

SEASON HANDBOOK 2017-2018



**Celebrating our 49th season
of Family, Fun and Fitness**

Judged by Little Athletics Victoria as the
BEST centre in the Southern Metro Region and
3rd BEST centre in Victoria for 2015-16

www.lachelsea.com.au

This handbook is available on-line at www.lachelsea.com.au

LITTLE ATHLETICS CHELSEA - CENTRE POLICY

PARENT HELP...

Little Athletics Chelsea is a totally voluntary organisation and relies on parents to help with the general running of competition whether it is roles like measuring, raking, recording, being an Age Group Co-ordinator, a starting marshal or an assistant. Importantly, this is a terrific way for parents to be involved in their child's sporting interest.

To further ensure our weekly program runs even more efficiently, each family is required to undertake a minimum of three 'compulsory' duties throughout the season - with a choice of assisting with set up, pack up, BBQ, canteen, timing gates, starting or working bee.

Families need to nominate their duties on a roster located at the centre office before the season starts. This duty roster was introduced for the first time in 2015-16 and we thank parents for their support.

For those parents unsure of how to help, information sessions and courses are run at various times of the season, and committee members are more than happy to lend a hand and offer advice.

Little Athletics Victoria also provides training for starters, coaches, On Track co-ordinators and officials, which can be subsidised by the centre...for more information, see the 'Clinics and Workshops' section within the Welcome tab on our website.

Little Athletics Chelsea encourages everyone to be involved and assist in the centre's decision-making process.

Parents are invited to express interest in any of our various committees, and there is no restriction to the number of areas in which parents can help. These include arena management, fundraising & sponsorship, handbook, coaching and training, membership retention, website design, promotion and the running of special events such as our Gift Day and Open Day. Most communication is informal and can be done via email messages.

The centre values your input and thoughts, so please feel free to pass on any ideas that you may have.

A reminder that at every competition event there must be at least one parent/guardian present, as athletes without parental supervision may not be able to participate.

CHEST PATCH - BAR CODE

Little Athletics Victoria requires all athletes to wear the provided chest patch with bar code at all times during centre activities. This is a safety and sponsorship requirement, and enables other parents to know your child's name and age group. In the case of an accident or emergency, the child's name can be accessed quickly.

Parents must detail any medical problems on the registration form and it is recommended they list these on the back of the chest patch. The bar code ensures athletes' results are recorded and tracked in the on-line Timing Solutions system. Results can simply be checked on the centre's website.

To ensure long life of the patch, it is recommended that Velcro be purchased so the patch can be removed without damage and the clothing washed. Patches can also be laminated. If it is lost or damaged, a replacement patch must be purchased for \$5, please see uniform co-ordinator Sue Hendricks. Athletes without a chest patch may be prevented from competing as they are in breach of the Little Athletics Victoria membership requirements (section 1.8).

Also refer to the on-line centre policy on wearing of the sponsor/name chest patch.

This handbook is available on-line at www.lachelsea.com.au

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| | | |
|-----------------------------|--------------------------------|---------------------|
| Mr Jim Rankin | Mr John Van Echteld | Mr Peter Richardson |
| Mr Lindsay Best | Mr Brian Gray | Mr Ian Brown |
| Mr John Ellem (dec) | Mr Frank Sullivan | Mr Doug Gittens |
| Mrs Ann Riley | Mr Paul Riley | Mrs Faye Cornwill |
| Mrs Carol Butterfield | Mr Greg Butterfield | Mr Ian Dornom |
| Mr Steve Downie | Mr Trevor Sasman | Mr Mark Thomas |
| Mrs Ros MacInnes | Mr Terry Clark | Mr Ray Fyans |
| Mrs Elaine Simpson | Mrs Sue Davis | Mrs Liz Scammell |
| Mr Alan Senior | Mr Michael Stock | Mrs Anne Mellett |
| Mr Carlo Ballerini | Mr Andrew Holten | Mr Peter Crawford |
| Mr Richard Cullen | Ms Claudette (MacDonald) Lopez | |
| Mrs Sue Hendricks (2015-16) | Mrs Prue Mitchell (2015-16) | |

CONTACT DETAILS

Centre location:
Edithvale Reserve
Edithvale Rd, Edithvale
Melway map ref: 93 C9

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ROLES & RESPONSIBILITIES

There are no supplied officials at centre level in little athletics and the centre can only function with the assistance of volunteers, i.e. parents, caregivers.

A number of tasks are required to be performed each season to ensure that the centre functions efficiently, resulting in maximum enjoyment for all participating. Many tasks whilst essential are quite simple and require minimal effort and time.

If you can contribute in any area, your help would be greatly appreciated. Please see a committee member for information.

The centre extends a big thanks to those people listed below...

| Role | Responsible Person |
|---|--|
| President Centre Announcer | Greg Russo |
| Vice-President Cross Country Co-ordinator | Cameron Whillas |
| Secretary | Andrew Schneider |
| Treasurer Track Marker | Gary Macfarlane |
| Registrar | Janelle Russo |
| On Track | Shane Adams |
| Uniform, First Aid Working With Children Registrar | Sue Hendricks |
| Schools Liaison | Prue Mitchell Andrew Schneider |
| Age Group Co-ordinators | Dani Macfarlane Ron Koczek, Jerome Collopy |
| Coaching / Training | Dani Macfarlane, Cameron Whillas, John Tsiros |
| Starters' Marshall | Kaih Mitchell |
| Canteen | Amy Menhennitt Jenny Woodhouse |
| Ray White Chelsea Gift | Anthony Cafarella |
| BBQ | Andrew Goodfellow |
| Relays Team Co-ordinators | Dani Macfarlane Cameron Whillas |
| Sponsorship | Greg Russo |
| Chelsea Open Day | Committee |
| Results and Data Entry | Wendy Bartleman |

Front
straight



PRESIDENT'S WELCOME

Welcome to our 2017-18 season - our 49th summer of Family, Fun and Fitness.

We have another exciting season planned and I wish all athletes well.

If you are new to athletics, we trust that you will enjoy your 'running, throwing and jumping' and we look forward to seeing you return for many seasons to come.

At Chelsea, we are fortunate because we have recent achievements to build on.

Little Athletics Victoria named Chelsea the **3rd BEST** centre in the State (from over 100 centres) and the **BEST** centre in the Southern Metro Region for 2015-16.

This is credit to the magnificent efforts and contributions of everyone associated with Little Athletics Chelsea - athletes, parents, committee and all our fantastic volunteers.

Season 2017-18 promises to be another exciting season, with a jam-packed program including our ever popular 10th consecutive Ray White Chelsea Gift, the Relaython, our Bendigo Bank Medallion Day and the 35th Chelsea Open Day carnival, whereby athletes from across Victoria can come and compete at Chelsea.

Of course, athletes will again have the chance to take part in team relays as well as represent Chelsea at external events including regional and state championships.

The committee has been busy preparing to make the athletics experience fun and enjoyable for everyone. We have a jam-packed 20-week program supported by initiatives including new equipment, a revamped website, more efficient programs and an emphasis on coaching and training.

I also ask that all parents continue to support our duty roster to ensure our programs run even more efficiently...the roster was introduced for the first time in 2015-16 and has been an enormous success.

We are also most grateful for the support of all our sponsors, and to them, I say a very big thank-you.

As we draw closer to our 50th season (2018-19), I wish all our athletes the very best and to all families...enjoy your athletics and BE YOUR BEST.

Greg Russo,
September 2017



CENTRE EXECUTIVE - COMMITTEE 2017-18

PRESIDENT



GREG RUSSO

0490 253 609

president@lachelsea.com.au

VICE PRESIDENT



CAMERON WHILLAS

0490 253 609

vicepresident@lachelsea.com.au

SECRETARY



ANDREW SCHNEIDER

0490 253 609

secretary@lachelsea.com.au

TREASURER



GARY MACFARLANE

0490 253 609

treasurer@lachelsea.com.au

GENERAL COMMITTEE MEMBERS 2016-17

PRUE MITCHELL (Life Member)
SHANE ADAMS
JEROME COLLOPY
NADIA CAZAUX

DANI MACFARLANE
KAREN VELLA
RON KOCZEK

SUE HENDRICKS (Life member)
JOHN TSIROS
PAULO LAY

We welcome all members to our monthly committee meetings and to come along and be a part of the decision making process. You may also wish to consider joining the Centre committee. It really is a wonderful way to get involved and help shape the future of our centre. Feel free to ask a committee member about what is involved and how you can help. And with our 50th Anniversary next season it promises to be an extra exciting time to be involved.

Centre Colours: Yellow, white, red & black singlet / shirt / polo Black shorts / black sports briefs

Centre Number: 60

Committee Meetings: Wednesdays after the 3rd Tuesday of the month at 8pm in the Little Athletics Chelsea clubrooms.
 All most welcome...





It's the little things that matter. Like our kids.

At Aspendale Gardens-Edithvale **Community Bank®** Branch we recognise that local clubs, projects and community groups are an important part of the community. That's why we show our support in many different ways – like sponsoring Little Athletics Chelsea.

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UNIFORMS AND CLOTHING

Athletes are required to wear either the 2016-17 club uniforms (red, yellow or white tops) or the predominantly black Chelsea top when competing at our home track.

Uniforms are available in sizes to suit all - children and adults alike.

Please note, over the course of the 2017-18 season, the former club colour tops (red, yellow, white) can be worn however all athletes will need to wear the official black Chelsea top from the **start of the 2018-19 season** (our 50th season). A black shirt can be worn under Chelsea singlets.

You can order clothing through our Uniform Co-Ordinator Sue Hendricks. Uniforms may be purchased at the clubrooms. It is recommended that tops are purchased early in the season.

Black shorts form part of all uniforms. Shorts without pockets are recommended to prevent fingers getting caught & causing injury whilst competing.

At centre level, when athletes compete at regional & state championship events, shorts must not depict any manufacturer or company logos. The official centre uniform, i.e. predominantly black Chelsea top, is to be worn at regional and state championships and at other centre's Open Days.

OFFICIAL CENTRE UNIFORM



Centre Singlet \$35



Centre T-Shirt \$35



Centre/Club Shorts (Black) \$20



Former Redbacks Polo \$10



Former Panthers Polo \$10



Former Roadrunners Polo \$10

OTHER UNIFORM ITEMS



Centre Polo \$40



Centre Tracksuit Top \$50-\$55



Centre Hoodie Top \$50-\$55

SEASON CALENDAR 2017-18

| | | |
|-----------------------|--|---|
| SEPTEMBER 2017 | 10 | BBQ Fundraiser - Woolworths Chelsea (from 9am) |
| | 17 | BBQ Fundraiser - Woolworths Chelsea (from 9am) |
| | 20 | Pack collection #1 at Edithvale Reserve clubrooms (6-8pm) |
| | 23 | Pack collection #2 at Edithvale Reserve clubrooms (10am – 12 noon) |
| | 30 | AFL Grand Final |
| OCTOBER 2017 | 1 | Pre-Season Working Bee and Pack Collection #3 (10am - 12 noon) |
| | 3 | Pack collection #4 at Edithvale Reserve clubrooms (6pm - 8pm) |
| | 7 | Week 1 Competition - Program 1 (<i>for events see pages 12-13</i>) |
| | 14 | Week 2 Competition - Program 2 (<i>for events see pages 12-13</i>) |
| | 21 | Week 3 Competition - Program 3 (<i>for events see pages 12-13</i>) |
| NOVEMBER 2017 | 28 | Week 4 Competition - Program 1 (<i>for events see pages 12-13</i>) |
| | 3 | Week 5 Competition - Program 2 (<i>Twilight - 5.15pm start</i>) |
| | 11 | Week 6 Competition - Program 3 |
| | 18 | Week 7 Competition - Program 1 |
| | 24 | Week 8 Competition - Program 3 (<i>Region Relay Championships at Springvale, 25 Nov</i>) |
| DECEMBER 2017 | 2 | Week 9 Competition - Program 2 |
| | 9 | Ray White Chelsea Gift Day |
| | 15 | Week 10 Competition - Program 1 (<i>Twilight - 5.15pm start</i>), <i>State Relay C'ships, 16 Dec</i>) |
| JANUARY 2018 | 12 | Inter-Centre - Springvale (Twilight meet - 6pm start) |
| | 13 & 20 | Chelsea Open Day Working Bee |
| | 21 | Chelsea Open Day |
| | 25 | Week 12 Competition - Program 3 (<i>Twilight - 5.15pm start</i>), <i>State Multi-Event, 27-28 Jan</i>) |
| FEBRUARY 2018 | 3 | Week 13 Competition - Program 1 (<i>Jetstar Relay-a-thon</i>) |
| | 10 | Week 14 Competition - Program 2 |
| | 17-18 | Region Track & Field Championships (no competition at Chelsea) |
| | 24 | Week 15 Competition - Program 3 |
| MARCH 2018 | 3 | Week 16 Competition - Program 2 |
| | 9 | Week 17 Competition - Program TBA, Twilight, State T&F Championships, 10-11 March |
| | 24 | Bendigo Bank Medallion Day (Centre presentations and AGM) |
| | 25 | <i>Reserved (Medallion Day - in case of washout on March 17)</i> |
| APRIL 2018 | Winter Cross-Country season starts (dates to be confirmed) | |

OTHER DATES OF NOTE...

