





##### Williamston Little Athletics Centre Sponsors

Commonwealth Bank



Yarraville Shoe Company

[www.therunningcompany.com.au/yarraville/](http://www.therunningcompany.com.au/yarraville/)



##### Committee Welcome

Welcome to 2020/21 season, our 53rd as a competing centre at little athletics. We are looking forward to some exciting new changes and innovations to ensure all athletes can compete in a safe and family friendly environment.

Coaching will be offered on Tuesday and Thursday 4:30- 5:30 pm. You will need to register for this via Team App. U7 – U8’s will receive some 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.

It is essential that all parents register with Team App this year via their smart phones as this is the main source of communication to parents and we need to ensure we keep within Covid regulations, so pre registering for events may be necessary. You will need to have access to “Players and Officials' group. Event cancellations, weekly competition updates, training and state and regional team information will be communicated via Team App.

**Sign up for duty roster will be done on Sign up genius. Links for this are on team app or click here:**

[**https://www.signupgenius.com/index.cfm?go=c.SignUpSearch&eid=0EC1C8DFFCC8FD6D&cs=09B6BADE8FC58B137B7C640F5BB29BBA&sortby=startdate**](https://www.signupgenius.com/index.cfm?go=c.SignUpSearch&eid=0EC1C8DFFCC8FD6D&cs=09B6BADE8FC58B137B7C640F5BB29BBA&sortby=startdate)

You will be required to select 5 duties. This is required for your child/children to participate in club championship day. There are helpful videos on Team app to assist you learn the roles required.

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 President, fund raising manager , 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. This season may require some flexibility and adaptability as we have all learned though this year that we don’t know what’s ahead! **All parents will need to be responsible for following State Government guidelines regarding social distancing and mask use**. Together we all can make the 2020/21 season successful and enjoyable for everyone.

WLAC- Committee

##### 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 brake 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 l 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 Gittins

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 Williamstown Little Athletics Centre (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 ninthCentre 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.

|  |  |
| --- | --- |
| **OFFICE HOLDERS** | |
| President | Vacant williamstownvp@lavic.com.au |
| Vice President | Ashley Sandison  williamstownpresident@lavic.com.au |
| Secretary | Rachelle Burbidge  williamstown@lavic.com.au |
| Treasurer | Ben McInnes willitreasurer@lavic.com.au |
| Communication Manager | Rachelle Burbidge  williamstown@lavic.com.au |
| Registrar  and Chief Official | Russell Dmytrenko williamstownregistrar@lavic.com.au |
| Fundraising Manager | Vacant |
| Coaching Coordinator | Anne Rossie |
| Results Managers | Peter Parks  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.

### Correspondence

Please send all correspondence to:

The Secretary

Williamstown Little Athletics Centre

P.O. Box 17

Williamstown VIC 3016

Email: [williamstown@lavic.com.au](mailto:williamstown@lavic.com.au)

### The WLAC website

[www.willylac.com.au](http://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

