

PORT HACKING
LITTLE ATHLETICS CENTRE INC.



2018- 2019 SEASON

Sylvania Waters Athletic Field
Phone – 9522 4510

www.porthackinglac.com



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PRESIDENT'S MESSAGE

Welcome on behalf of the Executive of **Port Hacking Little Athletics Centre** and the three Clubs, **Cronulla Sutherland Leagues, Endeavour and Taren Point**, to our 41st season of competition.

We are looking forward to a successful season whilst still maintaining our State Association's motto "Family Fun and Fitness".

This is my second year as president and I have been involved for 12 years with this centre.

Competing each Saturday helps kids to learn how to be independent, resilient and to illustrate good sportsmanship. These are great values for all children to develop and carry on throughout their life.

The late Peter Wickes, a former athletics coach and life member of Port Hacking LAC stated that "What I liked most in Little Athletics was that the children who participated in this sport grew up to be well rounded, decent adults". This is a great message for our children at PHLAC to aspire too!

Also a big "Thank You" to Sutherland Council for their continued support at our Sylvania Waters track.

All the information for this season is contained in a book – known as the **BLUE BOOK**.

If you want to know what is going on this season, I would advise you to have a good look at it, especially if you are new to Little Athletics! It is also on our website. We don't want you to miss out on any of the special events throughout the season.

We wish all our athletes the best of luck for the coming season and to thank all our wonderful parents for volunteering each Saturday. Without your assistance we cannot successfully run our competition each Saturday morning.

For updated information please go to our website – www.porthackinqlac.com or our Facebook page.

Finally, thank you for joining Port Hacking Centre, and we hope you enjoy your Little Athletics 2018-2019 season and if you have any questions please don't hesitate to ask any Executive member.

Rene Goschnik - President

PORT HACKING LITTLE ATHLETICS CENTRE INC.

PATRONS

SCOTT MORRISON MP

ELENI PETINOS MP

SUTHERLAND SHIRE COUNCIL
MAYOR

MARK SPEAKMAN MP

EXECUTIVE FOR 2018 - 2019 SEASON

PRESIDENT:	Rene Goschnik	9547 0158
VICE PRESIDENT:	Mark Lavarence	0418 180 673
SECRETARY:	Malin Brandt	0419 589 474
TREASURER:	Cameron Burne	9525 7415
REGISTRAR:	Karen Goschnik	9547 0158
CHAMPIONSHIPS AND CENTRE COMPETITION:	Heather Mitchell	9522 9004
RECORDS AND RANKING:	Jenny Blanch	0412 012 951
COACHING:	Ray Russell	9545 1750
OFFICIALS:	Brett Mathison	0413 254 026
PUBLICITY/PUBLIC RELATIONS:	Ron Impey	0410 410 787
EQUIPMENT:	Darren Bauer	0408 313 239

LIFE MEMBERS

Dave Binns
John Burne *
Laurie Holland
Helen Atzemis *
Heather Mitchell
Josie Moar
Margaret Alexander
Colin Alexander

Cheryl Dooley
Ray Russell
Michelle Douglas
Neal Smith
Nicolle Challinor
Peter Wickes *
Tony Young
Frank Cashman

* Deceased

UNIFORMS

CENTRE -

PORT HACKING: Blue, white and black striped singlet with white piping around armholes and neck bands. Plain black shorts/pants or approved two piece.

Girls and boys may wear plain black above-knee shorts as part of their Centre uniform.

For all athletes:

- The Age Patch is to be sewn on the left side of shorts/pants or two piece.
- The **Coles** Patch is to be sewn on the front of the singlet on the right side near the shoulder area
- **For Tiny Tots – U/11 only:** The individual McDonalds Registration Number is to be sewn to front of singlet / two piece. **Please ensure red line is visible all around the perimeter of the number.**
- **For U/12 – U/17 only:** The individual 'One Sport' Registration Number is to be sewn to front of singlet / two piece.

Centre uniform can be worn at Carnivals, Gala Days etc. and **MUST** be worn at Trans Tasman Trials, Zone, State Relays, Region, State Multi event and all State Championships.

CLUBS -

ENDEAVOUR: Red, white and blue or red and white striped singlet. Royal blue or black shorts/pants or approved two piece.

TAREN POINT: Green and gold singlet with black shorts/pants or approved two piece.

CRONULLA SUTHERLAND

LEAGUES: Light blue top, black shorts/pants or approved two piece.

For all athletes:

- The **Age Patch** is to be sewn on the **LEFT SIDE, near the hem line,** of the shorts/pants or two piece.
- The **Coles** Patch is to be sewn on the front of the singlet on the right side near the shoulder area.
- **For Tiny Tots – U/11 only:** The individual **McDonalds Registration Number** is to be sewn on the front of the singlet / two piece. **Please ensure the red line is visible around the perimeter of the number.**
-
- **For U/12 – U/17 only:** The individual **'One Sport' Registration Number** is to be sewn on the front of the singlet / two piece.

The Club uniform is decided by the Club and correct club uniform **MUST** be worn for all Centre Competition meetings.

PORT HACKING LITTLE ATHLETICS CENTRE INC.

www.porthackinglac.com

Sylvania Waters Athletic Field - Phone 9522 4510

CLUB CONTACTS

ENDEAVOUR

Heather Mitchell 9522 9004 or 0402 205 300

TAREN POINT

Karen Goschnik 9547 0158 or 0412 645 786

CRONULLA SUTHERLAND LEAGUES

David Chernich 9525 3632

WET WEATHER POLICY

Due to the excellent drainage of the Sylvania Waters Athletic Track, a decision, in the event of wet weather, as to whether or not competition will be held will be made at 7.30am by the Executive at the Track prior to competition. Please check our website www.porthackinglac.com, Facebook page or the Team App after 7.30am on the day to find out whether or not competition is on. As a last resort the track can be contacted on 9522 4510 after 7.30am on the day. **Do not call before this time. You should assume competition is on until confirmation is received otherwise.** If the A or B week is not completed due to wet weather it will be held on the next Centre Competition day.

