

**PORT HACKING
LITTLE ATHLETICS CENTRE INC.**



2020 - 2021 SEASON

**Sylvania Waters Athletic
Field Phone – 9522 4510**

www.porthackinglac.com



**Proudly supported by
McGrath Real Estate Pty Ltd and Blue Build**

CONTENTS	
President’s Message	3
Patrons, Executive and Life Members	4
Uniforms	5
Wet Weather Policy	5
Publicity and Public Relations	6
Registrations	6
LANSW Registered Athletes	7
Child Protection	7
Insurance	8
Season Competition Program	9
Weekly Centre Competition Program: Series “A” and “B”	12
Championships and Special Event Days	15
Safety First	19
Behavioural Guidelines	19
Privacy Policy	19
COVID Safety Plan	19
Centre Competition, Special Events and Local Rules	20
Age Managers	23
Records, Ranking and Award System	24
Parent/Caregiver Agreement and Officials	28
Equipment and Technical Requirements	29
Coaching	30
PHLAC Australian Representatives	31
PHLAC Athletics Australia Development Squads	32

PRESIDENT'S MESSAGE

Welcome to the 2020-2021 Little Athletics season at **Port Hacking Little Athletics Centre (LAC)**, our 43rd season of competition.

This season will look a little different to previous seasons due to COVID-19 restrictions. As Little Athletics NSW and Port Hacking Little Athletics Centre navigate through these unprecedented times we do it with one primary focus, **the athletes**. As such, if we have to limit the number of “spectators” on a Saturday to allow more children to participate, then I ask for parents support on this matter.

On behalf of the Executive of Port Hacking LAC, we wish all our new and returning members an enjoyable and successful year in keeping with the philosophy of the Little Athletics movement of “Family, Fun and Fitness”.

Little Athletics is a family sport and everyone should be involved. Our aim is to encourage children to participate in sport and improve their skills within their own abilities, whilst creating friendships. Children love to run, jump and throw and have a good time with their friends. At Little Athletics the emphasis is on being your best. Please do not ever lose sight of this!

We are a centre of volunteers. We only exist because of the hard work that many people put in. Throughout the year, both parents and athletes, will have the opportunity to assist in various ways. I thank all our wonderful parents in advance for coming forward and volunteering to provide your assistance as it is the only way we can continue to build and run our successful competition each Saturday morning.

Please engage with our Facebook page (Port Hacking Little Athletics Centre) and the Port Hacking LAC website, www.porthackinglac.com which will keep you up to date with things ‘around the track’. Our “Blue Book” which can be also found on our website and will be the main source of information for our members. I would advise you to have a good look at it, especially if you are new to Little Athletics! It contains all the information you need to know about our centre.

We also utilise the online platform of Results HQ to communicate results in real time and email our members with important updates. We don't want you to miss out on any of the special events throughout the season – so check your emails.

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

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

Mark Laverance - President

PORT HACKING LITTLE ATHLETICS CENTRE INC.

PATRONS

MP for Cook	Scott Morrison, Prime Minister, Australia
MP for Cronulla	Mark Speakman, Attorney General, NSW
MP for Miranda	Eleni Petinos
Sutherland Shire Council Mayor	Steve Simpson

EXECUTIVE FOR 2020 - 2021 SEASON

President	Mark Laverance	0418 180 673
Vice President	Adam Arnold	0410 758 458
Secretary	Phil Turpin	0412 008 436
Treasurer	Cameron Burne	0400 818 283
Registrar	Sharon Potts	0408 478 807
Records & Ranking	Jenny Blanch	0412 012 951
COVID-19 Officer	Trevor Orsaris	0419 123 517
Officials	Lara Sams	0410 520 208
Coaching:	Ray Russell	0406 354 564
Equipment:	Darren Bauer	0408 313 239
General Committee	Michael Micheal	0411 276 592

LIFE MEMBERS

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

* Deceased

PORT HACKING CENTRE UNIFORMS

NEW UNIFORM

In the 2020/2021 season all athletes will be required to wear the uniform that was introduced last season. Uniforms will be available for purchase at the 1st number collection day. Details are available on the Port Hacking website www.porthackinglac.com

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

Centre uniform is decided by the Centre and correct uniform **MUST** be worn for all Centre Competition meetings, Carnivals, Gala Day etc and **MUST** be worn at Zone, State Relays, Region, State Multi event and all State Championships.