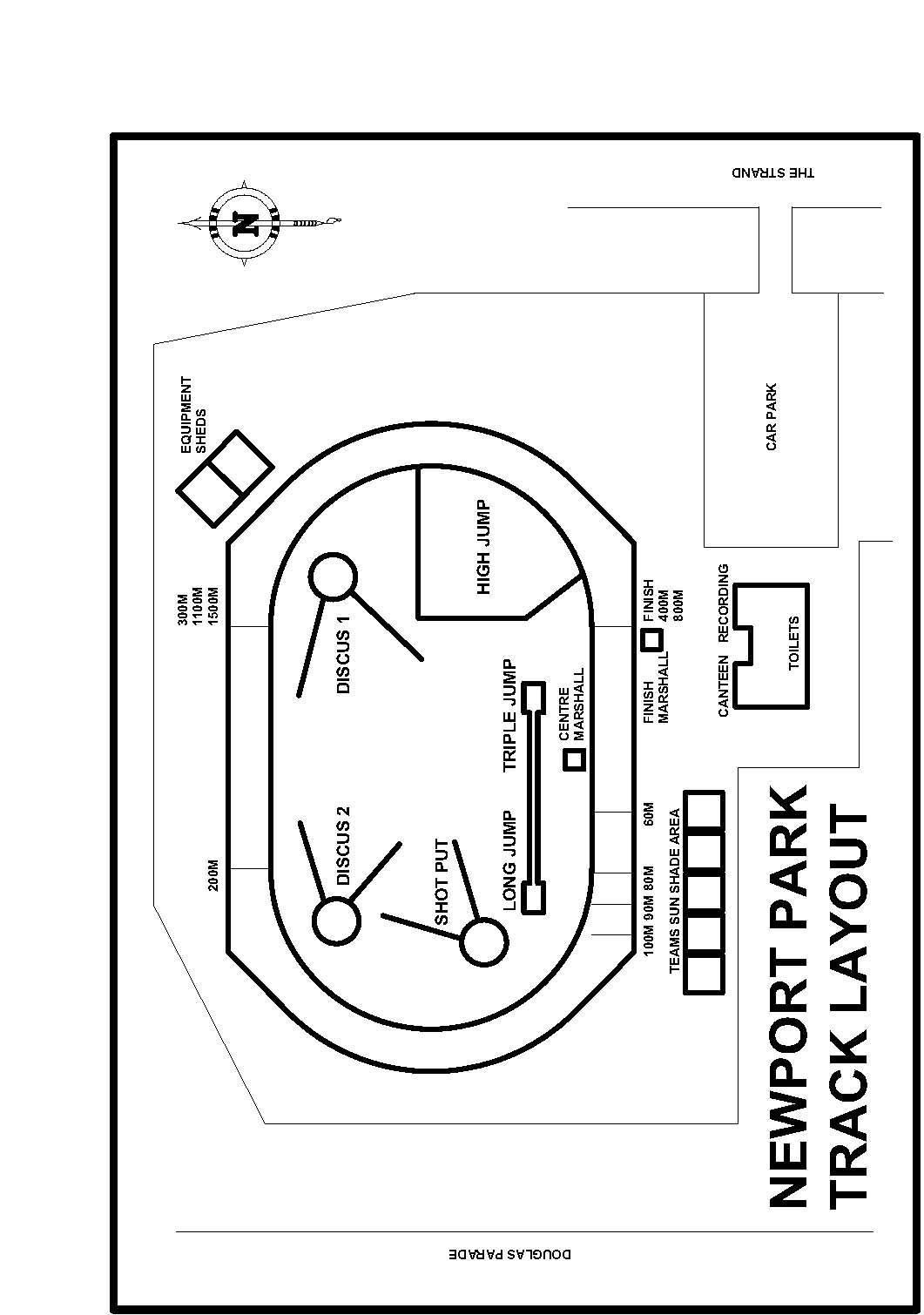
<https://williamstownlittleathletics.teamapp.com>

* Last minute program cancelations due to weather
* Event updates
* sign up rosters for parent duty
* registration of athlete attendance (new Covid-19 policy to be confirmed)





##### Layout of the Williamstown Little Athletics Track



##### The Summer Season: Track and Field

### Season Commences:

**Saturday Nov 21** Come and Try Day (need to register on Team app if attending) -No Points

**Saturday Nov 28** First official day- Points.

This season make up will be determined by Covid restrictions. All dates in this handbook are subject to change due to the uncertainty surrounding this season. **Stay up to date via Team App and the LAVIC website**

### Age groups for Season 2020/21

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Age Group Calculator 2020-21 Season** | | | | | | | | | | | | | | | | | | | | | |
|  | 2005 | 2006 | | 2007 | | 2008 | | 2009 | | 2010 | | 2011 | | 2012 | | 2013 | | 2014 | | 2015 | 20166 |
| 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 |  |

### Normal weekly events

The following events are considered normal weekly events

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Discipline | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U16 |
| On Track | 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 | 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 |
| HighJump 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 ideal number of events for each age group and gender for all weekly programs. In 2020-21 will have to be more flexible than previous seasons however we will endeavour to give 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.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |
| 90mH |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 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 various venues in Western Region. We combine with other centres in the region.

Williamstown ‘home’ venue is 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 2021**

The 2021 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 volunteer duties to ensure that their child is eligible for the centre championships and awards.