| | |
|----------------------------|--|
| NOVEMBER 25 2017 | Southern Metro Region Relay Championships - (U9 - U15) - Springvale |
| DECEMBER 16 2017 | Little Athletics Victoria State Relay Championships - (U9 - U15) - Albert Park |
| JANUARY 27-28 2017 | State Multi-Event Championships - (U9 - U16) - Casey Fields - 2-day event |
| FEBRUARY 17-18 2018 | Southern Metro Region Track & Field Championships |
| MARCH 10-11 2017 | Little Athletics Victoria State Track & Field Championships - Albert Park |

(Dates & events are subject to change - refer to website, noticeboards or see committee for confirmation)

EVENTS PROGRAMS

| WEEKLY EVENT PROGRAM - 1 | | | | | |
|--------------------------|-------|-------|----------|---------------|--------------|
| Age Group | Event | | | | |
| U/6 | 70m | 200m* | Discus | On Track | |
| U/7 | 70m | 200m | Shot Put | On Track | |
| U/8 | 70m | 200m | 400m | Turbo Javelin | Long Jump |
| U/9 | 70m | 200m | 400m | Shot Put | Scissor Jump |
| U/10 | 70m | 200m | 400m | Discus | Long Jump |
| U/11 | 100m | 200m | 400m | Discus | Triple Jump |
| U/12 | 100m | 200m | 400m | Shot Put | Triple Jump |
| U/13 | 100m | 200m | 400m | Javelin | High Jump |
| U/14 | 100m | 200m | 400m | Javelin | High Jump |
| U/15 | 100m | 200m | 400m | Javelin | High Jump |
| U/16 | 100m | 200m | 400m | Javelin | High Jump |

*200m unlaned to be introduced in January 2018

| WEEKLY EVENT PROGRAM - 2 | | | | | |
|--------------------------|--------------|------|-----------|---------------|--------------|
| Age Group | Event | | | | |
| U/6 | 70m | 100m | Shot Put | On Track | |
| U/7 | 70m | 100m | Long Jump | On Track | |
| U/8 | 60m hurdles | 70m | 100m | Discus | Scissor Jump |
| U/9 | 60m hurdles | 100m | 800m | Discus | Long Jump |
| U/10 | 60m hurdles | 100m | 800m | Turbo Javelin | Triple Jump |
| U/11 | 60m hurdles | 100m | 800m | Shot Put | Long Jump |
| U/12 | 60m hurdles | 100m | 800m | Javelin | High Jump |
| U/13 | 200m hurdles | 100m | 800m | Shot Put | Long Jump |
| U/14 | 200m hurdles | 100m | 800m | Shot Put | Long Jump |
| U/15 | 300m hurdles | 100m | 800m | Shot Put | Long Jump |
| U/16 | 300m hurdles | 100m | 800m | Shot Put | Long Jump |

| WEEKLY EVENT PROGRAM - 3 | | | | | |
|--------------------------|-----------------|------|-----------|---------------|-------------|
| Age Group | Event | | | | |
| U/6 | 70m | 100m | Long Jump | On Track | |
| U/7 | 70m | 100m | Discus | On Track | |
| U/8 | 60m hurdles | 70m | 100m | Shot Put | Long Jump |
| U/9 | 60m hurdles | 70m | 100m | Turbo Javelin | Long Jump |
| U/10 | 60m hurdles | 70m | 100m | Shot Put | High Jump |
| U/11 | 60m hurdles | 100m | 1500m | Javelin | High Jump |
| U/12 | 60m hurdles | 100m | 1500m | Discus | Long Jump |
| U/13 | 81m hurdles | 100m | 1500m | Discus | Triple Jump |
| U/14 | 81/90m hurdles | 100m | 1500m | Discus | Triple Jump |
| U/15 | 90/100m hurdles | 100m | 1500m | Discus | Triple Jump |
| U/16 | 90/100m hurdles | 100m | 1500m | Discus | Triple Jump |

Note: Event Programs are subject to change. All efforts to advise changes are endeavoured to be published on the centre website and members notified via email/newsletter.





Bayside Podiatry is proudly sponsoring

Little Athletics Chelsea in 2017-18

Bayside Podiatry has been operating in the local bayside area for over 20 years.

Our four Podiatrists have the ability to offer all aspects of Podiatric care. These include:

- Care of children's and infant's feet
- Treatment of any sporting injuries of the foot and ankle
- Wart treatment
- Ingrown nail surgery
- Treatment of biomechanical issues using such therapies as orthotics
- Shockwave therapy for muscle/tendon injury
- General footcare such as nail and corn/callus care
- Assessment and care of diabetic feet
- Fungal nail infections
- Advice regarding sporting and casual footwear

Please call our friendly reception staff on **9772 9579** whom will make you an appointment or endeavour to help with your enquiries.

The clinic is open 5 days a week, with early morning and after hour's appointments available.



Edithvale

261 Nepean Highway

(opposite Edithvale Station)

ON COMPETITION DAYS...

- ▶ At 7.30am on Saturdays, those rostered on for set-up begin to set up the equipment, canteen and BBQ. For Friday twilights, set-up is from 4.30pm.
- ▶ Athletes must wear the approved centre uniforms with their chest patch-name-barcode displayed.
- ▶ At 8.30am on Saturdays and 5pm on Fridays, we start our competition program with the warm up exercises. Announcements are made and any awards or important notices are presented.
- ▶ U8 and above age groups participate in up to 5 events per week, according to the weekly events program. U6 and U7 age groups participate in up to 3 events per week, according to the weekly events program plus On-Track activities.
- ▶ The athletes are organised into their age groups with their AGE GROUP CO-ORDINATOR or with the ON-TRACK CO-ORDINATOR (U6 & U7), ready to commence their starting events at **8.45am** on Saturday, and **5.15pm** on Friday twilights.
- ▶ Athletes or Age-Group Co-ordinators should wait for the Program Marshall or Ground Announcer to advise when their next event is to be conducted. Announcements will be made over the public address system to direct age groups to their next event - see age group folders/days program. This ensures that the program will run smoothly with all age groups completing the day's events at about the same time, with minimal clashing, and delays between events. **Important: Please wait to be called or check with the program marshall or ground announcer that the venue is available for your age group before proceeding to the next event.**
- ▶ Events are conducted under the Competition / Centre Rules listed on page 30 (but not limited to those listed).
- ▶ Athletes, parents and officials should show due consideration to events in progress, whether on the track or field. Be aware at all times when crossing the track (only at crossover cones) of competing athletes, for their and your own protection. **Crossing the path of the long/triple jump runways when an event is in progress is not permitted.** Also be aware of the throwing events areas, i.e. shot put, discus and javelin areas. Note, discus and javelins travel at high speeds and can cause serious injury.
- ▶ Our recording sheets are updated weekly to show each athlete's current Personal Best so that instant recognition and encouragement can be given at the event.
- ▶ The recording sheets are entered into our database to:
 - record athletes' PERFORMANCES
 - highlight and update PERSONAL BESTS
 - highlight and update CENTRE RECORDS
 - calculate INDIVIDUAL PERFORMANCE POINTS
 - Weekly results can be viewed on our website at www.lachelsea.com.au
 - Athletes can view and add performances in on-line ticketing books
- ▶ We aim to finish by 11.30am (younger groups U6-U7 earlier), after which rostered parents are to help with pack up. Field events pack up should be completed by the last age group to complete that event - check with Ground Marshall/Age Group Co-ordinator folder/daily program.
- ▶ **Please note there must be at least one parent/guardian present at all times.**

ADVERSE WEATHER

The athletics arena at Edithvale Reserve incorporates a grass track. Drainage facilities are excellent and generally only the most severe conditions (e.g. continuous rain) results in a cancellation of the day's competition. If the grass surface or jumps pits are overly wet, then hurdles and long jump / triple jump events if scheduled may be delayed or cancelled, to reduce the chance of injury.

The Committee takes the decision to cancel a competition very seriously and will delay the decision for cancellation of a program if it appears that, in the case of rain, a break in the weather will occur. We understand that it is impractical to delay for an extended period, and advise that if a message has not appeared by 8.15am on our website and/or social media pages then the program is indeed running. The final decision will be made by 9.30am or 5.00pm in the case of morning or twilight meetings respectively.

INSURANCE

Insurance cover, provided by Willis (Brokers) Insurance Limited is available to all registered athletes and volunteer helpers (all of whom must sign the Register of Ordinary Members). Cover is provided for injuries solely caused by active participation in officially organised events, practice and training sessions and official functions, including when travelling to and from such events.

Claim forms may be obtained from the Centre Secretary, and must be submitted within 30 days of the injury occurring. Injuries should be reported to a Centre Official and documented in an accident/injury report form available from the centre clubrooms.



Back In Motion is proudly supporting Chelsea Little Athletics

As part of our sponsorship we provide:

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Aspendale Gardens

1 Forbes Drive
Aspendale Gardens

LITTLE ATHLETICS CHELSEA - CENTRE POLICY

VICTORIAN CODE OF CONDUCT FOR COMMUNITY SPORT



Department of Planning
and Community Development

The Victorian Code of Conduct for Community Sport outlines behaviours that are expected of every person involved in community sport and active recreation, as well as identifying the types of behaviours that will not be tolerated.

The Code

Every person: spectator, player, club member, official, participant, administrator, coach, parent or member of the community involved with the sport, should work to ensure:

- ▶ inclusion of every person regardless of their age, gender or sexual orientation
- ▶ inclusion of every person regardless of their race, culture or religion
- ▶ opportunities for people of all abilities to participate in the sport and develop to their full potential
- ▶ respect is shown towards others, the club and the broader community
- ▶ a safe and inclusive environment for all
- ▶ elimination of violent and abusive behaviour
- ▶ protection from sexual harassment or intimidation.

This Code applies to community sport, training and club sanctioned activities.

CODE OF ETHICS

Parents, coaches and officials by example of behaviour, have an enormous influence on our children. All adult participants in Little Athletics should form an accepted pattern of behaviour based on the following ideals.

1. Do not criticise children in front of others, but offer constructive criticism in private.
2. Do not criticise opposing athletes or supporters by word or gesture.
3. Accept decisions made by officials as being fair and called to the best of their ability.
4. Set a good example by your own personal appearance and actions.
5. Make every athletics meeting serve as a training ground for life and as a basis for good mental and physical health.
6. Place the welfare and development of the individual child above the need to win.
7. Do read and put into practice the relevant sections of the "Code of Conduct" document which is available on the Centre website.
8. Support the VicHealth policies outlined in this Handbook.

If Little Athletics is to be enjoyed by all in the spirit of "Family, Fun and Fitness" then the co-operation of all parents, coaches and officials is of primary importance.

The Codes Of Conduct for Athletes, Spectators, Parents, Coaches, Officials, and Administrators is available for viewing on the Centre website at: <http://www.lachelsea.com.au/index.php/club-documents/>

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LITTLE ATHLETICS CHELSEA - CENTRE POLICY

SUN PROTECTION...

The Centre is aware that children are especially susceptible to the sun's rays and that skin cancer can be prevented.

The health of our members is of primary concern for Little Athletics Chelsea.

Australia has the highest rate of skin cancer in the world, with two out of three people experiencing some form of skin cancer during their lifetime. It is acknowledged that skin cancer is a preventable disease and Little Athletics Chelsea has implemented a preventative strategy including the following actions:

1. Wherever possible competition and training will be scheduled outside the hours of 11.00am to 3.00pm (daylight savings time).
2. The Centre will maximise the use of natural shade provided by buildings and trees.
3. Where possible, portable shade will be provided at all field event venues and in the track marshalling areas.
4. Individuals will be encouraged to bring their own shade structures to all outdoor centre and region activities.
5. Officials and athletes will promote the wearing of sun protective clothing, including: shirts with long sleeves and a collar, wide brimmed or legionnaires hats, and sunglasses.
6. Athletes will be advised to take umbrellas, drink bottles and sunscreen to events. Hats and sunglasses may be worn during competition.
7. SPF 30+ or higher sunscreen will be promoted and made available by the Centre.
8. Event programs, newsletters and public announcements will be used to maintain awareness of and promote sun protection.
9. Centre Executive members, coaches and officials will act as sun protection role models

The sun protection policy will be reviewed annually to ensure it remains relevant to the needs of the centre.

WORKING WITH CHILDREN CHECK – Little Athletics Victoria Policy

The Victorian Government through the Department of Justice has introduced the "Working with Children Act 2005," which has distinct implications on the conduct of little athletics. The WWC Check applies to adults who work with children or are engaged in volunteer roles involving children (under 18 years of age). The WWC Check applicable in Victoria is the mandatory minimum standard for a range of child – related industries. The WWC Check now covers all areas of administration, officiating, coaching and overnight supervision at camps and clinics. People working or volunteering in connection with little athletics are now required to have their WWC Check, if they fall into one of the categories below.

- Region Executive Committee members
- Centre Executive Committee members
- Club Executive Committee members
- Coaches
- Officials at State and Region level – (not parent helpers who's child is participating on the day)
- Team Managers
- Volunteers without children registered at the Centre
- Overnight Supervisors at camps/clinics/functions
- First Aid Personnel
- Volunteers at Association run activities, (not Centre events).

Parents, who have a child registered at the centre where they work or volunteer, are exempt from the WWC Check, unless they fall under one of the categories listed above.

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LITTLE ATHLETICS CHELSEA - CENTRE POLICY

HEALTHY FOOD CHOICE

The Centre is aware that healthy eating is a vital part of good health. We recognise that lifestyle diseases such as heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity are all associated with the food we eat.

