

# PORT HACKING LITTLE ATHLETICS CENTRE INC.



## 2024 - 2025 SEASON

(last updated 6/11/24)

Sylvania Waters Athletic Field

[www.porthackinglac.com](http://www.porthackinglac.com)



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### SPONSORS

*Gold*



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*Bronze*



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## **PRESIDENTS MESSAGE**

Welcome to the 2024/25 Little Athletics season at **Port Hacking Little Athletics Centre (PHLAC)**, our 47<sup>th</sup> season of competition.

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

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

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

For the 2024/25 season we will continue to use the Resultshq platform to communicate results in real time each Saturday and will also be used to apply for entry into centre competition and championships. Further details of Resultshq access will be provided at registration.

At Port Hacking LAC we are proud to offer:

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

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

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

**Mathew Cook - President**

**PATRONS**

MP for Cook	Simon Kennedy
MP for Cronulla	Mark Speakman, Leader of the Opposition
MP for Miranda	Eleni Petinos
Sutherland Shire Council Mayor	Jack Boyd

**COMMITTEE FOR 2024 - 2025 SEASON**

<b>Executive Committee</b>		
President	Mathew Cook	0403 015 582 phlacpresident@gmail.com
Vice President	Trevor Orsaris	0419 123 517 phlacvicepresident@gmail.com
Secretary	Phil Turpin	0412 008 436 phlacsecretary@gmail.com
Treasurer	Chrissy Koussoulis	phlactreasurer@gmail.com
Registrar	Sharnielle Thorne	phlacregistrar@gmail.com
<b>General Committee</b>		
Results	Nicole Orsaris	phlacresults@gmail.com
Championships	Matt Jupp	phlaccompetitions@gmail.com
Coaching	Ray Russell	0406 354 564
Equipment	Leni Vilivili	0410 600 657
Officials/Duties	Trevor Orsaris	0419 123 517
Sponsorships/Grants		
Age Managers	Sonia Lewis	0404488980
Awards and Uniforms	Sarah Kalidis	hello@studioonethirty.com
Canteen	Melissa Mullin	0420 996 155
Social Media	Jessica Koernig	jeskadee@live.com.au
Wellbeing/Inclusivity	Katie Honan	phlacwellbeing@gmail.com

**LIFE MEMBERS**

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

\* Deceased

## PORT HACKING CENTRE UNIFORMS

### UNIFORM

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

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

### AGE PATCHES

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

### SPONSOR PATCH

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

### MEMBERSHIP NUMBER

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

## WET WEATHER POLICY

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

## PUBLICITY AND PUBLIC RELATIONS

The Centre website [www.porthackingslac.com](http://www.porthackingslac.com) has up to date information on upcoming events, achievements and other relevant facts regarding the running of the Centre. Posts are made to our Facebook, Instagram, Team App pages with emails also being sent out at times advising of upcoming events and closing dates. **Team App** will be used as the primary form of communication. PHLA do not take any responsibility for people who do not utilise or follow this platform. Results HQ only provides entry to weekly competitions and results to all financial members.

## REGISTRATIONS

AGE GROUPINGS for the 2024 - 2025 season are as follows:

MONTH	2006 2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
JAN	20	17	16	15	14	13	12	11	10	9	8	7	6	Tots
FEB	20	17	16	15	14	13	12	11	10	9	8	7	6	Tots
MAR	20	17	16	15	14	13	12	11	10	9	8	7	6	Tots
APR	20	17	16	15	14	13	12	11	10	9	8	7	6	Tots
MAY	20	17	16	15	14	13	12	11	10	9	8	7	6	Tots
JUN	20	17	16	15	14	13	12	11	10	9	8	7	6	Tots
JUL	20	17	16	15	14	13	12	11	10	9	8	7	6	Tots
AUG	20	17	16	15	14	13	12	11	10	9	8	7	6	Tots
SEP	20	17	16	15	14	13	12	11	10	9	8	7	6	Tots
OCT	20	17	16	15	14	13	12	11	10	9	8	7	6	Tots
NOV	20	17	16	15	14	13	12	11	10	9	8	7	6	Tots
DEC	20	17	16	15	14	13	12	11	10	9	8	7	6	Tots

**NOTE:** Any boy or girl who is 4 years of age and under 18 years of age as at midnight on 31 December 2024 may be registered with the LANSW/ANSW at the Port Hacking Centre for the period of twelve months.

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

**TRANSFERS:**

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

**REFUNDS:**

No registration refunds will be given as we have in place the LANSW Trialist system of 2 consecutive weeks of competition. This can be on Saturday mornings except on the first day of competition and on our Multi Event Championships Day or Centre Championships Day. It is free of charge and you must sign in with our registrar on each of the two weeks of attendance.

