

**PORT HACKING  
LITTLE ATHLETICS CENTRE INC.**



**2019- 2020 SEASON**

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

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



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## **PRESIDENT'S MESSAGE**

Welcome to the 2019-2020 Little Athletics season at **Port Hacking Little Athletics Centre**, our 42<sup>nd</sup> season of competition.

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 and at inter Centre events.

As in previous years, it is a requirement that all athletes, irrespective of age, have a parent or nominated guardian at the grounds at all times.

We have a Port Hacking LAC website, [www.porthackinglac.com](http://www.porthackinglac.com) that will keep you up to date with things 'around the track'. Our "Blue Book" (which can be also found on our website) 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 have a [Facebook page](#) - Port Hacking Little Athletics Centre - make sure you like us and receive updates on your feed. 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.

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	Carmelo Pesce

**EXECUTIVE FOR 2019 - 2020 SEASON**

President	Mark Laverance	0418 180 673
Vice President Also Team Manager for LANSW Carnivals	Abe Yavala	0431 467 325
Secretary	Rachelle Harrington	0423 231 839
Treasurer	Cameron Burne	0400 818 283
Registrar: Assistant Registrar:	Liz Wever Sharon Potts	0413 342 224 0408 478 807
Championships & Centre Competition Also Officer for Merchandise, Awards & Activities & Officer for Age Managers	Heather Mitchell	0402 205 300
Records & Ranking	Jenny Blanch	0412 012 951
Coaching:	Ray Russell	0406 354 564
Officials:	David Chernich	0434 079 495
Publicity/Public Relations	Ron Impey	0410 410 787
Equipment:	Darren Bauer	0408 313 239

**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 AND TRANSITION

In the 2019/2020 season a new uniform is being introduced. Details are available on the Port Hacking website [www.porthackinglac.com](http://www.porthackinglac.com)

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

Athletes who own blue, white and black Port Hacking singlets or crop tops from previous seasons may continue to wear that uniform rather than purchasing a new uniform for the 2019/2020 season.

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 Trans Tasman Trials, Zone, State Relays, Region, Stat 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.

### 'ONE SPORT' REGISTRATION NUMBER

For Tiny Tots – U11 only: The individual McDonalds Registration Number is to be sewn to front of singlet/two piece. **Please ensure the red line is visible around the perimeter of the number.**

For U12 to U17 only: The individual 'One Sport' registration number is to be sewn to front of singlet/two piece.

## 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](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 page and emails are sent out advising of upcoming events and closing dates.

## REGISTRATIONS

AGE GROUPINGS for the 2019 - 2020 season are as follows:

MONTH	2003	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	Tots
FEB	17	17	15	14	13	12	11	10	9	8	7	6	Tots
MAR	17	17	15	14	13	12	11	10	9	8	7	6	Tots
APR	17	17	15	14	13	12	11	10	9	8	7	6	Tots
MAY	17	17	15	14	13	12	11	10	9	8	7	6	Tots
JUN	17	17	15	14	13	12	11	10	9	8	7	6	Tots
JUL	17	17	15	14	13	12	11	10	9	8	7	6	Tots
AUG	17	17	15	14	13	12	11	10	9	8	7	6	Tots
SEP	17	17	15	14	13	12	11	10	9	8	7	6	Tots
OCT	17	17	15	14	13	12	11	10	9	8	7	6	Tots
NOV	17	17	15	14	13	12	11	10	9	8	7	6	Tots
DEC	17	17	15	14	13	12	11	10	9	8	7	6	Tots

**NOTE:** Any boy or girl who is 4 years of age and under 17 years of age as at midnight on 31 December 2019 may be registered with the LANSW for the period of twelve months.

Tiny Tots and Under 6 children registered with Port Hacking Little Athletics 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 be able to compete in Centre Championships and Port Hacking Multi Event.

#### **TRANSFERS:**

Any registered boy or girl requiring a transfer to a different Centre is to please notify the Centre Registrar who will issue the relevant paperwork.

