



CHELSEA LITTLE ATHLETICS CENTRE

2007 – 2008

HANDBOOK

***Celebrating Our 39th Year
Of
Family, Fun and Fitness***



CHELSEA LITTLE ATHLETICS CENTRE CENTRE POLICY

PARENT HELP

All parents who sign their children on to attend Little Athletics are required to help at the Centre level; this is a pre condition of your child competing. For those parents who are a little unsure of how to help we will run several basic officials courses at the start of the season. For those of you who wish to take that further there will be several Officials courses run externally throughout the year and please see your Club Committee for details.

CHEST PATCH

The VLAA requires all athletes to wear the provided chest patch at all times during all Centre activities. This is a safety and sponsorship requirement. This allows other parents to know your child's name and age group. In case of accident or emergency the child's name can be accessed quickly. Parents must detail any medical problems on the registration form and also on the back of the Chest patch. 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.

PRESIDENT'S MESSAGE



Hello to all our new athletes and families and welcome back to our returning members.

Hopefully everyone has a goal in mind to attain this year, whether it be measured in centimeters, seconds or time spent to set-up the venue on a Saturday morning.

Athletes, we want to see you working hard to improve your own performances whilst enjoying the company of your age group. It is important to respect the parents and Centre officials assisting you and running the events for your benefit.

Parents, throw your support behind the athletes and lend a hand where possible, there's always room for more assistance. Your kids enjoy having you out at their event and there are so many hours of the week when we don't get to be with them. Use the season to foster their talent and love of group activity – it will serve them well in life.

Some changes at the Centre this year will be an adherence to the Club uniform policy which means that Centre Singlets are not acceptable attire. Also the Inter age group has disappeared State Wide to be replaced by an Under 16 age group. This change hopefully will push more Little Athletes into the ranks of Athletics Victoria.

The Centre wishes everyone a fantastic season and lots of family fun and fitness.

LIFE MEMBERS OF CHELSEA LITTLE ATHLETICS CENTRE

Chelsea Little Athletics wishes to recognise the following people and to thank them for all of the time and effort that they exerted to make this the Centre what it is today.

Mr Jim Rankin

Mr John Van Echteld

Mr Peter Richardson

Mr Lindsay Best

Mr Brian Gray

Mr Ian Brown

Mr John Ellem

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

CHELSEA LAC CONTACT DETAILS

Email Address : chelsea@coolrunning.com.au

Website Address : www.chelsea.coolrunning.com.au

Postal Address : P.O. BOX 87, CHELSEA, VICTORIA 3196

Phone Number : See Committee Member

Centre Location : Edithvale Reserve, Edithvale Road, Victoria (Melways Map Ref: 93 C9)



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CENTRE COMMITTEE 2007/2008

CHELSEA LITTLE ATHLETICS CENTRE

PRESIDENT	:	ANDREW HOLTEN acvh@rotaloo.com	9580 0129, 0403 247 654
VICE PRESIDENT	:	JEREMY MOGER jmoger@ozemail.com.au	9580 5276
SECRETARY	:	POSITION VACANT	
TREASURER	:	CARLO BALLERINI carlo.b@bigpond.com	8787 7191, 0447 378 987
COMMITTEE	:	MICHAEL STOCK Michael.Stock@eaussie.com.au	9776 1331, 0421 990 992
		RICHARD CULLEN rich.susan@bigpond.com	9580 6979, 0409 330 178
		SUSANNE FERGUSON kellieferg@hotmail.com.au	9772 9582
		ANTHONY CAFARELLA anthony.cafarella@telstra.com	9772 6263, 0417 388 590
		STEPHEN BLYTH stephen.blyth@ge.com	9587 2279
		KATHARINE JORDAN ckjordan@optusnet.com.au	9587 4420
		CAROL SCOTT murray@dylant.com	9580 8818
		SANDRA SCHEIRS scheirs.john@pacific.net.au	9772 1887, 0407 721 131
CENTRE COLOURS	:	YELLOW, WHITE, RED & BLACK SINGLET BLACK SHORTS / SPORTS BRIEFS	
CENTRE NUMBER	:	60	

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CLUB COLOURS AND COMMITTEES

CHELSEA LITTLE ATHLETICS CLUBS 2007 - 2008

ROADRUNNERS

CLUB COLOURS	:	YELLOW T-SHIRT, BLACK SHORTS/SPORTS BRIEFS	
PRESIDENT	:	JAMIE FLEMING Jamie.P.Fleming@nab.com.au	9772 9995, 0405 187 437
SECRETARY	:	CAROLYN BROWNE carolyn_browne@hotmail.com	9772 3691, 0400 653 379
COMMITTEE	:	DANIEL BROWNE, NATALIE PUNGATARA	

REDBACKS

CLUB COLOURS	:	RED T-SHIRT, BLACK SHORTS/SPORTS BRIEFS	
PRESIDENT	:	JANE FARMER happynut@alphalink.com.au	0438 323 299
SECRETARY	:	RICHARD CULLEN rich.susan@bigpond.com	03 9580 6979, 0409 330 178
COMMITTEE	:	ANDREA FARNA, JAMIE WOODS	

PANTHERS

CLUB COLOURS	:	WHITE T-SHIRT, BLACK SHORTS/SPORTS BRIEFS	
PRESIDENT	:	CLAUDETTE MacDONALD happynut@alphalink.com.au	03 9772 2062, 0407 043 956
SECRETARY	:	ANNE MELLET amellet@bigpond.net.au	0404 896 268
COMMITTEE	:	ANTHONY DAVIS, PETER CRAWFORD	

SUB COMMITTEES

The Centre is actively seeking members for the following sub-committees listed below. Please feel free to ask any of the Centre executive or your Club committee members to express your interest in any of the areas. There is no restriction to the number of sub-committees that may be joined.

The Centre emphasizes the importance of being part of the decision making process that helps shape the Centre. Most communication is informal and can be conducted via email messages. The Centre values your input and thoughts, so please pass on any ideas that you may have for improvement.

Sub Committees

- Open Day
- Equipment Management
- Arena Management
- Duty Roster Management
- Fund Raising/Sponsorship
- Website Management
- Handbook Management
- Membership Retention / Growth
- Coaching/Training Management
- Centre Promotion (Community Involvement, Schools, etc.)