## **MULTI CLUB MEMBERSHIP POLICY**

Athletes can register with a LANSW club and an ANSW club. This provides some flexibility in who athletes represent at various competitions including State Relays, Treloar Shield, Zone, Region and State. PHLAC memberships now allow all our athletes to compete at all the above competitions. The only time a multi club membership will be required is if athletes want to compete in Opens competitions (over 20's).

## **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 2024-2025 season whilst competing or training at an APPROVED time and venue (under Port Hacking Little Athletics Centre jurisdiction) and by Port Hacking Little Athletics Centre approved and registered coaches. In the event of an injury, please report this to the PHLAC Centre Secretary. A copy of the insurance policy summary is available from the Secretary.

### **PERSONAL ACCIDENT COVER - OFFICIALS**

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

### **ACCIDENT REPORT FORM**

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

## **SMOKE/VAPE FREE ZONE**

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

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

**PHLAC PROGRAM FOR 2024/2025 SEASON**

<b>REGISTRATION DATES</b>				
<b>AUGUST 2024</b>				
Thur	1	Registrations open for 24/25 season		
Sat	24	Registration Collection Day Uniform Supplier + Running Company Present	9am – 11am	Sylvania Waters
Tues	27	Registration Collection Day Uniform Supplier + Running Company Present	4pm-6pm	Sylvania Waters
Sat	31	Registration Collection Day Running Company Present	9am - 11am	Sylvania Waters
<b>COMPETITION DATES</b>				
<b>SEPTEMBER 2024</b>				
Sat	7	Centre Competition 1500m run	8:00am 7:45am	Sylvania Waters
Sat	14	Centre Competition Walks 3,000 race	8:00am 7:45am 7:30am	Sylvania Waters
Sat	21	Centre Competition 1500m run	8:00am 7:45am	Sylvania Waters
Sat	28	Centre Competition Walks 3,000 race	8:00am 7:45am 7:30am	Sylvania Waters
<b>OCTOBER 2024</b>				
Sat	5	No Centre Competition State Relay Entries Open		
Sat	12	Centre Competition 1500m run Treloar Shield Zone Entries Open	8:00am 7:45am	Sylvania Waters
Sat	19	Centre Competition Walks 3,000 race Treloar Shield State Relay Entries Close 5pm	8:00am 7:45am 7:30am	Sylvania Waters
Fri	25	Centre Competition 1500m run Halloween Event	5:30pm	Sylvania Waters
Saturday	26	No Centre Competition Treloar Shield Zone Entries Close 5pm		



NOVEMBER 2024				
Sat	2	Centre Competition Walks 3,000 race NSW 3000m Championships	8:00am 7:45am 7:30am	Sylvania Waters
Sat	9	Centre Competition 1500m run Treloar Shield	<b>8.00am</b>	Sylvania Waters
Sun	10	<b>State Relays U8-12s</b>	<b>8.00am</b>	<b>Sydney Olympic Athletics Centre Homebush</b>
Sat	16	<b>State Relays 14-20's</b> Centre Competition Walks 3,000 race Treloar Shield <b>Centre Combined Event entries open.</b> No entry fee. Online entry closes Thursday November 21 <sup>st</sup> 8pm (no late entries)	7:45am 7:30am	Sydney Olympic Athletics Centre  Sylvania Waters
Sat	23	Centre Multi Combined Event Treloar Shield	8:00am 7:45am	Sylvania Waters
Sat	30	Centre Competition 1500m run Treloar Shield		
DECEMBER 2024				
Friday	6	<b>Zone Championships</b>		Sylvania Waters
Saturday	7	<i>Centre Championships entries open</i>		
Sunday	8	<i>online (no late entries \$10 entry)</i>		
Sat	14	Centre Competition (Christmas) Walks 3,000 race	8:00am 7:45am	Sylvania Waters
Sat	21+28	Athletic holiday		
JANUARY 2025				
Sat	4	Athletic holiday <i>Centre Championship Entries Close</i>	5pm	
Sat	11	Centre Competition Walks 3,000 race	8:00am 7:45am 730am	Sylvania Waters
Sat	18	Centre Competition 1500m run	8:00am 7:45am	Sylvania Waters
Sat	25	Centre Competition Walks 3,000 race NSW Combined Championships (14-20s)	8:00am 7:45am 730am	Sylvania Waters

