



**Celebrating Our 43<sup>rd</sup> Year  
of Family, Fun and Fitness**

**[www.chelsea.coolrunning.com.au](http://www.chelsea.coolrunning.com.au)**



## LITTLE ATHLETICS CHELSEA 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.

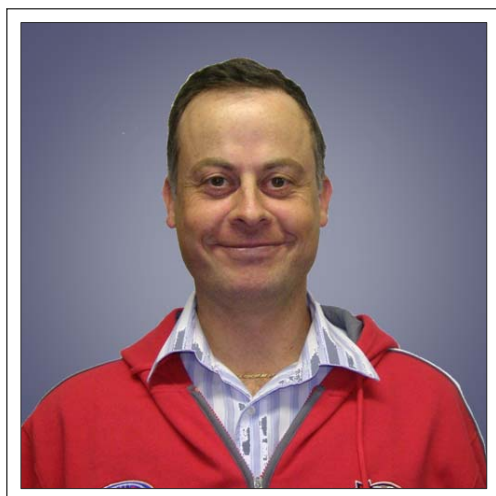
### CHEST PATCH

LAV 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 it also recommended that they list these 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. If it is lost or damaged, please see the uniform co-ordinator for a replacement. Athletes without a chest patch may be prevented from competing as they are in breach of the LAV Competitive Members' membership requirements (section 1.8).



This handbook is also available online at : [www.chelsea.coolrunning.com.au/documents/handbooks/](http://www.chelsea.coolrunning.com.au/documents/handbooks/)

## PRESIDENT'S MESSAGE



On behalf of the Committee it brings me great pleasure to welcome all members, old and new, to the 2011-12 season and the community which is Little Athletics Chelsea. For returning members it is a time to set new goals for the season ahead, and for our new members I encourage you to give everything a go. We strongly encourage each athlete to do their best each week to accumulate as many Personal Bests (PBs) as possible. The position you finish is less important than the effort you have given. I encourage all our athletes to support and cheer each other on. Even the Usain Bolt's and Sally Pearson's of this world congratulate their fellow competitors at the end of a race, and that is the example I would like to see replicated by all our children.

The motto of the Centre is "fun, family and fitness". Little Aths is all about the kids, and I encourage all parents to get involved as much as possible. Unlike other sports athletics provides the rare opportunity for you to be involved on the sporting field with your kids through measuring, recording, raking and giving out high fives. It is also indisputable that the event days will drag on if we don't have parents getting involved to keep the days moving efficiently. Don't be shy in coming forward to assist somewhere on the track, and if you are not sure what you can offer, then please ask someone in a high-visibility vest. The blue line on the cycle track is not there to keep you out, so come on down.

Our on-going affiliation with Little Athletics Victoria means all our athletes, regardless of level of achievement, once again have the opportunity to attend Open Days and regional competitions during the season, and ultimately State and National events should they progress through the qualification process. We will promote these events during the season, but our Centre's primary focus is on the weekly fun and fitness of all our athletes at our Centre.

I wish everyone a happy, healthy and successful season ahead, and I hope you achieve your goals.

*Murray Smith*

## LIFE MEMBERS OF LITTLE ATHLETICS CHELSEA

Little Athletics Chelsea wishes to recognise the following people and to thank them for all of the time and effort that they exerted to make 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****Mr Michael Stock****Mrs Anne Mellett****Mr Carlo Ballerini****Mr Andrew Holten****Mr Peter Crawford**

## L.A. CHELSEA CONTACT DETAILS

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

Website Address : [www.chelsea.coolrunning.com.au](http://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 EXECUTIVE 2011/2012 LITTLE ATHLETICS CHELSEA



### PRESIDENT



**MURRAY SMITH**

**0425 703 094**

[mbstfs@iprimus.com.au](mailto:mbstfs@iprimus.com.au)

### VICE PRESIDENT



**SCOTT BENTON**

**0401 402 150**

[scott@diamondcomputingservices.com.au](mailto:scott@diamondcomputingservices.com.au)

### SECRETARY



**GLEN WARD**

**0403 207 217**

[glen@rockward.com.au](mailto:glen@rockward.com.au)

### TREASURER



**RALPH HENDRICKS**

**0427 745 872**

[ralph.hendricks@yahoo.com](mailto:ralph.hendricks@yahoo.com)

## CENTRE GENERAL COMMITTEE MEMBERS 2011/2012 LITTLE ATHLETICS CHELSEA

### DAVID LEPAIR



**0419 112 964**



[dlepair@kingston.com.au](mailto:dlepair@kingston.com.au)

### STEPHEN BLYTH



**0414 371 381**



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### SUE HENDRICKS



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### DANI MACFARLANE



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### GEORGE VRYONIS



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### ANTHONY CAFARELLA



**0417 388 590**



[anthony.cafarella@telstra.com](mailto:anthony.cafarella@telstra.com)

### ROD OCKERBY



**0419 464 806**



[rockerby10@optusnet.com.au](mailto:rockerby10@optusnet.com.au)

We welcome all members to our Monthly Committee Meetings, come along and be a part of the decision making process at the Centre. You may also wish to consider joining the Centre Committee, please feel free to ask any existing Committee member about what is involved and how you can help.

**CENTRE COLOURS** : YELLOW, WHITE, RED & BLACK SINGLET  
BLACK SHORTS / SPORTS BRIEFS

**CENTRE NUMBER** : 60

**COMMITTEE MEETINGS** : On the Wednesday after the 3<sup>rd</sup> Tuesday of the Month  
at 8.00pm in the LA Chelsea Clubrooms.  
ALL MEMBERS WELCOME

**For all your buying  
and selling needs,  
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Ray White Chelsea**



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**Chelsea**

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9772 5333    [www.raywhite.com](http://www.raywhite.com)    [chelsea.vic@raywhite.com](mailto:chelsea.vic@raywhite.com)

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

## VICTORIAN CODE OF CONDUCT FOR COMMUNITY SPORT



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.



## CENTRE ROLES & RESPONSIBILITIES LITTLE ATHLETICS CHELSEA

There are no paid positions or supplied officials at Centre level in Little Athletics. The Centre can only function with the assistance of volunteers, i.e. the parents.

