



WILLIAMSTOWN

LITTLE ATHLETICS CENTRE INC.

CENTRE HANDBOOK

SEASON 2019/2020



A0061672P
Centre Number 9
Commenced 4/10/1967

52 YEARS OF FAMILY, FUN AND FITNESS

CONTENTS

President's Welcome	1
Williamstown History & WLAC Mission Statement	2
Officeholders	5
Correspondence	6
Layout of WLAC Track	7
Start Times: Summer Season	8
Normal weekly events	10
Start Times: Winter Season	12
Centre Information	13
Governing Rules	16
Competition Rules	17
Special Events	18
2019-20 Centre Awards	21
WLAC Awards	24
Record Information	30
Medal Winners	34
Centre Records	35

CHILD SAFE SPORT

OUR CLUB IS COMMITTED TO CHILD SAFETY AND WE:

- Have zero tolerance for child abuse
- Have systems in place to protect children
- Support and respect children with a disability and children from diverse cultures

WLAC SPONSORS

Commonwealth Bank

Yarraville Shoe Company



PRESIDENT'S WELCOME

Welcome to 2019/20 season, our 52nd as a competing centre at little athletics. I am looking forward to some exciting new changes and innovations to ensure all athletes can compete in a safe and family friendly environment.

Our centre inter club day will be held on Sunday 19th January at Newport against South Melbourne.

After trialling coaching on a Tuesday and Thursday evening during the 2018/19 season with little success we will now offer coaching on a Saturday morning for our U9 - Open athletes from 9- 10am. Our U7 - U8's will receive their coaching while waiting to have their turn at particular events. This will assist with minimising down time on a Saturday and ensure athletes are using the correct technique.

I would encourage all parents to ensure they register with Team App via their smart phones as this is the main source of communication to parents. Event cancellations, weekly competition updates, training and state and regional team information will be communicated via Team App. You will also need to download sign up genius as this is where you will be required to select your 5 duties that you are required to undertake for your child/children to participate in club championship day. The link for sign up genius can be found at

<https://www.signupgenius.com/index.cfm?go=c.SignUpSearch&eid=0EC1C8DFFCC8FD-6D&cs=09B6BADE8FC58B137B7C640F5BB29BBA&sortby=l.title&view=i>

On the following pages you will see that we have some gaps on the committee currently and moving into next season. With many of the current committee's children finishing Little Athletics we will be looking to fill many positions at our next AGM. For the current season we are looking for a child safety officer, results manager, coaching co-ordinator, secretary and general committee members. If you would like any further information on the responsibilities of these roles please contact myself or any of the other committee members.

I hope you all enjoy the season ahead, and we welcome feedback and comments via our website, I would encourage all parents to become involved as coaches, age group managers and getting to know other parents through the duty roster. Together we all can make the 2019/20 season successful and enjoyable for everyone.

Ashley Sandison
WLAC - President



WILLIAMSTOWN HISTORY

In 1967, the Williamstown Little Athletics Centre (WLAC) was formed after a committed group of parents took a group of local children to a Little Athletics carnival in Corio. This was the start of centre number 9 (ninth little athletics centre established in Australia) – the Williamstown Little Athletics Centre. Our first season of competition was held at the Newport Football Ground, in Market Street, not far from the Newport train station. During the first season, the WLAC had 13 clubs and a total of 982 children U9 to U12.

In 1969, the Altona Little Athletics Centre was formed by a break away group from our centre. The WLAC was left with 549 children U9 to U12 competing for 7 clubs:

- North State
- Westport
- Sacred Heart
- Williamstown State
- St May's
- Yarraville West
- Williamstown Youth Centre

In 1991 the WLAC moves from our original grass oval in Market Street to the new Newport Park Athletics Track, where we are today, and for the first time our centre now has an all-weather synthetic track.

By 1996 the Westport club is the only 1 club left to retain its original name. This club structure was retained until 2015, when under the advice from Little Athletics Victoria the WLAC decides to fold the clubs and compete as a new one centre for the first time. In October 2017, the WLAC celebrated its 50th year!

Little Athletics Victoria Mission Statement

Through the enjoyment of Athletics, develop positive attitudes and a healthy lifestyle for our children, families and community.

Acknowledgment of voluntary service

Over the history of the Williamstown Little Athletics Centre there have been several people who have shown a great commitment of time and energy to the Centre, for the benefit of all children participating in Little Athletics. The Centre acknowledges and thanks these people through the presentation of Life Membership and Distinguished Service Awards.

Williamstown Little Athletics Centre Life Members

1978	Jim Jamieson (Deceased)
1981	Marion Cochrane, Frank Cochrane (Deceased) Tim Lowden, Joyce Lowden (Deceased) Bill Humphries (Deceased)
1985	Elaine Sanderson
1987	Phil Gillan (Deceased)
1988	Frances Larson, Ken Schwartz (Deceased)
1992	Christine Crofton
1994	Kay Reay, Jeff Scoble
1995	Lorraine Amezquita
1996	Susan Silke, Julie Scoble
2001	Michael Shacklock
2008	Heather Shaw
2009	Majella Stone
2010	Terri Buttigieg
2011	Sharon Hancock
2015	Paul Lynch

Distinguished Service Awards

1987	Jan Stewart, Alan Gittens
1988	Jennine Harrison
1999	Ted Hudson
2011	Geoff Boyce
2012	Chris Buttigieg-Clarke
2014	Gill Hardeman, Craig Hardeman, Lorraine Cockram
2015	John Gilbert, Samantha Cross

History of Little Athletics

Little Athletics evolved, like most voluntary community organisations, through the mind and conscience of one man. Trevor Billingham followed the pattern set by many pioneers in the field of community service. He recognised a need and introduced an idea designed to meet that need.

On an October day in 1963 three boys turned up at an athletics meeting in Geelong. They were ready to compete. On approaching an official they were told that they were too young to take part. That official was Trevor Billingham.

The disappointment, evident in the boys, left a marked impression on his mind. The thought was forgotten; it came alive again several months later. At a coaching clinic designed for secondary school students it was noted that most children were of primary school age.

Reminded of his earlier experience, Trevor Billingham had an idea. The answer to the need expressed in the children would be a simple Saturday morning competition. On the first Saturday of October 1964, he met with a small group of children on a Geelong oval. They took part in a short program of running events.

From that simple beginning, athletics for Under 12 boys and girls developed at a phenomenal rate.

Little Athletics was born and on the move

Little Athletics created tremendous interest; by 1967 the Victorian Little Athletics Association was formed. This was the same year the Williamstown Little Athletics Centre commenced.

The Australian Little Athletics Union was formed in Perth on the 31 March 1972. Victoria, New South Wales, Northern Territory & Western Australia were the founding members.

Little Athletics Victoria now has over 15,000 members competing on a weekly basis at 103 Centre's across Victoria.

About WLAC

Williamstown Little Athletics Centre is a member of Little Athletics Victoria. Approximately 300 local children participate in Little Athletics at WLAC.

WLAC was started in 1967 and was the ninth centre to start, which is why our centre number is 9. WLAC runs events for children from Under 6 to Under 16.

Officeholders

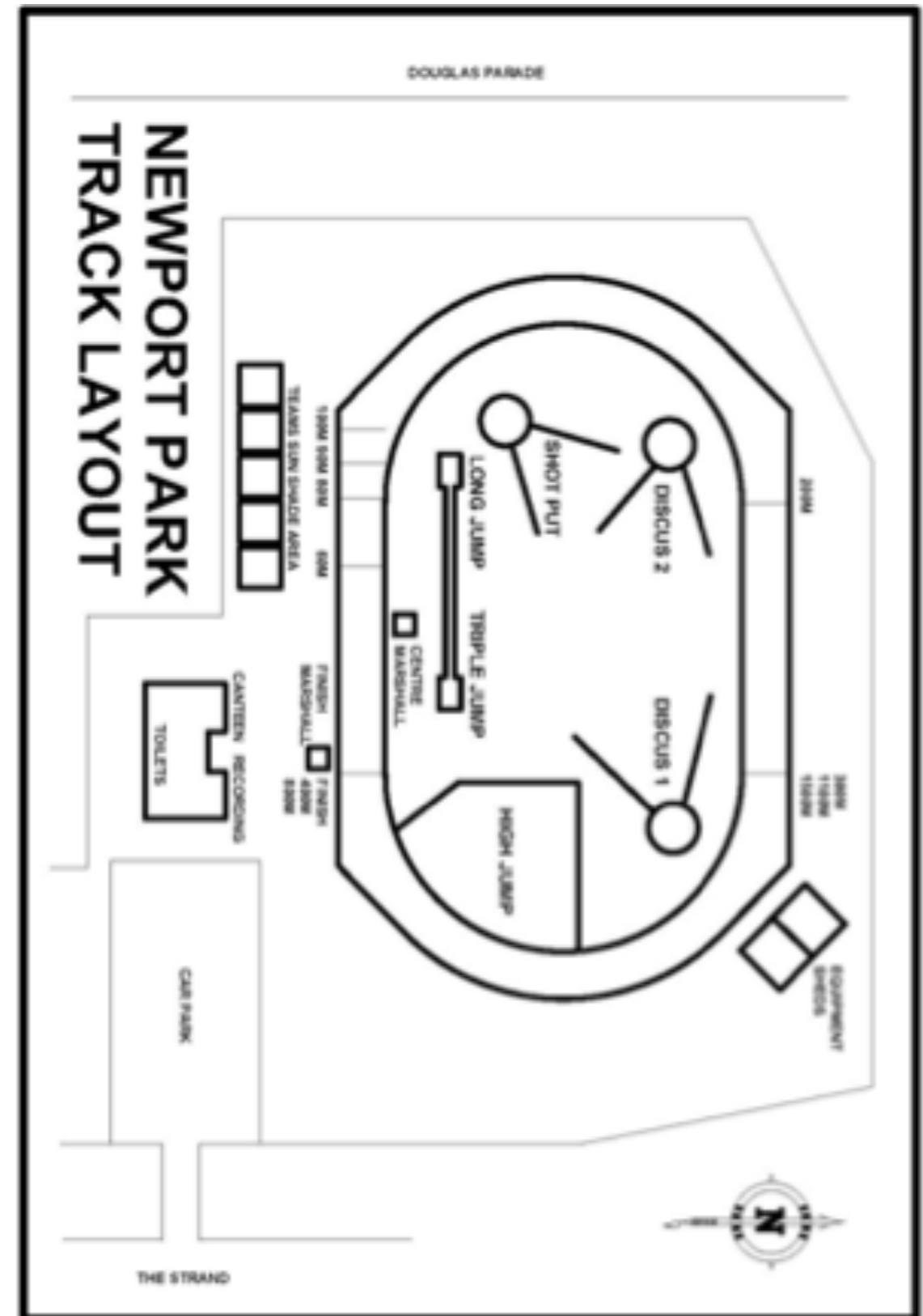
Williamstown Little Athletics Centre Officeholders.