<b>FEBRUARY 2025</b>				
Sat	1	<b>Region 8 Championships</b>	8.00am	Sylvania Waters
Sun	2	No normal competition		
Sat	8	Centre Competition 1500m run	8:00am 7:45am	Sylvania Waters
Sat	15	<b>Centre Championships</b>	7:45am	Sylvania Waters
Sat	22	Centre Competition Walks 3,000 race	8:00am 7:45am 7:30am	Sylvania Waters
<b>MARCH 2025</b>				
Sat	1	<b>State Combined Event</b> Centre Competition 1500m run	<b>8.00am</b> 8:00am 7:45am	<b>Griffith</b> Sylvania Waters
Sun	2	<b>State Combined Event</b>	<b>8.00am</b>	<b>Griffith</b>
Sat	8	Centre Competition Walks 3,000 race End Point Score	8:00am 7:45am 7:30am	Sylvania Waters
Sat	15	Centre Competition 1500m run NSW Juniors Championships (14-20s)	8.00am 7:45am	Sylvania Waters
Sat	22	<b>State Championships</b>	<b>8.00am</b>	<b>Homebush</b>
Sun	23	<b>State Championships</b>	<b>8:00am</b>	<b>Homebush</b>
<b>APRIL 2025</b>				
	11- 19	<b>Australian Little Athletics Championships</b>		<b>Perth</b>
Sun	27	<b>Centre Presentation</b> <b>Details to be advised</b>	<b>8.00am</b>	Gunnamatta Pavilion
<b>MAY 2025</b>				
Tue	13	<b>Port Hacking LAC Inc Annual General Meeting</b>	7.30pm	GyMEA Tradies
<b>JUNE 2025</b>				
		<b>State Road Walking Championships and State Cross Country</b>		TBC

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

**All entries for Championships and Special Events close as per the deadline advertised. No late entries are accepted for any event.**

**Note:** 3,000m race is for athletes in U13 – U20 age groups only. Starting time is 7.30am. All athletes interest in the Walk Event (B Week) will be required to be at the track by 7.30am for a 7.45am start gun (athletes must be there early to receive numbers).

**CENTRE COMPETITION PROGRAM**

**WEEKLY EVENTS FOR TINY TOTS - UNDER 8**

Series "A"						
TINY TOTS	UNDER 6		UNDER 7		UNDER 8	
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
Game	50m	50m	50m	50m	100m	100m
Short run	100m	100m	100m	100m	400m	400m
Long run	300m*	300m*	500m	500m		
Throw	Discus	Discus	Shot Put	Discus	Shot Put	Discus
Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Series "B"						
Game	70m	70m	70m	70m	70m	70m
Short run	200m Pack	200m Pack	200m	200m	200m	200m
					60m Hurdles (45cm)	60m Hurdles (45cm)
Long run					700m	700m
Throw	Shot Put	Shot Put	Discus	Shot Put	Discus	Shot Put
Jump	Long Jump	Long Jump	Long Jump	Long Jump		

\*After Christmas

**WEEKLY EVENTS FOR 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 (Scissor)	High Jump (Scissor)	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 (45cm)	60m Hurdles (45cm)	60m Hurdles (60cm)	60m Hurdles (60cm)	80m Hurdles (60cm)	80m Hurdles (60cm)	
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 (Scissor)	High Jump (Scissor)	Javelin	Javelin	
				Long Jump	Long Jump	

**Note - All Walks will start at 7:45am, first call 7:35am. Athletes must pre-register.**

**A reminder that the walks is an optional event for those that choose to do them.**

WEEKLY EVENTS FOR UNDER 12 - UNDER 15					
Series "A"					
UNDER 12		UNDER 13(2012)		UNDER 14(2011)	
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 (76cm x 5)	200m Hurdles (76cm x 5)	300m Hurdles (76cm x 7)	300m Hurdles (76cm x 7)
Discus	Discus	Discus	Discus	Shot Put	Shot Put
Javelin	Javelin	Javelin		Javelin	Javelin
Long Jump	Long Jump	Triple Jump	High Jump	Triple Jump	Long Jump
			Triple Jump		
Series "B"					
1500m Walk	1500m Walk	1500m Walk	1500m Walk	1500m Walk	1500m Walk
80m Hurdles (68cm)	80m Hurdles (68cm)	90m Hurdles (76cm)	80m Hurdles (76cm)	100m Hurdles (76cm)	90m Hurdles (76cm)
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					
<b>"A" Week - 1500m run will start at 7:45am, first call 7:40am</b>					
<b>"B" Week - 3000m will start at 7:30am, first call at 7:25am</b>					
<b>- All Walks will start at 7:45am, first call 7:35am</b>					