A number of tasks are required to be performed each season to ensure that the Centre works efficiently resulting in maximum enjoyment for all participating. Many tasks whilst essential are quite simple and require minimal effort and time. If you believe that you can contribute in any area, your help would be greatly appreciated. Please contact a Committee member for further information.

The Centre extends a big Thanks to those people listed below.

<b>Role</b>	<b>Responsible Person</b>
Centre President	Murray Smith
Centre Vice-President	Scott Benton
Secretary	Glen Ward
Treasurer	Ralph Hendricks
Registrar	Scott Benton
Kingston City Council Liaison	Stephen Blyth
Results/Event Sheets Coordinator	Therese Smith
Canteen Manager	Sharlene Ashton
BBQ Manager	Pauline Pawsey
WWC Registrar	Sue Hendricks
Building Facilities Manager	VACANT
Bunnings BBQ Coordinator	George Vryonis
Handbook Editor	Anthony Cafarella
Handbook Publisher	Pauline Pawsey
Equipment Manager	Andrew Holten
Uniform Coordinator	Sue Hendricks
Newsletter Editor	Glen Ward
Starter's Coordinator	Peter McVay
Open Day Manager	Anthony Cafarella
Sponsorship Manager	Claudette MacDonald
Media Manager	Greg Russo
Technical Advisor	Scott Benton
SMR Meeting Delegate	Claudette MacDonald
Track Marker	Stuart Patton
Website Manager	Anthony Cafarella
Coaching Manager	Dani Macfarlane
Team Manager (Relays, T & F)	Thomas Ludwig/Peter Nelson
Team Manager (Cross Country)	Prue Mitchell
On-Track Coordinator	Murray Smith
Ground Announcer	David Lepair
Awards Coordinator	Murray Smith
Off Season Promoter (LAPS, Schools/Sporting Clubs)	Prue Mitchell

A full list of the Centre Roles & Responsibilities can be viewed at: [www.chelsea.coolrunning.com.au/roles.shtml](http://www.chelsea.coolrunning.com.au/roles.shtml)

## CLUB COMMITTEES AND COLOURS

### LITTLE ATHLETICS CHELSEA : CLUBS 2011 - 2012



#### ROADRUNNERS

**CLUB COLOURS** : **YELLOW T-SHIRT, BLACK SHORTS/SPORTS BRIEFS**

**PRESIDENT** : SCOTT BENTON  
[scott@diamondcomputingservices.com.au](mailto:scott@diamondcomputingservices.com.au)  
 0401 402 150



**SECRETARY** : CAROL BENTON  
 0431 671 879  
[cabenton@au1.ibm.com](mailto:cabenton@au1.ibm.com)

**COMMITTEE** : THOMAS LUDWIG, GREG RUSSO



#### REDBACKS

**CLUB COLOURS** : **RED T-SHIRT, BLACK SHORTS/SPORTS BRIEFS**

**PRESIDENT** : MICHAEL COCHRANE  
 0427 400 349  
[cochrane@bigpond.net.au](mailto:cochrane@bigpond.net.au)



**SECRETARY** : DANI MACFARLANE  
 0411 594 168  
[dmac\\_72@bigpond.com](mailto:dmac_72@bigpond.com)

**COMMITTEE** : RACHAEL DICKINSON, RIA FORTUNE, PETER McVAY,  
 STUART PATTON



#### PANTHERS

**CLUB COLOURS** : **WHITE T-SHIRT, BLACK SHORTS/SPORTS BRIEFS**

**PRESIDENT** : CLAUDETTE MACDONALD  
 0407 043 956  
[claudettea@bigpond.com](mailto:claudettea@bigpond.com)



**SECRETARY** : PAULINE PAWSEY  
 0412 835 840  
[paulcasstim@gmail.com](mailto:paulcasstim@gmail.com)

**COMMITTEE** : ANDREA HOLLAND, PRUE MITCHELL, KAIH MITCHELL,  
 KIM COOPER, CHEZ BERTUZZI-ASCH



## 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
Black Centre Polo Shirts (limited sizes) .....	\$15.00

You can order all clothing through our Uniform Co-Ordinator Sue Hendricks.

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.



The Centre Uniform, pictured left, is to be worn at Regional and State Championships, Open Days and Medallion Day Only, i.e. Club uniforms are to be worn during regular weekly competition days.

## 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) result in a cancellation of the day’s competition. If the grass surface or LJ/TJ pits are overly wet, then Hurdles and LJ/TJ events if scheduled may be delayed or cancelled, to reduce the chance of injury.

Should you be concerned if competition may be cancelled, please call the Centre or Club Presidents to confirm. A decision is typically made by approx. 8.15am, after inspection of the arena. The Centre will endeavour to post any cancellation notice on the website and our twitter page.

## 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.

# SET-UP/PACK-UP CLUB DUTY ROSTER 2011/12



PANTHERS



REDBACKS



ROADRUNNERS

DATE	CLUB DUTY					
	SET-UP			PACK-UP		
Week 1 – 08/10/2011						
Week 2 – 15/10/2011						
Week 3 – 22/10/2011						
Week 4 – 29/10/2011						
Week 5 – 05/11/2011						
Week 6 – 19/11/2011						
Week 7 – 26/11/2011						
Week 8 – 03/12/2011						
Week 9 – 09/12/2011						
Chelsea Gift – 17/12/2011						
Week 10 - 14/01/2012						
Week 11 – 21/01/2012						
Week 12 – 25(27)/01/2012*						
Week 13 – 04/02/2012						
Week 14 – 11/02/2012						
Week 15 – 25/02/2012						
Week 16 – 03/03/2012						
Week 17 – 10/03/2012						
Week 18 – 17/03/2012						
Medallion Day - 31/03/2012						

The above table highlights the set-up and pack-up roster duties list for each Club. Set-up duties begin at about 7.30am, and contact your Club President for further information. In addition to the above, all members are expected to assist with Event Duties during the season.

Note that the weekly program dates may be subject to change.

