

**Collingwood
Little Athletics Centre
Incorporated**



**2017-18 SEASON
HANDBOOK**

\$2.00



Contents

Introduction.....	3
Welcome to the 2017-2018 Season	4
CLAC Committee	8
Venue Map & Location	9
Registration Information	10
2017 – 2018 Season Calendar	12
Competition Days	13
TEAM APP (CLAC – Member Communications)	13
On-Track (U6 – U8 Athletes).....	14
CLAC Multi Event Day	15
Come and Try	15
Region and State Championships (U9-U16 Only)	16
EMR Camps	18
Open Days at other Little Athletic Centres	19
Cross Country	19
Transition to Senior Athletics – Dual Athlete Registration	19
Presentations	19
Annual General Meeting	20
Code of Conduct.....	20
Administrators’ Code of Conduct.....	20
Officials’ Code of Conduct	21
Parents’ Code of Conduct	21
Spectators’ Code of Conduct	22
Coaches’ Code of Conduct	22
Little Athletes’ Code of Conduct	23
Policies and Procedures.....	23
Weather Issues.....	23
First Aid	23
CLAC Awards	24
Centre Records.....	24
Competition Standards for setting up and measuring	24
Privacy Policy	24
Collingwood Little Athletics Centre Incorporated Constitution.....	24



Sponsors	24
Centre Rules and Regulations	24
Conduct	24
Competition Rules	25
Uniform	26
Running Shoes & Training Apparel	27
Track spikes	27
Parents and Volunteers	28
Hints for Parent Helpers	28
Helping out – basic job descriptions	29
Training for Athletes	31
Centre Coaching	31
Winter Training	31
LAVic Skills Clinics	32
LAVic Junior Development Squad (JDS)	32
Additional Training	32
Training for Parents and Officials	32
LAVic Officials’ Seminars	33
Introduction to Coaching Course	34
Coaching Courses	35
LAVic Starters’ Seminars	35
LAVic On Track workshops	36
LAVic Race Walking Seminar & Clinic	37
Centre Awards and Records	38
Centre Award Winners for 2016/17	38
Centre Record Setters in 2016/17	42



Introduction

The Collingwood Little Athletics Centre Incorporated (CLAC) provides Track & Field Disciplines in summer from October – March and Cross Country Running in winter from April – July for both genders in age groups from Under 6 to Under 16.

CLAC is one of 12 Little Athletics Centres operating in the greater Eastern Metropolitan Region (EMR).

There are 7 Regions (4 Metropolitan and 3 Rural) in Victoria. The State Body for Little Athletics is Little Athletics Victoria (LA Vic). CLAC is an incorporated body run by parent volunteers and affiliated with LAVic.

The junior athletics National Sporting body is Little Athletics Australia which LAVic reports to.

Listed below are useful contact details, website links and email addresses

CLAC

Collingwood Little Athletics Centre Incorporated (Incorporation No A0061723F)

- Address - PO Box 42, Clifton Hill, Vic. 3068
- website - www.clac10.org.au
- email – collingwood@lavic.com.au

EMR

- website - <http://www.lavic.com.au/Eastern-Metro-Region>

LA Vic

- website – www.lavic.com.au
- email – office@lavic.com.au





Welcome to the 2017-2018 Season

Welcome athletes and parents to the CLAC 2017-18 athletics season and a special welcome to those athletes and families who are new for this season.

We have a very exciting and full season planned ahead, including 8 CLAC Competition Days, CLAC Multi Event & Club's 50th Year Celebrations as well as the Regional & State Relay Championships, State Multi Event Championships, Regional and State Track & Field Championships, Cross Country Competitions, Region & State Cross Country Championships and Road Relays.

Please note CLAC will be temporarily relocating in January 2018 to the Doncaster Athletics Track (Tom Kelly Athletics - Rieschiecks Reserve, 123 George Street, East Doncaster) due to the Collingwood venue receiving a major \$730,000 capital works program via City Of Yarra, which will see a new athletics track laid ready for the 2018-19 season. Works are estimated to commence sometime in early 2018. During this time the centre will be closed to the general public and all club members for safety reasons.

The positive side to this arrangement will see Collingwood Little Athletics Club integrate at the Doncaster venue and will allow CLAC athletes to compete with many other junior clubs located at the Doncaster venue. We appreciate this may be an inconvenience for some of you, but we can assure you it is a quality facility and should be a great experience for our members to compete at another Club. The distance from the Collingwood venue is approximately 23 minutes or 18.1km down the Eastern Freeway.

The venue is fantastic and is very family friendly, has great vehicle access and parking and has all the services one would expect to see at a larger operating club within our Eastern region.

I would like to thank the Doncaster Little Athletics Club who have been very kind in accommodating CLAC and its membership base whilst our facilities are being upgraded.

Our Club will also be celebrating its 50th Year in operation this season and our celebration is planned to be held on Saturday 9th December 2017 immediately after our CLAC Multi Event.

The Collingwood Club was the 10th Centre to be opened and affiliated with Little Athletics Victoria in 1967 and is worlds apart now in terms of its location and operation. The club was originally located at Curson Reserve in Clifton Hill and was run on a 300m Grass Track with local schools forming membership into clubs who competed weekly.

If you are new to athletics or the Centre, there are a few steps that will help you get the most out of Little Athletics.

- Read this Handbook – the content of this handbook has been developed over many seasons. You should be able to find information and the answers to most questions in this Handbook.
- Ask Questions – There are always plenty of experienced parents and Committee members around. If you have any questions, ask another parent, find someone in the clubrooms or ask at the announcing booth.
- Read the CLAC Newsletters as they will cover issues that are relevant for the next few weeks or so. Always read them and if you are not receiving them, see someone in the Clubrooms.



- Register with **Team App** which is available on either Android or Apple systems to also stay up to date with relevant club information.
- Listen to announcements – during competition days there are always announcements about things that are coming up.
- Contact us – if you still have a question, send CLAC an email or contact me. My details are listed in the Committee list overleaf as well as on the website.

The 2016-2017 summer season was very successful by all measures. So thank you to all the athletes, parents, volunteers and Committee members who contributed to this success, including those who are took part in the Cross Country program.

I would like to thank our departing Committee members: Narelle Scott and Bill Chamberlin, thank you for all your hard work & effort in 2016-17 Season.

I would also like to welcome our new 2017-18 Committee Members:

Competition Manager – Ben Daly

Communication Manager – Darren De Banks

Website Coordinator – Palmyra De Banks

General Member - Carolyn McCabe

It is essential that we continue to get new people with fresh energy and ideas onto the Committee each year. I urge all of you to consider joining the Committee either now or next year.

Athletics competition can only proceed because of the large number of parents who volunteer their time every week. I urge all families to consider to volunteer at least every 2 to 3 weeks. The majority of the jobs at the club do not require any background in athletics and for those tasks that require a little more knowledge there are plenty of learning and development opportunities available from the association to help you up skill. Volunteering is a great way to be up close to the events, see your children compete and to meet the other likeminded Little Athletes and parents.

In addition to parent volunteers filling the numerous jobs every week, we also need parents with qualifications in various areas of athletics. These include Coaches, Starters, Officials and Walks Judges.

LAVic & Athletics Victoria offer some great courses in these areas and CLAC will pay all course fees for parents and past athletes. Without qualified people at our competitions and training the experience that we can offer your children is greatly reduced and, in some circumstances, we would not be able to run events. So, I urge you, if you wish to get more involved in what your kids are doing and get a deeper understanding of the sport of athletics, talk to one of the Committee about doing a course and becoming qualified.

One of the successes last year, among many, was the number of athletes aged between U9-U15 that competed in Representative Events. I encourage all eligible athletes within these age groups to consider taking part in the Region Relay Championships (with the opportunity to progress to the State Relay Championships), the State Multi Event Championships and the Region Track and Field Championships (with the opportunity to progress to the State Track and Field Championships).

These competitions give our athletes the opportunity to compete against athletes from across the Region and State, make new friends as well as take their athletics to a whole new level.



However, success takes many forms and is a very individual thing. For some, success is doing well at Region and State Championships and for others, success is regularly improving and achieving personal bests.

For others, success is just participating in a sport that they are new to, developing new skills and abilities and being fitter, stronger and faster at the end of the season than they were at the start of the season. All successes should be recognised and celebrated. Little Athletics is about the children and what they get out of it, not about the parents and the spectators. I ask that we all remember this and behave accordingly in line with the Centre's and the Association's Code of Conduct & the national Play By The Rules code.

Little Athletics is about participation and fun. Please encourage your children to take part in all the events offered on our competition days and to participate in as much competition and training as possible. This includes not only CLAC Competition Days, but our regular age-specific training, LAVic Training clinics, the EMR Camps, other Centres' Open Days and Region and State Championships. The more events and Competitions that athletes compete in the greater the development in and experience of athletics for your child.

Although athletics is generally an individual sport, it is also a very social sport with time for children to mix with other children of different ages and backgrounds. And this also applies to the parents. I hope to meet with as many parents and kids as possible this season so please come up to me or any of the Committee and say hello.

I'm looking forward to a great 2017/18 Athletics Season and I hope you are too.

Club President
Scott Lovell

Club History & Life Members



Collingwood Little Athletics Centre (CLAC) was founded in 1967 by members of the Collingwood Harriers Club. Our current Committee member, Graeme Scott, is one of the founding members. The events were first held at the Coulson Reserve near the railway line on Heidelberg Road on a grass track.

Collingwood Little Athletics Centre Incorporated was registered as an incorporated association in August 2014.

CLAC Life Members

Mr. William Tunaley*	1972	Mrs. Val Allpress	1976
Mr. Eric Wenckowoski	1977	Mr. Ron Miller	1979
Mrs. Marge Nicholls	1979	Mrs. Glenys Jones	1980
Miss Bev Webber (Scott)	1981	Mrs. Dorothy McInroy	1982
Mr. Reg Nicholls	1983	Mr. John Bradley	1984
Mrs. Silvia Elms	1985	Mrs. Lois Cooper	1985
Mrs. Debbie Mc Kenzie	1986	Mr. Ray Harbert	1987
Mrs. Kathy Tatarskyj	1989	Mrs. Shirley Eames	1990
Mrs. Judy Moorcroft	1990	Mrs. Lyn Kearney	1991
Mr. Graeme Scott	1995	Mrs. Jennifer Laird	2000
Mr. Wasyl Drosdowsky	2000	Mr. Inga Kirkland	2001
Mr. John Lawson	2003	Mr. Bruce Pennant	2004
Mr. Susan Apostolidis	2005	Mr. David Johnson	2008
Mrs. Clare Garganis	2012	Mrs. Robyn Maynard	2012
Mr Dean Cromb	2013	Ms Narelle Scott	2014
Ms Heather Jarvis	2014	Mr. Rohan Jones	2016
Mr. Scott Lovell	2016		