If athletes have not arrived ready to start at the designated time, unfortunately they will miss the event and not be able to participate or re-run the event. Athletes are required to pre-register. **A reminder that the 3000m and the walks are optional events for those that choose to do them.**

WEEKLY EVENTS FOR UNDER 16 - UNDER 20					
Series "A"					
UNDER 15(2010)		UNDER 16(2009) & 17 (2008)		UNDER 20 (2007-2006)	
BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
100m	100m	100m	100m	100m	100m
400m	400m	400m	400m	400m	400m
1500m	1500m	1500m	1500m	1500m	1500m
300m Hurdles (76cm x 7)	300m Hurdles (76cm x 7)	400m Hurdles (84cm x 10)	400m Hurdles (76cm x 10)	400m Hurdles (91cm x 10)	400m Hurdles (76cm x 10)
Shot Put	Discus	Shot Put	Discus	Shot Put	Discus
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump	High Jump	High Jump	High Jump
Series "B"					
1500m Walk	1500m Walk	1500m Walk	1500m Walk		
100m Hurdles (76cm)	90m Hurdles (76cm)	110m Hurdles (76cm)	100m Hurdles (76cm)	110m Hurdles (99.1cm)	100m Hurdles (84cm)
200m	200m	200m	200m	200m	200m
800m	800m	800m	800m	800m	800m
Discus	Shot Put	Discus	Shot Put	Discus	Shot Put
Javelin	Javelin	Javelin	Javelin	Javelin	Javelin
Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
PLEASE NOTE					
<b>"A" Week - 1500m run will start at 7:45am, first call 7:40am</b>					
<b>"B" Week - 3000m will start at 7:30am, first call at 7:25am</b>					
<b>- All Walks will start at 7:45am, first call 7:35am</b>					

If athletes have not arrived ready to start at the designated time, unfortunately they will miss the event and not be able to participate or re-run the event. Athletes are required to pre-register. **A reminder that the 3000m and the walks are optional events for those that choose to do them.**

## CHAMPIONSHIPS AND SPECIAL EVENTS

We would like to draw your attention to the Championships and Special Events available to Athletes during the 2024 – 2025 season. These are:

### CHAMPIONSHIPS

State Relay Championships 8-12s	10 <sup>th</sup> November 2024
State Relay Championships 13-20s	16-18 <sup>th</sup> November 2024
Centre Combined Championships	23 <sup>rd</sup> November 2024
Zone Championships	6-8 December 2024
Region 8 Championships	1-2 February 2025
Centre Championships	15 February 2024
State Combined Event Championships	1-2 March 2024
State Championships	22-23 March 2025

### NOTE:

#### TINY TOTS AND UNDER 6 ATHLETES

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

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

Tiny Tots will take part in the following events each week: Two runs, jump, throw and a game. No times or distances will be recorded but participation will be recorded for each event.

Details of these Championships and Special Events are as follows:

#### UNDER 7 ATHLETES

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

#### UNDER 8 ATHLETES

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

Details of these Championships and Special Events are as follows:

#### CENTRE COMBINED EVENT (23 November 2024)

To be held on Saturday 23 November 2024 at Sylvania Waters track for all Tiny Tots to U20 athletes. Only Port Hacking athletes are eligible to compete. There is no entry fee. Families must enter this event online through ResultsHQ, Athletes not registered are unable to attend or compete. Entry is **online only through RESULTSHQ and open Sunday 17<sup>th</sup> November at 12pm and closes Thursday 21<sup>st</sup> November at 8pm** (no late entries accepted). Reminders will be sent

via Team App. To enter this event, athletes must have been nominated and competed in at least one centre competition this season.

All Tiny Tots receive a special medal for competing which will be presented on the day. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> medals will be presented to U6 – U20 the following weekend. To be eligible to win a medal, athletes (including Tiny Tots) must compete in all events listed for their age group. Performance points will be allocated as per LANSW Point Score.