\*Date to be decided by members via on-line poll: [www.haveasec.com/survey/web/383e4c/](http://www.haveasec.com/survey/web/383e4c/)  
Poll closes 16 December 2011



# SEASON CALENDAR 2011/12

<b>SEPTEMBER 2011</b>	17	LAC REGISTRATION Day #1 (10.00am – 12.00pm)
	24	LAC REGISTRATION Day #2 (10.00am – 12.00pm)
<b>OCTOBER 2011</b>	8	First week of 2011/12 Track & Field Season – Program 1A
	15	Week 2 Competition – Program 2A
	22	Week 3 Competition – Program 3
	29	Week 4 Competition – Program 1A
<b>NOVEMBER 2011</b>	5	Week 5 Competition – Program 2B
	12	LA Chelsea Open Day Working Bee/Track Preparation – Parents/Officials ( <b>No Competition</b> )
	<b>13</b>	<b>LA Chelsea Open Day</b>
	19	Week 6 Competition – Program 3
	26	Week 7 Competition – Program 2C
<b>DECEMBER 2011</b>	3	Week 8 Competition – Program 3
	9	Week 9 Competition – Program 1A ( <b>Twilight Meeting – 5.30pm</b> )
	<b>17</b>	<b>Ray White Chelsea Gift Day</b>
<b>JANUARY 2012</b>	14	Week 10 Competition – Program 2D
	21	Week 11 Competition – Program 3
	25/27*(TBC)	Week 12 Competition – Program 1A ( <b>Twilight Meeting – 5.30pm</b> )
<b>FEBRUARY 2012</b>	4	Week 13 Competition – Program 2E
	11	Week 14 Competition – Program 3
	25	Week 15 Competition – Program 1A
<b>MARCH 2012</b>	3	Week 16 Competition – Program 3
	10	Week 17 Competition – Program 2F
	17	Week 18 Competition – Program 1B
	27	Redbacks Presentation Night
	28	Panthers Presentation Night
	29	Roadrunners Presentation Night
	<b>31</b>	<b>LA Chelsea Medallion Day (Centre Presentations &amp; AGM)</b>
<b>APRIL 2012</b>	1	<i>Reserved (Medallion Day in case of washout on March 31)</i> Winter Cross-Country Season Commences (Dates To be Confirmed)
<b>OTHER DATES OF NOTE</b> (Confirm With Committee Members, See Notice Board & Newsletters During Season)		
<b>OCTOBER 2011</b>	9	JDS Day 1 - Knox (Melway Ref: 73 D7)
	23	JDS Day 2 - Keilor (Melway Ref: 15 B5)
<b>NOVEMBER 2011</b>	13	JDS Day 3 - Epping (Melway Ref: 182 J10)
	20 & 21	State Multi-Event Championships – Venue Albert Park (U/9 – U/16)
	27	LA Mentone Relay Open Day
<b>DECEMBER 2011</b>	10	Southern Metropolitan Region Relay Championships – Venue Springvale (U/9 – U/16)
<b>JANUARY</b>	15-18	JDS Camp - Ormond College, Melbourne University (Melway Ref: 2B C4)
	28	LAV State Relay Championships – Albert Park
<b>FEBRUARY 2012</b>	5	JDS Day 4 - Doncaster (Melway Ref: 33 J11)
	11	LA Knox Open Day Twilight Meeting
	12	LA Seaford Open Day
	18 & 19	Southern Metropolitan Region Track & Field Championships – Venue TBC (U/9 – U/16)
	24-26	JDS Day 5 (3 Days) - Albert Park (Melway Ref 2K F6)
<b>MARCH 2012</b>	4	SMR U6 - U8 Little Athlete's Carnival – Venue Oakleigh
	24 & 25	LAV State Track & Field Championships – Bendigo

(Dates & Events are subject to change – please refer to website, noticeboards, or committee members for confirmation)

\*Date to be decided by members via on-line poll: [www.haveasec.com/survey/web/383e4c/](http://www.haveasec.com/survey/web/383e4c/)

Poll closes 16 December 2011

# Edithvale PHARMACY

**OPEN 7 DAYS**

MON – FRI	9 AM	to	7 PM
SATURDAY	9 AM	to	5 PM
SUNDAY	10 AM	to	5 PM
PUB HOLS	10 AM	to	1 PM

**240a NEPEAN HWY, EDITHVALE**

**Tel: 9772 2332**

Fax: 9773 3805

email: [edithvale.pharmacy@nunet.com.au](mailto:edithvale.pharmacy@nunet.com.au)

***We proudly provide professional services to the local community***

**Services:**

- Professional Advice on medications
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- Ear Piercing
- FREE Local Delivery Service
- **Agent for Diabetes Australia (NDSS)**

# LITTLE ATHLETICS CHELSEA 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" 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: [www.chelsea.coolrunning.com.au/count/click.php?id=9](http://www.chelsea.coolrunning.com.au/count/click.php?id=9)

## SUN PROTECTION POLICY

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 11.00 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. 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 that it remains relevant to the needs of the Centre.



# EXPERIENCE AUSTRALIA'S LEADING PHYSIOTHERAPY AND WELLNESS GROUP



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# **LITTLE ATHLETICS CHELSEA CENTRE POLICY**

## **WORKING WITH CHILDREN CHECK**

The Working with Children (WWC) Check is designed to help keep children safe. The Check was introduced in Victoria in 2006 and aims to prevent people who may pose a risk to the safety of children from working with them.

Under the “Working with Children Act 2005”, all people working or volunteering in all areas of administration, officiating, coaching and overnight supervision at camps and clinics relating to Little Athletics are required to hold a WWC card.

LAC are taking this very seriously and all key personnel including all committee members, officials and administration staff have applied for or hold a current WWC card.

Under the Act, a parent who volunteers in relation to an activity in which their child ordinarily participates is exempt from a WWC Check in respect of that work. For further information please visit [www.justice.vic.gov.au/workingwithchildren](http://www.justice.vic.gov.au/workingwithchildren)

## **HEALTHY FOOD CHOICE POLICY**

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.

## **DOGS**

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

# **LITTLE ATHLETICS CHELSEA CENTRE POLICY**

## **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 accept any alcohol related sponsorship or 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.