We acknowledge that healthy eating can have an impact on the lives of our members, and that the provision of healthy foods will contribute to better health for all. Enjoying a variety of foods from the different food groups is the key to healthy eating.

The Centre will ensure that a variety of healthy food choices are available at all its activities. This applies to all meetings, competitions, functions and events and to all members, officials, players, volunteers, spectators, visitors and any others taking part in activities.

The following strategies have been adopted to ensure that a variety of healthy food choices are available at all Centre activities:

1. The Centre canteen (where applicable) will provide a variety of healthy food choices.
2. Healthy food choices will be available at all Centre events and functions.
3. The enjoyment of healthy eating and the role of food in relation to health will be promoted at Centre activities and in Centre publications.
4. Healthy food choices will be displayed more prominently than other foods.
5. Healthy food choices will be priced competitively.
6. The variety of confectionery, potato chips, soft drinks and ice creams will be limited.
7. The Centre will attempt to introduce at least two new healthy food choices to the Centre, each season.

This policy will be endorsed annually to ensure that it remains relevant to the needs of the Centre.

RESPONSIBLE ALCOHOL MANAGEMENT POLICY

The centre is aware that alcohol, when misused can cause harm to the drinker and others. A responsible drinking policy has been adopted so as to reduce risks and avoid problems.

The following strategies have been adopted:

1. There will be no sale or consumption of alcohol during the conduct of any Little Athletics events.
2. Where alcohol is consumed at a Centre function the following measures will be taken:
 - i. Alcohol will not be served to minors, or in front of minors
 - ii. Alcohol will not be served to any person who is intoxicated
 - iii. Low alcohol and non-alcoholic drinks will be available and promoted
 - iv. Water will be available at no cost at functions where alcohol is served
 - v. Healthy food options will be available when alcohol is served
 - vi. Members who have been drinking will be encouraged to pursue safe transport options
3. There will be no alcohol advertising at any venue used by the Centre.
4. The Centre will not use alcohol as a prize for fundraising activities.
5. The Centre will comply with Liquor Licensing Victoria (LLV) regulations.

This policy will be endorsed annually to ensure that it remains relevant to the needs of the centre.

LITTLE ATHLETICS CHELSEA - CENTRE POLICY

SMOKE-FREE ENVIRONMENT

The Centre is aware that smoking endangers health and believes that all Little Athletics venues and functions should be Smoke-Free. In an open park the venue is defined as “the area inside an imaginary boundary 50 metres from the outside perimeter of the circular track”.

The following strategies have been adopted to promote a Smoke-Free environment:

1. Cigarettes shall not be sold at any venue used by Little Athletics Chelsea.
2. Executive members, coaches and officials will not smoke in view of the public or athletes during the lead up to and conduct of Little Athletics events.
3. All Centre meetings and functions will be smoke-free.
4. All areas within the Centre will be Smoke-Free, including: the clubrooms, canteen, changing room, toilet blocks, spectator areas and competing areas.
5. The Centre will place no smoking signs in prominent positions and remove ashtrays from all no smoking areas.
6. The Centre will ensure that smokers have a place outside the venue or out of public view, where they can smoke, and provide them with ashtrays/bins.
7. Reference will be made to the smoke-free policy in Centre publications
8. Regular announcements will be made to ensure that members and visitors are aware of the Centre’s Smoke-Free policy. Signs provided by the Association will be placed in the venue.
9. All visitors will be required to observe this policy.

Non-compliance with the policy will be handled by an explanation of the Centre’s Smoke-Free policy to the person, including identification areas in which smoking is allowed. In the case of continued non-compliance with the policy, Centre officials will use their discretion as to the steps to be taken, which may include asking the person to leave the premises or function.

This policy will be endorsed annually to ensure that it remains relevant to the needs of the Centre.

DOGS

No dogs are allowed on the arena, for any reason, during the season. This is Little Athletics Victoria policy.

BIKES

No bicycles are permitted on the arena during competition.

WHAT DOES.....MEAN?

PARENT HELP

Little Athletics needs parent help to run smoothly. It is not demanding and is an excellent way of helping and encouraging our children. It can also be a very social event. Jobs range from measuring discus throws to raking the long jump pits and include setting up equipment and recording results. To share the tasks fairly we have established a roster (see page 2 for more details). Please do your best to be available and on time, or find a replacement if you are unavailable.

AGE GROUP CO-ORDINATORS

Age Group Co-ordinators and assistants will be appointed for each age group and gender. The age group co-ordinators will be the central contact point for all athletes and parents in that age group as well as the contact person between that group and the program marshal / announcer and key officials. They are responsible for preliminary marshalling for all events for that group. They will also encourage parents of athletes to help out with the events to ensure they run smoothly.

COACHING



Please refer to weekly newsletters and the centre website for updated information regarding the training schedule for this season. Coaching is for U8 age group and above.

Please refer to our weekly emails, the notice board and the website for further details of what disciplines will be covered each week.

Details: <http://www.lachelsea.com.au/index.php/information-section/clinics-and-workshops/>

PERSONAL BEST ★STARS★ (PB's)



Each time an athlete improves their own Personal Best performance they are rewarded with a **STAR**. At Chelsea we try to emphasise this aspect by concentrating not on where you may place in an event, but how well you perform against your best and the improvement gained.

For U/8 and above we have special **5 STAR** Awards for those fortunate enough to achieve 5 Personal Bests on one day. For U/6 and U/7 we have **3 STAR** awards.

If an Athlete gains 3 or more PB's on the one morning, their names are submitted to the local newspaper and the centre website in recognition of their effort.

Personal Best performances are not tallied for end-of-season awards, even though they may occur, until week 4. This is to be fair on all age groups so that there is no advantage to those who compete in the same event during the initial six week rotating program.

RAY WHITE CHELSEA GIFT



The Chelsea Gift, first run in 2008, is now an annual handicap event race held over 100m. The aim of the event is to give any athlete at the Centre the chance of winning the race. Both Senior and Junior categories for the event are available. The race will be run on **Saturday 9 December**, and is one of the most keenly contested events at the centre. The Gift is proudly sponsored by Ray White Chelsea. View past results on our website.

CHELSEA OPEN DAY

The Centre will host our annual Open Day in season 2017/18. The event is scheduled for **Sunday 21 January 2018**. The Open Day is for athletes from age groups U/6 - U/16 and is open to athletes from all centres. It is a showpiece day for Chelsea. Last year more than 300 athletes attended. We encourage our athletes to enter neighbouring centre Open Days as this is a valuable and fun experience.

ASPENDALE TROPHIES



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WHAT DOES.....MEAN?

BENDIGO BANK MEDALLION DAY (entry included in annual fees)



This is our last event for the season, after which we have our AGM and Centre Awards Presentation. The program is run as a Multi-Event, with each athlete competing in five events. Each child will then be awarded a Bronze, Silver or Gold Medallion according to the total combined levels of performance achieved.

END OF SEASON AWARDS

Awards are presented at the end of the season based on the number of Personal Bests and performance points accumulated by the athletes during the season. Awards are presented in all age groups from U6-U16. Centre awards are presented in the following categories - Senior Age U13-U16, Intermediate U11-U12, and Junior U9-U10. On Track are presented to U6-U7 athletes in track and field event categories. The U8 age group is recognised as an extension of On-Track. To be eligible for an end of season award an athlete must have competed in a **minimum of 50% of the available Competition Days after the day of registration. Additionally no less than 2 weeks of competition after Christmas Day.**

ON TRACK



On Track is a progressive Athletics Skills Program that aims to provide children with more:

- activity
- instruction
- skill development
- enjoyment

The program is being implemented throughout the State, with about 75% of all Centres now participating. Our parents and coaches have attended training courses and have been provided with training material to run the On Track modified event program.

The On Track Levels:

- Level 1 - Fundamental Motor Skills
- Level 2 - Fundamental Athletic Skills
- Level 3 - Transitional Athletic Skills

Currently this modified event program, designed by Little Athletics Victoria, is aimed at the U6's to U8's. At Little Athletics Chelsea, we run On Track for the Under 6 and Under 7 age groups, with the athletes then progressing to a full 5-event program at Under 8.

As well as trained On Track Co-ordinators, **we must have parent assistance** to run the program of activities each week. You'll find that by joining in and assisting the co-ordinators, you'll have as much fun as the athletes.

2016/17 JUNIOR DEVELOPMENT SQUAD



The Junior Development Squad (JDS) is a program aimed at giving our talented athletes a little more in terms of coaching, education, competition and a sense of accomplishment. Athletes must qualify for the squad by achieving athletic results that better a set performance criteria.

The squad is open to all registered athletes from U/12 to U/16 who achieve the performance criteria. Running from mid-October to March, the program consists of numerous activities including coaching days, alternate coaching sessions, coaching camp, education sessions, role model sessions with elite athletes, and a presentation ceremony.

Full details are available on the LAV web site at: <http://tinyurl.com/JDS2014-15>

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WHAT DOES.....MEAN?

CENTRE RECORDS

These are the best recorded performances achieved by Chelsea athletes at normal weekly Chelsea centre competitions. Performances from the Open Day or other venues are not taken into account. Records published on the centre website are correct at the time of printing, however the centre reserves the right to amend any record. The centre maintains a database of all current records which are published on the website at <http://www.lachelsea.com.au/index.php/centre-champions/centre-records/>

Centre Records need to be validated by two centre committee executive or authorised members.

PERFORMANCE POINTS - INDIVIDUAL

Each athlete's performance is rated against pre-determined standards. These are tallied for end-of-year awards.

SOUTHERN METROPOLITAN REGION

Southern Metropolitan Region (SMR) is the next organisation level up from our centre. SMR is the largest of the regions, and is comprised of 15 little athletics centres, and approx. 4800 registered members. The Chelsea centre uniform must be worn with the current sew-on sponsorship badge (JETSTAR) when competing at region or state level events. The badge must be worn on the centre uniform above the Little Athletics Victoria logo.

REGION & STATE CHAMPIONSHIPS

Competitions are conducted for relays, multi-event and individual track and field events. Registered athletes in U9 to U15 are eligible to enter Region Relay Championships, the State Multi-event Championships, the Region Track & Field Championships and the State Track & Field Finals at Albert Park.

These championships are run by volunteers and each centre provides a certain number of officials to fulfil specific duties. For each event that an athlete competes in, there are about 6 parent volunteers officiating.

Last season each Chelsea family needed to commit to about 2 to 3 hours of duty per championship. Duties can occur at any timeslot between 8-6pm.

All efforts are made to give each family their preferred time for doing a duty. With the move to on-line registration of athletes for these championships, once you confirm your child's entry you are committing to a duty.

To be eligible an athlete must have competed in at least 50% of the available weekly centre competition days since registering, and have registered at least two weeks prior to the SMR Championship event close of entries date.

BRING A FRIEND DAY- this is any normal competition day

Athletes are asked to invite their friends to come and try our activities at no cost, and then decide if they wish to join the centre. All bring a friend participants must register on-line or at the office before competing in any event.

COMPETITION - CENTRE RULES

1. **Officials** may send children off the arena for any undisciplined behaviour or bad language (NOT THAT WE EXPECT THIS TO OCCUR).
2. **Spectators** & parents not acting in an official capacity should remain outside the grassed arena.
3. **A Parent or Guardian must be in attendance at all times.** Children should not be dropped off and left unsupervised. This is especially important if a competition day is cancelled or abandoned due to bad weather.
4. **Footwear:** Running shoes must be worn for all events, including training sessions, in accordance with Little Athletics Victoria Regulation #8. **Spikes** may be worn by the U11-U16 age groups for the following events only: a laned track event of 400m or less, long jump & triple jump. The maximum spike length is 7mm. For safety reasons, spikes shall only be worn within the arena or at the field event venue while the athlete is competing, i.e. in the competition area(s). Athletes who do not follow these conditions will not be allowed to wear spikes for the remainder of the season.
5. **Clothing:** Club uniforms are to be worn on normal competition days. Shorts are to be to Little Athletics Victoria requirements (10cm above the knee). The centre uniform can be worn at weekly events, state and regional championship events, Open Day or Medallion Day competition. Full length leggings, tracksuits (pants or tops), and windcheaters are not permitted. Athletes should remove these prior to an event - in the case of a field event they may re-apply them after each trial. All centres have a responsibility to Little Athletics Victoria's major sponsor to display their brand.
6. Children **must** have their name and age group clearly displayed on their uniform using the Little Athletics Victoria name tag supplied when registering. We would also recommend noting any allergies that your child has on the back of the tag.
7. Hurdles and High Jump (scissor technique only) start at Under 8; High Jump and 800m start at Under 9, and the 1500m event at Under 11.
8. Javelin starts at Under 8, with athletes using a lightweight plastic "Turbo-Jav" until Under 10. The Under 11 age group and upwards use a real javelin. The javelin event is considered to be dangerous, and only one javelin per group should be in use at any time to reduce the chance of an injury.
9. **Equipment:** The unsupervised use of any equipment on competition days is not permitted. If any breakage of equipment occurs or it is noted that equipment is missing, a committee member should be notified so that this can be corrected prior to the next competition day.
10. **The Finish Line.** Competitors must cross the white line. Time is taken from the smoke of the gun or electronic flash until the athlete's **body** crosses the finish line. All events are electronically timed. Hand timing may apply to some long distance events.
11. **Lanes.** In all laned events (60m, 81m, 90/100m, 200m and 300m Hurdles, 70m, 100m, 200m, 400m and the first stage of the 800m,) competitors must stay in their marked lanes, i.e. between the marked lines. U8 will do an un-laned 400m, and from January 2017, U6 will do 200m un-laned.
12. **Starting:** Athletes in U12 and above age groups must use a **crouch** start with or without blocks. Younger age groups U6-U11 must do a standing start. Athletes shall be responsible for ensuring that starting blocks are prepared/ returned/ put away.
13. **Coaches** for relay teams will be selected by the Executive Committee, based on nominations received.