PUBLICITY AND PUBLIC RELATIONS

The Centre website www.porthackinglac.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 page and emails are sent out advising of upcoming events and closing dates. Our Team App is also being used this season as a form of communication. Championship dates and details regarding special competitions at various Centre's around the State will be on the noticeboard at the track.

REGISTRATIONS

AGE GROUPINGS for the 2018 - 2019 season are as follows:-

MONTH	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
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	TOO	17	17	15	14	13	12	11	10	9	8	7	6	Tots
JUN	OLD	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	17	15	14	13	12	11	10	9	8	7	6	Tots
NOV	17	17	17	15	14	13	12	11	10	9	8	7	6	Tots
DEC	17	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 2018 may be registered with the LANSW 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, is to please notify the Centre Registrar who will issue the relevant paperwork.

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 and our Centre Championships day. It will cost \$20 per athlete. You will be refunded the \$20 if you register for the season.

DUAL (RECIPROCAL) REGISTRATIONS

The Reciprocal Registration agreement with Athletics NSW allows athletes in the Little Athletics U12, U13, U14, U15 or U17 age groups, who **are already registered** with ANSW for the 2018/2019 season, not to pay a registration fee to LANSW. A registration form must still be completed, proof of ANSW registration and the 'One Sport' registration number **MUST** be recorded on the registration form. Athletes are issued with a LANSW Age Number and an age patch which is included on the registration receipt as a full Little Athletics member. **NO REGISTRATION FEE** is payable for athletes who can verify that their current registration with ANSW is activated but athletes will be required to pay \$82.00 to Port Hacking Little Athletics Centre.

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

Any official, parent or other person injured must complete the Little Athletics NSW Medical Accident Report Form which is available from the Centre Secretary.

PERSONAL ACCIDENT - COMPETITORS

All registered competitors are covered against Personal Accident for 2018-2019 season whilst competing or training at an **APPROVED** time and venue (under Port Hacking Little Athletics Centre jurisdiction) by Port Hacking Little Athletics Centre registered coaches. Please report all injuries to the Centre Secretary. A copy of the insurance policy summary is available from the Secretary.

PERSONAL ACCIDENT - 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.

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.

SMOKE FREE ZONE

Little Athletics NSW and Sutherland Shire Council have a Smoke Free Policy. There is to be no smoking within the facility.

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

PORT HACKING LITTLE ATHLETICS CENTRE INC.
PROGRAM FOR 2018 / 2019 SEASON

REGISTRATION DATES

AUGUST 2018

Sun	26	Registration Day	2.00 - 4.00 pm	Sylvania Waters
Wed	29	Registration Day	4.30 – 6.30pm	Sylvania Waters

COMPETITION DAYS

SEPTEMBER 2018

Sat	8	Centre Competition State Relay Entries Open Online Trans Tasman Trials Entries Open Online	7.45 am	Sylvania Waters
Sat	15	Centre Competition 3,000m race Zone Entries Open Online	7.45 am 7.30 am	Sylvania Waters
Sat	22	Centre Competition	7.45 am	Sylvania Waters
Sat	29	Centre Competition	7.45 am	Sylvania Waters

OCTOBER 2018

Sat	6	Centre Competition	7.45am	Sylvania Waters
Sat	13	Centre Competition 3,000m race Official Opening	7.45 am 7.30am	Sylvania Waters
Sat	20	Centre Competition State Relay Entries Close - No late entries	7.45 am	Sylvania Waters
Wed	24	Trans Tasman Entries Close Online		
Fri	26	Zone Entries Close Online - No late entries		
Sat	27	Centre Competition Age Group Photos State Relay Teams Announced	7.45 am	Sylvania Waters

NOVEMBER 2018

Sat	3	Centre Competition 3000m race Centre Championship entries Open Online	7.45 am 7.30am	Sylvania Waters
Sat	10	Centre Multi – no entry required Zone Team Announced	7.45 am	Sylvania Waters
Sat	17	LA STATE RELAYS U/8-U/11 No normal competition	8.00 am	Homebush
Sun	18	LA STATE RELAYS U/12-U/17	8.00 am	Homebush
Sat	24	Centre Competition LA State Multi Entries Open Online	7.45 am	Sylvania Waters
Friday	30	ZONE CHAMPIONSHIPS	6.00pm	The Ridge

DECEMBER 2018

Sat	1	ZONE CHAMPIONSHIPS	8.00am	The Ridge
Sun	2	ZONE CHAMPIONSHIPS No normal competition	8.00am	The Ridge
Sat	8	Centre Competition 3000m race	7.45 am 7.30am	Sylvania Waters
Sat	15	Centre Competition Christmas Celebration	7.45 am	Sylvania Waters
Sat	22	Athletic Holiday		
Sat	29	Athletic Holiday		

JANUARY 2019

Sat	5	Athletic Holiday		
Sat	12	Centre Competition 3,000m race	7.45 am 7.30 am	Sylvania Waters
Sat	19	Centre Competition LA NSW State Multi Event entries Close Online	7.45 am	Sylvania Waters
Sat	26	Australia Day - NO COMPETITION Centre Championships entries Close Online - No late entries		

FEBRUARY 2019

Sat	2	REGION 8 CHAMPIONSHIPS	8.00 am	The Ridge
Sun	3	REGION 8 CHAMPIONSHIPS No normal competition	8.00 am	The Ridge
Sat	9	Centre Competition 3000m for Centre Championships	7.45 am 7.30am	Sylvania Waters
Sat	16	Centre Championship (Only those who have entered are able to compete on this day)	7.45 am	Sylvania Waters
Sat	23	Centre Competition	7.45 am	Sylvania Waters

