



The Athlete's Foot®

Plenty Valley, Greensborough and Northland



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www.whittleseacitylac.org.au

Region Multis—Hume
State Multis—Albert Park
NMR Relays—Whittlesea City
State Relays—Albert Park
NMR Track & Field—Diamond Valley
State Track & Field—Bendigo

Sunday 6th November 2011
19th & 20th November 2011
Sunday 11th December 2011
Saturday 28th January 2012
18th & 19th February 2012
24th & 25th March 2012

CHAMPIONSHIP WEEKEND

17th & 18th March 2012—Whittlesea City

OPEN DAY

Sunday 4th December 2011—Whittlesea City

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www.whittleseacitylac.org.au



Mill Park



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President's Message!

Welcome all back to the 2011/2012 athletics season. Coming into my fifth year as Centre President it has been a fantastic journey so far and I've seen the centre move forward to bigger and better things during this time. It's great to see all the kids and clubs enjoying their time at our wonderful centre along the way.

The centre has their two major sponsors: Telstra Store, Plenty Valley and Athletes Foot, Plenty Valley back supporting us this season. Thanks also to McDonalds in Mill Park for their ongoing support.

Another exciting avenue we have taken is our first Senior Club that is up and running for our kids to continue their athletic future.

Our centre will hold the Region Relays this season and the State Relays and State Multi's will be held at the brand new track in Albert Park.

So on behalf of WCLAC committee I hope you all enjoy your 2011/2012 season and look forward to seeing you on the track.

Phil Atkins
President WCLAC



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Important Note

It is very important to note that Little Athletics is all voluntary based. The Committee is made up entirely of parents they work tirelessly behind the scenes to try and ensure that things run smoothly. There can be times when things don't always go to plan and the program can sometimes fall behind be it weather, technical issues or just not enough assistance. Please be patient and remember that everyone out on the field is giving up seeing their children to help everyone else's and we are all human. We're not professional coaches or judges and do the best we can with information we have been provided. If you have ideas, suggestions on how we might be able to do things better, we are always willing to listen and give them a go if we think it might work. Maybe you could even consider joining your club committee or the Centre Committee in the next elections. It is requested that if you are unhappy about something please speak to your club executive in an orderly manner – DO NOT abuse any of our judges, chiefs or helpers and especially other children. Let's keep Little Athletics fun for our kids and encourage them to get out there and be their best.

Thank You

CENTRE COMMITTEE

The Centre Committee comprises of six Executive member, seventeen committee members and twelve Club delegates.

The Whittlesea City Little Athletic Centre (No.112) is affiliated with the Little Athletics Victoria (LA Vic) and part of the Northern Metro Region which includes: Coburg, Craigieburn, Diamond Valley, Hume, Sunbury, Essendon, Preston/Reservoir, Kilmore and Keilor.

Phone number at Meadowglen International Athletics Stadium is 9401 2771

2011/2012 CENTRE COMMITTEE

PRESIDENT	Phil Atkins	0407701973
VICE PRESIDENT	Nick Magnisalis	0417383191
Region Delegates (2)	Phil Atkins Caroline Peachey	0407701973 0430474281
WCLAC Board of Management Representative	Brian McDonough Frank Peachey	0421946086 0430474282
SECRETARY	Cheryl Duff	94654811 cheryl.duff@bigpond.com
Assistant Secretary	Narelle Cullen	0412411323
Publicity	Cheryl Duff /Vanessa Henderson	
Records & Rankings	Maria Pirzas	94042962
Registrar	Samantha Scott	
TREASURER	Debbie Cooke	94084743
Fundraising	Christine Magnisalis	
Uniforms	Cheryl Duff	
COMPETITION DIRECTOR	Darren Condon	0438 251 028
Arena Manager	Phil Atkins	
Officials		
Technical	Ken Buckland	94013186
SPECIAL EVENTS DIRECTOR	Vanessa Henderson	94080208
General Team Manager	Anthony Valle	0433647922
Assistant Team Manager		
Cross Country	Vacant	
Championships & Special Events	Melissa Musgrave	

AFFILIATED CLUBS

EPPING

Uniform: Red Singlet with Club Logo, Black Shorts
President Secretary Training
Robert Rudston-Brown Andrea Kewish Thurs 5.00 – 6.00 pm
Phone: 0404 624 111 Phone: 0409 023 230

MEADOWGLEN/LALOR

Uniform: Light Blue Top with Navy Trim and Club Logo, Navy Shorts, Bike Shorts or Briefs
President Secretary Training
Christine Pierce Livia Dalla Rosa Wed 5.15 – 6.15 pm
Phone: 0407 050 762 Phone: 0409 401 351

METRO

Uniform: Fluro Green T/Shirt or Crop Top with Club Logo, Black Shorts or Bloomers
President Secretary Training
Lisa Purcell-Fitt Leeanne Venables Thurs 6.00 – 7.00 pm
Phone: 0417 221 533 Phone: 9305 4095

MILL PARK/SOUTH MORANG

Uniform: White Top with Monogram, Black Shorts, Bike Shorts or Briefs
President Secretary Training
Michael Trembath Tony Newstead Tues 5.00 – 6.00 pm
Phone: 9436 5076 Phone: 0431 665 350

NORTHERN STARS

Uniform: Navy Blue Top with White Trimming and Club Logo, Navy Blue Shorts, Briefs or Bike Shorts
President Secretary Training
Charlie Cortis Maria Pirzas Wed 5.15 – 6.15 pm
Phone: 0422 402 471 Phone: 0409 977 899

THOMASTOWN

Uniform: Yellow Top with Black Motif, Black Shorts, Sports Briefs or Bike Shorts
President Secretary Training
Nick Magnisalis Lorraine Lumakovski Tue 6.00 – 7.00 pm
Phone: 0417 383 191 Phone: 0400 504 384

CENTRE LIFE MEMBERS

Mr Kevin Doherty, Mr Tom Culbertson, Mrs Phyllis Hosking, Mr Bob Lewis, Mrs Lois Meadows, Mr Ron Booth, Mrs Helen Smith, Mr Brian Palmer, Mr Doug Knez, Mrs Madeline Petrucelle, Mrs Phyllis Hillman, Mr Alan Smith, Mr Ken Shacklock, Mr John Code, Mr Alex Shepherd, Mrs Leonore Shepherd, Mr Don Baker, Mrs Elaine Henderson, Mrs Irene (Sherlock) Grover, Mr David Batty, Mrs Des Kirkham, Mrs Val Humphrey, Ms Nicky Henderson, Mrs Tammy Rendina, Mrs Diane Ostovich, Mr Neil Spooner, Mr Brian McDonough, Mrs Cheryl Duff, Mrs Marie Gyftakis, Mrs Sue Spooner, Mr Russell Laurens, Mrs Joanne Blackler, Mr Lou Pattie, Ms Sharon Cairns, Mrs Judy Franklin, Mrs Maureen Hocking, Mrs Eileen Dibbs, Mr Geoff Knights, Mrs Mary Symons, Mrs Kim Licovski, Mrs Antonella Ascenzo, Mr Albie Shepherd, Mrs Donna Elms, Mrs Debbie Cooke, Mr Glenn Franklin, Mr Andrew Duff, Mr Michael Duff, Mr Phil Saliba, Mr Mark Arnold, Mr Nick Ascenzo, Mr Vince Alessandrino , Ms Melinda Johnson.

