

SEASON HANDBOOK

2016-2017



Jetstar 



**Celebrating our 48th season
of Family, Fun and Fitness**

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

LITTLE ATHLETICS CHELSEA - CENTRE POLICY

PARENT HELP...

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

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

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

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

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

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

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

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

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

CHEST PATCH - BAR CODE

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

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

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

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

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

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LIFE MEMBERS

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
Mr Richard Cullen	Ms Claudette (MacDonald) Lopez	
Mrs Sue Hendricks (2015-16)	Mrs Prue Mitchell (2015-16)	

CONTACT DETAILS

Email	:	chelsea@lavic.com.au
Website	:	www.lachelsea.com.au www.mobile.lachelsea.com.au (mobile optimized)
Social Media	:	www.twitter.com/athschelsea www.facebook.com/LittleAthleticsChelsea www.youtube.com/user/ChelseaLittleAths
Postal Address	:	P.O. BOX 87, CHELSEA, VICTORIA, 3196
Phone Number	:	0490 253 609



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

Ray White®

Ray White Chelsea

Proud Platinum Sponsor of Little Athletics Chelsea.

**Looking forward to the running of the
9th Ray White Chelsea Gift in 2016.**

Great prizes to be won this year.

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394-395 Nepean Highway Chelsea 3196**

**Telephone: 9772 5333
Email: chelsea.vic@raywhite.com
www.raywhitechelsea.com.au**

ROLES & RESPONSIBILITIES

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

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

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

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

Role	Responsible Person
President	Greg Russo
Centre Announcer	
Vice-President	Sue Hendricks
Working With Children Registrar	
Uniform, First Aid	
Secretary	Andrew Schneider
Treasurer	Gary Macfarlane
Track Marker	
Registrar	Janelle Russo
Sponsorship & Fundraising	Clare Cleaver Claudette (MacDonald) Lopez
Results & Data Entry	Wendy Bartleman
Schools Liaison	Prue Mitchell
Handbook	
Age Group Co-ordinators	Dani Macfarlane Ron Koczek
Coaching / Training	Anthony Cafarella, Dani Macfarlane Cameron Whillas
Starters' Marshall	Kaih Mitchell
Canteen	Amy Menhennitt Jenny Woodhouse
Open Day, Chelsea Gift	Anthony Cafarella
BBQ	Andrew Goodfellow
Relays Team Co-ordinators	Dani Macfarlane Cameron Whillas
On Track	Shane Adams



Front straight

PRESIDENT'S WELCOME

Welcome to our 2016-17 season - our 48th summer of Family, Fun and Fitness.

Being an Olympic year it is especially exciting to be part of little athletics at Chelsea.

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

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



At Chelsea, we are fortunate because we have last season's achievements to build on.

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

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

We are so fortunate at Chelsea to have so many wonderful parents who are willing to get involved and fulfil duties to ensure our athletes get the most out of their sport in a safe, fun and friendly environment. Well done everyone!

Season 2016-17 promises to be another exciting season, with a jam-packed program including our ever popular 9th consecutive Ray White Chelsea Gift, the Relaython, our Bendigo Bank Medallion Day and the return of the Chelsea Open Day, whereby athletes from across Victoria can come and compete at Chelsea.

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

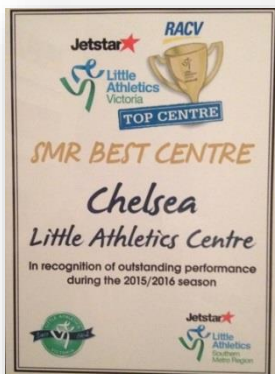
The committee has been busy preparing to make the athletics experience fun and enjoyable for everyone. Initiatives include new equipment, a revamped website, more efficient programs and an emphasis on coaching and training.

I also ask that all parents continue to support our duty roster to ensure our programs run even more efficiently...the roster was introduced for the first time last season and was an enormous success.

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

In August 2016, the centre committee unanimously decided to amalgamate our three clubs into the one Chelsea club. Whilst there will be a two-year transitional period for uniforms, it is hoped that in celebration of our 50th season in 2018-19 that all athletes will be competing in the same Chelsea colours - as pictured below...

**Enjoy your athletics &
BE YOUR BEST -
Greg Russo, September 2016**



Best Centre in the Region 2015-16



CENTRE EXECUTIVE - COMMITTEE 2016-17

PRESIDENT

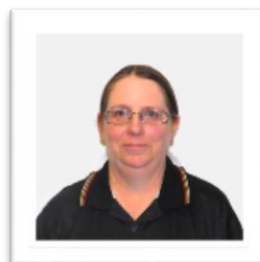


GREG RUSSO

0418 134 492

president@lachelsea.com.au

VICE PRESIDENT



SUE HENDRICKS

0490 253 609

vicepresident@lachelsea.com.au

SECRETARY

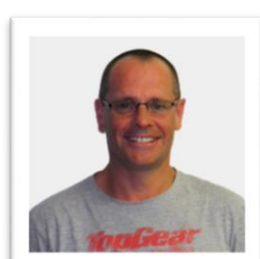


ANDREW SCHNEIDER

0490 253 609

secretary@lachelsea.com.au

TREASURER



GARY MACFARLANE

0490 253 609

treasurer@lachelsea.com.au

GENERAL COMMITTEE MEMBERS 2016-17

PRUE MITCHELL

SHANE ADAMS

KAREN VELLA

CLAUDETTE (MACDONALD) LOPEZ

DANI MACFARLANE

LARA SINCLAIR

JOHN TSIROS

CAMERON WHILLAS

ANDREW GOODFELLOW

RON KOCZEK

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

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

Centre Number: 60

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





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

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

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UNIFORMS AND CLOTHING

Athletes are required to wear either the 2015-16 club uniforms (red, yellow or white tops) or the predominantly black Chelsea top when competing at our home track.