*Deceased member

Eastern Metropolitan Region Life Members

Mr. Eric Wenckowoski		Mrs. Bev Scott	2002
Mr Graeme Scott	2015		

Opening Of Curson Reserve / Club 1968



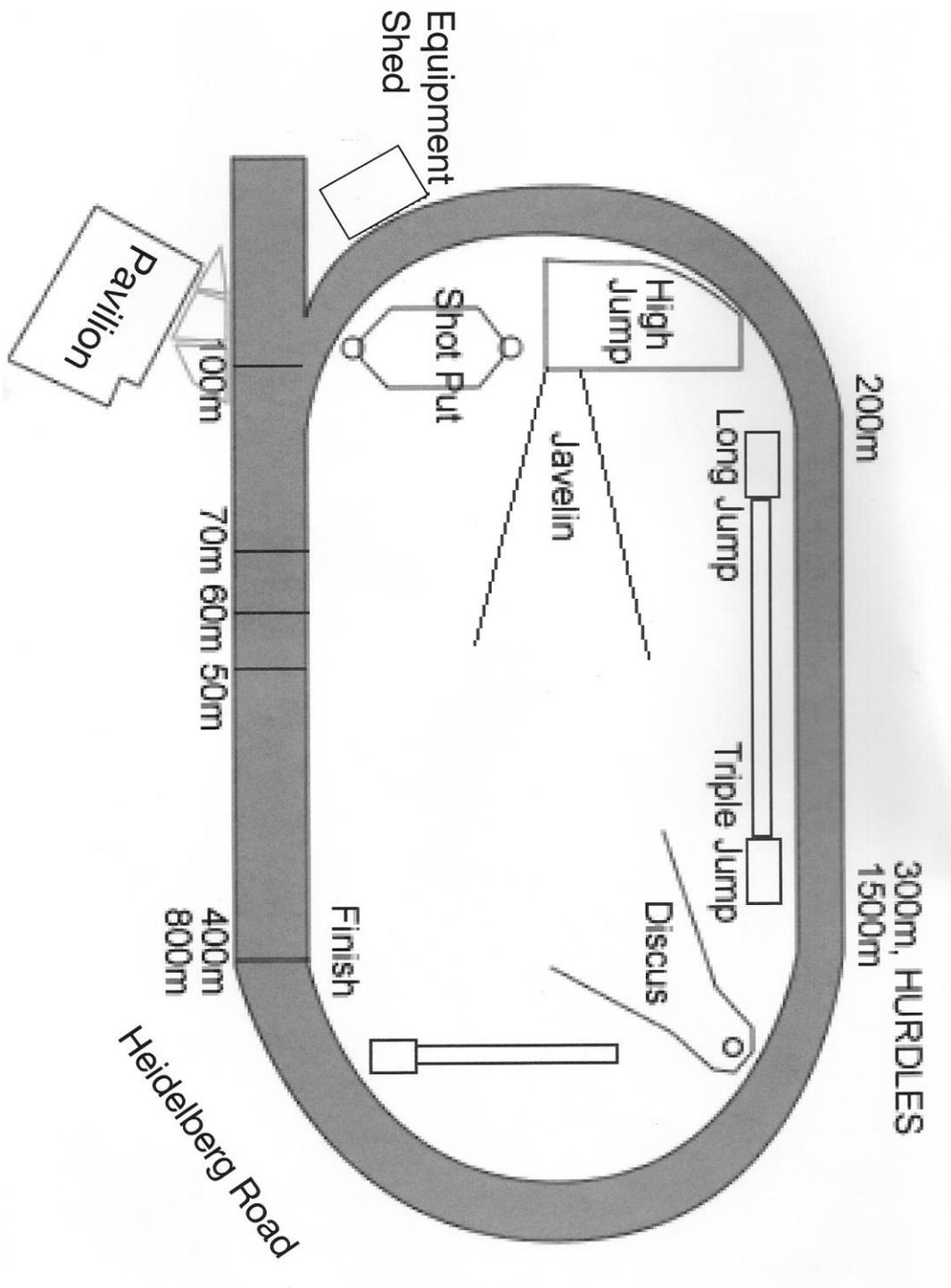


CLAC Committee

Committee Member Position	Name	Mobile
President	Scott Lovell	0438 015 398
Secretary	Vacant	
Treasurer	Janine Cooper	0412 128 587
Registrar	Roslyn Brierley	0438 012 413
Registrar (Assistant)	Brigid Tram	0413 459 079
Competition Manager	Ben Daly	0448 133 367
Equipment Manager	Eugene Nemesi	0405 122 408
Program & Results Manager	Paul Ryan	0405 353 105
Communications Manager	Darren De Banks	0477 429 422
Website Coordinator	Palmyra De Banks	0403 444 206
Cross Country Manager	Bev & Graeme Scott	0400 571 585
Coaching Coordinator	Eugene Nemesi	0405 122 408
Championship Event Coordinator	Vacant	
Marketing & Merchandise Coordinator	Fiona Lee	0407 022 882
Volunteer Coordinator	Vacant	
Canteen Manager	Vacant	
General Member	Carolyn McCabe	0459 802 969

Venue Map & Location

George Knott Athletic Field
 Coulson Reserve
 Heidelberg Road
 CLIFTON HILL
 Melways Ref 30 G12





Registration Information

CLAC provides track and field (summer) and cross country (winter) activities for boys and girls in age groups Under 6 to Under 16. The athlete's age on September 30 determines the age group an athlete performs in for the season. Athletes must be at least 5 years old to be registered with the centre. The table below shows the age group for athletes for the 2017/18 season based on the month and year of their birth.

AGE GROUP CALCULATOR

You are here: [Participate](#) > [Age Group Calculator](#)

	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
JANUARY		16	15	14	13	12	11	10	9	8	7	6	6
FEBRUARY		16	15	14	13	12	11	10	9	8	7	6	6
MARCH		16	15	14	13	12	11	10	9	8	7	6	6
APRIL		16	15	14	13	12	11	10	9	8	7	6	6
MAY		16	15	14	13	12	11	10	9	8	7	6	6
JUNE		16	15	14	13	12	11	10	9	8	7	6	6
JULY		16	15	14	13	12	11	10	9	8	7	6	6
AUGUST		16	15	14	13	12	11	10	9	8	7	6	
SEPTEMBER		16	15	14	13	12	11	10	9	8	7	6	
OCTOBER	16	15	14	13	12	11	10	9	8	7	6	6	
NOVEMBER	16	15	14	13	12	11	10	9	8	7	6	6	
DECEMBER	16	15	14	13	12	11	10	9	8	7	6	6	

Children born on or after 1 October 2011 may register and compete in the Under 6 age group only after their 5th birthday. Please contact the Registrar to arrange registration for these children.

Registration will only be valid upon:

- Completion of the on-line LAVic Little Athletics Victoria registration;
- Payment of the appropriate fee; and
- Provision of **proof of age** of the athlete (for new athletes only) for example, passport or birth certificate.

All members must be financial with the Centre. Families with two or more children may arrange extended payments with the Registrar. CLAC has a program for assisting families with registration fee payments and other athletic expenses (e.g. camps, region event fees, etc.) where a family is experiencing financial hardship. For further information, contact the CLAC Registrar or President. All discussions will be held in strictest confidence.

New members must produce **proof of birth date prior to participation in competition days** otherwise club points will be withheld until presented. This also applies to athletes who have not produced proof of birth date in previous seasons.



Registration Fees for 2017/18 includes all summer competition days, the winter Cross Country program, training on Tuesdays annually, On Track Programme, Skill Development Clinics, CLAC Multi Event Day.

Single Athlete:	\$190.00
Family of two athletes:	\$345.00
Family of three athletes:	\$510.00
Family of four athletes:	\$680.00

If you are having any problems with online registration, in particular, if you wish to add a sibling to a registration, please contact the CLAC Registrar.

The cost of the CLAC singlet, Black LAVic Shorts (Requirement for LAVic Championship Events), entry to Region and State Events, the EMR Camp and other Centre's Open Days (including Box Hill Relay Open Day) are in addition to the CLAC Registration fees. If you are having problems with the payment of these expenses please talk to one of the Committee. We do not want to see any athlete miss out on an opportunity simply because of the cost.

For athletes who wish to only register for cross-country (i.e. No Summer Little Athletics) there is a reduced winter registration fee.

CLAC also provide a '**Come & Try**' program for children who want to try Little Athletics before going to the expense of registering for a small \$5.00 administrative cost per meet. More information on this program can be obtained on page 15.

Club Registration Day:

When: Saturday 7 October, 8.30am - 11.00am (in the club room)

Where: George Knott Reserve and Athletics Track, Clifton Hill

This allows for the purchase of Collingwood uniform and merchandise and collection of required race bib numbers with barcodes, after completing the LAVic registration online. Please note that there has been a slight membership fee increase for 2017-18 season due to LAVic raising their annual fees.

Annual CLAC Club Membership Provides Access To:

- Both summer and winter season competition periods
- Seasonal skill development at club and association level for all U6 – U8 athletes
- Club-based annual training and development for U9 – U16 athletes (Tuesdays 5 pm)
- Access to LAVic Junior Development Squad Training (qualification dependant)
- Regional and state based competition for U9 – U16 athletes (qualification dependant, additional entry fees apply)
- Club and interclub based competition for all U6 – U16 athletes
- Athlete progression pathways to senior and professional levels, if desired
- Athletics Australia qualified and accredited coaching and officials
- Educational pathways for parents and club volunteers



2017 – 2018 Season Calendar

The calendar for the 2017/18 Season is shown below:

CLAC 2017-18 Summer Season Calendar - Plan E (4th September)				
Event Day	Date	Time	Event Type	Comments
Saturday	7th Oct	9.00 - 11.00am	Registration Day	Register, collect bib, buy uniform
Saturday	14th Oct	8.30 - 11.30am	Comp 1	Bring a friend - come & try
Friday	20th Oct	5.30 - 8.30pm	Comp 2	Bring a friend - come & try
Saturday	28th Oct	8.30 - 11.30am	Comp 3	Bring a friend - come & try
Friday	3rd Nov	5.30 - 8.30pm	Comp 4	Melb Cup Long Weekend
Saturday	11th Nov	8.30 - 11.30am	Comp 5	
Sunday	12th Nov	All Day	Box Hill Relays	Box Hill
Saturday	18th Nov	8.30 - 11.30am	Comp 6	EMR Camp Weekend (U10-11)
Saturday	25th Nov	All Day	Region Relay Championships	Nunawading
Friday	1st Dec	5.30 - 8.30pm	Comp 7	EMR Camp Weekend (U12-15)
Saturday	9th Dec	TBC	CLAC Multi Event & 50th Year Celebration	Multi Discipline Event
Friday	15th Dec	5.30 - 8.30pm	Comp 8	
Saturday	16th Dec	All Day	LAVic State Relay Championships	Lakeside Stadium
Saturday	23rd Dec	10.00 am - 10.00pm	Doncaster Open Day	Doncaster
Christmas Break - Move to Doncaster TBC				
Saturday	20th Jan	8.30 - 11.30am	Interclub Comp (CLAC Comp 9)	Doncaster
Wednesday	24th Jan	6.00 - 9.00pm	Interclub Comp (CLAC Comp 10)	Doncaster
Saturday	27th Jan	All Weekend	LAVic State Multi Event	Casey Fields
Sunday	28th Jan			
Friday	2nd Feb	6.00 - 8.30pm	Interclub Comp (CLAC Comp 11)	Doncaster
Saturday	10th Feb	8.30 - 11.30am	Interclub Comp (CLAC Comp 12)	Doncaster
Friday	16th Feb	6.00 - 8.30pm	Interclub Comp (CLAC Comp 13)	Doncaster
Saturday	17th Feb	All Day	Region Track & Field Championships	Knox
Sunday	18th Feb			
Saturday	24th Feb	8.30am - 12.30pm	Doncaster Centre Championships Day 1	Doncaster
Saturday	3rd Mar	8.30am - 12.30pm	Doncaster Centre Championships Day 2	Doncaster
Saturday	10th Mar	All Weekend	LAVic State Track & Field Championships	Lakeside Stadium (Labour Day - Long Weekend)
Sunday	11th Mar			
Saturday	17th Mar	8.30am - 12.30pm	Doncaster Centre Championships Day 3	Doncaster
Friday	23rd Mar	6.00 - 8.30pm	AGM & Awards Night	Venue TBC
Saturday	31st Mar	All Day	Stawell Gift	Stawell
	27th-30th Apr		ALAC Australian Championships	Gold Coast

Key	
	CLAC/DLAC Regular Competition - included in registration fee
	CLAC Special Event - included in registration fee
	LA Vic, Region or State Event - cost not included in registration fee
	Other EMR Centre Special Events - cost not included in registration fee

Please note that the move to Doncaster is dependent on the timing of commencement of track works at Collingwood, which is not yet confirmed. CLAC will keep members updated on developments via TeamApp, the CLAC website and announcements at Competition Meets through November/December.