10 YEAR AWARDS

Kate Paul, Rebecca Winkler, Shaun Dennehy, Matthew Garton, Anne Kirkham, Troy Humphrey, Donna Laurens, Gary Purcell, Fiona Patti, Kale Blackler, Jason Laurens, Kym Spooner, Shelly Buzzini, Kirri Mak, Todd Anderson, Elizabeth Hunnam, Bianca Barron, Kristy Buzzini, Anthony Bagas, Deanna Bagas, Vannessa Cann, Adam Siciliano, Anthony McGillivray, Michael Deluca, Terry Bagas, Colleen McGruane, Melissa Burton, John William Gyftakis, Kylie Elms, Bradley Elms, Jason Elms, Carlia Cairns, Hailley Cairns, Liam Symons, Trudy Montebello, Amy Burton, Stacey Symons, David Alessandrino, Jason Knights, Shaun Moore, Ryan Woods, Andrew Filippi, Sean Scanlon, Alison Montebello, Jacinta Horman, Ashley White, Aaron Hocking, Anthony Licovski, Colin Knights, Shane Knights, Matthew Marangon, Adam Marangon, Menolly Cairns, Damien Elms, Justin Traitsis, Nicole White, Shaun Cooke, Chris Goodrope, Jamie Wilson, Serena Barker, Courtney Potter, Madison Arnold, Emily Saliba, Adrian Coco, Georgia Marangon, Justin White, Jason Alessandrino, Chris Gelov, Brooke Guerin, Bianca Licovski, Kate Wilson, Aaron Gardner, Steven Pastras, Jacob Miller, Luke Chapman, Joshua Donnelly.

11 YEAR AWARDS

Anne Kirkham, Troy Humphrey, Kale Blackler, Terry Bagas, Deanna Bagas, Jason Laurens, Vannessa Cann, Shelley Buzzini, Kym Spooner, Liam Symons, Hailley Cairns, Stacey Symons, Menolly Cairns, Colin Knights, Shane Knights, Damian Elms, Shaun Cooke, Jamie Wilson, Adrian Coco, Bianca Licovski, Steven Pastras.

ADAM MARANGON TROPHY 2010/2011

Jake DiPalma –U13B – EPP

PRESIDENTS AWARD 2010/2011

Boy Aiden Cortis– NS **Girl** Chloe Buckland – MPSM

VOLUNTEER OF THE SEASON AWARD 2010/2011

Maria Pirzas – Northern Stars / Peter Scott - MPSM

ENCOURAGEMENT AWARD

Aaron Cornwell – Metro

GENERAL INFORMATION

Registrations

Whittlesea City LAC accepts registrations from boys and girls in the age groups U6–U16. The athlete's age, in years, on 1 October 2011 determines the age group in which they will be entered. Children turning 5 during the season may register after their birthday. Athletes may only compete in one age group, LA Vic rules prohibit children competing before their 5th birthday. Registration will only take effect after on payment of the appropriate fee, completion of the registration form, and in the case of new registrations, proof of age of athlete i.e. Birth certificate. Registration allows the child to compete in all track and field events (Oct-Mar) and cross country (Apr-Aug).

Competition

Normal Saturday morning competition is from 8.30am. Twilight competition is held on Friday evenings from 6.00pm onwards. Other days of competition and special events are listed on the Season Program page.

Children are not to be dropped off at the track; they must have a parent/guardian present at all times. Children found without supervision will not be permitted to compete – should a child be left unattended for an extended period of time the police may be called.

Uniform/IGA Chest Patches

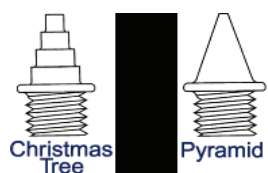
During weekly competition approved club uniform must be worn with the official LA Vic registration tag attached to the front and the IGA patch on the back of the club singlet/T-Shirt. Failure to wear club uniform and/or Tag will result in the athlete being excluded from events. T-shirts may be worn under club singlet's, they must be the predominant colour of the club uniform. Tracksuits or other warm clothing may be worn to the start of an event but must be removed prior to the start of the event. With the permission of the Arena Manager, in extremely cold weather conditions athletes may be permitted to wear track pants to compete in field events only.

Hats, in line with our sun-smart policy athletes may wear their hats in events, especially on the hot days.

Footwear Athletes U6–U11 must wear runners (bare feet or socks are not permitted). U12–U16 may wear runners OR spikes. Spikes are only permitted in laned track events, Long Jump, High Jump, Triple Jump, and Javelin. The only acceptable spike for Little Athletics is either pyramid (Christmas tree) or conical – Needles are **NOT** permitted. The maximum length is 7mm, all spike positions must be filled with a spike or a blank.

Spikes may only be put on at the marshalling area of each event and must be removed at the completion of the event. Athletes must NOT walk around in their spikes. Spot checks will be made by team managers and officials. Any misuse of spikes will result in the withdrawal of permission to compete in spikes.

Spikes must be registered at the start of the season. Spike registration will be taken at the club room windows by the Centre Secretary.



Needle Spikes = NOT ALLOWED



Centre Uniform

Centre uniform must be worn at Region & State Events. Uniforms are available for purchase from Cheryl Duff in the Club Rooms for \$30.00 each.

Navy Blue and Gold Trim Singlet/Crop top with lightning bolts and logo. Black shorts, bike shorts OR Bloomers.

Centre Drink (Can) Holders are available for purchase @ \$5.00. See Cheryl in the Club Rooms.

Parental Duties / Officials

No programme of Little Athletics competition can be held without the help of parents to act as Officials/helpers.

As a condition of registering your child/children with your nominated club it is expected that you will help out at club level on various occasions throughout the season, (not every week). The tasks assigned are not difficult and can be as simple as raking the sand in the pits or retrieving the discus after it has been thrown. If you are interested in getting more involved i.e. becoming a chief of an event, please ask your club as there are a various courses available from LA Vic that you can complete. The officials' course is free of charge and will take up one day of your weekend. Don't be afraid to offer assistance when requested – please remember that we are all parents who volunteer our

time and we all started with no experience. It is very rewarding when you can gain an understanding of events and then be out there to assist your aspiring future Olympians. Without weekly help events may be cancelled. Should you refuse to help out when requested the centre may prohibit your child/children from entering their next event OR Region Events and Centre Championships.

Out of Bounds

During the hours of competition and training the outside of the perimeter fence, playground, Skate Park, all bark and new growth areas are out of bounds. Parents will be held responsible for their children's behaviour. Any damage to property, plants etc. will be replaced at the parent's expense and parents will be liable for any damage caused. Any competitor found out of bounds will not be permitted to take any further part in the day's competition or in those of the following program. **Climbing trees is also considered OUT OF BOUNDS. Please respect all public and private property in the area.**

The use of bikes, skateboards and scooters and ballgames are not permitted inside the stadium.

PARENTS TAKE FULL RESPONSIBILITY FOR ATHLETES WHO ARE OUTSIDE OF THE TRACK. I.e. Skate Park

UNLESS YOU ARE OFFICIATING AT AN EVENT YOU MUST NOT BE INSIDE THE FENCE.

ATHLETES WHO ARE NOT COMPETING IN AN EVENT ALSO MUST NOT BE INSIDE THE FENCE.