14. Selection of **relay** teams will be based on the selection committee's assessment of relay requirements such as baton changing, participation and attendance at training as well as ability. **The committee's decision will be final.**
15. **Banners or batons** won by relay teams remain the property of the centre, but may be held by the respective coaches whilst they remain actively involved with the centre.
16. The **rules** of a competition event unless otherwise specified are those implemented by Little Athletics Victoria. Rules can be found at <http://www.lavic.com.au/Education-Training/Officials>
17. **Centre Records** must be validated by two centre committee executive members, or the following authorised members: Greg Russo, Gary Macfarlane and Anthony Cafarella in accordance with the Centre's Record Verification Procedure. Full electronic timing applies for track events. If a field event record is believed to have been broken then the spike marking the distance obtained must remain in place or the cross-bar must not be adjusted in the case of the High Jump, until the measurement can be verified. In the case of a throwing event, the discus, shot put, or javelin used by the athlete should also be identified.

(The above is intended as a general set of centre rules only, and is not an exhaustive or complete list.)





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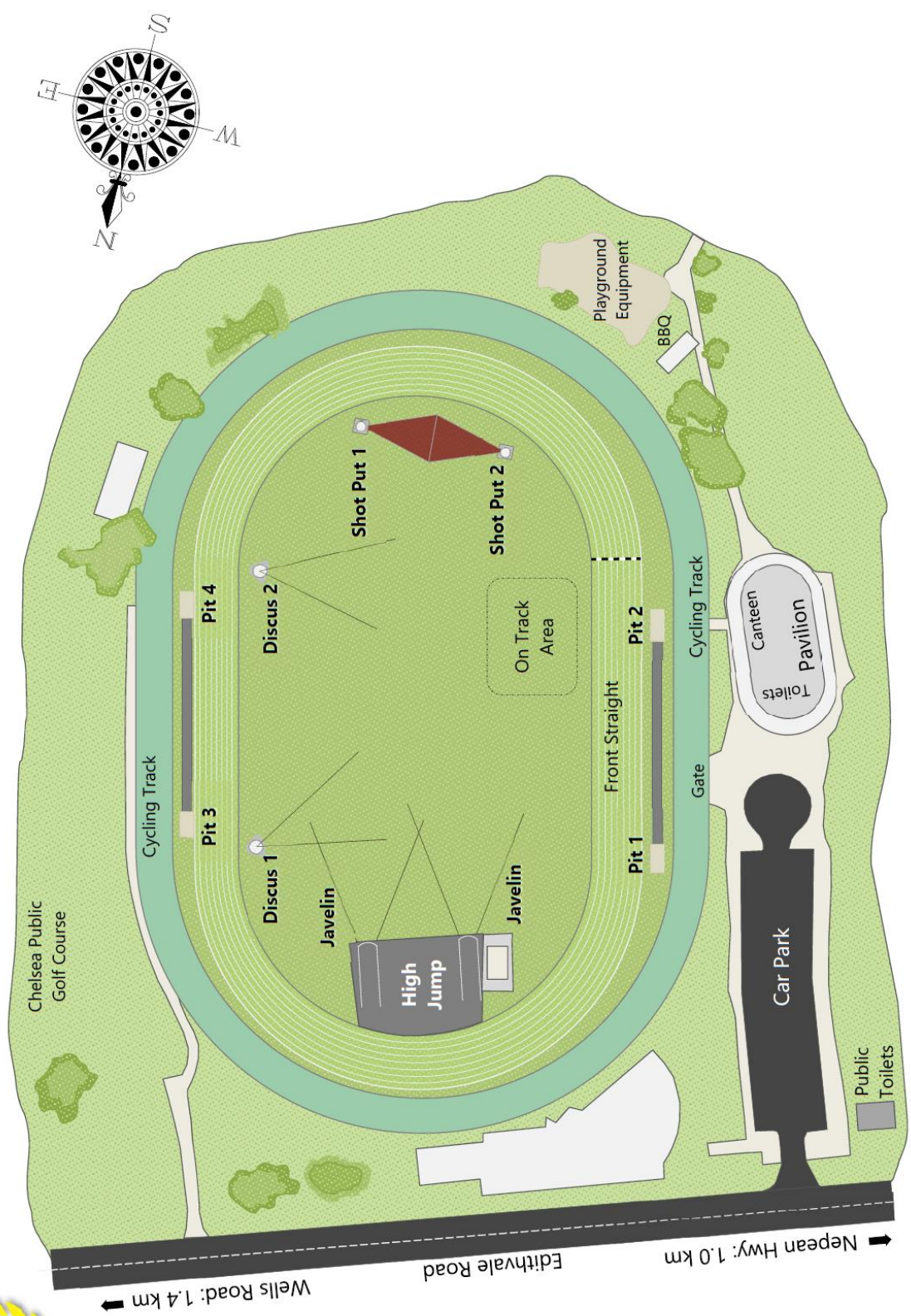
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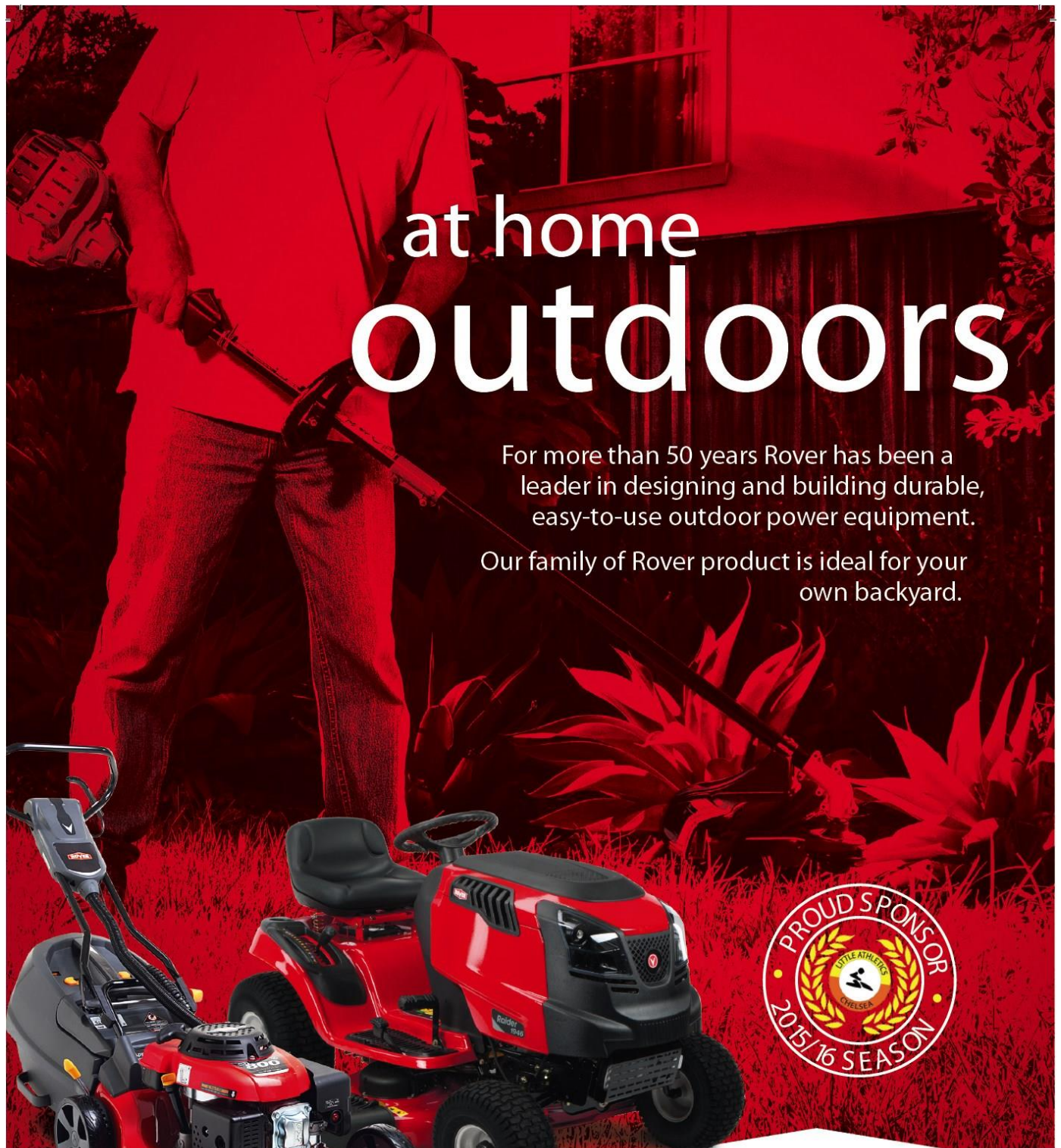
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NORMAL COMPETITION DAY TRACK LAYOUT

LITTLE ATHLETICS CHELSEA
TRACK LAYOUT





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**LITTLE ATHLETICS CHELSEA -****CENTRE CHAMPIONS**

| Season | Boys | Girls |
|---------------|-----------------------------------|-------------------------------------|
| 1969/70 | K. Greenwood | D. Gail |
| 1970/71 | Peter Bresnanhan | Cathy Pert |
| 1971/72 | Andrew Sinclair | Melindy Davis |
| 1972/73 | Glen Philbey | Mandy Davidson |
| 1973/74 | Kevin Naismith | Melindy Davis |
| 1974/75 | Kevin Naismith | Mandy Davidson |
| 1975/76 | Rohan David | Mandy Davidson |
| 1976/77 | Steven Gray | Kylie Meighan |
| 1977/78 | Sean Gray | Lindy Essing |
| 1978/79 | Steven Gray | Katie Nelson |
| 1979/80 | Craig Best | Katie Nelson |
| 1980/81 | Andrew Casey | Alicia Gray |
| 1981/82 | Brett Callaghan | Alicia Gray |
| 1982/83 | Brett Callaghan | Alicia Gray |
| 1983/84 | Brett Callaghan | Heidi Weiland |
| 1984/85 | Brett Callaghan | M. Deane-Freeman |
| 1985/86 | Travis Hopgood | Jemima Butterfield |
| 1986/87 | Brock Fletcher & Steven Connolly | Louise Macklin & Jemima Butterfield |
| 1987/88 | Brock Fletcher & Christian Gionis | Fiona Harris |
| 1988/89 | Brendon Bride | Melissa Cordy |
| 1989/90 | Mark Occhipinti | Melissa Cordy |
| 1990/91 | Brendon Bride | Melissa Cordy |
| 1991/92 | Chris Ascuncion | Fiona Harris |
| 1992/93 | Adam Cagney | Fiona Harris |
| 1993/94 | Ryan Green | Marisa Butterfield |
| 1994/95 | Mark Occhipinti | Marisa Butterfield |
| 1995/96 | Ryan Green | Marisa Butterfield |
| 1996/97 | Laurence Angwin | Marisa Butterfield |
| 1997/98 | Laurence Angwin | Samantha Clark |
| 1998/99 | Matthew Douglas | Carly Chapman |
| 1999/00 | Thomas Senior | Rachael Evans |
| 2000/01 | Thomas Senior | Emily Johnston |
| 2001/02 | Luke Smith | Ruby Holten |
| 2002/03 | Luke Smith | Emily Johnston |
| 2003/04 | Luke Smith | Ruby Holten |
| 2004/05 | Luke Smith | Emily Johnston & Ruby Holten |
| 2005/06 | Thomas Senior | Madeline Dunne |
| 2006/07 | Trent Scheirs | Ruby Holten |
| 2007/08 | Sean Hendricks | Nicola Deacon |
| 2008/09 | Tristan Scheirs | Taylah Nelson |
| 2009/10 | Tristan Scheirs | Tiana Scheirs |
| 2010/11 | Jack Congues | Taylah Nelson |
| 2011/12 | Jeremy Ockerby | Claudia Cazaux |
| 2012/13 | Jeremy Ockerby | Alicia Ockerby |
| 2013/14 | Daniel Vella | Claudia Cazaux |
| 2014/15 | Daniel Vella | Claudia Cazaux |
| 2015/16 | Thomas Toth | Jazmin Firth |
| 2016/17 | James Russo | Teagan Lay |