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 the singlet/crop top. **Please ensure the GOLD line is visible around the perimeter of the number.**

WET WEATHER POLICY

Sylvania Waters Athletic Track benefits from excellent drainage. In the event of wet weather, a decision as to whether or not competition will be held will be made at 7.00am by the Executive at the Track, prior to commencement of competition. Please check Facebook after 7.00am 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.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 page and emails are sent out advising of upcoming events and closing dates.

This season we are introducing a Team App group. Please sign up and follow us to stay up to date. Short messages including COVID updates and registration reminders will be placed on Team App.

REGISTRATIONS

AGE GROUPINGS for the 2020 - 2021 season are as follows:

MONTH	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
JAN	17	17	15	14	13	12	11	10	9	8	7	6
FEB	17	17	15	14	13	12	11	10	9	8	7	6
MAR	17	17	15	14	13	12	11	10	9	8	7	6
APR	17	17	15	14	13	12	11	10	9	8	7	6
MAY	17	17	15	14	13	12	11	10	9	8	7	6
JUN	17	17	15	14	13	12	11	10	9	8	7	6
JUL	17	17	15	14	13	12	11	10	9	8	7	6
AUG	17	17	15	14	13	12	11	10	9	8	7	6
SEP	17	17	15	14	13	12	11	10	9	8	7	6
OCT	17	17	15	14	13	12	11	10	9	8	7	6
NOV	17	17	15	14	13	12	11	10	9	8	7	6
DEC	17	17	15	14	13	12	11	10	9	8	7	6

NOTE: Any boy or girl who is 5 years of age and under 17 years of age as at midnight on 31 December 2020 may be registered with the LANSW at the Port Hacking Centre for the period of twelve months.

TRANSFERS:

Any registered boy or girl requiring a transfer to a different Centre must organise this through NSWLA and notify the Centre Registrar.

REFUNDS:

No registration refunds will be given. If COVID guidelines change during the season we will return to offering 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 LANSW for the 2020/2021 season, not to pay a registration fee to NSW Athletics. NSW Athletics 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 2020-2021 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 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 Little Athletics NSW Medical Accident Report Form which is 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

2020/2021 SEASON COMPETITION PROGRAM

REGISTRATION DATES				
AUGUST 2020				
Sun	30	Registration Day	1-3pm	Sylvania Waters Athletics Track
Wed	23	Registration Day	4.30 – 6.30pm	Sylvania Waters
COMPETITION DATES				
OCTOBER 2020				
Sat	10	<i>Centre Competition</i>	7.45am	Sylvania Waters
Sat	17	Centre Competition 3,000m race	7.45am 7.30am	Sylvania Waters
Sat	24	Centre Competition <i>Official Opening</i>	7.45am	Sylvania Waters
Fri	30	Centre Competition <i>Halloween Event (special event)</i>	5.30pm	Sylvania Waters
NOVEMBER 2020				
Sat	7	Centre Competition <i>Centre Combined Event entries open at 12pm</i> No entry cost. Online entry closes Thursday November 12 8pm (no late entries)	7.45am 7.30am	Sylvania Waters
Sat	14	Centre Combined Event 3,000 race	7.45am 7.30am	Sylvania Waters
Sat	21	Centre Competition Photo Day	7.45am	Sylvania Waters
Sat	28	Centre Competition	7.45am	Sylvania Waters
DECEMBER 2020				
Sat	5	Centre Competition	7.45am	Sylvania Waters

DECEMBER 2020 (continued)				
Sat	12	Centre Competition 3,000 race Centre Championships entries open online 12pm (no late entries)	7.45am 7.30am	Sylvania Waters
Sat	19	Centre Competition <i>Christmas Activities</i> LANSW Combined Event Multi Entries Open Online	7.45am	Sylvania Waters
Sat	26	Athletic holiday		
JANUARY 2021				
Sat	2	Athletic holiday		
Sat	9	Athletic holiday		
Sat	16	Centre Competition 3,000 race	7.45am 7.30am	Sylvania Waters
Fri	22	Friday Night Special Centre Competition	5.30pm	Sylvania Waters
Sat	23	NO CENTRE COMPETITION (competition held Friday night)		
Sat	30	Centre Competition	7.45am	Sylvania Waters
FEBRUARY 2021				
Sat	6	Centre Competition Centre Championships Entries Close 12pm (no late entries)	7.45am	Sylvania Waters
Wed	10	Online entries FOR LANSW State Combined Event close (8pm)		
Sat	13	Centre Competition 3,000 race	7.45am 7.30am	Sylvania Waters
Sat	20	Centre Championships	7.45am	Sylvania Waters
Sat	27	Centre Competition	7.45am	Sylvania Waters