Extreme Weather



In the event of extreme weather (i.e. too hot or storms) in some cases the program will be cancelled. Your club should be your first point of contact should you be unsure of a cancellation. Any cancellations will be put up on the Centre web site and conveyed to clubs as soon as practical. In some cases the program can be cancelled after events have started, it is therefore important that your child / children is not left unattended at the track as clubs/Centre cannot be held responsible for children left behind.

Centre Newsletter / Results

A newsletter will be available at each competition giving details of social events and the previous week's competition results. All Clubs and parents should note that the Centre is only too happy to assist in the promotion of local community activities and that the Centre Newsletter is available to all clubs and Organisations. Newsletters and results will also be posted on the Centre website.

Duty Roster

All clubs must share this responsibility. At least one representative from each club each week is required to assist the Technical Official, and Arena Manager, in setting up and putting equipment away **before and after** competition. Duty helpers must be at the stadium at 7.30am on Saturdays and 4.30pm for Fridays. The clubs should organise who is rostered on for the set up and pack up. A fine will be imposed on the club who does not supply someone for these duties of \$50.00 and 20 shield points will be lost.

Lost Property

Lost property should be handed in, at the Recorders table and may be claimed at the conclusion of the meeting. Lost property (other than money, watches, keys etc.) unclaimed at the end of the programme will be stored for one month, if still not claimed will be forwarded to the Brotherhood of St. Laurence.

Canteen



A Canteen operates on each competition day including Championship days. The Canteen is run by the Council and sells tea, coffee, soft drinks and a range of hot snacks.

The Barista Sisters Coffee Van will be at the track each weekend. Some proceeds of purchases are donated to the Centre so please support the girls and the Centre. They sell a variety of hot and cold drinks.

Cleaning Roster

Individual Clubs are responsible for keeping their surrounding club areas clear of litter/rubbish

Centre / Club Fundraising



The Centre provides a weekly roster for clubs to fundraise. Please support clubs when they come around, we all operate as non-profit organizations so every little bit helps our kids. Championship Days and Centre Days will be for Centre Fundraising.

Complaints

Complaints concerning competition events **MUST** be directed through the Club Team Manager. If your complaint cannot be dealt with immediately, you will be requested to put the complaint in writing so that it can be so dealt with. Under NO circumstances are you to approach a chief or an official in a public forum (See Code of Behaviour).

The longer you leave your complaint, the harder it will be for the Executive to investigate. Under NO circumstances are you to approach a chief or an official in a public forum (See Code of Behaviour).

Complaints about the general running of the Centre should be referred to the Centre Secretary in writing.

Please do not write or phone Little Athletics Victoria, your complaint will only be referred back to the Centre. There are set procedures for handling complaints but they must start at the appropriate level.

When considering whether a complaint is justified, please remember that we are all volunteers and our priority is for the enjoyment of all children at the Centre.

AWARDS AND TROPHIES

Trophies

- Athletes are awarded points every time they compete, based on performance. Points scored at a cut-off date determine each age group individual champion.
- Points may only be gained from competition at Centre programmes at which points are scored.
- To qualify for trophies at the end of the season, every child must have attained at least 75% of attendance from their registration date.
- Average points will be awarded to those athletes that register and compete at State Multi's only.
- Athletes who miss any given weekend will not score points.
- In circumstances where there are custody issues the centre will award minimum points to those athletes who cannot attend, provided that a written letter is handed in at the beginning of the season detailing which weekends the athlete will not be able to attend – this will allow the child to at least reach their participation trophy. Letters must be addressed to the Centre Secretary, who will on forward the Ranks and Records.
- In cases where an athlete is injured (**the injury must have occurred at Little Athletics**), and they are unable to compete, the Centre will award minimum points. Again this ensures that the athlete does not miss out on a participation trophy. Other circumstances may be considered upon written request and must be accompanied by a doctors certificate.

Volunteer of the Year Award – WCLAC

This award is awarded by the President of the Centre. The President will determine who he/she thinks deserves the award and it will be presented at Centre Presentation day.

Adam Marangon Award

This is awarded to the child who gets the most points at State Multi's.

10 & 11 Year Awards

These awards are presented to athletes who have attained 10 and 11 years of competing in Little Athletics.

Life Membership

From time to time this prestigious award is presented to members/volunteers who have served with the Centre over several years and who have reached certain criteria. Nominations must be put in writing and addressed to the Centre Secretary by a date set by the Secretary.

President's Award

Nominated by clubs this award is awarded to the athlete boy and girl. There are no set criteria however, it will be awarded to those athletes who follow the code of conduct and always compete in the spirit of Little Athletics.

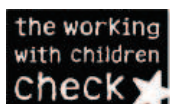
Track and Field Shield

At the end of each season the Centre awards the Track and Field Shield to the club who earns the most points. Each weekend points will be awarded to the athletes who finish 1st, 2nd and 3rd over all age groups and all events. This season there will be point deductions for clubs who do not follow Centre rules and regulations. Clubs must adhere to the following items, failure to do so will result in deductions.

- Minutes/Treasurers report from every Club meeting must be emailed within 10 days of the meeting date to the Centre and a hard copy must be handed in at the following Centre meeting (also a \$50.00 fine).
- 2 Delegates must attend Centre meetings from each club.
- Clubs must have their nominated people for set up and pack arrive on time and assist each and every weekend (also a \$50.00 fine).
- All rostered events must be manned by each club.
- Monies owing must be kept up to date.
- Club area must be tidied of rubbish after each competition.

POLICIES and PROCEDURES

Working with Children Check (WWC)



On 1 July 2005 the Victorian Government through the Department of Justice introduced the Working with Children Check, which is covered under an Act of Parliament. It is now compulsory for anyone officiating when their child is not competing to have a WWC. Other roles within the Centre that require the checks are as follows: All Club/Centre Executive Committee Members, All Centre/Club Team Managers, All age group team managers, First Aid Officer, Chiefs of Events and anyone who officiates but does not have a child competing.

Applications can be obtained from any Post Office and it is free. It is the responsibility of all clubs to ensure that the appropriate people have these checks in place, a register MUST be kept and a copy is to be handed to the Centre Secretary.

When completing a WWC please put in the following details:

Little Athletics Victoria – Whittlesea City 112,
Address: Locked Bay 1011, Port Melbourne Vic 3207
Phone No: 03 9676 3600

Insurance

A Little Athletics Victoria insurance policy covers all Little Athletes from the date the registration form and fee is handed to your Club. All Little Athletes and Officials are covered during the period of Official club, Centre, Division, Region and State Competition, training and Official activities. Parents and non competing members are required to sign the "Ordinary Members Sheet" to be eligible for insurance cover; this will be organized by your club.

Notice of injuries must be advised to the Centre Secretary as soon as practical, with supporting documentation.

First Aid



A First Aid attendant will be available at each weekly competition. The First Aid room is located at the club rooms next to the canteen. All accidents MUST be reported to the First Aid Officer who will keep a record. Returning to competition after an accident or injury will be at the discretion of the Official First Aid attendant on duty.

Alcohol Free Zone



Alcohol is not permitted to be consumed either within the grounds or outside the grounds at any competition. Whittlesea City LAC holds a very strong stance on this issue and the breaking of this rule will result in the offender/s being asked to leave the venue. The Centre will not accept any alcohol related sponsorships or advertising, or use alcohol as a prize for any fundraising activities.

Where alcohol is consumed at a Centre function the following steps will be taken: Alcohol will not be served to minors, Alcohol will not be served to anybody that is clearly intoxicated, safe transport options will be encouraged.

