time for heat or straight final, Centre Team Managers may substitute team members in the event of illness, injury or unavailability.
- Relative lack of form is not considered a reason for substitution.
- If the Centre does not have an available substitute, LATAs will attempt to fill the vacancy with an additional athlete up until 30 minutes before the scheduled start of the heat.
- Where teams nominate 5 athletes for an event, they may use any of these nominated athletes in the heats or finals.
- LATAs reserves the right to refuse the entry of or disqualify any team deemed to be in contravention of the Competition Rules.
- Any athlete not afforded the opportunity to run in a 4x100m relay on the day because they were either named as a reserve in a Centre Team or due to the unavailability of other team members, or a team has withdrawn due to lack of numbers, may be invited to run in an 'invitational relay' to be conducted at the conclusion of the Championship Events. Teams can be made with any combination of age/gender. No athlete is permitted to wear spikes for this event. No medals will be awarded for this event.

## Field Relays

- Field relays will be offered for Under 8 - Under 15 athletes with teams of 4 doing one event each.
- The events for the field relay will be Discus, Shot Put, Javelin/Turbo Jav and Long Jump.
- The result of the field relay will be determined by each athletes' finishing position in each of their relay legs e.g. if an athlete finishes 1st in their event they will receive one point and so on.
- If two or more athletes tie for a placing after countback then the points awarded to each athlete will be the total points for that placing plus the points for any vacant placings as a result of that tie divided by the number of athletes involved in the tie (e.g. if two athletes tie for 3rd place then they will get 3 points + 4 points/2 athletes = 3.5 points each).
- If an athlete fails to record an attempt then that athlete will score the maximum points available for the event (e.g. if 8 in the event they will get 8 points).
- Teams will be ranked from lowest score to highest with the lowest overall score being the successful team.
- In the event of a tie a countback will occur. The 4 athletes' distances will be added together to come up with a total. The team with the higher total will be awarded the higher position. If still a tie, equal positions will be awarded.

## Conduct of Events

- LATAs shall publish a preliminary schedule and lane allocations.
- There may be variations to this sequence to ensure adequate rest between heats and finals for those age groups requiring heats.
- Marshalling shall commence 20 minutes before the first event.
- Marshalling shall involve;
- Athletes will be called to the designated marshalling area.
- Each runner will be supplied with an identifying item, which will indicate the event and lane that they will run in.
- Runners will be grouped according to the leg that they will be running, and escorted to the relevant changeover point.
- Changeover officials will not require lists of lanes of athletes as the escorts/athletes arriving at the changeover point will have the information necessary for that event.
- In all relay heats and finals, three breaks will apply before disqualification.
- Change Marshals will carry white and orange/yellow flags.
- The Track Referee will be responsible for all disqualifications and will be the only official to carry a red flag.
- Heats will only be conducted when there are more than 8 teams for the 4x100m relays, and the 4x200m relays at the time of marshalling.
- Where heats are not required all lanes for the final shall be allocated by the drawing of lots.

# State Relay Championships

- Where there are more than 8 teams in the Medley/Swedish Relays, heats will be run with placings determined on fastest times for those heats.
- The following teams shall progress to the final in the 4x100m and 4x200m relays:
  - 2 heats: 1st, 2nd and 3rd in each heat plus the next two fastest times
  - 3 heats: 1st and 2nd in each heat plus the next two fastest times
  - 4 or more heats: 1st in each heat with the remaining lanes filled by the next fastest times
- Where there is a tie in determining progression to the final based on times, the following steps will apply in order;
- If possible both teams shall progress through to the final.
- If there are insufficient lanes for both teams to progress, the higher placed team in their heat shall progress.
- If the tie still remains, a random process with equal probability (e.g. a coin toss) shall be used to determine progression.
- When official results are determined from the finals, all team members in attendance will receive medals if the team finishes 1st, 2nd or 3rd. The same will apply for ribbons for all other teams.
- State records can be broken by teams in either the heats or final.
- There will be no records for Field Relays but State Best Performances can be achieved in individual events.
- 'Composite Teams' are not eligible for Australian Best Performances.

## Spikes

- In the 4x100m relays, only Under 11 - Under 15 athletes are permitted to wear spikes.
- If an Under 10 athlete competes in an Under 11 'Composite Team', no athlete in that team will be permitted to wear spikes.
- In 4x200m relays and Medley/Swedish relays, only athletes in the Under 13 - Under 15 teams may wear spikes.
- If an Under 12 athlete competes in an Under 13 'Composite Team' Medley/Swedish or 4x200m relay, no athlete in that team will be permitted to wear spikes.



# State Individual Championships

Saturday 11th – Sunday 12th March 2023 9.00am – 4.00pm  
Northern Athletic Centre, St Leonards

## Conditions of Entry

- All athletes must be registered with Tasmanian Little Athletics to compete.
- To enter an event at the State Individual Championships, Athletes must have recorded a valid performance in the nominated events within the Qualification Period.
- The Qualification Period is from September 1 of the season until 12 days before the event.
- Eligible results must be recorded in ResultsHQ and be available within the Qualification Period.
- Under 8 - Under 13 athletes may automatically qualify for a quota place by achieving the automatic (A) qualifying standard for the event on at least one occasion during the Qualification Period.
- There is no quota for Under 14 and Under 15 events, however a minimum standard applies to some events.
- There is no quota or minimum standard for AWD classified athletes. Athletes wishing to compete in AWD events at State Individual Championships must have at least provisional classification provided by either Athletics Australia or the relevant organisation relating to their disability.
- Eligible athletes will be automatically invited through ResultsHQ and athletes must accept this invitation to enter and pay the associated fee per event by the closing date.
- At the close of entries, the remaining quota places will be filled by comparing the best performances of all athletes that have entered the event, with the next performances gaining a quota place, providing the minimum standard is met. These are "B" round nominations.
- Where multiple second round distances/times are equal (for example common in high jump), the Competition Director MAY extend the quota beyond the recommended number, otherwise all equal athletes will be ineligible.



# State Individual Championships

## Minimum Standards

- Minimum standards apply in high jump, 1500m, 800m, walks, triple jump, long jump and hurdles to ensure the safety of athletes and the timely completion of events.
- Minimum standards apply to second round invitations.

Hurdles	60m	20 seconds
	80m	25 seconds
	90m	25 seconds
	100m	25 seconds
	200m	45 seconds
	300m	60 seconds
800m	Under 9+	4 minutes
1500m	Under 11+	8 minutes
Walks	Under 9	7 minutes
	Under 10+	15 minutes
Long Jump	Under 9-10	1.00m
	Under 11+	2.50m
Triple Jump	Under 11+	5.50m



- High Jump: These are the starting heights for State Individual Championships, which will also serve as the minimum standard for high jump.

Starting Height	U9	U10	U11	U12	U13	U14	U15
Boys	0.95	1.05	1.10	1.20	1.30	1.35	1.40
Girls	0.90	1.00	1.05	1.10	1.15	1.20	1.30

## Quotas

- Recommended maximum quotas for Under 8 - Under 13 events

Track Events	Maximum number of athletes
70m	24
100m	24
200m	24
400m	24
800m	16
1500m	16
Walks	16
Hurdles 60m-100m	24
Hurdles 200m-300m	24

Field Events	Maximum number of athletes
Long Jump	12
Triple Jump	12
High Jump	12
Shot Put	12
Discus	12
Turbo Jay/Javelin	12

## Principal Partners





## Qualifying Standards

- Used to assess Gold Star Qualification (see page 21)
- Used to assess State Individual Championship entry (see page 18 & 19)

Boys	U8	U9	U10	U11	U12	U13	U14	U15
70 Metres	12.6	11.8	11.2	11.2	10.7	10.0	9.5	9.0
100 Metres	17.4	16.6	15.8	15.2	14.7	14.3	14.0	13.7
150 Metres								
200 Metres	39.0	36.5	35.0	33.0	31.5	30.5	30.0	29.5
400 Metres	1.28.0	1.23.0	1.19.0	1.16.0	1.13.0	1.08.0	1.03.0	1.02.0
800 Metres		3.05.0	3.00.0	2.55.0	2.50.0	2.43.0	2.34.0	2.28.0
1500 Metres				6.05.0	5.55.0	5.40.0	5.25.0	5.15.0
Race Walking		5.20.0	8.15.0	7.55.0	10.50.0	10.00.0	9.20.0	9.00.0
60m-100m Hurdles	13.0	12.5	12.6	16.5	16.5	16.0	18.2	20.4
200m Hurdles						34.5	34.0	
300m Hurdles								50.0
Long Jump	3.10	3.30	3.70	3.90	4.10	4.40	4.70	5.00
Triple Jump				8.30	8.90	9.50	10.00	10.50
High Jump	0.95	1.05	1.15	1.20	1.30	1.40	1.45	1.50
Shot Put	5.30	5.60	6.50	7.20	8.00	8.50	8.50	9.00
Discus	13.50	16.00	18.50	20.00	22.00	24.00	25.00	28.00
Javelin/Turbo Jav/Vortex	12.00	15.00	17.50	21.00	23.00	25.00	27.00	30.00

