

**PORT HACKING
LITTLE ATHLETICS CENTRE INC.**



2023 - 2024 SEASON

Sylvania Waters Athletic Field
www.porthackingslac.com



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PRESIDENTS MESSAGE

Welcome to the 2023/24 Little Athletics season at **Port Hacking Little Athletics Centre (PHLAC)**, our 46th season of competition.

The Committee and I would like to extend a warm welcome to new and returning members, we look forward to another enjoyable and successful year of “Family, Fun and Fitness”. Our aim is to encourage children to participate in sport, improve their skills, create friendships, and achieve their personal best.

PHLAC only exists through the many volunteers who continue to support the club and I thank you all in advance for your support provided on Saturday mornings to make it possible to run the club competition. As in previous years, it is a requirement that all athletes, irrespective of age, have a parent or nominated guardian with them, at the grounds at all times.

Please feel free to visit our Port Hacking LAC website (www.porthackingslac.com), for further information regarding the season. The website, together with Team App and Port Hacking Little Athletics Facebook page, are designed to keep you up to date with all key details for the season. Our “Blue Book” which can be also found on our website and Team App will be your main source of information. Please familiarise yourself with the book, especially if you are new to Little Athletics this season. It contains all the information you need to know regarding athletics at PHLAC.

For the 2023/24 season we will continue to use the Resultshq platform to communicate results in real time each Saturday and will also be used to apply for entry into centre competition and championships. Further details of Resultshq access will be provided at registration.

At Port Hacking LAC we are proud to offer:

- Excellent facilities
- Latest technologies using “Timing Solutions & Results HQ”
- Representative gifts/awards
- Family friendly pricing structure

I would also like to acknowledge and thank our valued sponsors and the Sutherland Shire Council for their continued support of Port Hacking LAC at Sylvania Waters Athletics track.

If at any stage during the season you have any questions or queries please do not hesitate to come and see me or anyone from the Committee, we will be more than happy to assist you.

Mathew Cook - President

PATRONS

MP for Cook	Scott Morrison
MP for Cronulla	Mark Speakman, Leader of the Opposition
MP for Miranda	Eleni Petinos
Sutherland Shire Council Mayor	Carmelo Pesce

COMMITTEE FOR 2023 - 2024 SEASON

Executive Committee		
President	Mathew Cook	0403 015 582
Vice President	Trevor Orsaris	0419 123 517
Secretary	Phil Turpin	0412 008 436
Treasurer	Cameron Burne	0400 818 283
Registrar	Sharon Potts	0408 478 807
General Committee		
Results	Nicole Orsaris	0403 555 657
Championships	Matt Jupp	0457 537 336
Coaching	Ray Russell	0406 354 564
Equipment	Leni Vilivili	0410 600 657
Officials	Trevor Orsaris Ozkan Eren	0419 123 517
Grants	Peter Galanopoulos	
Age Managers	Sonia Lewis	
Uniforms	Annette Kesselring	
Canteen	Melissa Mullin	

LIFE MEMBERS

Colin ALEXANDER	Margaret ALEXANDER	Helen ATZEMIS *
Dave BINNS	Jennifer BLANCH	Cameron BURNE
John BURNE OAM*	Frank CASHMAN	Nicolle CHALLINOR
Kirsten CROKER	Cheryl DOOLEY	Michelle DOUGLAS
Karen GOSCHNIK	Rene GOSCHNIK	Laurie HOLLAND*
Heather MITCHELL OAM	Josie MOAR	Ray RUSSELL OAM
Neal SMITH	Peter WICKES *	Tony YOUNG

* Deceased

PORT HACKING CENTRE UNIFORMS

UNIFORM

Uniforms will be available for purchase online at the following link: <https://sportsmagic.com.au/collections/port-hacking-little-athletics-centre> and at the registration days prior to the start of the season. More details are available on the Port Hacking website www.porthackingslac.com

Girls and boys may wear plain black above-knee shorts as part of their Centre uniform. The Centre uniform is decided by the Club and correct uniform **MUST** be worn for all Centre Competition meetings, Carnivals, or Gala Days. It is also compulsory to wear when representing the club at all Zone, State Relays, Region, State multi events and State Championship carnivals.

AGE PATCHES

The Age Patch is sewn on the **left side** of shorts/pants or two piece, near the hem line.

SPONSOR PATCH

The **Coles sponsor patch** is sewn on the front of the singlet on the right side near the shoulder area.

MEMBERSHIP NUMBER

The individual McDonalds Registration Number is to be sewn to the front of singlet/crop top. **Please ensure the red line is visible around the perimeter of the number.** Please ensure numbers are fastened securely to the tops. If numbers are lost, LANSW charges us \$10 for a replacement number.

WET WEATHER POLICY

Sylvania Waters Athletic Track benefits from excellent drainage. In the event of wet weather, a decision as to whether competition will be held will be made at 7.00am by the Committee at the track prior to commencement of competition. Please check Facebook or Team App at 7.00am on the day, to find out whether competition is on. **You should assume competition is on until confirmation is received otherwise.** If the track is ok to be used and the field is not, or vice versa we will not be recording any competition points for the day. In the event that track and field is cancelled on the day, then the A or B week not being completed will be held on the next Centre Competition Day.

PUBLICITY AND PUBLIC RELATIONS

The Centre website www.porthackingslac.com has up to date information on upcoming events, achievements and other relevant facts regarding the running of the Centre. Posts are made to our Facebook, Instagram, Team App pages with emails also being sent out at times advising of upcoming events and closing dates. **Team App** will be used as the primary form of communication. PHLA do not take any responsibility for people who do not utilise or follow this platform.

REGISTRATIONS

AGE GROUPINGS for the 2023 - 2024 season are as follows:

MONTH	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
JAN	17	17	15	14	13	12	11	10	9	8	7	6	Tots
FEB	17	17	15	14	13	12	11	10	9	8	7	6	Tots
MAR	17	17	15	14	13	12	11	10	9	8	7	6	Tots
APR	17	17	15	14	13	12	11	10	9	8	7	6	Tots
MAY	17	17	15	14	13	12	11	10	9	8	7	6	Tots
JUN	17	17	15	14	13	12	11	10	9	8	7	6	Tots
JUL	17	17	15	14	13	12	11	10	9	8	7	6	Tots
AUG	17	17	15	14	13	12	11	10	9	8	7	6	Tots
SEP	17	17	15	14	13	12	11	10	9	8	7	6	Tots
OCT	17	17	15	14	13	12	11	10	9	8	7	6	Tots
NOV	17	17	15	14	13	12	11	10	9	8	7	6	Tots
DEC	17	17	15	14	13	12	11	10	9	8	7	6	Tots

NOTE: Any boy or girl who is 4 years of age and under 17 years of age as at midnight on 31 December 2023 may be registered with the LANSW at the Port Hacking Centre for the period of twelve months.