## **SMOKE-FREE POLICY**

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:

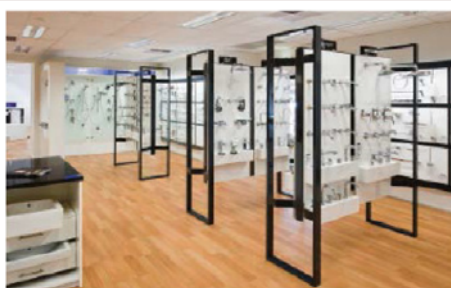
1. Cigarettes shall not be sold at any venue used by Little Athletics Chelsea.
2. Executive members, coaches and officials will not smoke in view of the public or athletes during the lead up to and conduct of Little Athletics events.
3. All Centre meetings and functions will be smoke-free.
4. All areas 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.



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**THOMASTOWN**

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**COBURG**

204-216 Sydney Road, Coburg

**CAMPBELLFIELD**

1922 Hume Hwy, Campbellfield

**GISBORNE**

16 Robertson Street, Gisborne

**BENDIGO**

15-21 Kennedy Street, Bendigo

**LEONGATHA**

15 Anderson Street, Leongatha

**GOLDEN SQUARE**

8 Waterson Court, Golden Square

## WHAT DO WE DO ON SATURDAY MORNINGS?

- ▶ **At 7.30 am a hardy band of Rostered Centre & Club Committee members, Centre officials and Parents begin to set up the equipment, canteen, & clubrooms. Please feel free to assist without being asked.**
- ▶ 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.
- ▶ Athletes wear their Club uniforms with their name tags displayed.
- ▶ At 8.30 am we start our competition program with the all important warm up exercises. Announcements are also made and any important notices, etc. handed out, so be there and be alert.
- ▶ To keep our programs running smoothly and on time we may start some senior age group events at 8.45 am, after a separate warm up. A timely start will assist in a timely finish.
- ▶ U/8 and above age groups participate in up to 5 events per week, according to the Weekly Program. U/6 and U/7 age groups participate in 3 events per week.
- ▶ 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.
- ▶ Athletes or Age-group Co-ordinators should wait for the Ground Announcer to advise when their next event is to be conducted. Announcements will be made over the Public Address to direct age groups to their next event. This ensures that the program will run smoothly with all age groups completing the day's events at approximately the same time, with minimal clashing, and delays between events.  
**Important:** Please wait to be called or check with the 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 in a following section (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, 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, including Shot Put, as Discus and Javelins in particular may travel at very high speeds that can cause serious injury.
- ▶ After finishing each event athletes receive a ticket showing their performance, and a STAR is printed/stamped on the ticket if a new PERSONAL BEST has been achieved. 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.
- ▶ The recording sheets are input to our database to:
  - record athletes' PERFORMANCES
  - highlight and update PERSONAL BESTS
  - highlight and update CENTRE RECORDS
  - calculate INDIVIDUAL PERFORMANCE POINTS
  - calculate CLUB PERFORMANCE POINTS
- ▶ We aim to finish each program by 12.00 noon, after which many hands help to put away the equipment.
- ▶ **Please note there must be at least one parent/guardian present at all times.**



## 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 all members are protected by insurance in case of an accident. 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

Age group co-ordinators and assistants will be appointed for each age group and gender up to under 14. 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 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



As at the time of printing, a training and coaching programme has not been finalised. 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 newsletters, the notice board and the website for further details of what disciplines will be covered each week.

More details may be found here: [www.chelsea.coolrunning.com.au/coaching/](http://www.chelsea.coolrunning.com.au/coaching/)

### PERSONAL BEST ★STARS★ (PB's)



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 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 (PB's) 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 published in 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 the first three rounds of competition have been completed.** 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 three week rotating program, **i.e. PB's are counted from Week 4 of competition onwards.**

### 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.** Books are returned at Club presentation nights.

### 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 is held on the last competition day before Christmas each year, and is one of the most keenly contested events at the Centre. The Gift is proudly sponsored by Ray White Chelsea.

## CENTRE RECORDS

These are the best recorded performances achieved by Chelsea Little Athletes at normal weekly Chelsea Centre Competitions only. Performances from the Open Day or other venues are not taken into account. Records published in this handbook are correct at 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.

**Centre Records must be validated by two Centre Committee Executive or authorised members**, in accordance with the Centre's Record Verification Procedure: [www.chelsea.coolrunning.com.au/count/click.php?id=6](http://www.chelsea.coolrunning.com.au/count/click.php?id=6)

## 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, LAV

SMR is the Southern Metropolitan Region, which is the next organisation level up from our Centre. SMR is the largest of the regions, and is comprised of 15 Little Athletics Centre, and approx. 5300 registered members. There are three other Metropolitan Regions and four Country Regions that are a part of Little Athletics Victoria or LAV. The Chelsea Centre uniform must be worn when competing at Region or State Level events.

## REGION & STATE CHAMPIONSHIPS

Competitions are conducted for Relays, Multi-Event, and individual Track and Field events. Registered athletes in the Under 9 to Under 15 age groups are eligible to enter. The State Multi-event Championships will be held at Albert Park (19/20 November 2011), the Region Relay Championships will be held at Springvale (10 December 2011), the Region Track & Field Championships at Frankston (18/19 February 2012), and State Track & Field Finals will be held at Bendigo (24/25 March 2012).

These championships are run by volunteers and each Centre provides 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. This is a mandatory requirement and your child will not be able to compete if a duty cannot be performed. To be eligible to compete in any of the Championship events, 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

On this 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.

## LA CHELSEA OPEN DAY (entry included in annual fees)



Open Days are for athletes from age groups U/6 – U/16 and invitation is open to athletes from all Centres. We will be holding our 32<sup>nd</sup> Annual Open Day on Sunday, 13<sup>th</sup> November 2011.

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 strongly encourage all of our Chelsea Athletes to enter for some healthy competition, the chance to win a medal, make new friends, re-acquaint with old friends, and to help us 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 Awards Presentation. The programme 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 YEAR AWARDS

Centre awards are presented at the end of the season based on the number of Personal Bests, number of events completed, and performance points accumulated by the athletes during the season. Club awards are also presented at the end of the season at the discretion of the Club Committees and may be based on an entirely different system. Senior Age categories include U/12 - U/16, and the Junior Age category covers U/8 - U/11. Awards for On-Track are also presented for U6 - U7 athletes in track and field event categories. To be eligible for an end of year 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 before Season end.

## ON TRACK



On Track is an Athletics Skills Program. It is a progressive athletics 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. 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 LAV, 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 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.