Girls	U8	U9	U10	U11	U12	U13	U14	U15
70 Metres	13.0	12.3	11.7	11.6	11.5	11.0	10.5	10.0
100 Metres	18.5	17.5	16.4	15.8	15.3	14.8	14.7	14.4
150 Metres								
200 Metres	41.0	38.0	36.5	34.0	32.5	31.0	30.5	30.0
400 Metres	1.35.0	1.30.0	1.25.0	1.20.0	1.16.0	1.13.0	1.08.5	1.06.0
800 Metres		3.20.0	3.15.0	3.10.0	3.05.0	3.00.0	2.57.0	2.54.0
1500 Metres				6.40.0	6.25.0	6.15.0	5.54.0	5.25.0
Race Walking		5.30.0	8.30.0	8.10.0	11.10.0	10.40.0	10.20.0	9.40.4
60m-100m Hurdles	13.8	13.2	13.4	17.5	17.5	17.0	16.5	18.5
200m Hurdles						35.0	34.5	
300m Hurdles								51.0
Long Jump	2.80	3.10	3.35	3.55	3.85	4.10	4.30	4.50
Triple Jump				7.80	8.30	8.70	9.00	9.50
High Jump	0.90	1.00	1.10	1.15	1.20	1.25	1.30	1.40
Shot Put	4.25	4.60	5.60	6.50	7.40	7.00	7.80	8.30
Discus	9.50	12.00	14.50	17.00	17.00	19.00	19.50	20.00
Javelin/Turbo Jav/Vortex	8.00	10.00	12.00	14.00	17.00	20.00	22.00	19.50

# BE YOUR BEST®

# McDonalds Gold Star Awards



McDonalds Gold Star Awards may be achieved in four group areas:  
Sprints, Distance, Throws, Jumps

To earn an Award the athlete must qualify in TWO (2) events from a group. Qualifying Standards for McDonalds Gold Star Awards are listed on page 20.

Note:

- Under 6 and Under 7 athletes will earn a Jumps Gold Star if they achieve the Long Jump Qualifying Standard on TWO (2) occasions.
- Under 8 athletes will earn a Distance Gold Star if they achieve the 400m Qualifying Standard on TWO (2) occasions.



# McDonalds Personal Improvement Awards

The concept of this award is to encourage athletes to participate in all events available, and to reward those athletes who improve their own personal performances in those events.

The system has three levels. Badges are awarded according to the number of PBs achieved. The first result for each event is not considered a PB. Badges must be awarded in the following order:

- Green PIA: 8 PBs
- Blue PIA: 16 PBs
- Red PIA: 24 PBs



# LATas Privacy Policy

Little Athletics Tasmania (LATas) is committed to the privacy of its members and is conscious of the privacy concerns of its members and the people with whom it deals. Protecting the privacy and confidentiality of members' information is fundamental to the way the LATas operates.

## 1. About this Privacy Policy

This Privacy Policy outlines how Little Athletics Tasmania manages members' personal information.

It also describes generally the sorts of personal information held and for what purposes, and how that information is collected, held, used and disclosed.

Our Privacy policy covers all dealings with Little Athletics Tasmania, via our registration information, web site, Centre Committees and Board of Management.

## 2. Collection of your personal information

LATas collects personal information from you in order to provide you with services and information associated with membership of Little Athletics, including particular products and services, such as championship entry, coaching clinics etc. The information we collect is supplied by you upon registration of your child/children for each new season of Little Athletics, or for any specific LATas activity or event. No information will be requested by LATas unless it is relevant. Members will be advised of the reason for collecting information, if requested.

## 3. Use of your personal information

Your personal information may be used in order to provide the services you require or request. Providing this information allows LATas to administer and manage those services and to inform you of additional services/opportunities that may be available to you as a result of your child's membership.

LATas may, on occasions, utilise your personal information for the purpose of researching and developing our services.

We may also use your personal information to promote the products/services offered by related organisations and our sponsors.

### Photographs

Photographs taken by LATas or their agents, of your child or yourself in attendance at a Little Athletics Event/Function, may be utilised for illustration, promotion, advertising, trade, etc. Such photographs may be published in any medium and may be labelled with the name of the person/s in the photograph and the event at which the photograph was taken.

## 4. Disclosure of your personal information

LATas treats all information that we hold about our members as confidential. We do however, on occasions disclose statistical aspects of your personal information for purposes related or ancillary to the main reason for which it is collected, such as:

- internal accounting and administration
- regulatory reporting and compliance
- helping us to identify and inform you about other services that may be of benefit to you and your family.

# LATas Privacy Policy

- gaining sponsorship support or government funding

The organisations to which we may disclose information on a confidential basis, include:

- your representatives (legal advisers etc.)
- our professional advisers, including our auditors, legal advisers, insurance brokers etc.
- government and regulatory authorities and other organisations, as required or authorised by law
- our related organisations, such as Little Athletics Australia.

## 5. Accuracy of your personal information

LATas takes all reasonable precautions to ensure that the personal information we collect, use and disclose is accurate, complete and up-to-date. However, the accuracy of that information, depends to a large extent in the information you provide. We therefore recommend that you advise LATas

- if there are any errors in your personal information
- of any changes to personal information

## 6. Storage of your personal information

LATas protects any information that we hold about you from misuse and loss. We protect your privacy by restricting access to your personal information to those members of the LATas Board who need it, either to process information or to provide you with the services that you have requested.

Your personal information may be stored in hard copy documents, as electronic data, or in software systems. LATas maintains physical security over our paperwork and electronic data stores.

## 7. Access to your personal information

You have the right to access your personal information. If you would like to do so, please place your request in writing and forward it to the address below.

## 8. Questions or concerns

If you believe your privacy or personal information has been compromised, you are entitled to complain. Please contact:

Little Athletics Tasmania

Phone: 1300 888 713

Email: [office@taslittleathletics.com.au](mailto:office@taslittleathletics.com.au)

Supporting Little Athletics Tasmania



Trophies - Corporate Awards – Framing Sublimation Printing  
Printing Logos, Photos and Images onto award plaques and trophies

Mobile: 0407 258 606

[trophies@accoladesawards.com.au](mailto:trophies@accoladesawards.com.au)

# LATAs Codes of Behaviour

## LITTLE ATHLETICS CODE OF BEHAVIOUR

- Compete according to the rules of the Association.
- Never argue with an official. If you disagree, ask your Team Manager to deal with the matter
- Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking another athlete is not acceptable or permitted.
- Work equally hard for yourself and/or your Centre/Club as you will both benefit.
- Be a good sport. Acknowledge all good results whether they be by your Centre/Club, opponent or the other Centre/Club. Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete. Do not discriminate against another athlete or official.
- Co-operate with your coach, clubmates and other athletes. Without them there would be no competition.
- Participate in Little Athletics for the “fun of it” and not just to please parents and coaches.
- Any form of cheating is unacceptable.
- Inappropriate and /or bad language is not to be used at any time.

## ATHLETE BEHAVIOUR ON SITE

- Any unsociable behaviour witnessed by any adult on site, is to be reported to the Chief Site Official immediately.
- The Chief Site Official is responsible for the safety and behaviour of athletes at the site.
- The Chief Site Official has the support of the TLAA Board / Centre Executive to remove an athlete from the event if the behaviour of an athlete/s is deemed to be unsociable and or unacceptable.
- It is at the discretion of the Chief Site Official to determine if immediate removal is necessary or issue the athlete/s one (1) warning informing the athletes that any further unacceptable behaviour will result in being excluded from the event.
- Only the appropriate Chief Site Official, Track Referee, Arena Manager, TLAA Board / Centre Executive member has the capacity to exclude athletes from an event.
- In the event that an athlete refuses to leave site or follow directions, the Chief site Official should call the parent/guardian to the site to advise of the situation, and ask the parent / guardian to take his/her child from the site. If an athlete’s parent/guardian is not present, then the Arena Manager should be informed immediately and he or she must take control of the situation.
- The Chief Site Official is to report the incident to the Arena Manager and the athlete’s club Team Manager / President at the completion of the event for follow up with athlete’s parent/guardian.
- Behaviour that constitutes a breach of the TLAA Codes of Behaviour of a serious nature, must be escalated to the TLAA Board / Centre Executive at the earliest opportunity for investigation.



# LATas Codes of Behaviour

## ATHLETE BEHAVIOUR AT LITTLE ATHLETICS ACTIVITIES

- Any unsociable behaviour witnessed by an adult at Little Athletics activities, other than during an event which is under the control of a Chief Site Official, shall in the first instance be reported to the Team Manager / President of the athlete's club if at a Centre activity, or to a TLAA Board Member if at a TLAA run activity.
- Any breach of the TLAA Code of Conduct that could result in penalties extending past the day of the incident must be escalated to the TLAA Board /Centre Executive.

## ADMINISTRATOR'S CODE OF BEHAVIOUR

- Involve, where appropriate, children in the planning, leadership, evaluation and decision making related to the activity.
- Ensure that equal opportunities for participation in little athletics is made available to all age eligible children, regardless of ability size, shape, sex, disability or ethnic origin.
- Ensure that equipment and facilities are safe and appropriate to the ability level of participating athletes.
- Ensure that rules, equipment, events and training schedules take in consideration the age, ability and maturity level of participating athletes.
- Ensure that adequate supervision is provided by coaches and officials capable of developing appropriate positive behaviour and skill technique.
- Remember athletes participate for enjoyment and play down the importance of rewards.
- Focus on the needs of the participants rather than the enjoyment of the spectators. Avoid allowing programmes to become primarily spectator entertainment.
- Provide clinics aimed at improving the standards of coaching and officiating, with an emphasis on appropriate behaviour and skill technique.
- Ensure that parents, coaches, sponsors, administrators, officials, physicians and participants understand their responsibilities.
- Inappropriate and/or bad language is not to be used at any time.
- Consumption of liquor or tobacco within the competition area is forbidden.