MARCH 2019

Sat	2	Centre Competition	7.45 am	Sylvania Waters
Sat	2	LA STATE MULTI EVENT	9.00 am	Dubbo
Sun	3	LA STATE MULTI EVENT	9.00 am	Dubbo
Sat	9	Centre Competition Last Day 3,000m race Club Relays End Point Score State Competitors' Photo	7.45 am 7.30 am Approx. 10.00 am	Sylvania Waters
Sat	16	STATE CHAMPIONSHIPS	8.00am	Homebush
Sun	17	STATE CHAMPIONSHIPS	8.00am	Homebush

APRIL 2019

Sun	TBA	CENTRE PRESENTATION	12.00 pm	Sylvania Waters
Sat	27-28	Australian Teams Championships		Hobart, Tasmania

MAY 2019

Tues	21	Port Hacking L.A.C. Inc. Annual General Meeting	7.30 pm	Club on East, Sutherland
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JULY 2019

STATE CROSS COUNTRY AND ROADWALKING CHAMPIONSHIPS TBA

ALL ENTRIES FOR CHAMPIONSHIPS AND SPECIAL EVENTS CLOSE AT THE COMPLETION OF COMPETITION ON THE DESIGNATED DAY

Note

- If competition is cancelled due to wet weather, the closing date will still be the designated day but entries close at 9.00 am at the track.
- 3,000m race is for athletes in Under 13 – Under 17 Age groups only. Starting time for this race is 7.30am.

WEEKLY EVENTS FOR 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	60m Hurdles	60m Hurdles
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
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 UNDER 9 - UNDER 11

Series "A"

UNDER 9		UNDER 10		UNDER 11	
BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
100m	100m	100m	100m	100m	100m
400m	400m	400m	400m	400m	400m
				1500m	1500m
60m Hurdles	60m Hurdles	60m Hurdles	60m Hurdles	60m Hurdles	60m Hurdles
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
70m	70m	70m	70m		
200m	200m	200m	200m	200m	200m
800m	800m	800m	800m	800m	800m
Discus	Discus	Shot Put	Shot Put	Discus	Discus
				Javelin	Javelin
Long Jump	Long Jump			Long Jump	Long Jump
		High Jump	High Jump		

PLEASE NOTE –

"A" Week – 1500m run will start at 7:45am, first call 7:40am

"B" Week – All Walks will start at 7:45am, first call 7:40am

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
60m Hurdles	60m Hurdles	200m Hurdles	200m Hurdles	200m Hurdles	200m Hurdles
Discus	Discus	Discus	Discus	Shot Put	Shot Put
Javelin		Javelin		Javelin	Javelin
Long Jump	Long Jump		High Jump		Long Jump
		Triple Jump	Triple Jump	Triple Jump	

Series "B"

1500m Walk	1500m Walk	1500m Walk	1500m Walk	1500m Walk	1500m Walk
		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		Javelin		
		Long Jump	Long Jump	Long Jump	
High Jump	High Jump	High Jump		High Jump	High Jump
Triple Jump	Triple Jump				Triple Jump

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 – All Walks will start at 7:45am, first call 7:40am

Dates for 3000m for U/13 – U/17 athletes only are listed in the Program on pages 7, 8, 9. Starting time is 7:30am , first call 7:25am.

CHAMPIONSHIPS AND SPECIAL EVENTS

We would like to draw your attention to the Championships and Special Events available to the children during the 2018-2019 season. These are:

CHAMPIONSHIPS

Trans Tasman Team Trials	- 4 th November , 2018
Centre Multi Event Championships	- 10 th November 2018
State Relay Championships	- 17 th , 18 th November 2018
Zone Championship	- 30 th November, 1 st , 2 nd December 2018
Region 8 Championships	- 2 nd , 3 rd February 2019
Centre Championships	- 16 th February 2019
State Multi Event Championships	- 2 nd , 3 rd March 2019
State Championships	- 16 th , 17 th March 2019
State Cross Country and Roadwalking Championships	- TBA

SPECIAL EVENTS

Trans Tasman Team Trials	- 4 th November 2018
Trans Tasman Tour	- 7 th - 15 th January 2019
Trans Tasman Challenge	- 13 th January 2019

NOTE re TINY TOTS and UNDER 6 ATHLETES

Tiny Tots and U/6 athletes registered with Port Hacking Centre **WILL NOT** be eligible to represent the Centre in State Relay Championships, Zone, Region, State Championships and State Multi Event Championships.

Tiny Tots and U/6 athletes **WILL** be eligible to compete in the Centre Multi 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:

CENTRE MULTI-EVENT

To be held on Saturday 10th November 2018 Sylvania Waters track for all Tiny Tots to U/17 athletes. Only Port Hacking athletes are eligible to compete. No Entry Fee for this event. Enter on the day.

All Tiny Tots receive a special medal for competing which will be presented on the day. 1st, 2nd, 3rd place medals will be presented to U/6 – U/17 on the following Saturday. 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 the LANSW Point Score.