Smoke-Free Policy



Meadowglen International Athletics Stadium is a smoke free venue at all Little Athletics Events. Smokers are advised to smoke outside the gates in the car park area behind the amenities block. Smokers are also requested to dispose of their butts thoughtfully.

Sun Smart Policy



Whittlesea City LAC is a sun smart Centre. Shade Shelters will be erected to protect athletes from the sun. Sun screen will be provided to all clubs and athletes and officials are advised to wear hat and carry drink bottles to events.

Codes of Behaviour

Parents, coaches and officials by example of behaviour, have an enormous influence on our children. All participants in Little Athletics should form an accepted pattern of behaviour. If Little Athletics is to be enjoyed by all in the spirit of Family, Fun and Fitness, then the Co-operation of all parents, coaches and officials is of primary importance. The Codes of Behaviour set out below are published by LA Vic.

Parents' Code of Behaviour

- Encourage children to participate if they are interested. However, if a child is not willing do not force him or her.
- Focus upon the child's efforts rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
- Teach children that an honest effort is as important as a victory, so that the result of each event is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing an event.
- Remember children are involved in Little Athletics for *their* enjoyment, not yours.
- If you disagree with an official, raise the issue through the appropriate channels (see the complaints section), rather than questioning the official's judgement and honesty in public. Remember, all officials give their time and effort for your child's involvement.

Officials' Code of Behaviour

- Ensure that the spirit of the game for children is not lost by using common sense and not over-emphasising errors. In field events try and ensure all athletes get at least one recordable attempt in.
- Compliment all participants on their efforts.
- Be consistent, objective and courteous in calling all infractions.
- Condemn unsporting behaviour and promote respect for all opponents.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
- Publicly encourage rule changes which will reinforce the principles of participation for fun and enjoyment.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour.
- Make a personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.
- Avoid the use of bad language.

Spectators' Code of Behaviour

- Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators only, nor are they miniature professionals.
- Applaud good performance and efforts from each athlete. Congratulate all participants on their performance regardless of the event outcome.
- Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the children to do likewise.
- Never ridicule or scold a child for making a mistake during a competition. Positive comments are motivational.
- Condemn the use of violence in any form, be it by spectators, officials or athletes.
- Show respect for each participant. Without them there would be no events.
- Encourage athletes to follow the rules and the official's decisions.
- Demonstrate appropriate social behaviour by not harassing athletes or officials, not smoking or being intoxicated within the sporting complex.
- Avoid use of bad language.

Athletes' Code of Behaviour

- Play by the rules.
- Never argue with an official.
- Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking another athlete is not permitted.
- At all times be a good sport and applaud results of your fellow athletes.
- Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- Co-operate with your coach, team manager and other participants.

- Participate in Little Athletics for the fun of it and not just to please parents or coaches.
- Avoid the use of bad language.

1. CENTRE TRACK AND FIELD RULES AND REGULATIONS

The competition regulations for the conduct of Little Athletics Victoria Championships will be used as a guide for Centre competition. Any variations made will be due to the age and skill level of the children, time restraints and lack of officials. Unless otherwise specified in this section, the official LA Vic Competition Regulations will apply.

- 1.1 All clubs must be under the control of a Team Manager.
- 1.2 All competitors must be registered with an Affiliated Club with the Whittlesea City Little Athletics Centre (See Registrations).
- 1.3 Each club must provide officials at their rostered events.
- 1.4 Approved Club uniform must be worn with the official LA Vic Registration label attached intact to the front of the T/Shirt / Singlet and the IGA Patch on the back of the T/Shirt/singlet. Suitable footwear must also be worn (See Uniforms). Athletes will be disqualified from their event if correct uniform or Registration tag is not worn.
- 1.5 U12- U16 can wear spikes in laned track events, Long Jump, High Jump, Triple Jump, and Javelin. The only acceptable spike for Little Athletics is either Pyramid (Christmas tree) or conical. Needles are NOT permitted. The maximum length is 7mm, all spike positions must be filled with a spike or a blank. When using spikes, blocks must be used.
- 1.6 Spikes may only be put on at the marshalling area of each event and must be removed at the completion of the event. Athletes must NOT walk around in their spikes. Spot checks will be made by team managers and officials. Any misuse of spikes will result in the withdrawal of permission to compete in spikes.



Needle – Not Allowed>>



- 1.7 Crouch start **MUST** be done from U12-U16 age groups, unless a doctor's certificate is produced to the centre exempting the athlete from this. Please keep in mind that under LA Vic rules, crouch starts **MUST** be done from U12 and upwards at Region & State Events. If wearing spikes at an event you **MUST** use the blocks.
- 1.8 If there is some factor that would normally result in disqualification of a competitor (e.g. incorrect uniform), but the competitor passed by the starter's Marshall and the starter, then the competitor may not later be disqualified from the event on that occasion.
- 1.9 Athletes will be called at least 5 minutes prior to the start of an event; athletes are **NOT** to report to their scheduled events until called by the Competition Manager over the PA system.
- 1.10 Athletes (with the exception of the U6 age groups) must make their way to their events through the designated witches' hats. Under no circumstance are athletes to cross the track or the Centre of the field to get to their events. U6 age groups will meet their Age Group Team Managers at a designated area and they will be escorted to their event.
- 1.11 Competitors for track events will be graded into heats at the discretion of the Age Group Team Managers.
- 1.12 If competitors are late for a field event they will be permitted to compete provided that one other competitor has not competed the first round of the event. In the case of track events, if a competitor misses his/her heat they will not be allowed to run, unless permission is given by the Age Group Team Manager. At the discretion of the Age Group Team Manager repeat offenders can be immediately disqualified.
- 1.13 Pacing of competitors is not permitted. The Arena Manager may stop the person doing the pacing and the competitor/team in the event concerned, risks disqualification. Any competitor impeding another competitor during an event will be removed from the track and will be disqualified from that event.
- 1.14 Competitors must return to their clubs upon completion of event. Competitors found playing on equipment or in out of bounds areas between events may be disqualified from their next event.
- 1.15 Only officials and Athletes are permitted inside the arena during competition. Parents, who break this rule, may have their child/ Children disqualified from the event.

- 1.16 Chief of Officials at events, Age Group Team Manager and the Arena Manager has the authority to send competitors (or groups of competitors) back to their clubs due to misconduct. This may result in the competitor(s) concerned not completing the event in progress at the time or incurring a suspension for a period to be decided on the day.
- 1.17 Chief of Officials may take any discretionary action to ensure the safety of competitors and spectators.
- 1.18 Chiefs and other officials are NOT required to handle disputes that may arise with Club Officials/Parents. All disputes and protests are to be referred to the Club Team Managers (See complaints).
- 1.19 Protests must be made by a Club Team Manager and must be lodged in writing, with the Arena Manager within 15 minutes of the completion of the heat or event concerned and must be accompanied by a \$50.00 fee (which will normally be refunded only in the protest is upheld by the Arena Manger after taking evidence from the relevant officials. If the Club Team Manger is not satisfied with the official decision of the Arena Manager a jury may be called to further deliberate on the protest. The Jury consists of an executive from each club and all Centre Executive. The Jury's decision is final, majority rules – no further correspondence will be entered into. No protests against the decision of a Walk Judge shall be accepted.
- 1.20 Upon a competitor equalling or breaking a Centre record in any event (Track or Field) the Chief Official must ensure that the record is verified **immediately** by the Competition Director, Centre Chief of Officials OR a member of the Centre Executive.
- 1.21 Events may be cancelled at the discretion of the Competition Director due to time constraints, technical issues or weather.