## PARENT'S CODE OF BEHAVIOUR

- Encourage children to participate if they are interested. However, if a child is not willing do not force him or her.
- Remember children are involved in Little Athletics for their enjoyment, not yours.
- Focus upon the child's efforts rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing an event.
- Turn defeat into victory by encouraging your child to work towards skill improvement, good sportsmanship and attaining personal best performances.

# LATas Codes of Behaviour

## PARENT'S CODE OF BEHAVIOUR

- If you disagree with an official, raise the issue through the appropriate channels rather than questioning 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 at Little Athletics activities.
- Do not discriminate against any athlete, parent or official.
- Recognise the value and importance of being a volunteer official and/or coach. They give of their time and resources to provide recreational activities for the children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.
- Inappropriate and/or bad language is not to be used at any time.

## COACHES CODE OF BEHAVIOUR

- Be reasonable in your demands on young athlete's time, energy and enthusiasm.
- Teach athletes that the rules of the sport are mutual agreements which no one should evade or break.
- Do not discriminate against any athlete, parent or official.
- Whenever possible, group athletes according to age and physical maturity. Avoid over-coaching the better performing athletes, the just average athletes need and deserve equal time.
- Remember that children participate for fun and enjoyment and that winning is only part of their motivation. Never ridicule or yell at the children for making mistakes or losing an event.
- Remember also that athletes need a coach they can respect. Be generous with your praise when it is deserved for effort and skill. Set a good example, not only with your behaviour and demeanor, but also with dress and equipment.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes.
- Take into consideration the maturity level of the children when scheduling and determining the length of training times and competition.
- Develop athletes to have respect for the ability of other athletes as well as for the judgement of officials and coaches.
- Make a personal commitment to keep yourself informed of sound coaching principles and the principals of growth and development of children.
- Follow advice of a physician when determining when an injured athlete is ready to recommence training or competition.
- Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.
- Demonstrate appropriate social behaviour by not harassing athletes, other coaches or officials, smoking on the arena or in the grandstand area, or being intoxicated.
- Avoid the use of inappropriate and/or bad language whilst coaching or in the presence of athletes and/or parents.
- Refrain from smoking in the presence of athletes.

# LATas Codes of Behaviour

## SPECTATOR CODE OF BEHAVIOUR

- Remember that children participate in Little Athletic activities for fun. They are not participating for the entertainment of spectators. They are not small adults.
- Applaud good performance and efforts from each athlete. Congratulate all participants upon their performance, regardless of the event outcome.
- Do not discriminate against any athlete, parent or official.
- Respect the official's decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the athletes to do likewise.
- Never ridicule or scold an athlete for making a mistake during a competition. Positive comments are motivational.
- Condemn the use of violence and verbal abuse in any form, be it by spectators, coaches, officials or athletes.
- Show respect for each athlete. Without them there would be no events.
- Encourage athletes to follow the rules and abide by the official's decisions.
- Demonstrate appropriate social behaviour by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.
- Inappropriate and/or bad language is not to be used at any time.
- Substance abuse at Little Athletics venues and/or functions is not acceptable.

## OFFICIAL'S CODE OF BEHAVIOUR

- Officiate according to the rules and where subjective judgment is necessary, decide on the basis of what is fair to all athletes.
- Commend honest effort not just performance excellence. Be consistent, objective and courteous in calling all infractions.
- Encourage the principles of participation for fun and enjoyment.
- Condemn unsporting behaviour and promote respect for all competitors.
- Do not discriminate against any athlete, parent or official.
- Ensure that the 'spirit of the sport' for children is not lost by using common sense and not over officiating.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
- Publicly encourage rule changes at the appropriate place and in the appropriate manner which will reinforce the principles of participation for fun and enjoyment.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
- Co-operate with other officials to discourage improper conduct by spectators.
- Make a personal commitment to keep yourself informed of sound officiating principles and rule changes.
- Inappropriate and/or bad language is not to be used at any time.
- Any form of substance abuse is inappropriate whilst involved in Little Athletic activities.

**BE YOUR BEST.**

# LATas Codes of Behaviour

## CODES OF HEALTH BEHAVIOUR

- Little Athletics understand the harmful effects of smoking on health, fitness and performance in sport, and as a result has adopted the following Code of Behaviour.
- Coaches and Officials are reminded of their responsibilities as 'role models' particularly with juniors, and are asked to refrain from smoking or vaping whilst associated with our sport.
- Premises and playing areas should be declared "Smoke Free Zones". Smoking permitted only where a special smoking area is designated.
- Visiting Participants, Coaches and Officials are also asked to respect our Codes of Behaviour.
- Smoking or vaping is prohibited from the arena and grandstand areas of all competitions conducted under the rules of the TLAA.

## DISCIPLINARY PROCEDURES

- All incidents must be investigated by the Centre Executive, or their nominee, and may include hearing from all persons involved including application of the principles of natural justice
- A record of all incidents, investigation findings, relevant statements and copies of correspondence must be kept in accordance with the TLAA record keeping procedures, and in adherence to the State Archives Act.
- The Centre Executive must determine the appropriate penalties for any breaches of the TLAA Code of Behaviour in accordance with those outlined within this document, and communicate these in writing to all affected parties.
- Any penalties must be communicated verbally and in writing to the individual and/or an athletes' parent or guardian at the earliest opportunity and must contain the reasons for the penalty together with details of the appeals procedure.
- Any penalties for breaches of TLAA Codes of Behaviour at a Centre level that extend beyond the day of the incident, must be communicated in writing to the TLAA.

## GUIDELINE PENALTIES FOR BREACHING OF CODES OF BEHAVIOUR

The principles of natural justice are to be observed when making decisions on breaches of the Codes of Behaviour and any penalties for such breaches. Any penalties that are imposed are to be appropriate to the seriousness of the breach.

Penalties for breaches of the Codes of Behaviour that occur at events conducted by the TLAA that are confined to the day of competition (for example, suspension from one or more events) should be determined by the Arena Manager.

Penalties that go beyond the day of competition should be determined by members of Board of Management present at the track plus the Arena Manager and the Track and Field Referees.

# LATas Codes of Behaviour

## GUIDELINE PENALTIES FOR BREACHING OF CODES OF BEHAVIOUR

Below are penalties which shall be applied by Centres and the TLAA for breaches of the codes of behaviour.

All penalties imposed by Centres/Clubs that involve suspensions that extend beyond the day on which the breach occurred must be notified to the TLAA Office.

Note: The guideline penalties below are recommended minimum only

<b>Athletes</b>	<b>1st Offence</b>	<b>2nd Offence</b>
Abusive/Threatening Language	1 week ban from competition	2 week ban from competition
Disrespect for Rules	1 week ban from competition	2 week ban from competition
Physical Abuse	2 week ban from competition	4 week ban from competition
Discrimination	2 week ban from competition	4 week ban from competition
Breach of Social Media Policy	2 week ban from competition	4 week ban from competition
<b>Parents/Officials</b>	<b>1st Offence</b>	<b>2nd Offence</b>
Abusive/Threatening Language	1 week ban from competition	2 week ban from competition
Disrespect for Rules	1 week ban from competition	2 week ban from competition
Physical Abuse	2 week ban from competition	4 week ban from competition
Discrimination	2 week ban from competition	4 week ban from competition
Breach of Social Media Policy	2 week ban from competition	4 week ban from competition

Any breach of conduct not covered by any of the above will be reviewed by the TLAA Board / Centre Committee independently, and an appropriate penalty will be determined.

The appeals process can be found in the full Codes Policy which is available on our website: [www.taslittleathletics.com.au](http://www.taslittleathletics.com.au)

Little Athletics Tasmania are currently a variety of sponsorships. If your business would like further information on how you can support Little Athletics please get in contact with us!

Shane Cox  
 Mobile: 0405 038 437  
[s.cox@taslittleathletics.com.au](mailto:s.cox@taslittleathletics.com.au)





# LATas Sunsmart Policy

The health of participants is of primary concern to Little Athletics Tasmania. It is acknowledged that skin cancer is a major public health problem in Australia, with two out of every three people requiring treatment for some form of skin cancer in their lifetime. It is recognised that skin cancer is preventable and like any other medical condition, it is best dealt with by the application of preventative measures. While LATas will endeavour to assist in sun protection when at meetings, training and competition, it is accepted that ultimately, the responsibility is that of each individual and/or in the case of children - their parents or guardians.