The Multi Events will be:

Tiny Tots	50m, 70m, jump, throw and game
U/6	70m, 100m, discus, long jump and shot put
U/7	50m, 100m, 500m, long jump, discus and shot put
U/8	70m, 200m, 700m, long jump, discus and shot put
U/9	100m, 60mH, 800m, long jump, discus and shot put
U/10	200m, 60mH, 800m, long jump, discus and shot put
U/11	100m, 60mH, 800m, long jump, discus and shot put
U/12	200m, 60mH, 800m, long jump, discus and shot put
U/13	100m, 80mH, 800m, long jump, discus and shot put
U/14G	200m, 80mH, 800m, long jump, discus and shot put
U/14B	200m, 90mH, 800m, long jump, discus and shot put
U/15G	200m, 90mH, 800m, long jump, shot put, high jump and javelin
U/15B	100m, 100mH, 800m, long jump, discus, high jump and javelin
U/17G	200m, 100mH, 800m, long jump, shot put, high jump, and javelin
U/17B	100m, 110mH, 800m, long jump, discus, high jump and javelin

TRANS TASMAN TOUR 7 - 15 JANUARY 2019 in SYDNEY

LANSW has decided there **will be trials** for the 2019 Tour Home Team.

This Tour is open to all registered U/11 and U/12 girls and boys who wish to be considered for the N.S.W. team that will compete against the New Zealand team in Sydney at The Challenge at Campbelltown Sports Stadium on Sunday 4th January, 2019. The Trials will be held at Campbelltown Sports Stadium on Sunday 4th November, 2018. The State Selectors choose a team of 25 U/11 girls, 25 U/11 boys, 25 U/12 girls and 25 U/12 boys and 4 reserves per sex per age group.

Information regarding the Tour, cost, etc is available from Heather Mitchell.

Entries only on line at www.littleathletics.com.au & close 24th October 2018.

STATE RELAYS

To be held at Homebush on Saturday, 17th November 2018 for U/8 - U/11 and Sunday, 18th November 2018 for U/12 - U/17 athletes. There is a \$12.00 entry fee per athlete for this event. Payment/Nominations to be made online at time of registration through Results HQ. Nominations open on 8th September 2018 and close on 20th October 2018 at close of normal competition. The Port Hacking Championship Committee will select the 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 any State Athletics level meet with acceptable documentation. Port Hacking encourages all athletes to nominate for possible selection. Children selected are expected to represent Port Hacking Centre. Refunds will not be returned to athletes who have been selected and do not compete. Athletes not selected will receive a refund following the State Relays. Teams will be announced on Saturday, 27th October 2018. A parent for each team will be appointed as manager of that team. Coaches will also be appointed by our Coaching Officer.

SOUTHERN METROPOLITAN ZONE

The Zone is the first event of the Championships pathway and entries can only be done Online. Cost \$12 per athlete. No refunds and no late entries. To be held on Friday 30th November, Saturday 1st and Sunday 2nd December 2018 at The Ridge Athletics Track, Barden Ridge. Entries for the Zone will open Online on 15th September and close on 26th October. Our Zone team will be selected by our Championships Committee and announced on 10th November 2018.

Each athlete in U/7 to U/12 can nominate up to 5 events. However, they can only be selected in 4 events. Athletes will be selected for each event on the basis of their best consistent performances during Centre Competition, up to and including the 20th October 2018. The entry fee is \$12 per athlete.

U/13 to U/17 athletes can nominate up to 6 events and will be selected in those 6 events. The entry fee is \$12 per athlete.

The first 6 in each final event will progress through to Region 8 plus the next best 4 athletes overall from both Zones (ours and Inner City see page 16) will also compete at Region 8. This means all Region events have 16 athletes.

No late entries or event changes will be accepted after 3rd November 2018.

REGION 8

To be held on Saturday 2nd and Sunday 3rd February 2019 for qualifiers from Zone Championships. Venue will be The Ridge Athletics Track, Barden Ridge. 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.

100m, 200m, 800m, discus and long jump will be conducted for classified Multi Class athletes in the following four age groups for both girls and boys: U/9 & U/10, U/11 & U/12, U/13 & U/14 and U/15 & U/17

ZONE/REGION 8

Our Zone, the **Southern Metropolitan Zone**, consists of the following Centre's:

Helensburgh, Illawong, Port Hacking, Bundeena Maian Bar,
Revesby Workers, St George, Sutherland

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

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, Region Championship and State Championship weekends.

CENTRE CHAMPIONSHIPS

To be held on Saturday, 16th February 2019 at Sylvania Waters Track.

Note: Athletes can only win medals in events they have entered. Entries open online on Saturday 3rd November 2018 and close on Saturday 26th January 2019. An athlete can enter up to a maximum of four (4) events and only compete in those four (4) events at the Centre Championships. Tiny Tots will receive a Participation Medal on the day if they compete in all four of their events. For all other age groups the 1st, 2nd, 3rd place medals will be presented to the winners of all other events on the following Saturday morning. Entry fee is \$12.00 per athlete.

To enter the Centre Championships and be eligible to win a medal, athletes must have competed in their selected events at least 3 times during normal Centre Competition (centre multi not included) at Sylvania Waters, prior to entries closing. Athletes who enter events they are not eligible for will be removed from the starting lists. Please check your eligibility before selecting events.

TRANS TASMAN TOUR 7th - 15th JANUARY 2019, SYDNEY

The LANSW 2019 Trans Tasman team will be selected from all athletes who competed at the Selection Trials on Sunday 4th November at Campbelltown Athletics Stadium, against the Auckland team at The Challenge Match on Sunday, 13th January 2019 at the Campbelltown Athletics Stadium.

STATE MULTI-EVENT

To be held on Saturday 2nd and Sunday 3rd March 2019 at Dubbo. This is a State Championship but has no performance qualifications. It is open to all registered U/7 to U/17 athletes. Entries are online only at www.littleathletics.com.au and close on Monday 4th February 2019. The entry fee is \$20.00. Late entries close on Monday 11th February 2019, for an increased fee.