LITTLE ATHLETICS CHELSEA 2016/17 CENTRE AWARDS



John Ellem Award - 2nd
Liam Whillas
33 Personal Bests



John Ellem Award - 1st
Vuna Ofahengaue
35 Personal Bests



John Ellem Award - 3rd
Angus Woodhouse
32 Personal Bests



Boys Centre Champion
James Russo



Boys Centre Champion
Runner-Up - Thomas Toth



Girls Centre Champion
Teagan Lay



Girls Centre Champion
Runner-Up - Jade Tsiros



Centre President's Award
Brodie Macfarlane



Andrew Holten Award
For Outstanding Service
Dani Macfarlane



LITTLE ATHLETICS CHELSEA 2016/17 CENTRE JUNIOR AND INTERMEDIATE AWARDS



**Junior Boys
Short Track
James Russo**



**Junior Girls
Short Track
Teagan Lay**



**Junior Boys
Long Track
James Russo**



**Junior Girls
Long Track
Madison Driscoll**



**Junior Boys
Jumping
James Russo**



**Junior Girls
Jumping
Teagan Lay**



**Junior Boys
Throwing
Jay Kennedy**



**Junior Girls
Throwing
Teagan Lay**



**Intermediate Boys
Short Track
Thomas Toth**



**Intermediate Girls
Short Track
Nadia Daniels**



**Intermediate Boys
Long Track
Thomas Toth**



**Intermediate Girls
Long Track
Freya Brown**



**Intermediate Boys
Jumping
Thomas Toth**



**Intermediate Girls
Jumping
Hailey Wellington**



**Intermediate Boys
Throwing
Thomas Toth**



**Intermediate Girls
Throwing
Indiana Tsiros**



LITTLE ATHLETICS CHELSEA 2016/17 CENTRE SENIOR AWARDS



**Senior Boys
Short Track
Vuna Ofahengaue**



**Senior Girls
Short Track
Claudia Cazaux**



**Senior Boys
Long Track
Liam Whillas**



**Senior Girls
Long Track
Claudia Cazaux**



**Senior Boys
Jumping
Vuna Ofahengaue**



**Senior Girls
Jumping
Sapphire Harrison-
Corney**



**Senior Boys
Throwing
Vuna Ofahengaue**



**Senior Girls
Throwing
Erin Reilly**



Chelsea Open Day: 22 January 2017



LITTLE ATHLETICS CHELSEA 2016/17 CENTRE RECORDS

Erin Reilly - U15 Girls Javelin - 35.48 metres - 4 February 2017

Vuna Ofahengaue - U13 Boys Shot Put - 11.90 metres - 25 March 2017

Vuna Ofahengaue - U13 Boys Discus - 33.36 metres - 28 January 2017

Joshua Padinis - U15 Boys Javelin - 26.44 metres - 4 February 2017

Teagan Lay - U9 Girls Long Jump - 3.83 metres - 25 March 2017

New event centre records 2016-17:

Leila Gothard - U6 Girls 200 metres - 42.87

Kade Zealley - U6 Boys 200 metres - 43.23

Meg Perkin - U8 Girls 400 metres - 1:32.92

Riley Whillas - U8 Boys 400 metres - 1:27.86

Jessica Adams - U8 Girls High Jump Scissor - 0.98

Luca Williams - U8 Boys High Jump Scissor - 0.99

Claudia Cazaux - U13 Girls 200 metres hurdles - 33.51

Vuna Ofahengaue - U13 Boys 200 metres hurdles - 30.95

Chloe Toth - U14 Girls 200 metres hurdles - 38.27

Jonathan Mastorakos - U14 Boys 200 metres hurdles - 36.35

Allyson Jambu - U15 Girls 300 metres hurdles - 1:01.22

Joshua Padinis - U15 Boys 300 metres hurdles - 55.07

Yarno Vlasblom - U16 Boys 300 metres hurdles - 57.15



LITTLE ATHLETICS CHELSEA 2016/17 CENTRE AWARDS

John Ellem Award

1st - Vuna Ofahengaue - 35 Personal Bests

2nd - Liam Whillas - 33 Personal Bests

3rd - Angus Woodhouse - 32 Personal Bests

Centre Champions

| | |
|-------|--|
| Boys | James Russo Thomas Toth (Runner-Up) |
| Girls | Teagan Lay Jade Tsiros (Runner-Up) |

President's Award

Brodie Macfarlane

Category Champions

SENIOR

Long Track
Short Track
Jumping
Throwing

GIRLS

Claudia Cazaux
Claudia Cazaux
Sapphire Harrison-Corney
Erin Reilly

BOYS

Liam Whillas
Vuna Ofahengaue
Vuna Ofahengaue
Vuna Ofahengaue

INTERMEDIATE

Long Track
Short Track
Jumping
Throwing

GIRLS

Freya Brown
Nadia Daniels
Hailey Wellington
Indiana Tsiros

BOYS

Thomas Toth
Thomas Toth
Thomas Toth
Thomas Toth

JUNIOR

Long Track
Short Track
Jumping
Throwing

GIRLS

Madison Driscoll
Teagan Lay
Teagan Lay
Teagan Lay

BOYS

James Russo
James Russo
James Russo
Jay Kennedy



LITTLE ATHLETICS CHELSEA 2016/17 AGE GROUP AWARDS

U/6 BOYS – ON TRACK BOYS PARTICIPATION

JACKSON ADAMS, MARCUS BRYANT, PATRICK CURTIS, KODY DOWER-BAIRD, LEWIS GALLARDO, MAX HARVIE, LACHLAN JEFFREE, ZAK KAM, HENRY LAI, EWAN LAKE-O'BRIEN, GRAYSON OFAHENGAE, KY PERKIN, DARCY TUININGA, KADE ZEALLEY

U/6 GIRLS – ON TRACK GIRLS PARTICIPATION

IMOGEN BRADY, SASHA BURGESS, TESSA CONNOLLY, MAIVE DOWLING, LEILA GOTHARD, LENI HARTLEY, SOPHIE LE DAN, GISELLE MILSOME, CHLOE MOORE, SCARLETT SMITH, SAMANTHA WALSH, RUBY WHEELER

U/7 BOYS – ON TRACK PARTICIPATION

JIMI BEATTIE, JAKE BLUNDELL, JOEL DEAN, NIKHILAN JOSEPH, NOAH LEEK, DARCY LEERSEN, KAI LYNCH, MAXX MORRIS, LOCHIE SCHNEIDER, MATTHEW TAYLOR, RYDER TSIROS, COOPER WHALAN, SPENCER WHEELER, HENRY WHITNEY

U/7 GIRLS – ON TRACK PARTICIPATION

LUCY BARTLEMAN, LAYLA DIDUS, ANNEBELLE HUGHES, MATILDA LAUGHLIN, EMERSON LAY, MIA TOTH

U8 BOYS

CHAMPION - DESMOND BERRY

RUNNER-UP - RILEY WHILLAS

3RD PLACE - ATTICUS COLLOPY

BE YOUR BEST AWARD - MALI MELEISEA

PARTICIPATION - ELIJAH BOWLER, JESSE GALLAGHER, WILLIAM GARWOOD, LOGAN GRAY, ARON KARUP, PRABHATH KOTA, CHARLIE LEEK, SAMUEL LEERSEN, RHETT MILSOME, JACKSON PARKER, BILLY SCHNEIDER, BLAKE WELLINGTON, SPENCER WHITNEY, LUCA WILLIAMS, SAMUEL WILSON

U8 GIRLS

CHAMPION - JESSICA ADAMS

RUNNER-UP - AHLIA DIMACHKI

3RD PLACE - TARA ZEALLEY

BE YOUR BEST AWARD - MOLLY BALLANTYNE

PARTICIPATION - LAURA FULTON, SOPHIE JACKSON, AIYANA JAYASEKERA, AYVA KIKI, EMILY NEWMAN, MEG PERKIN, AVA RUBINA, BROOKE SWEATMAN, BROOKE WALSH, MATILDA WILLIAMS

U9 BOYS

CHAMPION - JAMES RUSSO

RUNNER-UP - KASH VANDERWYK

3RD PLACE - JAKOB LAUGHLIN

BE YOUR BEST AWARD - NOAH KROON

PARTICIPATION - TOBY BARTLEMAN, ANTHONY BLAMEY, TOBY BLUNDELL, RAFAEL CABALLERO, SAM COLLIVER, BENJI COSTANTE, SASHA COX, CHARLIE DEAN, NED DOWLING, CONNOR O'NEILL, DIEGO RUBINA, HARRY SHIELDS, DINO SIPEK, ANGUS WOODHOUSE

U9 GIRLS

CHAMPION - TEAGAN LAY

RUNNER-UP - MADISON DRISCOLL

3RD PLACE - JASMINE TOMAC

BE YOUR BEST AWARD - TAYLA GIBBONS

PARTICIPATION - TAYLAH BELL, JADE MOORE, CHLOE SMITH, MADDIE SMITH



LITTLE ATHLETICS CHELSEA 2016/17 AGE GROUP AWARDS

U10 BOYS

CHAMPION - LIAM PIETERS

RUNNER-UP - JAY KENNEDY

3RD PLACE - OSCAR WHEELER

BE YOUR BEST AWARD - LACHLAN FULTON

PARTICIPATION - MIKA FAID, PIRI FAID, THOMAS GARWOOD, MATTHEW HAAS, HARRY PARKER, TOM STRANGE

U10 GIRLS

CHAMPION - JADE TSIROS

RUNNER-UP - ZOE CONNOLLY

3RD PLACE - BRIDGET KOCZEK

BE YOUR BEST AWARD - SARAH HASTINGS

PARTICIPATION - KAITLYN BALLANTYNE, REMY BARKER, TAITEM CUTTING, SOMA HARRISON-CORNEY,
OLIVIA JACKSON, BREE SMITH, HOLLY SWEATMAN, JESSICA WALSH

U11 BOYS

CHAMPION- THOMAS TOTH

RUNNER-UP - RILEY GIBBONS

3RD PLACE - COOPER RUSSELL

BE YOUR BEST AWARD - OLIVER LYNCH

PARTICIPATION - ASHLEY BARTLEMAN, ORLANDO CABALLERO, THOMAS EVANGELISTA, WIL HARVEY, KYLE JETSON,
ARCHIE LAI, CHARLEY LAI, LIAM SMITH, THOMAS WHILLAS

U11 GIRLS

CHAMPION - FREYA BROWN

RUNNER-UP - HAILEY WELLINGTON

3RD PLACE - JESSIE LAUGHLIN

BE YOUR BEST AWARD - TULIP HUTCHINSON

PARTICIPATION - JACINTA GALLAGHER, CARYS HAMILL

U12 BOYS

CHAMPION - COREY MACFARLANE

RUNNER-UP - MASON DWYER

3RD PLACE - SEBASTIAN COLE

BE YOUR BEST AWARD - ASH DRISCOLL

PARTICIPATION - AIDAN CAFARELLA, MARCUS CINCOTTA, JETT DOWLING, ASHLEY KOCZEK

U12 GIRLS

CHAMPION - NADIA DANIELS

RUNNER-UP - INDIANA TSIROS

3RD PLACE - JASMINE KENNEDY

BE YOUR BEST AWARD - LILY WOODHOUSE

PARTICIPATION - ADELINA GALLIAMOVA, EMILY PRASARD, LAUREN RUSSO, JURNEY VANDERWYK, EDIE VOGT



LITTLE ATHLETICS CHELSEA 2016/17 AGE GROUP AWARDS

U13 BOYS

CHAMPION - VUNA OFAHENGAUE
RUNNER-UP - LIAM WHILLAS
3RD PLACE - NATHAN PADINIS
BE YOUR BEST AWARD - JAMES GOODFELLOW
PARTICIPATION - MAX WOODHOUSE

U13 GIRLS

CHAMPION - CLAUDIA CAZAUX
RUNNER-UP - SAPPHIRE HARRISON-CORNEY
3RD PLACE - TAMSYN RUSSELL
BE YOUR BEST AWARD - ELISSA HARDMAN
PARTICIPATION - PRISCILLA GALLAGHER, JADE SMITH

U14 BOYS

CHAMPION - JONATHAN MASTORAKOS
RUNNER-UP - BRODIE MACFARLANE
3RD PLACE - DARBY VOGT
PARTICIPATION - DANIEL KEELAGHER, JOSEPH KEELAGHER

U14 GIRLS

CHAMPION - CHLOE TOTH
RUNNER-UP - HAYLEY PRASAD
3RD PLACE - LIBBY KENNEDY
PARTICIPATION - LLELARNI MITCHELL

U15 BOYS

CHAMPION - JOEL HARDMAN
RUNNER-UP - JOSHUA PADINIS

U15 GIRLS

CHAMPION - ERIN REILLY
RUNNER-UP - ALLYSON JAMBU
3RD PLACE - SOPHIE COSTANTE
PARTICIPATION - ERIN JACOBSON, AMELIA VELLA

U16 BOYS

CHAMPION - YARNO VLASBLOM
RUNNER-UP - ZEKIEL MITCHELL

COURAGE AWARD – ASHLEY KOCZEK, U12B



LITTLE ATHLETICS CHELSEA CLUB PREMIERSHIP SHIELD

Note: There was no club shield awarded in 2016-17, as clubs were amalgamated into the one Chelsea club in August 2016.