President	Ashley Sandison williamstownpresident@lavic.com.au
Vice President	Vacant williamstownvp@lavic.com.au
Secretary	Karen Boase williamstown@lavic.com.au
Treasurer	Ben McInnes willitreasurer@lavic.com.au
Communication Manager	Rachelle Burbidge williamstown@lavic.com.au
Registrar	Russell Dmytrenko williamstownregistrar@lavic.com.au
Fundraising Manager	Vacant
Coaching Coordinator	Vacant
Results Managers	Phil Menzies williamstown@lavic.com.au
WMR representative	Karen Boase williamstown@lavic.com.au
Uniform Coordinator	Laura Capitanio williamstown@lavic.com.au

The Williamstown Centre Executive Committee is made up of volunteers, who work together to coordinate and conduct the seasonal Little Athletics program, including the weekly program, external events, special internal events, Centre Championships and Cross Country.

Centre committee meetings are held monthly at 7:30pm, usually on the second Wednesday of every month at Newport Park. All members are welcome to attend, if you would like to attend please speak to a committee member for details.

LAYOUT OF WLAC TRACK



Correspondence

Please send all correspondence to:
The Secretary
Williamstown Little Athletics Centre
P.O. Box 17
Williamstown VIC 3016
Email: williamstown@lavic.com.au

The WLAC website

www.willylac.com.au
Visit our website and discover a wealth of information on:

- Results published weekly
- Centre Policies
- Upcoming events
- Centre Records

The WLAC Team App

<https://williamstownlittleathletics.teamapp.com>

- Last minute program cancelations due to weather
- Event updates

Also, find us on Facebook.

THE SUMMER SEASON: TRACK & FIELD

Start times

U6-U8 Athletes	Saturday Morning
Event Officials in Place	8.20am
First Call for events	8.25am
Competition Commences	8.30am
U9-Open Athletes	Saturday Morning
Event Officials in Place	9.50am
First Call for events	9.55am
Competition Commences	10.00am

Age Group Calculator 2019-20 Season

	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Jan	U 16	U 15	U 14	U13	U12	U11	U10	U9	U8	U7	U6	U6*
Feb	U 16	U 15	U 14	U13	U12	U11	U10	U9	U8	U7	U6	U6*
Mar	U 16	U 15	U 14	U13	U12	U11	U10	U9	U8	U7	U6	U6*
Apr	U 16	U 15	U 14	U13	U12	U11	U10	U9	U8	U7	U6	U6*
May	U 16	U 15	U 14	U13	U12	U11	U10	U9	U8	U7	U6	U6*
Jun	U 16	U 15	U 14	U13	U12	U11	U10	U9	U8	U7	U6	U6*
Jul	U 16	U 15	U 14	U13	U12	U11	U10	U9	U8	U7	U6	
Aug	U 16	U 15	U 14	U13	U12	U11	U10	U9	U8	U7	U6	
Sep	U 16	U 15	U 14	U13	U12	U11	U10	U9	U8	U7	U6	
Oct	U 16	U 15	U 14	U13	U12	U11	U10	U9	U8	U7	U6	
Nov	U 16	U 15	U 14	U13	U12	U11	U10	U9	U8	U7	U6	
Dec	U 16	U 15	U 14	U13	U12	U11	U10	U9	U8	U7	U6	

*Must have turned 5 prior to commencing

THE SUMMER SEASON: TRACK & FIELD

Normal weekly events

Discipline	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16
On Track	x	x	x								
70m	x	x	x	x	x						
100m	x	x	x	x	x	x	x	x	x	x	x
200m	x	x	x	x	x	x	x	x	x	x	x
400m	300m	x	x	x	x	x	x	x	x	x	x
800m					x	x	x	x	x	x	x
1500m						x	x	x	x	x	x
60mH		x	x	x	x						
80mH						x	x	x	G		
90mH									B	G	G
100mH										B	B
200mH/300mH								200mH	200mH	300mH	300mH
Long Jump	x	x	x	x	x	x	x	x	x	x	x
High Jump Scissor	Skill	Skill	x	x	x						
High Jump						x	x	x	x	x	x
Triple Jump						x	x	x	x	x	x
Discus	x	x	x	x	x	x	x	x	x	x	x
Shot Put	x	x	x	x	x	x	x	x	x	x	x
Javelin						x	x	x	x	x	x

Legend:

X - Both Genders

G - Girls

B - Boys

Skill - vertical jump training

The table below summarises the number of events for each age group and gender for all weekly programs. There is a lot of consideration to balance out the season for all age groups and genders across each of the available track and field events. This allows athletes to compete in their preferred events while also encouraging them to have a go at events they may not like as much.

Season 2019/20 Season Calculator based on total number of events held per age group throughout the entire season.

(Does not include Centre Championship Day, or week 16)

Event	U7		U8		U9		U10		U11		U12		U13		U14		U15	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
50m	3	3	3	3	0	0												
70m	3	3	3	3	4	4	4	4										
100m	4	4	4	4	5	5	5	5	5	5	5	5	6	6	6	6	6	6
200m	3	3	3	3	5	5	5	5	5	5	5	5	5	5	5	5	5	5
400m	4	4	4	4	4	4	4	4	3	3	3	3	5	5	5	5	5	5
800m					2	2	2	2	4	4	4	4	4	4	4	4	4	4
1500m									3	3	3	3	4	4	4	4	4	4
60mH	7	7	7	7	4	4	4	4	4	4								
80mH											4	4	7	7		7		
zv90mH															7			7
100mH																	7	
200mH													3	3	3	3		
300mH																	3	3
Triple Jump									4	4	4	4	4	4	4	4	4	4
Long Jump	7	7	7	7	7	7	7	7	4	4	4	4	4	4	4	4	4	4
High Jump	5	5	5	5	5	5	5	5	4	4	4	4	4	4	4	4	4	4
Discus	5	5	6	6	6	6	6	6	4	4	4	4	5	5	5	5	5	5
Shot Put	7	7	6	6	6	6	6	6	4	4	4	4	5	5	5	5	4	4
Javelin									4	4	4	4	4	4	4	4	5	5
Total Field	24	24	24	24	24	24	24	24	24	24	24	24	26	26	26	26	26	26
Total Track	24	24	24	24	24	24	24	24	24	24	24	24	34	34	34	34	34	34
Total Events	48	48	48	48	48	48	48	48	48	48	48	48	60	60	60	60	60	60

THE WINTER SEASON:

CROSS COUNTRY

Cross Country running is an important part of Little Athletics. It is an ideal way for those athletes who like the longer distances to enjoy a different style of competition. Further, participating in the program is beneficial for building strength and stamina for the next season of track and field events. Without a parent to assist we will not be able to provide the following:

Start time and location

9.30am start at Newport Lakes Park located off Lakes Drive, Newport (just off Mason Street).

All children from Under 6 to Open may participate.

Distances run at Williamstown are:

Age Group	Distance
U9-8	1000 metres
U9-10	1500 metres
U11-12	2000 metres
U13-16	3000 metres

Summer season WLAC registration covers athletes for the cross-country season. New members are welcome to join the WLAC cross-country season. A registration fee will apply.

Cross Country Season 2020

The 2020 Cross Country starting date will be confirmed in the New Year.

CENTRE INFORMATION

How to help at Little Athletics

Every parent is an important part of the Williamstown Little Athletics Community; without your help there would not be anyone to conduct the events for our children. During the Little Athletics Season, you will be asked to choose a duty.

Parents are required to participate in 5 volunteer duties per season to ensure that their child is eligible for the centre championships and awards. It is the parent's responsibility on each competition day to sign the attendance sheet to confirm their duty. In the event a competition is cancelled due to bad weather the rostered parent's duty will count towards the 5 required for their child to be eligible for centre championships.

There is an online program, available to all parents, to learn about officiating for their event. We encourage everyone to go on and complete the program specific to his or her chosen duty or just general information about assisting.

<http://lavic.com.au/Education-Training/Officials>. Enclosed footwear must be worn when completing duties.

Uniform

The correct Centre uniform must be worn when competing. It is important to ensure your uniform is correct when representing the centre at Regional and State competitions including Relays, Cross Country, Track and Field and Multi Event. Failure to meet the LA Vic requirements may result in disqualification.



Approved centre uniform

All athletes must wear the centre uniform inclusive of their registration patch. WLAC apparel can be purchased from the clubrooms on competition days. Tap and Go only (no cash). Athletes may wear a second top underneath their Centre uniform top. If worn, the top must be plain and similar colour as the centre uniform.

Athletes may wear a second pair of shorts underneath their Centre shorts. If worn, they must be plain and the same colour as the Centre shorts colour or beige. Except for leggings permitted during Cross Country and Road Relay competitions, no part of the uniform will extend beyond the top of the knee (i.e. the knee must be completely visible). All shorts and leggings must be worn to cover the hipbones.

Leggings may be worn during Cross Country or Road Relay competitions only. If worn, they must be the WLAC approved leggings with no branding.

Failure to comply with uniform standards may result in an athlete being disqualified.

Steigen athletics socks are available for purchase also but not compulsory.



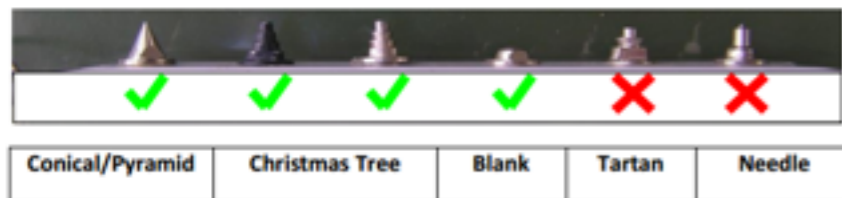
Footwear and Shoes

Footwear is compulsory for ALL athletes in ALL events. The wearing of footwear with blades or cleats constructed of hard plastic will not be permitted.

Spike shoes will only be permitted to be worn by the age groups and in the events listed in the following table:

Age Group	Track Events	Field Events	Relays	Cross Country	Road Relays
U9-10	No Spike Shoes allowed	No Spike Shoes allowed	No Spike Shoes allowed	No Spike Shoes allowed	No Spike Shoes allowed
U11-12	All events run entirely in lanes	All events & Javelin	All events	No Spike Shoes allowed	No Spike Shoes allowed
U13-16	All events except race walks	All jump events & Javelin	All events	No Spike Shoes allowed	No Spike Shoes allowed

The length of the spike must not exceed seven (7) mm. Specialist High Jump and Javelin footwear with heel spikes must not exceed seven (7) mm and may only be worn at these events. Only spike designs known as conical will be permitted. All spike shoes must be worn with all holes filled with a complete set of spikes with no more than two blanks/slugs installed.



Spikes must only be worn on the track or at the field event while the athlete is competing, i.e. in the competition area. Normal footwear must be worn to and from the competition area and at all other times.