- Where practical LATas will endeavour to schedule activities outside the hours of peak UV readings. Where this is not practical members are advised of the need for extra sun safety precautions during those hours (approximately 10.00am and 2.00pm.)
- LATas will recommend Affiliated Centre's conform to "Tasmanian Cancer Fund Guidelines for Sun Safe Clothing" when choosing uniforms.
- Members will be encouraged to wear a hat/cap, which protects the face, ears, neck, shoulders and crown of the head while participating in Little Athletics activities.
- Members will be encouraged to wear shirts with sleeves and collars and to use broad spectrum 15+ sunscreen appropriately on exposed parts of their bodies.
- Affiliated Centre's will be encouraged to design uniforms, which incorporate shirts with sleeves and collars.
- LATas will recommend Affiliated Centre's specify materials with appropriate UV protection ratings when designing uniforms. (Sunburn will occur in about 5 hours through material rated at UPF 20; and about 8 hours for UPF 40.)
- LATas supports the use by its members of 100% UV protective sunglasses during LATas activities. It is also recommended these glasses have safety lenses.
- Maximum use will be made of existing natural shade.
- Where natural shade is not adequate LATas will endeavour to maximise the use of alternative shade facilities.
- When attending events at various localities controlled by other bodies, LATas will endeavour to provide suitable portable shade structures for its members.
- LATas will encourage Affiliated Centre's to adopt and promote similar Sun Safe Policies.
- LATas will endeavour to promote sun safety in a positive way, through newsletters, written literature and over the public address system.
- LATas will encourage all coaches, officials and members in prominent positions to act as strong role models in respect of sun safety practices.

# LATas Sunsmart Policy

- LATas Officers will regularly revise and upgrade sun protection measures as appropriate.
- LATas will endeavour to act in a sun safe manner when competing regionally, interstate or nationally.
- Affiliated Centre's will be advised that parents/guardians registering their child/children are to be:
  1. Shown the LATas Sun Safe Policy and encouraged to comply with it. A laminated copy is provided for all Centre's. This must be displayed at the registration area and
  2. Encouraged to:
    - Purchase appropriate sun safe clothing including protective uniform clothing where available for their child's/children's usage.
    - Provide 15+ broad-spectrum sunscreen or zinc cream for their child/children.
    - Promote sun safe behaviour to their child/children.
    - Provide safety sunglasses, which filter 100% of UV for their child/children.



Cripps and Little Athletics Tasmania have joined forces.

Purchase any William's Wraps at your local shops and 10 cents from the purchase will be given to Little Athletics Tasmania.

Available at all retailers in Tasmania. Help support a Tassie business supporting Tassie kids.

**RUN IN & BUY**  
**YOUR WILLIAM'S WRAPS**  
**& SUPPORT LITTLE ATHLETICS TASMANIA**  
**FOR THE 2022/23 SEASON**



**10c PER SALE**  
OF ALL WRAP PURCHASES, TASMANIA WIDE



# LATas State Best Performances - Individual

## Girls

## Boys

### 60 – 100 METRE HURDLES

U/6	Stella Freeman	'14	QBG	12.30
U/7	Amelia McEvoy	'07	KGB	11.00
U/8	Jessica Cramp	'00	LFD	11.60
U/9	Madelin Poke	'98	BNE	10.60
U/10	Natasha Glumac	'94	DPT	10.90
U/11	Mia Gillmour	'22	HD	13.53
U/12	Ruby Jones	'21	SL	13.21
U/13	Rachel Delphin	'96	DPT	13.00
U/14	Evie Bingham	'22	HD	13.05
U/15	Jane Hickey	'15	CLA	13.70

### 200 METRE HURDLES

U/13	Matilda Lange	'22	KBG	29.82
U/14	Abbey Berlese	'21	SL	29.89

### 300 METRE HURDLES

U/15	Hallee Baldwin	'17	HV	46.30
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### 70 METRES

U/6	Addison McKercher	'15	SL	12.90
U/7	M. Colless	'80	CLA	10.90
U/8	Chelsea Scolyer	'14	DPT	10.90
U/9	Rebecca Wells	'05	HD	10.40
U/10	Alexandra Clear	'93	LFD	10.00

### 100 METRES

U/6	Addison McKercher	'15	SL	18.60
U/7	A. Lynch	'80	CMT	16.20
U/8	Kristy Rootes	'88	DPT	15.60
U/9	Kristy Rootes	'89	DPT	14.60
U/10	S. Strang	'82	CMT	14.00
U/11	S. Cook	'83	STH	13.00
U/12	Fiona O'Brien	'83	CLA	12.90
U/13	Madelin Poke	'02	BNE	12.30
U/14	Laura Nicholson	'05	LTN	12.70
U/15	Chelsea Scolyer	'21	BNE	12.24

### 200 METRES

U/6	Addison McKercher	'15	SL	41.20
U/7	A. Lynch	'80	CMT	35.40
U/8	N. Barwick	'82	CMT	32.90
U/9	Ceri Smith	'82	CLA	30.20
U/10	S. Strang	'78	C.S.	29.20
U/11	Chelsea Scolyer	'17	BNE	28.10
U/12	Chelsea Scolyer	'18	BNE	27.10
U/13	Chelsea Scolyer	'19	BNE	25.60
U/14	Chelsea Scolyer	'20	BNE	25.40
U/15	Chelsea Scolyer	'21	BNE	25.34

### 400 METRES

U/8	Susanna Cox	'04	QGB	1:15.80
U/9	Rebecca Wells	'05	HD	1:11.60
U/10	Susanna Cox	'05	QGB	1:08.10
U/11	Chelsea Scolyer	'17	BNE	1:05.40
U/12	Julia Russell	'82	CLA	1:01.10
U/13	Karinna Fyfe	'02	LTN	58.90
U/14	Lacey Tilyard	'22	HD	59.84
U/15	Mia Findlay	'18	SL	59.30

### 800 METRES

U/9	Isabella Davie	'15	SL	2:49.70
U/10	Wendy Schulthorpe	'82	CLA	2:37.60
U/11	Violet Owen	'20	QGB	2:30.90
U/12	Violet Owen	'21	QGB	2:23.80
U/13	Violet Owen	'22	QGB	2:17.40
U/14	Natalea Smith	'09	SL	2:19.20
U/15	Abbie Butler	'19	SL	2:20.90

### 1500 METRES

U/11	Zahli Wescombe	'20	BNE	5:10.00
U/12	Violet Owen	'21	QGB	5:00.40
U/13	Violet Owen	'21	QGB	4:45.38
U/14	Ella Atkins	'19	QGB	4:47.90
U/15	Abbie Butler	'19	SL	4:51.90

### 60 – 100 METRE HURDLES

U/6	Xavier Davie	'14	SL	11.60
U/7	J. Pennicott	'01	KGB	10.40
U/8	Lochie Weller	'04	BNE	11.00
U/9	Jordan Lovell	'01	HV	10.10
U/10	Luke Musulin	'95	SL	10.30
U/11	Daniel Wojcik	'20	SL	13.70
U/12	Daniel Wojcik	'21	SL	13.49
U/13	Jarrold Price	'00	SL	12.40
U/14	Aaron Rigby	'17	SL	12.80
U/15	Jagga Pybus	'16	KGB	13.80

### 200 METRE HURDLES

U/13	Nicholas Chilvers	'21	SL	28.42
U/14	Aaron Rigby	'17	SL	27.40

### 300 METRE HURDLES

U/15	Aaron Rigby	'18	SL	40.50
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### 70 METRES

U/6	Xavier Davie	'14	SL	12.90
U/7	Glen Raphael	'81	CLA	11.50
U/8	Allan O'Sign	'93	WC	10.50
U/9	Allan O'Sign	'94	WC	10.20
U/10	Allan O'Sign	'95	WC	9.70

### 100 METRES

U/6	C. Anderson	'06	WC	18.30
U/7	Aaron Bird	'80	WC	16.00
U/8	Allan O'Sign	'93	WC	14.90
U/9	Terry Plumbridge	'83	C.S.	14.30
U/10	Allan O'Sign	'95	WC	13.60
U/11	Jessie Wells	'98	BNE	13.20
U/12	R. Gormly	'82	LTN	12.50
U/13	Vandy Kanneh	'10	HD	11.60
U/14	Jackson Vukic	'21	HD	11.57
U/15	Aaron Rigby	'18	SL	11.30

### 200 METRES

U/6	Ryan Gale	'09	KGB	39.60
U/7	D. Parker	'79	C.S.	34.70
U/8	Jamie Campbell	'81	WC	30.10
U/9	Darren Edmunds	'79	C.S.	30.40
U/10	Darren Edmunds	'80	C.S.	28.70
U/11	Joe Edgley	'97	LTN	28.00
U/12	Vandy Kanneh	'09	HD	25.90
U/13	Jackson Vukic	'20	HD	24.70
U/14	Jordan Lovell	'05	HV	23.80
U/15	Aaron Rigby	'18	SL	23.00

### 400 METRES

U/8	Nathaniel Sulzberger	'14	HD	1:13.20
U/9	Mac Wilcox	'15	SL	1:09.90
U/10	Darren Edmunds	'86	C.S.	1:05.80
U/11	Luke McHugh	'18	DEL	1:03.40
U/12	S. Mansfield	'00	QGB	58.20
U/13	Jordan Lovell	'05	HV	55.40
U/14	Ben Korotki	'21	HD	52.66
U/15	Patrick Chilvers	'14	SL	52.50

### 800 METRES

U/9	Lucas Atkinson	'17	HD	2:41.10
U/10	Jimmy Lyall	'09	DPT	2:31.00
U/11	Andrew Eastoe	'81	CLA	2:24.20
U/12	Tom Winkel	'18	DPT	2:16.30
U/13	Masimba Chindewere	'21	BNE	2:14.13
U/14	Tom Winkel	'19	DPT	2:08.50
U/15	Torin Jones	'16	QGB	2:06.70