UNIFORMS AND CLOTHING

Club and Centre uniforms are available in sizes to suit all - children and adults alike.

PRICES

Centre Singlet	\$30.00 (Buy) \$10.00 (Hire)
Children's Polo Club Shirts	\$30.00
Shorts (All Sizes)	\$15.00
Black Centre Polo Shirts (Limited Sizes)	\$15.00

You can order all clothing through our Uniform Co-Ordinator Carolyn Browne.

It is recommended that Club & Centre Tops are purchased early in the season. Some orders may take a few weeks for delivery depending on stock on hand.



SEASON CALENDAR 2007/08

SEPTEMBER 2007	15 th	CLAC REGISTRATION Day #1 (10.00am – 12.00pm)
	22 nd	CLAC REGISTRATION Day #2 (10.00am – 12.00pm)
OCTOBER 2007	6 th	First week of 2007/08 Track & Field Season – Program 1
	12 th	Spirit Of Victoria – Round 1 – Caulfield (U/12 – U16)
	13 th	Week 2 Competition – Program 2
	20 th	Week 3 Competition – Program 3
	27 th	Week 4 Competition – Program 1
NOVEMBER 2007	3 rd	Week 5 Competition – Program 2
	9 th	Spirit Of Victoria – Round 2 – Sandringham (U/12 – U16)
	10 th	Week 6 Competition – Program 3
	17 th	Week 7 Competition – Program 1
	18 th	Southern Metropolitan Region Relay Championships – Caulfield (U/9 – U/16)
DECEMBER 2007	24 th	Week 8 Competition – Program 2
	1 st	Week 9 Competition – Program 3
	8 th	Week 10 Competition – Program 1
	9 th	BBQ Day – Bunnings Mentone
	14 th	Chelsea LAC Open Day Internal Entries Close
	15 th	Week 11 Competition – Program 2
JANUARY 2008	16 th	State Relay Championships – Olympic Park
	12 th	Week 12 Competition – Program 3
	19 th	Chelsea LAC Open Day Working Bee/Track Preparation – Parents/Officials (No Competition)
	20 th	Chelsea LAC Open Day
FEBRUARY 2008	25 th	Week 13 Competition – Program 1 (Twilight Meeting – 5.30pm)
	2 nd	Week 14 Competition – Program 2
	9 th	Week 15 Competition – Program 3
	16-17 th	Southern Metropolitan Region Track & Field Championships – Frankston (U/9 – U/16)
	23 rd	Week 16 Competition – Program 1
MARCH 2008	29 th	Spirit Of Victoria – Round 3 – Mentone (U/12 – U16)
	1 st	Week 17 Competition – Program 2
	1-2 nd	State Multi-Event Championships – Albury
	8 th	Week 18 Competition – Program 3
	15-16 th	State Track & Field Championships – Bendigo
APRIL 2008	22 nd	Chelsea LAC Medallion Day (Centre Presentations & AGM)
		Cross-Country Season Commences (Dates To be Confirmed)

OTHER DATES OF NOTE (Confirm With Committee Members, See Notice Board & Newsletters During Season)

SEPTEMBER 2007	20-30 th	Royal Melbourne Show (Visit the VLAA Exhibit)
	30 th	Diamond Valley LAC T&F Open Day - 40th Anniversary
OCTOBER 2007	14 th	JDS Day 1 - Knox Mel Ref: 73 D7
	21 st	VLAA U14-U15 Multi-Event Skills Clinic
	21 st	Box Hill LAC Relay Open Day
	28 th	Mentone LAC Relay Open Day
NOVEMBER 2007	4 th	JDS Day 2 - Whittlesea City , Epping Mel Ref: 182 J10
	4 th	Caulfield LAC Open Day
	25 th	Albury LAC Open Day
DECEMBER 2007	2 nd	JDS Day 3 - Diamond Valley Mel Ref: 21 A4
	2 nd	Waverley LAC Open Day
JANUARY 2008	12 th	Rye Junior Gift
	13 th	Southern Peninsula LAC Open Day
	13-16 th	Junior Development Squad Camp - Ormond College, Melbourne University, Mel Ref: 2B C4
	26 th	Knox LAC Open Day Twilight Meeting
FEBRUARY 2008	3 rd	JDS Day 4 - Doncaster Mel Ref: 33 J11
	3 rd	Bayside Open Day - Sandringham
	10 th	SMR U6-U8 Little Athlete's Carnival - Dandenong
	10 th	Seaford LAC Open Day
	24 th	JDS Day 5 - Olympic Park
MARCH 2008	2 nd	Coburg LAC All Star Open Day





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CHELSEA LITTLE ATHLETICS CENTRE CENTRE POLICY

(Continued from inside front cover)

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" leaflet which is available from your Club Team Manager.
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.

SUNSMART POLICY

This SunSmart policy was implemented on September 1st 1996.

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

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 Chelsea Little Athletics Centre has implemented a preventative strategy including the following actions:

1. Wherever possible competition and training will be scheduled outside the hours of 11.00 a.m. to 3.00 p.m. (daylight savings time).
2. The Centre will maximise the use of natural shade provided by buildings and trees.
3. 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.
This will include: Shirts with long sleeves and a collar.
Wide brimmed or legionnaires hats.
Sunglasses.
6. Athletes will be encouraged to wear hats and sunglasses while competing. SPF15+ or higher sunscreens will be promoted and provided by the Centre. Athletes and officials will be reminded to apply sunscreen prior to activity during peak UV periods.
7. The Centre canteen will have sunscreen available for sale.
8. The Centre will provide skin cancer educational sessions to increase awareness of this health issue.
9. Event programs, newsletters and public announcements will be used to maintain awareness and promote sun protective behaviour.
10. Centre Executive members, coaches and officials will act as SunSmart role models

The SunSmart policy will be reviewed annually to ensure that it remains current and practical.



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CHELSEA LITTLE ATHLETICS CENTRE CENTRE POLICY

NUTRITION POLICY

This nutrition policy was implemented on September 1st 1996.