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

Please note, over the course of the 2016-17 and 2017-18 seasons, the former club colour tops (red, yellow, white) can be worn however all athletes will need to wear the official black Chelsea top from the **start of the 2018-19 season** (our 50th season). A black shirt can be worn under Chelsea singlets.

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

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

The current sew-on Jetstar sponsor's badge must be worn on all tops. On the black Chelsea uniform, the Jetstar badge must be worn above the Little Athletics Victoria logo. On the red, yellow or white tops it is to be sewn onto the top right hand side.

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

OFFICIAL CENTRE UNIFORM



Centre Singlet \$35



Centre T-Shirt \$35



Centre/Club Shorts (Black) \$20



Former Redbacks Polo \$10



Former Panthers Polo \$10



Former Roadrunners Polo \$10

OTHER UNIFORM ITEMS



Centre Polo \$40



Centre Tracksuit Top \$50-\$55



Centre Hoodie Top \$50-\$55

SEASON CALENDAR 2016-17

SEPTEMBER 2016	3	BBQ Fundraiser - Woolworths Chelsea (from 9am)
	10	Registration Session #1 (10am - 12pm)
	11	BBQ Fundraiser - Woolworths Chelsea (from 9am)
	17	Registration Session #2 (10am - 12pm)
	23	Registration Session #3 (6pm - 8pm). Information session (7.30pm - 8pm)

OCTOBER 2016	2	Pre-Season Working Bee (11am - 1pm)
	5	Registration Session #4 (6pm - 8pm). Information Session (7.30pm - 8pm)
	8	Week 1 Competition - Program 1 (<i>for events see pages 12-13</i>)
	15	Week 2 Competition - Program 2 (<i>for events see pages 12-13</i>)
	22	Week 3 Competition - Program 3 (<i>for events see pages 12-13</i>)
	28	Week 4 Competition - Program 1 (<i>Twilight meeting - 5.15pm start</i>)

NOVEMBER 2016	5	Week 5 Competition - Program 2
	12	Week 6 Competition - Program 3
	18	Week 7 Competition - Program 1 (<i>Twilight meeting - 5.15pm start</i>)
	26	Week 8 Competition - Program 2 (<i>Multi-Event Round</i>)

DECEMBER 2016	3	Week 9 Competition - Program 3 (<i>Jetstar round</i>)
	10	Ray White Chelsea Gift Day
	16	Week 10 Competition - Program 1 (<i>Twilight meeting - 5.15pm start</i>)

JANUARY 2017	14	Week 11 Competition - Program 2
	15	Chelsea Open Day Working Bee
	22	Chelsea Open Day
	28	Week 12 Competition - Program 3

FEBRUARY 2017	4	Week 13 Competition - Program 1 (<i>Jetstar Relay-a-thon</i>)
	11	Week 14 Competition - Program 2
	25	Week 15 Competition - Program 3 (<i>Personal Best Round</i>)

MARCH 2017	4	Week 16 Competition - Program 2
	10	Week 17 - Program 1 (<i>Twilight meeting - 5.15pm start</i>)
	25	Bendigo Bank Medallion Day (Centre presentations and AGM)
	26	<i>Reserved (Medallion Day - in case of washout on March 25)</i>

APRIL 2017	Winter Cross-Country season starts (dates to be confirmed)	
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OTHER DATES OF NOTE (confirm with committee, see notice board & newsletters during season)

NOVEMBER 2016	19	Southern Metro Region Relay Championships - (U9 - U15) - Caulfield
DECEMBER 2016	17	Little Athletics Victoria State Relay Championships - (U9 - U15) - Albert Park
JANUARY 2017	29/30	State Multi-Event Championships - (U9 - U16) - venue TBC - 2-day event
FEBRUARY 2017	18/19	Southern Metro Region Track & Field Championships - Frankston
MARCH 2017	18/19	Little Athletics Victoria State Track & Field Championships - Albert Park

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

EVENTS PROGRAMS

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

*200m unlaned to be introduced in January 2017

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

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

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



Bayside Podiatry is proudly sponsoring

Little Athletics Chelsea in 2016-17

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

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

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

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

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



Edithvale
261 Nepean Highway
(opposite Edithvale Station)

ON COMPETITION DAYS...