Competition Days

Competition Days make up the majority of the CLAC Calendar. Competition Days are where athletes compete against other CLAC athletes within the same age group and gender. Over the season the aim is for athletes to have the opportunity to compete in every event available for their age group at least 3 times (subject to weather). Competition points towards end of season awards are earned on Competition Days only.

The weekly program of events is set by the Committee. The Program Manager may change the weekly program, for example, as a result of inclement weather, track conditions or equipment failure.

In order to ensure safety, when held, the **Javelin** competition will be conducted on Saturday mornings starting at 7:30am, prior to other events. Prior notice will be given to athletes of when this is to occur. Javelin is only available for U11 and older athletes.

In order to ensure meets finish on time, when held, the **Walks** competition will be conducted on Saturday mornings starting at 8:00am, prior to other events. Prior notice will be given to athletes of when this is to occur. Walks are only available for U9 and older athletes.

CLAC Saturday Mornings	CLAC Friday evenings
8.30am warm up and volunteer registration	5.30pm warm up and volunteer registration
8.45am start (7:30am start for Javelin, 8:00am for Walks)	5.45pm start
11.30am approximate finish	8.30pm approximate finish
U6-U7: 2 events plus On-Track U8: 3 events plus On Track U9-U16: 5 events	U6: 1 event plus On-Track U7-U8: 2 events plus On Track U9-U16: 4 events

Competition Days are scheduled to run for between 2 and 3 hours, depending on the age group, the number of events programmed and the availability of volunteers to run events. Scheduling aims to have younger age groups finish as early as possible.

TEAM APP (CLAC – Member Communications)

Members, please subscribe and download Team App as it's free for Android and Apple devices and the club will be using **Team App** extensively throughout this season for the majority of club communications. If you are not using the **Team App** you might miss out on vital club information including but not limited to:

- Competition Cancellation Notices, due to weather conditions
- Association Education Clinic Notices or Major Events
- Club Training Notices or Information
- Club News Letters & Associated Media Notices
- Club Photos
- Club Merchandise

Note that Doncaster Venue also uses Team App, so it will become very important to use when we move to Doncaster.

Refer **Team App** Link:

<https://www.teamapp.com/clubs/search?utf8=%E2%9C%93&q=collingwood+Little+Athletics>



On-Track (U6 – U8 Athletes)

Younger athletes participate in the **LAVic On-Track - Skills Development Program** as part of the weekly program.

On-Track is a specially designed program for younger athletes and emphasises the development of skills and learning of those skills, rather than competition. At Collingwood, On-Track is provided for our under 6, 7 and 8 athletes.

The program will run for approximately 40 minutes each week. As a result, our junior athletes compete in a reduced number of Competition Events.

Under 6, 7 and 8 athletes can also take part in the CLAC Multi Event Day under normal competition rules to allow them to use the skills that they have developed in the first part of the season.

We are keen to get as many people as possible involved in running our On-Track Program and urge parents to attend one of the On-Track workshops to be held at various venues around Victoria. See the Little Athletics Victoria website for details about parent training for On-Track clinics or see below.

All associated fees will be refunded by the club for those parents who attend the training clinics.

Parents, please consider as this would help the club immensely!



On Track Workshops	
Date	Venue
Saturday 19 th August	Diamond Valley
Sunday 24 th September	Doncaster
Sunday 8 th October	Barooga
Sunday 5 th November	Brighton

Interactive workshops which include theory & practical sessions demonstrating the On Track program. Handy tips on implementing at your Centre, as well as recruiting coordinators will be provided.

Time: 10.00am – 12.00pm, unless stated on the online portal.

Cost: \$10.00 + SportsTG processing fee.

Registrations online at: www.lavic.com.au / Education & Training / Coaching / On Track.

Registrations close on the Wednesday before each workshop.

CLAC Multi Event Day

CLAC holds its own Multi Event day to give our athletes experience in this format of competition before the State Multi Event Competition. Multi Event competition is for the athlete who likes to compete in a range of track and field events. In the Multi Event format, athletes compete in between five and seven set events (depending upon their age and gender) and points are awarded for the athlete's individual performances in every event. The better your result, the higher your points. The athlete with the highest points tally after completing all set events is the winner.

Medals are awarded for the first three places in each age group and gender on the day, with ribbons for all athletes that complete every event in their age group/gender.

Come and Try

During all Competition Days, CLAC runs a 'Come and Try' program which allows children to try Little Athletics without having to register. For a small fee of \$5.00 per session, the children can come and take part in a competition day with other athletes of the same age and gender. The children compete just like registered CLAC athletes except that their results are not retained.

Children are allowed to do a maximum of 2 Come and Try sessions a season. If a child wishes to continue after 2 Come and Try session they are required to register.



Region and State Championships (U9-U16 Only)

In addition to the CLAC Competition program, athletes may choose to compete in a range of Region and State Championships. There are five inter-centre competitions.

- Relays
- Multi Events
- Track and Field
- Cross Country
- Road Relays

All athletes are encouraged to compete in these events to represent their Centre and for the experience of competing in a different environment to the normal Competition Days. Many athletes enjoy the extra competition and often achieve their Personal Best performances at these Championships.

More details will be provided during the season on the CLAC Website and through the CLAC Newsletters. As an introduction to representative athletics, CLAC will cover the cost of entry to the Region Relay Championships for all athletes and teams that wish to compete. The cost of entry to all other Region and State championships is in addition to your CLAC registration.

At all Regional and State Track & Field competitions, it is compulsory for a parent or carer of each athlete to perform a Club duty. Athletes must also meet LAVic's minimum attendance eligibility requirement of 4 Club competition days before they can register for the event. If you do not attend to your allocated duty, the Club may be fined and the athlete's club award points removed.

LAVic Athlete Qualifying Table:

Championship	Qualifying Competition
State Relay Championships	Region Relay Championships
State Multi-Event Championships	No qualifying competition
State Track & Field Championships	Region Track & Field Championships
State Road Relay Championships	No qualifying competition
State Cross-Country Championships	Region Cross Country Championships

EMR Region and LAVic State Relays

Region and State Relays are for athletes from under 9 to under 15. The teams are organised by interested parents and first compete at EMR region level with the possibility of advancing to the State Championships. Relays are an important part of athletics and are the only team based event. Athletes learn a lot and enjoy relays. Even our older more experienced athletes look forward to relay competition.

Relay events include 4 x 100m, 4 x 200m, medley (2 x 100m + 200m + 400m) and mixed age/gender medleys. An athlete may compete in a maximum of three events.



The Centre committee will not organise teams for Region Relays, but will submit entry forms for teams organised by athletes and or parents, provided that at least two parents are available to:

- Supervise and organise the team to ensure that all members are available for training and are available on competition day; and
- Officiate on the day of the competition.

LAVic Relay Team Composition Table:

Event Type	Age Group	Team Composition	Max. Team Size
4 x 100m	U9 - U15 B & G	4	5
4 x 200m	U9 - U15 B & G	4	5
Medley (2x100m, 1x200m, 1x400m)	U9 - U15 B & G	4	5
Mixed Sex 4 x 100m	U9 - U15 MS	2 x Boys, 2 x Girls	6
Mixed Sex 4 x 200m	U9 - U15 MS	2 x Boys, 2 x Girls	6
Mixed Age Medley (2x100m, 1x200m, 1x400m)	U9 - U11 MA	1 x U9, 1 x U10, 2 x U11	6
	U12 - U13 MA	2 x U12, 2 x U13	6
	U14 - U15 MA	2 x U14, 2 x U15	6

Legend:

B – Boys Only G – Girls Only MS – Mixed Sex MA – Mixed Age

LAVic State Multi-Event

If you are an all-round athlete who enjoys all types of events, the State Multi Event Championships may be just the competition for you. Athletes from under 9 to under 15 compete in between five and seven set events (depending upon their age and gender) and points are awarded for the athlete's individual performances in every event. The better your result, the higher your points. The athlete with the highest points tally after completing all set events is the winner.

For more detailed information on the events for each age group and gender, as well as confirmation of competition days, please refer to the LAVic website. State Multi-Event has no prior qualifying event. Direct entry & payment via the LAVic website is all that is required.

EMR Region and LAVic State Track and Field

The Region and State Track and Field Competitions cover all track and field events that athletes compete in at the CLAC Competition Days. Region Track and Field is open to all CLAC Athletes from under 9 to under 15.

To be eligible to enter the Region Track and Field Competition, athletes must be under 9 to under 15 and must have participated in a minimum of 4 CLAC Competition Days as a registered athlete before the close of entries for the event. More information about entry will be provided closer to the event on the LAVic & CLAC Websites, Team App and the CLAC monthly Newsletter.

Athletes may enter up to four events at the Region Championship. Events on offer will be listed on the online entry form at the LAVic website. There are no qualifying standards for any events except high jump and walk.

Athletes may qualify for the State Track and Field Competition based on their performance at the Region Track and Field Competition. First place-getters in all events automatically qualify for the State



Championships. The rest of the field will be made up from the next best performances when all Regions' results are compared.

EMR Region and LAVic State Cross Country

The EMR also holds its own Regional Cross Country Championship which is open to all athletes. There are also team competitions where teams are made up of three athletes in each age group.

LAVic also holds a State Cross Country Championship. Eligibility for this event is that athletes must have first completed in EMR Regional Championship event before any entries will be accepted.

All EMR & State entry and any associated fees must be processed via LAVic portal and confirmation issued to the Cross Country Manager by the event closing date, which will be notified during the Cross Country Season by LAVic and Club.

LAVic State Road Relay

State Road Relays are held for Age Groups under 9 to under 15. State Road Relays consist of teams of 3 runners. The event is held at Sandown Race Course and entry will be via the LAVic Website.

EMR Camps

For 40 years the EMR has held coaching camps for athletes of all abilities. There are two camps: one for under 10 and under 11 athletes; and another for under 12 to under 15 athletes. Each camp runs over a weekend with athletes leaving by bus on Friday afternoon and returning Sunday evening. The EMR Camps, held at Crystal Creek, are a great way to improve your skills and performances while at the same time training and forming friendships with athletes from other Centres. Although run by EMR, the camp is open to all athletes across Victoria. A number of CLAC Coaches usually attend each camp each year.

Crystal Creek Camp is located in the Goulburn River Valley about 6 kilometres south west of Alexandra. The venue is designed to allow for a variety of activities. A large oval caters for all our track and field needs including jump pits, shot put and discus rings. Equipment including hurdles and high jump facilities are laid out for coaching sessions by Athletics Australia accredited coaches. The spacious well maintained buildings can accommodate over 100 athletes.

Athletes are coached in their own age groups. Full catering is provided in the well-equipped dining hall and various onsite activities are available such as supervised swimming, basketball, volleyball, canoeing, High & Low Rope Courses, flying fox, etc. The site is perfect for cross-country running and offers clean, unpolluted fresh country air. Sleeping accommodation is by way of cabins, each taking between 6-8 athletes in bunks.

For more details on the camp or if you have any concerns about your child attending, visit the EMR website or talk to Graeme Scott or Scott Lovell (EMR Education Director). Also have a look at the clip of the 2013 camp at <https://www.youtube.com/watch?v=WYAzQQJnKys> or on the camp page at the EMR website.

You will not lose competition points if you attend the camp. Compensation points will be awarded.