Healthy eating is a vital part of good health. Lifestyle diseases such as cardiovascular disease, certain cancers, non-insulin dependent diabetes and obesity are all associated with the food we eat. These diseases are major causes of death in Victoria.

Chelsea Little Athletics Centre acknowledges that healthy eating can have an impact on health status and that the provision of healthy foods will contribute to better health for all.

The Chelsea Little Athletics Centre is committed to ensuring that:

1. The Centre canteen will provide a variety of healthy food choices.
2. Healthy food choices will be available at all events.
3. Healthy eating and the role of food in relation to health will be promoted in Centre publications.

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

SMOKING POLICY

This Smoke-free policy was implemented on September 1st 1996.

1. Cigarettes will not be sold at any venue used by Chelsea Little Athletics Centre.
2. Executive members, coaches and officials will not smoke in public when representing the Centre.
3. All Centre meetings will be smoke-free.
4. Edithvale Recreational Reserve is smoke-free.
5. The Centre will supply and have available Quit smoking literature for members
6. Reference will be made to the smoke-free policy in all Centre publications
7. All visitors will be encouraged to observe this policy.

DOGS

No dogs are allowed on the ground, for any reason, throughout the season.

WHAT DO WE DO ON SATURDAY MORNINGS?

(Terms in CAPITALS are defined in following sections)

- 1 At 7.30 am a hardy band of Committee members and ROSTERED OFFICIALS begin to set up the equipment. **Feel free to assist without being asked.**
- 2 ROSTERED OFFICIALS, who need to be available at 8.30 am, are given their tasks and sent to their posts. First event for some is 8.45 am, so please be on time.
- 3 Athletes wear their Club uniforms with their name tags displayed.
- 4 At 8.30 am we start our competition program with the all important warm up exercises. Announcements are also made and newsletters, etc. handed out, so be there and be alert.
- 5 To keep our programs running smoothly and on time we start some senior age group events at 8.45 am, after a separate warm up.
- 6 The running order of the day's program is shown on the whiteboard for all age groups.
- 7 The children are organised into their age groups or with the ON-TRACK CO-ORDINATOR (U/6 & U/7), and sent to their starting events for a 9.00 am start.
- 8 Events are conducted under the COMPETITION RULES listed in a following section.
- 9 After finishing each event athletes receive a ticket showing their performance, and are given a STAR on the ticket if it is a new PERSONAL BEST. These event tickets can and should be put into each athlete's album or "STICKER BOOK". 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.
- 10 The recording sheets are input to our computer to:
 - record athletes' PERFORMANCES
 - highlight and update PERSONAL BESTS
 - highlight and update CENTRE RECORDS
 - calculate INDIVIDUAL PERFORMANCE POINTS
 - calculate CLUB PERFORMANCE POINTS
- 11 As events are completed they are crossed off the whiteboard and announcements made over the Public Address to direct age groups to their next event. Please wait to be called or check with the announcer that the venue is available for your age group.
- 12 We aim to finish each program by 12.30pm, after which many hands help to put away the equipment.
- 13 Please note there must be at least one parent present all morning.

WHAT DOES MEAN?

OFFICIALS & OFFICIALS' ROSTER

Little Athletics needs officials to run smoothly. Being an Official is not demanding and is an excellent way of helping and encouraging our children. It can also be a very social event for the Officials! Jobs range from measuring discus throws to raking the long jump pits, and include setting up equipment and recording results. There is something for everyone, and you are insured. To share the tasks fairly we establish a roster. Please do your best to be available and on time, or find a replacement if you are unavailable.

AGE GROUP CO-ORDINATORS

These are Officials who are in charge of one of the younger age groups (U/6 - U/8), to keep them together and at the correct event. We try to fill these on a season basis so the young ones know who their "mother/father hen" is.

COACHING

Training and coaching is not compulsory, **but** we like our Athletes to have some knowledge of basic skills for each event. It is all too easy to fall into incorrect techniques and so very hard to "unlearn" these and "re-learn" correct techniques later. As there is not much time on Saturday mornings, the Centre provides coaching by qualified coaches.

The Athletics Training Programme will be on a Wednesday evening for Under 9 athletes and above and is to commence on Wednesday the 17th of October at 4.30pm to 6.00pm approx.

This year training will cover all events over a three week cycle. The events that we will cover are Middle Distance Running, Sprints, Jumps, Hurdles and Throwing Events.

1st Week - Middle Distance 800m, Sprints 100m, Long and Triple Jumps, Discus and Shot Putt

2nd Week - Middle Distance 1500m, Sprints 200m, Hurdles and Long Jump, Javelin and Discus

3rd Week - Middle Distance 800m, Sprints 400m, Triple and Hurdles. Shot Putt and Javelin.

Any changes to the above programme will be advised via our weekly newsletter

Parents help is more than welcome and is encouraged.

If anyone has any questions please contact Carlo Ballerini on 0447 378 987, Jamie Fleming on 0405 187 437, or Mark Dunne on 0439 311 466.

PERSONAL BEST ★STARS★

Each time an athlete improves their own Personal Best performance they are rewarded with a **STAR** on the event ticket. At Chelsea we try to emphasise this aspect by concentrating not on where you may come, but how well you perform against your best. We have special **5 STAR** Awards for those fortunate enough to achieve 5 Personal Bests on one day. If an Athlete gains 3 or more Personal Bests on the one morning, their names and result are published in one or both of the local newspapers in recognition of their effort. **For end-of-season awards, Personal Best performances are not recorded, even though they may occur, until the first three rounds of competition have been completed.**

STICKER BOOKS

This is the term applied to the season recording book given to each athlete, which is provided for keeping event tickets ("sticking them in") and details of performances. Over time these become wonderful mementos. **Sticker books are handed in to the Clubs at the end of the season and count towards end-of-season awards.**

CENTRE RECORDS

These are the best recorded performances achieved by Chelsea Little Athletes at Centre competitions.

PERFORMANCE POINTS - INDIVIDUAL & CLUB

Each athlete's performance is rated against set Victorian standards. These are tallied for end of year awards. The total points for each Club are divided by the number of events and number of athletes and added to the Club average Personal Best Performance to compare the Clubs and decide the Centre Premiership Shield.