- ▶ At 7.30am on Saturdays, those rostered on for set-up begin to set up the equipment, canteen and BBQ. For Friday twilights, set-up is from 4.30pm.
- ▶ Athletes must wear the approved centre uniforms with their chest patch-name-barcode displayed.
- ▶ At 8.30am on Saturdays and 5pm on Fridays, we start our competition program with the warm up exercises. Announcements are made and any awards or important notices are presented.
- ▶ U8 and above age groups participate in up to 5 events per week, according to the weekly events program. U6 and U7 age groups participate in up to 3 events per week, according to the weekly events program plus On-Track activities.
- ▶ The athletes are organised into their age groups with their AGE GROUP CO-ORDINATOR or with the ON-TRACK CO-ORDINATOR (U6 & U7), ready to commence their starting events at **8.45am** on Saturday, and **5.15pm** on Friday twilights.
- ▶ Athletes or Age-Group Co-ordinators should wait for the Program Marshall or Ground Announcer to advise when their next event is to be conducted. Announcements will be made over the public address system to direct age groups to their next event - see age group folders/days program. This ensures that the program will run smoothly with all age groups completing the day's events at about the same time, with minimal clashing, and delays between events. **Important: Please wait to be called or check with the program marshall or ground announcer that the venue is available for your age group before proceeding to the next event.**
- ▶ Events are conducted under the Competition / Centre Rules listed on page 30 (but not limited to those listed).
- ▶ Athletes, parents and officials should show due consideration to events in progress, whether on the track or field. Be aware at all times when crossing the track (only at crossover cones) of competing athletes, for their and your own protection. **Crossing the path of the long/triple jump runways when an event is in progress is not permitted.** Also be aware of the throwing events areas, i.e. shot put, discus and javelin areas. Note, discus and javelins travel at high speeds and can cause serious injury.
- ▶ Our recording sheets are updated weekly to show each athlete's current Personal Best so that instant recognition and encouragement can be given at the event.
- ▶ The recording sheets are entered into our database to:
 - record athletes' PERFORMANCES
 - highlight and update PERSONAL BESTS
 - highlight and update CENTRE RECORDS
 - calculate INDIVIDUAL PERFORMANCE POINTS
 - Weekly results can be viewed on our website at www.lachelsea.com.au
 - Athletes can view and add performances in on-line ticketing books
- ▶ We aim to finish by 11.30am - 12 noon (younger groups U6-U7 earlier), after which rostered parents are to help with pack up. Field events pack up should be completed by the last age group to complete that event - check with Ground Marshall/Age Group Co-ordinator folder/daily program.
- ▶ **Please note there must be at least one parent/guardian present at all times.**

ADVERSE WEATHER

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

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

INSURANCE

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

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

Further details are available on the Willis Little Athletics web page at: <http://tinyurl.com/LAI-2014>

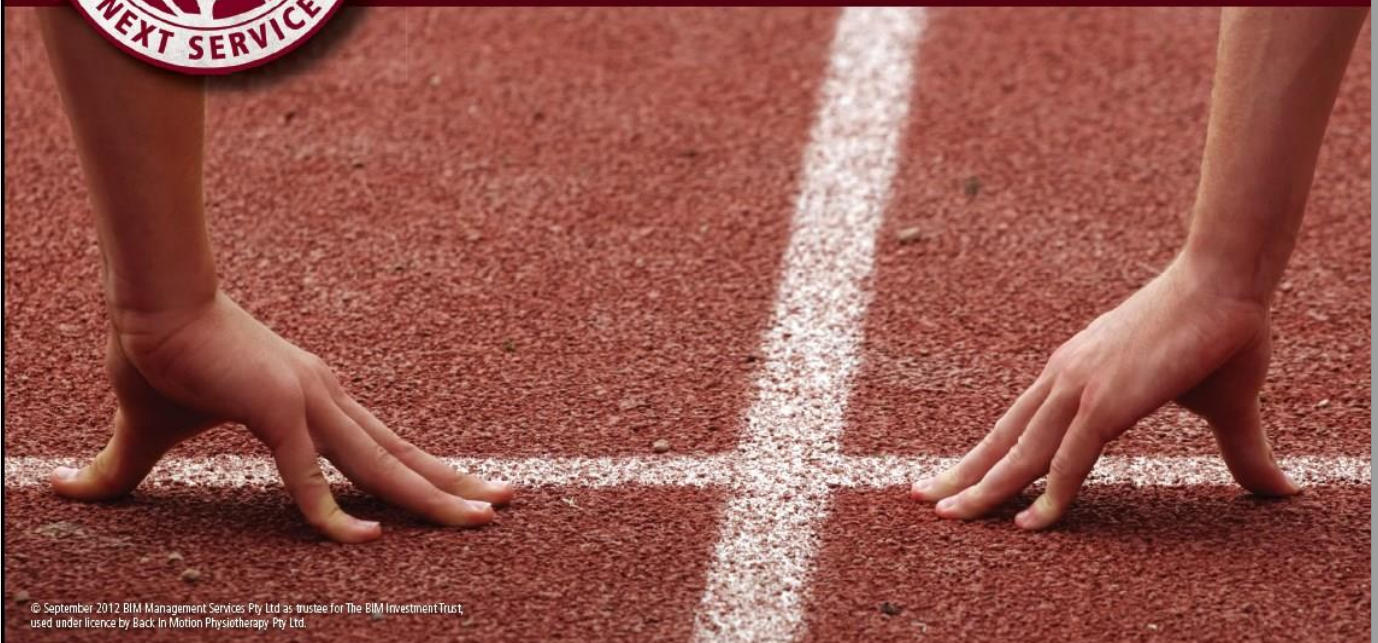
Back In Motion is proudly supporting Chelsea Little Athletics