### 1500 METRES

U/11	Tom Winkel	'17	DPT	4:52.90
U/12	Tom Winkel	'18	DPT	4:35.70
U/13	Luke Palmer	'20	SL	4:35.30
U/14	Tom Winkel	'19	DPT	4:25.40
U/15	Will Robertson	'19	CLA	4:24.40

# LATas State Best Performances - Individual

## Girls

### RACE WALKS

U/9	Bonnie Talbot	'15	SL	3.54.90
U/10	Bonnie Talbot	'15	SL	5.58.00
U/11	Bonnie Talbot	'16	SL	5.41.90
U/12	Tahlia Hunt	'10	HD	7.49.20
U/13	Amānda Gearđ	'96	LFD	7.25.30
U/14	Emma Walker	'11	SL	7.29.20
U/15	Anna Blackwell	'17	ED	7.12.90

### LONG JUMP

U/6	Jade Muller	'17	SL	2.80
U/7	M. Bird	'79	WC	3.16
U/8	Alexandra Clear	'91	LFD	3.56
U/9	Alexandra Clear	'92	LFD	4.05
U/10	Chelsea Scolyer	'16	BNE	4.56
U/11	Chelsea Scolyer	'17	BNE	4.59
U/12	Olivia Jones	'19	KGB	4.88
U/13	Chelsea Scolyer	'19	BNE	5.17
U/14	Evie Bingham	'22	HD	5.51
U/15	Grace Jacobson	'16	ED	5.33

### TRIPLE JUMP

U/11	Chelsea Scolyer	'17	BNE	9.73
U/12	Kate Healer	'18	SL	10.45
U/13	Madelin Poke	'02	BNE	11.16
U/14	Lauren Free	'07	ED	11.38
U/15	Netty Garlo	'17	CLA	11.13

### HIGH JUMP

U/8	Susanna Cox	'04	QGB	1.10
U/9	Tamasin Fyfe	'11	HD	1.22
U/10	Susanna Cox	'05	QGB	1.31
U/11	Katie Dean	'94	SL	1.45
U/12	Andrea Hughes	'86	CLA	1.55
U/13	M. Volker	'04	CMT	1.59
U/14	Tamasin Fyfe	'16	BNE	1.63
U/15	Tori Milbourne	'16	SL	1.65

### DISCUS

U/6	Natalia Leszczynski	'11	ED	10.69
U/7	Ebony Hateley	'96	SL	16.60
U/8	Hollie Grima	'92	LFD	18.66
U/9	Ebony Hateley	'98	SL	22.92
U/10	Katie Dean	'93	SL	30.78
U/11	Arielle Cannell	'19	HD	31.82
U/12	Arielle Cannell	'20	HD	34.08
U/13	Arielle Cannell	'21	HD	39.28
U/14	Arielle Cannell	'21	HD	36.34
U/15	Jessica Bray	'21	KGB	38.23

### SHOT PUT

U/6	Brianna Stokell	'05	LFD	3.73
U/7	Mikayla Genge	'03	HD	6.15
U/8	Natalia Leszczynski	'13	ED	6.76
U/9	G. Manson	'92	DPT	7.34
U/10	Kaela Beechey	'11	HD	8.86
U/11	Makala Bingley	'14	SL	10.26
U/12	Arielle Cannell	'20	HD	12.77
U/13	Rebecca Direen	'07	HD	11.58
U/14	Isabella Hippel	'18	KGB	12.84
U/15	Isabella Hippel	'19	KGB	13.61

### VORTEX

U/6	Amy Broad	'09	WC	11.38
U/7	Ella Halloran	'21	CMT	18.35

### TURBO JAV

U/8	Sianna Adkins	'18	DPT	17.00
U/9	Sianna Adkins	'19	DPT	28.88
U/10	Sianna Adkins	'20	DPT	24.66

### JAVELIN

U/11	Sianna Adkins	'21	BNE	32.40
U/12	Hollie Mather	'98	NE	33.70
U/13	Kristy Clark	'96	WC	36.28
U/14	Charli Kay	'18	CH	35.76
U/15	Lucy Reimer	'16	DPT	37.56

## Boys

### RACE WALKS

U/9	Archie Murrell	'16	CLA	3.51.50
U/10	Will Bottle	'15	LTN	6.03.60
U/11	Roland Howlett	'92	CLA	5.42.90
U/12	Paul Słuyters	'92	CLA	7.14.40
U/13	Getasew Ferguson	'12	SL	6.59.30
U/14	Samuel Lindsay	'22	SL	6.26.81
U/15	William Robertson	'19	CLA	6.08.70

### LONG JUMP

U/6	Will Forrest	'13	SED	2.73
U/7	Xavier Davie	'16	SL	3.30
U/8	Scott Kelleher	'90	CMT	3.98
U/9	Robbie Knott	'93	CLA	4.22
U/10	Tom Murrell	'15	CLA	4.49
U/11	Isaac Dixon	'19	CLA	4.76
U/12	Harrison McLeod	'18	HD	5.02
U/13	Patrick Chilvers	'12	SL	5.88
U/14	Patrick Chilvers	'13	SL	6.15
U/15	Jagga Pybus	'16	KGB	6.44

### TRIPLE JUMP

U/11	Isaac Dixon	'19	CLA	9.73
U/12	Harrison McLeod	'18	HD	10.33
U/13	Patrick Coleman	'97	ED	11.75
U/14	Patrick Chilvers	'13	SL	13.10
U/15	Blake Doyle	'22	HV	13.21

### HIGH JUMP

U/8	Nathaniel Sulzberger	'14	HD	1.18
U/9	Theo Collins	'16	BNE	1.24
U/10	Theo Collins	'17	BNE	1.33
U/11	Tim Coad	'08	CLA	1.55
U/12	Luke Whitney	'95	CLA	1.61
U/13	Kyle Turmine	'08	LTN	1.67
U/14	Tim Coad	'11	CLA	1.80
U/15	Fletcher Pinner	'14	SL	1.85

### DISCUS

U/6	Tom Murrell	'11	CLA	11.68
U/7	Scott Wescombe	'91	BNE	23.14
U/8	Adrian Finch	'91	LTN	21.88
U/9	Wade Hateley	'97	SL	29.64
U/10	Hamish Peacock	'01	CLA	33.58
U/11	Archie Devine	'19	CLA	31.00
U/12	Chris Hingston	'92	SL	44.28
U/13	Isaac Dixon	'21	CLA	38.48
U/14	Hamish Peacock	'05	CLA	46.46
U/15	Matt Hosie	'13	CLA	50.67

### SHOT PUT

U/6	Xavier Davie	'14	SL	4.38
U/7	Scott Wescombe	'92	BNE	7.62
U/8	Adrian Finch	'91	LTN	9.67
U/9	Andrew Pender	'90	KGB	9.40
U/10	Hamish Peacock	'01	CLA	11.46
U/11	Hamish Peacock	'02	CLA	12.04
U/12	Archie Devone	'20	CLA	11.42
U/13	Huw Peacock	'05	CLA	14.61
U/14	Jack Barrett	'13	SL	15.08
U/15	Jack Barrett	'14	SL	13.91

### VORTEX

U/6	Jack Stanwix	'06	HD	21.18
U/7	Harrison Nichols	'14	KGB	26.88

### TURBO JAV

U/8	Nathaniel Sulzberger	'14	HD	22.39
U/9	Tom Murrell	'14	CLA	28.07
U/10	Alex Zeggeld	'15	SL	28.99

### JAVELIN

U/11	Chris Hingston	'91	SL	37.60
U/12	Andrew Pender	'93	KGB	45.48
U/13	Andrew Pender	'94	KGB	46.66
U/14	Wade Lamont	'19	SL	45.62
U/15	Lincoln Arnold	'18	HD	49.49

# LATas State Best Performances - AWD Individual

## Girls

## Boys

### 800 METRES T/F 38 FOB

U/12 Archie Dixon

'22 CLA 3:00.29

### SHOT PUT T/F 38 FOB

U/12 Archie Dixon

'22 CLA 5.51

# LATas State Best Performances - Multi Events

## Girls

## Boys

U/9	Chelsea Scolyer	'15	BNE	2111
U/10	Mia Gilmour	'21	HD	2571
U/11	Sianna Adkins	'21	BNE	2876
U/12	Palepa Leauma	'22	CLA	3339
U/13	Matilda Lange	'22	KGB	4104
U/14	Abbey Berlese	'21	SL	4188
U/15	Abbey Berlese	'22	SL	4459

U/9	Xavier Davie	'18	SL	2327
U/10	Ryan Gale	'13	KGB	2484
U/11	Daniel Wojcik	'20	SL	2632
U/12	Isaac Dixon	'20	CLA	3047
U/13	Isaac Dixon	'21	CLA	3335
U/14	George McLeod	'17	HD	3764
U/15	Max Brideson	'19	HD	3984

U/9	Xavier Davie	'18	SL	2327
U/10	Ryan Gale	'13	KGB	2484
U/11	Daniel Wojcik	'20	SL	2632
U/12	Isaac Dixon	'20	CLA	3047
U/13	Isaac Dixon	'21	CLA	3335
U/14	George McLeod	'17	HD	3764
U/15	Max Brideson	'19	HD	3984