SMR, VLAA

SMR is the Southern Metropolitan Region, which is the next organisation level up from our Centre. It comprises 18 Centres from Brighton to Southern Peninsula (at Rosebud) to Pakenham. There are 3 other Metropolitan Regions and 4 Country Regions in the Victorian Little Athletics Association or VLAA.

REGION HEATS & STATE CHAMPIONSHIPS

Competitions are conducted for Relays in the first half of the season and for individual Track and Field in the second half. Registered athletes in the Under 9 age groups upwards are eligible to enter. The Region Heats will be held at Springvale and the State Finals at Olympic Park.

These championships are run by volunteers and each Centre has to provide a certain number of officials to fulfil specific duties. We remind parents that should your child decide to enter these competitions, you will be required to officiate on those days for a short time.

BRING A FRIEND DAY

On this day athletes are asked to invite their friends to come and try our activities.

SMR SKILLS CAMP

This is a coaching clinic held for U10's to U15's. The children always have great fun at these Camps and make a lot of new friends. Southern Metropolitan Region have organised this season's Camp to be held on the weekend of Friday 23rd November to Sunday 25th November 2007 at Merricks on the Mornington Peninsula. Entry forms are available from our Centre Secretary. All eligible athletes are strongly encouraged to attend. This cost of the Camp is approx. \$70.

CHELSEA LAC OPEN DAY^(entry included in annual fees)

Open Days are run for athletes of all age groups and from all Centres. We will hold our 28th Annual Open Day on Sunday, 20th January 2008. Our Open Day has always been noted for its happy and relaxed atmosphere and good organisation. It is open to all registered Little Athletes from Victoria and interstate and we encourage all of our Chelsea Athletes to help make this another successful day.



MEDALLION DAY (entry included in annual fees)

This is our last event for the season, after which we have our AGM and Centre Presentation. The programme is run as a Multi-Event. Each child will then be awarded a Bronze, Silver or Gold Medallion according to the levels of performance achieved.

END OF YEAR AWARDS

Centre trophies are awarded at the end of the season based on the number of Personal Bests and points accumulated by the athletes during the season.

Club trophies are awarded at the end of the season at the discretion of the Club Committees and may be based on an entirely different system.

ON TRACK

What is On Track? On Track - An Athletics Skills Program, is a progressive skills-based 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. Parents and coaches have attended training courses and have been provided with training material to run On Track at their Centres.

The On Track Levels:

On Track is an athletics skills and modified event program. Children start at:

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

Currently this modified event program, designed by VLAA, is aimed at the U6's to U8's. At Chelsea Little Athletics Centre, 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 need 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.

Full details are available on the VLAA web site at: http://www.littleathletics.com.au/main.asp?Page_ID=358

2007/2008 JUNIOR DEVELOPMENT SQUAD

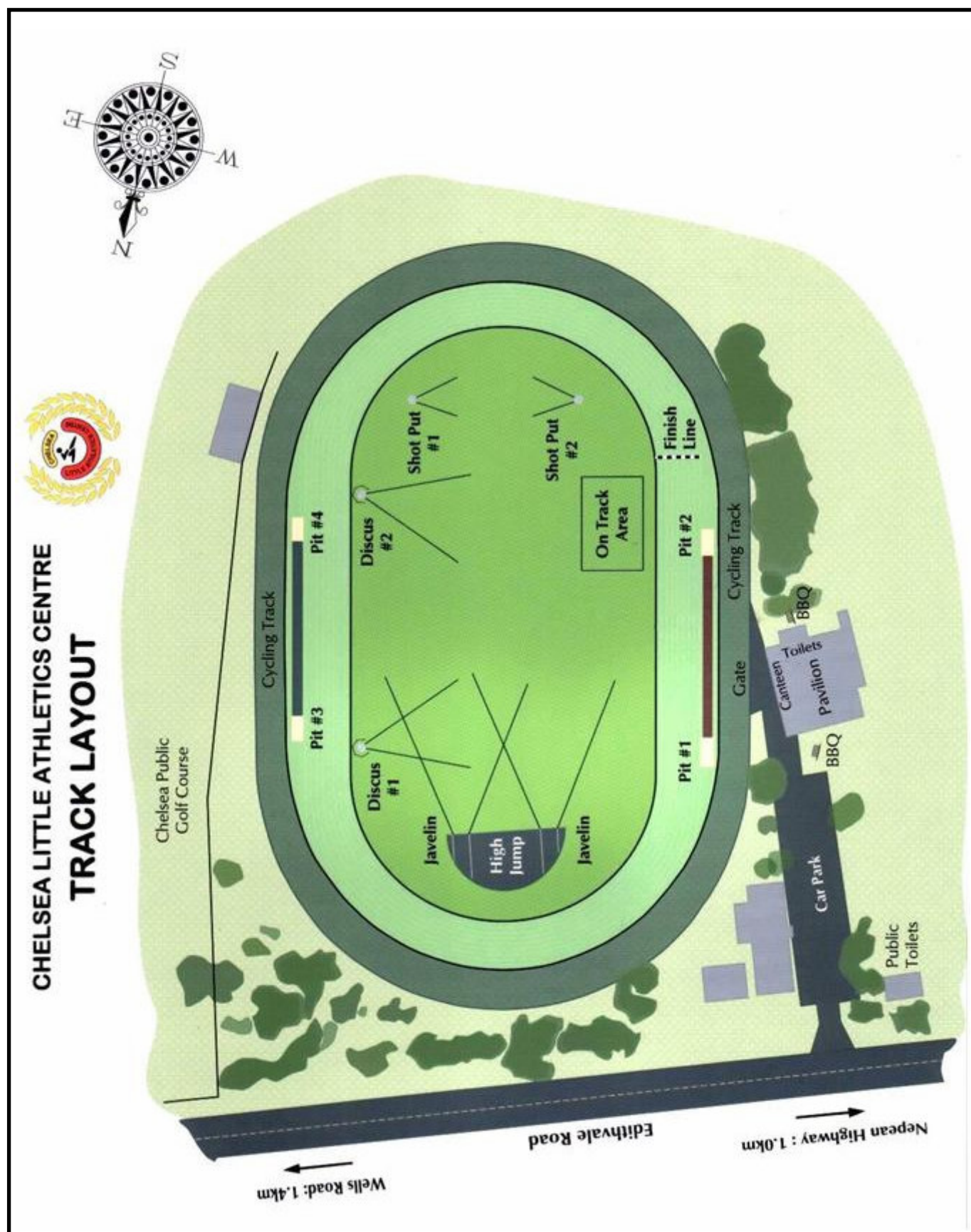
The Junior Development Squad (JDS) is a program aimed at giving our talented athletes a little more in terms of coaching, education, competition and a sense of accomplishment. Athletes must qualify for the squad by achieving athletic results that better a set performance criteria.