EMR Coaching Camp (U10 – U15's only) - 40TH Year Celebration Camp

2017 Camp Fees:

Single Child \$250.00 (Early Bird Fee Only - Before 25th October)

Single Child \$275.00



Camp Dates:

U10 – U11 Camp = Friday 17th – Sunday 19th November 2017

U12 – U15 Camp = Friday 1st – Sunday 3rd December 2017.

Register early to avoid disappointment as this is the 40th year camp!

To register Online go to: LAVic.com.au/Eastern-Metro-Region

Open Days at other Little Athletic Centres

Open Day events are a great way for our Little Athletes to gain experience competing against other athletes and to make new friends. CLAC encourages its athletes to attend Open Days at other Centres. Details of all the Open Days across Victoria are on the LAVic website.

Cross Country

Winter is Cross Country Season. CLAC takes part in the Eastern 7 Cross Country program, which includes a number of competitions hosted by different centres, a few Open Days as well as Region and State Competitions. Competitions are generally held on Sunday mornings (the State Competition is held on a Saturday morning).

Your Summer Registration also covers the winter Cross Country season, although there is generally a small entry fee for most of the events. Cross Country running is a fun and fabulous way to keep fit over the winter and it's also a great way to get out and about and visit many of the Eastern Suburbs best parks.

A cross-country attendance trophy will be awarded to athletes who compete in at least six cross country competition days. For more information and to put your name down for Cross Country season, contact the Cross Country Manager.

For more information on cross country please refer to our Winter Handbook available via Team App or upon request.

Transition to Senior Athletics – Dual Athlete Registration

Athletics Victoria (AV) offers opportunities for athletes aged 13 or above to experience senior competition through its Dual Registered Athletics Program in association with Little Athletics Australia.

Athletes taking part in this program are eligible for a discounted AV membership with their local senior club. This allows athletes to compete at AV competitions as well as AV championship events. Athletes can wear their Little Athletics Uniform and, upon AV registration, are issued with an AV number bib to wear at AV events. A number of our older CLAC athletes also compete with the Collingwood Harriers Athletics Club via this program and have done very well. Note that most senior competition events are held on Saturday afternoons from 1pm – 5.30pm at various locations in and around Melbourne.

In order to obtain the Dual Athlete discount, athletes must first register with CLAC.

For more information, speak to the CLAC President or Resistor or Stephen Griffiths at Harriers.

Presentations

All summer season awards are presented at the Centre's presentation function evening at the end of the season, the date of which will be advised on the website and via Team App prior to season close.



In order to avoid wastage and unnecessary expense, the club will send out a formal invitation ahead of the night. Awards/trophies will only be ordered and issued to those athletes who are eligible and have returned this form to the club. This is a great opportunity for all children and parents to come together and celebrate the achievements of all athletes during the season. All children are encouraged to attend given it's our 50th Year.

Cross Country awards are presented at a separate ceremony following the close of the Cross Country season by the Cross Country Managers and Club President.

If children are unable to be present to receive their awards on the night, arrangements can be made with the Secretary to collect the awards from the Clubrooms. The Centre cannot guarantee safekeeping, nor be responsible for uncollected awards. Any unclaimed Trophies and awards will only be kept by the Centre for a minimum of 3 months following the Presentation.

Annual General Meeting

CLAC is run totally by parents, volunteers & life members.

In order to continue to provide great programs and facilities for young athletes, it is vital that parents and carers support and join the Centre Executive and Centre Committee. The CLAC AGM is held on the same night as the summer Presentation, just before the celebration commences.

Please note that when attending the AGM, please remember to sign in as it's a legal requirement of the club given that we are incorporated that we record all attendees at the event.

Code of Conduct

CLAC expects all members to comply with the following Code of Conduct. Appropriate action may be taken in the case of any breaches of the Code of Conduct. CLAC will ensure that all athletes, coaches, spectators, parents, officials and administrators are not prone to sexual abuse, neglect, physical abuse or emotional abuse. It will ensure that all persons are included, protected and not discriminated against in any manner. CLAC is registered as an Incorporated Association as protection for its Executive, Committees and its Members.

Administrators' Code of Conduct

- Involve children in the planning, leadership, evaluation and decision-making related to the activity.
- Ensure that equal opportunities for participation in sports are made available to all 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 children.
- Ensure that rules, equipment, events and training schedules take in consideration the age, ability and maturity level of participating children.
- Ensure that adequate supervision is provided by qualified and competent coaches and officials capable of developing appropriate positive behaviour and skill technique.
- Remember that children participate for enjoyment and play down the importance of rewards.
- Avoid allowing programs to become primarily spectator entertainment. Focus on the needs of the participants rather than the enjoyment of the spectators.
- 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 regarding fair play.
- Make the Code of Conduct available to spectators, officials, parents, coaches, athletes and the media.
- Hold a current Working with Children Check.
- Avoid the use of bad language.

Officials' Code of Conduct

- Compliment all participants on their efforts.
- Be consistent, objective and courteous in calling all infractions.
- Condemn unsporting behaviour and promote respect for all opponents.
- Ensure that the "spirit of the game" for children is not lost by using common sense and not over-emphasising errors.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
- Publicly encourage rule changes, 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.
- Make a personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.
- Hold a current Working with Children Check where required by LAVic.
- Avoid the use of bad language.

Parents' Code of Conduct

- Encourage children to participate if they are interested. However, if a child is not willing, do not force him or her.
- Focus upon the child's efforts rather than the overall outcome of the event. This assists the children in setting realistic goals related to his/her own 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.
- Remember children are involved in Little Athletics for their enjoyment, not yours.
- 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, officials give their time and effort for your child's involvement.
- Support all efforts to remove all verbal and physical abuse at Little Athletics activities.
- Recognise the value and importance of being a volunteer official and/or coach. They give their time and resources to provide recreational activities for the children and deserve your support.
- Demonstrate appropriate social behaviour by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- Avoid the use of bad language.



Spectators' Code of Conduct

- Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators, nor are they miniature professionals.
- Applaud good performances and efforts from each athlete. Congratulate all participants upon their performance regardless of the event outcome.
- Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the children to do likewise.
- Never ridicule or scold a child for making a mistake during a competition. Positive comments are motivational.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or athletes.
- Show respect for each participant. Without them there would be no events.
- Encourage athletes to follow the rules and the officials' decisions.
- Demonstrate appropriate social behaviour by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- Avoid the use of bad language.

Coaches' Code of Conduct

- 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.
- Whenever possible, group athletes to give a reasonable chance of success.
- Avoid over-coaching the better performing athletes, the "just average" athletes need and deserve equal time.
- Ensure any physical contact with athletes is appropriate to the situation and necessary for the athlete's skills development.
- Avoid situations with your athletes that could be construed as compromising.
- Remember that children participate for fun and enjoyment and that winning is only part of their enjoyment. Never ridicule or yell at the children for making mistakes or losing an event.
- 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.
- Coaches should never solicit, whether overtly or covertly, or by actively recruiting athletes who are already being coached to join their squad.
- Develop respect for the ability of opponents as well as for the judgement of officials and coaches.
- Follow the 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 being intoxicated.
- Do not publicly criticise or disagree with the work of other coaches.
- Hold a current Working with Children Check.
- Avoid the use of bad language.



Little Athletes' Code of Conduct

- Play by the rules.
- Never argue with an official. If you disagree, ask your Team or Age Manager to deal with the matter.
- Control your temper. Verbal abuse of officials, coaches, parents or other athletes, deliberately distracting or provoking another athlete is not acceptable or permitted in our sport.
- Work equally hard for yourself and/or your Centre. Your Centre's performance will benefit.
- Be a good sport. Applaud all good results whether they are by your Centre, opponent or the other Centre.
- Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- Co-operate with officials, coaches, club mates and other participants. Without them there would be no competition.
- Participate in Little Athletics for the "fun of it" and not just to please parents and coaches.
- Avoid the use of bad language.

Policies and Procedures

Weather Issues

HOT WEATHER - Centre Competition Days will be called off if the Bureau of Meteorology temperature for Melbourne exceeds 38°C at the commencement of or during the program in line with LAVic's policy.

WET WEATHER - Centre Competition Days will proceed but the program may change to a Wet Weather Program dependent upon conditions. Parents/guardians should make decisions in the best interest of their children.

Competition Days will only be cancelled or abandoned if weather conditions are extreme. Check the CLAC - **Team App**, Facebook page and/or the CLAC website for updates if you are uncertain.

First Aid

Most injuries can be prevented if athletes participate in warm up sessions run at the beginning of the day. However, as with all sports, there is always the risk of injury. A first aid trolley is available in the clubrooms. The designated First Aid contacts are noted on the first aid trolley. If station is un-maned please see the announcer's booth for assistance or a committee member.

If a soft tissue injury occurs, the R.I.C.E.R. treatment is recommended

- Rest with the injured area in a comfortable and supported position and avoid using the injured area.
- Ice should be put on the injured area for 15-20 minutes and repeated during the day.
- Compression bandages should be used when swelling occurs.
- Elevate the injured area above the level of the heart.
- Referral to a qualified medical expert should be made for ongoing care and treatment.

Where pain or swelling persists, please see a doctor. While all athletes and officials are insured under a standard policy held by LAVic, it is recommended that all families consider and review their health and medical insurance arrangements.



CLAC Awards

The CLAC Awards Policy is available on the CLAC Website. Please take the time to review and if you have any questions, please see our Program & Results Manager.

Centre Records

Centre Records recognise the best performance of CLAC athletes at recognised events since inception of the Centre. The Centre Record policy is available on the CLAC website.

Competition Standards for setting up and measuring

The standards for setting up equipment for competition for each age group, correct weights for each age group, starting height, etc. are contained in the "CLAC Competition and Equipment Standards" set out on pages 43-44 of this Handbook and are available in the clubrooms as well as with each event official.

If a Club record is broken at any event during the course of competition meet, the event must stop until a Chief Judge and Competition Manager can verify the record in question.

Privacy Policy

CLAC follows the LA Vic Privacy Policy which is available on the LA Vic Website. This policy was made available to the Parent or Guardian of all athletes at the time of their most recent registration and the Parent or Guardian acknowledged and agreed to the LAVic Privacy Policy.

Collingwood Little Athletics Centre Incorporated Constitution

The Constitution of the Collingwood Little Athletics Centre is available on the CLAC website.

Sponsors

Both the CLAC and the LAVic Sponsors play a very important part in Little Athletics. Sponsors provide a lot of support, both financial and in kind, that allows the sport to be one of the cheapest around and allow clinics, training and Region and State Events to be available at low cost. The back page of this handbook shows the various sponsors that provide support.

It is CLAC policy that all athletes wear their Subway Chest Patch for all CLAC Competitions and at other times when required.

Centre Rules and Regulations

Conduct

CLAC recognises the right of all children to participate in athletics activities in a friendly environment. The Centre therefore does not condone any form of discrimination or unsporting behaviour and reserves the right to exercise disciplinary action where necessary.

Any concerns regarding the conduct of any person associated with this Centre, whether they are children, parents, or the management of the Centre, should be either raised with a member of the Committee or addressed through the Secretary to the Executive Committee for consideration and appropriate action.

Children attending a CLAC meet or other CLAC activity must be in the care of a responsible adult at all times. The adult responsible for the supervision of the child must stay for the duration of the child's



attendance. If a meet or other CLAC activity is abandoned due to inclement weather or completed before the scheduled time, unsupervised children could be left waiting.

The following areas are OUT OF BOUNDS to athletes.

- Heidelberg Road.
- Merri Creek.
- The car park.
- All storage and equipment rooms.
- The climbing rope in the clubroom.
- In and around the equipment shed.
- The centre of the arena, unless competing, being marshalled for an event or with parents who are officiating at an event.
- The back of the pavilion (around the outside toilets).

Pacing of athletes by parents or other competitors is not permitted during competition. Athletes may receive coaching advice from the officials running the event.