Tiny Tots and Under 6 children registered with Port Hacking Little Athletic Centre Inc. **WILL NOT** be eligible to represent the Centre in State Relay Championships, Zone, Region and State Championships and State Multi Event. Under 7 children registered with Port Hacking Centre Inc. **WILL NOT** be eligible to represent the Centre in State Relay Championships, Region and State Championships.

Tiny Tots, Under 6 and Under 7 children **WILL** however be able to compete in Centre Championships and Port Hacking Multi Event.

TRANSFERS:

Any registered boy or girl requiring a transfer to a different Centre must organise this through LANSW and notify the Centre Registrar at: phlacregistrar@gmail.com

REFUNDS:

No registration refunds will be given as we have in place the LANSW Trialist system of 2 consecutive weeks of competition. This can be on Saturday mornings except on the first day of competition and on our Multi Event Championships Day or Centre Championships Day. It will cost \$20 per athlete. You will be refunded the \$20 if you register for the season.

DUAL (RECIPROCAL) REGISTRATIONS

Athletics NSW has recently made changes to the previous dual registration process. All athletes from U8 to U17 wanting to compete in Athletics NSW Senior carnivals will need to register with a local senior club. There is a fee associated with this. Athletics NSW will notify athletes when their registration portal is open. Athletes will need to obtain a senior number to be used at Senior Events.

CHILD PROTECTION

When registering their athletes' online, parents should read through the Little Athletics working with children check information and use the document to decide whether or not they need to provide a current working with children check. If they need to do so, it should be provided to the centre Officer for Officials.

INSURANCE

PUBLIC LIABILITY

The Centre is covered by public liability insurance. Details of the policy inclusions, exclusions and amounts of cover are available from the Centre Secretary.

PERSONAL ACCIDENT COVER - COMPETITORS

All registered competitors are covered against personal accident for 2023-2024 season whilst competing or training at an APPROVED time and venue (under Port Hacking Little Athletics Centre jurisdiction) and by Port Hacking Little Athletics Centre approved and registered coaches. In the event of an injury, please report this to the PHLAC Centre Secretary. A copy of the insurance policy summary is available from the Secretary.

PERSONAL ACCIDENT COVER - OFFICIALS

All Officials are covered against injury whilst attending to LANSW activities, etc. but are reminded that the excess payment MUST be their own responsibility.

ACCIDENT REPORT FORM

Any official, parent or other person injured must complete the LANSW medical accident report form which is available from the Centre Secretary.

SMOKE FREE ZONE

Little Athletics NSW and Sutherland Shire Council facilities have a Smoke Free Policy. There is to be no smoking within the facility and this includes behind the grandstand and buildings.

All LITTLE ATHLETICS POLICIES AND GUIDELINES apply and are available in full detail on the Little Athletics website: www.littleathletics.com.au

PHLAC PROGRAM FOR 2023/2024 SEASON

REGISTRATION DATES				
AUGUST 2023				
Tue	1	Registrations open for 23/24 season		
Sun	20	Registration Day	3pm – 5pm	Sylvania Waters
SEPTEMBER 2023				
Sat	2	Registration Day	9am-11am	Sylvania Waters
Wed	6	Registration Day	5pm - 7pm	Sylvania Waters
COMPETITION DATES				
SEPTEMBER 2023				
Sat	9	Centre Competition 1500m run	8:00am 7:45am	Sylvania Waters
Sat	16	Centre Competition Walks 3,000 race	8:00am 7:45am 7:30am	Sylvania Waters
Sat	23	Centre Competition 1500m run State Relay Entries Open 25/9/23	8:00am 7:45am	Sylvania Waters
Sat	30	No Competition		
OCTOBER 2023				
Sat	7	Centre Competition Walks 3,000 race Official Opening	8:00am 7:45am 7:30am 10:00am	Sylvania Waters
Sat	14	Centre Competition 1500m run State relay entries close 5pm Zone Entries Open and close 3/11 TBC	8:00am 7:45am	Sylvania Waters
Sat	21	Centre Competition Walks 3,000 race State Relay Teams Announced TBC	8:00am 7:45am 7:30am	Sylvania Waters

PHLAC Blue Book

Fri	27	Centre Competition Halloween Event	5:30pm	Sylvania Waters
NOVEMBER 2023				
Sat	4	Centre Competition Walks 3,000 race No entry cost. Online entry closes Thursday November 17 8pm (no late entries)	8:00am 7:45am 7:30am	Sylvania Waters
Sat	11	LANSW State Relays No normal competition Centre Combined Event entries open at 12pm TBC	8.00am	Sydney Olympic Athletics Centre Homebush
Sun	12	LANSW State Relays	8.00am	Sydney Olympic Athletics Centre Homebush
Sat	18	Centre Multis Combined Event Zone Team announced TBC	7:45am	Sylvania Waters
Sat	25	Centre Competition 1500m run LANSW Combined Event Multi Entries Open Online TBC	8:00am 7:45am	Sylvania Waters
DECEMBER 2023				
Sat	2	Centre Competition Walks 3,000 race Centre Championships entries open online (no late entries) TBC	8:00am 7:45am 7.30am	Sylvania Waters
Sat	9	Centre Competition 1500m	8:00am 7:45am	Sylvania Waters
Fri	15	Zone Championships	6:00pm	Barden Ridge Athletics Track
Sat	16	Zone Championships No Normal Competition	8:00am	Barden Ridge Athletics Track
Sun	17	Zone Championships	8:00am	Barden Ridge Athletics Track
Sat	23	Athletic holiday		