#### **REFUNDS:**

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

### **DUAL (RECIPROCAL) REGISTRATIONS**

The Reciprocal Registration agreement with Athletics NSW allows athletes in the Little Athletics U12, U13, U14, U15 or U17 age groups, who **are already registered** with LANSW for the 2019/2020 season, not to pay a registration fee to LANSW. A registration form must still be completed, proof of ANSW registration and the 'One Sport' registration number **MUST** be recorded on the registration form. Athletes are issued with a LANSW Age Number and an age patch which is included on the registration receipt as a full Little Athletics member. **NO REGISTRATION FEE** is payable for athletes who can verify that their current registration with ANSW is activated but athletes will be required to pay \$82.00 to Port Hacking Little Athletics Centre.

### **CHILD PROTECTION**

When registering their athletes online Parents should read through the Little Athletics Working with Children Check information and use the document to decide whether or not they need to provide a current Working with Children Check. If they need to do so it should be provided to the Centre Officer for Officials.

## **INSURANCE**

### **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 2019-2020 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](http://www.littleathletics.com.au)



## 2019/2020 SEASON COMPETITION PROGRAM

<b>REGISTRATION DATES</b>				
<b>AUGUST 2019</b>				
Wed	28	Registration Day	4.30 – 6.30pm	Sylvania Waters Athletics Track
Sat	31	Registration Day	2.00 – 4.00pm	Sylvania Waters Athletics Track
<b>COMPETITION DATES</b>				
<b>SEPTEMBER 2019</b>				
Sat	7	Centre Competition <i>Trans Tasman entries open online</i>	7.45am	Sylvania Waters
Sat	14	Centre Competition and 3,000m race	7.45am 7.30am	Sylvania Waters
Sat	21	Centre Competition <i>State Relay entries open</i>	7.45am	Sylvania Waters
Sat	28	Centre Competition <i>Official Opening</i>	7.45am	Sylvania Waters
<b>OCTOBER 2019</b>				
Fri	1	<i>Zone nominations open</i> <i>Zone payment and duty roster open (TBC)</i>		
Sat	5	Athletic holiday		
Sat	12	Centre Competition and 3,000 race <i>State Relays entries close</i>	7.45am 7.30am	Sylvania Waters
Sat	19	Centre Competition	7.45am	Sylvania Waters
Wed	23	<i>Trans Tasman entries close online</i>		
Sat	26	Centre Competition Age Group Photos State Relay teams Announced <i>Zone entries close today online</i>	7.45am	Sylvania Waters
<b>NOVEMBER 2019</b>				
Sat	2	Centre Competition and 3,000 race	7.45am 7.30am	Sylvania Waters

<b>NOVEMBER 2019 (cont)</b>				
Mon	4	<b>Zone payment and duty roster closes</b>		
Sat	9	<b>Centre Combined Event</b> No entry cost. Online entry closes 7 November 8pm (no late entries) <b>Zone team announced</b>	<b>7.45am</b>	<b>Sylvania Waters</b>
Sat	16	<b>LANSW State Relays U8 – U11</b> No normal competition	<b>8.00am</b>	<b>Homebush</b>
Sun	17	<b>LANSW State Relays U12 – U17</b>	<b>8.00am</b>	<b>Homebush</b>
Sat	23	Centre Competition <b>LANSW Combined Event Multi Entries Open Online</b>	7.45am	Sylvania Waters
Sat	31	Centre Competition	7.45am	Sylvania Waters
<b>DECEMBER 2019</b>				
Sat	7	Centre Competition and 3,000 race <b>Centre Championships entries open online (no late entries)</b> Christmas Activities	7.45am 7.30am	Sylvania Waters
Fri	13	<b>Zone Championships</b>	6.00pm	Sylvania Waters
Sat	14	<b>Zone Championships</b>	8.00am	Sylvania Waters
Sun	15	<b>Zone Championships</b>	8.00am	Sylvania Waters
Sat	21	Athletic holiday		
Sat	29	Athletic holiday		
<b>JANUARY 2020</b>				
Sat	4	Athletic holiday		
Sat	11	Centre Competition and 3,000 race	7.45am 7.30am	Sylvania Waters
Sat	18	Centre Competition <b>Online entries FOR LANSW State Combined Event &amp; Centre Championship close (8pm)</b>		Sylvania Waters
Sun	19	Trans Tasman competition		
Sat	25	Australia Day Weekend – No competition		Sylvania Waters