As part of our sponsorship we provide:

- » A **FREE** Assessment at our clinic to all members
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Aspendale Gardens

1 Forbes Drive
Aspendale Gardens

LITTLE ATHLETICS CHELSEA - CENTRE POLICY

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.

CODE OF ETHICS

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

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

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

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

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Jack Sinclair
MANAGING DIRECTOR
CONSULTING ARBORIST

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LITTLE ATHLETICS CHELSEA - CENTRE POLICY

SUN PROTECTION...

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

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

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

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

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

WORKING WITH CHILDREN CHECK – Little Athletics Victoria Policy

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

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

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

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LITTLE ATHLETICS CHELSEA - CENTRE POLICY

HEALTHY FOOD CHOICE

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

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

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

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

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

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

RESPONSIBLE ALCOHOL MANAGEMENT POLICY

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

The following strategies have been adopted:

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

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

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LITTLE ATHLETICS CHELSEA - CENTRE POLICY

SMOKE-FREE ENVIRONMENT

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

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

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

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

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

DOGS

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

BIKES

No bicycles are permitted on the arena during competition.

WHAT DOES.....MEAN?

PARENT HELP

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

AGE GROUP CO-ORDINATORS

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

COACHING



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

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

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

PERSONAL BEST ★STARS★ (PB's)



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

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

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

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

RAY WHITE CHELSEA GIFT



The Chelsea Gift, first run in 2008, is now an annual handicap event race held over 100m. The aim of the event is to give any athlete at the Centre the chance of winning the race. Both Senior and Junior categories for the event are available. The race will be run on Saturday 10 December, and is one of the most keenly contested events at the centre. The Gift is proudly sponsored by Ray White Chelsea. View past results on our website.

CHELSEA OPEN DAY

The Centre will host our annual Open Day in season 2016/17. The event is scheduled for Sunday 22 January 2017. The Open Day is for athletes from age groups U/6 - U/16 and is open to athletes from all centres. It is a showpiece day for Chelsea.

We encourage our athletes to enter neighbouring centre Open Days as this is a valuable and fun experience for athletes of all ages.

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WHAT DOES.....MEAN?

BENDIGO BANK MEDALLION DAY (entry included in annual fees)



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

END OF SEASON AWARDS

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

ON TRACK



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

- activity
- instruction
- skill development
- enjoyment

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

The On Track Levels:

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

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

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

2016/17 JUNIOR DEVELOPMENT SQUAD



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

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

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

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WHAT DOES.....MEAN?