**Sign up for duty roster will be done on Sign up Genius. Links for this are on team app or click here:**

[**https://www.signupgenius.com/index.cfm?go=c.SignUpSearch&eid=0EC1C8DFFCC8FD6D&cs=09B6BADE8FC58B137B7C640F5BB29BBA&sortby=startdate**](https://www.signupgenius.com/index.cfm?go=c.SignUpSearch&eid=0EC1C8DFFCC8FD6D&cs=09B6BADE8FC58B137B7C640F5BB29BBA&sortby=startdate)

You will be required to select 5 duties.. There are helpful videos on Team app to assist you learn the roles required.

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 number required for their child to be eligible for centre championships. This number is usually 5 but is subject to change this season depending on the amount of weeks in the season.

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 Pavillion.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.

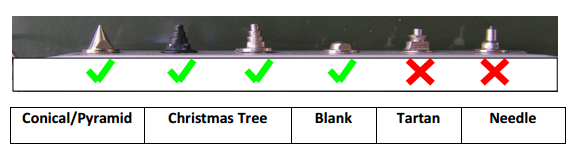
### Footwear and Shoes

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.

##### Rules Governing the Conduct of 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. **(note canteen likely to be closed throughout season 2020/21)**

### 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.

### 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.

**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 |

### Centre Track and Field Championships – Date 20th March 2021

Centre Track & Field Championships are usually 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 - there is a cutoff date which will be advertised when a date for the championships is finalised.

**To be eligible to compete, an athlete must:**

* Be a financial LAVic competitive member of the Williamstown Centre
* The criteria for how many meetings an athlete must have competed in, as well as the criteria for how many meetings the parent has volunteered in will be announced as the season shape becomes clearer. **Keep an eye on Team app for details of criteria.**

### Relay Championships U9 – U16

**Dates**

**Region: Sunday 28 February 2021 U9-U12**

Note U13-U16 have direct entry to State

**State: U9-U12 Saturday 27th March**

**U13- U16 Sunday 28th March 2021** – Cranbourne Little Athletics Centre, Casey Fields 60 Berwick-Cranbourne Rd, Cranbourne East VIC.

The 2020/21 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 will need to nominate by the date TBC. **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.

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**.**

### 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 30th and Sunday 31st January**- Lakeside

Open to U9 to U16 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 – U16

**Dates- Region: 13th and 14th February 2021 U9-U16**

-**State: 13th and 14th March 2021 U9-U16** – 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.**

##### 2020-21 Centre Track and Field Awards

### Due to the uncertainties surrounding scheduling of season 2020/21, the Committee has decided to not announce which awards will be presented this year. As the season takes shape, the Committee will reevaluate what is the fairest way to distribute awards for this 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.

### 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 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 for Summer Season 2019/20

|  |
| --- |
| **President’s Award** |

The winner of this year’s president's award is one of our centres highest achievers, who has achieved many recognitions for their athletic ability. However, the criteria for awarding this year’s recipient is not based on their physical abilities, rather their leadership qualities. This athlete comes from a very strong age group where there are many great leaders, although this year’s winner has matured and evolved into one of the Centres great leaders. By encouraging, offering advice and support to fellow competitors this athlete displays all the leadership qualities I would expect from older competitors at Williamstown Little Athletics Centre. Furthermore, their family is a great supporter of the centre, offering to assist and help when required. A humble athlete and family whose qualities reflect the values of Williamstown Little Athletics Centre. Winner of the 2019/20 presidents award is **Lachlan Hicks U12B.**