The squad is open to all registered athletes from U/12 to U/15 who achieve the performance criteria. Ranging from mid-October to late February, 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 VLAA web site at: http://www.littleathletics.com.au/main.asp?Page_ID=357



NORMAL COMPETITION DAY TRACK LAYOUT



WEEKLY EVENT PROGRAM No. 1

Age Group	Event				
U/6	On Track	50m			
U/7	On Track	50m	Discus		
U/8	100m	50m	400m	Shot Put	Long Jump
U/9	100m	70m	400m	Long Jump	Shot Put
U/10	100m	70m	400m	Long Jump	Discus
U/11	100m	70m	400m	High Jump	Javelin
U/12	100m	70m	400m	High Jump	Javelin
U/13	100m	70m	400m	Triple Jump	Javelin
U/14	100m	70m	400m	Triple Jump	Javelin
U/15	100m	70m	400m	Triple Jump	Javelin
U/16	100m	70m	400m	Triple Jump	Javelin

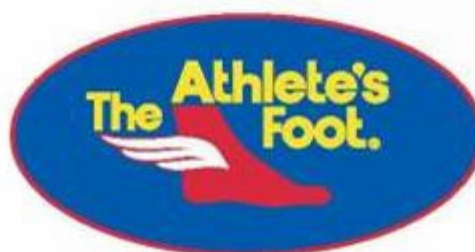
WEEKLY EVENT PROGRAM No. 2

Age Group	Event				
U/6	On Track	Long Jump			
U/7	On Track	100m	Shot Put		
U/8	60m Hurdles	Javelin	150m	Shot Put	Discus
U/9	60m Hurdles	800m	150m	High Jump	Discus
U/10	60m Hurdles	800m	150m	High Jump	Shot Put
U/11	60m Hurdles	800m	150m	Triple Jump	Shot Put
U/12	60m Hurdles	800m	150m	Triple Jump	Shot Put
U/13	300m Hurdles	800m	150m	Long Jump	Discus
U/14	300m Hurdles	800m	150m	Long Jump	Discus
U/15	300m Hurdles	800m	150m	Long Jump	Discus
U/16	300m Hurdles	800m	150m	Long Jump	Discus

WEEKLY EVENT PROGRAM No. 3

Age Group	Event				
U/6	On Track	70m			
U/7	On Track	70m	Long Jump		
U/8	70m	81m Hurdles	200m	Long Jump	Discus
U/9	Javelin	81m Hurdles	200m	Triple Jump	Shot Put / Discus
U/10	Javelin	81m Hurdles	200m	Triple Jump	Shot Put / Discus
U/11	Long Jump	81m Hurdles	200m	1500m	Discus
U/12	Long Jump	81m Hurdles	200m	1500m	Discus
U/13	Shot Put	81m Hurdles	200m	1500m	High Jump
U/14	Shot Put	81/90m Hurdles	200m	1500m	High Jump
U/15	Shot Put	90/100m Hurdles	200m	1500m	High Jump
U/16	Shot Put	90/100m Hurdles	200m	1500m	High Jump

Chelsea Little Athletics Centre would like to thank our Major Sponsors for their support



The CLAC encourages all members to visit our Sponsors and support them and their businesses.

COMPETITION/CENTRE RULES

GENERAL

1. **Officials** may send children off the arena for any undisciplined behaviour or bad language (NOT THAT WE EXPECT THIS TO EVER OCCUR).
2. **Spectators** and parents not acting in an official capacity should remain outside the grassed arena.
3. **A Parent or Guardian** should 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 need to be worn for all events, including training sessions. **Spikes** may be worn by the U12 age group and upwards for laned track events. For safety reasons spikes can only be put on at the starting line and must be taken off immediately after the race at the finish line. 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 VLAA requirements (10cm above the knee). The **Centre uniform** is to be **worn only** at State and Regional Championship events. Athletes wearing the Centre uniform on normal competition days may lose points accumulated on the day for their Club.
6. Children **must** have their name and age group **clearly** displayed on their uniform using the name tag supplied when registering.
7. **Hurdles** commence at Under 8, and **high jump** and **triple jump** events at Under 9.
8. **Javelin** commences at Under 8, with Athletes using a lightweight plastic Turbojav until Under 10. The Under 11 age group and upwards use a real javelin.
9. **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 up to 400m are electronically timed. Hand timing applies for all other running events.
10. **Lanes.** In all laned events (60m, 81m, 90/100m and 300m Hurdles, 50m, 70m, 100m, 150m, 200m and 400m) competitors must stay in their marked lanes, i.e. between the marked lines.
11. **Coaches** for relay teams will be selected by the Centre Committee, based on nominations received.
12. **Selection of relay teams** will be based on a Coach's assessment of relay requirements such as baton changing, participation and attendance at training as well as ability. **The Coach's decision will be final.**
13. **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.

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The above prices refer to children sizes 1 to 7 only.