# LATas State Best Performances - Relays

## Girls

## Boys

### 4 x 100 METRES

U/8	Burnie	'01	1:07.30
U/9	Burnie	'02	1:03.80
U/10	South Launceston	'99	1:00.10
U/11	Clarence	'02	57.40
U/12	South Launceston	'01	55.10
U/13	South Launceston	'02	52.60
U/14	Clarence	'16	52.80
U/15	South Launceston	'16	52.20

### 4 x 100 METRES

U/8	Hobart Districts	'03	1:06.99
U/9	Launceston	'97	1:02.10
U/10	Huon Valley	'02	58.30
U/11	Burnie	'03	56.40
U/12	Burnie	'04	52.50
U/13	Clarence	'98	51.20
U/14	Hobart Districts	'17	48.00
U/15	Hobart Districts	'18	46.30

### 4 x 200 METRES

U/9	South Launceston	'18	2:17.70
U/10	Clarence	'15	2:12.50
U/11	South Launceston	'22	2:06.38
U/12	South Launceston	'13	1:59.80
U/13	South Launceston	'20	1:46.70
U/14	Hobart Districts	'22	1:49.95
U/15	South Launceston	'16	1:51.30

### 4 x 200 METRES

U/9	South Launceston	'01	2:14.30
U/10	Clarence	'01	2:07.40
U/11	South Launceston	'01	2:01.50
U/12	South Launceston	'01	1:57.00
U/13	Clarence	'01	1:51.08
U/14	Hobart Districts	'01	1:41.40
U/15	Hobart Districts	'01	1:36.70

### SWEDISH RELAYS

U/9	Burnie	'15	3:07.00
U/10	South Launceston	'17	2:58.50
U/11	South Launceston	'17	2:48.20
U/12	South Launceston	'18	2:42.80
U/13	South Launceston	'22	2:32.93
U/14	South Launceston	'20	2:20.80
U/15	South Launceston	'18	2:26.90

### SWEDISH RELAYS

U/9	South Launceston	'01	2:57.80
U/10	Clarence	'01	2:52.20
U/11	South Launceston	'01	2:43.80
U/12	Clarence	'01	2:35.30
U/13	Clarence	'01	2:27.30
U/14	Hobart Districts	'01	2:16.00
U/15	Kingborough	'01	2:10.70

## Principal Partners





# 2022 Little Athletics Tasmania State Team



## Under 13 State Team Members

Captains - Matilda Lange & Xavier Case  
Vice-Captains - Chanel Charles & Lachlan Job

Rosie Arnold	Kayla McPherson
Rhys Barwick	Charles Morgan
Courtney Brown	Luke Oldham
Lily Carr	Macie Petterwood
Annabelle Cook	Lachlan Preece
Kirra Doyle	Lincon Talbot
Sebastian Hardinge	Edith Tracey
Milah Hatten	Oakley Vernon
Maxwell Innes	Isla Werkman
Marz Kwa	Zahli Wescombe

## Under 15 State Team Members

Abbey Berlese	Theo Collins
Charli Ross	Blake Doyle
Izzy Wing	Avery Thomas

## State Team Management

Team Managers  
Kay Knee & Susan McLeod

Team Coaches  
Anna Davie, Zane Patmore, Jade Longstaff, Paul Mommers & Roger Hosie



# Best Performances at Australian Little Athletics Championships

As at September 2022

## Under 13 Australian Teams Championships

Boys			Girls		
<b>80 Metre Hurdles</b>			<b>80 Metre Hurdles</b>		
Curtis Murfett	2011	12.28	Ingrid Fairbrother	1994	13.1
<b>200 Metre Hurdles</b>			<b>200 Metre Hurdles</b>		
Angus Vrantzis	2017	27.49	Nina Galligan	2017	29.35
<b>100 Metres</b>			<b>100 Metres</b>		
Vandy Kanneh	2010	11.8	Madelin Poke	2002	12.2
<b>200 Metres</b>			<b>200 Metres</b>		
Vandy Kanneh	2010	24.3	Madelin Poke	2002	25.4
<b>400 Metres</b>			<b>400 Metres</b>		
Shaun Inglis	1999	55.0	Karina Fyfe	2002	57.9
<b>800 Metres</b>			<b>800 Metres</b>		
Tom Winkel	2019	2.09.23	Zahli Wescombe	2022	2.22.88
<b>1500 Metres</b>			<b>1500 Metres</b>		
Getasew Ferguson	2012	4.24.3	Karina Fyfe	2002	4.50.9
<b>1500 Metre Walk</b>			<b>1500 Metre Walk</b>		
William Roberston	2017	6.55.18	Elizabeth Malcolmson	2003	7.13.0
<b>4x100m Relay</b>			<b>4x100m Relay</b>		
Jonathan Woodforde	1998	48.8	Jessica Fielding	1999	51.2
Jason Busch			Laura Causon		
Mathew Rickards			Melanie Street		
Brendan Stewart			Kimberly Turnock		
<b>Long Jump</b>			<b>Long Jump</b>		
Kyle Turmine	2008	5.89	Chelsea Scolyer	2019	5.42
<b>Triple Jump</b>			<b>Triple Jump</b>		
Jordan Lovell	2005	12.31	Madelin Poke	2002	11.18
<b>High Jump</b>			<b>High Jump</b>		
Nathaniel Sulzberger	2019	1.71	Melanie Street	1999	1.65
<b>Shot Put</b>			<b>Shot Put</b>		
Chris Hingston	1993	14.69	Rebecca Direen	2007	11.77
<b>Discus</b>			<b>Discus</b>		
Chris Hingston	1993	44.40	Ebony Hateley	2002	36.95
<b>Javelin</b>			<b>Javelin</b>		
Daniel Boatwright	2004	47.63	Kristy Clark	1996	37.44

\* Equal ATC Record

\*\* New ATC Record

## Under 15 Australian Multi-Event Championships

Boys			Girls		
Max Brideson	2019	4609	Abbey Berlese	2022	4726

## Sir Thomas Lipton Award Recipients

1985/86  
1986/87  
1987/88  
1988/89  
1989/90

Fiona Excell  
Timothy Dale  
Adman Williams  
Grant Garwood  
Scott Kelly

Nikole Allison  
Paula Lodge  
Calli Marsh

## Coles Sportsmanship Award Recipients

1990/91  
1991/92  
1993/94  
1994/95  
1995/96  
1996/97  
1997/98  
1998/99  
1999/00  
2000/01  
2001/02  
2002/03  
2003/04  
2004/05  
2005/06  
2006/07  
2007/08  
2008/09  
2009/10  
2010/11  
2011/12  
2012/13  
2013/14  
2014/15  
2015/16  
2016/17  
2017/18  
2018/19  
2019/20  
2020/21  
2021/22

Luke Sulzberger  
Grant Kelly  
Nathan Shepherd  
Andrew Gleeson  
Richard Maroney  
Jonathan Tibbits  
Andrew Oliver  
Shaun Keenan  
Clinton Treloar  
Christopher Clear  
Daniel Latham  
James Kelly  
Daniel Boatwright  
Tyler Heron  
Cameron Thompson  
Jayden Hey  
Mathew Cornwall  
Jacob Doole/Mathew Harvey  
Ben Robinson  
Jason Holmber  
Lachlan Robertson  
Jonothan Mommers  
Hugh Richardson  
Kye Chilcott  
Noah Eastley  
Tom McCallum  
Zane Arnold  
Billy French  
Theo Collins  
William Pereira  
Austin Jordan

Sarah Crosswell  
Jaclyn Burridge  
Ingrid Fairbrother  
Tameka Walters  
Alexandra Clear  
Danielle Hyland  
Robyn Bailey  
Kimberley Turnock  
Randall crack  
Emma Johnson  
Donna Harvey  
Lauren Vaessen  
Natalie Daniels  
Cody Morrison  
Lucy Foote  
Rebecca Direen  
Natalea Smith  
Philippa Jarvis  
Emma Walker  
Justine McKeown  
Katie Broad  
Elisa Stalker  
Tori Milbourne  
George Enright  
Grace Gillow  
Amie Broad  
Alicia Hollingworth  
Lauren Shelton  
Isobel Gray  
Maighan Arnold  
Isla Werkman

## Coles Sportsmanship Award Recipients 2021-22



Austin Jordan (North Launceston White City) and Isla Werkman (Kingborough)