<b>FEBRUARY 2020</b>				
Sat	1	<b>Region 8 Championships</b> No normal competition at Sylvania Waters	8.00am	The Ridge
Sun	2	<b>Region 8 Championships</b>	8.00am	The Ridge
Sat	8	Centre Competition	7.45am	Sylvania Waters
Sat	15	<b>Centre Championships</b>	7.45am	Sylvania Waters
Sat	22	Centre Competition and 3,000 race <b>Centre Championships 3,000m</b>	7.45am	Sylvania Waters
Sat	29	<b>LANSW State Combined Event</b> Centre Competition and 3,000 race	<b>9.00am</b> 7.45am 7.30am	<b>Tamworth</b> Sylvania Waters
<b>MARCH 2020</b>				
Sun	1	<b>LANSW State Combined Event</b>	<b>9.00am</b>	<b>Tamworth</b>
Sat	7	Centre Competition End Point Score <b>State Competitors Photo</b>	7.45am	Sylvania Waters
Sat	14	<b>State Championships</b>	8.00am	Homebush
Sun	15	<b>State Championships</b>	8.00am	Homebush
Sun	29	<b>Centre Presentation</b>	<b>TBA</b>	<b>TBA</b>
<b>APRIL 2020</b>				
	18-19	<b>Australian Teams Championships</b>		Canberra, ACT
<b>MAY 2020</b>				
	19	<b>Port Hacking LAC Inc Annual General Meeting</b>	7.30pm	Club on East, Sutherland
<b>JUNE 2020</b>				
		<b>State Road Walking Championships and State Cross Country</b>		TBA

**All entries for Championships and Special Events Close at the Completion of Competition on the designated day**

**Note:** 3,000m race is for athletes in U13 – U17 age groups only. Starting time is 7.30am.

## WEEKLY CENTRE COMPETITION PROGRAM

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

WEEKLY EVENTS FOR TINY TOTS - UNDER 9 TO UNDER 11					
Series "A"					
UNDER 9		UNDER 10		UNDER 11	
BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
100m	100m	100m	100m	100m	100m
400m	400m	400m	400m	400m	400m
				1500m	1500m
60m Hurdles	60m Hurdles	60m Hurdles	60m Hurdles		
Shot Put	Shot Put	Discus	Discus	Shot Put	Shot Put
High Jump	High Jump	Long Jump	Long Jump	High Jump	High Jump
				Triple Jump	Triple Jump
Series "B"					
700m Walk	700m Walk	1100m Walk	1100m Walk	1100m Walk	1100m Walk
70m	70m	70m	70m	80m Hurdles	80m Hurdles
200m	200m	200m	200m	200m	200m
800m	800m	800m	800m	800m	800m
Discus	Discus	Shot Put	Shot Put	Discus	Discus
				Javelin	Javelin
Long Jump	Long Jump	High Jump	High Jump	Long Jump	Long Jump
<b>Note – All Walks will start at 7:45am, first call 7:40am</b>					

<b>WEEKLY EVENTS FOR UNDER 12 - UNDER 14</b>					
<b>Series "A"</b>					
<b>UNDER 12</b>		<b>UNDER 13</b>		<b>UNDER 14</b>	
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	
<b>Series "B"</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					
<b>"A" Week – 1500m run will start at 7:45am, first call 7:40am</b>					
<b>"B" Week – All Walks will start at 7:45am, first call 7:40am</b>					

Dates for 3,000m for U13 – U17 athletes are listed in Season Program above

- 14 September
- 12 October
- 2 November
- 7 December
- 11 January
- 22 and 29 February

Starting time is 7.30am, first call 7.25am.