## 2011/2012 JUNIOR DEVELOPMENT SQUAD



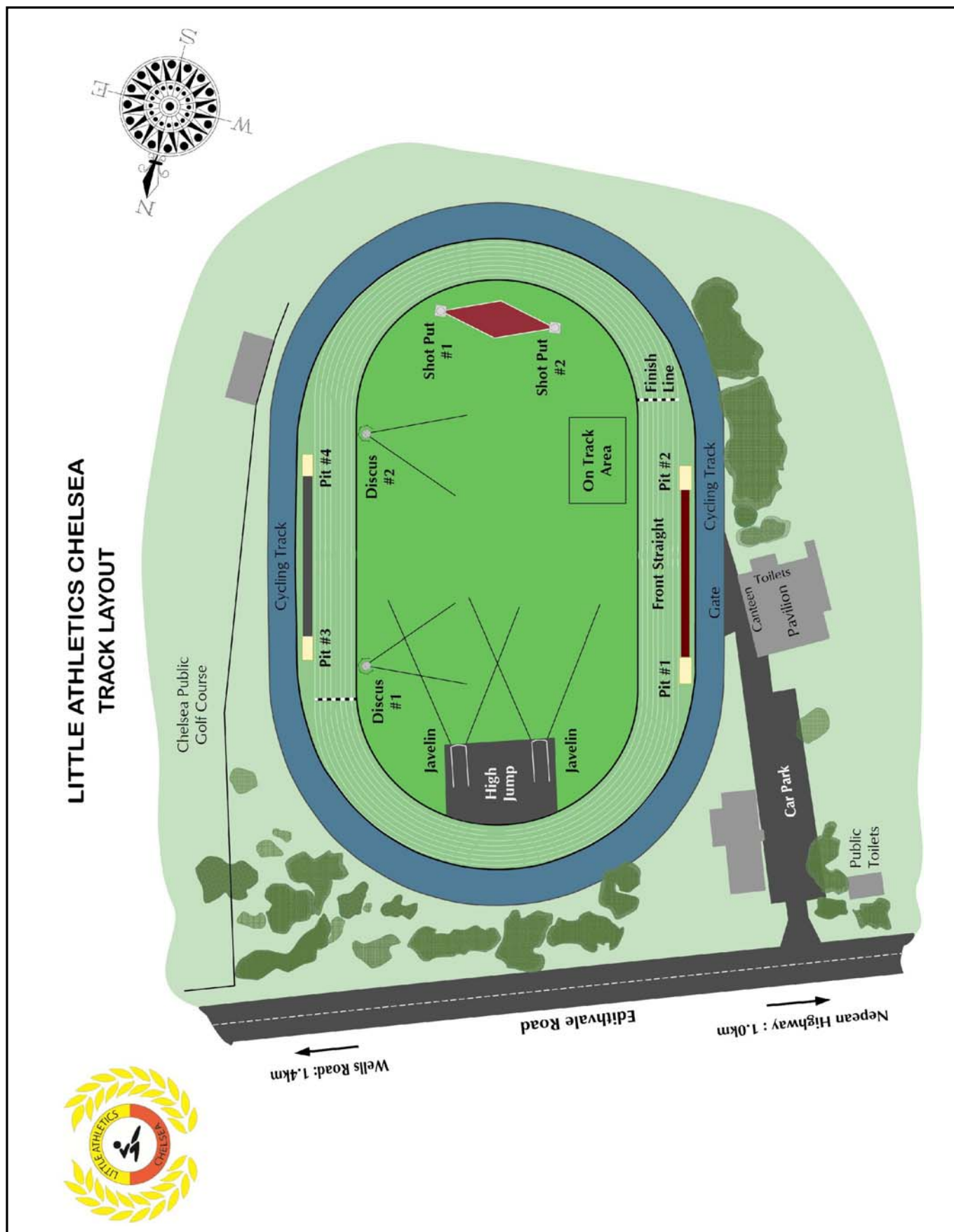
The Junior Development Squad (JDS) is a program aimed at giving our talented athletes a little more in terms of coaching, education, competition and a sense of accomplishment. Athletes must qualify for the squad by achieving athletic results that better a set performance criteria.

The squad is open to all registered athletes from U/12 to U/16 who achieve the performance criteria. Ranging 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:

[www.clubsonline.com.au/site/index.cfm?fuseaction=display\\_main&OrgID=3662](http://www.clubsonline.com.au/site/index.cfm?fuseaction=display_main&OrgID=3662)

# NORMAL COMPETITION DAY TRACK LAYOUT





**WEEKLY EVENT PROGRAM - 1A**

Age Group	Event				
<b>U/6</b>	150m	70m	DIS	OT	
<b>U/7</b>	150m	70m	SP	OT	
<b>U/8</b>	150m	70m	400m	LJ	JAV
<b>U/9</b>	150m	70m	400m	LJ	SP
<b>U/10</b>	150m	70m	400m	LJ	DIS
<b>U/11</b>	150m	70m	400m	HJ	DIS
<b>U/12</b>	150m	70m	400m	HJ	SP
<b>U/13</b>	150m	70m	400m	TJ	JAV
<b>U/14</b>	150m	70m	400m	TJ	JAV
<b>U/15</b>	150m	70m	400m	TJ	JAV
<b>U/16</b>	150m	70m	400m	TJ	JAV

**1B**

Event				
200m	70m	DIS	OT	
200m	70m	SP	OT	
200m	70m	400m	LJ	JAV
200m	70m	400m	LJ	SP
200m	70m	400m	LJ	DIS
200m	70m	400m	HJ	DIS
200m	70m	400m	HJ	SP
200m	70m	400m	TJ	JAV
200m	70m	400m	TJ	JAV
200m	70m	400m	TJ	JAV
200m	70m	400m	TJ	JAV