# Huon Valley Little Athletics Centre Records

## GIRLS

<b>60-100 METRE HURDLES</b>		
U/6 Caitlin Mommers	30-Jan-10	12.5
U/7 Darci Doyle	22-Feb-20	11.2
U/8 Erinn Smith	22-Feb-20	12.3
U/9 Hailee Baldwin	01-Jan-11	12.1
U/10 Lauren Shelton	19-Dec-15	11.7
U/11 Kirra Doyle	22-Feb-20	14.7
U/12 Kirra Doyle	23-Jan-21	14.6
U/13 Hailee Baldwin	10-Dec-14	13.5
U/14 Hailee Baldwin	19-Dec-15	13.3
U/15 Ella Coad	22-Feb-20	14.6
<b>200 METRE HURDLES</b>		
U/13 Ella Coad	07-Feb-18	32.1
U/14 Hailee Baldwin	09-Jan-16	31.5
U/15 Hailee Baldwin	11-Feb-17	51.3
<b>70 METRES</b>		
U/6 S. Bartels H	01-Jan-01	13.7
U/7 B. Smith H	01-Jan-90	11.9
U/8 D. Fish D	01-Jan-84	11.4
U/9 D. Fish D	01-Jan-85	11.1
U/10 D. Fish D	01-Jan-86	10.9
U/11 C. Rooke H	01-Jan-92	10.3
U/12 G. Lidster H	01-Jan-90	9.6
U/13 C. Rooke H	01-Jan-94	9.7
U/14 Bailey Van Den Broek	02-Feb-22	9.5
U/15 Ella Coad	15-Feb-20	9.7
<b>100 METRES</b>		
U/6 Darci Doyle	12-Dec-18	19.7
U/7 B. Smith H	01-Jan-90	17.6
U/8 D. Fish D	01-Jan-84	16.9
U/9 D. Fish D	01-Jan-85	15.4
U/10 I. Wright C	01-Jan-07	15.2
U/11 D. Fish D	01-Jan-87	14.4
U/12 G. Lidster H	01-Jan-90	13.7
U/13 C. Rooke H	01-Jan-94	13.2
U/14 Bailey Van Den Broek	05-Mar-22	13.1
U/15 Hailee Baldwin	04-Mar-17	13.7
<b>150 METRES</b>		
U/6 Darci Doyle	02-Mar-19	29.9
U/7 Darci Doyle	15-Feb-20	27.5
<b>200 METRES</b>		
U/6 S. Bartels H	01-Jan-01	42.0
U/7 Darci Doyle	05-Feb-20	38.1
U/8 H. Shoham C	01-Jan-06	36.0
U/9 Aria Ellis	05-Mar-22	34.2
U/10 D. Fish D	01-Jan-86	31.2
U/11 C. Rooke H	01-Jan-92	31.0
U/12 C. Rooke H	01-Jan-93	28.6
U/13 C. Rooke H	01-Jan-94	27.5
U/14 Bailey Van Den Broek	02-Feb-22	28.0
U/15 Hailee Baldwin	04-Mar-17	28.8
<b>400 METRES</b>		
U/8 Lily Voss	28-Feb-15	1:26.2
U/9 Caitlin Mommers	07-Feb-13	1:20.5
U/10 Lauren Shelton	05-Mar-16	1:17.0
U/11 C. Rooke	01-Jan-92	1:11.7
U/12 C. Rooke H	01-Jan-93	1:05.6
U/13 C. Rooke H	01-Jan-94	1:05.0
U/14 Gabby Hay	12-Feb-22	1:07.6
U/15 Isabel Wright	03-Mar-12	1:08.4
<b>800 METRES</b>		
U/9 Caitlin Mommers	12-Jan-13	3:06.2
U/10 E. Wright G	01-Jan-84	3:00.4
U/11 B. Waterhouse H	01-Jan-94	2:51.5
U/12 E. Wright G	01-Jan-94	2:40.5
U/13 K. Hill C	01-Jan-94	2:41.3
U/14 Metasebia Duggan	10-Nov-18	2:42.1
U/15 Hailee Baldwin	04-Mar-17	2:42.3
<b>1500 METRES</b>		
U/11 H. Short C	01-Jan-03	5:54.1
U/12 E. Wright G	01-Jan-86	5:30.0
U/13 Metasebia Duggan	18-Nov-17	5:28.4
U/14 Metasebia Duggan	22-Dec-18	5:24.9
U/15 Metasebia Duggan	22-Feb-20	5:34.6

## BOYS

<b>60-100 METRE HURDLES</b>		
U/6 Issac Lovell	23-Feb-19	11.9
U/7 K. Lovell H	01-Jan-04	11.1
U/8 S. Price G	01-Jan-04	11.1
U/9 Lewis Thorpe	22-Feb-20	10.6
U/10 J. Lovell H	01-Jan-02	10.9
U/11 Lewis Thorpe	27-Nov-21	15.0
U/12 Flynn Smith	22-Feb-20	14.1
U/13 J. Lovell H	01-Jan-05	13.2
U/14 S. Price H	01-Jan-10	13.4
U/15 Blake Doyle	26-Feb-22	14.4
<b>200 METRE HURDLES</b>		
U/13 Blake Doyle	24-Jan-20	30.5
U/14 Flynn Smith	19-Feb-22	28.8
U/15 Blake Doyle	19-Feb-22	43.3
<b>70 METRES</b>		
U/6 K. Lovell H	01-Jan-03	13.3
U/7 R. Mallett H	01-Jan-98	11.6
U/8 J. Lovell H	01-Jan-00	11.2
U/9 J. Lovell H	01-Jan-01	10.8
U/10 J. Lovell H	01-Jan-02	10.4
U/11 M. Scott C	01-Jan-90	10.0
U/12 B. Pooh H	01-Jan-92	9.9
U/13 J. Lovell H	01-Jan-05	9.0
U/14 J. Lovell H	01-Jan-06	8.8
U/15 Sam Price	02-Oct-10	8.5
<b>100 METRES</b>		
U/6 Kieran Lovell H	01-Jan-03	18.9
U/7 T. Jones H	01-Jan-95	17.2
U/8 J. Keith C	01-Jan-99	15.7
U/9 J. Lovell H	01-Jan-01	14.7
U/10 J. Lovell H	01-Jan-02	14.5
U/11 B. Pooh H	01-Jan-91	14.0
U/12 M. Worley H	01-Jan-94	13.8
U/13 J. Lovell H	01-Jan-05	12.5
U/14 J. Lovell H	01-Jan-06	12.0
U/15 J. Lovell H	01-Jan-07	11.8
<b>150 METRES</b>		
U/6 K. Lovell H	01-Jan-03	28.2
U/7 K. Lovell H	01-Jan-04	26.3
<b>200 METRES</b>		
U/6 Lewis Thorpe	04-Mar-17	40.4
U/7 B. Pooh H	01-Jan-87	36.0
U/8 J. Lovell H	01-Jan-00	34.0
U/9 J. Lovell H	01-Jan-01	30.9
U/10 B. Pooh H	01-Jan-90	30.2
U/11 J. Lovell H	01-Jan-03	28.9
U/12 B. Pooh H	01-Jan-92	28.4
U/13 S. Price H	17-Dec-08	25.7
U/14 J. Lovell H	01-Jan-06	24.3
U/15 Sam Price	02-Oct-10	25.0
<b>400 METRES</b>		
U/8 K. Lovell H	01-Jan-05	1:19.5
U/9 N. Mommers H	01-Jan-07	1:17.4
U/10 K. Lovell H	01-Jan-07	1:13.1
U/11 B. Pooh H	01-Jan-91	1:08.0
U/12 Flynn Smith	15-Feb-20	1:05.7
U/13 J. Lovell H	01-Jan-05	58.8
U/14 J. Lovell H	01-Jan-06	56.3
U/15 J. Lovell H	01-Jan-07	57.0
<b>800 METRES</b>		
U/9 Blake Doyle	27-Feb-16	2:59.3
U/10 J. Lovell H	01-Jan-02	2:45.5
U/11 R. Slater H	01-Jan-03	2:40.2
U/12 J. Turnbull C	01-Jan-89	2:28.9
U/13 Flynn Smith	27-Feb-21	2:29.3
U/14 Harris Short	07-Feb-18	2:28.3
U/15 Blake Doyle	05-Mar-22	2:25.1
<b>1500 METRES</b>		
U/11 Harry Brereton	17-Dec-16	5:20.7
U/12 J. Turnbull C	01-Jan-89	5:06.8
U/13 Lachlan Job	26-Feb-22	5:13.7
U/14 Flynn Smith	26-Feb-22	5:05.6
U/15 Blake Doyle	26-Feb-22	5:03.0

# Huon Valley Little Athletics Centre Records

## GIRLS

### RACE WALKS

U/9	Madi Withrington	26-Feb-11	4:05.5
U/10	Molly Withrington	22-Dec-13	6:39.8
U/11	Emily Stanway-Lucas	02-Mar-13	6:12.8
U/12	Emily Standway-Lucas	21-Dec-13	8:29.3
U/13	T. Phillips G	01-Jan-00	8:08.0
U/14	T. Phillips G	01-Jan-00	7:39.2
U/15	T. Phillips G	01-Jan-00	7:33.3

### LONG JUMP

U/6	Madison Cordwell	25-Feb-17	2.53
U/7	B. Smith H	01-Jan-00	3.05
U/8	A. Larratt H	01-Jan-00	3.22
U/9	Bailey Van Den Broek	25-Feb-17	3.74
U/10	Lauren Shelton	13-Nov-15	3.89
U/11	Bailey Van Den Broek	06-Oct-18	3.96
U/12	Bailey Van Den Broek	29-Feb-20	4.59
U/13	K. Hill C	01-Jan-00	4.78
U/14	Bailey Van Den Broek	26-Feb-22	4.79
U/15	Hailee Baldwin	26-Jan-17	4.53

### TRIPLE JUMP

U/11	Kirra Doyle	29-Feb-20	8.48
U/12	Kirra Doyle	03-Feb-21	9.38
U/13	K. Hill C	01-Jan-00	10.27
U/14	Bailey Van Den Broek	05-Mar-22	10.20
U/15	Isabel Wright	25-Feb-12	9.83