MARCH 2021				
Sat	6	Centre Competition LANSW State Combined Event	7.45am 9.00am	Sylvania Waters Wollongong
Sun	7	LANSW State Combined Event	9.00 am	Wollongong
Sat	13	Centre Competition 3,000 race End Point Score <i>State Competitors Photo</i>	7.45am 7.30am	Sylvania Waters
Sat	20	State Championships	8.00am	Homebush
Sun	21	State Championships	8.00am	Homebush
APRIL 2021				
Sun	4	CENTRE PRESENTATION	2pm	Tradies Gynea
	18-19	Australian Teams Championships		TBA
MAY 2021				
Tues	11	<i>Port Hacking LAC Inc Annual General Meeting</i>	7.30pm	Club on East, Sutherland
JUNE 2021				
		<i>State Road Walking Championships and State Cross Country</i>		TBA

Online registration for centre competitions will open at 9am each Monday morning and close when the maximum number of possible participants is reached or the Thursday (prior to the Saturday) at 8pm. Athletes must indicate their intention to compete to ensure we always remain under the COVID maximum allowed number of 500. 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 interested in the Walk Event (B Week) will be required to be at the track by 7.30 for a 7.45 start gun. (athletes must be there early to receive numbers).

WEEKLY CENTRE COMPETITION PROGRAM

WEEKLY EVENTS FOR UNDER 6 - UNDER 8						
Series "A"						
	UNDER 6		UNDER 7		UNDER 8	
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
	50m	50m	50m	50m	100m	100m
	100m	100m	100m	100m	400m	400m
			500m	500m		
	Discus	Discus	Shot Put	Discus	Shot Put	Discus
	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Series "B"						
	70m	70m	70m	70m	70m	70m
	200m	200m	200m	200m	200m	200m
					700m	700m
	Shot Put	Shot Put	Discus	Shot Put	Discus	Shot Put
	Long Jump	Long Jump	Long Jump	Long Jump	60m Hurdles	60m Hurdles

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		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	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 – All Walks will start at 7:45am, first call 7:35am					

Starting time for 3000m is 7.30am, first call 7.25am. Athletes are required to pre register.

Starting time for Walks is 7.45am first call 7.35. 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 – All Walks will start at 7:45am, first call 7:35am			

Starting time for 3000m is 7.30am, first call 7.25am. 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 the children during the 2020 – 2021 season. These are:

CHAMPIONSHIPS

Centre Combined Event Championships	14 November 2020
Centre Championships	20 February 2021
State Combined Event Championships	6 - 7 March 2021
State Championships	20 - 21 March 2021
State Roadwalking and Cross Country Championships	TBA

NOTE:

TINY TOT ATHLETES

Due to COVID-19 restrictions TINY TOTS athlete registrations will not be taken at the beginning of Season 20/21. TOTS normally take part in the following events each week: Two runs, a jump, a throw and a game. No times or distances will be recorded but participation will be recorded for each event.

UNDER 6 ATHLETES

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.

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

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 (14 November 2020)

To be held on Saturday 14 November 2020 at Sylvania Waters track for all U6 to U17 athletes. Only Port Hacking athletes are eligible to compete. There is no entry fee. Families must enter this event online through Results HQ. Athletes not registered are unable to attend or compete. Entry is **online only through RESULTS HQ and open Saturday 7 at 12pm and closes Thursday November 12 at 8pm** (no late entries accepted). Reminders will be sent via Team App.

1st, 2nd and 3rd medals will be presented to U6 – U17 at the completion of the event. To be eligible to win a medal, athletes must compete in all events listed for their age group. Performance points will be allocated as per LANSW Point Score. All athletes who compete all events will be presented with a certificate with their point score at the next Centre Competition.