**WEEKLY EVENT PROGRAM - 2A**

Age Group	Event				
<b>U/6</b>	50m	200m	LJ	OT	
<b>U/7</b>	60m H	200m	DIS	OT	
<b>U/8</b>	60m H	200m	50m	LJ	SP
<b>U/9</b>	60m H	200m	800m	HJ	DIS
<b>U/10</b>	60m H	200m	800m	HJ	SP
<b>U/11</b>	60m H	200m	1500m	TJ	JAV
<b>U/12</b>	60m H	200m	1500m	TJ	JAV
<b>U/13</b>	300m H	200m	1500m	LJ	SP
<b>U/14</b>	300m H	200m	1500m	LJ	SP
<b>U/15</b>	300m H	200m	1500m	LJ	SP
<b>U/16</b>	300m H	200m	1500m	LJ	SP

**2B**

Event				
70m	200m	LJ	OT	
60m H	200m	DIS	OT	
60m H	200m	70m	DIS	JAV
60m H	200m	70m	HJ	DIS
60m H	200m	70m	HJ	SP
60m H	200m	1500m	TJ	JAV
60m H	200m	1500m	TJ	JAV
300m H	200m	1500m	LJ	SP
300m H	200m	1500m	LJ	SP
300m H	200m	1500m	LJ	SP
300m H	200m	1500m	LJ	SP

**WEEKLY EVENT PROGRAM - 2C**

Age Group	Event				
<b>U/6</b>	100m	200m	LJ	OT	
<b>U/7</b>	60m H	200m	DIS	OT	
<b>U/8</b>	60m H	200m	100m	LJ	SP
<b>U/9</b>	60m H	200m	100m	HJ	DIS
<b>U/10</b>	60m H	200m	100m	HJ	SP
<b>U/11</b>	60m H	200m	1500m	TJ	JAV
<b>U/12</b>	60m H	200m	1500m	TJ	JAV
<b>U/13</b>	300m H	200m	1500m	LJ	SP
<b>U/14</b>	300m H	200m	1500m	LJ	SP
<b>U/15</b>	300m H	200m	1500m	LJ	SP
<b>U/16</b>	300m H	200m	1500m	LJ	SP

**2D**

Event				
150m	200m	LJ	OT	
60m H	200m	DIS	OT	
60m H	200m	150m	DIS	JAV
60m H	200m	150m	HJ	DIS
60m H	200m	150m	HJ	SP
60m H	200m	1500m	TJ	JAV
60m H	200m	1500m	TJ	JAV
300m H	200m	1500m	LJ	SP
300m H	200m	1500m	LJ	SP
300m H	200m	1500m	LJ	SP
300m H	200m	1500m	LJ	SP

**WEEKLY EVENT PROGRAM - 2E**

Age Group	Event				
<b>U/6</b>	60m H	200m	LJ	OT	
<b>U/7</b>	60m H	200m	DIS	OT	
<b>U/8</b>	60m H	200m	400m	LJ	SP
<b>U/9</b>	60m H	200m	400m	HJ	DIS
<b>U/10</b>	60m H	200m	400m	HJ	SP
<b>U/11</b>	60m H	200m	1500m	TJ	JAV
<b>U/12</b>	60m H	200m	1500m	TJ	JAV
<b>U/13</b>	300m H	200m	1500m	LJ	SP
<b>U/14</b>	300m H	200m	1500m	LJ	SP
<b>U/15</b>	300m H	200m	1500m	LJ	SP
<b>U/16</b>	300m H	200m	1500m	LJ	SP

**2F**

Event				
200m	150m	LJ	OT	
60m H	150m	DIS	OT	
60m H	150m	200m	DIS	JAV
60m H	150m	200m	HJ	DIS
60m H	150m	200m	HJ	SP
60m H	150m	1500m	TJ	JAV
60m H	150m	1500m	TJ	JAV
300m H	150m	1500m	LJ	SP
300m H	150m	1500m	LJ	SP
300m H	150m	1500m	LJ	SP
300m H	150m	1500m	LJ	SP

**WEEKLY EVENT PROGRAM - 3**

Age Group	Event				
<b>U/6</b>	50m	100m	SP	OT	
<b>U/7</b>	50m	100m	LJ	OT	
<b>U/8</b>	50m	100m	81m H	SP	DIS
<b>U/9</b>	800m	100m	81m H	TJ	JAV
<b>U/10</b>	800m	100m	81m H	TJ	JAV
<b>U/11</b>	800m	100m	81m H	LJ	SP
<b>U/12</b>	800m	100m	81m H	LJ	DIS
<b>U/13</b>	800m	100m	81m H	DIS	HJ
<b>U/14</b>	800m	100m	81/90m H	DIS	HJ
<b>U/15</b>	800m	100m	90/100m H	DIS	HJ
<b>U/16</b>	800m	100m	90/100m H	DIS	HJ

**LEGEND**

DIS : Discus  
 JAV : Javelin  
 SP : Shot Put  
 H : Hurdles  
 HJ : High Jump  
 LJ : Long Jump  
 TJ : Triple Jump  
 OT : On-Track

**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/sms/twitter.

## COMPETITION/CENTRE RULES

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 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 LAV Regulation #8. **Spikes** may be worn by the U12-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 LAV requirements (10cm above the knee). The **Centre uniform** is to be **worn only** at **State** and **Regional** Championship events, **Open Day** or **Medallion Day** competition. Athletes wearing the Centre uniform on normal competition days may lose points accumulated on the day for their Club. 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 LAV's major sponsor to display their Brand.
6. Children **must** have their name and age group **clearly** displayed on their uniform using the LAV name tag supplied when registering. We would also recommend noting any allergies that your child has on the back of the tag.
7. **Hurdles** commence at Under 8, the **High Jump, Triple Jump,** and **800m** events at Under 9, and the **1500m** event at Under 11. The walk event is no longer contested at Chelsea.
8. **Javelin** commences 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 up to 400m are electronically timed. Hand timing applies for all other running events.
11. **Lanes.** In all laned events (60m, 81m, 90/100m and 300m Hurdles, 50m, 70m, 100m, 150m, 200m, 400m and the first stage of the 800m,) competitors must stay in their marked lanes, i.e. between the marked lines.
12. **Starting:** Athletes in U/12 and above age groups must use a crouch start. Younger age groups may also use a crouch start however it is not a requirement. When spikes are worn in a track event the athlete must use **starting blocks**. Athletes shall be responsible for ensuring that starting blocks are prepared.
13. **Coaches** for relay teams will be selected by the Centre Committee, based on nominations received.
14. **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.**
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 LAV. LAV competition rules can be found at: [www.chelsea.coolrunning.com.au/count/click.php?id=9](http://www.chelsea.coolrunning.com.au/count/click.php?id=9)  
Event specific rules for the Chelsea Centre may be found on the website here: [www.chelsea.coolrunning.com.au/documents/event\\_rules/](http://www.chelsea.coolrunning.com.au/documents/event_rules/)
17. **Centre Records must be validated** by two **Centre Committee Executive members, or** the following **authorised Centre Members;** Michael Stock, Andrew Holten, David Lepair, Rod Ockerby, Ruby Holten, Greg Russo, Claudette MacDonald and Anthony Cafarella, , in accordance with the Centre's Record Verification Procedure: [www.chelsea.coolrunning.com.au/count/click.php?id=6](http://www.chelsea.coolrunning.com.au/count/click.php?id=6). Full electronic timing applies for track events up to 400m. Hand times apply for 800m and 1500m 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 be identified.