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CHELSEA LITTLE ATHLETICS CENTRE CHAMPIONS HONOUR BOARD

Season	Boys	Girls
1969/70	K. Greenwood	D. Gail
1970/71	Peter Bresnanhan	Cathy Pert
1971/72	Andrew Sinclair	Melindy David
1972/73	Glen Philby	Mandy Davidson
1973/74	Kevin Naismith	Melindy David
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 and Steven Connolly	Louise Macklin and Jemima Butterfield
1987/88	Brock Fletcher and 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 and Ruby Holten
2005/06	Thomas Senior	Madeline Dunne
2006/07	Trent Scheirs	Ruby Holten



CHELSEA LITTLE ATHLETICS CENTRE 2006/07 CENTRE AWARDS

JOHN ELLEM AWARD

1 st	Christopher Williams	Panthers	43 PBs
2 nd	Jake Townley	Panthers	41 PBs
3 rd	Daniel Browne	Roadrunners	40 PBs

CENTRE CHAMPIONS

Boys	Trent Scheirs
Girls	Ruby Holten

AGE CHAMPIONS

AGE GROUP	GIRLS	BOYS
U8	Olivia Mckay	Patrick Blyth
U9	Casey Jordan	Trent Scheirs
U10	Hayley Farnan	Adam Bredin
U11	Erin Meade	Lachlan Stock
U12	Jessica Patton	Angus Scott
U13	Maggie Gent	Jake Townley
U14	Ruby Holten	Tim Davis
U15	Jodie Ferguson	Jeffrey Jambu
Inter	Kellie Ferguson	Daniel Browne

RISING STAR AWARD

Liam McKay

RECOGNITION PLAQUES – 10 YEARS OF COMPETING

Jeffrey Jambu Panthers



CHELSEA LITTLE ATHLETICS CENTRE CLUB PREMIERSHIP SHIELD

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



CHELSEA LITTLE ATHLETICS CENTRE 2006/07 CLUB AWARDS

ROADRUNNERS

CLUB CHAMPIONS

Boys Jerome Mocaraka

Girls Tamara Ballerini

PRESIDENTS AWARD

Noah Fleming

P.B. AWARD

Daniel Browne

AGE CHAMPIONS

AGE GROUP	GIRLS	BOYS
U8	Ana Bush	Jesse Davis
U9	Alicia Menhennitt	Jerome Mocaraka
U10	Julia Bannister	Ciaran Doherty
U11	Tamara Ballerini	-
U12	Jessica Patton	-
U13	Fiona Browne	Radel Fleming
U14	-	-
U15	Jodie Ferguson	-
Inter	Kellie Ferguson	Daniel Browne



CHELSEA LITTLE ATHLETICS CENTRE 2006/07 CLUB TROPHIES

REDBACKS

CLUB CHAMPIONS

Boys Angus Scott

Girls Ruby Holten

PRESIDENTS AWARD

Jack Neville

P.B. AWARD

Andrew Vitzdamm-Jones

AGE CHAMPIONS

AGE GROUP	GIRLS	BOYS
U8	Molly Scott	Bailey Carratello
U9	Casey Jordan	Andrew Vitzdamm-Jones
U10	Hayley Farnan	Thomas Flavelle
U11	Alice Holten	Matthew Milligan
U12	Shaheera Crawford	Angus Scott
U13	Maggie Gent	-
U14	Ruby Holten	-



CHELSEA LITTLE ATHLETICS CENTRE 2006/07 CLUB TROPHIES

PANTHERS

CLUB CHAMPIONS

Boys	Trent Scheirs
Girls	Madeline Dunne

PRESIDENTS AWARD

Taylah Nelson

CLUB SHIELD

Jeffrey Jambu

AGE CHAMPIONS

AGE GROUP	GIRLS	BOYS
U8	Olivia McKay	Patrick Blyth
U9	Madeline Dunne	Trent Scheirs
U10	Caibiran Deas	Adam Bredin
U11	Erin Meade	Lachlan Stock
U12	Morgan Prebble	Dean Alessio
U13	Melissa Cafarella	Jake Townley
U14	-	Tim Davis
U15	Sara Alessio	Jeffrey Jambu
U18	Afton Harrington	Christopher Williams

BOYS RECORDS

UNDER 6	70m	Travis Hopgood (R)	13.20	1981	
	100m	B Gately (A)	19.10	1984	
	100m	M Watts (A)	19.10	1985	
	100m	J Tilley (P)	19.10	1986	
	150m	Dylan Shiel (A)	30.37	1998/99	5/12/1998
	400mW	A Dalrymple (P)	2:47.10	1981	
	50m	Travis Hopgood (R)	9.40	1981	
	DIS	D Costanzo (R)	14.03	1980	
	LJ	C Liddell (P)	2.78	1983	
	LJ	M Watts (A)	2.78	1985	
	SP	J 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	M Ockerby (A)	11.20	1974	
	81mH (45cm)	J Norton (R)	18.09	1992/93	28/03/1993
	90mH	B Adams (P)	19.60	1988	
	100m	Kevin Naismith (A)	16.30	1972	
	150m	R Green (R)	26.76	1991/92	
	200m	Brett Callaghan (A)	35.30	1981	
	400mW	M Aylen (A)	2:31.10	1978	
	DIS	C 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	C Liddell (P)	7.06	1984	

UNDER 8	60mH	A Sinclair (R)	10.90	1971	
	70m	Kevin Naismith (A)	11.00	1973	
	81mH (45cm)	Dylan Shiel (A)	16.66	2000/01	25/11/2000
	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)	Patrick Gamble (R)	13.79	2001/02	24/11/2001
	LJ	Kevin Naismith (A)	3.68	1973	
	SP	Matthew Johansson (A)	7.34	1999/2000	11/03/2000

BOYS RECORDS

UNDER 9	60mH	T 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	B Fletcher (A)	15.90	1987	
	100m	R Carey (R)	15.10	1971	
	200m	D Eden (R)	29.70	1970/71	
	200m	Wayne Killender (R)	29.70	1970/71	
	400m	I Sykes (R)	1:14.00	1972	
	800m	S Gray (A)	2:39.00	1976	
	1100mW	C 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 Philby (P)	1.28	1972	
	JAV (Turbo)	Callan Douglas (P)	19.33	2001/02	26/01/2002
	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)	Gaertner Steven (A)	15.47	1999/2000	26/03/2000
	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	A Best (A)	2:34.00	1977	
	1100mW	M Jamieson (A)	6:28.10	1987	
	150m	M Jackson (R)	23.20	1990	
	DIS	Kallai Meehan (P)	31.92	1996/97	23/03/1997
	HJ	Glen Philby (P)	1.38	1974	
	JAV (Turbo)	Luke Smith (R)	23.89	2001/02	1/12/2001
	LJ	S Gray (A)	4.58	1977	
	SP	G Deas (P)	9.26	1974	
	TJ	Brett Callaghan (A)	9.28	1984	