| Season | Premier Club | Runner Up | Third |
|---------|--------------|-------------|-------------|
| 1969/70 | Aspendale | Edithvale | Rockets |
| 1970/71 | Aspendale | Rockets | Edithvale |
| 1971/72 | Aspendale | Rockets | Edithvale |
| 1972/73 | Aspendale | Rockets | Roadrunners |
| 1973/74 | Aspendale | Roadrunners | Edithvale |
| 1974/75 | Aspendale | Edithvale | Rockets |
| 1975/76 | Aspendale | Edithvale | Roadrunners |
| 1976/77 | Aspendale | Edithvale | Roadrunners |
| 1977/78 | Aspendale | Edithvale | Roadrunners |
| 1978/79 | Aspendale | Roadrunners | Edithvale |
| 1979/80 | Aspendale | Edithvale | Roadrunners |
| 1980/81 | Roadrunners | Aspendale | Edithvale |
| 1981/82 | Aspendale | Roadrunners | Edithvale |
| 1982/83 | Aspendale | Roadrunners | Edithvale |
| 1983/84 | Roadrunners | Aspendale | Edithvale |
| 1984/85 | Aspendale | Roadrunners | Edithvale |
| 1985/86 | Roadrunners | Aspendale | Edithvale |
| 1986/87 | Aspendale | Edithvale | Roadrunners |
| 1987/88 | Aspendale | Edithvale | Roadrunners |
| 1988/89 | Aspendale | Roadrunners | Edithvale |
| 1989/90 | Aspendale | Roadrunners | Edithvale |
| 1990/91 | Aspendale | Roadrunners | Edithvale |
| 1991/92 | Roadrunners | Aspendale | Panthers |
| 1992/93 | Roadrunners | Aspendale | Panthers |
| 1993/94 | Roadrunners | Redbacks | Panthers |
| 1994/95 | Panthers | Roadrunners | Redbacks |
| 1995/96 | Redbacks | Panthers | Roadrunners |
| 1996/97 | Redbacks | Panthers | Roadrunners |
| 1997/98 | Redbacks | Roadrunners | Panthers |
| 1998/99 | Redbacks | Roadrunners | Panthers |
| 1999/00 | Redbacks | Roadrunners | Panthers |
| 2000/01 | Redbacks | Roadrunners | Panthers |
| 2001/02 | Redbacks | Roadrunners | Panthers |
| 2002/03 | Roadrunners | Panthers | Redbacks |
| 2003/04 | Roadrunners | Panthers | Redbacks |
| 2004/05 | Roadrunners | Panthers | Redbacks |
| 2005/06 | Roadrunners | Panthers | Redbacks |
| 2006/07 | Panthers | Roadrunners | Redbacks |
| 2007/08 | Panthers | Redbacks | Roadrunners |
| 2008/09 | Panthers | Roadrunners | Redbacks |
| 2009/10 | Panthers | Roadrunners | Redbacks |
| 2010/11 | Panthers | Redbacks | Roadrunners |
| 2011/12 | Roadrunners | Panthers | Redbacks |
| 2012/13 | Roadrunners | Redbacks | Panthers |
| 2013/14 | Redbacks | Panthers | Roadrunners |
| 2014/15 | Redbacks | Roadrunners | Panthers |
| 2015/16 | Redbacks | Roadrunners | Panthers |



LITTLE ATHLETICS CHELSEA
RAY WHITE CHELSEA GIFT - 10 December 2016

Ray White™

Chelsea



| SENIOR GIFT - FINAL | | | | | | | |
|---------------------|-------------------|-----------|---------|----------|-------|-------|--------|
| LANE | ATHLETE | AGE GROUP | CLUB | HANDICAP | TIME | PLACE | BIB |
| 1 | Vuna Ofahengaue | U/13 | Chelsea | 14.0 | 12.23 | 5 | Red |
| 2 | Sebastian Cole | U/12 | Chelsea | 24.0 | 12.31 | 6 | White |
| 3 | Teagan Lay | U/9 | Chelsea | 27.0 | 11.95 | 1 | Blue |
| 4 | Liam Smith | U/11 | Chelsea | 27.0 | 12.48 | 7 | Yellow |
| 5 | Llelarni Mitchell | U/14 | Chelsea | 28.0 | 12.17 | 4 | Green |
| 6 | Carys Hamill | U/11 | Chelsea | 31.0 | 12.14 | 3 | Pink |
| 7 | Chloe Smith | U/9 | Chelsea | 31.0 | 12.69 | 8 | Black |
| 8 | Jess De Silva | U/14 | Chelsea | 35.0 | 12.07 | 2 | Purple |

| JUNIOR GIFT - FINAL | | | | | | | |
|---------------------|------------------|-----------|---------|----------|-------|-------|--------|
| LANE | ATHLETE | AGE GROUP | CLUB | HANDICAP | TIME | PLACE | BIB |
| 1 | Desmond Berry | U/8 | Chelsea | 1.0 | 17.87 | 2 | Red |
| 2 | Sophie Jackson | U/8 | Chelsea | 11.0 | 18.11 | 6 | White |
| 3 | Aron Karup | U/8 | Chelsea | 13.0 | 18.49 | 8 | Blue |
| 4 | Annabelle Hughes | U/7 | Chelsea | 18.0 | 17.92 | 4 | Yellow |
| 5 | Joel Dean | U/7 | Chelsea | 22.0 | 17.75 | 1 | Green |
| 6 | Layla Didus | U/7 | Chelsea | 23.0 | 18.12 | 7 | Pink |
| 7 | Darcy Leersen | U/7 | Chelsea | 24.0 | 17.91 | 3 | Black |
| 8 | Jack Dobbie | U/6 | Chelsea | 31.0 | 18.00 | 5 | Purple |



LITTLE ATHLETICS CHELSEA CHELSEA GIFT HONOUR BOARD

| Year | Junior | Senior |
|------|--------------------|------------------|
| 2008 | Darcy Tucker | Luke Gilfedder |
| 2009 | Juliette Benton | Kaih Mitchell |
| 2010 | Hamish Sinclair | James Cochrane |
| 2011 | Thomas Evangelista | Daniel Hendricks |
| 2012 | Matthew Goodman | Noah Fleming |
| 2013 | Thomas Evangelista | Patrick Blyth |
| 2014 | Dion Gordon | Juliette Benton |
| 2015 | Benji Costante | Noah Whitehouse |
| 2016 | Joel Dean | Teagan Lay |

BOYS CENTRE RECORDS - as of March 2017

| | | | | | |
|---------|-------|--------------------|---------|---------|------------|
| UNDER 6 | 70m | Jeremy Ockerby (R) | 13.16 | 2009/10 | 7/11/2009 |
| | 100m | Jay Tilley (P) | 18.13 | 1985/86 | |
| | 150m | Jeremy Ockerby (R) | 28.81 | 2009/10 | 28/11/2009 |
| | 400mW | A Dalrymple (P) | 2:47.10 | 1981 | |
| | 50m | Travis Hopgood (R) | 9.40 | 1981 | |
| | DIS | D Costanzo (R) | 14.03 | 1980 | |
| | LJ | Chad Liddell (P) | 2.78 | 1983 | |
| | LJ | Martin Watts (A) | 2.78 | 1985 | |
| | SP | Jay Tilley (P) | 5.39 | 1986 | |

| | | | | | |
|---------|-------------|---------------------|---------|---------|------------|
| UNDER 7 | 50m | Thomas Senior (R) | 8.51 | 1997/98 | 29/03/1998 |
| | 60mH | D Costello (P) | 12.10 | 1979 | |
| | 70m | Rod Ockerby (A) | 11.20 | 1974 | |
| | 81mH (45cm) | James Norton (R) | 18.09 | 1992/93 | 28/03/1993 |
| | 90mH | Ben Adams (P) | 19.60 | 1988 | |
| | 100m | Kevin Naismith (A) | 16.30 | 1972 | |
| | 150m | Ryan Green (R) | 26.76 | 1991/92 | |
| | 200m | Brett Callaghan (A) | 35.30 | 1981 | |
| | 400mW | M Ayles (A) | 2:31.10 | 1978 | |
| | DIS | Chad Liddell (P) | 20.30 | 1984 | |
| | JAV (Turbo) | Zachary Graham (A) | 11.65 | 2001/02 | 24/11/2001 |
| | LJ | Kevin Naismith (A) | 3.48 | 1972 | |
| | SP | Chad Liddell (P) | 7.06 | 1984 | |

| | | | | | |
|---------|-------------|-----------------------|---------|-----------|------------|
| UNDER 8 | 60mH | A Sinclair (R) | 10.90 | 1971 | |
| | 70m | Kevin Naismith (A) | 11.00 | 1973 | |
| | 81mH (45cm) | Jeremy Ockerby (R) | 16.03 | 2011/12 | 17/03/2012 |
| | 90mH | J Dowling (R) | 17.80 | 1988 | |
| | 100m | A Mathers (R) | 15.40 | 1972 | |
| | 200m | D Gill (A) | 33.60 | 1977 | |
| | 400m | Kevin Naismith (A) | 1:15.80 | 1973 | |
| | 150m | Mark Occhipinti (R) | 24.40 | 1989 | |
| | 50m | Mark Occhipinti (R) | 8.30 | 1989 | |
| | 700mW | A Snowden (R) | 4:12.20 | 1981 | |
| | DIS | Kallai Meehan (P) | 25.26 | 1994/95 | 26/03/1995 |
| | JAV (Turbo) | Tristan Scheirs (P) | 17.06 | 2007/08 | 1/03/2008 |
| | LJ | Kevin Naismith (A) | 3.68 | 1973 | |
| | SP | Matthew Johansson (A) | 7.34 | 1999/2000 | 11/03/2000 |

BOYS CENTRE RECORDS

| | | | | | |
|---------|-------------|-----------------------|---------|---------|------------|
| UNDER 9 | 60mH | Trent Downie (A) | 9.50 | 1990 | |
| | 70m | A Mathers (R) | 10.10 | 1974 | |
| | 81mH (45cm) | L Taylor (A) | 14.62 | 1992/93 | 28/03/1993 |
| | 90mH | Brock Fletcher (A) | 15.90 | 1987 | |
| | 100m | R Carey (R) | 15.10 | 1971 | |
| | 200m | Dale Eden (R) | 29.70 | 1970/71 | |
| | 200m | Wayne Killender (R) | 29.70 | 1970/71 | |
| | 400m | I Sykes (R) | 1:14.00 | 1972 | |
| | 800m | Sean Gray (A) | 2:39.00 | 1976 | |
| | 1100mW | Cameron Riley (A) | 6:47.00 | 1987 | |
| | 150m | Mark Occhipinti (R) | 23.50 | 1990 | |
| | DIS | Kallai Meehan (P) | 26.01 | 1995/96 | 2/12/1995 |
| | HJ | Glen Philbey (P) | 1.28 | 1972 | |
| | JAV (Turbo) | Tristan Scheirs (P) | 21.71 | 2008/09 | 23/01/2009 |
| | LJ | Brett Callaghan (A) | 4.05 | 1983 | |
| | SP | Matthew Johansson (A) | 8.38 | 2000/01 | 3/02/2001 |
| | TJ | Brett Callaghan (A) | 8.69 | 1983 | |

| | | | | | |
|----------|-------------|----------------------|---------|---------|------------|
| UNDER 10 | 60mH | Brett Callaghan (A) | 9.70 | 1984 | |
| | 70m | S Mathers (R) | 10.00 | 1972 | |
| | 81mH (60cm) | Tristan Scheirs (P) | 15.36 | 2009/10 | 22/01/2010 |
| | 90mH | M Whitelaw (R) | 15.10 | 1986 | |
| | 100m | Brett Callaghan (A) | 14.50 | 1984 | |
| | 200m | S Imer (R) | 29.90 | 1973 | |
| | 400m | Brett Callaghan (A) | 1:08.60 | 1984 | |
| | 800m | Andrew Best (A) | 2:34.00 | 1977 | |
| | 1100mW | Matthew Jamieson (A) | 6:28.10 | 1987 | |
| | 150m | Tristan Scheirs (P) | 23.19 | 2009/10 | 31/10/2009 |
| | DIS | Kallai Meehan (P) | 31.92 | 1996/97 | 23/03/1997 |
| | HJ | Glen Philbey (P) | 1.38 | 1974 | |
| | JAV (Turbo) | Tristan Scheirs (P) | 28.55 | 2009/10 | 13/03/2010 |
| | LJ | Sean Gray (A) | 4.58 | 1977 | |
| | SP | Geoff Deas (P) | 9.26 | 1974 | |
| | TJ | Tristan Scheirs (P) | 9.44 | 2009/10 | 07/11/2009 |

| | | | | | |
|----------|-------------|-----------------------|---------|---------|------------|
| UNDER 11 | 60mH | Brett Callaghan (A) | 9.70 | 1985 | |
| | 70m | Jason Quinn (R) | 9.40 | 1985 | |
| | 81mH (60cm) | Radel Fleming (R) | 14.16 | 2004/05 | 27/11/2004 |
| | 90mH | Brett Callaghan (A) | 14.90 | 1985 | |
| | 100m | Jason Quinn (R) | 13.10 | 1985 | |
| | 150m | B Jackson (R) | 21.41 | 1992/93 | 19/12/1992 |
| | 200m | Brett Callaghan (A) | 28.30 | 1985 | |
| | 400m | Brett Callaghan (A) | 1:01.40 | 1985 | |
| | 800m | Bradley Dick (P) | 2:33.20 | 1986 | |
| | 1500mW | Steven Brown (R) | 8:06.90 | 1983 | |
| | 1500m | Travis Johnstone (P) | 5:15.20 | 1990/91 | |
| | DIS | Eamon Mathieson (P) | 32.40 | 1980 | |
| | HJ | Glen Philbey (P) | 1.49 | 1974 | |
| | JAV (400gm) | Luke Smith (R) | 33.70 | 2002/03 | 22/03/2003 |
| | LJ | Sean Gray (A) | 4.88 | 1978 | |
| | SP (2kg) | Matthew Johansson (A) | 10.52 | 2002/03 | 23/11/2002 |
| | TJ | Brett Callaghan (A) | 10.57 | 1985 | |