<b>WEEKLY EVENTS FOR UNDER 15 - UNDER 17</b>			
<b>Series "A"</b>			
<b>UNDER 15</b>		<b>UNDER 17</b>	
<b>BOYS</b>	<b>GIRLS</b>	<b>BOYS</b>	<b>GIRLS</b>
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
<b>Series "B"</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			
<b>"A" Week – 1500m run will start at 7:45am, first call 7:40am</b>			
<b>"B" Week – All Walks will start at 7:45am, first call 7:40am</b>			

Dates for 3,000m for U13 – U17 athletes are listed in Season Program above

- 14 September
- 12 October
- 2 November
- 7 December
- 11 January
- 22 and 29 February

Starting time is 7.30am, first call 7.25am.

## CHAMPIONSHIPS AND SPECIAL EVENTS

We would like to draw your attention to the Championships and Special Events available to the children during the 2019 – 2020 season. These are:

### CHAMPIONSHIPS

Centre Combined Event Championships	9 November 2019
State Relay Championships	16-17 November 2019
Zone Championships	13, 14, 15 December 2019
Region 8 Championships	1 and 2 February 2020
Centre Championships	15 February 2020
State Combined Event Championships	29 February - 1 March 2020
State Championships	14-15 March 2020
State Roadwalking and Cross Country Championships	TBA

### SPECIAL EVENTS

Trans Tasman Tour, Auckland	9 – 21 January 2020
Trans Tasman Challenge, Auckland	19 January 2020

## Note re TINY TOTS AND UNDER 6 ATHLETES

Tiny Tots and U6 athletes registered with Port Hacking 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:

## CENTRE COMBINED EVENT (9 November 2019)

To be held on Saturday 9 November 2019 at Sylvania Waters track for all Tiny Tots to U17 athletes. Only Port Hacking athletes are eligible to compete. There is no entry fee. Families must enter this event online through Results HQ. Athletes not registered can be placed in empty heats on the day but are not eligible for points or awards. **Entry (online only) closes 7 November at 8pm** (no late entries accepted). 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 – U17 on the following Saturday. To be eligible win a medal, athletes (including Tiny Tots) must compete in all events listed for their age group. Performance points will be allocated as per LANSW Point Score.

The Combined Events will be:

Tiny Tots	50m, 70m, jump, throw and game
U6	70m, 100m, discus, long jump and shot put
U7	50m, 100m, 500m, long jump, shot and discus
U8	70m, 200m, 700m, long jump, shot and discus
U9	100m, 60mH, 800m, long jump, shot and discus
U10	200m, 60mH, 800m, long jump, shot and discus
U11	100m, 80mH, 800m, long jump, shot and discus
U12	200m, 80mH, 800m, long jump, shot and discus
U13	100m, 80mH, 800m, long jump, shot and discus
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



## **TRANS TASMAN TOUR BY LITTLE ATHLETICS NSW (9-21 JANUARY 2020)**

LANSW has decided there **will be no trials** for the 2020 Tour and all nominations must be accompanied by best performances of the athletes chosen events with verifiable evidence between 1 October 2018 and 21 October 2019.

This Tour is open to all registered U11 and U12 girls and boys who wish to be considered for the NSW team that will compete against the New Zealand team at Mt Smart, Auckland, New Zealand on Sunday 19 January. The State Selectors will choose a team of 25 U11 girls, 25 U11 boys, 25 U12 girls and 25 U12 boys and 4 reserves per sex per age group. Nominations will close on **Wednesday 23 October**. Entries only online at [www.littleathletics.com.au](http://www.littleathletics.com.au). Information regarding the Tour, cost etc is available from Heather Mitchell.