Improper or incorrect wearing of spike shoes by an athlete detected by officials will be referred to the Referee. Improper or incorrect wearing of spikes by an athlete detected by Officials shall be forced to compete in normal footwear.

Any athlete found to be using spikes in a manner likely to cause injury to any other competitor may be banned from wearing spikes for the remainder of the season.

Parental supervision

A parent or guardian must be in attendance at the Centre during all events. Any child without supervision may be withdrawn from competition until the adult returns.

First Aid

First Aid is of paramount importance at all Little Athletic events. Two St John's Ambulance First Aiders will be in attendance at all weekly competitions.

Injury and Insurance

Insurance is provided by LAVic at all sanctioned events for all Little Athletics participants, volunteers, coaches, officials and spectators. Coverage is through Willis Australia and includes public, product and professional liability.

Claim forms are available from the WLAC Secretary. Policy conditions apply.

Lost Property

Lost property should be handed to the Centre Rooms. The Centre holds onto lost property until the end of the season. At that time any property not claimed is given to a charity organisation.

Extreme weather

The Centre Committee reserves the right to modify or cancel a program to suit the weather for the day. If a program is cancelled due to rain, a message will be posted on TeamApp. <https://williamstownlittleathletics.teamapp.com/>

Coaching

Both the Williamstown Little Athletics Centre and the Williamstown Athletic Club have qualified coaches and parents who conduct training sessions at Newport Park during the week. Please check the event page on TeamApp for training session times and information.

<https://williamstownlittleathletics.teamapp.com/>

Centre coaches will be present on normal competition days to help assist Athletes with skill and technique development. If you are new, please look out for the coaches and introduce yourself.

GOVERNING RULES

CONDUCT AT CENTRE COMPETITIONS

Please refer to our website for all information regarding competition rules, code of conduct and centre policies. There are a number of policies Williamstown Little Athletics Centre have adopted and is expected to abide by some of these include:

No Smoking

On or around the arena or buildings

Sunsmart

Sunscreen is available in the club room. Hats must be worn between events.

Healthy Eating

A variety of fruit and healthy alternatives are available at the canteen.

Alcohol

There will be no sale of alcohol at LAVic competition events.

Little Athletics Victoria (LAVIC) expects all members to comply with the Policies and Code of Conduct. Appropriate action may be taken in the case of any breaches of the Code of Conduct. The policies are available on the centre website, parents are encouraged to ensure they are familiar with these.

COMPETITION RULES

Starting

All athletes will be allowed to perform a Standing Start for all track events from U6 to U16. Please note it is recommended that athletes perform a standing start until they are proficient at crouch starts and then use of blocks. While U11 athletes can use blocks, most athletes struggle with performing correct crouch starts using blocks, until their U13 or U14 year.

High jump: Equipment

High Jump Scissor mats height is now increased from 150-200mm to 150 -300mm. WLAC has purchased a 300mm mat where all scissor kick jumps will land on this mat to prevent injury.

High jump: Scissor Kick

Under 9 and 10 athletes are only allowed to perform the scissor technique for a valid High Jump. Athletes must land on their feet for a valid jump. Under 7 athletes will compete in high jump however this event is still a skill development event and will not be offered at centre championship day.

Time Limits

The athlete's allowable time to commence their trial has been adjusted as follows. The official responsible shall indicate to an athlete that all is ready for the trial to begin, and the period for the trial shall commence from that moment. Please note this ruling will be strictly adhered to at Regional events, State events and Centre Championships Day. This ruling will not be enforced at centre competitions on Saturday or Wednesdays.

	High Jump	Other Field Events
All rounds of competition	30 seconds	30 seconds
When only 2 or 3 athletes left	1 min 30 seconds	Not applicable
When only 1 athlete left	3 minutes	Not applicable
Consecutive trials	2 minutes	2 minutes

SPECIAL EVENTS

Please see our calendar of events for dates of our themed rounds such as:

- Inter Centre Round
- Christmas Themed Round

Centre Track and Field Championships – Saturday 29th February 2020

Centre Track & Field Championships are held on the final day of the season. The event is open to all financial LAVic competitive members of the Williamstown Centre in the Under 7 to Open age groups who have met the eligibility criteria.

Entry is done online and must be submitted by midday (i.e. 12:00pm) on Saturday 8th February 2020.

To be eligible to compete, an athlete must:

- Be a financial LAVic competitive member of the Williamstown Centre
- Have participated in a minimum of six (6) weeks of Centre competition as a financial LAVic competitive member of the Williamstown Centre if registered before Christmas, or three (3) weeks of Centre competition as a financial LAVic competitive member of the Williamstown Centre if registered after Christmas
- The athlete's family must have performed a minimum of five (5) volunteer duties.

Relay Championships U9 – U16

Region: Saturday 23rd November at Geelong

State: Saturday 14th of December 2019 at Casey Fields

The 2019 State Relay Championships are our main team competition for the season. This is the only Championship where boys and girls can run against each other in a mixed sex team. Athletes carry a baton which they pass onto the next member of their team.

Relays create a sense of comradeship among athletes, with athletes learning to work together and consider each other. Teams are entered in age groups in various distances along with mixed age medleys and mixed sex teams.

The 4 x 100m, 4 x 200m and Medley. The Medley event consists of the following legs: 2 x 100m, 1 x 200m and 1 x 400m.

Relay Team Coaches

Parent volunteers are required to coach the teams. Without a coach a team cannot be entered. Each age group and gender requires a coach. Coaches are required to act in accordance with the Coach's code of conduct and hold a valid WWC.

Team Selection

Athletes wanting to run relays can nominate by the COB Saturday 26th October. At registration fee of \$10 per athlete will be requested at time of nomination. Teams will be selected based on entries received in each age group.

Relay teams will be announced on Monday 4th November, coaches will need to co-ordinate a training date that suits them and communicate with selected team members.

Parents do not have input into team selection - this is the role of the Relay Selection Committee and endorsed by the Team managers and Centre President. Any concerns regarding team selection should be taken up with the Centre Team Managers or Centre Executive.

Before entering your child please ensure you are willing to fulfil the following requirements:

- All children and their parent(s) must be 100% available all day for both the region and state event dates
- A high level of attendance (ideally all) is expected at training sessions.
- All families MUST perform a duty at the Region event & if the team progresses through to State Finals, duty is also a requirement
- The team make up as determined by the Relay Selection Committee is final.

Participating in Relay Championships is a big commitment from both the Coach and the team.

Please consider carefully before entering your child. The success of a team requires the commitment of all its members.

2019-20 CENTRE AWARDS

2020 State Combined Event Championship

The 2020 State Combined Event Championships will take place over two days at Lakeside Stadium Aughtie Dr, Albert Park Victoria.

Date: Saturday 1st and Sunday 2nd of February 2020

Open to U9 to U15 Registered Athletes.

It is up to parents of athletes (not the Centre) to register your child using on-line registration before the closing date. More information about these events will be posted on the LA Vic website once it's made available.

Parents who register athletes for combined events day WILL be expected to undertake duties on the day of competition. If an athlete withdraws from competition, it is up to the parents to arrange substitute duties. I URGE all parents to consider the additional burden of duties on parents on the day of competition if you decide to withdraw.

Track and Field, Region and State U9 – U15

Region: Saturday 14th and Sunday 15th February 2020 at Corio.

State: Saturday 16th and Sunday 17th March 2020 – Cranbourne Little Athletics Centre, Casey Fields 60 Berwick-Cranbourne Rd, Cranbourne East VIC.

(Open to entrants who have qualified at a Region Track & Field Championship)

It is up to parents of athletes (not the Centre) to register your child using on-line registration before the closing date. More information about these events will be posted on the LA Vic website once it's made available.

Parents who register athletes for region track and field WILL be expected to undertake duties on the day of competition. If an athlete withdraws from competition, it is up to the parents to arrange substitute duties. I URGE all parents to consider the additional burden of duties on parents on the day of competition if you decide to withdraw. The same will apply if they qualify for State Championships.

Champion Boy and Girl Track Awards

The Champion Boy and Girl Track awards recognise participation and performance in track events throughout the season. The Centre shall award trophies to the highest, second highest and third highest points scorer for boys and girls for each age group from Under 7 to Under 16. (Note Under13,U14,U16 are combined into one Open Age award). The awards are given to the boys and girls who have scored the highest points in events throughout the season (please refer to Points Scoring for Centre Awards for further information).

Champion Boy and Girl Field Awards

The Champion Boy and Girl Field awards recognise participation and performance in field events throughout the season. The Centre shall award trophies to the highest, second highest and third highest points scorer for boys and girls for each age group from Under 7 to Under 16. (Note Under13,U14,U16 are combined into one Open Age award). The awards are given to the boys and girls who have scored the highest points in field events throughout the season (please refer to Points Scoring for Centre Awards for further information).

The Phil Gillan Long Jump Award

Awarded to a boy or girl who greatly improves their performance in the Long Jump over the season. This is defined as the greatest length improvement from the best performance of the previous season to the best performance of the current season.

Ted Hudson High Jump Award

Awarded to a boy or girl who greatly improves their performance in the High Jump over the season. This is defined as the greatest height improvement from the best performance of the previous season to the best performance of the current season.

The Most Improved Triple Jump Award

Awarded to a boy or girl who greatly improves their performance in the Triple Jump over the season. This is defined as the greatest length improvement from the best performance of the previous season to the best performance of the current season.

The Hancock Family Discus Award

Awarded to a boy or girl who greatly improves their performance in the Discus over the season. This is defined as the greatest distance improvement from the best performance of the previous season to the best performance of the current season.

The Hancock Family Shot Put Award

Awarded to a boy or girl who greatly improves their performance in the Shot Put over the season. This is defined as the greatest distance improvement from the best performance of the previous season to the best performance of the current season.

The Buttigieg-Clarke Family Javelin Award

Awarded to a boy or girl who greatly improves their performance in the Javelin over the season. This is defined as the greatest distance improvement from the best performance of the previous season to the best performance of the current season.

The Ian Johnson Memorial Trophy

Awarded to a boy from the U11 – Open age groups combined who accumulates the most points for the season in the 400m-800m-1500m track events.

The John Evans Memorial Trophy

Awarded to a girl from the U11 – Open age groups combined who accumulates the most points for the season in the 400m-800m-1500m track events.

The Most Improved 70m Award

Awarded to a boy or girl who greatly improves their performance in the 70m over the season. This is defined as the greatest time improvement from the best performance of the previous season to the best performance of the current season.

The Most Improved 100m Award

Awarded to a boy or girl who greatly improves their performance in the 100m over the season. This is defined as the greatest time improvement from the best performance of the previous season to the best performance of the current season.

The Most Improved 200m Award

Awarded to a boy or girl who greatly improves their performance in the 200m over the season. This is defined as the greatest time improvement from the best performance of the previous season to the best performance of the current season.