Children wearing plaster casts or with stitches may compete provided a doctor's certificate is produced stating that it is safe for the child to compete.

Parents are generally NOT permitted on the Track and Field area unless officiating or involved in the On-Track program. This rule may be relaxed for parents of newly registered young children in their first few weeks of competition.

The consumption of alcohol is not permitted anywhere inside the George Knott Reserve during any CLAC event or other athletics activity. Smoking is not permitted anywhere inside the George Knott Reserve or within a 5 meter radius of the fence line at any time.

Competition Rules

CLAC Competition will be conducted under the rules laid down by LAVic which are subject to change from time to time and available from the LAVic Website. Please take the time to read these rules as they will assist you and your child.

LAVic Competition Rules Link: (Note rules are subject to change)

<http://www.lavic.com.au/Portals/43/Documents/Constitution%20and%20Regulations/LAVic%20Regulation%208%20-%20Competition%20Rules%20and%20Regulations%20-%20V4.0.pdf>

Any number of registered athletes may compete in an event in a particular age group. The competitors in age groups other than Under 6 will score points as detailed in the CLAC Awards Policy that is available on our website.

Any competitor arriving late for an event, unless delayed by a previous event, may be refused entry to the event or may have their number of attempts at the event reduced, at the discretion of the event official.

On completion of a track event all competitors must follow instructions of the officials to ensure the recording of results before leaving the finish line area.

Where there is more than one heat in an age group, all heats shall be combined as one event for the purpose of point allocation.

Ten additional points will be awarded for beating a Centre Record and five additional points will be awarded for equalling a Centre Record, in accordance with the CLAC Awards Policy.

The Competition Manager or a Chief Official of an event may disqualify a competitor from an event under the following conditions.

- Two false starts in a track event (three for under 6 to under 9).
- Running out of lane.
- Blocking or obstructing another athlete.
- Fighting, pushing, jostling or throwing objects at others.
- Climbing on the Discus safety cage.
- Distracting or interfering with another competitor.
- Acting offensively to an official, coach or another competitor.
- Being paced during an event.
- Refusing any legitimate requests by officials.

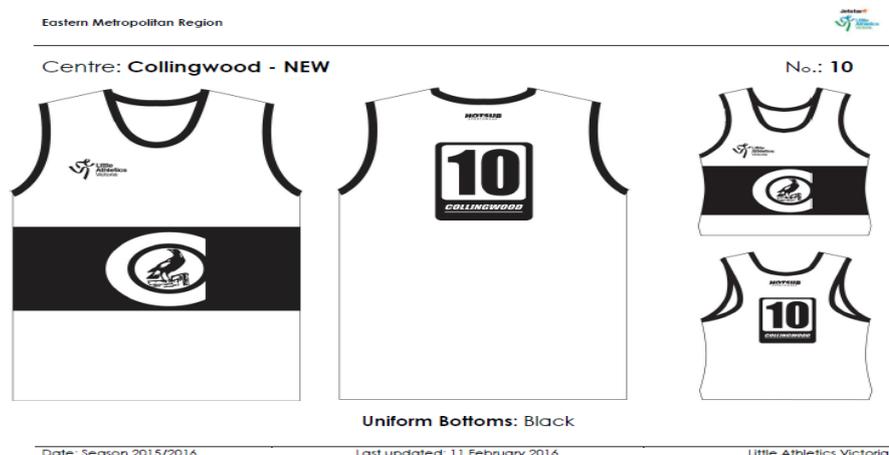
Centre uniform, including Sponsors Tag and registration tags with barcode, must be worn at all times during all CLAC competition meetings and regional and state events unless advised differently and athletes must abide by the LAVic Uniform rulings.

Uniform

The Centre uniform consists of the CLAC Centre Singlet, with the Sponsors Tag on the singlet as advised, and black shorts with no logos and no pockets.

The Centre singlet is to be purchased at the centre after registration. The singlet can be worn with or without a plain white t-shirt underneath.

Athletes may wear a second pair of black or beige/skin coloured shorts (compression shorts/skins) underneath their shorts. Plain black or beige/skin coloured leggings are also permitted at weekly CLAC competition instead of shorts for all events except Race Walking whereby the knee must be visible at all times.



For Race Walking events, the shorts or leggings must be 150mm above the knee when in a kneeling position. All shorts and leggings must be worn to cover the hipbones.



The Competition bib showing the LA Vic Sponsor's logo, athlete's name, age, registration number and barcode is required to be attached onto the front of the singlet.

Remember to be Sun-Smart and bring a hat and sunscreen.

For Region and State Relays, Region and State Track & Field, State Multi-event Championships and Cross Country events:

- CLAC uniform must be worn when competing;
- Any logos on shorts must be covered;
- Leggings are permitted for all events except Race Walking;
- Shorts must be at least 10 cm (4 inches) above the knee;
- And all undershorts and leggings must be black or skin coloured.
- For state events, only approved LAVic shorts can be worn.

Running Shoes & Training Apparel

Good fitting running shoes with flexible soles, a firm supporting heel and laced so the foot cannot move in the shoe, can be used for all events.

Feel free to speak to coaches for advice on running shoes or see our sponsor The Running Company in Clifton Hill or visit Runners World in Kew.

If you see our sponsor The Running Company in Clifton Hill and mention that you are from Collingwood Little Athletics Club and are a member, will enjoy a discount off footwear and other goodies at the store!

The Running Company
175a Queens Parade Clifton Hill



Track spikes

Depending upon their age group, athletes may be allowed to wear spiked footwear for some or all events. This is set out in the table below:

Age Groups	Track Events	Field Events	Out of Stadia
U9, U10	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed
U11, U12	All individual events up to and including 400m and all Relay events	All jump events & Javelin	No spike shoes allowed
U13 and above	All events except Race Walks	All jump events & Javelin	No spike shoes allowed

Spikes can only be worn during an event but not to or from the event. For most events, spikes must be 7mm in length and either conical or "Christmas tree" in shape. However 9mm spikes may be worn in specialist high jump and javelin footwear (with heel spikes). Needle spikes are not permitted. Spiked shoes with spikes removed are also not permitted. Refer to picture below.



For competitions at the Lakeside Stadium, any spikes used for Track Events or Relay Events must not be longer than 6mm.

Track regulations require that all athletes U12 and above who are wearing spikes shoes must also use starting blocks (provided by CLAC or by LAVic) for all laned events. Note that athletes may be not permitted to start if they refuse to use starting blocks if wearing spike shoes in a laned event.

Parents and Volunteers

Athletics is a unique sport in that there are many different events running simultaneously on a competition day. To ensure smooth running of the weekly program we need to roster about 34 parent helpers and officials each week. This means that to meet the required number of officials, one parent/carer per family is required to officiate on at least 8 occasions during the season. Parents of children participating in the On-Track program will be expected to help the coordinator run the activities.

If we do not get sufficient parent volunteers some events may be cancelled, and/or the program can run late. So please don't wait to be asked – volunteer first thing!

Volunteering:

Volunteering duties will be released each week via <https://www.volunteersignup.org> giving parents an opportunity to pre-register in advance. By parents undertaking this task in advance, it assists the club immensely as it will allow us to start on time and identify problem or shortfall areas and allow us to focus on those areas and just fill those open positions. Note that the Doncaster Venue also will be using this system.

Note that the club will be hosting parent volunteering sessions at the start of the season once competition is underway each week for those parents not assisting on day to assist new and returning members to learn about the duties and rules applied at each event station.

Hints for Parent Helpers

- Full set of event rules will be available on the result clip-board at each event. Read them to confirm the correct procedures.
- Place yourself in the best possible position to observe all actions of the athletes.
- Ensure that all athletes have an equal opportunity to achieve their best in all events.
- Do not force a child to compete in an event. They should be encouraged but never compelled.
- With the electronic timing gates system, it is very important for athletes to stay in their lanes both during a race and after crossing the finish line.



- Times recorded for running events are measured in hundredths of a second. Distances of throws, jumps and high jump heights are measured to the nearest centimetre below the distance unless the reading is a whole centimetre.
- A runner crosses the finish line when his/her chest (torso) crosses the line, not the head, arms, or legs.
- Chief Officials at all field events should note the current record for the event they are conducting. This will be printed on the event form.
- For a new or equal Centre Record to be recognised, the Chief Official must seek verification by the Competition Manager immediately. All timing or measuring devices, hurdle heights, objects thrown and marks must be left unaltered until the record has been validated. More details are provided in the CLAC Records Policy.
- Chief Officials are responsible for ensuring that the recording sheet is taken to the data entry person at the end of each event. They are also responsible for ensuring the correct procedure is followed if a Centre Record is broken.
- Warm ups and practice tries before each event must be used fairly or not at all. The norm is to give each athlete one practice throw or jump. Also, if one heat in an age group has a practice run over the hurdles, all other heats in that age group must be allowed the same practice.

If you are unsure of any aspect or rule please ask the Competition Manager.

Helping out – basic job descriptions

The 'CLAC Competition and Equipment Standards' for each event are set out on pages 43-44 of this Handbook and are available in the clubrooms as well as with each event official.

Below are some basic information about the requirements of various events in terms of officials. Coaching and training is available to interested parents, see TeamApp and the LAVic website for details.

Training for Parents and Officials is conducted regularly by La Vic.

Track Events

The Starter (Must Be Accredited)

The Starter not only fires the gun (Electronic / Cap) to start races but is in charge of all aspects of the start of each event. If you are interested in learning to become a starter, have a chat to one of our starters and find out more. Starters' courses are run regularly by LAVic, separate to the general officials' courses. Course dates etc. can be found on the LAVic website.

Starter's Marshals

Prepares the children for track events, placing them in heats and lining them up for each event.

Timekeepers

Timekeepers are involved in measuring the time from the start of the race until each competitor crosses the finish line. The job of timekeepers will differ according to whether or not the electronic timing gates are being used. When timing is done manually, the start of the race is the first sign of smoke from the starter's gun (the sound of the gun may take up to 0.3 seconds to reach the finish line). The finish time is when the competitor's torso (i.e. the trunk, not the head, arms nor legs) crosses the finish line. If you are interested in any aspect of timekeeping, including the use of the electronic timing system, please talk to the people at the finish line. We are always looking to train up more skilled volunteers.



Place Judge

The Place Judge determines the order in which competitors pass the finish line. Placings are determined by the runner's torso (i.e. not the head, neck, arms or legs) crossing the line.

Finish Marshall

The Finish Marshall ensures the athletes participation in the race is recorded and matched with recorded times. This can include scanning bar codes on the track or putting the children in lane or place order when they finish their race and taking them over to the recording table.

Recorders

Operate the track timing system computers, ensuring the athletes' results are matched to event times and are recorded.

Walk Judge (Must Be Accredited)

Ensure that all the rules of walking are adhered to. A chief judge is present to co-ordinate the judging. If you or your children are interested in walking, we strongly encourage you to complete one of the walk judging courses that are run through LAVic.

Age Group Leaders (WWCC & PBTR – Accredited)

Age Group Leaders assist to ensure athletes are at the events they are supposed to be, particularly in the younger age groups. They can also help run events and organise with coaches etc. to run a fill in activity if there is a gap in competition. Age Group Leaders can also assist with getting relay teams organised and other age group representation at Regional competitions throughout the season.

Field Events

Long jump

Tasks include marshalling children, raking the pit, measuring jumps, watching for foul jumps, recording measurements and determining place order.

Triple jump

Tasks include marshalling children, raking the pit, measuring jumps, watching for foul jumps, repositioning the take-off mat when required, recording measurements and determining place order. Athletes can start their triple jump from varying distances from the pit according to how far they can jump.

High Jump

Tasks include marshalling children, recording heights cleared, measuring and shifting the height of the bar, replacing the bar and determining place order.