The Combined Events will be:

Tiny Tots	50m, 70m, jump, throw and game
U6	70m, 100m, discus, long jump and shot put
U7	50m, 100m, 500m, long jump, shot and discus
U8	70m, 200m, 700m, long jump, shot and discus
U9	100m, 60mH, 800m, long jump, shot and discus
U10	200m, 60mH, 800m, long jump, shot and discus
U11	100m, 80mH, 800m, long jump, shot and discus
U12	200m, 80mH, 800m, long jump, shot and discus
U13G	100m, 80m Hurdles, 800m, long jump, shot and discus
U13B	100m, 90m Hurdles, 800m, long jump, shot and discus
U14G	200m, 90m Hurdles, 800m, long jump, shot and discus
U14B	200m, 100m Hurdles, 800m, long jump, shot and discus
U15- U20G	200m, Short Hurdles, 800m, long jump, shot, high jump and javelin
U15-U20B	100m, Short Hurdles, 800m, long jump, discus, high jump and javelin

### **STATE RELAYS (8-12s 10<sup>th</sup> November and 14-20s 16<sup>th</sup> November)**

To be held at Homebush on Sunday 10 November 2024 for U8 - U12 and Saturday 16 November 2024 for U13 – U20 athletes. The entry fee for the event will be covered by the club. Please do not nominate if you don't intend on participating. Nominations will open on the 12<sup>th</sup> October and close on the 19<sup>th</sup> October. The Port Hacking Championship Committee will select teams based on the best performance of the athlete up to and including the closing date. These performances must be achieved at Saturdays centre competitions. Athletes with extenuating circumstances ie injuries may submit a medical certificate and a current result from an equivalent event ie State Level to be considered by the committee. Port Hacking encourages all athletes to nominate for possible selection. Children selected are expected to represent Port Hacking Little Athletics Centre as this is a teams event.

Teams announced by the 27<sup>th</sup> October. A parent for each team will be appointed as manager of that team. Coaches will also be appointed by our Coaching Officer.

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



## **SOUTHERN METROPOLITAN ZONE (6-8 December 2024)**

The Zone is the first event of the Championships pathway. To be held from Friday 6<sup>th</sup> December to Sunday 8<sup>th</sup> December 2024 at Sylvania Athletics Track. Entries for Zone will open on 12<sup>th</sup> October 2024 and close on Saturday 26<sup>th</sup> October 2024 at 5pm. Our Zone team will be selected by our Championships Committee and announced on 2nd November 2024.

**Each athlete in U7 to U11 can nominate up to 4 events. However, they can only be selected in 4 events.** Athletes will be selected for each event based on their best performance during Centre Competitions, up to and including 25<sup>th</sup> October 2024. Athletes with extenuating circumstances ie injuries may submit a medical certificate and a current result from an equivalent event ie State Level to be considered by the committee. Port Hacking encourages all athletes to nominate for possible selection. Children selected are expected to represent Port Hacking Little Athletics Centre as this is a teams event.

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

Entries can only be online (\$25 per athlete plus admin costs). No late entries. Refunds will only be given to athletes who are not selected for any event.

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

***No late entries or event changes will be accepted after 27<sup>th</sup> October.***

## **ZONE/REGION 8**

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

Sutherland	Helensburgh
Illawong	Port Hacking
Revesby Workers	St George

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	Inner West

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

## **REGION 8 (1-2 February 2025)**

To be held on Saturday 1 and Sunday 2 February 2025 for qualifiers from Zone Championships. Venue will be at Barden Ridge Athletics Track. The first and second in each final will progress to the State Championships **and then the next best 8 final performances from all 8 Regions in our State will also compete at the State Championships, making all State Championship events having 24 athletes.** PHLAC covers the entry fee for the athletes who qualify for region.

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

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

## **CENTRE CHAMPIONSHIPS (15 February 2025)**

To be held on Saturday 15<sup>th</sup> February 2024 at Sylvania Waters Track.

Note: Athletes can only win medals in events they have entered. **Online entries open on Sunday 8<sup>th</sup> Decemeber 2024 and close on Saturday 4<sup>th</sup> January 2025.** An athlete can enter up to a maximum of 4 events and only compete in those 4 events at the Centre Championships. Tiny Tots will receive a participation Medal on the day if they compete in all 4 of their events. For all other age groups, the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place medals will be presented to the winners. Entry fee is \$10.00 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 (1 – 2 March 2025)**

To be held on Saturday 1 March and Sunday 2 March 2025 at Griffith Regional Sports Centre. 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](http://www.littleathletics.com.au) and close on Monday 13 February 2024. The entry fee is \$20.00 plus admin costs.

State Combined Events will be:

Tiny Tots	50m, 70m, jump, throw and game
U6	70m, 100m, discus, long jump and shot put
U7	50m, 100m, 500m, long jump, shot and discus
U8	70m, 200m, 700m, long jump, shot and discus
U9	100m, 60mH, 800m, long jump, shot and discus
U10	200m, 60mH, 800m, long jump, shot and discus
U11	100m, 80mH, 800m, long jump, shot and discus
U12	200m, 80mH, 800m, long jump, shot and discus
U13B	200m, 90mH, 800m, long jump, shot and discus
U13G	200m, 80mH, 800m long jump, shot and discus
U14/15G	200m, 90mH, 800m, long jump, shot, high jump and javelin
U14/15B	100m, 100mH, 800m, long jump, discus, high jump and javelin
U16/17/20G	200m, 100mH, 800m, long jump, shot, high jump and javelin

### **STATE CHAMPIONSHIPS (22-23 March 2025)**

To be held at Sydney Olympic Park Athletics Centre on Saturday 22 and Sunday 25 March 2025 for all qualifiers from Region 8 Championships.