The Most Improved 400m Award

Awarded to a boy or girl who greatly improves their performance in the 400m over the season. This is defined as the greatest time improvement from the best performance of the previous season to the best performance of the current season.

The Most Improved 800m Award

Awarded to a boy or girl who greatly improves their performance in the 800m over the season. This is defined as the greatest time improvement from the best performance of the previous season to the best performance of the current season.

The Most Improved 1500m Award

Awarded to a boy or girl who greatly improves their performance in the 1500m over the season. This is defined as the greatest time improvement from the best performance of the previous season to the best performance of the current season.

Special Awards

- The Centre shall award a gift to Under 16 athletes who have been members for at least 5 years, in recognition of their involvement with Little Athletics.
- The President's Trophy is a special award determined by the Centre President.

Personal Best (PB) Awards Program

A Personal Best (PB) awards program will be run to recognise all children for improvement. Awards are given to athletes as they continue to achieve PB's.

Participation Award

A Participation award will be given to any athlete who competes in a minimum of 12 out of 16 weekly competitions, or if there are cancelled meetings, a minimum of 75% of weekly competitions.

Point scoring for Centre awards

All children receive points for their performance in each event in which they participate. The point scoring is based on the athlete's performance in relation to a set age group performance standard. A child who competes regularly and participates in all events will, at the end of the season, have an excellent chance of accumulating sufficient points to do well at the Club and Centre awards. A child who has excellent performances but misses some weeks of competition, or does not compete in all events, is less likely to do well in the end of season awards.

Centre Cross Country Awards

Trophies and medals shall be awarded by criteria yet to be defined by the WLAC committee.

WLAC AWARDS

SUMMER SEASON 2018/2019

President's Award

Awarded by the Club President:
Ashley Sandison

Harvey McInnes

Champion Boy Track Awards

1st U7 Boys	Carter Lafaialii	2140.58
2nd U7 Boys	Xavier Kalamatas	1785.98
3rd U7 Boys	Flynn Sandison	1749.74
1st U8 Boys	Alex Chrisanthou	1766.32
2nd U8 Boys	Marcus Jovan	1652.82
3rd U8 Boys	Thomas Yacono	1557.20
1st U9 Boys	Braith Lafaialii	2173.87
2nd U9 Boys	Rhys Kane	2123.60
3rd U9 Boys	Matthew Crichton	1634.69
1st U10 Boys	Finn Kane	2051.52
2nd U10 Boys	Lucas Perrone	2026.30
3rd U10 Boys	Zach Sandison	1938.87
1st U11 Boys	Charlie Gunn	1894.67
2nd U11 Boys	Hudson Pasco	1778.03
3rd U11 Boys	Tate Ferguson	1573.34
1st U12 Boys	Grayson Lafaialii	2123.40
2nd U12 Boys	Lachlan Wilson	1959.70
3rd U12 Boys	Charles Hollingworth	1433.54
1st Open Boys	Ben Davies	1586.35
2nd Open Boys	Darcy Conquest	1581.47
3rd Open Boys	Mackenzie Leith	1463.81

Champion Girl Track Awards

1st U7 Girls	Lucy Cracknell	1432.48
2nd U7 Girls	Audrey Daglish	1392.33
3rd U7 Girls	Sailor Dawson	1184.84
1st U8 Girls	Isabel Suine	1677.01
2nd U8 Girls	Stephanie Mitchell	1578.29
3rd U8 Girls	Nina Grigsby	1493.25
1st U9 Girls	Emmy Wynn	2037.13
2nd U9 Girls	Remi O'Connor	1914.29
3rd U9 Girls	Emily Forrest	1567.45
1st U10 Girls	Eve Fumberger	1681.76
2nd U10 Girls	Ruby Donovan	1662.48
3rd U10 Girls	Ella Leith	1634.59
1st U11 Girls	Madeline Ford	1362.53
2nd U11 Girls	Gemma Walsh	1308.97
3rd U11 Girls	Lola Dunn	1280.50
1st U12 Girls	Alex McBride - Loane	1673.80
2nd U12 Girls	Maya Eastwood	1071.17
3rd U12 Girls	Asha Karunajeewa	1004.79
1st Open Girls	Isabelle Butler	1553.04
2nd Open Girls	Ashlee Farrar	1437.08
3rd Open Girls	Alana Chrisanthou	1402.2

Champion Boy Field Awards

1st U7 Boys	Flynn Sandison	1191.48
2nd U7 Boys	Carter Lafaialii	1029.06
3rd U7 Boys	Xavier Kalamatas	943.58
1st U8 Boys	Alex Chrisanthou	1144.86
2nd U8 Boys	Marcus Jovan	1044.82
3rd U8 Boys	Edward Castro	1007.93
1st U9 Boys	Braith Lafaialii	1382.94
2nd U9 Boys	Cooper Dmytrenko	1233.65
3rd U9 Boys	Rhys Kane	1225.33
1st U10 Boys	Zach Sandison	1633.84
2nd U10 Boys	Nicholas Wilkinson	1407.53
3rd U10 Boys	Oliver Castro	1199.86
1st U11 Boys	Tate Ferguson	1344.83
2nd U11 Boys	Mitchell Parks	1303.47
3rd U12 Boys	Lachlan Wilson	1237.73
3rd U11 Boys	Charlie Gunn	1292.72
1st U12 Boys	Grayson Lafaialii	1624.78
2nd U12 Boys	Julian Mendoza	1297.69
1st Open Boys	Ben Davies	1488.93
2nd Open Boys	Kidus Mekonnen	1404.51
3rd Open Boys	Mackenzie Leith	1398.78

Champion Girl Field Awards

1st U7 Girls	Lucy Cracknell	729.8
2nd U7 Girls	Isabelle Gillott	645.21
3rd U7 Girls	Vivienne McIntosh	632.04
1st U8 Girls	Nina Grigsby	1133.18
2nd U8 Girls	Stephanie Mitchell	1032.52
3rd U8 Girls	Isabel Suine	927.85
1st U9 Girls	Sofia Gillespie	1076.01
2nd U9 Girls	Emmy Wynn	1032.17
3rd U9 Girls	Emily Forrest	973.45
1st U10 Girls	Ella Leith	1238.83
2nd U10 Girls	Eve Fumberger	1202.05
3rd U10 Girls	Ruby Donovan	979.97
1st U11 Girls	Caitlin Wilson	1181.62
2nd U11 Girls	Bianca Suine	963.51
3rd U11 Girls	Lola Dunn	925.40
1st U12 Girls	Alex McBride-Loane	1704.52
2nd U12 Girls	Nicola Steere	906.60
3rd U12 Girls	Maya Eastwood	876.81
1st Open Girls	Madalyn Menzies	1838.62
2nd Open Girls	Erin Menzies	1805.80
3rd Open Girls	Alana Chrisanthou	1125.58

Most Personal Best All Age Groups Award

Most PB Award for the Centre	Rhys Kane	27
------------------------------	-----------	----

Memorial Perpetual Trophy Awards

Ian Johnson Memorial Trophy (U11-Open B) (400m, 800m, 1500m) Most Points	Charlie Gunn	1048.21 pts
John Evans Memorial Trophy (U11-Open G) (400m, 800m, 1500m) Most Points	Maya Eastwood	664.56 pts

Most Improved Perpetual Trophy Awards

Most Improved Long Jump Phil Gillan Award	Matilda Owen U11F	0.85m improvement
Most Improved High Jump Ted Hudson Award	Armani Mauriohooho U10F	0.23 improvement
Most Improved Triple Jump Award	James Davies U12M	1.19m improvement
Most Improved Discus Hancock Family Award	Nicola Steere U12F	7.92m improvement
Most Improved Shot Put Hancock Family Award	Alex McBride-Loane U12F	2.31m improvement
Most Improved Javelin Buttigieg-Clarke Award	Grayson Lafaialii	11.51m improvement

Most Improved Track Awards

Most Improved 70m	Ted Rowntree U9M	-2.45sec improvement
Most Improved 100m	Chloe Szambelanczyk U8F	-2.88 sec improvement
Most Improved 200m	Chloe Szambelanczyk U8F	-9.41sec improvement
Most Improved 400m	Olivia Green U8F	-16.51sec improvement
Most Improved 800m	Elena Croxford U14F	-27.56sec improvement
Most Improved 1500m	Alex McBride-Loane U12F	-40.69sec improvement

RECORD INFORMATION

WLAC Centre Records Weekly Update 2018-2019

Week 2 - 13 October 2018

No Centre records Broken

Week 3 - 20 October 2018

No Centre records Broken - Wash Out

Week 4 - 27 October 2018

Age	Gender	Athlete	Club	Event	New Record	Previous Record	Previous Record Holder	Previous record held for	Yearly Record Count
15	Girls	Erin Menzies	Williamstown	Javelin	32.34m	29.65m	C Hardeman 15 Feb 2014	4 years, 8 months, 12 days	1

Week 5 - 3 November 2018

Age	Gender	Athlete	Club	Event	New Record	Previous Record	Previous Record Holder	Previous record held for	Yearly Record Count
12	Girls	Alex McBride-Loane	Williamstown	Javelin	24.28m	22.11m	Z Woods 14 Mar 2015	3 years, 7 months, 20 days	2
13	Boys	Harry Orr	Williamstown	High Jump	1.75m	1.60m	T.Hardeman 2 Feb 2008	10 years, 9 months, 1 days	3

Week 6 - 10 November 2018 Centre Relays

No Centre records Broken

Week 7 - 14 November 2018 Twilight

Age	Gender	Athlete	Club	Event	New Record	Previous Record	Previous Record Holder	Previous record held for	Yearly Record Count
15	Boys	Matthew Payne	Williamstown	100m	11.53m	11.75m	C Mucci 8 Mar 2013	5 years, 8 months, 6 days	4

Week 8 - 17 November 2018 Regional Relays

No Centre records Broken

Week 9 - 24 November 2018

Age	Gender	Athlete	Club	Event	New Record	Previous Record	Previous Record Holder	Previous record held for	Yearly Record Count
15	Boys	Matthew Payne	Williamstown	100m	11.40m	11.53m	M Payne 14 Nov 2018	0 years, 0 months, 10 days	5

Week 10 - 1 December 2018

No Centre records Broken

Week 11 - 8 December 2018

Age	Gender	Athlete	Club	Event	New Record	Previous Record	Previous Record Holder	Previous record held for	Yearly Record Count
12	Girls	Alex McBride-Loane	Williamstown	Javelin	24.63m	24.28m	Alex McBride-Loane 3 Nov 2018	0 years, 1 months, 5 days	6
13	Boys	Harry Orr	Williamstown	High Jump	1.80m	1.75m	Harry Orr 3 Nov 2018	0 years, 1 months, 5 days	7
11	Girls	S MacCreadie	Williamstown	Discus	17.22m	n/a	n/a	New Benchmark	8

WLAC Centre Records Weekly Update 2018-2019

Week 12 - 12 December 2018 (XMAS BreakUp)