## **STATE RELAYS (16-17 NOVEMBER 2019)**

To be held at Homebush on Saturday 16 November 2019 for U8 - U11 and Sunday 17 November 2019 for U12 – U17 athletes. There is a \$10.00 entry fee plus admin costs per athlete for this event. Payment is to be made online at time of registration through Results HQ. **Nominations open on 21 September 2019 and close on 12 October 2019** at 1pm. The Port Hacking Championship Committee will select teams based on the best consistent performance of the athlete up to and including the closing date. These performances can be achieved at Sylvania Waters or any State Athletics level Meet with acceptable documentation given to the Committee prior to the selection meeting. Port Hacking encourages all athletes to nominate for possible selection. Children selected are expected to represent Port Hacking Centre. Refunds will not be returned to athletes who have been selected and withdraw or otherwise do not compete. Athletes not selected will receive a refund following the State Relays.

Teams announced on 26 October 2019. A parent for each team will be appointed as manager of that team. Coaches will also be appointed by our Coaching Officer.

## **SOUTHERN METROPOLITAN ZONE (14-15 December 2019)**

The Zone is the first event of the Championships pathway. To be held on Friday 13 December, Saturday 14 December and Sunday 15 December 2019 at Sylvania Waters track. Entries for Zone will open on **1 October** and close on 4 November at 8pm. Our Zone team will be selected by our Championships Committee and announced on 9 November 2019.

**Each athlete in U7 to U11 can nominate up to 4 events.** Athletes will be selected for each event on the basis of their best consistent performances during Centre Competition, up to and including 3 November.

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

Entries can only be online (\$15 per athlete plus admin costs). No refunds and no late entries.

The first 6 in each final event will progress to Region 8 plus the next best 4 athletes overall from both Zones (ours and Inner City Zone – [see page 18](#)) will also compete at Region 8. This means all Region events have 16 athletes.

***No late entries or event changes will be accepted after 4 November 2019 (8pm).***

Nominations will only be only through Results HQ Southern Metropolitan Zone entry (no payment at this time). Once the duty roster is confirmed, payment and duty selection will be again through Results HQ. As we are hosting the carnival this year ALL parents will be required to do duty.

## **ZONE/REGION 8 (13 – 15 December 2019)**

To be held on Friday 13, Saturday 14 and Sunday 15 December 2019 at Sylvania Waters Track.

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

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

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

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

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

## **REGION 8 (1-2 February 2020)**

To be held on Saturday 1 and Sunday 2 February 2020 for qualifiers from Zone Championships. Venue will be The Ridge, Barden Ridge. The first and second in each final will progress to the State Championships and then the next best 8 final performances from all 8 Regions in our State will also compete at the State Championships, making all State Championship events having 24 athletes.

100m, 200m, 800m, discus, shotput and long jump will be conducted for classified Multi-Class athletes in the following 4 age groups for both girls and boys:

U9 and U10

U11 and U12

U13 and U14

U15 and U17

Classified multi class athletes can enter Region in the following events:

U9 and U10 (4 events)

U11 and U12 (5 events)

U13, U14, U15 and U17 (6 events)

To be selected in the team to compete at Zone, nomination, duty selection and payment must be completed.

## **CENTRE CHAMPIONSHIPS (15 February 2020)**

To be held on Saturday 15 February 2020 at Sylvania Waters Track.

Note: Athletes can only win medals in events they have entered. **Online entries open on Saturday 7 December 2019 and close on Saturday 18 January 2020.** 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 events. For all other age grounds, 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.

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 who enter events they are NOT eligible for will be withdrawn after entries close. Please check Results HQ prior to registering to confirm the events an athlete is eligible to enter.

## **STATE COMBINED EVENT (29 Feb – 1 March 2020)**

To be held on Saturday 29 February and Sunday 1 March 2020 at Tamworth. 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 3 February 2020. The entry fee is \$20.00 plus admin costs. Late entries close on Monday 10 February 2020, for an increased 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**

**(14-15 March 2020)**

To be held at Homebush Athletic Centre on Saturday 14 and Sunday 15 March 2020 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.