2. EVENT RULES

'In all competition Athletes must use equipment supplied by the venue'

2.1 RUNNING EVENTS

- a) In laned events, competitors must stay within their lane throughout the entire race. Failure to do so may result in disqualification.
- b) In unlaned events, competitors must not cause interference to another competitor. Anyone who does this may be disqualified.
- c) Crouch Starts shall be used by all athletes in the U12-U16 age groups for all (laned) track events up to and including 400m.
- d) As a consequence the crouch start is mandatory for athletes in these age groups for Region Multi's and Region Track & Field (T&F) and Region and State Multi's.

2.2 LONG JUMP

- a) The Long Jump is the action of a single jump preceded by a run up. The jump is made by the athlete placing the take-off foot on the mat and landing in the pit, usually on both feet.
- b) If the athlete places any part of the take-off foot over the edge of the take-off area closest to the pit, this will be deemed as a NO JUMP. If the athlete approaches the take-off area and swerves to the side and passes the back edge of take-off area, this will be declared a NO JUMP.
- c) If the athlete approaches and stops short of the back edge of the take-off area, then the athlete will be entitled to start their run up again; without penalty.
- d) U6-U8 will be entitled to (2) jumps and U9-U16 will be entitled to (3) jumps (unless otherwise directed by the Arena Manager or by a Centre Executive).
- e) From U6-U11 a mat will be used. U12-U16 will use the board as marked on the track.
- f) U6-U 11, all jumps will be measured from the nearest break in the sand (made with any part of the body or limbs) to front edge of the imprint made by the take off foot. The distance will be measured to the nearest centimetre.
- g) U12-U16, all jumps will be measured from the nearest break in the sand (made with any part of the body or limbs) to the front edge of the take off board.
- h) In the case of an athlete taking off before reaching the take-off area, the jump will be measured back from the landing area imprint to the centre point at the back edge of the take off area (i.e. furthest from the pit).
- i) The pit and the take-off area must be levelled after each jump.
- j) Size of Mats:

Under 6	1.00m x 0.5mt Mat
Under 7 & 8	1.00m x 1.0mt Mat
Under 9 – 11	1.22m x 0.5mt Mat
Under 12 – 16	1.22m x 0.2mt Board or Mat

2.3 TRIPLE JUMP (Hop, Step & Jump)

- a) The Triple Jump is an action of 3 parts: **1.** The hop is to be made so that the athlete lands on the same foot as that which was placed on the mat. **2.** The step is made by landing on the other foot. **3.** The jump is made by landing in the pit.
- b) If the athlete, whilst jumping touches the ground with the 'sleeping foot' it is considered a jump.
- c) If the athlete places any part of the take-off foot over the edge of the take-off area closest to the pit, this will be deemed as a NO JUMP. If the athlete approaches the take-off area and swerves to the side and passes the back edge of take-off area, this will be declared a NO JUMP.
- d) If the athlete approaches and stops short of the back edge of the take-off area, then the athlete will be entitled to start their run up again; without penalty.

- e) Each competitor will be entitled to (3) jumps (unless otherwise directed by the Arena Manager or by a Centre Executive).
- f) U9–U11 a mat will be used. U12–U16 will use the board as marked on the track.
- g) U9–U11, all jumps will be measured from the nearest break in the sand (made with any part of the body or limbs) to front edge of the imprint made by the take off foot. The distance will be measured to the nearest centimetre.
- h) U12–U16, all jumps will be measured from the nearest break in the sand (made with any part of the body or limbs) to the front edge of the take off board.
- i) In the case of an athlete taking off before reaching the take-off area, the jump will be measured back from the landing area imprint to the centre point at the back edge of the take off area (i.e. furthest from the pit).
- j) The pit and the take-off area must be levelled after each jump.
- k) Size of Mats:
 Under 9 – 11 1.22m x 0.5mt Mat
 Under 12 – 16 1.22m x 0.2mt Board

2.4 HIGH JUMP

- a) U6 Age groups compete in on-track High Jump. There will be no points or scoring kept, this is considered a fun event.
- b) Athletes must jump from one foot only.
- c) A competitor may commence jumping from any height.
- d) Competitors are allowed two (2) attempts at each height (unless otherwise directed by the Arena Manager or Centre Directive).
- e) Each competitor is given 90 seconds to do their jump.
- f) To be considered a jump, competitors must clear the bar. If the competitor clears the height they do not jump again until the bar is raised.
- g) A **NO JUMP** will be recorded if the competitor does the following:
 Takes off with two feet
 Knocks off the bar with any part of the body (it will be up to the chiefs' discretion, should the bar fall whilst the competitor is still on the mat).
 Takes longer than 90 seconds.
 If the competitor touches the ground at any place on the bag beyond the uprights without clearing the bar.
- h) Two consecutive failures at a height disqualified the athlete from further jumping.
- i) The bar will generally be raised by 5cm increments until the centre record is reached.
- j) The bar may be altered then to first give the competitors the chance of equalling the record. Further lifts of the bar may then be made in 2cm increments.
- k) When 3 or less competitors are left the bar will be raised by 2cm increments.
- l) After all athletes have failed, the remaining athlete is entitled to keep jumping until he/she has forfeited his/her right to continue jumping.

Tie Break – First place only

- a) The athlete with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
- b) If the tie still occurs based on a) above in a count back the athletes will have a jump off.
- c) Each athlete will have one more attempt at the height at which they failed. If no decision is reached the bar shall be lowered to the height at which they last cleared, they will have one attempt. The height of the bar will continue to be lowered until a winner is decided.

Tie Break – Minor Placings

- a) There will be no jump off for minor placings, athletes will be awarded the same place. i.e. if two athletes tie for 2nd place they will be awarded =2nd – there will be no third placing.

Starting Heights for each age group:

	BOYS		GIRLS	
	Start	2 nd Jump	Start	2 nd Jump
U7	65	75	60	70
U8	70	80	65	75
U9	80	90	75	85
U10	90	100	85	95
U11	100	110	95	105
U12	105	115	100	110
U13	110	120	105	115
U14	115	125	110	120
U15	120	130	115	125
U16	125	135	120	130

2.5 SHOT PUT

Weights for each age group:

1kg	U6 Boys & Girls
1.5kg	U7 & U8 Girls & Boys
2.0kg	U9, 10, 11, 12 Girls
	U9, 10 11 Boys
3.0kg	U13, 14, 15, 16 Girls
	U12, 13 Boys
4.0kg	U14, 15 Boys
5.0kg	U16 Boys

- U6 – U8 will be entitled to (2) throws. U9 – U16 will be entitled to (3) throws. (Unless otherwise directed by the Competition Director or a Centre Directive).
- The athlete may enter the circle from any direction but must leave from the rear half of the circle.
- The trial must commence from a stationary position.
- The athlete must put the shot from the shoulder with one hand only. At the time on commencing the put, the shot must touch or be in close proximity to the neck or chin and the hand must not be dropped below this position. During the action of putting, the shot shall not be brought from behind the line of the shoulders.
- An athlete will be given a **NO THROW** if:
Any part of the athletes (excluding shoelaces, hats etc) touches the rim of the circle, the top of the board or the ground outside the circle.
The athlete leaves the circles before the shot touches the ground.
The shot does not land within the marked Sectors.
He/She does not leave the circle from the rear half.
- Measurement of each throw will be made from the nearest mark made by the Shot, to the inside edge of the board along an imaginary line through the centre of the circle.