State Multi Events will be:

U/7	50m, 100m, 500m, long jump, discus and shot put
U/8	70m, 200m, 700m, long jump, discus and shot put
U/9	100m, 60mH, 800m, long jump, discus and shot put
U/10	200m, 60mH, 800m, long jump, discus and shot put
U/11	100m, 60mH, 800m, long jump, discus and shot put
U/12	200m, 60mH, 800m, long jump, discus and shot put
U/13	100m, 80mH, 800m, long jump, discus and shot put
U/14G	200m, 80mH, 800m, long jump, discus and shot put
U/14B	200m, 90mH, 800m, long jump, discus and shot put
U/15G	200m, 90mH, 800m, long jump, shot put, high jump and javelin
U/15B	100m, 100mH, 800m, long jump, discus, high jump and javelin
U/17G	200m, 100mH, 800m, long jump, shot put, high jump, and javelin
U/17B	100m, 110mH, 800m, long jump, discus, high jump, and javelin

STATE CHAMPIONSHIPS

To be held at Homebush Athletic Centre (SOPAC) on Saturday 17th and Sunday 18th March 2019, for all qualifiers from Region 8 Championships. All Multi Class athletes must enter individually by the parents directly with LANSW.

100m, 200m, 800m, discus and long jump will be conducted for classified Multi Class athletes in the following four age groupings for boys and girls:

U/9 & U/10, U/11 & U/12, U/13 & U/14 and U/15 & U/17.

STATE CROSS COUNTRY & ROADWALKING CHAMPIONSHIPS

Dates and venues to be advised.

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.littleathletics.com.au.

CENTRE COMPETITION, SPECIAL EVENTS & LOCAL RULES

1. All events will be conducted under the Rules of Competition of the LANSW Handbook or Local Rules as they apply.
2. All competitors must be registered members of LANSW unless competing as a Trialist (**for two consecutive weeks only**). Not on our Multi Event Championships or Centre Championships Saturdays.
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 competitors must compete in correct Club uniforms with registration number visibly attached on the **FRONT** of the uniform, age patch on left side of pants.
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, Under 6, 7, 8, 9 and 10 athletes.
7. Spiked shoes may be used by Under 11 – 12 Age Groups **ONLY** in events contested wholly run in separate lanes. Under 13-17 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 competition area.
10. Starting blocks have been bought by the Centre. All athletes wearing spikes must use the starting blocks provided. Starting blocks can only be used by athletes in the U/11 to U/17 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 report to the Call Room before proceeding to an event. Any competitor arriving late at Call Room will only be allowed to compete in their event at the discretion of the Age Manager. No competitor shall go directly to their event.
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 U/9 and U/10 athletes **MUST** do the scissors jump for high jump.
15. In all field events, other than High Jump, three competition throws or jumps will be allowed for each competitor but not consecutively. In High Jump, three jumps only will be allowed at any one height. U9 Girls / Boys up to and including 29th September 2018 will utilise the Flexi-bar. Further for the period up to and including 29th September 2018, 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 Centre Competition Officer.
17. In all Long Jumps the half metre take-off will be used for the Under 6 to Under 10 age groups. ½ metre from the edge for the U/6 and U/7 athletes, and 1 metre for the U/8 – U/10 athletes. Under 11 to Under 17 age groups jump from a board 2 metres from the pit. (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 500, 700,1500 and 3000 metre running events and all walks will commence with a pack start and all have a maximum of 24 competitors, unless the second row system is being used. The 800 metre 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 400 metre event will be graded.
20. The following shows the field events available to the various age groups and the relevant implement weights used for those age groups.

FIELD	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
T.Jump					X	X	X	X	X	X	X
Discus	350g	350g	500g	500g	500g	500g	750g	750g	1Kg	1Kg	1Kg(G) 1.5Kg(B)
Shot Put	1Kg	1Kg	1.5Kg	2Kg	2Kg	2Kg	2Kg	3Kg	3Kg	3Kg(G) 4Kg(B)	3Kg(G) 5Kg(B)
Javelin						400g	400g	400g(G) 600g(B)	400g(G) 600g(B)	500g(G) 700g(B)	500g(G) 700g(B)

21. 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, but only at the discretion of the Officer for Centre Competition. Any of these additional events will not count for any award, team selection, record, participation or pointscore.
22. If a complete Centre 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.
23. The Officer for Centre Competition reserves the right to alter normal competition practices, if necessary, to complete the program.
24. Any visitors must be registered with LANSW and can only compete in the **LAST HEAT**.

AGE MANAGERS

Age Managers shall be 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.

DUTIES

1. Marshall and take to various events, immediately after 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.
2. Control children & 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. List all children numerically in the age group on field sheets for each competition day - **Prior to the commencement of the event.**
5. Grade athletes according to performance and **ensure each child runs in the nominated heat.** Ensure fastest athletes compete in Heat 1, 2, 3, etc after consulting computerised grading sheet.
6. Lane allocations for all laned events are drawn by the Results HQ system.
7. **Personally notify Announcer on completion of each event.**
8. Collect result sheets at all field events, duly signed by Chief Official and **return sheets to Recording Shed, as soon as possible.**
9. Ensure any **visitors** are registered with the Little Athletic Association and that they **only compete in the last heat.**
10. Encourage children to tidy up prior to leaving the competition area.
11. If the Age Manager is unavailable, **please arrange a replacement,** and inform them that they must advise our Centre Secretary/President on arrival who will provide them with an Age Manager's badge to wear that Saturday.
12. Encourage all athletes equally and not favour any child/children.
13. Encourage involvement in Championships and Special Events.
14. Encourage all athletes to wear correct uniform and numbers.
15. Reinforce with athletes that they are **not to wear spikes outside the track area.**
16. Do not send your Age Group children to the Recording shed to ask questions.

RECORDS AND RANKING

The following awards are available to children taking part in competition at our Centre.