PHLAC Blue Book

Sat	30	Athletic holiday		
JANUARY 2024				
Sat	6	Athletic holiday		
Sat	13	Centre Competition Walks 3,000 race	8:00am 7:45am 7.30am	Sylvania Waters
Sat	20	Centre Competition 1500m run Online entries FOR LANSW State Combined Event & Centre Championship close (TBC)	8:00am 7:45am	Sylvania Waters
Sat	27	Centre Competition Walks 3,000 race	8:00am 7:45am 7.30am	Sylvania Waters
FEBRUARY 2024				
Sat	3	Region 8 Championships No normal competition	8.00am	Sylvania Waters
Sun	4	Region 8 Championships	8.00am	Sylvania Waters
Sat	10	Centre Competition 1500m run	8:00am 7:45am	Sylvania Waters
Sat	17	Centre Championships	7:30am	Sylvania Waters
Sat	24	Centre Competition Walks 3,000 race	8:00am 7:45am 7.30am	Sylvania Waters
MARCH 2024				
Sat	2	LANSW State Combined Event Centre Competition 1500m run State Competitors Photo	8.00am 8:00am 7:45am	Glendale Sylvania Waters
Sun	3	LANSW State Combined Event	8.00am	Glendale
Sat	9	Centre Competition Walks 3,000 race End Point Score	8.00am 7:45am 7:30am	Sylvania Waters
Sat	16	Centre Competition	8.00am	Sylvania Waters

		Walks		
Sat	23	State Championships	8.00am	Homebush
Sun	24	State Championships	8:00am	Homebush
APRIL 2024				
Sun	14	Centre Presentation	8.00am	Athletics Track
Sat	20	Australian Little Athletics Championships		TBA
Sun	27	Australian Little Athletics Championships		TBA
MAY 2024				
Tue	14	<i>Port Hacking LAC Inc Annual General Meeting</i>	7.30pm	GyMEA Tradies
JUNE 2024				
		<i>State Road Walking Championships and State Cross Country</i>		TBC

Online registration for centre competitions will open at 8am Monday morning and close Thursday (prior to the Saturday) at 8pm. Athletes and parents that have not pre-registered will be unable to attend Saturday morning competitions.

All entries for Championships and Special Events close at the completion of competition on the designated day at 12pm.

Note: 3,000m race is for athletes in U13 – U17 age groups only. Starting time is 7.30am. All athletes interest in the Walk Event (B Week) will be required to be at the track by 7.30am for a 7.45am start gun (athletes must be there early to receive numbers).

CENTRE COMPETITION PROGRAM

WEEKLY EVENTS FOR TINY TOTS - UNDER 8						
Series "A"						
TINY TOTS	UNDER 6		UNDER 7		UNDER 8	
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
Game	50m	50m	50m	50m	100m	100m
Short run	100m	100m	100m	100m	400m	400m
Long run			500m	500m		
Throw	Discus	Discus	Shot Put	Discus	Shot Put	Discus
Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Series "B"						
Game	70m	70m	70m	70m	70m	70m
Short run	200m	200m	200m	200m	200m	200m
					60m Hurdles	60m Hurdles
Long run					700m	700m
Throw	Shot Put	Shot Put	Discus	Shot Put	Discus	Shot Put
Jump	Long Jump	Long Jump	Long Jump	Long Jump		
WEEKLY EVENTS FOR TINY TOTS - UNDER 9 TO UNDER 11						
Series "A"						
UNDER 9		UNDER 10		UNDER 11		
BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	
70m	70m	70m	70m	100m	100m	
100m	100m	100m	100m	400m	400m	
400m	400m	400m	400m	1500m	1500m	
Shot Put	Shot Put	Discus	Discus	Shot Put	Shot Put	
High Jump	High Jump	Long Jump	Long Jump	High Jump	High Jump	
				Triple Jump	Triple Jump	
Series "B"						
700m Walk	700m Walk	1100m Walk	1100m Walk	1100m Walk	1100m Walk	
60m Hurdles	60m Hurdles	60m Hurdles	60m Hurdles	80m Hurdles	80m Hurdles	
200m	200m	200m	200m	200m	200m	
800m	800m	800m	800m	800m	800m	
Discus	Discus	Shot Put	Shot Put	Discus	Discus	
Long Jump	Long Jump	High Jump	High Jump	Javelin	Javelin	
				Long Jump	Long Jump	
Note - All Walks will start at 7:45am, first call 7:35am. Athletes must pre-register.						

WEEKLY EVENTS FOR UNDER 12 - UNDER 14					
Series "A"					
UNDER 12		UNDER 13		UNDER 14	
BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
100m	100m	100m	100m	100m	100m
400m	400m	400m	400m	400m	400m
1500m	1500m	1500m	1500m	1500m	1500m
		200m Hurdles	200m Hurdles	200m Hurdles	200m Hurdles
Discus	Discus	Discus	Discus	Shot Put	Shot Put
Javelin	Javelin	Javelin		Javelin	Javelin
Long Jump	Long Jump	Triple Jump	High Jump	Triple Jump	Long Jump
			Triple Jump		
Series "B"					
1500m Walk	1500m Walk	1500m Walk	1500m Walk	1500m Walk	1500m Walk
80m Hurdles	80m Hurdles	80m Hurdles	80m Hurdles	90m Hurdles	80m Hurdles
200m	200m	200m	200m	200m	200m
800m	800m	800m	800m	800m	800m
Shot Put	Shot Put	Shot Put	Shot Put	Discus	Discus
			Javelin		
High Jump	High Jump	Long Jump	Long Jump	Long Jump	High Jump
Triple Jump	Triple Jump	High Jump		High Jump	Triple Jump
PLEASE NOTE					
"A" Week - 1500m run will start at 7:45am, first call 7:40am					
"B" Week - 3000m will start at 7:30am, first call at 7:25am					
- All Walks will start at 7:45am, first call 7:35am					

If athletes have not arrived ready to start at the designated time, unfortunately they will miss the event and not be able to participate or re-run the event. Athletes are required to pre-register.

WEEKLY EVENTS FOR UNDER 15 - UNDER 17			
Series "A"			
UNDER 15		UNDER 17	
BOYS	GIRLS	BOYS	GIRLS
100m	100m	100m	100m
400m	400m	400m	400m
1500m	1500m	1500m	1500m
300m Hurdles	300m Hurdles	300m Hurdles	300m Hurdles
Shot Put	Discus	Shot Put	Discus
Long Jump	Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump	High Jump
Series "B"			
1500m Walk	1500m Walk	1500m Walk	1500m Walk
100m Hurdles	90m Hurdles	110m Hurdles	100m Hurdles
200m	200m	200m	200m
800m	800m	800m	800m
Discus	Shot Put	Discus	Shot Put
Javelin	Javelin	Javelin	Javelin
Triple Jump	Triple Jump	Triple Jump	Triple Jump
PLEASE NOTE			
"A" Week - 1500m run will start at 7:45am, first call 7:40am			
"B" Week - 3000m will start at 7:30am, first call at 7:25am			
- All Walks will start at 7:45am, first call 7:35am			

If athletes have not arrived ready to start at the designated time, unfortunately they will miss the event and not be able to participate or re-run the event. Athletes are required to pre-register.