UNDER 11	60mH	Brett Callaghan (A)	9.70	1985	
	70m	J 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	J 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	B Dick (P)	2:33.20	1986	
	1500mW	S Brown (R)	8:06.90	1983	
	1500m	T Johnstone (P)	5:15.20	1990/91	
	DIS	Eamon Mathieson (P)	32.40	1980	
	HJ	Glen Philby (P)	1.49	1974	
	JAV (400gm)	Luke Smith (R)	33.70	2002/03	22/03/2003
	LJ	S 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 RECORDS

UNDER 12	60mH	Brett Callaghan (A)	9.50	1986	
	70m	J Quinn (R)	9.20	1986	
	90mH	Brett Callaghan (A)	14.10	1986	
	100m	J Quinn (R)	13.10	1986	
	150m	Radel Fleming (R)	20.67	2005/06	29/10/2005
	200m	J Quinn (R)	28.40	1986	
	400m	J Quinn (R)	1:01.90	1986	
	800m	B Dick (P)	2:32.90	1987	
	1500m	R Elphinstone (R)	5:05.00	1971	
	1500mW	P 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 Philby (P)	1.57	1975	
	JAV (400gm)	Luke Smith (R)	34.07	2003/04	4/10/2003
	LJ	S Gray (A)	5.11	1979	
	SP	J Quinn (R)	10.18	1986	
	TJ	J 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)	2:23.80	2006/07	24/03/2007
	1500mW	S Brown (R)	8:21.30	1984	
	1500m	Clinton Perrett (P)	5:05.00	1995/96	2/03/1996
	81mH (76cm)	David Sparks (R)	14.01	1995/96	24/03/1996
	DIS	Aaron MacDonald (P)	32.28	2006/07	24/03/2007
	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	Aaron MacDonald (P)	11.21	2006/07	10/03/2007
	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	Mark Occhipinti (R)	14.26	1994/95	28/01/1995
	100m	Mark Occhipinti (R)	12.70	1994/95	3/12/1994
	150m	R Holt (R)	18.90	1990/91	
	200m	Mark Occhipinti (R)	25.68	1994/95	25/02/1995
	300mH	Laurence Angwin (R)	44.94	1996/97	23/03/1997
	400m	Brendon Bride (R)	1:00.10	1989/90	
	800m	Brendon Bride (R)	2:23.90	1989/90	
	1500mW	S Irish (R)	8:33.20	1988	
	1500m	Clinton Perrett (P)	5:02.80	1996/97	22/02/1997
	DIS	Jarrold Harris (R)	39.56	1994/95	15/10/1994
	HJ	Laurence Angwin (R)	1.68	1996/97	23/03/1997
	JAV (600gm)	Jeffery Jambu (P)	28.42	2005/06	22/10/2005
	LJ	Mark Occhipinti (R)	5.40	1994/95	11/03/1995
	SP	Jarrold Harris (R)	13.19	1994/95	26/03/1995
	TJ	Laurence Angwin (R)	11.59	1996/97	23/03/1997

BOYS RECORDS

UNDER 15	60mH	L Harris (P)	9.60	1989/90	
	70m	Brendon Bride (R)	8.70	1990/91	
	90mH	Brendon Bride (R)	14.20	1990/91	
	100m	Brendon Bride (R)	12.40	1990/91	
	100mH	Jeffrey Jambu (P)	15.41	2006/07	10/02/2007
	200m	Brendon Bride (R)	25.10	1990/91	
	300mH	Tony Vo (A)	45.11	1994/95	11/03/1995
	400m	Brendon Bride (R)	56.30	1990/91	
	800m	Neil Brennan (A)	2:16.00	1993/94	27/03/1994
	150m	Mark Occhipinti (R)	18.11	1995/96	9/12/1995
	1500mW	S Bown (P)	7:49.00	1989/90	
	1500m	N Brennan (A)	4:58.90	1993/94	27/11/1993
	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)	Jeffrey Jambu (P)	35.44	2006/07	18/11/2006
	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

U/16	100m	Brendon Bride (R)	12.27	1991/92	
	JAV (600gm)	Brock Downie (A)	21.95	2004/05	4/12/2004

UNDER 18	70m	Daniel Browne (R)	8.88	2006/07	9/12/2006
	90mH	Lorenzo Occhipinti (R)	14.59	1994/95	26/03/1995
	100m	Daniel Browne (R)	12.23	2006/07	9/12/2006
	100mH	Daniel Browne (R)	14.94	2006/07	10/02/2007
	150m	T Sullivan (S)	18.33	1992/93	13/03/1993
	200m	Brendon Bride (R)	25.29	1991/92	
	300mH	Brendon Bride (R)	42.80	1991/92	
	400m	Brendon Bride (R)	57.18	1991/92	
	800m	Brendon Bride (R)	2:21.00	1991/92	
	1500m	Andrew Fyans (A)	4:58.90	2004/05	18/12/2004
	1500mW	S Bown (S)	8:31.70	1992/93	6/02/1993
	DIS	Jarrold Harris (I)	42.66	1996/97	16/11/1996
	HJ	Laurence Angwin (R)	1.85	1998/99	5/12/1998
	JAV (600gm)	Christopher Williams (P)	29.18	2006/07	24/02/2007
	LJ	Daniel Browne (R)	5.94	2006/07	3/02/2007
	SP	Jarrold Harris (S)	13.32	1996/97	2/11/1996
	TJ	Laurence Angwin (R)	12.70	1998/99	24/10/1998

GIRLS RECORDS

UNDER 6	70m	C Jamieson (A)	13.60	1984/85	
	70m	B Harding (A)	13.60	1987	
	100m	C Jamieson (A)	19.50	1984/85	
	200m	P Leeds (R)	42.20	1982	
	400mW	A Hudgson (A)	2:54.40	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	L Blunt (P)	11.95	1992/93	6/03/1993
	LJ	C Jamieson (A)	2.99	1984/85	
	SP	L Blunt (P)	4.64	1992/93	4/03/1993

UNDER 7	60mH	L 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	C 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	K Iles (P)	28.06	1993/94	18/12/1993
	50m	T Webb (P)	9.10	1980	
	50m	C 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	C Jamieson (A)	3.26	1985/86	
	SP	Jacqui Dugdale (P)	5.37	1995/96	10/02/1996