CENTRE RECORDS

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

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

PERFORMANCE POINTS - INDIVIDUAL

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

SOUTHERN METROPOLITAN REGION

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

REGION & STATE CHAMPIONSHIPS

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

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

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

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

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

BRING A FRIEND DAY- this is any normal competition day

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

COMPETITION - CENTRE RULES

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

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

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



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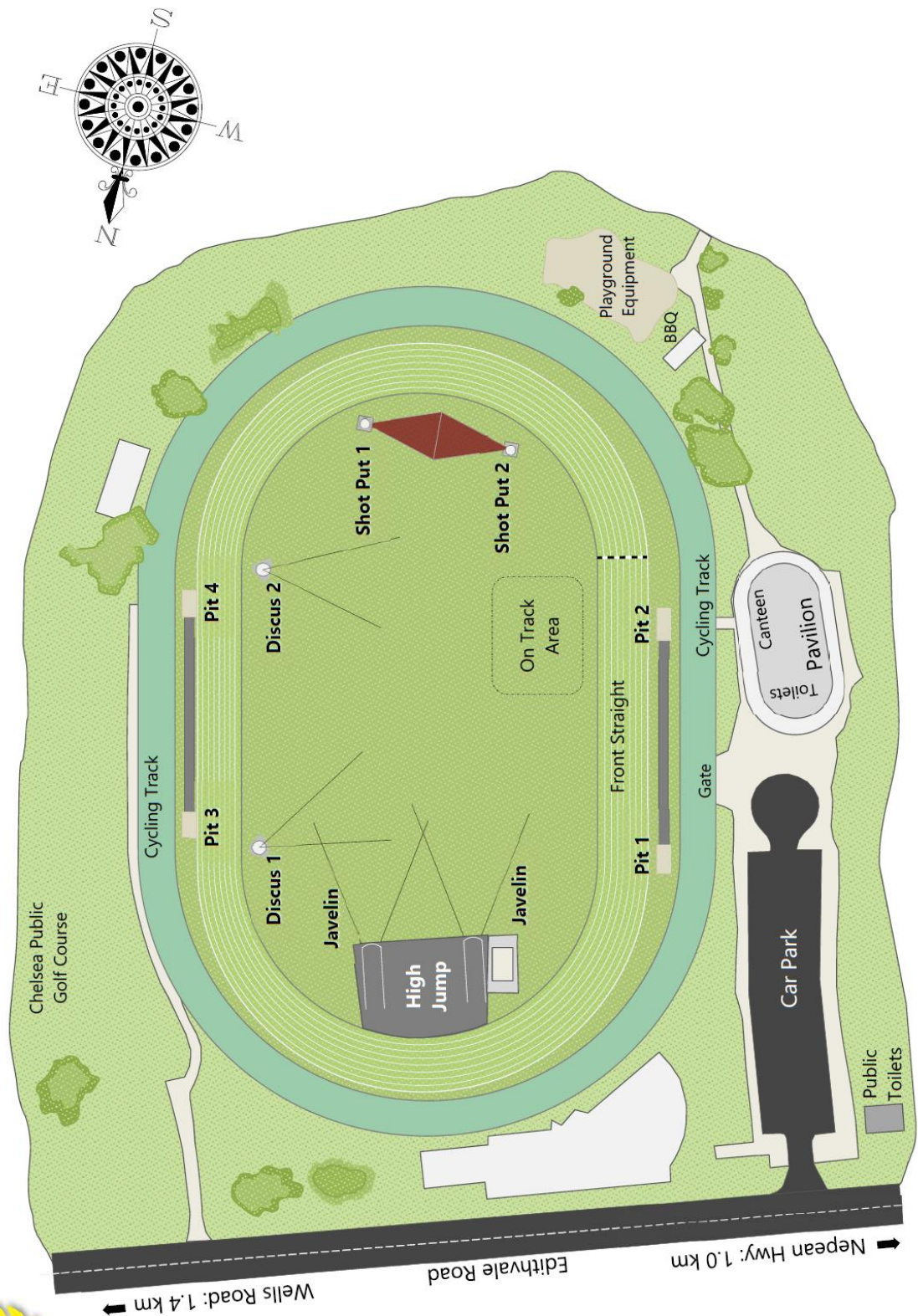
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NORMAL COMPETITION DAY TRACK LAYOUT

LITTLE ATHLETICS CHELSEA TRACK LAYOUT



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

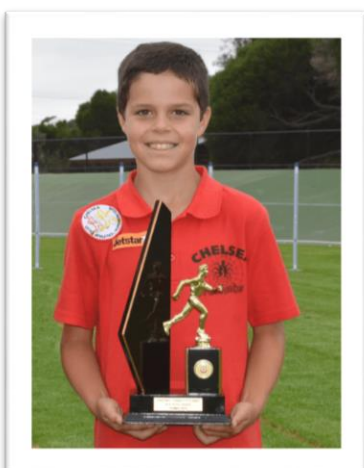
Season	Boys	Girls
1969/70	K. Greenwood	D. Gail
1970/71	Peter Bresnanhan	Cathy Pert
1971/72	Andrew Sinclair	Melindy Davis
1972/73	Glen Philbey	Mandy Davidson
1973/74	Kevin Naismith	Melindy Davis
1974/75	Kevin Naismith	Mandy Davidson
1975/76	Rohan David	Mandy Davidson
1976/77	Steven Gray	Kylie Meighan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



LITTLE ATHLETICS CHELSEA 2015/16 CENTRE AWARDS



**John Ellem Award
Jasmine Tomac
25 Personal Bests**



**Boys Centre Champion
Thomas Toth**



**Girls Centre Champion
Jazmin Firth**



**President's Award
Olivia Jackson**



**Andrew Holten Award
Michael Cochrane**



LITTLE ATHLETICS CHELSEA 2015/16 CENTRE AWARDS



**Senior Boys
Short Track
Liam Whillas**



**Senior Girls
Short Track
Claudia Cazaux**



**Junior Boys
Short Track
James Russo**



**Junior Girls
Short Track
Jazmin Firth**



**Senior Boys
Long Track
Bradlee Willson**



**Senior Girls
Long Track
Claudia Cazaux**



**Junior Boys
Long Track
Ashley Koczek**



**Junior Girls
Long Track
Freya Brown**



**Senior Boys
Jumping
Jonathan Mastorakos**



**Senior Girls
Jumping
Claudia Cazaux**



**Junior Boys
Jumping
Thomas Toth**



**Junior Girls
Jumping
Teagan Lay**



**Senior Boys
Throwing
Timothy Landt**



**Senior Girls
Throwing
Claudia Cazaux**



**Junior Boys
Throwing
Thomas Toth**



**Junior Girls
Throwing
Jazmin Firth**



**On Track - Boys
Track Champion
Lewis Sinclair**



**On Track - Girls
Track Champion
Mia Toth**



**On Track - Boys
Field Champion
Lewis Sinclair**



**On Track - Girls
Field Champion
Meg Perkin**



LITTLE ATHLETICS CHELSEA 2015/16 CENTRE RECORDS



**Erin Reilly
U14 Girls Javelin
28.83 metres
12 December 2015**



**Claudia Cazaux
U12 Girls Shot Put
10.34 metres
22 January 2016**



**Jazmin Firth
U8 Girls Discus
19.45 metres
30 January 2016**



**Congratulations also to Yarno Vlasblom - U15 Boys Javelin Record - 26.25 metres
(New weight category record - 700gm - 12 December 2015)**

Athletes of the month: Erin Reilly (Oct 2015), Vuna Ofahengaue (Nov 2015), Teagan Lay (Dec 2015), Claudia Cazaux (Jan 2016), Jazmin Firth and Jonathan Mastorakos (Feb 2016).