## **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 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](http://www.littleathletics.com.au)

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

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

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

3. Officials and Competitors only are permitted in competition areas. On completion of their events, competitors must leave the competition area. Children **MUST NOT** cross the track at Timekeepers and Judges' stand (finishing line) or cross the grassed area during events.
4. Suitable shoes are compulsory for all track and field events. Failure to comply with this rule will result in disqualification.
5. Spiked shoes **MUST NOT** be worn by Tiny Tots, U6, 7, 8, 9 and 10 athletes.
6. 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.
7. Spiked shoes may be used for high jump, long jump, triple jump and javelin.
8. Spiked shoes **MUST NOT** be worn outside the competition area.
9. Starting blocks have been purchased by the Centre. Starting blocks can only be used by U11 – U17 age groups.
10. Each event will only be called twice. No calls will be made for individual competitors for any event.
11. All competitors must report to Call Room shelter before proceeding to an event. Any competitor arriving late at Call Room shelter will only be allowed to compete in the event at the discretion of the Age Manager. No competitor shall go directly to their event.
12. When insufficient numbers of competitors attend to compete in an event, groups may be combined at the discretion of the Centre Competition Officer.
13. All U9 athletes **MUST** do the scissors jump for high jump.
14. 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 **28 September 2019** will utilise the flexi-bar. Further for the period up to and including **12 October 2019**, 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.

15. Any competition complaints or protests to be initially directed to the Centre Competition Officer.
16. 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).
17. All 500, 700 and 1500 metre 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 800 metre event will be run 2 per lane on a staggered start until the cut-in line in the back straight on the first lap.
18. All track events up to and including 400 metre event will be graded.

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

Field	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
H.Jump				X	X	X	X	X	X	X	X
L.Jump	X	X	X	X	X	X	X	X	X	X	X
T.Jump					X	X	X	X	X	X	X
Discus	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg (G)
											1.5kg (B)
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)

19. 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.
20. 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.

21. The Officer for Centre Competition reserves the right to alter normal competition practices, if necessary, to complete the program.

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.

### 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.
4. **Ensure each child runs in the nominated heat.**
5. Lane allocations for all laned events **must** be drawn by the athletes with the Age Manager (eg using paddle pop sticks – for U6 and older age groups).
6. **Personally** notify Announcer on completion of each event.
7. Collect result sheets at all field events, duly signed by Chief Official and **return sheets to Recording Shed**, as soon as possible.
8. Ensure any **visitors** are registered with the Little Athletics NSW and that they **only compete in the last heat.**
9. Encourage children to tidy up prior to leaving the competition area.
10. If the Age Manager is unavailable, **please arrange a replacement**, and inform them that they must advise our Centre Secretary/President on arrival.
11. Encourage all athletes equally and not favour any child/children.
12. Encourage involvement in Championships and Special Events.
13. Encourage all athletes to wear correct uniform and numbers.

14. Reinforce with athletes that they are **not to wear spikes outside the track area.**

15. Do not send your Age Group children to the Recording shed to ask questions.

### **AGE MANAGERS 2019-2020**

<b>Age</b>	<b>Girls</b>	<b>Boys</b>
Tiny Tots	Angela BIBBY	TBA
U6	Phil TURPIN	Maria ROGERS
U7	Stephanie GENTLE	Trevor ORSASIS
U8	Mic HAWKINS	Craig REBEIRO
U9	Ainslie McLEAN	Rachelle HARRINGTON
U10	Steve KLUDASS	Jade SHEPHARD
U11	Sally BOURKE	Natasha CLAYTON
U12	Lauren LAMPRET	Adam MURPHY
U13	Jason CLAYTON	Cecilia JOHANSSON
U14	Ross LITTLE	Graham BALL
U15/17	Ric STEVENS	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
E	Point Score Trophies	
F	Merit Award	50% participation
G	Record Certificates and Medallion	
H	Representative Trophy/Medal	
I	Trans Tasman Competitors	
J	State Multi Event Competitors	
K	Participation Certificate	U6 to U12
L	Participation Trophy	
M	100% Participation	
N	5 Year Service Trophy	
O	10 Year Service Trophy	
P	Service Award	
Q	Most PBs	
R	Special Awards (Walker of the Year, Thrower of the Year, Jumper of the Year)	
S	Junior and Senior Athlete of the Year	
T	Summary	