No Centre records Broken

Week 13 - 15 December 2018 (State Relays)

No Centre records Broken

Week 14 - 20 January 2019

Age	Gender	Athlete	Club	Event	New Record	Previous Record	Previous Record Holder	Previous record held for	Yearly Record Count
16	Girls	Zoe Woods	Williamstown	800m	2:23.61 secs	03:06.9	L Brennan-Xie 17 Dec 2011	8 years, 0 months, 3 days	9

Week 15 - 23 January 2019

No Centre records Broken

Week 16 - 30 January 2019 (State Combined Events)

No Centre records Broken

Week 17 - 9 February 2019

No Centre records Broken

Week 18- 16 February 2019 (Regional Track and Field)

No Centre records Broken

Week 19- 23 February 2019

Age	Gender	Athlete	Club	Event	New Record	Previous Record	Previous Record Holder	Previous record held for	Yearly Record Count
16	Girls	Zoe Woods	Williamstown	1500m	4:43.71 secs	6:39.24 secs	M Petronio 26 Oct 2013	5 years, 3 months, 28 days	10
16	Girls	Zoe Woods	Williamstown	200m	29.52 secs	29.84 secs	M Petronio 19 Oct 2013	5 years, 4 months, 4 days	11

Week 20 - 2 March 2019

Age	Gender	Athlete	Club	Event	New Record	Previous Record	Previous Record Holder	Previous record held for	Yearly Record Count
10	Girls	Eve Fumberger	Williamstown	Long Jump	4.16m	4.15m	M Lowden 24 Feb 1973	46 years, 0 months, 6 days	12

Centre Championships - 9 March 2019

Age	Gender	Athlete	Club	Event	New Record	Previous Record	Previous Record Holder	Previous record held for	Yearly Record Count
12	Boys	Grayson Lafaialii	Williamstown	Triple Jump	10.59m	10.27m	J Ramsay 20 Jan 2018	1 years, 1 months, 17 days	13
12	Boys	Grayson Lafaialii	Williamstown	80m Hurdles	13.01 secs	13.10 secs	R Sucic 21 Mar 2015	3 years, 11 months, 16 days	14
12	Boys	Julian Mendoza	Williamstown	Shot Put	11.89m	n/a	n/a	New Benchmark (2kg)	15
13	Boys	Mackenzie Leith	Williamstown	Discus	37.10m	n/a	n/a	New Benchmark (750g)	16
7	Boys	Carter Lafaialii	Williamstown	60m Hurdles (Heat)	12.34 secs	12.48 secs	B.Silver 1 Mar 1992	27 years, 0 months, 8 days	17
7	Boys	Axel Szalay	Williamstown	60m Hurdles (Final)	12.24 secs	12.34 secs	C Lafaialii 9 Mar 2019 (Heat)	About 1 hour	18
11	Boys	Lachlan Hicks	Williamstown	Discus	32.01m	n/a	n/a	New Benchmark (750g)	19

MEDAL WINNERS

Track & Field Winners Season 2018/2019 at Victorian State Championships

The Williamstown Little Athletic Club athletes won 7 medals, 2 Gold, 3 Silver and 2 Bronze medals at the 2018/19 State Track and Field Championships at Casey Fields held on the 16th & 17th March 2019.

Gold Medals		
200m	Lachlan Hicks U11 M	27.46
400m	Lachlan Hicks U 11 M	1.00.95
High Jump	Harry Orr U 13 M	1.70 m

Silver Medals		
800m	Lachlan Hicks U 11 M	2.22.94
80mH	Grayson Lafaialii U12 M	12.76
Triple Jump	Grayson Lafaialii U12 M	10.22

Bronze Medals		
Discus	Lachlan Hicks U11M	32.59
60mH	Charlotte Dunn U10 F	11.35

Medal Winners at Cross Country State Events

Cruden Farm Relays

LAVic Cross Country Relays 2019 - U10 BOYS - 3x1km
Bronze Medal Williamstown
10:54 Zach Sandison, 03:54 Rhys Kane, 03:30 Finn Kane

Road Relays

The Under 10 boys won gold at the Road Relays held at Sandown. The team consisted of Zach Sandison, Rhys Kane and Finn Kane.

The Western Metro Region U 11 Boys team Angus Thomas (Williamstown) Tomorrow Zhang (South Melbourne), Finn O'Halloran (South Melbourne) came 4th.

2019 State Cross Country Championships - Results

Rhys Kane - Bronze - Boys U 9 - 1500 Metre Run CC 5:16.53 secs

Boys U 9 - 1500 Metre Run CC Team - Bronze
Lucas Spottiswood, James Vartuli, Harry Lynn

The Williamstown Little Athletic Club athletes won 1 Silver medal at the 2018 State Relay Championships at Lakeside Stadium held on the 15th December 2018.

Silver Medal	
U10 Mixed	4x200 metres

We would also like to congratulate ALL of our athletes who represented our Centre in Region and State events over the season. We are very proud of all of you.

CENTRE RECORDS

Girls Inside Centre Records

50 metres				
Under 7	A Farrar	Spotswood	9.05	26/03/2011
70 metres				
Under 7	E Little	Newport	11.76	5/03/1995
Under 8	M Hill	Williamstown	11.4	15/03/1981
Under 9	L Jamieson	Newport	10.56	14/02/1997
Under 10	N Whitman	Altona Nth	9.9	21/12/1968
Under 11	L Jamieson	Nth State	9.8	18/03/1972
Under 12	L Jamieson	Nth State	9.4	1/04/1973
100 metres				
Under 7	B Bozin	Williamstown	17.15	6/03/1994
Under 8	T Shacklock	Williamstown	15.98	9/11/1991
Under 9	L Jamieson	Nth State	14.4	16/03/1970
Under 10	N Whitman	Altona Nth	14.1	22/03/1969
Under 11	M Lowden	Sacred Heart	13.7	2/03/1974
Under 12	V Teofilo	Westport	13.25	3/12/2005
Under 13	B Bozin	Williamstown	12.91	4/02/2000
Under 14	C Mucci	Newport	12.85	8/12/2012
Under 15	C Mucci	Newport	12.78	16/11/2013
Under 16	L Brennan-Xie	Spotswood	14.25	9/03/2012
200 metres				
Under 7	K Percy	Williamstown	35.54	8/02/1992
Under 8	C Mendes	Newport	34.35	14/03/2009
Under 9	B Bozin	Williamstown	32.49	2/12/1995
Under 10	L Jamieson	Nth State	30.0	20/03/1971
Under 11	L Jamieson	Nth State	29.2	18/03/1972
Under 12	L Jamieson	Nth State	27.2	1/04/1973
Under 13	B Bozin	Williamstown	26.78	4/02/2000
Under 14	K Huddle	Williamstown	26.92	12/03/2005
Under 15	L Iaccarino	Williamstown	26.32	20/03/2004
Under 16	Z Woods	Williamstown	29.52	23/02/2019

Girls Inside Centre Records				
400 metres				
Under 7	C Mendes	Newport	1.25.47	8/03/2008
Under 8	E Rossi	Williamstown	1.18.09	4/03/2017
Under 9	E Leith	Williamstown	1.17.08	24/02/2018
Under 10	V Teofilo	Westport	1.10.61	6/03/2004
Under 11	V Teofilo	Westport	1.06.37	12/03/2005
Under 12	Z Woods	Williamstown	1.03.55	18/02/2015
Under 13	K Huddle	Williamstown	1.02.02	20/03/2004
Under 14	G Goldsworthy	Williamstown	1.00.46	14/11/2014
Under 15	T Shacklock	Williamstown	1.00.81	20/02/1999
Under 16	M Petronio	Williamstown	1.09.84	1/11/2013
800 metres				
Under 9	T Shacklock	Williamstown	2.55.64	21/02/1993
Under 10	K Huddle	Williamstown	2.44.17	10/03/2001
Under 11	Z Woods	Williamstown	2.28.43	22/03/2014
Under 12	Z Woods	Williamstown	2.26.28	21/03/2015
Under 13	Z Woods	Williamstown	2.26.79	28/11/2015
Under 14	Z Woods	Williamstown	2.23.49	12/11/2016
Under 15	Z Woods	Williamstown	2.18.50	3/03/2018
Under 16	Z Woods	Williamstown	2.23.61	20/01/2019
1500 metres				
Under 11	Z Woods	Williamstown	5.12.38	15/02/2014
Under 12	Z Woods	Williamstown	5.00.25	21/03/2015
Under 13	Z Woods	Williamstown	5.04.71	6/02/2016
Under 14	Z Woods	Williamstown	4.49.01	11/02/2017
Under 15	Z Woods	Williamstown	4.56.86	20/01/2018
Under 16	Z Woods	Williamstown	4.43.71	23/02/2019
60 metre hurdles				
Under 7	E Nankervis	Williamstown	12.96	25/02/1996
Under 8	C Mendes	Newport	11.60	14/03/2009
	M Hill	Williamstown	11.6	29/11/1980
Under 9	L Jamieson	Nth State	10.9	14/03/1970
Under 10	J Gittens	Nth State	10.4	29/03/1969
Under 11	M Lowden	Sacred Heart	10.3	16/03/1974
	K Pendleton	Wembley	10.33	4/03/1990
Under 12	M Lowden	Sacred Heart	9.5	16/03/1975
80 metre hurdles				
Under 8	C Mendes	Newport	15.48	14/03/2009
Under 9	R Hynes	Wembley	14.72	7/10/1995
Under 10	L Mendes	Newport	15.09	14/03/2009

Girls Inside Centre Records				
Under 11	M Whatman	Williamstown	14.57	22/03/2014
Under 12	M Whatman	Williamstown	13.12	21/03/2015
Under 13	C Mucci	Newport	13.38	17/03/2012
Under 14	C Mucci	Newport	12.86	8/12/2012
90 metre hurdles				
Under 15	C Mucci	Newport	13.36	16/11/2013
Under 16	L Brennan-Xie	Spotswood	15.61	17/03/2012
200 metre hurdles: New event introduced 2016/17 season				
Under 13	Erin Menzies	Williamstown	32.31	4/03/2017
Under 14	Erin Menzies	Williamstown	31.48	24/02/2018
300 metre hurdles				
Under 13	O Yacono	Williamstown	48.27	21/03/2015
Under 14	O Yacono	Williamstown	47.82	10/10/2015
Under 15	C Mucci	Newport	45.36	7/12/2013
Under 16	L Brennan-Xie	Spotswood	51.95	31/03/2012
Long Jump				
Under 7	TR Butterworth	Westport	2.94	24/02/2007
Under 8	L Mendes	Newport	3.50	25/03/2007
Under 9	L Mendes	Newport	3.77	8/03/2008
Under 10	E Fumberger	Williamstown	4.16	2/03/2019
Under 11	M Lowden	Sacred Heart	4.49	16/03/1974
Under 12	M Whatman	Williamstown	4.43	21/03/2015
Under 13	M Whatman	Williamstown	5.00	28/11/2015
Under 14	C Mucci	Newport	5.19	8/12/2012
Under 15	C Mucci	Newport	5.28	16/11/2013
Under 16	L Brennan-Xie	Spotswood	4.29	4/02/2012
Triple Jump				
Under 8	L Mendes	Newport	7.34	4/11/2006
Under 9	L Mendes	Newport	8.23	2/02/2008
Under 10	L Mendes	Newport	8.87	28/02/2009
Under 11	M Whatman	Williamstown	9.58	22/03/2014
Under 12	M Whatman	Williamstown	9.93	21/03/2015
Under 13	M Whatman	Williamstown	10.50	10/10/2015
Under 14	C Mucci	Newport	10.54	23/01/2013
Under 15	J Wood	Williamstown	10.53	4/03/2017
Under 16	L Brennan-Xie	Spotswood	9.86	31/03/2012
High Jump				
Under 8	C Faux	Spotswood	1.05	21/02/1981
Under 9	M Marinkovic	Williamstown	1.15	5/03/2016
Under 10	E Grant	Wembley	1.28	25/03/2007
Under 11	C Rickman	Newport	1.36	3/03/2007
Under 12	C Christakakis	Wembley	1.42	1/03/1986