LITTLE ATHLETICS CHELSEA 2015/16 CENTRE AWARDS

John Ellem Award

Jasmine Tomac

Roadrunners

25 PBs

Centre Champions

Boys

Thomas Toth

Girls

Jazmin Firth

President's Award

Olivia Jackson

Category Champions

SENIOR

Long Track
Short Track
Jumping
Throwing

GIRLS

Claudia Cazaux
Claudia Cazaux
Claudia Cazaux
Claudia Cazaux

BOYS

Bradlee Willson
Liam Whillas
Jonathan Mastorakos
Timothy Landt

JUNIOR

Long Track
Short Track
Jumping
Throwing

GIRLS

Freya Brown
Jazmin Firth
Teagan Lay
Jazmin Firth

BOYS

Ashley Koczek
James Russo
Thomas Toth
Thomas Toth

ON TRACK

Field Champion
Track Champion

GIRLS

Meg Perkin
Mia Toth

BOYS

Lewis Sinclair
Lewis Sinclair



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
2011/12	Roadrunners	Panthers	Redbacks
2012/13	Roadrunners	Redbacks	Panthers
2013/14	Redbacks	Panthers	Roadrunners
2014/15	Redbacks	Roadrunners	Panthers
2015/16	Redbacks	Roadrunners	Panthers



LITTLE ATHLETICS CHELSEA 2015/16 CLUB AWARDS

ROADRUNNERS

CLUB CHAMPIONS

Boys James Russo

Girls Sarah Hastings

PRESIDENT'S AWARD

Jett Dowling

P.B. AWARD

Jasmine Tomac (25 P.Bs)

AGE CHAMPIONS

AGE GROUP

GIRLS

BOYS

U8	Jasmine Tomac	James Russo
U9	Sarah Hastings	Thomas Garwood
U10	Katie Tregellis	Thomas Whillas
U11	Lauren Russo	Mason Dwyer
U12	Abbey Tregellis	Liam Whillas
U13	Tara Borovic	Jonathan Mastorakos
U14	-	-
U15	Chloe Ludwig	-
U16	-	-



LITTLE ATHLETICS CHELSEA 2015/16 CLUB AWARDS

REDBACKS

CLUB CHAMPIONS

Boys Thomas Toth

Girls Jazmin Firth

PRESIDENT'S AWARD

Tamsyn Russell

P.B. AWARD

Daniel Keelagher, Brodie Macfarlane (20 P.Bs)

AGE CHAMPIONS

AGE GROUP	GIRLS	BOYS
U8	Jazmin Firth	Jakob Laughlin
U9	Amelia Brodie	Liam Pieters
U10	Jessie Laughlin	Thomas Toth
U11	Indiana Tsiros	Ashley Koczek
U12	Claudia Cazaux	Vuna Ofahengaue
U13	Chloe Toth	Bradlee Willson
U14	Nikita Abeykoon	Joel Hardman
U15	-	Yarno Vlasblom
U16	-	-



LITTLE ATHLETICS CHELSEA 2015/16 CLUB AWARDS

PANTHERS

CLUB CHAMPIONS

Boys Riley Gibbons

Girls Freya Brown

PRESIDENT'S AWARD

Erin Reilly

P.B. AWARD

Liam Smith (24 P.Bs)

AGE CHAMPIONS

AGE GROUP

GIRLS

BOYS

U8

Tayla Gibbons

Alex Griffiths

U9

Soma Harrison-Corney

Matthew Haas

U10

Freya Brown

Riley Gibbons

U11

Ruby Samild

Aidan Cafarella

U12

Sapphire Harrison-Corney

Lachlan Harvey

U13

Llelarni Mitchell

-

U14

Erin Reilly

-

U15

Camille Nightingale

James Hendricks

U16

-

Timothy Landt



LITTLE ATHLETICS CHELSEA RAY WHITE CHELSEA GIFT 2015

Ray White
Chelsea



SENIOR GIFT FINAL						
LANE	ATHLETE	AGE GROUP	CLUB	HANDICAP	TIME	PLACE
1	Winiata Mackintosh	U/15	Panthers	16.0	11.94	2
2	Nikita Abeykoon	U/14	Redbacks	19.0	12.32	7
3	Sebastian Cole	U/11	Roadrunners	24.0	12.37	8
4	Lily Woodhouse	U/11	Redbacks	28.0	12.00	4
5	James Newman	U/11	Roadrunners	30.0	12.07	6
6	Noah Whitehouse	U/9	Redbacks	34.0	11.86	1
7	Olivia Jackson	U/9	Roadrunners	34.0	12.06	5
8	Soma Harrison-Corney	U/9	Panthers	36.0	11.96	3