- A. PERFORMANCE TICKETS (Printed by families from Results HQ online)
- B. IMPROVEMENT CERTIFICATES - U/6 to U/12
- C. MOST IMPROVED TROPHY – U/6 to U/17
- D. ATTENDANCE CERTIFICATES - TINY TOTS
- E. POINT SCORE TROPHIES
- F. RECORD CERTIFICATES
- G. TRANS TASMAN COMPETITORS
- H. STATE MULTI EVENT COMPETITORS
- I. PARTICIPATION CERTIFICATE
- J. PARTICIPATION TROPHY
- K. 100% PARTICIPATION
- L. FIVE YEAR SERVICE TROPHY
- M. TEN YEAR SERVICE TROPHY
- N. SERVICE AWARD
- O. JUNIOR AND SENIOR ATHLETE OF THE YEAR
- P. 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 who register from the first day of competition at the track will not receive results on the day but can compete as a visitor. Instructions on how to access Results HQ 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.

B. IMPROVEMENT CERTIFICATES Under 6 to Under 12

The Improvement Certificates are designed to encourage Little Athletes to compete and improve in a RANGE of events rather than specializing in just a few. Points are computer generated and are awarded for participation, improvement and Personal Best performances. This encourages children to learn the value of doing their best rather than winning at all costs.

These awards consist of a number of coloured certificates. There are three levels – GREEN, BLUE and YELLOW. All certificates will be given at time of achievement.

All events on normal competition days from 8th September 2018 to 9th March 2019 will count towards Improvement Certificates.

Performances at State Relays, Trans Tasman Trials and Challenge, Zone, Region, State Multi, State Track and Field, Centre Championships and Centre Multi event will not count.

C. 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 2019 and presented at the Centre Presentation.

D. ATTENDANCE CERTIFICATES - Tiny Tots

Tiny Tots will receive an Attendance Certificate at the completion of each 5 weeks of participation. i.e. green = 5 weeks, blue = 10 weeks and yellow = 15 weeks

E. POINT SCORE TROPHIES

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 SIX place getters in each age group, except Tiny Tots who 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. In other age groups, consideration will be given for extra trophies for larger groups. The LANSW Point Score System is used for allocating points for each event.

To qualify for a Point Score Trophy, the athlete must have competed 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 Centre Championships will also be included. Performances at Trans Tasman Trials, Trans Tasman Challenge, State Relays, Centre Multi, State Multi, Zone, Region and State do not count.

The point score will commence on 8th September 2018 and finish on 9th March 2019.

F. RECORD CERTIFICATES

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, and have two official times recorded, 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 equaled at Sylvania Waters Track by a Port Hacking athlete at Competitions as nominated in Section 'P' on Page 22. A Ground Record can be broken or equaled by any athlete at a NSW LA affiliated event at Sylvania Waters.

G. TRANS TASMAN COMPETITORS

All team members and reserves competing at the Trans Tasman Challenge 2019 will have all of the events, for their age group added to their end of season participation total.

H. 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.

I. PARTICIPATION CERTIFICATE

Participation in all/most of the available events and a desire for improvement are the main objectives of our Centre. Athletes who have participated in 75% or more of the maximum number of events for their age group by end of the second last week of competition for U6 to U12 athletes only will receive a Participation Certificate on the last week of competition.

J. PARTICIPATION TROPHY

A trophy will be awarded for 3, 6, 9 and 12 years of **consecutive** 75% participation.

K. 100% CENTRE COMPETITION PARTICIPATION

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

L. FIVE YEAR SERVICE TROPHY

This award will be presented to any athlete who has completed five (5) **consecutive** seasons from 2014/2015 until the conclusion of the present season with Port Hacking.

M. TEN YEAR SERVICE TROPHY

This award will be presented to any athlete who has completed ten (10) **consecutive** seasons from 2009/2010 until the conclusion of the present season with Port Hacking.

N. 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 17's.

O. 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 & under & Senior 13 & over Athlete of the Year.

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>6th</u>	<u>7th</u>	<u>8th</u>
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 & State Championships in the U/13-U/17 age groups, all 6 events can count for points, U7-U12 all 4 events can count for points.
- Athlete must have met the requirements of Point E above.

P. SUMMARY

	Improvement	Point Score	Participation	Record
State Relays	No	No	No	No
Centre Multi	No	No	No	Yes (Ground) / No (Centre)
Trans Tasman Sydney	No	No	Yes(page 21 "G")	No
Centre Championships	Yes	Yes	Yes	Yes
Zone, Region, State Champ.	No	No	No	No
State Multi Event	No	No	Yes(page 21 "H")	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 Water Athletic Track a GROUND record can be broken.

CLUB AWARD SYSTEM

ENDEAVOUR

Point Score

Commencing 8th September 2018 and concluding 9th March 2019.

All athletes Under 6 to Under 17 must have:

- Competed in 60% of available “A” and “B” week events over whole season
- Competed after Christmas
- Then points will be awarded to each athlete’s Best Performance in each event they have competed in at least 6 times on “A” and “B” weeks
(6 times might have to be adjusted if we lose many competition days due to bad weather)
- All events to count for all age groups
- 3,000 metres event will count for points for U/13-U/17 but athletes only have to compete in 50% to gain points.

Trophies per age group for Endeavour registered athletes:

1 - 4 athletes	...	2 trophies
5 - 9	...	3 trophies
10 - 14	...	4 trophies
15 plus	...	5 trophies

LANSW Points system to be used.

Tiny Tots Award – Tiny Tot must have competed in 60% of available events over the whole season and since Christmas and then all Tiny Tots receive this trophy.

Membership Awards – 10 year – Must be consecutive years.

Service Award – Awarded to any athlete who has completed more than 10 consecutive years when they finish as an Under 17.