Girls Inside Centre Records				
High Jump cont				
Under 13	C Mucci	Newport	1.52	12/11/2011
Under 14	C Mucci	Newport	1.64	16/02/2013
Under 15	C Mucci	Newport	1.60	19/10/2013
Under 16	L Brennan-Xie	Spotswood	1.50	31/03/2012
Shot Put				
Under 7 (1kg)	N Hancock	Westport	6.50	22/03/2003
Under 8 (2kg)	N Hancock	Westport	7.40	20/03/2004
Under 9 (2kg)	N Hancock	Westport	7.99	22/01/2005
Under 10 (2kg)	N Hancock	Westport	8.83	18/11/2005
Under 11 (2kg)	A McAdam	Newport	11.03	29/01/1983
Under 12 (2kg)	A McAdam	Newport	14.28	25/02/1984
Under 13 (3kg)	N Hancock	Westport	10.95	14/03/2009
Under 14 (3kg)	A McAdam	Newport	13.82	15/02/1986
Under 15 (3kg)	A McAdam	Newport	14.89	31/01/1987
Under 16 (3kg)	G Loader	Spotswood	11.35	22/03/2014
Discus				
Under 7 (350g)	N Hancock	Westport	15.17	22/03/2003
Under 8 (350g)	L Mendes	Newport	25.03	3/03/2007
Under 9 (500g)	L Mendes	Newport	27.80	2/03/2008
Under 10 (500g)	L Mendes	Newport	32.12	6/12/2008
Under 11 (750g)	C Pizzari	Wembley	26.30	5/03/1988
<i>Note new weight introduced for U11G (500g) in 2018/19</i>				
Under 11 (500g)	S MacCreadie	Williamstown	17.22	8/12/2018
Under 12 (750g)	M Tokava	Wembley	29.05	13/03/1999
Under 13 (750g)	N Bell	Spotswood	32.30	13/03/1999
Under 14 (1kg)	N Hancock	Westport	32.22	5/12/2009
Under 15 (1kg)	N Hancock	Westport	32.29	26/03/2011
Under 16 (1kg)	G Loader	Spotswood	31.86	7/03/2014
Javelin				
Under 11 (400g)	A McBride-Loane	Williamstown	19.34	3/02/2018
Under 12 (400g)	A McBride-Loane	Williamstown	24.63	8/12/2018
Under 13 (400g)	N Hancock	Westport	31.57	14/03/2009
Under 14 (500g)	N Hancock	Westport	34.68	6/02/2010
Under 15 (500g)	N Hancock	Westport	32.79	25/03/2011
<i>Note new weights introduced for U14G(400g), U15G (500g), & U16G(500g) in 2011/12</i>				
Under 14 (400g)	Erin Menzies	Williamstown	30.85	3/02/2018
Under 15 (500g)	Erin Menzies	Williamstown	32.34	27/10/2018
Under 16 (500g)	N Hancock	Westport	30.53	15/10/2011

Retired

New
Benchmark

Retired

Retired

Boys Inside Centre Records				
50 metres				
Under 7	H Tambourine	Williamstown	8.93	12/6/2008
70 metres				
Under 7	L Hicks	Spotswood	12.10	12/10/2014
Under 8	L Lorenc	Westport	11.00	11/10/1979
Under 9	L Lorenc	Westport	10.40	10/25/1980
Under 10	L Lorenc	Westport	10.10	12/12/1981
Under 11	D Armstrong	Williamstown	9.98	2/18/1989
Under 12	M Dooley	Nth State	9.50	12/1/1973
	P Nguyen	Newport	9.50	12/6/1986
100 metres				
Under 7	T Ferguson	Williamstown	17.09	11/14/2015
Under 8	T Ferguson	Williamstown	15.33	12/17/2016
Under 9	K Plummer	Yarraville West	13.50	3/8/1968
Under 10	K Plummer	Yarraville West	13.80	11/16/1968
Under 11	K Plummer	Yarraville West	13.40	12/6/1969
Under 12	P Nguyen	Newport	13.10	2/7/1987
Under 13	P Nguyen	Newport	12.37	12/5/1987
Under 14	P Nguyen	Newport	11.22	2/18/1989
Under 15	M Payne	Williamstown	11.40	11/24/2018
Under 16	T Hardeman	Newport	12.95	2/26/2011
200 metres				
Under 7	L Hicks	Spotswood	35.37	3/7/2015
Under 8	L Hicks	Williamstown	32.83	2/6/2016
Under 9	L Hicks	Williamstown	30.14	12/3/2016
Under 10	K Plummer	Yarraville West	28.70	2/1/1969
Under 11	K Plummer	Yarraville West	27.00	3/30/1970
Under 12	B Hicks	Spotswood	26.26	3/7/2015
Under 13	P Nguyen	Newport	25.20	2/13/1988
Under 14	M Payne	Williamstown	24.04	2/10/2018
Under 15	S Bragianis	Newport	23.79	2/5/2005
Under 16	T Hardeman	Newport	26.48	1/22/2011
400 metres				
Under 7	L Hicks	Spotswood	1.19.63	3/21/2015
Under 8	L Hicks	Williamstown	1.13.77	10/28/2015
Under 9	L Hicks	Williamstown	1.07.27	12/10/2016
Under 10	K Bowles	Williamstown	1.06.99	2/6/2016
Under 11	B Hicks	Spotswood	1.02.37	1/29/2014
Under 12	B Hicks	Spotswood	58.29	11/19/2014
Under 13	M Payne	Williamstown	57.33	2/15/2017
Under 14	M Payne	Williamstown	53.57	12/13/2017
Under 15	J Smythe	Williamstown	52.29	1/22/2005
Under 16	R Kane	Spotswood	54.36	2/2/2013

Boys Inside Centre Records				
800 metres				
Under 8	C Staehr	Nth State	2.57.1	2/25/1978
Under 9	L Hicks	Williamstown	2.38.96	11/26/2016
Under 10	L Hicks	Williamstown	2.32.88	2/10/2018
Under 11	B Hicks	Spotswood	2.21.19	3/22/2014
Under 12	B Williams	Wembley	2.22.50	11/22/2003
Under 13	M Kennan	Williamstown	2.16.00	3/4/2000
Under 14	M Sani	Wembley	2.09.27	2/5/1999
Under 15	J Smythe	Williamstown	2.08.29	10/9/2004
Under 16	R Kane	Spotswood	2.04.89	3/16/2013
1500 metres				
Under 11	K Bowles	Williamstown	5.05.59	2/11/2017
Under 12	B Williams	Wembley	4.45.36	11/14/2003
Under 13	M Sani	Wembley	4.41.11	11/29/1997
Under 14	M Sani	Wembley	4.36.39	11/14/1998
Under 15	B Williams	Wembley	4.37.47	3/25/2007
Under 16	R Kane	Spotswood	4.16.24	3/16/2013
60 metre hurdles				
Under 7	A Szalay	Williamstown	12.24	3/9/2019
Under 8	J Stripiekis	Wembley	11.40	2/22/1986
	J Price	Williamstown	11.40	2/6/1982
Under 9	L Hicks	Williamstown	10.51	1/21/2017
Under 10	D Armstrong	Williamstown	10.19	11/7/1987
	B Portelli	Williamstown	10.19	11/7/1987
Under 11	A Sims	Nth State	10.20	11/16/1988
	P Lowden	Sacred Heart	10.20	2/22/1975
Under 12	S Orr	Newport	9.00	11/6/1982
80 metre hurdles				
Under 8	A Coulter	Williamstown	15.66	3/14/2009
Under 9	L Hunter	Williamstown	14.51	3/20/2004
Under 10	W Cooper	Spotswood	14.76	11/6/1993
	C Covelli	Williamstown	14.76	3/26/2011
Under 11	A Wood	Williamstown	13.69	3/31/2012
Under 12	G Lafaialii	Williamstown	13.01	3/9/2019
Under 13	B Ricks	Wembley	12.95	3/10/2001
90 metre hurdles				
Under 14	A Wood	Williamstown	13.39	3/21/2015
100 metre hurdles				
Under 15	MS Nijjar	Yarraville District	14.92	29/11/2014
Under 16	R Kane	Spotswood	16.96	19/01/2013

Boys Inside Centre Records				
200 metre hurdles: New event introduced 2016/17 season				
Under 13	M Payne	Williamstown	27.19	4/03/2017
Under 14	M Payne	Williamstown	26.96	11/11/2017
300 metre hurdles				
Under 13	A Presnell	Spotswood	46.50	25/03/2007
Under 14	J Newall	Williamstown	43.59	22/03/2014
Under 15	MS Nijjar	Yarraville District	41.79	15/11/2014
Under 16	T Hardeman	Newport	44.68	26/03/2011
Long Jump				
Under 7	L Hicks	Spotswood	3.50	3/21/2015
Under 8	L Lorenc	Westport	3.92	11/3/1979
Under 9	L Hicks	Williamstown	4.30	3/4/2017
Under 10	L Lorenc	Westport	4.44	3/13/1982
Under 11	E Dusink	Westport	4.66	3/29/1969
Under 12	P Dimovski	Williamstown	4.93	3/4/2017
Under 13	P Dimovski	Williamstown	5.18	11/4/2017
Under 14	J Maher	Williamstown	5.21	1/27/2007
Under 15	S Bragianis	Spotswood	5.89	3/12/2005
Under 16	T Hardeman	Newport	5.53	1/22/2011
Triple Jump				
Under 8	L Lorenc	Westport	8.34	15/03/1980
Under 9	L Lorenc	Westport	9.13	14/03/1981
Under 10	J Martyn	Sacred Heart	10.31	4/03/1972
Under 11	M Fontaine	Williamstown	10.07	22/03/2003
Under 12	G Lafaialii	Williamstown	10.59	9/03/2019
Under 13	M Fontaine	Williamstown	11.30	20/11/2004
Under 14	C Buttigieg-Clarke	Westport	11.93	18/11/2005
Under 15	S Bragianis	Spotswood	12.22	12/02/2005
Under 16	T Hardeman	Newport	13.07	26/03/2011
High Jump				
Under 8	S Sinnott	Williamstown	1.15	23/02/2002
Under 9	L Hicks	Williamstown	1.21	3/12/2016
Under 10	R Darley	Spotswood	1.42	1/03/2008
Under 11	S Orr	Newport	1.50	13/03/1982
	H Orr	Williamstown	1.50	26/11/2016
Under 12	H Orr	Williamstown	1.68	24/02/2018
Under 13	H Orr	Williamstown	1.80	8/12/2018
Under 14	M Lynch	Spotswood	1.63	9/03/2007
Under 15	S Orr	Newport	1.85	16/11/1985
Under 16	T Hardeman	Newport	1.71	29/01/2011