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

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

### **STATE CROSS COUNTRY AND ROADWALKING CHAMPIONSHIPS**

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

## **SAFETY FIRST**

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

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

## **BEHAVIOURAL GUIDELINES**

Little Athletics has a set of Behavioural Guidelines, set out on their website [www.littleathletics.com.au](http://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 as a parent/guardian 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 yours and your families privacy. Please refer to the LANSW website [www.lansw.com.au](http://www.lansw.com.au)

## **CENTRE COMPETITION, SPECIAL EVENTS AND LOCAL RULES**

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

**Note: re-registering athletes cannot be Trialists.**

3. Officials and Competitors only are permitted in competition areas. On completion of their events, competitors must leave the competition area. Children **MUST NOT** cross the track at timing gates (finishing line) or cross the grassed area during events.
4. All athletes must compete in uniforms with registration numbers visibly attached on the **FRONT** of the uniform and age patch on left side of shorts/tights.
5. Suitable shoes are compulsory for all track and field events. Failure to comply with this rule will result in disqualification.
6. Spiked shoes **MUST NOT** be worn by Tiny Tots, U6, 7, 8, 9 and 10 athletes.
7. Spiked shoes may be used by U11 - U12 Age Groups, only in events contested wholly run in separate lanes. U13 – 20 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 – U20 age groups with spikes. Athletes wearing spikes must use the blocks.
11. Each event will only be called twice. No calls will be made for individual competitors for any event.
12. All competitors must marshal with their age manager under the blue shade. Any competitor arriving late at an event will only be allowed to compete in the event at the discretion of the Age Manager.
13. When insufficient numbers of competitors attend to compete in an event, groups may be combined at the discretion of the Centre Competition Officer.
14. All U9 and U10 athletes **MUST** do the scissors jump for high jump.

15. In all field events, other than high jump, 3 competition throws or jumps will be allowed for each competitor. In high jump, 3 jumps only will be allowed at any one height. U9 Girls/Boys up to and including **19 October 2024** will utilise the flexi-bar. Further for the period up to and including **28<sup>th</sup> September 2024**, 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 U20 age groups jump from the 2 metre board. (For safety reasons, if any athlete cannot jump from the 2 metre board, they can jump from the 1 metre board at Centre Competition).
18. All 500m, 700m, 1500m as well as U6 200m and U8 400M running events and all walk events will commence with a pack start and all have a maximum of 24 competitors, unless the second-row system is being used. The 800m event will be run 2 per lane on a staggered start until the cut-in line in the back straight on the first lap.
19. All track events up to and including the 400m event will be seeded.

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

Field	Tots	U6	U7	U8	U9	U10	U11	U12	U13	U14/15	U16/U17	U20
H.Jump					X	X	X	X	X	X	X	X
L.Jump	X	X	X	X	X	X	X	X	X	X	X	X
T.Jump							X	X	X	X	X	X
Discus		350g	350g	500g	500g	500g	500g	750g	750g	1kg	1.5kg (B) 1kg (G)	1.75kg (B) 1kg (G)
Shotput		500g	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	4kg (B) 3kg (G)	5kg (B) 3kg (G)	6kg (B) 4kg (G)
Javelin							400g	400g	600g (B) 400g (G)	700g (B) 500g (G)	700g (B) 500g (G)	800g (B) 600g (G)

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

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

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

### **AGE MANAGERS**

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

### **DUTIES**

1. Marshall and take athletes to events immediately after the 2<sup>nd</sup> 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. Advice can be given to athletes as a group in between events.
4. **Ensure each child runs in the nominated heat.**
5. Lane allocations will be provided for 50m-400m.
6. **Personally** notify Announcer on completion of each event.
7. Ensure result sheets at all field events are signed by Chief Official and **return sheets to Recording Shed**, as soon as possible.
8. Ensure any **visitors\*** are registered with Little Athletics NSW and that they **only compete in the last heat** or where there is a gap.
9. Encourage children to tidy up prior to leaving the competition area.
10. If the Age Manager is unavailable, **please arrange a replacement**, and inform them that they must advise our Centre President and Officer of Officials on arrival. Replacement age managers **do not receive** an ‘in lieu’ for duties unless we have sufficient parents.
11. Encourage all athletes equally and not favour any child/children.