### A. PERFORMANCE TICKETS

All weekly performances are recorded on the Centre's computer and these can be viewed online once all results have been entered. Families can print from the app if they would like a hard copy of the tickets. Athletes who complete registration on or after the first day of competition at the track will not receive results OR points on the day but can compete as a visitor. Instructions on how to access Results HQ are available on the Port Hacking LAC Website. Parents/athletes have **one week only** to check Saturday competition results and report any errors. There will be no checking of back-dated results.

### B. IMPROVEMENT CERTIFICATES – Under 6 to Under 12

The Improvement Certificates are designed to encourage Little Athletes to compete and improve in a RANGE of events rather than 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 7 September 2019 to 7 March 2020 will count towards Improvement Certificates.

Performances at State Relays, Trans Tasman Trials and Challenge, 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 7 March 2020 and presented at the Centre Presentation.

### **D. ATTENDANCE CERTIFICATES – Tiny Tots**

Tiny Tots will receive an Attendance Certificate at the completion of each 5 weeks of participation (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, Trans Tasman 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 7 September 2019 and finish on 7 March 2020.

### **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. TRANS TASMAN COMPETITORS**

All team members and reserves competing at the Trans Tasman Challenge 2020 will have all of the events, for their age group, added to their end of season participation total.

#### **J. 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.

#### **K. PARTICIPATION CERTIFICATE**

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

#### **L. PARTICIPATION TROPHY**

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

#### **M. 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.

#### **N. 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.

#### **O. 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.

## P. 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.

## Q. MOST PBs

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

## R. SPECIAL AWARDS

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

## S. 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 <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
  - 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.

## T. SUMMARY

	Improvement	Point Score	Participation	Record
State Relays	No	No	No	No
Centre Multi	No	No	No	Yes (Ground), No (Centre)
Trans Tasman Sydney	No	No	Yes (see "G" above)	No
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), including Tiny Tot Parents, are required to work on roster every second week.
3. Parents/caregivers should use the appropriate weekly duties link located on the Port Hacking Athletics website to register their name and select their preferred duty. **The link will be available up until 7pm on each Friday night prior to competition day.** The online registration will be date and time stamped, so first in best dressed.
4. For families who either miss the cut off time for online registration or don't have access to register for duties online, **a manual sign-up sheet will also be available to sign on with the Officer for Officials – David Chernich – for the allocation of a duty prior to start times each Saturday morning.**
5. **Parents/caregivers must sign on with the Officer for Officials at 7.30am and must remain at their allocated duty until completion of all events at that area.**
6. 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)

7. Parents will know in advance for the season which weeks they are on roster. A coloured roster sheet will be given out at registration setting out the dates for duty. **These dates do not change due to wet weather or cancellation.**
8. 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 at all times whilst not competing. Athletes will not be allowed to compete if their parent/caregiver is not present during competition.

- 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 2019/2020' and on the website at [www.littleathletics.com.au](http://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 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 6.30am each Saturday morning.

## **COACHING**

Training/coaching will be conducted at Sylvania Waters Field on various afternoons. The relevant days and times on which training for the various events will take place will be advised during the first few weeks of competition. Also, further details will be published on the website and Facebook.

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

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

<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 MALLET	2006	Commonwealth Games (Melbourne, Australia)	High Jump
Jacinta DOYLE	2007	World Youth Championships (Ostrava, Czech Republic)	100m, 100m Hurdles, Medley Relay (100, 200, 300, 400)
	2007	Australian Youth Olympic Festival (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



<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
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 HUMMERSTONE	2019	Oceania Athletics Championships – AUS	110m Hurdles

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

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