CHAMPIONSHIPS AND SPECIAL EVENTS

We would like to draw your attention to the Championships and Special Events available to Athletes during the 2023 – 2024 season. These are:

CHAMPIONSHIPS

State Relay Championships	11-12 November 2023
Centre Combined Event Championships	18 November 2023
Zone Championships	15-17 December 2023
Region 8 Championships	3-4 February 2024
Centre Championships	18 February 2024
State Combined Event Championships	2-3 March 2024
State Championships	23-24 March 2024
State Road walking and Cross-Country Championships	TBC

NOTE:

TINY TOTS AND UNDER 6 ATHLETES

Tiny Tots and U6 athletes registered with Port Hacking Little Athletics Centre **WILL NOT** be eligible to represent the Centre in State Relay Championships, Zone, Region, State Championships, State Combined Event Championships and State Road Walks and State Cross Country.

Tiny Tots and U6 athletes **WILL** be eligible to compete in the Centre Combined Event and Centre Championships.

Tiny Tots will take part in the following events each week:

Two runs, jump, throw and a game.

No times or distances will be recorded but participation will be recorded for each event.

Details of these Championships and Special Events are as follows:

UNDER 7 ATHLETES

U7 athletes registered with Port Hacking Little Athletics Centre **WILL NOT** progress to the Regional Championships but will be eligible to represent the Centre in State Combined Event Championships and State Road Walks and State Cross Country.

UNDER 8 ATHLETES

U8 athletes registered with Port Hacking Little Athletics Centre **WILL NOT** progress to the State Championships but will be eligible to represent the Centre in State Combined Event Championships and State Road Walks and State Cross Country.

Details of these Championships and Special Events are as follows:

CENTRE COMBINED EVENT (18 November 2023)

To be held on Saturday 18 November 2023 at Sylvania Waters track for all Tiny Tots to U17 athletes. Only Port Hacking athletes are eligible to compete. There is no entry fee. Families must enter this event online through ResultsHQ, Athletes not registered are unable to attend or compete. Entry is **online only through RESULTSHQ and open Saturday 4 November at 12pm**

and closes Thursday 16 November at 8pm (no late entries accepted). Reminders will be sent via Team App. All Tiny Tots receive a special medal for competing which will be presented on the day. 1st, 2nd and 3rd medals will be presented to U6 – U17 the following weekend. To be eligible to win a medal, athletes (including Tiny Tots) must compete in all events listed for their age group. Performance points will be allocated as per LANSW Point Score.

The Combined Events will be:

Tiny Tots	50m, 70m, jump, throw and game
U6	70m, 100m, discus, long jump and shot put
U7	50m, 100m, 500m, long jump, shot and discus
U8	70m, 200m, 700m, long jump, shot and discus
U9	100m, 60mH, 800m, long jump, shot and discus
U10	200m, 60mH, 800m, long jump, shot and discus
U11	100m, 80mH, 800m, long jump, shot and discus
U12	200m, 80mH, 800m, long jump, shot and discus
U13	100m, 80mH, 800m, long jump, shot and discus
U14	200m, 80mH, 800m, long jump, shot and discus
U15G	200m, 90mH, 800m, long jump, shot, high jump and javelin
U15B	100m, 100mH, 800m, long jump, discus, high jump and javelin
U17G	200m, 100mH, 800m, long jump, shot, high jump and javelin
U17B	100m, 110mH, 800m, long jump, discus, high jump and javelin

STATE RELAYS (11-12 November 2023)

To be held at Homebush on Saturday 11 November 2023 for U8 - U11 and Sunday 12 November 2023 for U12 – U17 athletes. There is a \$12.00 entry fee plus admin costs per athlete for this event. Payment is to be made online at time of registration through ResultsHQ. **Nominations open on 25th September 2023 and close on 14th October 2023** at 5pm. The Port Hacking Championship Committee will select teams based on the best consistent performance of the athlete up to and including the closing date. These performances can be achieved at Sylvania Waters or at the committees discretion. Port Hacking encourages all athletes to nominate for possible selection. Children selected are expected to represent Port Hacking Little Athletics Centre. Refunds will not be returned to athletes who have been selected who do not compete. Athletes not selected will receive a refund following the State Relays.

Teams announced on 21 October 2023. A parent for each team will be appointed as manager of that team. Coaches will also be appointed by our Coaching Officer.

Each family with a child/children competing will be rostered on for a duty over the State relay weekend. If parents cannot complete a duty, we recommend they don't enter their child.

SOUTHERN METROPOLITAN ZONE (15-17 December 2023)

The Zone is the first event of the Championships pathway. To be held from Friday 15 December to Sunday 17 December 2023 at Barden Ridge Athletics Track. Entries for Zone will open on 14th October 2023 and close on Friday 3rd November 2023. Our Zone team will be selected by our Championships Committee and announced on 18th November 2023.

Each athlete in U7 to U11 can nominate up to 4 events. However, they can only be selected in 4 events. Athletes will be selected for each event based on their best consistent performances during Centre Competition, up to and including 4 November 2023.

U12 to U17 athletes can nominate up to 6 events and will be selected in those 6 events.

Entries can only be online (\$25 per athlete plus admin costs). No refunds and no late entries. The first 6 in each final event will progress to region 8 plus the next best 4 athletes overall from both Zones (ours and Inner-City Zone – see page 16) will also compete at Region 8. This means all Region events have 16 athletes. Athletes must have competed in at least one event at our centre to be considered for the zone team. ***No late entries or event changes will be accepted after 3rd November 2023.***

ZONE/REGION 8 (15-17th December 2023)

Our Zone, the **Southern Metropolitan Zone**, consists of the following Centres

Bundeena Maianbar	Helensburgh
Illawong	Port Hacking
Revesby Workers	St George
Sutherland	

Our Zone, is one half of Region 8. The other Zone in our Region, **Inner City**, consists of the following centres:

Balmain	Canterbury
Eastern Suburbs	Randwick Botany
South Eastern	Tiger Wests
Inner West	

Each family with a child/children competing will be rostered on for a duty over the Zone and/or Region Championship weekends.