Boys Inside Centre Records

Shot Put				
Under 7 (1kg)	B Casley	Williamstown	7.25	13/03/1999
Under 8 (2kg)	J Lane	Spotswood	7.70	22/02/1997
Under 9 (2kg)	J Lane	Spotswood	8.45	14/03/1998
Under 10 (2kg)	J Lane	Spotswood	9.06	19/03/1999
Under 11 (2kg)	T Sinnott	Williamstown	10.55	14/12/2002
Under 12 (3kg)	P Nguyen	Newport	10.96	14/02/1987
<i>Note new weight introduced for U12B (2kg) in 2018/19</i>				
Under 12 (2kg)	J Mendoza	Williamstown	11.89	9/03/2019
Under 13 (3kg)	P Nguyen	Newport	12.37	20/02/1988
Under 14 (4kg)	P Nguyen	Newport	11.94	19/11/1988
<i>Note new weight introduced for U14B (3kg) in 2014/15</i>				
Under 14 (3kg)	M Payne	Williamstown	10.57	11/11/2017
Under 15 (4kg)	J Stripiekis	Wembley	13.39	21/02/1993
Under 16 (4kg)	A Buttigieg-Clarke	Westport	10.50	3/03/2012
Discus				
Under 7 (350g)	B Casley	Williamstown	20.18	13/03/1999
Under 8 (350g)	M Nicholls	Spotswood	20.78	16/12/2006
Under 9 (500g)	D Lee	Westport	24.97	16/03/1980
Under 10 (500g)	C Nikolovski	Westport	33.10	17/02/1979
Under 11 (750g)	M Nicholls	Spotswood	30.82	2/02/2008
<i>Note new weight introduced for U11B (500g) in 2018/19</i>				
Under 11 (500g)	L Hicks	Williamstown	32.01	9/03/2019
Under 12 (750g)	P Nguyen	Newport	38.82	15/03/1987
Under 13 (1kg)	P Nguyen	Newport	37.47	20/02/1988
<i>Note new weight introduced for U13B (750g) in 2018/19</i>				
Under 13 (750g)	M Leith	Williamstown	37.10	9/03/2019
Under 14 (1kg)	P Nguyen	Newport	40.93	11/02/1989
Under 15 (1kg)	J Stevanovski	Newport	44.15	20/02/1988
Under 16 (1kg)	A Buttigieg-Clarke	Westport	36.72	7/12/2011
Javelin				
Under 11 (400g)	C Covelli	Williamstown	24.28	31/03/2012
Under 12 (400g)	J Noonan	Williamstown	31.75	4/02/2011
Under 13 (600g)	L McColl	Williamstown	31.29	5/12/2015
Under 14 (600g)	L McColl	Williamstown	34.38	25/02/2017
Under 15 (700g)	L McColl	Williamstown	43.17	3/03/2018
Under 16 (700g)	S Hardeman	Newport	36.20	11/02/2012

Girls Outside Centre Records

70 metres					
Under 9	L Jamieson	Nth State	10.4	04.04.1970	State (VR)
Under 10	B Laurent	St Marys	9.9	28.03.1971	State
Under 11	L Jamieson	Nth State	9.8	26.03.1972	State(VR)
Under 12	L Jamieson	Nth State	9.2	25.03.1973	State(VR)
100 metres					
Under 9	M Humphries	Sacred Heart	14.6	23.03.1975	State
Under 10	N Whitman	Altona Nth	13.84	10.03.1969	Zone (VBP)
Under 11	L Jamieson	Nth State	13.6	26.03.1972	State
Under 12	L Jamieson	Nth State	12.7	25.03.1973	State
Under 13	B Bozin	Williamstown	12.88	19.03.2000	State
Under 14	C Mucci	Newport	12.68	24.03.2013	State
Under 15	C Mucci	Newport	12.43	30.03.2014	State
Under 16	J Quinn	Williamstown	13.49	19.11.2011	State Multi
200 metres					
Under 9	L Jamieson	Nth State	31.4	04.04.1970	State
Under 10	L Jamieson	Nth State	29.6	28.03.1971	State
	M Lowden	Sacred Heart	29.6	25.03.1972	State
Under 11	L Jamieson	Nth State	28.1	26.03.1972	State
Under 12	L Jamieson	Nth State	26.0	18.02.1973	Pres/Res
Under 13	B Bozin	Williamstown	26.22	18.03.2000	State
Under 14	B Bozin	Williamstown	26.17	17.03.2001	State
Under 15	C Mucci	Newport	25.91	01.02.2014	State Multi
400 metres					
Under 9	T Shacklock	Williamstown	1.12.36	21.03.1993	State
Under 10	V Teofilo	Westport	1.08.75	16.03.2004	State
Under 11	C Teofilo	Westport	1.04.23	20.03.2005	State (VBP)
Under 12	K Pendleton	Wembley	1.00.90	17.03.1991	State
Under 13	K Pendleton	Wembley	1.00.43	15.03.1992	State
Under 14	G Goldsworthy	Williamstown	58.32	29.03.2015	State
Under 15	T Shacklock	Williamstown	59.17	21.03.1999	State
800 metres					
Under 9	T Shacklock	Williamstown	2.53.09	21.03.1993	State
Under 10	F Harris	Williamstown	2.43.25	17.02.2018	Reg
Under 11	Z Woods	Williamstown	2.30.85	29.03.2014	State
Under 12	Z Woods	Williamstown	2.22.27	28.03.2015	State
Under 13	M Goldsworthy	Williamstown	2.23.34	11.03.2017	State
Under 14	Z Woods	Williamstown	2.15.79	11.03.2017	State
Under 15	Z Woods	Williamstown	2.19.29	17.02.2018	Reg
Under 16	J Quinn	Williamstown	2.45.50	19.11.2011	State Multi

Girls Outside Centre Records					
1500 metres					
Under 11	Z Woods	Williamstown	5.07.44	30.03.2014	State
Under 12	Z Woods	Williamstown	4.56.16	29.03.2015	State
Under 13	Z Woods	Williamstown	4.47.30	24.04.2016	National
Under 14	Z Woods	Williamstown	4.53.83	12.03.2017	State
Under 15	Z Woods	Williamstown	4.52.67	17.02.2018	Reg
1100 metres Walk					
Under 11	F Harris	Williamstown	7.55.29	19.02.2019	Reg
60 metre hurdles					
Under 9	M Lowden	Sacred Heart	10.6	26.03.1972	State
Under 10	M Lowden	Sacred Heart	9.9	25.03.1973	State
Under 11	M Lowden	Sacred Heart	9.9	24.03.1974	State
Under 12	M Lowden	Sacred Heart	9.2	31.08.1975	State (AR)
80 metre hurdles					
Under 9	K McHarg	Williamstown	14.51	20.03.1994	State (VR)
Under 10	L Mendes	Newport	14.16	21.03.2009	State
Under 11	M Whatman	Williamstown	13.68	29.03.2014	State
Under 12	M Whatman	Williamstown	12.87	28.03.2015	State
Under 13	C Mucci	Newport	13.27	24.03.2012	State
Under 14	C Mucci	Newport	12.68	23.03.2013	State
90 metre hurdles					
Under 15	C Mucci	Newport	12.98	29.03.2014	State
Under 16	J Quinn	Williamstown	14.48	19.11.2011	State Multi
200 metre hurdles					
Under 13	Erin Menzies	Williamstown	33.18	18.02.2017	Reg
Under 14	Erin Menzies	Williamstown	32.09	17.02.2018	Reg
300 metre hurdles					
Under 13	O Yacono	Williamstown	47.06	29.03.2015	State
Under 14	O Yacono	Williamstown	45.49	20.03.2016	State
Under 15	O Yacono	Williamstown	44.66	12.03.2017	State (VBP)
Long Jump					
Under 9	L Mendes	Newport	3.80	16.02.2008	Reg
Under 10	E Fumberger	Williamstown	4.15	19.02.2019	Reg
Under 11	G Rohleder	Westona	4.47	06.04.1986	State
Under 12	O Yacono	Williamstown	4.56	29.03.2014	State
Under 13	O Yacono	Williamstown	5.03	21.02.2015	Reg
Under 14	C Mucci	Newport	5.20	23.03.2013	State
Under 15	C Mucci	Newport	5.52	22.02.2014	Reg
Under 16	J Quinn	Williamstown	4.44	19.11.2011	State Multi
Triple Jump					
Under 9	D Macauley	Wembley	8.12	17.03.2007	State
Under 10	D Macauley	Wembley	8.89	15.03.2008	State
Under 11	M Teleki	Westport	10.02	25.03.1979	State (VR&AR)