|  |  |  |
| --- | --- | --- |
| **Champion Boy Track Awards** | | |
| 1st U7 Boys | Carey Flanagan | 1868.9406 |
| 2nd U7 Boys | Josh Elliott | 1616.0636 |
| 3rd U7 Boys | Thomas Kelly | 1599.4158 |
| 1st U8 Boys | Levi Wouda | 1789.3236 |
| 2nd U8 Boys | Carter Lafaialii | 1698.0235 |
| 3rd U8 Boys | Axel Szalay | 1694.5877 |
| 1st U9 Boys | Samuel Dines | 2068.4068 |
| 2nd U9 Boys | Reuben Fithall | 1904.7825 |
| 3rd U9 Boys | Xavier Wilson | 1653.0704 |
| 1st U10 Boys | Jamie Stevenson | 2129.0472 |
| 2nd U10 Boys | Rhys Kane | 2080.2747 |
| 3rd U10 Boys | Braith Lafaialii | 2007.9198 |
| 1st U11 Boys | Harry Lynn | 2021.348 |
| 2nd U11 Boys | James Lynn | 1926.3331 |
| 3rd U11 Boys | Nicholas Wilkinson | 1900.0968 |
| 1st U12 Boys | Lachlan Hicks | 1839.544 |
| 2nd U12 Boys | Charlie Gunn | 1793.8321 |
| 3rd U12 Boys | Riley Parks | 1607.5938 |
| 1st OpenBoys | Ged Gibney | 2541.0526 |
| 2nd Open Boys | Grayson Lafaialii | 2235.2931 |
| 3rd Open Boys | Dashiel Muir | 1932.7054 |

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| --- | --- | --- |
| **Champion Girl Track Awards** | | |
| 1st U7 Girls | Macy Parks | 2160.0579 |
| 2nd U7 Girls | Milla Galloway | 1945.2835 |
| 3rd U7 Girls | Cara Briedenhann | 1859.9829 |
| 1st U8 Girls | Vivienne McIntosh | 1574.527 |
| 2nd U8 Girls | Pippa Killeen | 1565.1993 |
| 3rd U8 Girls | Lucy Cracknell | 1438.7529 |
| 1st U9 Girls | Olivia Rabiej | 2027.9474 |
| 2nd U9 Girls | Chloe Szambelanczyk | 1886.5385 |
| 3rd U9 Girls | Skyla Idziak | 1549.6664 |
| 1st U10 Girls | Emily Forrest | 1605.1497 |
| 2nd U10 Girls | Emmy Wynn | 1541.408 |
| 3rd U10 Girls | Remi O’Connor | 1356.5459 |
| 1st U11 Girls | Eve Fumberger | 1956.9944 |
| 2nd U11 Girls | Grace Hemlsey Woolley | 1891.74 |
| 3rd U11 Girls | Ella Leith | 1764.5196 |
| 1st U12 Girls | Madeline Ford | 1613.7121 |
| 2nd U12 Girls | Gemma Walsh | 1556.3996 |
| 3rd U12 Girls | Ruby Idziak | 1317.4498 |
| 1st Open Girls | Alana Chrisanthou | 1635.0875 |
| 2nd Open Girls | Alex McBride-Loane | 1546.2019 |
| 3rd Open Girls | Nicola Steere | 1420.5057 |

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| **Champion Boy Field Awards** |

|  |  |  |
| --- | --- | --- |
| 1st U7 Boys | Thomas Kelly | 1039.9991 |
| 2nd U7 Boys | Oliver Samyue | 963.9691 |
| 3rd U7 Boys | Josh Elliott | 936.3743 |
| 1st U8 Boys | Axel Szalay | 1363.9642 |
| 2nd U8 Boys | Flynn Sandison | 1360.8025 |
| 3rd U8 Boys | Levi Wouda | 1285.7016 |
| 1st U9 Boys | Xavier Wilson | 1426.9805 |
| 2nd U9 Boys | Reuben Fithall | 1294.4277 |
| 3rd U9 Boys | Marcus Jovan | 1196.963 |
| 1st U10 Boys | Braith Lafaialii | 1420.9092 |
| 2nd U10 Boys | Daragh MacCreadie | 1365.2855 |
| 3rd U10 Boys | Jamie Stevenson | 1348.5902 |
| 1st U11 Boys | Zach Sandison | 1860.0901 |
| 2nd U11 Boys | Nicholas Wilkinson | 1726.8933 |
| 3rd U11 Boys | Oliver Castro | 1429.65 |
| 1st U12 Boys | Lachlan Hicks | 1669.438 |
| 2nd U12 Boys | Riley Parks | 1521.0614 |
| 3rd U12 Boys | Mitchell Parks | 1461.6605 |
| 1st Open Boys | Mackenzie Leith | 1790.3745 |
| 2nd Open Boys | Lachlan Mitchell | 1559.9652 |
| 3rd Open Boys | Ged Gibney | 1528.4217 |