Shot Put

Tasks include marshalling children, spiking, measuring and recording distances, watching for foul puts, returning the shot put after throws and determining place order.

Discus

Tasks include marshalling children, spiking, measuring and recording distances, watching for foul throws, returning the discus after throws and determining place order.



Javelin

Tasks include marshalling children, spiking, measuring and recording distances, watching for foul throws, returning the javelin after throws and determining place order. Also ensuring that javelins are only used in a safe manner and are not "played with" by the athletes waiting for their turn.

Chief Officials in charge of field and track stations have the discretion to disqualify competitors who misbehave.

Training for Athletes

Training for athletes is available in various forms through the season. For more information on training and development talk to the coaching coordinator or club president.

Parents please just don't drop your children off and leave unless duty of care has been formally agreed to and handed over to another adult who will be present and also with the coach being notified.

Below are a couple of good reasons why you should be present at any venue:

- ❖ What happens if your child refuses medical assistance from Coaching or Facility Personal
- ❖ If urgent medical attention or treatment is needed
- ❖ Note that visual support by parents is very encouraging to junior athletes
- ❖ Make time to exercise alongside them – this is also very encouraging

Centre Coaching

Training sessions are held annually each Tuesday night, weather and school holidays dependent. They run from 5:00pm to 6:00pm for athletes aged under 9 and above.

These training sessions will start with a group warm-up so please be on time. Each week the focus will be on different selected events by age group.

During the lead up to the summer season September - October, CLAC will provide pre-season training so that athletes can re-familiarise themselves with the disciplines of summer Track and Field athletics season. To take part in this programme athletes must sign in each week and must be a prior season and intended returning 2017-18 member to take part.

Coaches are accredited at various coaching levels through Athletics Australia that help support the club and must hold a "WWCC" Working With Children Checks Card and have completed their "PBTR" Play By The Rules accreditation.

Athletes are encouraged to wear their CLAC Singlet for ease of identification and for safety reasons.

Winter Training

CLAC's training during winter is focused on Middle Distance running and associated techniques during the months of April – August each year as this is generally the cross country season.

For more information on this training, please talk to our Coaching Coordinator.

LAVic Skills Clinics

LAVic offer a number of opportunities for skills and training. The events are promoted via the CLAC website and more information is available on the LAVic website. The Clinics may commence early in the season (September) so be ready to sign up!



<i>Clinics & Seminars</i>	
<i>Date</i>	<i>Event</i>
Saturday 23 rd Sept - Day 1	U11 Skills Clinic @ Nunawading
Sunday 24 th Sept – Day 2	U11 Skills Clinic @ Doncaster
Thursday 28th September	U9-U10 Skills Clinic @ Lakeside Stadium
Sunday 29 th October	U9-U16 Race Walking Clinic @ Doncaster
Sunday 29 th October	Race Walking Judging Seminar @ Doncaster
Sunday 3 rd December	U6-U8 Skills Clinic & Carnival @ Doncaster

Registrations online at www.lavic.com.au / Education & Training, select the **Athletes** tab for the clinics or **Officials** tab for the Judging Seminar.

Cost: Refer to online registration forms.

LAVic Junior Development Squad (JDS)

The LAVic Junior Development Squad is open to athletes U12-U15 who achieve qualifying standards in events as set by LAVic. An athlete must qualify in one event twice (at separate meets) or 2 separate events once to be eligible. The JDS gives athletes an opportunity to gain new skills and improve technical competencies through participation in coaching and training sessions with some of Victoria's leading coaches. Applications are made on the LAVic website from June. Qualifying standards are also available on the LAVic website.

Additional Training

If an athlete wants to undertake additional training, CLAC may be able to assist by putting them in touch with appropriate coaches and training squads in the area.

All arrangements for additional training will be between the athlete/parents and the coach and the cost of any additional training will be fully borne by the athlete/parents.

Contact the CLAC Coaching Coordinator for more information.

Training for Parents and Officials

In order to provide the best Little Athletics experience for our children, it is essential that the Centre has qualified Officials, Coaches and Parents that are willing to provide their experience to the benefit of the athletes and the Centre.



If you have any questions or wish to know more about how you can access training to assist the Centre, please speak to any of the CLAC Committee.

More details can be found at the LAVic, Athletics Victoria and Athletics Australia websites.

CLAC will reimburse the cost of any training to any parents or older athletes who are willing to use the skills obtained at the Centre.

LAVic Officials' Seminars

The seminars are free of charge and includes all events in Track & Field. It combines rules with the practical application of them, along with important aspects of safety, venue set up, recording results and handling equipment. Registrations are online at the LAVic website.



Introduction to Officiating	
Date	Centre
Sunday 10 th September	NCR – Bendigo 11 – 2 pm NMR - Whittlesea City 1 - 4 pm
Sunday 17 th September	NMR – Coburg 10 – 1 pm WMR – Geelong 1 – 4 pm
Friday 22 nd September	SMR – Springvale 6 – 9 pm
Saturday 23 rd September	U 11 Skills – Nunawading 1.30 – 4 pm
Sunday 8 th October	JDS Day 1 – Lakeside 1.30 – 4 pm
Sunday 15 th October	WMR – Williamstown 1 – 4 pm
Sunday 22 nd October	SMR – Brighton 1 – 4 pm NCR – Wangaratta 11 – 2 pm
Sunday 29 th October	EMR - Doncaster 1 – 3 pm GCR – Casey (Berwick) 10 – 1 pm

Registration is through the online system www.lavic.com.au / Education & Training / Officials / Officials Seminars.

Registrations close on the Wednesday before each course.

The Victorian Official accreditation Pathway can be found at:
<http://www.lavic.com.au/Portals/43/Documents/2016/officials/Officials-Pathway-LAVic.pdf>

We encourage all to become accredited.

Introduction to Coaching Course

The Introduction to Coaching course (ITCC) is aimed at giving people with little background knowledge in athletics the ability and confidence to coach basic level athletics to children. The course is great for parents or older brothers and sisters who want to know a little bit more about the sport, how to coach children and to assist in training at Centre level. The sessions include both theory and practical elements. To undertake the course candidates must be 16 years of age or above.



<i>Introduction to Coaching Course</i>	
<i>Date</i>	<i>Centre</i>
Sunday 13 th August	Geelong
Sunday 13 th August	Cranbourne
Sunday 27 th August	Nathalia
Sunday 27 th August	Box Hill
Sunday 27 th August	Casterton
Saturday 2 nd September	Williamstown
Saturday 2 nd September	Lavington/Jindera
Sunday 1 st October	Whittlesea City
Sunday 1 st October	Ballarat
Sunday 29 th October	Waverley
Sunday 29 th October	Cohuna
Sunday 29 th October	Warrnambool

Registration is through the online system www.lavic.com.au / Education & Training / Coaching / ITCC.

Registrations close on the Wednesday before each course.

Time: 8.45am – 3.20pm

Cost: \$100.00 + STG processing fee: which includes Coaching handbook, ITCC interactive PDF coaching notes & additional handouts.



Coaching Courses

More advanced coaching courses, providing formal and recognised coaching qualifications, are also on offer for those with experience in coaching. For information, speak to the Coaching Coordinator or Club President.

LAVic Starters' Seminars

Starters' Seminars include theory & practical sessions outlining the basic requirements to become a competent (C grade) starter at Centre level using a cap based starter's pistol. Sessions covering rules, technique and safety are included.

This course is free and includes a Starters polo top, Cap and Certificate. Registrations are online at the LAVic website.



Introduction to Starting	
Date	Centre
Sunday 10 th September	NMR – Whittlesea City 10 – 12.30 pm
Sunday 17 th September	EMR – Collingwood 10 – 1pm WMR – Geelong 10 – 12.30 pm
Sunday 24 th September	U 11 Skills – Doncaster 1.45 pm – 4 pm
Sunday 8 th October	JDS Day 1 – Lakeside 1.30 pm – 3.30 pm
Sunday 15 th October	WMR – Williamstown 10 – 12.30 pm
Sunday 22 nd October	SMR – Brighton 10 – 12.30 pm EMR – Ringwood 1 – 3.30 pm
Sunday 29 th October	Doncaster 10 – 12
Saturday 11 November	GCR – Sale 1 pm – 3 pm

Registration is through the online system www.lavic.com.au / Education & Training / Officials / Starting Seminars

Registrations close on the Wednesday before each course.

Cost is \$15 + processing fees. Participants will receive a polo and cap upon completion.

The Victorian Official accreditation Pathway can be found at <http://www.lavic.com.au/Portals/43/Documents/2016/officials/Officials-Pathway-LAVic.pdf> We encourage all to become accredited.

LAVic On Track workshops

To assist with learning about On Track, LAVic is running workshops at various venues across the State. The workshops are around 2 hours in duration and include theory & practical sessions on the implementation, consolidation or refinement of the On Track program.



<i>On Track Workshops</i>	
Date	Venue
Saturday 19 th August	Diamond Valley
Sunday 24 th September	Doncaster
Sunday 8 th October	Barooga
Sunday 5 th November	Brighton

Interactive workshops which include theory & practical sessions demonstrating the On Track program. Handy tips on implementing at your Centre, as well as recruiting coordinators will be provided.

Time: 10.00am – 12.00pm, unless stated on the online portal.

Cost: \$10.00 + SportsTG processing fee.

Registrations online at: www.lavic.com.au / Education & Training / Coaching / On Track.

Registrations close on the Wednesday before each workshop.

LAVic Race Walking Seminar & Clinic

This seminar will assist in the training and development of Walk Judges, with a focus on the Beginner and D Grade Judge. The seminar will cover both theory and practical, with athletes assisting in the practical judging sessions. All attendees will receive a copy of the Race Walking Judging & Coaching handbook along with the updated Race Walk judging slips. Participants can sit for their D Grade Race Walking exam.

In conjunction with the seminar, a Race Walking clinic for athletes aged U9-U15 will also be held. All athletes will receive expert coaching during this comprehensive clinic. Along with skills training, the athletes will receive advice on preparation, clothing, hydration and nutrition. Athletes of all abilities are invited to attend.



<i>Clinics & Seminars</i>	
<i>Date</i>	<i>Event</i>
Saturday 23 rd Sept - Day 1	U11 Skills Clinic @ Nunawading
Sunday 24 th Sept – Day 2	U11 Skills Clinic @ Doncaster
Thursday 28th September	U9-U10 Skills Clinic @ Lakeside Stadium
Sunday 29 th October	U9-U16 Race Walking Clinic @ Doncaster
Sunday 29 th October	Race Walking Judging Seminar @ Doncaster
Sunday 3 rd December	U6-U8 Skills Clinic & Carnival @ Doncaster

Registrations online at www.lavic.com.au / Education & Training, select the **Athletes** tab for the clinics or **Officials** tab for the Judging Seminar.

Cost: Refer to online registration forms.



Centre Awards and Records

The “Centre Awards Policy” is available on our website. Parents and athletes are encouraged to review this document to understand how competition points are calculated and awards are achieved. If you have any questions, please see our Program & Results Manager. The Award Winners for the 2016/17 Season are listed below.

The current Centre Records and the CLAC Records Policy are available on our website. The Records broken during the 2016/17 Season are listed below. In the 2014/15 season, for the first time CLAC has separated its records for track events into ‘manually timed’ and ‘electronically timed’ records. Details on how the initial electronic records have been determined is available on our website.