Zone, Region, State Trophies – Any athlete who competes at that level will receive a trophy. The highest level trophy will only be awarded, eg. Region athlete only receives a Region trophy, not a Zone and Region trophy. If an athlete qualifies to compete at Region and does not compete, they will only receive a Zone trophy.

Achievement Award – All children who have competed in 60% of available events and competed after Christmas and have not won any other trophy.

State Team Athlete – Any athlete who is selected in the LANSW State team will be assisted financially.

Club Champion – Points will be allocated for Zone, Region and State Track and Field places. In the case of a tie, any State Record set or broken this season will be taken into consideration.

TAREN POINT

Point Score

Where applicable, 1st, 2nd and 3rd in each age group will receive a trophy. To be eligible athletes must have competed in a minimum of 60% of their available events before Christmas and 33% of their available events after Christmas.

Points will be allocated based on the athletes best three performance in each event where they have competed in at least 60% on normal competition days, including Centre Championships and Centre Multi from their date of Registration. All events will count with the exception of the 3000m.

Tiny Tot Award

To be eligible athletes must have competed in a minimum of 60% of all available events before Christmas and 33% of all available events after Christmas.

Encouragement Award

To be eligible athletes must have competed in a minimum of 60% of all available events before Christmas and 33% of all available events after Christmas and not won a Point Score trophy. All events will count with exception of the 3000m.

Representative Award

Any athlete who competes at Zone, Region or State Championships will receive a trophy/award. The award will be presented for the highest level reached.

Record Award

An athlete who sets a Centre or Ground Record will receive a trophy/ award. Only one award per athlete will be presented, even if they set a number of records.

Service Award

Any athlete who completes 8 years continual service with the club will receive this award.

Junior Club Champion

The Under 7 – Under 12 athlete with the highest number of points based on their Zone, Region and State Championship performances will be named Junior Club Champion. Points will be awarded based on the table below. To be eligible athletes must have competed in a minimum of 60% of their nominated events before Christmas and 33% of their nominated events after Christmas.

Senior Club Champion

The Under 13 – Under 17 athlete with the highest number of points based on their Zone, Region and State Championship performances will be named Senior Club Champion. Points will be awarded based on the table below. To be eligible athletes must have competed in a minimum of 60% of their nominated events before Christmas and 33% of their nominated events after Christmas.

Championship	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Zone	4	3	2	1	0	0	0	0
Region	8	6	4	2	1	0	0	0
State	16	14	12	10	8	6	4	2

CRONULLA SUTHERLAND LEAGUES

Point Score

Where applicable, 1st to 4th place in each age group will receive a trophy. Eligibility will be that athletes must compete in 60% of available Centre Competition events from their individual registration date, including 25% of available events after Christmas the best 5 results per each event will count towards the point score. Any other athlete who qualifies will receive a Merit Award. Tiny Tots, provided they meet the same criteria, will receive a trophy.

Representative Trophy

Any athlete who competes at Zone, Region or State will receive a trophy. The trophy will only be awarded for the highest level at which the athlete competes.

Club Champion of the Year

A Junior and Senior Club Champion will be selected to receive a trophy. The Junior Champion will be an athlete up to and including the Under 12 age group. The Senior Champion will be an athlete Under 13 and over.

These athletes MUST have also completed 60% of the season's competition events as per the point score to be eligible.

The Junior and Senior Club Champions will be determined as the athletes who have progressed through the LANSW's qualifying system and have accrued the highest number of points as set out in the following Point Scoring Table:

	1st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Centre Multi	3	2	1					
Zone	4	3	2	1				
Region	8	6	4	2	1	1	1	1
State	32	28	24	20	16	12	8	4
State Multi	8	7	6	5	4	3	2	1

Note:

In the event that there are more than eight (8) competitors in a regional final, one (1) point will be scored for an athlete who is not placed 1st to 4th. In the event that there is no regional final, one (1) point will be scored for an athlete who makes a top eight finish and is not placed 1st to 4th.

Most PB's Trophy

This will be awarded to the Athlete who has achieved the most PB's during the season.

Record Medallion

An athlete who sets a Ground or Centre record will receive this medallion. Only one medallion will be awarded per season even if the athlete breaks several records.

Service Medallion

This will be awarded to any athlete who has completed six (6) or twelve (12) consecutive years of service for the Cronulla Sutherland Leagues Little Athletics Club.

Most Notable Achievement

This trophy will be awarded to a club athlete who has made a Most Notable Achievement during the season.

PARENT/CAREGIVER AGREEMENT FORM

1. For the Centre to run a successful Competition Program for your children, 90 parents/caregivers are required each week to assist in the smooth running of the Competition for our athletes.
2. It is the Centre policy for all parents/caregivers joining the Centre to adhere to the following:
 - (a) **All parents, (or a nominated adult), including Tiny Tot Parents, are required to work on roster every second week and are required to register their names and sign on with the Officer for Officials by 7.30am.**
 - (b) Children must be under supervision of their parent/caregiver at all times, whilst not competing. Athletes won't be allowed to compete if their parent/caregiver is not present during competition.
3. Parents will know in advance for the season which weeks they are on roster. A coloured roster sheet will be given out at registration setting out the dates for duty. **These dates do not change due to wet weather or cancellation.**
4. If a parent/caregiver does not attend or arrange for someone to take their place on a day they are rostered on and their child/children compete on that day, an email will be forwarded by the Centre advising that they have missed their roster and their child/children will not receive any performance tickets or results for that day. **If there is a third instance athletes will no longer be eligible to participate in the Centre Championships, Centre Multi or be a member of our State Relay Team.** Therefore it is important that parents/caregivers ensure roster commitments are met. Further information can be obtained from the Officer for Officials.
5. It is the responsibility of the parent/caregiver to ensure that if their child/children are selected to represent the Centre, they shall do so and the parents/caregivers are required to assist in duties for that particular competition e.g. State Relays, Zone, Region, State and State Multi. When entering for Zone and other events, parents will be allocated a duty to fulfill.
6. Javelin is the last event at the end of normal competition for safety reasons. All parents/caregivers of athletes competing in the javelin (U/11 to U/17) must assist in the running of this event.
7. Parents/Caregivers will abide by the Rules set out in the Behavioural Guidelines as detailed in the Little Athletics NSW 'Calendar of Events 2018/2019 and on the website at www.littleathletics.com.au
8. If you have any experience in officiating any events with Little Athletics, could you please inform the Officer for Officials.
9. **By signing the Parent/Caregiver Agreement Form the parent or their nominated adult agrees to assist at Centre Competition every second week and at Special Championships and Events as nominated and applicable.**