BOYS CENTRE RECORDS

| | | | | | |
|----------|------------------|---|--------------|---------------|--------------------------|
| UNDER 12 | 60mH | Brett Callaghan (A) | 9.50 | 1986 | |
| | 70m | Jason Quinn (R) | 9.20 | 1986 | |
| | 90mH | Brett Callaghan (A) | 14.10 | 1986 | |
| | 100m | Jason Quinn (R) | 13.10 | 1986 | |
| | 150m | Radel Fleming (R) | 20.67 | 2005/06 | 29/10/2005 |
| | 200m | Jason Quinn (R) | 28.40 | 1986 | |
| | 400m | Jason Quinn (R) | 1:01.90 | 1986 | |
| | 800m | Bradley Dick (P) | 2:32.90 | 1987 | |
| | 1500m | R Elphinstone (R) | 5:05.00 | 1971 | |
| | 1500mW | Bradley Dick (P) | 7:35.20 | 1987 | |
| | 81mH | David Sparks (R) | 13.73 | 1994/95 | 28/01/1995 |
| | DIS | Kallai Meehan (P) | 31.36 | 1998/99 | 27/02/1999 |
| | HJ | Glen Philbey (P) | 1.57 | 1975 | |
| | JAV (400gm) | Luke Smith (R) | 34.07 | 2003/04 | 4/10/2003 |
| | LJ | Sean Gray (A) | 5.11 | 1979 | |
| | SP | Jason Quinn (R) | 10.18 | 1986 | |
| | TJ | Jason Quinn (R) | 10.56 | 1986 | |
| UNDER 13 | 60mH | Brett Callaghan (A) | 9.40 | 1987 | |
| | 70m | Mark Occhipinti (R) | 9.53 | 1993/94 | 26/02/1994 |
| | 90mH | Chris Ascuncion (R) | 14.76 | 1991/92 | |
| | 100m | Brett Callaghan (A) | 13.00 | 1987 | |
| | 150m | Chris Ascuncion (R) | 19.83 | 1991/92 | |
| | 200m | Chris Ascuncion (R) | 26.31 | 1991/92 | |
| | 300mH (68cm) | Sean Hendricks (P) | 48.24 | 2006/07 | 14/10/2006 |
| | 400m | Sean Hendricks (P) | 1:00.50 | 2006/07 | 24/02/2007 |
| | 800m | Jake Townley (P) | 2:23.76 | 2006/07 | 24/03/2007 |
| | 1500mW | S Brown (R) | 8:21.30 | 1984 | |
| | 1500m | Clinton Perrett (P) | 5:05.01 | 1995/96 | 2/03/1996 |
| | 81mH (76cm) | David Sparks (R) | 14.01 | 1995/96 | 24/03/1996 |
| | DIS | Vuna Ofahengaue | 33.36 | 2016/17 | 28/01/2017 |
| | HJ | Trent Downie (A) | 1.60 | 1993/94 | 27/03/1994 |
| | JAV (600gm) | Luke Smith (R) | 39.71 | 2004/05 | 5/02/2005 |
| | LJ | Luke Smith (R) | 5.32 | 2004/05 | 10/12/2004 |
| | SP | Vuna Ofahengaue | 11.90 | 20016/17 | 25/03/2017 |
| | TJ | Chris Ascuncion (R) | 11.27 | 1991/92 | |
| UNDER 14 | 60mH | Brendon Bride (R) | 9.80 | 1989/90 | |
| | 70m | Mark Occhipinti (R) | 9.10 | 1994/95 | 26/03/1995 |
| | 90mH | Sean Hendricks (P) | 13.80 | 2007/08 | 9/02/2008 |
| | 100m | Sean Hendricks (P) | 12.59 | 2007/08 | 23/02/2008 |
| | 150m | Ryan Holt (R) | 18.90 | 1990/91 | |
| | 200m | Mark Occhipinti (R) | 25.68 | 1994/95 | 25/02/1995 |
| | 300mH | Sean Hendricks (P) | 43.46 | 2007/08 | 2/02/2008 |
| | 400m | Sean Hendricks (P) | 56.92 | 2007/08 | 8/12/2007 |
| | 800m | Jake Townley (P) | 2:19.14 | 2007/08 | 1/03/2008 |
| | 1500mW | Steele Irish (R) | 8:33.20 | 1988 | |
| | 1500m | Jake Townley (P) | 4:56.33 | 2007/08 | 1/12/2007 |
| | DIS | Aaron MacDonald (P) | 39.98 | 2007/08 | 2/02/2008 |
| | HJ | Laurence Angwin (R) | 1.68 | 1996/97 | 23/03/1997 |
| | JAV (600gm) | Jake MacDonald (P) | 34.61 | 2009/10 | 30/01/2010 |
| | LJ | Mark Occhipinti (R) | 5.40 | 1994/95 | 11/03/1995 |
| | SP (4kg) / (3kg) | Jarrod Harris (R) / James Hendricks (P) | 13.19 / 9.09 | 94/95 - 14/15 | 26/3/1995, 11/10/2014 |
| | TJ | Laurence Angwin (R) | 11.59 | 1996/97 | 23/03/1997 |

BOYS CENTRE RECORDS

| | | | | | |
|----------|-------------|---------------------|---------|---------|------------|
| UNDER 15 | 60mH | Leigh Harris (P) | 9.60 | 1989/90 | |
| | 70m | Sean Hendricks (P) | 8.56 | 2008/09 | 7/02/2009 |
| | 90mH | Brendon Bride (R) | 14.20 | 1990/91 | |
| | 100m | Sean Hendricks (P) | 12.33 | 2008/09 | 29/11/2008 |
| | 100mH | Sean Hendricks (P) | 13.88 | 2008/09 | 14/03/2009 |
| | 200m | Brendon Bride (R) | 25.10 | 1990/91 | |
| | 300mH | Sean Hendricks (P) | 41.46 | 2008/09 | 7/03/2009 |
| | 400m | Brendon Bride (R) | 56.30 | 1990/91 | |
| | 800m | Angus Scott (R) | 2:15.49 | 2009/10 | 6/03/2010 |
| | 150m | Mark Occhipinti (R) | 18.11 | 1995/96 | 9/12/1995 |
| | 1500mW | Steven Bown (P) | 7:49.00 | 1989/90 | |
| | 1500m | Jake Townley (P) | 4:50.05 | 2008/09 | 18/10/2008 |
| | DIS (1kg) | Jarrold Harris (R) | 42.82 | 1995/96 | 25/11/1995 |
| | HJ | Laurence Angwin (R) | 1.82 | 1997/98 | 22/11/1997 |
| | JAV (600gm) | Jake MacDonald (P) | 39.15 | 2010/11 | 23/10/2010 |
| | JAV (700gm) | Joshua Padinis | 26.44 | 2016/17 | 4/02/2017 |
| | LJ | Laurence Angwin (R) | 5.67 | 1997/98 | 31/01/1998 |
| | SP (4kg) | Jarrold Harris (R) | 13.32 | 1995/96 | 24/03/1996 |
| | TJ | Laurence Angwin (R) | 12.35 | 1997/98 | 29/11/1997 |

| | | | | | |
|----------|-------------|----------------------|---------|---------|------------|
| UNDER 16 | 70m | Daniel Browne (RR) | 8.88 | 2006/07 | 9/12/2006 |
| | 100m | Daniel Browne (RR) | 12.23 | 2006/07 | 9/12/2006 |
| | 100mH | Daniel Browne (RR) | 14.94 | 2006/07 | 10/02/2007 |
| | 150m | Daniel Vella (P) | 18.37 | 2014/15 | 28/02/2015 |
| | 200m | Brendon Bride (R) | 25.29 | 1991/92 | 10/03/2007 |
| | 300mH | Brendon Bride (R) | 42.80 | 1991/92 | |
| | 400m | Daniel Vella (P) | 55.95 | 2014/15 | 22/01/2015 |
| | 800m | Daniel Vella (P) | 2:08:76 | 2014/15 | 28/02/2015 |
| | 1500m | Daniel Vella (P) | 4:47:36 | 2014/15 | 10/01/2015 |
| | DIS (1kg) | Aaron MacDonald (P) | 47.41 | 2009/10 | 27/03/2010 |
| | HJ | Laurence Angwin (R) | 1.85 | 1998/99 | 5/12/1998 |
| | JAV (600gm) | Jake MacDonald (P) | 41.92 | 2011/12 | 25/01/2012 |
| | JAV (700gm) | Stuart Cafarella (P) | 31.98 | 2013/14 | 15/02/2014 |
| | LJ | Daniel Browne (RR) | 5.94 | 2006/07 | 3/02/2007 |
| | SP (4kg) | Jarrold Harris (S) | 13.32 | 1996/97 | 2/11/1996 |
| | TJ | Laurence Angwin (R) | 12.70 | 1998/99 | 24/10/1998 |

New event centre records 2016/17- Kade Zealley U6B 200m 43.23; Jonathan Mastorakos U14B 200mH 36.35; Vuna Ofahengaue U13B 200mH 30.95; Joshua Padinis U15B 300mH 55.07; Yarno Vlasblom U16B 300mH 57.15; Riley Whillas U8B 400m 1:27.86; Luca Williams U8B HJ scissor 0.99.

GIRLS CENTRE RECORDS - as of March 2017

| | | | | | |
|---------|-------|------------------------|---------|---------|------------|
| UNDER 6 | 70m | Catherine Jamieson (A) | 13.60 | 1984/85 | |
| | 70m | B Harding (A) | 13.60 | 1987 | |
| | 100m | Catherine Jamieson (A) | 19.50 | 1984/85 | |
| | 200m | P Leeds (R) | 42.20 | 1982 | |
| | 400mW | Ainsley Hudgson (A) | 2:54.36 | 1991/92 | |
| | 150m | Caris Macinnes (A) | 30.01 | 1994/95 | 26/03/1995 |
| | 50m | Madeleine Storan (P) | 9.57 | 1995/96 | 4/11/1995 |
| | DIS | Lauren Blunt (P) | 11.95 | 1992/93 | 6/03/1993 |
| | LJ | Catherine Jamieson (A) | 2.99 | 1984/85 | |
| | SP | Lauren Blunt (P) | 4.64 | 1992/93 | 4/03/1993 |

| | | | | | |
|---------|-------------|------------------------|---------|---------|------------|
| UNDER 7 | 60mH | Leigh Davis (A) | 12.80 | 1971 | |
| | 70m | Mandy Davidson (A) | 11.60 | 1970 | |
| | 81mH (45cm) | Emily Johnston (R) | 18.50 | 1998/99 | 28/03/1999 |
| | 90mH | Catherine Jamieson (A) | 20.00 | 1985/86 | |
| | 100m | Mandy Davidson (A) | 16.60 | 1970 | |
| | 150m | Emily Johnston (R) | 28.06 | 1998/99 | 23/01/1999 |
| | 200m | P Leeds (R) | 37.80 | 1983 | |
| | 400mW | A Mitchell (P) | 2:32.00 | 1979 | |
| | 150m | Katrina Iles (P) | 28.06 | 1993/94 | 18/12/1993 |
| | 50m | T Webb (P) | 9.10 | 1980 | |
| | 50m | Catherine Jamieson (A) | 9.10 | 1985/86 | |
| | DIS | Lauren Blunt (P) | 13.94 | 1993/94 | 27/03/1994 |
| | JAV (Turbo) | Nicola Deacon (P) | 7.35 | 2001/02 | 9/02/2002 |
| | LJ | Catherine Jamieson (A) | 3.26 | 1985/86 | |
| | SP | Johanna Selhorst (R) | 5.70 | 2007/08 | 3/11/2007 |

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|---------|-------------|------------------------|---------|---------|------------|
| UNDER 8 | 60mH | N Clerke (P) | 11.30 | 1979 | |
| | 70m | Mandy Davidson (A) | 11.40 | 1971 | |
| | 81mH (45cm) | Kate Storan (P) | 16.32 | 1998/99 | 5/12/1998 |
| | 90mH | Catherine Jamieson (A) | 18.80 | 1986/87 | |
| | 100m | Mandy Davidson (A) | 15.60 | 1971 | |
| | 150m | Megan Rosenbrock (A) | 25.50 | 2000/01 | 10/03/2001 |
| | 200m | Mandy Davidson (A) | 34.30 | 1971 | |
| | 400m | Tiana Scheirs (P) | 1:21.64 | 2009/10 | 27/02/2010 |
| | 700mW | Catherine Jamieson (A) | 4:41.60 | 1986/87 | |
| | 50m | Alicia Gray (A) | 8.50 | 1981 | |
| | DIS | Jazmin Firth (R) | 19.45 | 2015/16 | 30/01/2016 |
| | JAV (Turbo) | Darcy Tucker (R) | 12.34 | 2010/11 | 12/03/2011 |
| | LJ | Alicia Gray (A) | 3.45 | 1981 | |
| | SP | Kylie Aburrow (A) | 6.39 | 1985/86 | |