Centre Award Winners for 2016/17

SPECIAL AWARDS	
Champion Girl 9-12	Chloe Kodagoda
Champion Boy 9-12	Wolfgang Cotra-Nemesi
Best First Year Girl 8-12	Amelie De Banks
Best First Year Boy 8-12	Harry Broderick
Most Improved Girl U8-16	Philippa Turnour
Most Improved Boy U8-16	Ari Aughterson
Life Members' Award (State Track & Field Championships)	Ellie McKenzie

PRESIDENTS AWARD	
Adult Volunteer	Brigid Tram
Adult Volunteer	Alison Leutchford

COACHING RECOGNITION AWARD	
Adult Volunteer	Troy Kameme
Adult Volunteer	Alexandra Jones

LAVic U15 ATHLETE 10 YEAR RECOGNITION AWARD	
Athlete	Tiffany Argyropoulos
Athlete	Tiana Hawkins

LAVic ATHLETE 7 YEAR RECOGNITION AWARD	
Athlete	TBA
Athlete	TBA

AGE GROUP WINNERS						
Age Group	Pos.	Girls	TROPHY	Pos.	Boys	TROPHY
Under 7	1st	Kaitlin	Boie	1st	Edward	Pearce
	=2nd	Heidi	Mulholland	2nd	Aidan	Ihle
	=2nd	Georgia	Barlow	3rd	James	Gordon
Under 8	1st	Amelie	De Banks	1st	James	Edgar
	2nd	Rebecca	Hvalica	2nd	Christian	Kodagoda
	3rd	Ruby	Ozougwu	3rd	Xavier	Delbridge
Under 9	1st	Alice	Macleod	1st	Harry	Skaltsis
	2nd	Sienna	Wise	2nd	Sam	Auger
	3rd	Bonnie	Lee	3rd	Lachlan	Warwick
Under 10	1st	Chloe	Kodagoda	1st	Thierry	Aughterson
	2nd	Philippa	Turnour	2nd	Joshua	Daly
	3rd	Claire	Larkin	3rd	Dean	Karamanidis
Under 11	1st	Sophie	Tram	1st	Rohan	McKenzie
	2nd	Evie	Lee	2nd	Guy	Fricke
	3rd	Amy	Jones	3rd	Mason	Johns
Under 12	1st	Zoe	Edwards	1st	Wolfgang	Cotra-Nemesi
	2nd	Alice	Niall	2nd	Harry	Broderick
	3rd	Tansy	Elliott	3rd	James	Morelli
Under 13	1st	Grace	Young	1st	Finn	Andrew - Frazer
	2nd	Bethany	Zmak	2nd	Joshua	Tram
	3rd	Mikaila	Young	3rd	Simon	Brain
Under 14	1st	Claudia	Gelsi	1st	Ethan	Hindson
	2nd	Kiri	Osbourne	2nd	James	Batterbury
	3rd	Ellie	McKenzie	3rd	Lachlan	Sayer
Under 15	1st	Lucy	Leutchford	1st	Charles	Shea
	2nd	Tiana	Hawkins	2nd	Ryan	Lovell
	3rd	Tiffany	Argyropoulos	3rd	N/A	
Under 16	1st	N/A		1st	N/A	
	2nd	N/A		2nd	N/A	
	3rd	N/A		3rd	N/A	

MOST IMPROVED AGE GROUP WINNERS						
Age Group	Girls		TROPHY	Boys		TROPHY
Under 7	1st	Daniella	Lanza	1st	James	Gordon
	eq 2nd	Heidi	Mulholland	2nd	Edward	Pearce
	eq 2nd	Georgia	Barlow	eq 3rd	Yinfei	Turnour
				eq 3rd	Aidan	Ihle
Under 8	1st	Asha	Brierley	1st	Lewis	Bricknell
	2nd	Eve	Tram	2nd	Leo	Moore
	eq 3rd	Zoe	Luetjens	eq 3rd	James	Edgar
	eq 3rd	Piper	Shipley	eq 3rd	Luca	Rhodes
	eq 3rd	Rebecca	Hvalica			
Under 9	1st	Bonnie	Lee	1st	Ari	Aughterson
	2nd	Skye	Menhinnitt	2nd	Angus	Habersberger
	3rd	Noemie	Leroux	3rd	Carlo	Lanza
Under 10	1st	Philippa	Turnour	1st	Thierry	Aughterson
	2nd	Ella	Scott	2nd	Zachary	Jones
	eq 3rd	Jemima	Quin	3rd	Matthew	Ryan
	eq 3rd	Chloe	Kodagoda			
Under 11	1st	Evie	Lee	1st	Rohan	McKenzie
	eq 2nd	Sophie	Tram	eq 2nd	Jack	Rogers
	eq 2nd	Elizabeth	Rogers	eq 2nd	Mason	Johns
Under 12	eq 1st	Alice	Niall	1st	Harry	Broderick
	eq 1st	Ella	Williams	eq 2nd	Lachlan	Petrovic
	3rd	Zoe	Edwards	eq 2nd	Wolfgang	Cotra-Nemesi
Under 13	1st	Grace	Young	1st	Finn	Andrew - Frazer
	2nd	Mikaila	Young	2nd	Simon	Brain
	3rd	Bethany	Zmak	3rd	Alister	Tollinton
Under 14	1st	Claudia	Gelsi	1st	Ethan	Hindson
	2nd	Kiri	Osbourne	2nd	Lachlan	Sayer
	eq 3rd	Ellie	McKenzie	3rd	James	Batterbury
	eq 3rd	Chloe	Williams			
	eq 3rd	Chiara	Santiglia			
	eq 3rd	Alison	Geha			
Under 15	1st	Tiana	Hawkins	1st	Charles	Shea
	2nd	Lucy	Leutchford	2nd	N/A	
	3rd	N/A		3rd	N/A	
Under 16	1st	N/A		1st	N/A	
	2nd	N/A		2nd	N/A	
	3rd	N/A		3rd	N/A	

ACHIEVEMENT (ATTENDANCE) AWARDS					
Age Group	Girls	Boys	Age Group	Girls	Boys
Under 7	Amelia Sorockyj Lucy Forster Mietta Senserrick	Fraser Nixon Nicholas Daly Arthur Mathieson Noah Ross Cosi Miriklis-Pavlou Banj Callahan Aubrey Keen Alfie Webb	Under 10	Pippa Hills Emily Armstrong Siobhan Dockray Lucy Delbridge Zoe Holzer Lyra Quin Claire Munro Mabel Mathieson Lola Wallis	Hayden Hodgers Uche Ozougwu Benjamin Dawson
Under 8	Tatjana Gregory Alice Panopoulos Charlotte Mutch Milla Petrie Darcy Munro Grace Quin	Marcus Ryan Jeremy Holzer Austin Fitzgibbon Alexander Scott Luca Guiney Lachie Rainford Louis Long-Pinnell Harvey Scarborough	Under 11	Gianna Gelsi Bethany Ryan Theodora Hally Emily Panopoulos Leila O'Brien Gabrielle Hancox Keira Lindemans Isabelle Millership Marlie Ryan Maya Diamond Alice Tilson	Piero Lanza Pascal Uxo Williams Hayden Sharrock Carlos Kermond Marino William Mooney Scott Brain Marcus Wakim
Under 9	Alexandra Smith Amelia Speairs Anna Plackett Priya Senserrick Mae o'Brien Bianca Thomas	Asher McKenzie Matthew Hodgers Isaiah Barton Lucien Ihle Patrick Hancox Finnian Fraser Jack Lynch William Lynch	Under 12	Mollie Leutchford Zoe Chamberlain Rose Clancy	Cezary Carmichael
			Under 13	Sara Suiter Maeve Sharrock Alicia Guiney Ellie Millership Sara Lovell	Cory Hogan Sam Dite
			Under 14	None	Peter Panopoulos
			Under 15	None	None

ON-TRACK AWARDS (Under 6)	
Girls	Boys
Belinda Edgar	Stanley Moore
Tully Shipley	Griffin Bouman
Stevie Barton	Max Auger
	Xavier Smith
	Hunter Hills
	Joshua Mutch
	Aiden Piasente
	Freddie De Banks
	Eamon Speairs
	James Skaltsis
	Oliver Ryan
	Oliver Crowley
	Evan Fitzgibbon
	Isaac Privitelli
	Josh Luetjens
	William Benton
	Flynn Verrocchi
	Harvey Martinelli
	Henry Barr