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| **Champion Girl Field Awards** |

|  |  |  |
| --- | --- | --- |
| 1st U7 Girls | Macy Parks | 1389.0793 |
| 2nd U7 Girls | Cara Briedenhann | 1067.1554 |
| 3rd U7 Girls | Zara Champagnie-Udovicic | 1037.1527 |
| 1st U8 Girls | Lucy Cracknell | 1198.7701 |
| 2nd U8 Girls | Vivienne McIntosh | 1190.4053 |
| 3rd U8 Girls | Khloe Kisvarda | 1122.4947 |
| 1st U9 Girls | Chloe Szambelanczyk | 1096.5628 |
| 2nd U9 Girls | Olivia Rabiej | 1035.6522 |
| 3rd U9 Girls | Skyla Idziak | 951.2395 |
| 1st U10 Girls | Emily Forrest | 1081.3228 |
| 2nd U10 Girls | Sofia Gillespie | 1080.8607 |
| 3rd U10 Girls | Freya Hudson | 1053.5443 |
| 1st U11 Girls | Eve Fumberger | 1544.8454 |
| 2nd U11 Girls | Ella Leith | 1266.3155 |
| 3rd U11 Girls | Abby Jovan | 1193.712 |
| 1st U12 Girls | Ruby Idziak | 1359.3313 |
| 2nd U12 Girls | Madeline Ford | 1241.0908 |
| 3rd U12 Girls | Orla Burke | 1184.3915 |
| 1st Open Girls | Madalyn Menzies | 2211.5454 |
| 2nd Open Girls | Erin Menzies | 2188.3118 |
| 3rd Open Girls | Alex McBride-Loane | 1730.304 |

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| --- |
| **Most Personal Best All Age Groups Award** |

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| --- | --- | --- |
| Most PB Award for the Centre | Olivia Rabiej U9G | 29 Pb’s |

|  |
| --- |
| **Most Improved Perpetual Trophy Awards** |

|  |  |  |
| --- | --- | --- |
| Most Improved Long Jump  Phil Gillan Award | Elean Croxford U15G | 1.08m improvement |
| Most Improved High Jump Ted Hudson Award | Lachlan Mitchell U15B | 0.40mimprovement |
| Most Improved Triple Jump Award | Giselle Turnbull U13G | 2.91m improvement |
| Most Improved Discus Hancock Family Award | Zach Sandison U11B | 10.22m improvement |
| Most Improved Shot Put Hancock Family Award | Lachlan Hicks U12B | 3.05m improvement |
| Most Improved Javelin Buttigieg-Clarke Award | Anaru Whakaari | 6.72m improvement |

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| **Memorial Perpetual Trophy Awards** |

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| --- | --- | --- |
| Ian Johnson Memorial Trophy  (U11-Open B)  (400m, 800m, 1500m) Most Points | Ged Gibney U13B | 1347.915 pts |
| John Evans Memorial Trophy  (U11-Open G)  (400m, 800m, 1500m) Most Points | Madeline Ford U12G | 823.4632 pts |

|  |  |  |
| --- | --- | --- |
| **Most Improved Track Awards** | | |
| Most Improved 70m | Alexandra Matiszak U8G | -2.38sec improvement |
| Most Improved 100m | Zachary Hill U9B | -3.39sec improvement |
| Most Improved 200m | Alexandra Matiszak U8G | -11.98sec improvement |
| Most Improved 400m | Isabela Pattison U8G | -28.49sec improvement |
| Most Improved 800m | Nicola Steere U13G | -36.38sec improvement |
| Most Improved 1500m | Gemma Walsh U12G | -85.60sec improvement |

**Victorian State Championships.**

Unfortunately due to Covid-19, the State championships were not held in season 2019/20.

The following athletes are to be congratulated for qualifying for these championships.