New Benchmark

Retired
Retired

Girls Outside Centre Records					
Under 12	M Whatman	Williamstown	10.27	29.03.2015	State
Under 13	R Wood	Williamstown	9.68	24.03.2013	State
Under 14	O Wood	Williamstown	10.04	17.02.2018	Reg
Under 15	L Boyce	Williamstown	11.22	14.03.2009	State
High Jump					
Under 9	C Faux	Spotswood	1.10	21.03.1982	State
Under 10	N Whitman	Altona Nth	1.26	10.03.1969	Reg
Under 11	D Yankos	Yarra / West	1.36	10.04.1977	I. S.Inv
	C Rickman	Newport	1.36	17.02.2007	Reg
Under 12	C Christakakis	Wembley	1.44	02.03.1986	Reg
Under 13	N Orr	Newport	1.54	22.03.1986	State
Under 14	C Mucci	Newport	1.65	23.02.2013	Reg
Under 15	C Mucci	Newport	1.71	29.03.2014	State
Shot Put					
Under 9	N Hancock	Westport	8.14	20.03.2005	State
Under 10	N Hancock	Westport	9.01	04.02.2006	Reg
Under 11	A McAdam	Newport	10.57	13.03.1983	State
Under 12	A McAdam	Newport	15.01	25.03.1984	State (VR)
Under 13	N Hancock	Westport	11.30	26.04.2009	National
Under 14	A McAdam	Newport	14.30	22.03.1986	State
Under 15	A McAdam	Newport	13.88	28.03.1987	State
Discus					
Under 9	L Mendes	Newport	32.01	15.03.2008	State (VBP)
Under 10	L Mendes	Newport	28.70	15.02.2009	Reg
Under 11	N Hancock	Westport	26.07	18.02.2007	Reg
<i>Note new weights introduced for U11G in 2018/19 (500g)</i>					
Under 11	C Wilson	Williamstown	10.95	19.02.2019	Reg
Under 12	M Tokava	Wembley	31.22	13.02.1999	Reg
	N Hancock	Westport	31.22	15.03.2008	State
Under 13	N Hancock	Westport	37.29	26.04.2009	National
Under 14	N Hancock	Westport	35.20	21.03.2010	State
Under 15	G Loader	Spotswood	31.28	24.03.2013	State
Under 16	J Quinn	Williamstown	15.16	19.11.2011	State Multi
Javelin					
Under 11	N Hancock	Westport	22.76	17.02.2007	Reg
Under 12	N Hancock	Westport	32.21	16.03.2008	State
Under 13	N Hancock	Westport	37.21	22.03.2009	State
Under 14	N Hancock	Westport	34.33	21.03.2010	State
Under 15	S Mollison	Williamstown	31.33	17.03.2002	State
<i>Note new weights introduced for U14G, U15G, & U16G in 2011/12</i>					
Under 14	C Hardeman	Newport	32.41	23.03.2013	State
Under 15	C Hardeman	Newport	33.65	22.02.2014	Reg

Retired

New Benchmark

Retired
Retired



Boys Outside Centre Records

70 metres					
Under 9	R Hodson	Spotswood	10.4		20.02.1983
Under 10	N Rose	Nth State	9.9		02.03.1975
	M Burgess	Williamstown	9.95		21.03.2009
Under 11	P Lenagh	Newport	9.93		04.03.2006
Under 12	P Nguyen	Newport	9.1		29.03.1987
100 metres					
Under 9	L Hicks	Williamstown	14.33	State	12.03.2017
Under 10	K Plummer	Yarra/ West	13.4	Zone	10.03.1969
Under 11	K Plummer	Yarra/ West	13.2	State	04.04.1970
Under 12	K Plummer	Yarra/ West	12.4	State	28.03.1971
Under 13	P Lenagh	Newport	12.06	State	05.03.2008
Under 14	M Payne	Williamstown	11.61	State	10.03.2018
Under 15	C Mucci	Newport	11.56	State	24.03.2013
Under 16	T Hardeman	Newport	12.78	State Multi	21.11.2010
200 metres					
Under 9	L Hicks	Williamstown	29.65	Reg	18.02.2017
Under 10	L Hicks	Williamstown	28.11	State (VBP)	10.03.2018
Under 11	K Plummer	Yarra/ West	27.2	State	30.03.1970
	B Hicks	Spotswood	27.26	State (VBP)	29.03.2014
Under 12	K Plummer	Yarra/ West	25.6	State (VR)	28.03.1971
Under 13	P Lenagh	Newport	24.93	State	15.03.2008
Under 14	M Payne	Williamstown	23.15	State	10.03.2018
Under 15	B Ticehurst	Newport	23.26	State	24.03.2012
400 metres					
Under 9	L Hicks	Williamstown	1.04.63	State (VBP)	12.03.2017
Under 10	L Hicks	Williamstown	1.03.95	State	10.03.2018
Under 11	B Hicks	Spotswood	59.97	State	30.03.2014
Under 12	B Hicks	Spotswood	59.15	State	29.03.2015
Under 13	M Payne	Williamstown	54.90	State	12.03.2017
Under 14	J Smythe	Williamstown	52.61	State	16.03.2004
Under 15	J Smythe	Williamstown	51.05	State (VBP)	20.03.2005
800 metres					
Under 9	L Hicks	Williamstown	2.33.82	State	11.03.2017
Under 10	K Bowles	Williamstown	2.27.02	State	20.03.2016
Under 11	K Bowles	Williamstown	2.22.02	State	11.03.2017
Under 12	B Williams	Wembley	2.19.91	Reg	14.02.2004
Under 13	M Keenan	Williamstown	2.10.75	State	18.03.2000
Under 14	M Sani	Wembley	2.06.86	State	20.03.1999
Under 15	J Smythe	Williamstown	1.59.57	State (VBP)	19.03.2005
Under 16	T Hardeman	Newport	2:25:03	State Multi	21.11.2010

Boys Outside Centre Records

1500 metres					
Under 11	K Bowles	Williamstown	4.53.27	State	12.03.2017
Under 12	B Williams	Wembley	4.49.00	Reg	15.02.2004
Under 13	M Sani	Wembley	4.32.20	State	22.03.1998
Under 14	M Sani	Wembley	4.22.21	State	21.03.1999
Under 15	M Keenan	Williamstown	4.24.23	State	16.03.2002
60 metre hurdles					
Under 9	S Wragg	St Marys	10.2	State	07.04.1969
Under 10	C Yeoman	W.Y.C.	9.8	Zone	09.03.1970
Under 11	A Sims	Nth State	9.7	State	07.04.1969
	S Wragg	St Marys	9.7	State	28.03.1971
Under 12	P Lowden	Sacred Heart	9.4	State	28.03.1976
80 metre hurdles					
Under 9	L Hunter	Williamstown	14.38	State	18.03.2004
Under 10	C Covelli	Williamstown	14.60	State	19.03.2011
Under 11	M Payne	Williamstown	13.28	State	28.03.2015
Under 12	G Lafaialii	Williamstown	12.75	State	16.03.2019
Under 13	B Ricks	Wembley	12.65	State	17.03.2001
90 metre hurdles					
Under 14	MS Nijjar	Yarraville District	13.4	State	29.03.2014
100 metre hurdles					
Under 15	S Bragianis	Spotswood	15.05	State Multi	06.03.2005
Under 16	T Hardeman	Newport	16.32	State Multi	21.11.2010
200 metre hurdles					
Under 13	M Payne	Williamstown	27.30	State	12.03.2017
Under 14	E Mekonnen	Williamstown	27.20	Reg	17.02.2018
300 metre hurdles					
Under 13	B O'Connell	Westport	43.38	State	19.03.1995
Under 14	A Fuster	Wembley	43.57	State	17.03.2002
Under 15	C Buttigieg-Clarke	Westport	43.67	State	18.03.2007
Long Jump					
Under 9	L Lorenc	Westport	4.32	State	29.03.1981
Under 10	L Lorenc	Westport	4.55	State	21.03.1982
Under 11	D Armstrong	Williamstown	4.60	State	19.03.1989
Under 12	J Ramsay	Williamstown	4.81	Reg	17.02.2018
Under 13	M Fontaine	Williamstown	5.15	State	19.03.2005
Under 14	C Buttigieg-Clarke	Westport	5.23	State Multi	12.02.2006
Under 15	S Bragianis	Spotswood	5.89	State Multi	06.03.2005
Under 16	T Hardeman	Newport	5.14	State Multi	21.11.2010
Triple Jump					
Under 9	B Little	Yarra/ West	9.47	Zone	20.03.1971
Under 10	L Lorenc	Westport	9.83	State	21.03.1982

Boys Outside Centre Records

Triple Jump contd

Under 11	L Lorenc	Westport	10.36	State	13.03.1983
Under 12	A Wood	Williamstown	10.41	State	23.03.2013
Under 13	M Fontaine	Williamstown	11.87	State	20.03.2005
Under 14	A Wood	Williamstown	11.81	State	28.03.2015
Under 15	M Fontaine	Williamstown	12.49	State	17.03.2007

High Jump

Under 9	Chris Marsh	Williamstown	1.26	State	21.03.1982
Under 10	R Darley	Spotswood	1.4	State	16.03.2008
Under 11	S Orr	Newport	1.52	State	21.03.1982
Under 12	H Orr	Williamstown	1.65	Reg	17.02.2018
Under 13	H Orr	Williamstown	1.80	Reg (VBP)	19.02.2019
Under 14	C Karakiozakis	Westport	1.67	State	17.03.1991
Under 15	S Orr	Newport	2.00	State (VR)	22.03.1986

Shot Put

Under 9	J Barnett	Nth State	8.84	Div	11.03.1973
Under 10	A Sims	Nth State	9.07	State	06.04.1968
Under 11	T Sinnott	Williamstown	10.75	OD	26.01.2003
Under 12	A Yankos	Yarra/ West	12.55	Nat	31.08.1975
Under 13	P Nguyen	Newport	11.84	State	05.03.1988
Under 14	C Karakiozakis	Westport	12.56	Reg	17.02.1991

Note new weight introduced for U14B in 2014/15

Under 14	Liam McColl	Williamstown	8.65	State	12.03.2017
Under 15	J Hughes	Westport	13.68	State	21.03.1998

Discus

Under 9	D Lee	Westport	25.92	Reg	22.03.1980
Under 10	C Nikolovoski	Westport	34.1	State	25.03.1979
Under 11	M Nicholls	Spotswood	37.59	Reg	16.02.2008

Note new weight introduced for U11B in 2018/19 (500g)

Under 11	L Hicks	Williamstown	32.59	State	16.03.2019
Under 12	P Nguyen	Newport	42.01	Reg	01.03.1986
Under 13	C Buttigieg-Clarke	Westport	30.89	State	19.03.2005

Note new weight introduced for U13B in 2018/19 (750g)

Under 13	M Leith	Williamstown	36.05	State Multi	2.02.2019
Under 14	J Hughes	Westport	39.88	Reg	09.02.1997
Under 15	J Stefanovski	Newport	51.09	OP (VR)	05.03.1992
Under 16	T Hardeman	Newport	33.83	State Multi	21.11.2010

Javelin

Under 11	M Nicholls	Spotswood	29.75	Reg	17.02.2008
Under 12	S Hardeman	Newport	34.02	State	15.03.2008
Under 13	J Noonan	Newport	28.28	State	24.03.2012
Under 14	T Hardeman	Newport	36.51	State	22.03.2009
Under 15	L McColl	Williamstown	39.21	Reg	17.02.2018

* VBP - Denotes Victorian Best Performance

* VR - Denotes Victorian Record

* AR - Denotes Australian Record

NB Outside records now only recognised by children competing at the following venues on behalf of the Centre.

Region Track & Field (REG)

State Track & Field (STATE)

State Multi Event (STATE MULTI)

National Titles (NATIONAL)

The fun doesn't stop with Little Athletics!

Williamstown Athletic Club invites all under 13, 14 and 15 athletes to continue to enjoy athletics by participating in the Athletics Victoria Track & Field and Cross County competitions.

**Competitions are held on Saturday afternoons.
Coaching and regular training sessions are available.**

Drop in to the track to find out more.