Centre Record Setters in 2016/17

Age Group	Gender	Event	Athlete	New Record Date	Performance	Previous Holder	Previous Record Date	Old Record	Record Type
13	F	200m Hurdles	Bethany Zmak	8/10/2016	36.57	N/A	N/A	N/A	New centre record
13	M	200m Hurdles	Dane Harvey	8/10/2016	29.06	N/A	N/A	N/A	New centre record
14	F	200m Hurdles	Ellie McKenzie	8/10/2016	34.53	N/A	N/A	N/A	New centre record
14	M	200m Hurdles	Ethan Hindson	8/10/2016	35.11	N/A	N/A	N/A	New centre record
9	F	700m Walk	Marie-Claire Munginga	5/11/2016	5:25.28	N/A	N/A	N/A	New centre record
9	M	700m Walk	James Benton	5/11/2016	5:23.99	N/A	N/A	N/A	New centre record
11	F	1100m Walk	Amy Jones	5/11/2016	7:37.81	N/A	N/A	N/A	New centre record
11	M	1100m Walk	Marcus Wakim	5/11/2016	7:41.01	N/A	N/A	N/A	New centre record
8	F	300m	Indigo Ernst	11/11/2016	57.49	Lucy Delbridge	14/03/2015	59.43	New centre record
8	F	300m	Pippa Bisley	11/11/2016	58.09	Lucy Delbridge	14/03/2015	59.43	New centre record
8	M	300m	James Edgar	11/11/2016	49.48	Thierry Aughterson	7/03/2015	56.61	New centre record
8	M	300m	Xavier Delbridge	11/11/2016	50.61	Thierry Aughterson	7/03/2015	56.61	New centre record
8	M	300m	Christian Kodagoda	11/11/2016	54.24	Thierry Aughterson	7/03/2015	56.61	New centre record
11	F	1500m	Kareema Wakim	11/11/2016	5:24.75	Lucy Leutchford	24/03/2013	5:29.00	New centre record
12	M	1500m	Wolfgang Cotra-Nemesi	11/11/2016	4:54.49	Oliver May	20/02/1991	4:59.00	New centre record
6	M	Multi	Freddie De Banks	26/11/2016	1022pts	Samuel Edmunds	6/12/2014	993pts	New centre record
6	M	Multi	Stanley Moore	26/11/2016	993pts	Samuel Edmunds	6/12/2014	993pts	New centre record
6	F	Multi	Belinda Edgar	26/11/2016	764pts	Pippa Bisley	6/12/2014	749pts	New centre record
7	F	Multi	Kaitlin Boie	26/11/2016	1044pts	Rebecca Hvalica	5/12/2015	952pts	New centre record
7	F	Multi	Georgia Barlow	26/11/2016	974pts	Rebecca Hvalica	5/12/2015	952pts	New centre record
8	F	Multi	Pippa Bisley	26/11/2016	1182pts	Bonnie Lee	5/12/2015	1096pts	New centre record
8	F	Multi	Amelie De Banks	26/11/2016	1166pts	Bonnie Lee	5/12/2015	1096pts	New centre record
8	F	Multi	Indigo Ernst	26/11/2016	1162pts	Bonnie Lee	5/12/2015	1096pts	New centre record
10	F	Multi	Chloe Kodagoda	26/11/2016	828pts	Ellie McKenzie	24/11/2012	742pts	New centre record
10	F	Multi	Claire Larkin	26/11/2016	752pts	Ellie McKenzie	24/11/2012	742pts	New centre record
11	M	60m Hurdles	Guy Fricke	10/12/2016	10.75	Nicolas Karamanidis	8/02/2104	11.24	New electronic record
13	F	200m Hurdles	Roisin Murphy	10/12/2016	36.07	Bethany Zmak	8/10/2016	36.57	New centre record
11	M	60m Hurdles	Guy Fricke	16/12/2016	10.53	Guy Fricke	10/12/2016	10.75	New electronic record
11	M	1100m Walk	Marcus Wakim	4/02/2017	7:36.66	Marcus Wakim	5/11/2016	7:41.01	New centre record
15	F	800m	Lucy Leutchford	4/02/2017	2:29.42	Hilary McAdam	19/02/2012	2:31.76	New centre record
10	M	100m	Benjamin Dawson	19/02/2017	14.20	Guy Fricke	21/02/2016	14.72	New electronic record
11	M	60m Hurdles	Guy Fricke	18/02/2017	10.12	Guy Fricke	10/12/2016	10.75	New electronic record
11	M	1100m Walk	Marcus Wakim	18/02/2017	6:18.07	Marcus Wakim	5/11/2016	7:41.01	New centre record
11	F	400m	Kareema Wakim	19/02/2017	1:10.04	Ellie McKenzie	21/12/2013	1:11.38	New electronic record
11	F	800m	Kareema Wakim	18/02/2017	2:36.17	Lucy Leutchford	23/03/2013	2:38.40	New centre record
11	F	1500m	Kareema Wakim	19/02/2017	5:24.58	Kareema Wakim	11/11/2016	5:24.75	New centre record
11	F	1100m Walk	Amy Jones	18/02/2017	7:36.12	Amy Jones	5/11/2016	7:37.81	New centre record
12	F	60m Hurdles	Zoe Edwards	18/02/2017	11.03	Ellie McKenzie	7/02/2015	11.11	New electronic record
12	M	400m	Wolfgang Cotra-Nemesi	19/02/2017	1:04.13	Dane Harvey	14/11/2015	1:04.31	New electronic record
14	F	200m	Chiara Santiglia	18/02/2017	26.69	Eleanor Cooney Hunt	29/03/2014	26.70	New centre record
14	F	200m	Chiara Santiglia	18/02/2017	26.29	Chiara Santiglia	18/02/2017	26.69	New centre record
14	F	200m	Ellie McKenzie	18/02/2017	26.16	Chiara Santiglia	18/02/2017	26.69	New centre record
14	F	200m Hurdles	Ellie McKenzie	19/02/2017	29.67	Ellie McKenzie	8/10/2016	34.53	New centre record
14	F	100m	Ellie McKenzie	19/02/2017	13.01	Eleanor Cooney Hunt	30/03/2014	13.06	New centre record
14	F	100m	Ellie McKenzie	19/02/2017	12.98	Ellie McKenzie	19/02/2017	13.01	New centre record
15	F	400m	Lucy Leutchford	19/02/2017	1:02.93	Alexandra Jones	7/12/2013	1:09.82	New electronic record
15	F	400m	Lucy Leutchford	19/02/2017	1:00.69	Hilary McAdam	18/02/2012	1:01.63	New centre record
15	F	800m	Lucy Leutchford	18/02/2017	2:22.01	Lucy Leutchford	4/02/2017	2:29.42	New centre record
9	F	700m Walk	Alexandra Smith	4/03/2017	5:11.29	Marie-Claire Munginga	5/11/2016	5:25.28	New centre record
9	M	700m Walk	Ari Aughterson	4/03/2017	5:06.35	James Benton	5/11/2016	5:23.99	New centre record
11	F	1100m Walk	Amy Jones	4/03/2017	7:20.92	Amy Jones	18/02/2017	7:36.12	New centre record
10	M	60m Hurdles	Benjamin Dawson	12/03/2017	11.04	Dane Harvey	29/11/2013	11.26	New electronic record
10	M	60m Hurdles	Benjamin Dawson	12/03/2017	10.72	Benjamin Dawson	12/03/2017	11.04	New electronic record
11	M	800m	Guy Fricke	11/03/2017	2:24.92	A. Duniliuc	23/03/1986	2:26.10	New centre record
11	M	60m Hurdles	Guy Fricke	11/03/2017	10.34	Guy Fricke	16/12/2016	10.53	New electronic record
11	M	1100m Walk	Marcus Wakim	11/03/2017	6:00.25	Marcus Wakim	18/02/2017	6:18.07	New centre record
12	M	400m	Cezary Carmichael	12/03/2017	1:03.27	Wolfgang Cotra-Nemes	19/02/2017	1:04.13	New electronic record
12	M	800m	Wolfgang Cotra-Nemesi	11/03/2017	2:19.06	Miles Leyden	20/03/2010	2:23.40	New centre record
12	M	1500m	Wolfgang Cotra-Nemesi	12/03/2017	4:42.86	Wolfgang Cotra-Nemes	11/11/2016	4:54.49	New centre record
10	F	400m	Lucy Delbridge	12/03/2017	1:12.34	Kareema Wakim	20/03/2016	1:12.66	New electronic record
11	F	1100m Walk	Amy Jones	11/03/2017	7:05.45	Amy Jones	4/03/2017	7:20.92	New centre record
11	F	400m	Kareema Wakim	12/03/2017	1:09.45	Kareema Wakim	19/02/2017	1:10.04	New electronic record
11	F	800m	Kareema Wakim	11/03/2017	2:32.57	Kareema Wakim	18/02/2017	2:36.17	New centre record
11	F	1500m	Kareema Wakim	12/03/2017	5:10.08	Kareema Wakim	19/02/2017	5:24.58	New centre record
14	F	100m	Ellie McKenzie	12/03/2017	12.90	Ellie McKenzie	19/02/2017	12.98	New centre record
14	F	100m	Ellie McKenzie	12/03/2017	12.62	Ellie McKenzie	12/03/2017	12.90	New centre record
14	F	200m	Ellie McKenzie	11/03/2017	25.90	Ellie McKenzie	18/02/2017	26.16	New centre record
14	F	200m Hurdles	Ellie McKenzie	12/03/2017	29.57	Ellie McKenzie	19/02/2017	29.67	New centre record
14	F	200m Hurdles	Ellie McKenzie	12/03/2017	28.45	Ellie McKenzie	12/03/2017	29.57	New centre record
14	F	400m	Chiara Santiglia	12/03/2017	59.44	Lucy Leutchford	21/02/2016	1:00.51	New centre record
15	F	400m	Lucy Leutchford	12/03/2017	1:00.67	Lucy Leutchford	19/02/2017	1:00.69	New centre record
15	F	400m	Lucy Leutchford	12/03/2017	59.23	Lucy Leutchford	12/03/2017	1:00.67	New centre record
15	F	800m	Lucy Leutchford	11/03/2017	2:17.70	Lucy Leutchford	18/02/2017	2:22.01	New centre record

Equipment & Event Guide U9 – U16 Athletes

LAVic RULE 700: EQUIPMENT SPECIFICATIONS

Hurdles

Distance	Age Group	Flights	Height of Hurdles	Distance to 1st Hurdle	Distance between Hurdles	Distance to Finish
60m	U9	6	45cm	12m	7m	13m
	U10, U11	6	60cm	12m	7m	13m
	U12	6	68cm	12m	7m	13m
80m	U13, U14G	9	76cm	12m	7m	12m
90m	U14B, U15G	9	76cm	13m	8m	13m
100m	U15B	10	76cm	13m	8.5m	10.5m
200m	U13	5	68cm	20m	35m	40m
	U14	5	76cm	20m	35m	40m
300m	U15	7	76cm	50m	35m	40m

Field Implements

Age Group	Boys			Age Group	Girls		
	Event				Event		
	Shot Put	Discus Throw	Javelin Throw		Shot Put	Discus Throw	Javelin Throw
U9	2kg	500g		U9	2kg	500g	
U10	2kg	500g		U10	2kg	500g	
U11	2kg	750g	400g	U11	2kg	750g	400g
U12	3kg	750g	400g	U12	2kg	750g	400g
U13	3kg	1kg	600g	U13	3kg	750g	400g
U14	3kg	1kg	600g	U14	3kg	1kg	400g
U15	4kg	1kg	700g	U15	3kg	1kg	500g

High Jump U9 – U15

Unless there is only one athlete remaining and they have won the competition:

- The bar must never be raised by less than 2cm in the High Jump after each round of trials; and
- The increment of the raising of the bar must never increase; and
- The bar must be raised after each round of trials in increments depending on the number of athletes remaining in the competition, as per the following table:

No of Athletes	Increment
Greater than 4	5cm
4 or less	2cm

From October 2018, U9 & U10 athletes will only be permitted to compete using the scissor technique.

Club Starting Heights

AGE	8	9	10	11	12	13	14	15
Girls	0.65	0.75	0.85	0.90	1.00	1.05	1.10	1.15
Boys	0.65	0.80	0.90	0.95	1.05	1.20	1.25	1.30

Equipment Guide On-Track Athletes (U6 – U8)

Under 6 to Under 8 Age Groups - Recommended Events and Specifications

The events listed in the table below are the Little Athletics Australia recommended standard events that may be offered to the Under 6 to Under 8 age groups.

Note: Events must not exceed the distances and/or specifications as listed.

Event Type	Under 6	Under 7	Under 8
Sprints	Up to and including 100m	Up to and including 200m	Up to and including 200m
Middle Distance	Up to and including 300m (group start)	Up to and including 500m (group start)	Up to and including 700m (group start)
Hurdles	60m (20cm max)	60m (30cm max)	60m (45cm max)
Relays	Max. single leg Distance - 100m	Max. single leg Distance - 200m	Max. single leg Distance - 200m
Race Walks			Up to and including 700m
Vertical Jumps			High Jump – (scissor technique only using a bar or flexy rope)
Horizontal Jumps	Long Jump (take-off - mat &/or sand only)	Long Jump (take-off - mat &/or sand only)	Long Jump (take-off - mat &/or sand only)
	Throws	Discus - 350g	Discus - 350g
		Shot - 1kg	Shot - 1.5kg
		Vortex - 300g	Vortex - 300g or Turbo Jav - 300g

Under 6 to Under 8 Age Groups – Events NOT Allowed

The events listed in the table below must not be offered at any level of competition for these age groups.

Event Type	Under 6	Under 7	Under 8
Race Walks	Race Walk of any kind	Race Walk of any kind	Distances > 700m
Vertical Jumps	High Jump of any kind	High Jump of Any kind	High Jump – not using scissor technique
Horizontal Jumps	Triple Jump	Triple Jump	Triple Jump
Throws	Turbo Jav or Javelin	Turbo Jav or Javelin	Javelin



LAVic Multi Event Guide (U9 – U15)

Boys

Discipline	Age Group						
	U9	U10	U11	U12	U13	U14	U15
100m	X	X	X	X	X	X1	X1
800m	X	X	X	X	X	X2	X2
60mH	X	X	X	X			
80mH					X		
90mH						X2	
100mH							X2
High Jump						X2	X2
Long Jump	X	X	X	X	X	X2	X1
Discus	X	X	X	X	X	X1	X1
Javelin							X2

Girls

Discipline	Age Group						
	U9	U10	U11	U12	U13	U14	U15
100m	X	X	X	X	X		
200m						X1	X1
800m	X	X	X	X	X	X2	X2
60mH	X	X	X	X			
80mH					X	X2	
90mH							X1
High Jump						X2	X1
Long Jump	X	X	X	X	X	X2	X2
Shot Put	X	X	X	X	X	X1	X1
Javelin							X2

CLAC Multi Event Guide (U6 – U15)

Age/Gender	6	7	8	9	10	11	12	13	14	15
Male	Disc	Disc	Disc	Disc	Disc	Disc	Disc	Disc	100 90H Disc	100 100H Disc
Female	SP	SP	SP	SP	SP	SP	SP	SP	200 80H SP	200 90H SP
Both	300 70 LJ	300 70 LJ	300 70 LJ	100 800 60H LJ	100 800 60H LJ	100 800 60H LJ	100 800 60H LJ	100 800 80H LJ	800 HJ LJ	800 HJ Jav LJ



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