### HIGH JUMP

U/8	Indie Ryan	05-Mar-22	1.10
U/9	Jayde Woods	27-Feb-21	1.08
U/10	Lauren Shelton	05-Mar-16	1.17
U/11	Kirra Doyle	01-Feb-20	1.28
U/12	Bailey Van Den Broek	01-Feb-20	1.45
U/13	Ella Coad	17-Feb-18	1.40
U/14	Bailey Van Den Broek	22-Jan-22	1.51
U/15	Sheridan Hay	13-Feb-21	1.46

### DISCUS

U/6	Elsie Woodward	01-Feb-20	10.13
U/7	S. Rooke H	01-Jan-00	12.92
U/8	J. Freeman F	01-Jan-00	17.78
U/9	B. Doyle C	01-Jan-00	16.20
U/10	Lauren Shelton	01-Jan-16	24.36
U/11	Gabby Hay	01-Jan-19	20.41
U/12	T. Bruens H	01-Jan-00	24.44
U/13	J. Halloran H	01-Jan-00	31.22
U/14	J. Halloran H	01-Jan-00	28.56
U/15	J. Halloran H	01-Jan-00	26.96

### SHOT PUT

U/6	Verity Kirkpatrick	25-Jan-18	4.83
U/7	J. Halloran F	01-Jan-00	5.54
U/8	J. Halloran F	01-Jan-00	5.81
U/9	Verity Kirkpatrick	30-Jan-21	6.25
U/10	J. Halloran F	01-Jan-00	7.29
U/11	J. Halloran F	01-Jan-00	8.32
U/12	Bailey Van Den Broek	29-Feb-20	9.93
U/13	J. Halloran H	01-Jan-00	10.70
U/14	Bailey Van Den Broek	18-Dec-21	10.74
U/15	Hailee Baldwin	25-Feb-17	10.88

### VORTEX/TURBO JAV/JAVELIN

U/6	Madison Cordwell	01-Feb-17	12.45
U/7	Lucy Halton	11-Dec-19	21.64
U/8	Lauren Shelton	07-Dec-13	10.34
U/9	Lauren Shelton	10-Jan-15	15.45
U/10	Lauren Shelton	01-Jan-16	18.00
U/11	T. Bruens H	01-Jan-00	21.82
U/12	T. Bruens H	01-Jan-00	27.26
U/13	T. Bruens H	01-Jan-00	33.86
U/14	Bailey Van Den Broek	02-Feb-22	30.26
U/15	Lauren Shelton	15-Jan-20	26.78

## BOYS

### RACE WALKS

U/9	L. Bennett F	01-Jan-00	4:26.8
U/10	A. Lerossignol H	01-Jan-00	6:59.5
U/11	B. Dean H	01-Jan-00	6:23.9
U/12	J. Hitchens H	01-Jan-00	8:39.4
U/13	J. Hitchens H	01-Jan-00	8:36.5
U/14	Caleb Kirkpatrick	23-Dec-07	9:45.0
U/15	Caleb Kirkpatrick	27-Oct-18	9:57.4

### LONG JUMP

U/6	Lewis Thorpe	14-Jan-17	2.98
U/7	Lewis Thorpe	13-Dec-17	3.34
U/8	Lewis Thorpe	12-Dec-18	3.67
U/9	Lewis Thorpe	27-Nov-19	4.13
U/10	Lewis Thorpe	23-Jan-21	4.17
U/11	Blake Doyle	17-Feb-18	4.36
U/12	Flynn Smith	29-Feb-20	4.58
U/13	W. Oliver G	01-Jan-00	5.00
U/14	Wes Oliver	05-Mar-11	5.40
U/15	Blake Doyle	26-Feb-22	5.66

### TRIPLE JUMP

U/11	Blake Doyle	03-Mar-18	9.35
U/12	Blake Doyle	12-Dec-18	9.58
U/13	J. Lovell H	01-Jan-00	11.45
U/14	J. Lovell H	01-Jan-00	12.13
U/15	Blake Doyle	05-Mar-22	12.39

### HIGH JUMP

U/8	Luke Smith	12-Jan-13	1.10
U/9	Blake Doyle	24-Oct-15	1.17
U/10	O. Mills H	19-Feb-05	1.29
U/11	Blake Doyle	24-Feb-18	1.38
U/12	Blake Doyle	13-Oct-18	1.46
U/13	L. Crowe H	08-Dec-07	1.56
U/14	Blake Doyle	17-Oct-20	1.58
U/15	Blake Doyle	17-Nov-21	1.70

### DISCUS

U/6	S. Price G	25-Feb-06	13.47
U/7	Luke Smith	03-Dec-11	18.25
U/8	J. Glancy C	01-Jan-91	18.50
U/9	S. Broadby C	01-Jan-92	25.96
U/10	S. Broadby C	01-Jan-93	30.26
U/11	Lachlan Job	26-Oct-19	22.41
U/12	S. Schreck H	01-Jan-83	30.82
U/13	Lachlan Job	08-Dec-21	29.72
U/14	Zachary Kirkpatrick	30-Oct-21	32.09
U/15	Nathaniel Mommers	02-Mar-13	38.78

### SHOT PUT

U/6	Luke Smith	13-Jan-11	5.14
U/7	A. Stubbs C	01-Jan-88	6.94
U/8	L. Stevenson H	01-Jan-86	6.93
U/9	S. Broadby C	01-Jan-92	7.79
U/10	C. Charlesworth	01-Jan-93	8.45
U/11	S. Broadby C	17-Feb-06	9.28
U/12	Lachlan Job	19-Dec-20	9.10
U/13	W. Oliver G	16-Feb-08	11.19
U/14	Zachary Kirkpatrick	26-Feb-22	12.38
U/15	Caleb Kirkpatrick	15-Feb-19	12.70

### VORTEX/TURBO JAV/JAVELIN

U/6	Lewis Thorpe	04-Mar-17	24.90
U/7	Lewis Thorpe	03-Mar-18	29.53
U/8	Lewis Thorpe	15-Feb-19	20.87
U/9	Luke Smith	22-Feb-14	23.28
U/10	Lewis Thorpe	09-Dec-20	24.77
U/11	R. Bruens H	01-Jan-89	35.84
U/12	R. Bruens H	01-Jan-95	42.94
U/13	B. Pook H	16-Feb-08	38.18
U/14	Caleb Kirkpatrick	07-Feb-18	33.50
U/15	Liam Shelton	05-Mar-16	39.78





# Huon Valley Little Athletics Centre Programs

## Program 1

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
Hurdles 60-100m										
Hurdles 200m										
Hurdles 300m										
70m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100m										
150m										
200m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m										
800m				✓	✓	✓	✓	✓	✓	✓
1500m										
Walks										
Shot Put	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
			✓	✓	✓	✓	✓			
Discus			✓	✓	✓					
Javelin								✓	✓	✓
Turbo Jav										
Vortex	✓									
High Jump			✓	✓						
Long Jump	✓	✓			✓					
Triple Jump					✓				✓	✓

## Program 2

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
Hurdles 60-100m										
Hurdles 200m								✓	✓	
Hurdles 300m										✓
70m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100m	✓	✓								
150m										
200m			✓	✓	✓	✓	✓	✓	✓	✓
400m										
800m										
1500m										
Walks										
Shot Put	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Discus		✓	✓	✓	✓	✓	✓	✓	✓	✓
Javelin					✓	✓	✓	✓	✓	✓
Turbo Jav										
Vortex										
High Jump					✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump							✓	✓	✓	✓

## Program 3

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
Hurdles 60-100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hurdles 200m										
Hurdles 300m										
70m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100m										
150m										
200m										
400m										
800m						✓	✓	✓	✓	✓
1500m										
Walks										
Shot Put	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Discus	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Javelin										
Turbo Jav			✓	✓	✓	✓	✓	✓	✓	✓
Vortex										
High Jump						✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump										



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## Huon Valley Little Athletics Centre Season 2022-23 Calendar

September	24	Saturday	Come and Try Registration Day
October	01	Saturday	Program 1
	08	Saturday	Program 2
	15	Saturday	Program 3
	22	Saturday	Program 1 – Pink Sports Day
	26	Wednesday	Program 2 – Twilight
November	05	Saturday	Program 3
	09	Wednesday	Program 1 – Twilight
	12	Saturday	<i>Coles State Series: Launceston</i>
	19	Saturday	Program 2
	23	Wednesday	Program 3 – Twilight
December	26	Saturday	<i>Coles State Series: Penguin</i>
	03	Saturday	Program 1
	07	Wednesday	Program 2
	10	Saturday	<i>Coles State Series: Hobart</i>
	17	Saturday	Program 3 - PB Day Christmas Party
CHRISTMAS BREAK			
January	07	Saturday	Program 1 – Welcome Back Day
	14	Saturday	HVLAC Multi Event
	18	Wednesday	Program 2 – Twilight
	21	Saturday	<i>State Multi Event: Hobart (U13-U15)</i>
	22	Sunday	<i>State Multi Event: Hobart (U9-U15)</i>
February	28	Saturday	Program 3
	04	Saturday	Program 1
	08	Wednesday	Program 2 – Twilight
	11	Saturday	<i>State Relay Championships – Penguin</i>
	18	Saturday	Centre Championships – Week 1
March	25	Saturday	Centre Championships – Week 2
	04	Saturday	Centre Championships – Week 3
	11	Saturday	<i>State Individual Champs – Launceston</i>
	12	Sunday	<i>State Individual Champs – Launceston</i>
	18	Saturday	HVLAC Presentation Day



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