**2019/20 State Qualifiers**

Elena Croxford U15G

Charlotte Dunn U11G

Maya Eastwood U13G

Ashlee Farrar U16G

Tate Ferguson U12B

Eve Fumberger U11G

Freya Harris U12G

Lachlan Hicks U12B

Finn Kane U11B

Rhys Kane U10B

Braith Lafaialii U10B

Grayson Lafaialii U13B

Ella Leith U11G

Mackenzie Leith U14B

Erin Lucas U16G

Harry Lynn U11B

James Lynn U11B

Armani Mauriochooho U11G

Harvey McInnes U13B

Erin Menzies U16G

Madalyn Menzies U16G

Aydin Metin U13B

Reuben Miller U13B

Dashiell Muir U13B

Manon Muir U11G

Lucas Perrone U11B

Charlie Rossi U13B

Zach Sandison U11B

Nicola Steere U13G

Jamie Stevenson U10B

Angus Thomas U12B

Anaru Whakaari U15B

Tainui Whakaari U13B

Aidan Whitfort U13B

**State Relay Championships:**

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.

##### RECORDS

**New records in 2019/20 season by Williamstown athletes.**

**Williamstown Little Athletics Centre Inside Records (2019-20)**

Ashlee Farrar U16G 100m 13.36s (9 Nov 2019)

Ashlee Farrar U16G 200m 28.70s (16 Nov 2019)

Ashlee Farrar U16G 200m 28.49s (30 Nov 2019)

Ashlee Farrar U16G 200m 27.84s (29 Feb 2020)

Finn Kane U11B 1500m 5:03.77s (30 Nov 2019)

Finn Kane U11B 1500m 5:03.03s (22 Feb 2020)

Mackenzie Leith U14B Javelin 35.52m (29 Feb 2020)

Mackenzie Leith U14B Discus 42.26m (29 Feb 2020)

Manon Muir U11G 80m Hurdles 14.45s (29 Feb 2020)

Madalyn Menzies U16G Long Jump 4.40m (29 Feb 2020)

**Williamstown Little Athletics Centre Outside Records (2019-20)**

Erin Menzies U16G Discus 25.79m (25 Jan 2020) Corio Invitation Combined Day

Erin Menzies U16G Shot Put 8.44m (1 Feb 2020) State Combined Events Champs

Madalyn Menzies U16G Javelin 23.77m (1 Feb 2020) State Combined Events Champs

Ashlee Farrar U16G 100m 13.32s (15 Feb 2020) Regional Track and Field Champs

Ashlee Farrar U16G 200m 28.33s (15 Feb 2020) Regional Track and Field Champs

Ashlee Farrar U16G 400m 1:07.98s (15 Feb 2020) Regional Track and Field Champs

Madalyn Menzies U16G Triple Jump 9.38m (15 Feb 2020) Regional Track and Field Champs

Erin Menzies U16G Shot Put 8.57m (15 Feb 2020) Regional Track and Field Champs

Erin Lucas U16G Discus 28.48m (15 Feb 2020) Regional Track and Field Champs

Erin Menzies U16G Javelin 29.58m (15 Feb 2020) Regional Track and Field Champs

Mackenzie Leith U14B Discus 40.45m (15 Feb 2020) Regional Track and Field Champs

**CURRENT RECORDS-**

Boys inside records-

<https://e83416b2-2ce8-4c3e-9646-64ceb2bb2dcf.filesusr.com/ugd/72b7b4_05581c5c36674328916f06bf95d3e5f6.pdf>

Boys outside records:

<https://e83416b2-2ce8-4c3e-9646-64ceb2bb2dcf.filesusr.com/ugd/72b7b4_08f9a3f6d8064a1a94ecb3ef4f593446.pdf>

Girls inside records:

<https://e83416b2-2ce8-4c3e-9646-64ceb2bb2dcf.filesusr.com/ugd/72b7b4_3edaeeefcbde478b8dbde273013a0f7a.pdf>

Girls outside records-

<https://e83416b2-2ce8-4c3e-9646-64ceb2bb2dcf.filesusr.com/ugd/72b7b4_f746540a385d4487a60aa2efe63f631c.pdf>

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##### Event Requirements: Heights, Distances and Weights