REGION 8 (3 - 4 February 2024)

To be held on Saturday 3 and Sunday 4 February 2024 for qualifiers from Zone Championships. Venue will be at Sylvania Waters Athletics Track. The first and second in each final will progress to the State Championships and then the next best 8 final performances from all 8 Regions in our State will also compete at the State Championships, making all State Championship events having 24 athletes. PHLAC covers the entry fee for the athletes who qualify for region.

100m, 800m, discus and long jump will be conducted for classified Multi Class athletes in the following four age groups for both girls and boys: U9 and U10, U11 and U12, U13 and U14, U15 and U17

CENTRE CHAMPIONSHIPS (17 February 2024)

To be held on Saturday 17 February 2024 at Sylvania Waters Track.

Note: Athletes can only win medals in events they have entered. ***Online entries open on Saturday 2 December 2023 and close on Saturday 20 January 2024.*** An athlete can enter up to a maximum of 4 events and only compete in those 4 events at the Centre Championships.

Tiny Tots will receive a participation Medal on the day if they compete in all 4 of their events. For all other age groups, the 1st, 2nd and 3rd place medals will be presented to the winners. Entry fee is \$15.00 per athlete plus administration fee.

To enter the Centre Championships and be eligible to win a medal, athletes MUST have competed in their selected events 3 times during normal Centre Competition at Sylvania Waters, prior to entries closing. Athletes will be unable to enter events they are NOT eligible for.

STATE COMBINED EVENT (2 – 3 March 2024)

To be held on Saturday 2 March and Sunday 3 March 2024 at Hunter Sports Centre, Glendale. This is a State Championship but has no performance qualifications. It is open to all registered U7 to U17 athletes. Entries are online only at www.littleathletics.com.au and close on **Monday 13 February 2024**. The entry fee is \$20.00 plus admin costs.

State Combined Events will be:

U7	50m, 100m, 500m, long jump, shot and discus
U8	70m, 200m, 700m, long jump, shot and discus
U9	100m, 60mH, 800m, long jump, shot and discus
U10	200m, 60mH, 800m, long jump, shot and discus
U11	100m, 80mH, 800m, long jump, shot and discus
U12	200m, 80mH, 800m, long jump, shot and discus
U13	100m, 80mH, 800m, long jump, shot and discus
U14G	200m, 80mH, 800m, long jump, shot and discus
U14B	200m, 90mH, 800m, long jump, shot and discus
U15G	200m, 90mH, 800m, long jump, shot, high jump and javelin
U15B	100m, 100mH, 800m, long jump, discus, high jump and javelin
U17G	200m, 100mH, 800m, long jump, shot, high jump and javelin
U17B	100m, 110mH, 800m, long jump, discus, high jump and javelin

STATE CHAMPIONSHIPS (23-24 March 2024)

To be held at Sydney Olympic Park Athletics Centre on Saturday 23 and Sunday 24 March 2024 for all qualifiers from Region 8 Championships.

100m, 800m, discus and long jump will be conducted for classified Multi Class athletes in the following 4 age groupings for boys and girls:

- U9 and U10
- U11 and U12
- U13 and U14
- U15 and U17

STATE CROSS COUNTRY AND ROADWALKING CHAMPIONSHIPS

Dates and Venues to be advised. Refer to link. <https://lansw.com.au/state-cross-country-road-walk-championships/>

SAFETY FIRST

Parents are asked to ensure that children are fully aware of the following requirements due to possible damage to property or injury that could be caused to themselves or others. The following are not allowed:

- Handball or other ball games in front of the Canteen or Grandstand areas
- Climbing or sitting on the judges' or timekeepers' stands on either side of the finish line
- Playing behind the Grandstand and climbing of trees in this area
- Climbing the high-tension stand
- Walking across the grassed competition area.

BEHAVIOURAL GUIDELINES

Little Athletics has a set of Behavioural Guidelines, set out on their website www.littleathletics.com.au. These Behavioural Guidelines aim to give everyone a guide to what is expected of them if they are part of Little Athletics, be it participating, volunteering or standing on the sideline cheering for their child.

PRIVACY POLICY

Little Athletics is committed to providing you with the highest level of customer service, including protecting your privacy. Please refer to the LANSW website www.lansw.com.au

CENTRE COMPETITION, SPECIAL EVENTS AND LOCAL RULES

1. All events will be conducted under the Rules of Competition of LANSW Handbook or Local Rules as they apply.
2. All competitors must be registered members of LANSW unless competing as a Trialist (for 2 consecutive weeks only) but not on our Combined Event and Centre Championships.

Note: re-registering athletes cannot be Trialists.

3. Officials and Competitors only are permitted in competition areas. On completion of their events, competitors must leave the competition area. Children **MUST NOT** cross the track at Timekeepers and Judges' stand (finishing line) or cross the grassed area during events.
4. All athletes must compete in uniforms with registration numbers visibly attached on the **FRONT** of the uniform and age patch on left side of shorts/tights.
5. Suitable shoes are compulsory for all track and field events. Failure to comply with this rule will result in disqualification.
6. Spiked shoes **MUST NOT** be worn by Tiny Tots, U6, 7, 8, 9 and 10 athletes.
7. Spiked shoes may be used by U11 - U12 Age Groups, only in events contested wholly run in separate lanes. U13 - 17 Age Groups may wear spikes in all track events except the Walk. Spikes to be a maximum of 6mm in length. Spike shoes with spikes removed are not permitted.
8. Spiked shoes may be used for high jump, long jump, triple jump and javelin.
9. Spiked shoes **MUST NOT** be worn outside the competition area.
10. Starting blocks have been purchased by the Centre. Starting blocks can only be used by U11 - U17 age groups.
11. Each event will only be called twice. No calls will be made for individual competitors for any event.
12. All competitors must marshal with their age manager under the blue shade. Any competitor arriving late at an event will only be allowed to compete in the event at the discretion of the Age Manager.
13. When insufficient numbers of competitors attend to compete in an event, groups may be combined at the discretion of the Centre Competition Officer.
14. All U9 and U10 athletes **MUST** do the scissors jump for high jump.