12. Encourage involvement in Championships and Special Events.
13. Encourage all athletes to wear correct uniform and numbers.
14. Reinforce with athletes that they are **not to wear spikes outside the track area.**
15. Do not send your Age Group children to the Announcer/Finish Line to ask questions.

### AGE MANAGERS 2024-2025

<b>Age</b> (Year of Birth)	<b>Girls</b>	<b>Assistant</b>	<b>Boys</b>	<b>Assistant</b>
<b>Tiny Tots</b> (2020)	Derrick Peachy		Michael Kalidis	
<b>U6</b> (2019)	Owen Johnston	Michelle Johnston	Jack Bathis	Rochelle Beattie
<b>U7</b> (2018)	Sonia Lewis	Kate Morris	Lana Do Canto	Hayley Capilli
<b>U8</b> (2017)	Stephanie Gentle		Chris Parsons	Blake Carroll
<b>U9</b> (2016)	Akira Miani	Brooke Peachey	Sam Velic	Rose Mulcair
<b>U10</b> (2015)	Mitch Brown	Elyse Hansen	Lauren Hennessy	Jamie Karmatzos
<b>U11</b> (2014)	Phil Turpin	Melysse McManus	Maria Rogers	Matt Rogers
<b>U12</b> (2013)	Robert Cummins		Nathan Barnes	Darryl Melvin
<b>U13</b> (2012)	Jenny Vilivili		Lauren Pearson	
<b>U14</b> (2011)	Jodi Howson		Jo Starling	Paul Littlejohn
<b>U15/U16</b> (2010/09)	Steve Kludaas		Keith Lester	
<b>U17/U20</b> (2007/08)	Steve Kludaas		Keith Lester	

## RECORDS, RANKING AND AWARDS

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

A	Performance Tickets	Printed by families from ResultsHQ online
B	Most Improved Trophy	U6 – U20
C	Point Score Trophies	U6-U20
D	Merit Award	U6-U7
E	Record Certificates and Medallion	
F	Representative Gift	
G	State Multi Event Competitors	
H	100% Participation	
I	5 Year Service Trophy	
J	10 Year Service Trophy	
K	Service Award	
L	Most PBs	
M	Special Awards (Walker of the Year, Thrower of the Year, Jumper of the Year, Sprinter/Hurdler of the Year)	
N	Junior and Senior Athlete of the Year	
O	Summary	

### A. PERFORMANCE TICKETS

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

### B. MOST IMPROVED TROPHY - Under 6 to Under 20

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

### C. POINT SCORE TROPHIES - Under 6 to Under 20

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



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

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

Points will be awarded for each child's BEST THREE performances in EACH event in which he/she has competed in on normal competition days. Performances at State Relays, Zone, Region, State Multi, State Track and Field and Centre Multi will not count. Centre Championship results will not count towards point score but can be used for attendance. The point score will commence on 7<sup>th</sup> September 2024 and finish on 8<sup>th</sup> March 2024.

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

#### **D. MERIT AWARD – Under 6 and Under 7**

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

#### **E. RECORD MEDALLION**

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

#### **F. REPRESENTATIVE GIFT**

All athletes who **qualify** and **compete** at Region and State will receive a representative Gift. Region gifts will be handed out prior to the end of the season. State gifts will be presented at presentation day.

#### **G. STATE MULTI EVENT COMPETITORS**

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

**H. 100% CENTRE COMPETITION PARTICIPATION**

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

**I. 5 YEAR SERVICE TROPHY**

This award will be presented to any athlete who has completed 5 **consecutive** seasons registered with Port Hacking Little Athletics.

**J. 10 YEAR SERVICE TROPHY**

This award will be presented to any athlete who has completed 10 **consecutive** seasons registered with Port Hacking Little Athletics.

**K. SERVICE AWARD**

This award will be presented to any athlete who has completed more than 10 years continuous service at the conclusion of the Under 20s.

**L. MOST PBs**

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

**M. SPECIAL AWARDS**

These 4 awards (Walker, Jumper, Thrower and Sprint/Hurdler of the Year) will be selected by the Port Hacking Coaches.

**N. ATHLETE OF THE YEAR**

The following scoring system will be used for calculations and the athlete with the highest number of points will be the Port Hacking **Little Athletics** and **Junior Athletics** Athletes of the Year:

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

- If a tie occurs State Records will be taken into account by the Executive.
- At Zone, Region and State Championships
  - U12 to U20 age groups: all 6 events can count for points
  - U7 to U20 age groups: all 4 events can count for points.
- Athletes must have met the requirements in Point C above.