JUNIOR GIFT FINAL						
LANE	ATHLETE	AGE GROUP	CLUB	HANDICAP	TIME	PLACE
1	Teagan Lay	U/8	Redbacks	1.0	15.65	2
2	Chloe Smith	U/8	Panthers	13.0	16.04	5
3	Zara McAdam	U/8	Panthers	15.0	16.23	7
4	Benji Costante	U/8	Panthers	17.0	15.56	1
5	Jessica Dobbie	U/7	Redbacks	22.0	16.14	6
6	Chelsey Verrall	U/8	Roadrunners	22.0	15.88	4
7	Lola Clancy	U/7	Roadrunners	23.0	15.81	3
8	Joel Dean	U/6	Redbacks	37.0	16.79	8



LITTLE ATHLETICS CHELSEA CHELSEA GIFT HONOUR BOARD

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

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 Ayles (A)	2:31.10	1978	
	DIS	Chad Liddell (P)	20.30	1984	
	JAV (Turbo)	Zachary Graham (A)	11.65	2001/02	24/11/2001
	LJ	Kevin Naismith (A)	3.48	1972	
	SP	Chad Liddell (P)	7.06	1984	

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

BOYS CENTRE RECORDS

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

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

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

BOYS CENTRE RECORDS

UNDER 12	60mH	Brett Callaghan (A)	9.50	1986	
	70m	Jason Quinn (R)	9.20	1986	
	90mH	Brett Callaghan (A)	14.10	1986	
	100m	Jason Quinn (R)	13.10	1986	
	150m	Radel Fleming (R)	20.67	2005/06	29/10/2005
	200m	Jason Quinn (R)	28.40	1986	
	400m	Jason Quinn (R)	1:01.90	1986	
	800m	Bradley Dick (P)	2:32.90	1987	
	1500m	R Elphingstone (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 (4kg) / (3kg)	Jarrod Harris (R) / James Hendricks (P)	13.19 / 9.09	94/95 - 14/15	26/3/1995, 11/10/2014
	TJ	Laurence Angwin (R)	11.59	1996/97	23/03/1997

BOYS CENTRE RECORDS

UNDER 15	60mH	Leigh Harris (P)	9.60	1989/90	
	70m	Sean Hendricks (P)	8.56	2008/09	7/02/2009
	90mH	Brendon Bride (R)	14.20	1990/91	
	100m	Sean Hendricks (P)	12.33	2008/09	29/11/2008
	100mH	Sean Hendricks (P)	13.88	2008/09	14/03/2009
	200m	Brendon Bride (R)	25.10	1990/91	
	300mH	Sean Hendricks (P)	41.46	2008/09	7/03/2009
	400m	Brendon Bride (R)	56.30	1990/91	
	800m	Angus Scott (R)	2:15.49	2009/10	6/03/2010
	150m	Mark Occhipinti (R)	18.11	1995/96	9/12/1995
	1500mW	Steven Bown (P)	7:49.00	1989/90	
	1500m	Jake Townley (P)	4:50.05	2008/09	18/10/2008
	DIS (1kg)	Jarrold Harris (R)	42.82	1995/96	25/11/1995
	HJ	Laurence Angwin (R)	1.82	1997/98	22/11/1997
	JAV (600gm)	Jake MacDonald (P)	39.15	2010/11	23/10/2010
	JAV (700gm)	Yarno Vlasblom (R)	26.25	2015/16	12/12/2015
	LJ	Laurence Angwin (R)	5.67	1997/98	31/01/1998
	SP (4kg)	Jarrold Harris (R)	13.32	1995/96	24/03/1996
	TJ	Laurence Angwin (R)	12.35	1997/98	29/11/1997

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

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)	5.70	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	Jazmin Firth (R)	19.45	2015/16	30/01/2016
	JAV (Turbo)	Darcy Tucker (R)	12.34	2010/11	12/03/2011
	LJ	Alicia Gray (A)	3.45	1981	
	SP	Kylie Aburrow (A)	6.39	1985/86	

GIRLS CENTRE RECORDS

UNDER 9	60mH	L Jellie (P)	10.80	1973	
	70m	Melindy Davis (R)	10.30	1971	
	81mH (45cm)	Rachael Evans (R)	15.29	1999/2000	26/03/2000
	90mH	Jemima Butterfield (P)	16.40	1985/86	
	100m	Mandy Davidson (A)	15.40	1972	
	150m	S Kilby (P)	25.90	1990/91	
	200m	J Bourne (R)	32.90	1979	
	400m	Alicia Gray (A)	1:17.10	1982	
	800m	K Mohr (R)	2:56.90	1973	
	1100mW	Carly Prosser (A)	6:28.10	1984	
	DIS (500gm)	Tamara Ballerini (R)	20.24	2004/05	11/03/2005
	HJ	Darcy Tucker (R)	1.11	2011/12	10/03/2012
	JAV (Turbo)	Tamara Ballerini (R)	14.36	2004/05	18/12/2004
	LJ	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)	Erin Reilly (RR)	18.48	2011/12	03/03/2012
	LJ	Alicia Gray (A)	4.05	1983	
	SP	Tamara Ballerini (R)	7.32	2005/06	28/01/2006
	TJ	Alicia Gray (A)	9.00	1983	