2.6 DISCUS

Weights for each age group:

350grms	U6, 7, 8 Girls & Boys	
500grms	U9, 10 Girls & Boys	
750grms	U11, 12, 13 Girls	(All above age groups will use the rubber discus)
750grms	U13 Girls	(Rubber or Metal Rimmed)
1000grms	U14, 15, 16 Girls	(Rubber OR Metal Rimmed)
	U13, 14, 15 Boys	(Rubber OR Metal Rimmed)
1500grms	U16 Boys	(Rubber OR Metal Rimmed)

- U6–U8 Shall be entitled to (2) throws, U9–U16 shall be entitled to (3) throws (Unless otherwise directed by the Arena Manager or a Centre Directive).
- The athlete may enter the circle from any direction but must leave from the rear half of the circle.
- The trial must commence from a stationary position.
- An athlete will be given a **NO THROW** if:
 - Any part of the athletes (excluding shoelaces, hats etc) touches the rim of the circle, the top of the board or the ground outside the circle.
 - The athlete leaves the circles before the discus touches the ground.
 - The discus does not land within the marked Sectors.
 - He/She does not leave the circle from the rear half.
 - On commencing a throw the discus slips/drops from the hand (it shall not be picked up and the throw recommenced) U6–U8 Competitors at the discretion of the chief.
- If the discus hits the cage and deflects back into the sector, it shall be a valid throw and will be counted.
- Measurement of each throw will be made from the nearest mark made by the discus, to the inside edge of the board along an imaginary line through the centre of the circle.

2.7 RACE WALKING

This season we will again have optional walks for some age groups. However, there will be 1 month trial period after which qualifying times will be defined by the walk judges. This simply means if you are not walking within qualifying times you will not have the option to walk. There may be some exceptions made i.e. if a judge can see that the athlete is making an effort to walk but just hasn't got the technique right, they will be allowed to walk provided they undertake some walk training.

Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position. This is the international rule of walking. It means the walker must never have both feet off the ground at one time (CONTACT).

- a) Verbal cautions are given to the competitor who by his/her actions is in danger of breaking the rules.
CAUTION: Means you haven't broken the rules BUT if you continue doing what you are doing you most probably will break the rules.
REPORT: Means the one or both of the rules have been broken.
- b) A judge can only caution a competitor once for being danger of losing contact and once for being in danger of not straightening the knee during an event.
- c) Cautions will not be given in the final lap of the event.
- d) A verbal report is given to by calling out the competitor's number and telling him/her that they are reported and what the infringement is. These reports are recorded and handed to the Chief Judge at the conclusion of the event.
- e) If there are 3 judges in place the competitor will be disqualified if he/she receives 2 reports.
- f) If there are 4 or more judges in place the competitor will be disqualified if he/she receives 3 reports.
- g) Race Judges have the authority to act as Track judges and can disqualify a competitor by verbal report, for any unsportsmanlike behaviour i.e. blocking, impeding, pacing.
- h) Judges decision is final; there is no provision for appeal against this decision.

2.8 JAVELIN

Weights for each age group:

400grms	U11, 12 Boys
	U11, 12, 13, 14 Girls
500grms	U15, 16 Girls
600grms	U13, 14, 15 Boys
700grms	U16 Boys

- a) The javelin must be held at the grip. It should be thrown over the shoulder or upper part of the throwing arm, and should never be slung or hurled. Non-orthodox styles are not permitted.
- b) It is illegal to tape two or more fingers together unless to cover an open cut or wound.
- c) At no time during the throw, until the javelin has been discharged into the air, may the competitor turn completely around, so that their back is toward the throwing arc.
- d) Each competitor shall be allowed (2) throws (unless otherwise directed by the Arena Manager or by a Centre Directive).
- e) To be a **VALID** throw:
- The tip of the javelin must fall within the edges of the marked sectors.
 - The tip of the metal head must strike the ground before any other part of the javelin (the javelin does not have to stick in).
- f) The competitor must not leave the runway until the javelin has landed.
- g) A competitor will be given a **NO THROW** if:
- The javelin is improperly released.
 - Any part of the javelin hits ground before the tip.
 - The tip of the javelin does not land within the marked sector lines.
 - During the throw the athlete turn around with his/her back is to the throwing arc.
 - The athlete leaves the runway before the javelin hits the ground.
 - The athlete does not leave the runway from behind the arc, once the throw has been completed.
 - The athlete, after they have started their throw touches (with any part of their body) the runway lines or the ground outside the runway area.
- h) The measurement of each throw shall be made from where the tip of the metal head first strikes the ground to the inside edge of the arc along an imaginary line from the point of landing to the centre of the circle; of which the arc is a part.

2.9 HURDLES

- a) In laned events athletes must stay in their lanes, failure to do so may result in disqualification.
- b) In hurdling events, athletes must attempt to clear all hurdles. An athlete who; deliberately knocks down hurdles, jumps any hurdle not in their lane or runs around a hurdles shall be disqualified.

Hurdle Height for age groups:

U8 – U9	45cm	
U10 – U11	60cm	
U12	68cm	
U13, 14, 15 & 16 Girls	76cm	Exception 300m Hurdles height will be 68cm.
U16 Boys	84cm	Exception 300m Hurdles height will be 76cm

2.10 STARTING

- a) In laned events, the starter uses the commands 'On your mark', 'Set', and when all athletes are steady, the gun shall be fired.
- b) In unlaned events, the command shall be 'On your mark', and when all athletes are steady, the gun shall be fired.

- c) On the command 'On your mark' OR 'Set' (depending on the length of the race) all athletes will at once assume their full and final set position.
- d) A move from the starting position after steadying and before the gun is fired constitutes a false start. Athletes in the U7-U11 Age groups will receive warnings and may be disqualified at the discretion of the starter should the athlete have an excessive amount of false starts. Athletes in the U12-U16 will receive 1 warning for a break and will be disqualified on the 2nd break.
- e) A crouch start must be used by all U12–U16 athletes in all events up to and including the 400m and Relays except when it is physically or medically impossible / impracticable for an athlete to use the technique.

Technique:

- The knee must be in contact with the ground in the 'On your mark' position.
- Both hands must be in contact with the ground when the athlete is in the 'Set' position.

CROSS COUNTRY

At the conclusion of the Track and Field season, a cross country program runs from April to the end of July. As with the Track and Field season cross country also has Region, State and open events for those who wish to enter. Details will be available throughout the cross country season.

Cross country is open to all summer registered athletes (there is a small fee involved) and any new athletes who meet the age requirements as set out in registrations. Your club uniform must be worn along with the IGA registration tag.

Cross country is held at Meadowglen International Athletics Stadium and is run on a track near the back car park. Events commence at 9.30am on Saturday morning and the starting time for age groups is rotated each week. Athletes run the following distances:

U6 Boys & Girls	=	500m
U7 Boys & Girls	=	1000m
U8 Boys & Girls	=	1000m
U9/10 Boys & Girls	=	1500m
U11/12 Boys & Girls	=	2000m
U13 – U16 Boys & Girls	=	3000m

Points are awarded based on placings each weekend and the trophies will be awarded to the first 3 place getters in each age group. Participation trophies will also be awarded.