(The above is intended as a general set of Centre Rules only, and is not an exhaustive list.)



## EDITHVALE/CHELSEA RSL

4 Thames Promenade, Chelsea  
Phone 9772 1873

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## LITTLE ATHLETICS CHELSEA - CENTRE CHAMPIONS HONOUR BOARD

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



## **LITTLE ATHLETICS CHELSEA 2010/11 CENTRE AWARDS**



**John Ellem Award**  
**Taylah Nelson**



**Boys Centre Champion**  
**Jack Congues**



**Girls Centre Champion**  
**Taylah Nelson**



**President's Award**  
**Jessica Patton**



## LITTLE ATHLETICS CHELSEA 2010/11 CENTRE AWARDS



**Senior Boys  
Short Track**  
Daniel Vella



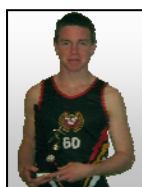
**Senior Girls  
Short Track**  
Alicia Menhennitt



**Junior Boys  
Short Track**  
Flynn Bertuzzi-Asch



**Junior Girls  
Short Track**  
Amelia Vella



**Senior Boys  
Long Track**  
Angus Scott



**Senior Girls  
Long Track**  
Alicia Menhennitt  
& Cassandra Landt



**Junior Boys  
Long Track**  
Jack Congues



**Junior Girls  
Long Track**  
Taylah Nelson



**Senior Boys  
Jumping**  
Stuart Cafarella



**Senior Girls  
Jumping**  
Alicia Menhennitt



**Junior Boys  
Jumping**  
Samson Melatua



**Junior Girls  
Jumping**  
Amelia Vella



**Senior Boys  
Throwing**  
Jake MacDonald



**Senior Girls  
Throwing**  
Julia Bannister



**Junior Boys  
Throwing**  
Jonathan Mastorakos



**Junior Girls  
Throwing**  
Ashlee Eacott



**On Track - Boys  
Track Champion**  
Jeremy Ockerby



**On Track - Girls  
Track Champion**  
Claudia Cazaux



**On Track - Boys  
Field Champion**  
Jack Mogensen



**On Track - Girls  
Field Champion**  
Alicia Ockerby



## LITTLE ATHLETICS CHELSEA 2010/11 CENTRE AWARDS

### John Ellem Award

Taylah Nelson

Panthers

33 PBs

### Centre Champions

Boys

Jack Congues

Girls

Taylah Nelson

### President's Award

Jessica Patton

### Category Champions

#### SENIOR

Long Track

Short Track

Jumping

Throwing

#### GIRLS

Alicia Menhennitt  
& Cassandra Landt

Alicia Menhennitt

Alicia Menhennitt

Julia Bannister

#### BOYS

Angus Scott

Daniel Vella

Stuart Cafarella

Jake MacDonald

#### JUNIOR

Long Track

Short Track

Jumping

Throwing

#### GIRLS

Taylah Nelson

Amelia Vella

Amelia Vella

Ashlee Eacott

#### BOYS

Jack Congues

Flynn Bertuzzi-Asch

Samson Melatua

Jonathan Mastorakos

#### ON TRACK

Field Champion

Track Champion

#### GIRLS

Alicia Ockerby

Claudia Cazaux

#### BOYS

Jack Mogensen

Jeremy Ockerby

### Recognition Plaque - 10 Years Of Competing

Alice Holten

Jessica Patton

Jake MacDonald

Caitlin Styles

Kaih Mitchell





## LITTLE ATHLETICS CHELSEA 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
2007/08	Panthers	Redbacks	Roadrunners
2008/09	Panthers	Roadrunners	Redbacks
2009/10	Panthers	Roadrunners	Redbacks
2010/11	Panthers	Redbacks	Roadrunners



## **LITTLE ATHLETICS CHELSEA 2010/11 CLUB AWARDS**

### **ROADRUNNERS**

#### **CLUB CHAMPIONS**

**Boys**                      **Jack Congues**

**Girls**                     **Erin Reilly**

#### **PRESIDENT'S AWARD**

**Grace Harrington**

#### **P.B. AWARD**

**Aaron Nicholas**

#### **AGE CHAMPIONS**

##### **AGE GROUP**

##### **GIRLS**

##### **BOYS**

**U8**

**Tara Borovic**

**Jonathan Mastorakos**

**U9**

**Erin Reilly**

**Aaron Nicholas**

**U10**

**Chloe Ludwig**

**Jack Congues**

**U11**

**Mia Racine**

**Dunken Horn**

**U12**

**-**

**Jesse Davies**

**U13**

**Alicia Menhennitt**

**Noah Fleming**

**U14**

**Georgia Holt**

**Rhys Howlett**

**U15**

**-**

**-**

**U16**

**Jessica Patton**

**-**



## **LITTLE ATHLETICS CHELSEA 2010/11 CLUB AWARDS**

### **REDBACKS**

#### **CLUB CHAMPIONS**

<b>Boys</b>	<b>Jeremy Ockerby</b>
<b>Girls</b>	<b>Madison Bell</b>

#### **PRESIDENT'S AWARD**

**James Cochrane**

#### **P.B. AWARD**

**Matthew McVay**

#### **AGE CHAMPIONS**

##### **AGE GROUP**

##### **GIRLS**

##### **BOYS**

<b>U8</b>	<b>Darcy Tucker</b>	<b>Sam Dickinson</b>
<b>U9</b>	<b>Rachel Aitken</b>	<b>Alex Kubenko</b>
<b>U10</b>	<b>Madison Bell</b>	<b>Max Sustar</b>
<b>U11</b>	<b>Jamie Dickinson</b>	<b>-</b>
<b>U12</b>	<b>Madison O'Reilly</b>	<b>Jack Whitelaw</b>
<b>U13</b>	<b>Lauren Wahl</b>	<b>-</b>
<b>U14</b>	<b>Hayley Farnan</b>	<b>-</b>
<b>U15</b>	<b>Alice Holten</b>	<b>-</b>
<b>U16</b>	<b>Matilda Farnan</b>	<b>Angus Scott</b>