### Hurdle Heights Placement and Distances

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| AGE, BOY / GIRL | HEIGHT | | | RUN-IN | SPACING | | | RUN-OUT |
| 60 metre Hurdles | | | Orange / Red Marks | | | | Six Flights | |
| UNDER 9 | 45cm | | | 12m | 7m | | | 13m |
| UNDER 10 | 60cm | | | 12m | 7m | | | 13m |
| 80 metre Hurdles | | | Black Marks | | | | Nine Flights | |
| UNDER 11  UNDER 12  UNDER 13 | 60cm  68cm  76cm | | | 12m  12m  12m | 7m  7m  7m | | | 12m  12m  12m |
| UNDER 14 Girl | 76cm | | | 12m | 7m | | | 12m |
| 90 metre Hurdles | | | White Marks | | | | Nine Flights | |
| UNDER 14 Boy | 76cm | | | 13m | 8m | | | 13m |
| UNDER 15 Girl | 76cm | | | 13m | 8m | | | 13m |
| UNDER 16 Girl | 76cm | | | 13m | 8m | | | 13m |
| 100m Hurdles | | Yellow Marks | | | | Ten Flights | | |
| UNDER 15 Boy | 76cm | | | 13m | 8.5m | | | 10.5m |
| UNDER 16 Boy | 76cm | | | 13m | 8.5m | | | 10.5m |
| 200 metre Hurdles | | Green Marks | | | | Five Flights | | |
| UNDER 13  UNDER 14 | 68cm  76cm | | | 20m  20m | 35m  35m | | | 40m  40m |
| 300 metre Hurdles | | Green Marks | | | | Seven Flights | | |
| UNDER 15 – 16 | 76cm | | | 50m | 35m | | | 40m |

### High Jump Recommended Qualifying or Starting Heights

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | GIRLS HEIGHTS | | | BOYS HEIGHTS | | |
| AGE GROUP | NORMAL WEEKLY | CENTRE CHAMPS | STATE CHAMPS | NORMAL WEEKLY | CENTRE CHAMPS | STATE CHAMPS |
| Under 8\* | .60m | .70m | Nil | .65m | .75m | Nil |
| Under 9\* | .65m | .75m | .85m | .70m | .80m | .90m |
| Under 10\* | .75m | .80m | .95m | .80m | .90m | 1.05m |
| Under 11 | .80m | .90m | 1.10m | .85m | .95m | 1.15m |
| Under 12 | .95m | 1.05m | 1.15m | 1.00m | 1.10m | 1.25m |
| Under 13 | 1.00m | 1.15m | 1.25m | 1.05m | 1.20m | 1.30m |
| Under 14 | 1.10m | 1.20m | 1.30m | 1.15m | 1.25m | 1.40m |
| Under 15 | 1.15m | 1.25m | 1.35m | 1.20m | 1.30m | 1.45m |
| Under 16 | 1.15m | 1.25m | 1.35m | 1.20m | 1.30m | 1.45m |

\*Athletes will only be permitted to compete using the scissor technique.

### Shot Put, Discus, Javelin Weights

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Boys** | | | | **Girls** | | | |
| **Age Group** | **Implement** | | | **Age Group** | **Implement** | | |
|  | **Shot Put** | **Discus** | **Javelin** |  | **Shot Put** | **Discus** | **Javelin** |
| U6 | 1kg | 350g |  | U6 | 1kg | 350g |  |
| U7 | 1kg | 350g |  | U7 | 1kg | 350g |  |
| U8 | 1kg | 350g |  | U8 | 1kg | 350g |  |
| U9 | 2kg | 500g |  | U9 | 2kg | 500g |  |
| U10 | 2kg | 500g |  | U10 | 2kg | 500g |  |
| U11 | 2kg | 500g | 400g | U11 | 2kg | 500g | 400g |
| U12 | 2kg | 750g | 400g | U12 | 2kg | 750g | 400g |
| U13 | 3kg | 750g | 600g | U13 | 3kg | 750g | 400g |
| U14 | 3kg | 1kg | 600g | U14 | 3kg | 1kg | 400g |
| U15 | 4kg | 1kg | 700g | U15 | 3kg | 1kg | 500g |
| U16 | 4kg | 1kg | 700g | U15 | 3kg | 1kg | 500g |

##### WILLIAMSTOWN ATHLETIC CLUB



The fun doesn't stop with Little Athletics. Williamstown Athletic Club invites all under 13, 14, 15 and 16 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.