SPECIAL EVENT INFORMATION

Centre Track and Field Championship Weekend – 17th & 18th March 2012

1. The Centre Track and Field Championships are usually held over two consecutive days (see Weekly Competition program).
2. **To be eligible to enter children who register before Christmas must compete in at least 50% of possible competition** days up to and including the 9th March. (There is a special calculation for children who register after Christmas but they must have competed in at least 4 competition days). In special circumstances the Centre Executive may allow a child to compete who has not competed in the required number of competition days, after receiving a written request from a parent of guardian outlining the relevant circumstances. Registration fees must have been paid in order to compete in Championship Weekend.
3. Centre Executive reserve the right to reject entries of children whose parents/guardians have not met their rostered commitments to their clubs throughout the season. (Refer to your clubs helping requirements).
4. Competitors may enter no more than 4 events in their age group. All must enter on the official entry form issued by the Centre, with the fee payable at time of lodgement. Entries must be received by the date specified on the entry form. **LATE ENTRIES WILL NOT BE ACCEPTED.**
5. When completing your entry form please read the instructions carefully. If there is an error or you enter your child in the wrong event, the Executive Committee reserves the right to substitute another event without consulting you. Please understand that each year a large number of incorrect entries are received and it is not practical to make contact with all parents whose children have been incorrectly entered. If you are unhappy with your alternative event you are welcome to withdraw your child and your money will be refunded. Please make your events clear, if you are doing a Walk or a Hurdle please make sure you mark your form clearly. Forms are to remain in tack until checked and signed by WCLAC Executive.
6. We note that Championship Weekend is extremely busy with so many events being run. It is a condition of each child's entry that their parent/guardian undertakes some rostered duty over the weekend as directed by their club.
7. Parents are **NOT** to enter the track unless they are officiating at an event. If this rule is broken your child could be disqualified.
8. Approved Club Uniform must be worn with the official LA Vic Registration tag attached, intact to the front of the T/Shirt or singlet. Details of the costs and availability of Club Uniform are available from your club. **Footwear** can either be runners' track shoes or spikes (refer to Section 5 Track & Field Rules and Regulation). Tracksuits or other warm clothing may be worn to the start of track and field events but must be removed prior to the start of the event. (Track pants may be worn at field events if the Competition Director announces that it is allowed). Warm clothing may be worn UNDER Club T/Shirts or singlets, but must be the colour of the main colour in the club top. Failure to wear correct club uniform/colours could result in disqualification.

9. Any problems on the day should be directed to your **CLUB** Team Manager immediately, who will seek clarification from Executive Committee. **DO NOT** approach anybody in the club rooms as you will be directed back to your club.
10. Place getters in Championships will be awarded Gold/Silver/Bronze medals. Others who competed will receive ribbons.
11. The Executive Officer/s for Championships shall be the Director of Special Events and the Chief of Officials and the Competition Director.
12. The program will be handed out prior to competition. Any changes will be at the discretion of the Competition Director and Director of Special Events. Changes may be necessary due to unforeseen circumstances on either day i.e. weather conditions, equipment failure, times delays.
13. Events will run in time blocks as specified on the program. Event blocks will be called by the Competition Director or delegate. Club Team Managers will be responsible for ensuring that athletes report to their events on time. If a competitor is required to leave a field event to compete in a track event, the Chief Official in charge of the event must be notified by means of a completed "Release form" signed by the Club Team Manager.
14. Depending on the number of entries for each event, competitors will be divided into heats at the discretion of the Special Events Director. The case of heated events the eight fastest competitors/times in each age group heat will progress to the event final. Competitors in field events will be allowed 3 attempts/throws/jumps.
15. Competitors should report to the marshalling area before events commence. If a competitor does arrive late for a field event, the competitor may still compete providing at least one other competitor has not completed the first round of the event. In the case of track events, a competitor who arrives late and misses out on his/her heat shall not be allowed to run.
16. Protests must be made by a Club Team Manager and must be lodged on the appropriate form, with the Special Events Director, within 15 minutes of the completion of the heat or event concerned and must be accompanied by a \$60.00 fee (which will normally be refunded only if the protest is upheld by the Special Events Director after taking evidence from the relevant officials). If the Club Team Manager is not satisfied with the official decision of the Special Events Director a Jury may be called to further deliberate on the protest. The Jury consists of an executive from each club and all Centre Executive. The Jury's decision is final, majority rules – no further correspondence will be entered into.
17. Centre Track and Field rules of competition will apply.

IT IS IMPORTANT THAT YOU REMAIN IN YOUR CLUB AREAS TO ENSURE THAT YOUR CHILD DOES NOT MISS THEIR EVENT.

IF YOU ARE NOT IN YOUR CLUB AREA IT WILL BE YOUR RESPONSIBILITY TO ENSURE THAT YOUR CHILD GETS TO HIS/HER EVENT ON TIME – NOT THE CLUBS.

Open Days

From time to time other Centres within Little Athletics Victoria hold open days. All registered athletes are invited to compete, usually for a fee. Whittlesea City Uniform OR Club Uniform must be worn to open days. Entry forms will be available from the Centres OR sometimes they will be available on the LA Vic web site.

Whittlesea City will be holding its annual open day on Sunday 4 December 2011 – entry forms will be available from the web site, clubs and MUST be handed in with the fee by the specified date. LA Vic Rules of Competition will apply on this day.

We will again be having an engraver available to engrave the kids' medals.

STATE AND REGION EVENTS

All entries for State and Region Events (with the exception of Region Multi's and Region Relays) must be done online this season via the LA Vic web site and paid for online.
Entries MUST be in by the closing dates any late entries will incur extra fees OR will not be accepted.

An athlete who wishes to compete in Region / State T&F Championships has to meet the following criteria:

- a) The athlete must have participated in at least 50% of normal Centre competition since the date of registration. Additionally, the minimum number of competition meetings competed in shall not be less than 2 prior to the closing date.
- b) This rule may be waived by the Region only and will only do so in exceptional circumstances.
- c) These participation requirements do not apply to Region Relays or Multi Events.

A fine of \$250.00 per athlete will be handed down to the centre that breaches these rules.

Region Relays – 11th December 2011 – Whittlesea City

State Relays – 28th January 2012 – Albert Park

(Entry forms will be available on the Centre Web site, your club or Cheryl in the club rooms)

For those of you who are new to little athletics, Region Relays are held for U/7 to U/16 athletes (U6 do not compete in relays). U16 Athletes can compete in 4x100 mixed sexes and 4 x 200 mixed sexes this season.

Entry fee for season 2011 2012 will be paid by Whittlesea City Little Athletics Centre. Athletes can only compete in a maximum of 3 events to be determined by the selection committee (If an athlete is named as an emergency, this constitutes as an event). U/7 & U/8 compete for medals with the older age groups competing for a spot in the State finals on 28th January 2012.

Athletes competing in Region and State relays are required to wear a centre uniform; these are available for purchase, from Cheryl Duff in the Club Rooms (See Uniform).

Forms along with your fee must be handed in to your registered club by the closing date. Forms can be printed from the Centre web site OR can be found in the Centre Handbook which is available from your registered club.

For further information you can contact the Centre Team Manager, Anthony Valle.

Please note that parents of athletes attending these events will be required to assist at our designated event when requested.