## **LITTLE ATHLETICS CHELSEA 2010/11 CLUB AWARDS**

### **PANTHERS**

#### **CLUB CHAMPIONS**

**Boys**                      **Flynn Bertuzzi-Asch**

**Girls**                      **Taylah Nelson**

#### **PRESIDENT'S AWARD**

**Kaih Mitchell**

#### **P.B. AWARD**

**Taylah Nelson**

#### **AGE CHAMPIONS**

##### **AGE GROUP**

##### **GIRLS**

##### **BOYS**

<b>U8</b>	<b>Laura Melatua</b>	<b>Xavier Johnson</b>
<b>U9</b>	<b>Amelia Vella</b>	<b>Samson Melatua</b>
<b>U10</b>	<b>Ciara Murray</b>	<b>Flynn Bertuzzi-Asch</b>
<b>U11</b>	<b>Taylah Nelson</b>	<b>Timothy Landt</b>
<b>U12</b>	<b>Esperance Mitchell</b>	<b>Daniel Vella</b>
<b>U13</b>	<b>Cassandra Landt</b>	<b>Stuart Cafarella</b>
<b>U14</b>	<b>Matilda Blyth</b>	<b>Blake Anderson</b>
<b>U15</b>	<b>Caitlin Stiles</b>	<b>Kaih Mitchell</b>
<b>U16</b>	<b>-</b>	<b>Kyle Anderson</b>





## LITTLE ATHLETICS CHELSEA RAY WHITE CHELSEA GIFT 2010



**Ray White**  
Chelsea

Senior Gift - Final						
Lane	Athlete	Age Group	Club	Handicap	Time	Place
1	James Cochrane	U/10	Redbacks	42.0	12.22	1
2	Sarah Jones	U/14	Panthers	19.0	12.46	2
3	Matthew De Silva	U/10	Redbacks	28.0	12.70	5
4	Toni Lamont	U/9	Roadrunners	46.0	12.61	4
5	Molly Eden-Wilis	U/9	Redbacks	34.0	12.76	6
6	Daniel Hendricks	U/12	Panthers	27.0	12.57	3
7	Stuart Cafarella	U/13	Panthers	18.0	12.87	7
8	Dunken Horn	U/11	Roadrunners	22.0	13.13	8



Junior Gift - Final						
Lane	Athlete	Age Group	Club	Handicap	Time	Place
1	Llelarni Mitchell	U/8	Panthers	16.0	18.12	8
2	Jeremy Ockerby	U/7	Redbacks	2.0	17.41	2
3	Hamish Sinclair	U/8	Panthers	17.0	16.75	1
4	Sam Murray	U/8	Panthers	15.0	17.48	3
5	Jessica De Silva	U/8	Redbacks	21.0	18.04	7
6	Darby Vogt	U/8	Redbacks	17.0	17.51	4
7	Laura Melatua	U/8	Panthers	0.0	17.77	5
8	Zac Grech	U/6	Panthers	20.0	17.82	6

A list of past winners and video of the event finals may be viewed at:  
[www.chelsea.coolrunning.com.au/events/chelsea\\_gift/](http://www.chelsea.coolrunning.com.au/events/chelsea_gift/)

# BOYS CENTRE RECORDS

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 Aylen (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)	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)	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

<b>UNDER 9</b>	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	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	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	

<b>UNDER 10</b>	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	A Best (A)	2:34.00	1977	
	1100mW	Matthew 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 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

<b>UNDER 11</b>	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	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	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	Jarrold Harris (R)	13.19	1994/95	26/03/1995
	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
	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	Thomas Senior (RR)	18.46	2006/07	3/03/2007
	150m	Daniel Browne (RR)	18.46	2006/07	3/03/2007
	200m	Brendon Bride (R)	25.29	1991/92	10/03/2007
	300mH	Brendon Bride (R)	42.80	1991/92	
	400m	Angus Scott (R)	56.80	2010/11	05/03/2011
	800m	Angus Scott (R)	2:09.12	2010/11	12/03/2011
	1500m	Angus Scott (R)	4:53.35	2010/11	20/11/2010
	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)	Jeffrey Jambu (P)	36.07	2007/08	23/02/2008
	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

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# GIRLS CENTRE RECORDS

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)	5.78	2007/08	3/11/2007

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	Tamara Ballerini (R)	17.71	2003/04	
	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

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	Rebecca Deacon (P)	1.10	2001/02	9/02/2002
	HJ	C Joycey (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	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)	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	

# GIRLS CENTRE RECORDS

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	Kim Rymer (P)	31.30	1973	
	400m	Alicia Gray (A)	1:10.40	1984	
	800m	Carly 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)	8:27.06	1999/2000	22/10/1999
	81mH (60cm)	Anne Hibberd (A)	15.12	1993/94	27/03/1994
	DIS	Jaclyn Hies (P)	23.21	1994/95	11/03/1995
	HJ	C Joyce (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	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	Melindy 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)	2:39.83	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	



# GIRLS CENTRE RECORDS

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
	LJ	Alicia Gray (A)	5.20	1987	
	SP	Heidi Weiland (P)	10.72	1985	
	TJ	Alicia Gray (A)	11.42	1987	

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
	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 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	Monique Meade (P)	6:25.10	2009/10	13/02/2010
	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
	LJ	Ruby Holten (R)	4.99	2008/09	11/10/2008
	SP	Natasha Riley (S)	8.70	1992/93	6/02/1993
	TJ	Ruby Holten (R)	10.03	2008/09	25/10/2008

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