OFFICIALS

To successfully conduct a sporting program of this magnitude it requires the full co-operation of parents/caregivers to participate as Officials/Helpers.

Parents/caregivers should use the appropriate weekly duties link located on the Port Hacking Athletics website to register their name and select their preferred duty. **The link will be available up until 7pm on each Friday night prior to competition day. The online registration will be date and time stamped, so first in best dressed.**

For families who either miss the aforementioned cut-off time for online registration or don't have access to register for duties online, **a manual sign-up sheet will also be available to sign on with the Officer for Officials – Brett Mathison - for the allocation of a duty at 7.30am each Saturday morning.**

Parents/caregivers must sign on with the Officer for Officials at 7.30am and must remain at their allocated duty until completion of all events at that area.

It takes 90 parents to conduct the normal competition program and these positions are as follows:-

TRACK - 26 PEOPLE

1 Track Referee
4 Judges
4 Timekeepers
2 Starters
3 Recorders
1 Track Assistant

1 Chief Judge
1 Chief Timekeeper
2 Umpires
1 Marksmen
6 Walk Judges

ANNOUNCER **1 PERSON**
CANTEEN/BARBECUE **6 PEOPLE**

FIELD - 58 PEOPLE

1 Throw Referee
1 Jump Referee
2 Shot Chiefs
10 Recorders
35 Assistants

2 High Jump Chiefs
3 Long Jump Chiefs
2 Discus Chiefs
1 Javelin Chief
1 Field Assistant

Many parents have completed Official's Examinations and have elected to specialise in a certain position on a regular 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.

All parents are required to work on roster every second week. It is the responsibility of parents to ensure their roster commitments are met. Dates are listed below. Please look for Brett and sign on and/or register at the desk under the covered/shade area. Centre Championships and Centre Multi Championships, all parents are required to do roster duty. **FAILURE TO COMPLETE YOUR ROSTERED DUTIES MAY RESULT IN POINTS NOT BEING ALLOCATED FOR YOUR CHILD ON THAT COMPETITION DAY.**

BLUE ROSTER

8 September
22 September
6 October
20 October
3 November
8 December
12 January
9 February
2 March

YELLOW ROSTER

15 September
29 September
13 October
27 October
24 November
15 December
19 January
23 February
9 March

SPECIAL EVENT DAYS

All Parents with children competing in the following special event days are required to assist with duties for that particular competition

10 November 2018	Centre Multi Championships
17/18 November 2018	LA State Relays, Homebush
30 Nov /1/2 Dec 2018	Southern Metropolitan Zone Championship, Barden Ridge
2/3 February 2019	Region Championship, Barden Ridge
16 February 2019	Centre Championships
2/3 March 2019	LA State Multi Event Championships, Dubbo
16/17 March 2019	State Championship, Homebush

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 will be required to report no later than 6.30am each Saturday morning.

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.

Training has been organized over various afternoons each week. For the first week, special training has been organized for new athletes and those age groups doing events for the first time. Parents will be advised.

Our coaches, at time of printing are Ray Russell, Nicolle Challinor, Michelle Douglas, Rene Goschnik, Brett Mathison and Rebeca Lee. All our coaches have completed coaching courses with the Australian Track and Field Coaches Association and are fully qualified and insured.

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

ALICIA SPENCER	2000 WORLD JUNIOR CHAMPIONSHIPS – SANTIAGO, CHILE	4 X 100M RELAY
	2002 WORLD JUNIOR CHAMPIONSHIPS – KINGSTON, JAMAICA	4 X 100M RELAY
CLAIRE MALLET	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 – AYOF – SYDNEY, AUSTRALIA	100M HURDLES LONG JUMP
CARLY RODGER	2009 AUSTRALIAN YOUTH OLYMPIC FESTIVAL – AYOF – SYDNEY, AUSTRALIA	100M HURDLES 4 X 100M RELAY
ALISON SEVERINO	2009 AUSTRALIAN YOUTH OLYMPIC FESTIVAL – AYOF – SYDNEY, AUSTRALIA	JAVELIN
ALIX KENNEDY	2009 AUSTRALIAN YOUTH OLYMPIC FESTIVAL – AYOF – 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 x100M 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

MALE

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 – LILLE, 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

We would like to advise that the following athletes have been selected in Athletics Australia Develop 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 Jarrod Geddes Sprints
 2014 Samantha Geddes Sprints

PORT HACKING LITTLE ATHLETICS - LA NSW STATE TEAM REPRESENTATIVES

In further recognition of past PHLAC athlete performances, we would also like to advise that the U/13 athletes or U/15 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.

- Andrew Phyllis (1983)
- Joanne Mackenzie (1984)
- Ainslie Burne (1989)
- Jacinta Doyle (2003, 2005)
- Matt Summers (2004)
- Carly Rodger (2005, 2007)
- Emma Blanch (2016)
- Tomysha Clark (2016, 2018)
- Rowan Tan (2017)
- Tom Jessep (2017)
- Andrew Goschnik (2018)