The Combined Events will be:

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
U14G	200m, 80mH, 800m, long jump, shot and discus
U14B	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

SOUTHERN METROPOLITAN ZONE (CANCELLED FOR THE 20-21 Season)

The Zone is the first event of the Championships pathway.

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

Bundeena Maianbar	Helensburg	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		

REGION 8 (CANCELLED FOR THE 20-21 Season)

NSW LA have indicated the possibility of Qualifying meets being held in February 2021 to replace the usual Region Carnivals to qualify for the State Championships. Further details on this will be provided to members as it becomes available.

CENTRE CHAMPIONSHIPS (20 February 2021)

To be held on Saturday 20 February 2021 at Sylvania Waters Track.

Note: Athletes can only win medals in events they have entered. **Online entries open on Saturday 12 December at 12pm 2020 and close on Saturday 6 February 2021 at 12pm.** An athlete can enter up to a maximum of 4 events and only compete in those 4 events at the Centre Championships. For all age groups, the 1st, 2nd and 3rd place medals will be presented to the winners. Entry fee is \$12.00 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 (6 - 7 March 2021)

To be held on Saturday 6 March and Sunday 7 March 2020 at Beaton Park, Wollongong. 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 Wednesday 10 February 2021. The entry fee is \$25.00 per athlete. Late entries close on Wednesday 17 February 2021, with a \$50 entry fee.

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 (20-21 March 2021)

To be held at Homebush Athletic Centre on Saturday 20 and Sunday 21 March 2021 for all qualifiers from Qualifying Meets to be held in February (details yet to be provided).

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.littleathletics.com.au

COVID SAFETY PLAN

Extra precautions must be taken due to the LA NSW COVID Safety Requirement. These include

- Limiting numbers at centre competition to 500
- Having an accurate attendance record for athletes, officials and spectators
- Regular announcements relating to social distancing
- Posters/signs promoting social distancing and good hygiene practices.
- Wiping down of equipment before and after each age group
- Providing athletes and officials with hand sanitizer
- Having designated entry and exit points
- Reducing handling of money and food/service products

A copy of the PHLAC COVID plan and supporting documents can be found as an appendix to this document.

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. *No trialists in 2020/2021.

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 the age patch on the 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 will report directly to the event and avoid marshalling for the 2020-21 Season. 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. In high jump, 3 jumps only will be allowed at any one height. U9 Girls/Boys up to and including **31 October 2020** will utilise the flexi-bar. Further for the period up to and including **14 November 2020**, 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 and 1500m 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	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
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, 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 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. The Committee reserves the right to alter normal competition practices, if necessary, to complete the program.

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

*No visitors allowed during the 20/21 season due to COVID-19 restrictions.

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.

DUTIES

1. Marshall and meet 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.
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. Due to COVID-19 restrictions in season 20/21, Age Managers MUST record at each field event.
5. **Ensure each child runs in the nominated heat.**
6. Lane allocations will be provided for 50m-800m.
7. **Personally** notify the Announcer on completion of each event.
8. Ensure result sheets at all field events are signed by Chief Official and **return sheets to Recording Shed**, as soon as possible.
9. Ensure any **visitors** are registered with the Little Athletics NSW and that they **only compete in the last heat**. *No visitors allowed during the 20/21 season due to COVID-19 restrictions.
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 President and Officer of Officials on arrival.
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.

AGE MANAGERS 2020-2021

Age	Girls	Boys
U6	Angela BIBBY	Clair ARTHUR
U7	Phil TURPIN	Maria ROGERS
U8	Stephanie GENTLE	Trevor ORSARIS
U9	Peter GALANOPOULOS	Craig REBEIRO
U10	Ainslie McLEAN	Rachelle HARRINGTON
U11	Steve KLUDASS	Jade SHEPHARD
U12	Sally BOURKE	Simon ANDREWS
U13	Lauren PEARSON	Jay LOUISON ROE
U14	Clint LATTA	Michael MICHAEL
U15/17	Ross LITTLE	Steve WARLAND