15. In all field events, other than high jump, 3 competition throws or jumps will be allowed for each competitor excluding Friday nights where only 2 will be allowed. In high jump, 3 jumps only will be allowed at any one height. U9 Girls/Boys up to and including **27 October 2023** will utilise the flexi-bar. Further for the period up to and including **4 November 2023**, one practice jump or throw will be allowed for each competitor in each event prior to the commencement of the event. After that date, no practice jump or throw will be allowed.
16. Any competition complaints or protests to be initially directed to the President.
17. In all long jumps, the half metre take-off will be used for the U6 to U7 age groups. The U8 to U10 age groups jump from the 1 metre board. The U11 to U17 age groups jump from the 2 metre board. (For safety reasons, if any athlete cannot jump from the 2 metre board, they can jump from the 1 metre board at Centre Competition).
18. All 500m, 700m, 1500m as well as U6 200m and U8 400M running events and all walk events will commence with a pack start and all have a maximum of 24 competitors, unless the second-row system is being used. The 800m event will be run 2 per lane on a staggered start until the cut-in line in the back straight on the first lap.
19. All track events up to and including the 800m event will be seeded.

The following shows the field events available to the various age groups and the relevant implement weights used for those age groups:

Field	Tots	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
H.Jump					X	X	X	X	X	X	X	X
L.Jump	X	X	X	X	X	X	X	X	X	X	X	X
T.Jump							X	X	X	X	X	X
Discus		350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg (G)
												1.5kg (B)
Shotput		1kg	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg (G)	3kg (G)
											4kg (B)	5kg (B)
Javelin							400g	400g	400g (G)	400g (G)	500g (G)	500g (G)
									600g (B)	600g (B)	700g (B)	700g (B)

20. Children **MUST** compete in events for their correct age groups. After Region, for State qualifiers **ONLY**, an athlete can compete up **one** higher age group where that event is **not programmed on that Saturday** as an event for their own age group. Any of these additional events will not count for any award, team selection, record, participation or point score.

21. If a complete Series Competition program is cancelled due to the weather, that “series” will be held on the next date listed for Centre Competition. If 75% of the total programmed events are completed in a series and the remainder is unable to be completed due to the weather, this series will be considered completed and all events count for awards and selections.

22. Any visitors* must be registered with LANSW and can only compete in the LAST HEAT.

AGE MANAGERS

Age Managers are responsible to the Executive and will look after the athletes during their events whilst in the competition area. Age Managers are parents who nominate at the beginning of each season and are selected by the Executive. Each Age Manager will be given a shirt which **MUST** be worn each Saturday morning (or Friday evening).

DUTIES

1. Marshall and take athletes to events immediately after the 2nd call is made. Please ensure you **walk the athletes around the track, not across the grassed area** and stay with the group for the duration of the event. Age Managers are not to wait for athletes after the second call.
2. Control the children and report to the Executive any misconduct or bad language of any athlete.
3. Assist the Judge to ensure that no coaching of any competitor is carried out during an event.
4. **Ensure each child runs in the nominated heat.**
5. Lane allocations will be provided for 50m-400m.
6. **Personally** notify Announcer on completion of each event.
7. Ensure result sheets at all field events are signed by Chief Official and **return sheets to Recording Shed**, as soon as possible.
8. Ensure any **visitors*** are registered with Little Athletics NSW and that they **only compete in the last heat.**
9. Encourage children to tidy up prior to leaving the competition area.
10. If the Age Manager is unavailable, **please arrange a replacement**, and inform them that they must advise our Centre President and Officer of Officials on arrival.
11. Encourage all athletes equally and not favour any child/children.

12. Encourage involvement in Championships and Special Events.
13. Encourage all athletes to wear correct uniform and numbers.
14. Reinforce with athletes that they are **not to wear spikes outside the track area.**
15. Do not send your Age Group children to the Recording shed or finish line to ask questions.
16. No age manager should approach the finish line for results. All results can be viewed via results hq and if there are any discretions, these can be emailed through to be investigated to phlacresults@gmail.com

AGE MANAGERS 2023-2024

Age	Girls	Boys
Tiny Tots	Owen JOHNSTON	Owen JOHNSTON
U6	Lana DO CANTO	Sonia LEWIS
U7	Stephanie GENTLE	Chris PARSONS
U8	Akira MIANI	Sam VELIC
U9	Angela BIBBY	Lauren HENNESSY
U10	Phil TURPIN	Matt ROGERS
U11	Rob CUMMINS	Nathan BARNES
U12	Jenny VILIVILI	Craig REBEIRO
U13	Chrissy KOUSSOULIS	Tara MORAN
U14	Steve KLUDASS	Keith LESTER
U15/17	Claire ARTHUR Lauren PEARSON	Michael MICHAEL

RECORDS, RANKING AND AWARDS

The following awards are available to children taking part in competition at our centre:

A	Performance Tickets	Printed by families from ResultsHQ online
B	Most Improved Trophy	U6 – U17
C	Point Score Trophies	U6-U17
D	Merit Award	U6-U7
E	Record Certificates and Medallion	
F	Representative Gift	
G	State Multi Event Competitors	
H	100% Participation	
I	5 Year Service Trophy	
J	10 Year Service Trophy	
K	Service Award	
L	Most PBs	
M	Special Awards (Walker of the Year, Thrower of the Year, Jumper of the Year, Sprinter/Hurdler of the Year)	
N	Junior and Senior Athlete of the Year	
O	Summary	

A. PERFORMANCE TICKETS

All weekly performances are recorded on the Centre's computer and these can be viewed online once all results have been entered. Families can print from the app if they would like a hard copy of the tickets. Athletes must be pre-registered for Centre Competitions to receive results (sign up by Thursday 8pm prior to the Saturday competition). Instructions on how to access ResultsHQ are available on the Port Hacking LAC Website. Parents/athletes have **one week only** to check Saturday competition results and report any errors. There will be no checking of back-dated results. Notifications of errors or missing results should be emailed to phlacresults@gmail.com and will be corrected immediately for parents/athletes to view online.

B. MOST IMPROVED TROPHY - Under 6 to Under 17

A trophy will be awarded to each child with the highest level of improvement for their age group as at 9th March 2024 and presented at the Centre Presentation. Most Improved Trophies are only given to athletes that have not won a point score award.

C. POINT SCORE TROPHIES - Under 6 to Under 17

The point score competition is designed to promote competition over the full range of athletic events. Trophies will be awarded on our Presentation Day for the maximum of 3 place getters in each age group, except Tiny Tots, who will all receive a trophy if they have fulfilled the criteria. Tiny Tots only need to participate in the events, as they do not have

their events timed or measured. The LANSW Point Score System is used for allocating points for each event.