**O. SUMMARY**

	Improvement	Point Score	Participation	Record
State Relays	No	No	No	No
Centre Multi	Yes	No	Yes	Yes
Centre Championships	No	No	No	Yes
Zone, Region, State Champs	No	No	No	No (unless held at our track)
State Multi Event	No	No	Yes	No
Centre Competitions	Yes	Yes	Yes	Yes

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

## PARENT/CAREGIVERS AGREEMENT & OFFICIALS

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

Track	Field
Marshall (1)	Discus, Shot Put, Javelin Judges (5)
Starter (1)	Jumps Judges (6)
Finish Line Recorders (2)	Discus, Shot Put, Javelin Assistants (12)
Long Track Officials (6)	Jumps Assistants (18)
Track Assistants (6)	Coaches/Officials (2)
Data Entry (2)	
Canteen (4)	
BBQ (8)	

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

that parents/caregivers ensure roster commitments are met. Further information can be obtained from the Officer for Officials.

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

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

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

### **EQUIPMENT AND TECHNICAL REQUIREMENTS**

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

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

### **COACHING**

Training/coaching will be conducted at Sylvania Waters Field on various afternoons. The relevant days and times on which training for the various events will take place, will be advised during the first few weeks of competition. Also, further details will be published on the website and Facebook. Coaching for the first 4 weeks is paid for and subsidised by PHLAC. At the conclusion of the 4 weeks, it is a user pays system and the coaches charge \$5-\$15 per session.

**PORT HACKING LITTLE ATHLETICS – AUSTRALIAN REPRESENTATIVES**

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

<b>Female Athletes</b>			
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
Tomysa CLARK	2019	Oceania Athletics Championships (Australia)	Long Jump
Alma ROBB	2019	Oceania Athletics Championships (Australia)	400m
Ada Rand	2022	Oceania Athletics Championships (Australia)	1500m
Jasynta Lampret	2023	Commonwealth Youth Games (Trinbago)	100m Hurdles
Izobelle Louison-Roe	2023	Commonwealth Youth Games (Trinbago)	High Jump
Izobelle Louison-Roe	2024	World Junior Championships (Peru)	High Jump Triple Jump
Tammin Lampret	2024	Oceania Athletics Championships (Fiji)	100m Hurdles
Bree Masters	2024	Olympics (Paris)	100m 4x100m

<b>Male Athletes</b>			
Jake HAMMOND	2010	World Junior Championships (Moncton, Canada)	200m 4 x 100m Relay
	2014	Commonwealth Games (Glasgow, Scotland)	4 x 100m Relay
	2014	World Relay Championships (Nassau, Bahamas)	4 x 100m Relay
Jarrod GEDDES	2011	World Youth Championships (Lilli, France)	100m
	2013	World Championships (Moscow, Russia)	4 x 100m Relay
	2014	Commonwealth Games (Glasgow, Scotland)	200m, 4 x 100m Relay 4 x 400m Relay
	2015	World Relay Championships (Nassau, Bahamas)	4 x 100m Relay
Donald CATALLO	2017	Oceania Athletics Championships (Suva, Fiji)	400m Hurdles
Andrew GOSCHNIK	2019	Oceania Athletics Championships – AUS	400m Hurdles
William HUMBERSTONE	2019	Oceania Athletics Championships – AUS	110m Hurdles
Corey ANDERSON	2020 2024	Paralympics (Tokyo) Paralympics (Paris)	Javelin Javelin
Jay Louison-Roe	2022	Oceania Athletics Championships - Aus	Triple Jump
Baxter Kitteringham	2022	Oceania Athletics Championships - Aus	Javelin

### **DEVELOPMENT SQUADS**

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

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

## **PHLAC ATHLETES SELECTED FOR NSW STATE TEAM**

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

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

1983	Andrew PHYLLIS
1984	Joanne MACKENZIE
1989	Ainslie BURNE
2003, 2005	Jacinta DOYLE
2004	Matt SUMMERS
2005, 2007	Carlie RODGER
2016	Emma BLANCH
2016, 2018	Tomysha CLARK
2017	Rowan Tan
2017	Tom JESSEP
2018	Andrew GOSCHNIK
2021	Tammin LAMPRET
2022	Ahlyrah LUBIS
2023	Allegra Little
2023	Jade Strahl
2024	Allegra Little
2024	Jade Strahl
2024	Kade Mudadana