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 Results HQ online
B	Improvement Certificates	U6 – U12
C	Most Improved Trophy	U6 – U17
D	Attendance Certificates	Tiny Tots (not in 2020/21 Season)
E	Point Score Trophies	
F	Merit Award	50% participation
G	Record Certificates and Medallion	
H	Representative Trophy/Medal	
I	State Multi Event Competitors	
J	Participation Certificate	U6 to U12
K	Participation Trophy	
L	100% Participation	
M	5 Year Service Trophy	
N	10 Year Service Trophy	
O	Service Award	
P	Most PBs	
Q	Special Awards (Walker of the Year, Thrower of the Year, Jumper of the Year, Sprinter/Hurdler of the Year)	
R	Junior and Senior Athlete of the Year	
S	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 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. Notification of errors or missing results should be emailed to phlacresults@gmail.com and will be correctly immediately for parents/athletes to view online.

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 specialising 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 3 levels – GREEN, BLUE and YELLOW. All certificates will be given at the time of achievement.

All events on normal competition days from 10 October 2020 to 6 March 2021 will count towards Improvement Certificates. Performances at State Relays, Zone, Region, State Multi, State Track and Field, Centre Championship and Centre Multi 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 13 March 2021 and presented at the Centre Presentation.

D. ATTENDANCE CERTIFICATES – Tiny Tots (NOT AWARDED IN 20/21)

Tiny Tots will receive an Attendance Certificate at the completion of each 5 weeks of participation (ie 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 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. 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 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, Challenge, 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 10 October 2020 and finish on 13 March 2021.

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.

F. MERIT AWARD

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 50% of total available events for their age group and 33% of all events after Christmas. Merit Awards are only given to athletes that have not won a Point Score Award.**

G. 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 "P" on page 28. A Ground Record can be broken or equalled by any athlete at a NSW LA 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.

H. REPRESENTATIVE AWARD

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

I. 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.

J. 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 the 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.

K. PARTICIPATION TROPHY

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

L. 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.

M. 5 YEAR SERVICE TROPHY

This award will be presented to any athlete who has completed 5 **consecutive** seasons from 2015/6 until the conclusion of the present season with Port Hacking.

N. 10 YEAR SERVICE TROPHY

This award will be presented to any athlete who has completed 10 **consecutive** seasons from 2010/2011 until the conclusion of the present season with Port Hacking.

O. 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.

P. MOST PBs

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

Q. SPECIAL AWARDS

These 3 awards (Walker, Jumper and Thrower of the Year) will be selected by the Port Hacking Coaches. In 2021 a new Award for Sprint/Hurdler of the Year will be introduced.

R. 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
 - U13 to U17 age groups: all 6 events can count for points
 - U7 to U12 age groups: all 4 events can count for points.
- Athletes must have met the requirements in Point E above.

S. 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 the weekly Centre Competition. Due to COVID parents will still be required to register as a spectator. **ONLY ONE PARENT PER FAMILY CAN ATTEND CENTRE COMPETITION DUE TO COVID RESTRICTIONS.** Weekly registration will open on Monday at 9am and will close when either capacity is reached or at Thursday 8pm.
4. **Parents/caregivers on duty will report to their designated event by 7.55am or 7.30am for the Long Track Team. The Officer for Officials will check off each parent at their event during the morning to ensure we have an up to date COVID register. Parents must remain at their allocated duty until completion of all events at that area.**
5. The available positions are:

Track (13 people)

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

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

Field (37)

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 roster 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 the 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 performance tickets or results for that day. 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.** 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 (eg State Relays, Zone, Region, State and State Multi) that they ensure their child is present for their events.
- d. Parents/caregivers will abide by the Rules set out in the Behavioural Guidelines as detailed in the Little Athletics NSW 'Calendar of Events 2020/2021' and on the website at www.littleathletics.com.au
- e. If you have any experience in officiating any events with Little Athletics, could you please inform the Officer for Officials.
- f. 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 Present or Officer for Officials for further information.

EQUIPMENT AND TECHNICAL REQUIREMENTS

Setting up and putting away 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 each week 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.

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, Andrew Goschnik, Rene Goschnik, Brett Mathison, Karen Louison-Roe and Jay Louison-Roe. All our coaches have completed coaching courses with the Australian Track and/or Field Coaches Association as well as being 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 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

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
Jarrold 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

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

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