Centre Team Selection

Selection into a team will be carried out by the selection sub-committee as provided under the Centre Constitution. Athletes will be advised of Centre team selection and will be based on the following:

- a) Athletic Performance in the current season
- b) Rate of improvement in a competitor's performance in the current season.
- c) Past performances, previous team selection and achievements, general report on a competitor's behavior, attendance at training and attitude to Team participation.
- d) A competitor's best chance for success in particular events.
- e) Choice of events sufficiently well spaced to avoid clashes and undue stress to competitors'.
- f) Competitors selected in Teams to represent the Centre shall be expected to attend training sessions organized by the Centre unless exempted by the General Team Manager.
- g) The composition of a selected Centre Teams will not be open to discussion with parents. The General Team manager may at his/her discretion: refer initial Team lists to Club Team Managers for their advice and comment.

Region Multi's – Sunday 6th November 2011 – Hume

(Entry forms will be available on the Centre Web site, your club or Cheryl in the club rooms)

State Multi's – 19th & 20th November 2011 – Albert Park

(Entry must be done via LA Vic web site)

Athletes can compete in a Multi event day which comprises of set events. (U/6 do not compete in Multis)

U/7 and U/8 age groups compete in 4 events:	70m, Long Jump, Shot Put & 300m.
U/9 to U/14 Girls compete in 5 events:	100m, 80m Hurdle, Long Jump, Discus and 800m.
U/14 Boys to U/15 Girls compete in 5 events:	100m, 90m Hurdle, Long Jump, Discus & 800m.
U/15 Boys compete in 5 events:	100m, 100m Hurdle, Long Jump, Discus and 800m.
U16 Girls compete in 5 events:	100m, 90m Hurdle, Long Jump, Discus & 800m.
U16 Boys compete in 5 events:	100m, 100m Hurdle, Long Jump, Discus and 800m.

Athletes are awarded points for their placing in each event, at the end of the day the 3 highest point score's from each age group are awarded medals.

Athletes competing in Region and State Multi's are required to wear a centre uniform; these are available for purchase, from Cheryl Duff in the Club Rooms (See Uniform).

Any athlete in the U9 to U16 age group can compete in the State Multi Event; you do not have to qualify. Events are the same as the Region Multi. This is a chance for an Athlete to compete against Athletes from all over Victoria.

If there are less than 8 entries @ State Multis that event will not be run.

For further information you can contact the Centre Team Manager, Anthony Valle.

Please note that parents of athletes attending these events will be required to assist at our designated event when requested.

Region Track and Field – 18th & 19th February 2012 – Diamond Valley
State Track & Field – 24th & 25th March 2012 – Bendigo
(All entries must be done online via the LA Vic website by the closing date)

Athletes must attain participation requirements to enter Region and State Track and Field.

Region Track & Field is for the U/7 to U/15 age groups. (U/6 and U/16 do not compete)

There is a fee per event with a maximum of 4 events.

Athletes in U7 and U8 compete for medals.

Athletes in U/9—U/15 compete for a place at State Track & Field to be held at Olympic Park in March.

U7 & U8 can compete in the following events:
70m, 100m, 200m, Shot Put, Discus & Long Jump
U9—U15 can compete in all events

Please note that U/9 to U/15's must meet certain criteria to compete in High Jump, Walks, Triple Jump and Long Jump — these criteria's can be found on the LA Vic website.

Athletes competing in Region Track and Field are required to wear a centre uniform, these are available for purchase, from Cheryl Duff in the Club Rooms (see Uniforms).

For further information you can contact the Centre Team Manager, **Anthony Valle**.

Please note that parents of athletes attending these events will be required to assist at our designated event when requested.

Bring a Friend Month - October

Throughout the month of October, registered athletes are encouraged to bring friends who are not members. The friends take part in the normal Centre Activities and get a taste for "Little Athletics".

Their participation is free of charge for their first week – thereafter they must register and pay if they wish to continue.

Junior Development Squad – (JDS)

JDS is for U12 – U16 Athletes

The **Junior Development Squad (JDS)** gives athletes an opportunity to gain new skills and improve technical competencies through participation in coaching and training sessions with some of Victoria's leading coaches. Training with other keen and enthusiastic squad members is both fun and motivational, and helps develop new friendships based on an enjoyment of athletics. The emphasis on learning new athletic skills, and improving existing ones, is in a friendly and supportive environment. The program consists of numerous activities including coaching days, education sessions, role model sessions with elite athletes, invites to attend National & International level events and a highlight for the year is the JDS coaching camp.

There are qualifying standards that must be met and there is a small fee involved.



For more information go to www.lavic.com.au

Training Courses

Throughout the year LA Vic puts on an array of training courses for both committee members and parents. Anybody is welcome to participate. Courses include, starting, coaching and officiating. Most of the courses are free, although there are some that have a small fee

involved, some courses can be subsidised by the Centre and Clubs. If you have the time to dedicate to one of these courses they can be very beneficial to your understanding of Little Athletics.

Skills Clinics

LA Vic also put on various skills clinics to further assist our aspiring athletes. There are few to pick from this season, the U7 & U11 Skills Clinics come highly recommended. The U11 Clinic is over 2 days but it is fantastic and the kids really get a lot out of it. Places are limited for this one so get in early. To register for any the following clinics go to www.lavic.com.au.

U7-U10 Skills Clinic -	Thursday 29 th September 2011 @Collingwood
U9-U16 Race Walking Coaching Clinic-	Sunday 16 th October 2011 @ Collingwood
U14-U16 Multi Event Clinic -	Sunday 13 th November 2011@ Whittlesea City
U11 Skills Clinic Day 1 -	Saturday 24 th September 2011 @ Doncaster
U11 Skills Clinic Day 2 -	Sunday 25 th September 2011 @ Knox

Australian Little Athletics Championships (ALACs) – State Squad

Each year a State Team is chosen from the under 13 and under 15 age groups. Twenty two U13 athletes make up the final team, and four U15 athletes contest the multi event championship. Little Athletics Victoria appoints an ALAC Management team to oversee the State Team activities. This Team consists of a State Coach, a Team manager and an ALAC coordinator. The championships are held in a different state each year. The U15 Multi Event Athletes' are chosen from the Gold and Silver medallists at State at the State Multi Event. The U13 are chosen for their rounded ability and maximum point score.



For more information on either of these go to www.lavic.com.au

Dual Registration

Dual registration is for athletes who are in the Under 13 to Under 15 age groups, who are interested in participating at the senior level (Athletics Victoria - AV). The athlete registers with their Little Athletics Centre, and then registers with an AV Club.

Whittlesea City has started a senior club from this year – for further information please contact:-
Joe Fiorio 0438464366 E: whittleseacityac@hotmail.com

Victorian Race Walkers Club

The Victorian Race Walking Club is a specialist race walking club which has been affiliated with Athletics Victoria since 1921. The club is also affiliated with the Australian Federation of Race Walking Clubs (now known as 'Race walking Australia').

The club conducts a comprehensive range of race-walk events including VRWC Club Championships in the following categories.

- Under 9
- Under 12
- Under 15
- Under 20
- Open Age
- Masters [Women 45+] [Men 45+]

Specialized coaching in race walking technique can be arranged for all levels from beginner to advanced. Seminars are conducted regularly by Athletics Victoria qualified club coaches.

Club races are conducted regularly on weekends during the winter months in a traffic free environment on the Albert Park Formula One Grand Prix service roads Albert Park Reserve, Middle Park. The clubrooms are in the Middle Park Bowling Club.



For more information please visit www.wrwc.com.au