To qualify for a Point Score Trophy, the athlete must have completed at Sylvania Waters Track in normal A and B week competition **at least 50% of total available events for their age group and 33% of all events after Christmas.**

Points will be awarded for each child's BEST THREE performances in EACH event in which he/she has competed in on normal competition days. Performances at State Relays, Zone, Region, State Multi, State Track and Field and Centre Multi will not count. Centre Championship results will count towards point score. The point score will commence on 9 September 2023 and finish on 16 March 2024.

The 3000m and Walk Events are not compulsory and are not included for participation purposes, however, athletes who choose to compete in these events can count their participation/results in lieu for another event.

D. MERIT AWARD – Under 6 and Under 7

To qualify for a Merit Award Trophy, the athlete must have competed at Sylvania Waters Track in normal A and B week competition **at least 75% of total available events for their age group. Merit Awards are only given to athletes that have not won a Point Score Award.**

E. RECORD CERTIFICATES AND MEDALLION

A certificate will be awarded to any Port Hacking child who breaks or equals a Centre or Ground Record at Sylvania Waters Track. Track athletes must win their event to break or equal a record, but all field athletes who achieve the same distance or height as the winner can break or equal a record. A Track and Field Record must be signed off by the relevant Referee. A Centre Record can only be broken or equalled at Sylvania Waters Track by a Port Hacking athlete at Competitions as nominated in Section "S" on page 30. A Ground Record can be broken or equalled by any athlete at a LANSW affiliated event at Sylvania Waters. Certificates will be awarded within 2 weeks of breaking the record at the track. Medallions will be awarded at the end of the season on Presentation Day.

F. REPRESENTATIVE GIFT

All athletes who **qualify** and **compete** at Zone, Region and State will receive a representative Gift.

G. STATE MULTI EVENT COMPETITORS

All athletes who compete at the State Multi Event will have all of the events conducted at Sylvania Waters for their age group added to their end of season participation total.

H. 100% CENTRE COMPETITION PARTICIPATION

An engraved medal will be awarded to all athletes who compete in every event offered for the age group at Centre competition for the season.

I. 5 YEAR SERVICE TROPHY

This award will be presented to any athlete who has completed 5 **consecutive** seasons from 2017/8 until the conclusion of the present season with Port Hacking.

J. 10 YEAR SERVICE TROPHY

This award will be presented to any athlete who has completed 10 **consecutive** seasons from 2012/2013 until the conclusion of the present season with Port Hacking.

K. SERVICE AWARD

This award will be presented to any athlete who has completed more than 10 years continuous service at the conclusion of the Under 17s.

L. MOST PBs

This award will be presented to the male and the female athlete who has achieved the most PBs at the Centre.

M. SPECIAL AWARDS

These 3 awards (Walker, Jumper, Thrower and Sprint/Hurdler of the Year) will be selected by the Port Hacking Coaches.

N. ATHLETE OF THE YEAR

The following scoring system will be used for calculations and the athlete with the highest number of points will be the Port Hacking 'Junior 12 and Under' and 'Senior 13 and Over' Athletes of the Year:

	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Zone	5	3	2	1	-	-	-	-
Region	10	6	4	2	-	-	-	-
State Multi	10	6	4	2	-	-	-	-
State	20	14	12	10	8	6	4	2

- If a tie occurs State Records will be taken into account by the Executive.
- At Zone, Region and State Championships
 - U12 to U17 age groups: all 6 events can count for points
 - U7 to U11 age groups: all 4 events can count for points.

- Athletes must have met the requirements in Point E above.

O. SUMMARY

	Improvement	Point Score	Participation	Record
State Relays	No	No	No	No
Centre Multi	No	No	No	Yes (Ground), No (Centre)
Centre Championships	Yes	Yes	Yes	Yes
Zone, Region, State Champ	No	No	No	Yes (Ground), No (Centre)
State Multi Event	No	No	Yes (see "H" above)	No
Centre Competition	Yes	Yes	Yes	Yes

No CENTRE record can be broken at a Zone or Region Championship but if Zone or Region are held at the Sylvania Waters Athletic Track, a GROUND record can be broken.

PARENT/CAREGIVERS AGREEMENT & OFFICIALS

1. To successfully conduct a sporting program of this magnitude, it requires the full cooperation of parents/caregivers as Officials and Helpers.
2. All parents (or a nominated adult), are required to work on roster every second week.
3. Parents/caregivers will select their weekly duty when registering their athlete for weekly Centre Competition. Weekly registration will open on Monday at 8am and will close at Thursday 8pm. Childrens Surnames A-K Week A, L-Z Week B.
4. **Parents/caregivers on duty will report to their designated event by 7.45am or 7.30am for the Long Track Team. The Officer for Officials will check off each parent at their event during the morning. Parents must remain at their allocated duty until completion of all events at that area.**
5. The available positions are:

Track

Judges (1)
Timekeepers (4)
Starters (2)

Walk judges (3)
Track Marshall (1)
Recorders (2)

Field

Field referee (1)
Shot chiefs (2)
Assistants (26)
Javelin chief (1)

High jump chiefs (2)
Long jump chiefs (3)
Discus chiefs (2)

Announcer (1)

Canteen/BBQ (6)

6. Parents with athlete surname A-L will be on Duty during the Series A Week. Parents with athlete survey M-Z will be rostered on Duty for the B Week.
7. It is the Centre policy for all parents/caregivers joining the Centre adhere to the following:
 - a. Children must be under supervision of their parent/caregiver or another designated adult at all times whilst not competing. Age Managers of younger age groups will have all athletes with an on-duty parent remain with them and the group in the grandstand between events.
 - b. Please be aware that missing a parent roster will result in their child/children not receiving any results for that day. Results will be reinstated once a missed duty is completed. On the third occasion of a roster being missed, **athletes will no longer be eligible to participate in the Centre Championships, Centre Multi or be a member of our Relay Team. Parents will also no longer be able**

to nominate their child for centre competitions. Therefore, it is important that parents/caregivers ensure roster commitments are met. Further information can be obtained from the Officer for Officials.

- c. It is the responsibility of the parent/caregiver to ensure that if their child/children are selected to represent the Centre (e.g. State Relays, Zone, Region, State and State Multi) that they ensure their child is present for their events.

Parents/caregivers will abide by the Rules set out in the Behavioural Guidelines as detailed in the Little Athletics NSW website [Behavioural Guidelines \(lansw.com.au\)](http://lansw.com.au).