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	C 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	Samantha Clark (A)	1:21.90	1995/96	24/03/1996
	700mW	C Jamieson (A)	4:41.60	1986/87	
	50m	Alicia Gray (A)	8.50	1981	
	DIS	Tamara Ballerini (R)	17.71	2003/04	
	JAV (Turbo)	Tamara Ballerini (R)	10.53	2003/04	7/03/2003
	LJ	Alicia Gray (A)	3.45	1981	
	SP	K Aburrow (A)	6.39	1985/86	

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UNDER 9	60mH	L Jellie (P)	10.80	1973	
	70m	M Davis (R)	10.30	1971	
	81mH (45cm)	Rachael Evans (R)	15.29	1999/2000	26/03/2000
	90mH	J 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	C Prosser (A)	6:28.10	1984	
	DIS (500gm)	Tamara Ballerini (R)	20.24	2004/05	11/03/2005
	HJ	Rebecca Deacon (P)	1.10	2001/02	9/02/2002
	HJ	C Joyce (A)	1.10	1980	
	HJ	K Lambert (A)	1.10	1982	
	HJ	Fiona Harris (R)	1.10	1986/87	
	HJ	Melissa Cordy (A)	1.10	1988/89	
	JAV (Turbo)	Tamara Ballerini (R)	14.36	2004/05	18/12/2004
	LJ	K Webb (P)	3.70	1980	
	SP	J Pinsent (A)	6.20	1972	
	TJ	Alicia Gray (A)	8.35	1982	

UNDER 10	60mH	J Egan (P)	10.00	1981	
	70m	A Ockerby (A)	10.30	1972	
	70m	K Rymer (P)	10.30	1972	
	70m	M 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	B Gray (A)	23.70	1989/90	
	200m	M Davis (R)	29.50	1972	
	400m	Alicia Gray (A)	1:12.10	1983	
	800m	C Prosser (A)	2:52.20	1984/85	
	1100mW	C 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)	Tamara Ballerini (R)	17.61	2005/06	5/11/2005
	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	
	90mH	Fiona Harris (R)	17.00	1988/89	
	100m	Jessica Dalton (A)	13.24	1996/97	23/03/1997
	200m	K Rymer (P)	31.30	1973	
	400m	Alicia Gray (A)	1:10.40	1984	
	800m	C Prosser (A)	2:45.00	1985/86	
	150m	Tegan Fletcher (A)	22.66	1994/95	11/02/1995
	1500m	J Franken (R)	5:36.20	1983	
	1500mW	Sarah Alexander (A)	8:27.10	1999/2000	22/10/1999
	81mH (60cm)	Anne Hibberd (A)	15.12	1993/94	27/03/1994
	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	

UNDER 12	60mH	K Kilpatrick (A)	9.70	1979	
	70m	M Davis (R)	9.70	1974	
	70m	K 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	M 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	C Prosser (A)	5:29.30	1987	
	DIS	M 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	M Davis (R)	9.68	1974	
	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)	2:39.80	1994/95	11/02/1995
	1500mW	S Prosser (A)	8:15.10	1985	
	1500m	E Cordy (A)	5:39.70	1986	
	81mH (76cm)	Marisa Butterfield (P)	14.46	1994/95	26/03/1995
	DIS	Jaclyn Iles (P)	30.97	1996/97	8/03/1997
	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	

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UNDER 14	60mH	E 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	N Riley (A)	2:34.50	1990/91	
	150m	Alicia Gray (A)	20.60	1987	
	1500mW	K Brown (R)	8:09.40	1984	
	1500m	E Cordy (A)	5:39.50	1987	
	81mH	Marisa Butterfield (P)	13.73	1995/96	24/03/1996
	DIS	Jaclyn Iles (P)	27.50	1997/98	29/03/1998
	HJ	Fiona Harris (R)	1.53	1991/92	
	JAV (600gm)	Emily Johnston (R)	29.28	2005/06	12/11/2005
	LJ	Alicia Gray (A)	5.20	1987	
	SP	Heidi Weiland (P)	10.72	1985	
	TJ	Alicia Gray (A)	11.42	1987	

UNDER 15	60mH	E Cordy (A)	9.80	1988	
	70m	E Cordy (A)	9.50	1988	
	90mH	E 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	N Riley (A)	1:04.50	1991/92	
	800m	Marisa Butterfield (P)	2:33.90	1996/97	8/03/1997
	1500m	E Cordy (A)	5:22.30	1988	
	1500mW	Elizabeth Dornom (A)	8:41.90	1994/95	29/10/1994
	DIS	Jaclyn Iles (P)	27.54	1998/99	13/03/1999
	HJ	B Meades (A)	1.53	1991/92	
	JAV (600gm)	Gemma Walter (R)	16.83	2006/07	24/02/2007
	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	

UNDER 18	70m	Marisa Butterfield (P)	9.72	1997/98	22/11/1997
	90mH (76cm)	N Riley (S)	15.81	1992/93	23/01/1993
	100m	N Riley (S)	14.07	1992/93	6/02/1993
	150m	Marisa Butterfield (P)	20.93	1997/98	15/11/1997
	200m	Marisa Butterfield (P)	28.60	1997/98	22/11/1997
	300mH (76cm)	Marisa Butterfield (P)	50.21	1997/98	15/11/1997
	400m	N Riley (S)	1:07.20	1992/93	6/02/1993
	800m	Elizabeth Dornom (A)	2:48.00	1995/96	25/11/1995
	1500mW	Elizabeth Dornom (S)	8:31.00	1996/97	2/11/1996
	1500m	Helena Clarke (S)	5:53.70	1997/98	13/12/1997
	DIS	N Riley (S)	24.89	1992/93	13/02/1993
	HJ	Marisa Butterfield (P)	1.40	1997/98	22/11/1997
	JAV (600)	Kellie Ferguson (R)	22.25	2006/07	24/02/2007
	LJ	Marisa Butterfield (P)	4.50	1997/98	15/11/1997
	SP	N Riley (S)	8.70	1992/93	6/02/1993
	TJ	N Riley (S)	9.41	1992/93	6/02/1993