GIRLS CENTRE RECORDS

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|---------|-------------|------------------------|---------|-----------|------------|
| UNDER 9 | 60mH | L Jellie (P) | 10.80 | 1973 | |
| | 70m | Melindy Davis (R) | 10.30 | 1971 | |
| | 81mH (45cm) | Rachael Evans (R) | 15.29 | 1999/2000 | 26/03/2000 |
| | 90mH | Jemima Butterfield (P) | 16.40 | 1985/86 | |
| | 100m | Mandy Davidson (A) | 15.40 | 1972 | |
| | 150m | S Kilby (P) | 25.90 | 1990/91 | |
| | 200m | J Bourne (R) | 32.90 | 1979 | |
| | 400m | Alicia Gray (A) | 1:17.10 | 1982 | |
| | 800m | K Mohr (R) | 2:56.90 | 1973 | |
| | 1100mW | Carly Prosser (A) | 6:28.10 | 1984 | |
| | DIS (500gm) | Tamara Ballerini (R) | 20.24 | 2004/05 | 11/03/2005 |
| | HJ | Darcy Tucker (R) | 1.11 | 2011/12 | 10/03/2012 |
| | JAV (Turbo) | Tamara Ballerini (R) | 14.36 | 2004/05 | 18/12/2004 |
| | LJ | Teagan Lay | 3.83 | 2016/17 | 25/03/2017 |
| | SP | J Pinsent (A) | 6.20 | 1972 | |
| | TJ | Alicia Gray (A) | 8.35 | 1982 | |

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|----------|-------------|----------------------|---------|---------|------------|
| UNDER 10 | 60mH | J Egan (P) | 10.00 | 1981 | |
| | 70m | Andrea Ockerby (A) | 10.30 | 1972 | |
| | 70m | Kim Rymer (P) | 10.30 | 1972 | |
| | 70m | Melindy Davis (R) | 10.30 | 1972 | |
| | 81mH (60cm) | Rachael Evans (R) | 16.12 | 2000/01 | 17/03/2001 |
| | 90mH | Fiona Harris (R) | 15.90 | 1987/88 | |
| | 100m | Mandy Davidson (A) | 14.50 | 1973 | |
| | 150m | Belinda Gray (A) | 23.70 | 1989/90 | |
| | 200m | Melindy Davis (R) | 29.50 | 1972 | |
| | 400m | Alicia Gray (A) | 1:12.10 | 1983 | |
| | 800m | Carly Prosser (A) | 2:52.20 | 1984/85 | |
| | 1100mW | Carly Prosser (A) | 6:10.10 | 1984/85 | |
| | DIS (500gm) | Tamara Ballerini (R) | 26.18 | 2005/06 | 12/03/2006 |
| | HJ | Jacqui Dugdale (P) | 1.24 | 1998/99 | 28/03/1999 |
| | JAV (Turbo) | Erin Reilly (RR) | 18.48 | 2011/12 | 03/03/2012 |
| | LJ | Alicia Gray (A) | 4.05 | 1983 | |
| | SP | Tamara Ballerini (R) | 7.32 | 2005/06 | 28/01/2006 |
| | TJ | Alicia Gray (A) | 9.00 | 1983 | |

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|----------|-------------|---------------------|---------|-----------|------------|
| UNDER 11 | 60mH | Alicia Gray (A) | 10.30 | 1984 | |
| | 70m | Alicia Gray (A) | 10.10 | 1984 | |
| | 81mH (60cm) | Anne Hibberd (A) | 15.12 | 1993/94 | 27/03/1994 |
| | 90mH | Fiona Harris (R) | 17.00 | 1988/89 | |
| | 100m | Jessica Dalton (A) | 13.24 | 1996/97 | 23/03/1997 |
| | 150m | Tegan Fletcher (A) | 22.66 | 1994/95 | 11/02/1995 |
| | 200m | Kim Rymer (P) | 31.30 | 1973 | |
| | 400m | Alicia Gray (A) | 1:10.40 | 1984 | |
| | 800m | Carly Prosser (A) | 2:45.00 | 1985/86 | |
| | 1500m | J Franken (R) | 5:36.20 | 1983 | |
| | 1500mW | Sarah Alexander (A) | 8:27.06 | 1999/2000 | 22/10/1999 |
| | DIS | Jaclyn Iles (P) | 23.21 | 1994/95 | 11/03/1995 |
| | HJ | C Joycey (A) | 1.33 | 1982 | |
| | JAV (400gm) | Emily Johnston (R) | 21.76 | 2002/03 | 22/03/2003 |
| | LJ | Alicia Gray (A) | 4.44 | 1984 | |
| | SP | Y Parker (R) | 9.00 | 1982 | |
| | TJ | Alicia Gray (A) | 10.00 | 1984 | |

GIRLS CENTRE RECORDS

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|----------|-------------|------------------------|---------|-----------|------------|
| UNDER 12 | 60mH | K Kilpatrick (A) | 9.70 | 1979 | |
| | 70m | Melindy Davis (R) | 9.70 | 1974 | |
| | 70m | Kim Rymer (P) | 9.70 | 1974 | |
| | 81mH (68cm) | Carly Chapman (A) | 13.84 | 1997/98 | 29/03/1998 |
| | 90mH | Alicia Gray (A) | 15.30 | 1985 | |
| | 100m | Melindy Davis (R) | 13.70 | 1974 | |
| | 200m | Melissa Cordy (A) | 29.46 | 1991/92 | |
| | 400m | Alicia Gray (A) | 1:06.70 | 1985 | |
| | 800m | K Kilpatrick (A) | 2:41.00 | 1979 | |
| | 150m | Tegan Fletcher (A) | 21.66 | 1995/96 | 9/12/1995 |
| | 1500mW | J Sullivan (R) | 8:25.00 | 1984 | |
| | 1500m | Carly Prosser (A) | 5:29.30 | 1987 | |
| | DIS | Melindy Davis (R) | 31.30 | 1974 | |
| | HJ | Jessica Dalton (A) | 1.42 | 1997/98 | 29/03/1998 |
| | JAV (400gm) | Emily Johnston (R) | 26.02 | 2003/04 | 21/02/2004 |
| | LJ | Alicia Gray (A) | 4.74 | 1985 | |
| | SP | Claudia Cazaux (R) | 10.34 | 2015/2016 | 22/01/2016 |
| | TJ | Alicia Gray (A) | 10.59 | 1985 | |
| UNDER 13 | 60mH | Alicia Gray (A) | 9.90 | 1986 | |
| | 70m | J Dalrymple (P) | 9.90 | 1984 | |
| | 90mH | Alicia Gray (A) | 14.70 | 1986 | |
| | 100m | Alicia Gray (A) | 13.90 | 1986 | |
| | 150m | Carly Chapman (A) | 20.71 | 98/98 | 28/11/1998 |
| | 200m | Carly Chapman (A) | 28.51 | 1998/99 | 17/10/1998 |
| | 300mH | Marisa Butterfield (P) | 50.70 | 1994/95 | 11/03/1995 |
| | 400m | K Thompson (A) | 1:00.00 | 1979 | |
| | 800m | Marisa Butterfield (P) | 2:39.83 | 1994/95 | 11/02/1995 |
| | 1500mW | S Prosser (A) | 8:15.10 | 1985 | |
| | 1500m | Evette Cordy (A) | 5:39.70 | 1986 | |
| | 81mH (76cm) | Marisa Butterfield (P) | 14.46 | 1994/95 | 26/03/1995 |
| | DIS | Tamara Ballerini (RR) | 31.26 | 2008/09 | 7/02/2009 |
| | HJ | Jessica Dalton (A) | 1.44 | 1998/99 | 5/12/1998 |
| | JAV (400gm) | Emily Johnston (R) | 30.06 | 2004/05 | 5/02/2005 |
| | LJ | Alicia Gray (A) | 5.06 | 1986 | |
| | SP | C Van Buren (P) | 9.24 | 1984 | |
| | TJ | Alicia Gray (A) | 11.10 | 1986 | |
| UNDER 14 | 60mH | Evette Cordy (A) | 9.60 | 1987 | |
| | 70m | Tegan Fletcher (A) | 9.62 | 1997/98 | 29/03/1998 |
| | 90mH | K Scanlon (A) | 14.70 | 1988 | |
| | 100m | Tegan Fletcher (A) | 13.60 | 1997/98 | 21/02/1998 |
| | 200m | Alicia Gray (A) | 27.70 | 1987 | |
| | 300mH | Marisa Butterfield (P) | 49.83 | 1995/96 | 24/03/1996 |
| | 400m | Alicia Gray (A) | 1:05.80 | 1987 | |
| | 800m | Natasha Riley (A) | 2:34.50 | 1990/91 | |
| | 150m | Alicia Gray (A) | 20.60 | 1987 | |
| | 1500mW | K Brown (R) | 8:09.40 | 1984 | |
| | 1500m | Evette Cordy (A) | 5:39.50 | 1987 | |
| | 81mH | Marisa Butterfield (P) | 13.73 | 1995/96 | 24/03/1996 |
| | DIS | Tamara Ballerini (RR) | 30.72 | 2009/10 | 06/02/2010 |
| | HJ | Fiona Harris (R) | 1.53 | 1991/92 | |
| | JAV (600gm) | Emily Johnston (R) | 29.28 | 2005/06 | 12/11/2005 |
| | JAV (400gm) | Erin Reilly (P) | 28.83 | 2015/16 | 12/12/2015 |
| | LJ | Alicia Gray (A) | 5.20 | 1987 | |
| | SP | Heidi Weiland (P) | 10.72 | 1985 | |
| | TJ | Alicia Gray (A) | 11.42 | 1987 | |

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|----------|-------------|------------------------|---------|---------|------------|
| UNDER 15 | 60mH | Evette Cordy (A) | 9.80 | 1988 | |
| | 70m | Evette Cordy (A) | 9.50 | 1988 | |
| | 90mH | Evette Cordy (A) | 14.20 | 1988 | |
| | 100m | Tegan Fletcher (A) | 13.24 | 1998/99 | 6/03/1999 |
| | 150m | Tegan Fletcher (A) | 19.72 | 1998/99 | 28/11/1998 |
| | 200m | Tegan Fletcher (A) | 27.59 | 1998/99 | 27/02/1999 |
| | 300mH | Marisa Butterfield (P) | 48.71 | 1996/97 | 14/12/1996 |
| | 400m | Natasah Riley (A) | 1:04.48 | 1991/92 | |
| | 800m | Marisa Butterfield (P) | 2:33.94 | 1996/97 | 8/03/1997 |
| | 1500m | Evette Cordy (A) | 5:22.30 | 1988 | |
| | 1500mW | Elizabeth Dornom (A) | 8:41.94 | 1994/95 | 29/10/1994 |
| | DIS | Ruby Holten (R) | 28.88 | 2007/08 | 2/02/2008 |
| | HJ | Rebecca Deacon (P) | 1.56 | 2007/08 | 20/10/2007 |
| | JAV (600gm) | Melissa Cafarella (P) | 23.58 | 2008/09 | 31/01/2009 |
| | JAV (500gm) | Erin Reilly | 35.48 | 2016/17 | 4/02/2017 |
| | LJ | Fiona Harris (R) | 5.33 | 1992/93 | 28/03/1993 |
| | SP | Gemma Walter (R) | 9.55 | 2006/07 | 24/02/2007 |
| | TJ | Alicia Gray (A) | 11.30 | 1988 | |

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|----------|------------------|---------------------------------|-------------|---------------|-----------------|
| UNDER 16 | 70m | Marisa Butterfield (P) | 9.72 | 1997/98 | 22/11/1997 |
| | 90mH | Ruby Holten (R) | 14.60 | 2008/09 | 14/03/2009 |
| | 100m | Ruby Holten (R) | 13.65 | 2008/09 | 25/10/2008 |
| | 150m | Ruby Holten (R) | 20.48 | 2008/09 | 5/12/2008 |
| | 200m | Ruby Holten (R) | 28.49 | 2008/09 | 23/01/2009 |
| | 300mH | Marisa Butterfield (P) | 50.21 | 1997/98 | 15/11/1997 |
| | 400m | Natasha Riley (S) | 1:07.18 | 1992/93 | 6/02/1993 |
| | 800m | Elizabeth Dornom (A) | 2:47.97 | 1995/96 | 25/11/1995 |
| | 1500m | Matilda Blyth (P) | 6:09.52 | 2013/14 | 1/12/2012 |
| | DIS | Ruby Holten (R) | 26.98 | 2008/09 | 5/12/2008 |
| | HJ | Marisa Butterfield (P) | 1.40 | 1997/98 | 22/11/1997 |
| | HJ | Monique Meade (P) | 1.40 | 2009/10 | 13/02/2010 |
| | JAV (600gm) | Melissa Cafarella (P) | 24.46 | 2009/10 | 30/01/2010 |
| | JAV (500gm) | Kate Patton (RR) | 23.35 | 2013/14 | 26/10/2013 |
| | LJ | Ruby Holten (R) | 4.99 | 2008/09 | 11/10/2008 |
| | TJ | Ruby Holten (R) | 10.03 | 2007/08 | 25/10/2008 |
| | SP (4kg) / (3kg) | N.Riley (S) / Caibiran Deas (P) | 8.70 / 8.48 | 92/93 - 11/12 | 6/2/93,13/10/12 |

New event centre records 2016/17 - Leila Gothard U6G 200m 42.87; Claudia Cazaux U13G 200mH 33.51; Chloe Toth U14G 200mH 38.27; Allyson Jambu U15G 300mH 1:01.22; Meg Perkin U8G 400m 1:32.92; Jessica Adams U8G HJ scissor 0.98.

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DESIGNATED CHARITY