- d. If you have any experience in officiating any events with Little Athletics, please inform the Officer for Officials.
- e. Some parents have completed Official's Examinations and have elected to specialise in a certain position on a weekly basis. Officiating each competition day is an opportunity for parents and children to derive enjoyment together and the Centre encourages parents to become qualified officials. Any interested parent should contact the President or Officer for Officials for further information.

EQUIPMENT AND TECHNICAL REQUIREMENTS

Setting up and putting away of equipment required for competition is done by six members each week. These people will put out the necessary equipment for each event area and then at the conclusion of competition, pack away and lock equipment in the storage sheds. Please inform a member of the Executive of any equipment that needs replacing or repairing.

People rostered for set up will be required to report no later than 6.45am each Saturday morning. Pack Up will begin at the completion of the first field event. Parents will be announced when required. Weekly Set Up/Pack Up is a duty in lieu of the normal A Week/B Week roster.

COACHING

Training/coaching will be conducted at Sylvania Waters Field on various afternoons. The relevant days and times on which training for the various events will take place, will be advised during the first few weeks of competition. Also, further details will be published on the website and Facebook. Coaching for the first 4 weeks is paid for and subsidised by PHLAC. At the conclusion of the 4 weeks, it is a user pays system and the coaches charge \$5-\$10 per session.

PORT HACKING LITTLE ATHLETICS – AUSTRALIAN REPRESENTATIVES

In recognition to past PHLAC athletes, we would like to advise that the following athletes have gone on to represent Australia at various championships.

Female Athletes			
Alicia SPENCER	2000	World Junior Championships (Santiago, Chile)	4 x 100m relay
	2002	World Junior Championships (Kingston, Jamaica)	4 x 100m relay
Claire MALLETT	2006	Commonwealth Games (Melbourne, Australia)	High Jump
Jacinta DOYLE	2007	World Youth Championships (Ostrava, Czech Republic)	100m, 100m Hurdles, Medley Relay (100, 200, 300, 400)
	2007	Australian Youth Olympic Festival (Sydney, Australia)	100m Hurdles Long Jump
Carly RODGER	2009	Australian Youth Olympic Festival (Sydney Australia)	100m Hurdles 4 x 100m Relay
Alison SEVERINO	2009	Australian Youth Olympic Festival (Sydney Australia)	Javelin
Alix KENNEDY	2009	Australian Youth Olympic Festival (Sydney Australia)	Discus
	2013	Universiade (Kazan, Russia)	Discus
	2015	Universiade (Gwangju, South Korea)	Discus
Eloise (Elly) GRAF	2008	Commonwealth Youth Championships (Pune, India)	100m 200m 4 x 100m Relay
	2014	World Relay Championships (Nassau, Bahamas)	4 x 100m Relay
	2015	World Relay Championships (Nassau, Bahamas)	4 x 100m Relay
Monica DIMON	2013	Oceania Athletics Championships (Papeete, French Polynesia)	Discus
Samantha GEDDES	2014	World Youth Olympics (Nanjing, China)	100m 8 x 100m Relay
	2015	World Relay Championships (Nassau, Bahamas)	4 x 100m Relay
	2016	IAAF World Juniors (Bydgoszcz, Poland)	100m 4 x 100m Relay
Tay-Leiha CLARK	2014	World Youth Olympics (Nanjing, China)	Triple Jump 8 x 100m Relay
Jasmin LOCKWOOD	2018	Oceania Melanesian Athletics Championships (Port Vila, Vanuatu)	Javelin
Tomysha CLARK	2019	Oceania Athletics Championships – AUS	Long Jump
Alma ROBB	2019	Oceania Athletics Championships – AUS	400m
Jasynta Lampret	2023	Commonwealth Youth Games (Trinidad and Tobago)	100m Hurdles
Izobelle Louison-Roe	2023	Commonwealth Youth Games (Trinidad and Tobago)	High Jump

Male Athletes			
Jake HAMMOND	2010	World Junior Championships (Moncton, Canada)	200m 4 x 100m Relay
	2014	Commonwealth Games (Glasgow, Scotland)	4 x 100m Relay
	2014	World Relay Championships (Nassau, Bahamas)	4 x 100m Relay
Jarrod GEDDES	2011	World Youth Championships (Lilli, France)	100m
	2013	World Championships (Moscow, Russia)	4 x 100m Relay
	2014	Commonwealth Games (Glasgow, Scotland)	200m, 4 x 100m Relay 4 x 400m Relay
	2015	World Relay Championships (Nassau, Bahamas)	4 x 100m Relay
Donald CATALLO	2017	Oceania Athletics Championships (Suva, Fiji)	400m Hurdles
Andrew GOSCHNIK	2019	Oceania Athletics Championships – AUS	400m Hurdles
William HUMBERSTONE	2019	Oceania Athletics Championships – AUS	110m Hurdles
Corey ANDERSON	2020	Paralympics (Tokyo)	Javelin

DEVELOPMENT SQUADS

We would like to advise that the following athletes have been selected in Athletics Australia Development Squads:

Australian U17 Development Squad		
2009	Alix KENNEDY	Discus
2009	Carly RODGER	Hurdles
2012	Matilda WERNER	Javelin
2012	Samantha GEDDES	Sprints
2018	Emma BLANCH	Walks
2018	Jasmin LOCKWOOD	Javelin
Australian U19 Development Squad		
2010	Jake HAMMOND	Sprints
2012	Jarrold GEDDES	Sprints
2014	Samantha GEDDES	Sprints

PHLAC ATHLETES SELECTED FOR NSW STATE TEAM

In further recognition of past PHLAC athlete performances, we would also like to advise that the U13 athletes or U15 Multi Event athletes below were selected to compete in the Australian Little Athletics Championships representing NSW. Their selection was based on their individual performances at the LANSW State Championships and the LANSW State Multi Event Championships for the relevant year.

Selection in the Little Athletics NSW State Team is considered a great honour and a major highlight of Little Athletics involvement.

1983	Andrew PHYLLIS
1984	Joanne MACKENZIE
1989	Ainslie BURNE
2003, 2005	Jacinta DOYLE
2004	Matt SUMMERS
2005, 2007	Carlie RODGER
2016	Emma BLANCH
2016, 2018	Tomysha CLARK
2017	Rowan Tan
2017	Tom JESSEP
2018	Andrew GOSCHNIK
2021	Tammin LAMPRET
2022	Ahlyrah LUBIS
2023	Allegra Little
2023	Jade Strahl