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

GIRLS CENTRE RECORDS

UNDER 12	60mH	K Kilpatrick (A)	9.70	1979	
	70m	Melindy Davis (R)	9.70	1974	
	70m	Kim Rymer (P)	9.70	1974	
	81mH (68cm)	Carly Chapman (A)	13.84	1997/98	29/03/1998
	90mH	Alicia Gray (A)	15.30	1985	
	100m	Melindy Davis (R)	13.70	1974	
	200m	Melissa Cordy (A)	29.46	1991/92	
	400m	Alicia Gray (A)	1:06.70	1985	
	800m	K Kilpatrick (A)	2:41.00	1979	
	150m	Tegan Fletcher (A)	21.66	1995/96	9/12/1995
	1500mW	J Sullivan (R)	8:25.00	1984	
	1500m	Carly Prosser (A)	5:29.30	1987	
	DIS	Melindy Davis (R)	31.30	1974	
	HJ	Jessica Dalton (A)	1.42	1997/98	29/03/1998
	JAV (400gm)	Emily Johnston (R)	26.02	2003/04	21/02/2004
	LJ	Alicia Gray (A)	4.74	1985	
	SP	Claudia Cazaux (R)	10.34	2015/2016	22/01/2016
	TJ	Alicia Gray (A)	10.59	1985	

UNDER 13	60mH	Alicia Gray (A)	9.90	1986	
	70m	J Dalrymple (P)	9.90	1984	
	90mH	Alicia Gray (A)	14.70	1986	
	100m	Alicia Gray (A)	13.90	1986	
	150m	Carly Chapman (A)	20.71	98/98	28/11/1998
	200m	Carly Chapman (A)	28.51	1998/99	17/10/1998
	300mH	Marisa Butterfield (P)	50.70	1994/95	11/03/1995
	400m	K Thompson (A)	1:00.00	1979	
	800m	Marisa Butterfield (P)	2:39.83	1994/95	11/02/1995
	1500mW	S Prosser (A)	8:15.10	1985	
	1500m	Evette Cordy (A)	5:39.70	1986	
	81mH (76cm)	Marisa Butterfield (P)	14.46	1994/95	26/03/1995
	DIS	Tamara Ballerini (RR)	31.26	2008/09	7/02/2009
	HJ	Jessica Dalton (A)	1.44	1998/99	5/12/1998
	JAV (400gm)	Emily Johnston (R)	30.06	2004/05	5/02/2005
	LJ	Alicia Gray (A)	5.06	1986	
	SP	C Van Buren (P)	9.24	1984	
	TJ	Alicia Gray (A)	11.10	1986	

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
	JAV (400gm)	Erin Reilly (P)	28.83	2015/16	12/12/2015
	LJ	Alicia Gray (A)	5.20	1987	
	SP	Heidi Weiland (P)	10.72	1985	
	TJ	Alicia Gray (A)	11.42	1987	
UNDER 15	60mH	Evette Cordy (A)	9.80	1988	
	70m	Evette Cordy (A)	9.50	1988	
	90mH	Evette Cordy (A)	14.20	1988	
	100m	Tegan Fletcher (A)	13.24	1998/99	6/03/1999
	150m	Tegan Fletcher (A)	19.72	1998/99	28/11/1998
	200m	Tegan Fletcher (A)	27.59	1998/99	27/02/1999
	300mH	Marisa Butterfield (P)	48.71	1996/97	14/12/1996
	400m	Natasah Riley (A)	1:04.48	1991/92	
	800m	Marisa Butterfield (P)	2:33.94	1996/97	8/03/1997
	1500m	Evette Cordy (A)	5:22.30	1988	
	1500mW	Elizabeth Dornom (A)	8:41.94	1994/95	29/10/1994
	DIS	Ruby Holten (R)	28.88	2007/08	2/02/2008
	HJ	Rebecca Deacon (P)	1.56	2007/08	20/10/2007
	JAV (600gm)	Melissa Cafarella (P)	23.58	2008/09	31/01/2009
	JAV (500gm)	Esperence Mitchell (P)	19.76	2013/14	7/12/2013
	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	Matilda Blyth (P)	6:09.52	2013/14	1/12/2012
	DIS	Ruby Holten (R)	26.98	2008/09	5/12/2008
	HJ	Marisa Butterfield (P)	1.40	1997/98	22/11/1997
	HJ	Monique Meade (P)	1.40	2009/10	13/02/2010
	JAV (600gm)	Melissa Cafarella (P)	24.46	2009/10	30/01/2010
	JAV (500gm)	Kate Patton (RR)	23.35	2013/14	26/10/2013
	LJ	Ruby Holten (R)	4.99	2008/09	11/10/2008
	TJ	Ruby Holten (R)	10.03	2007/08	25/10/2008
	SP (4kg) / (3kg)	N.Riley (S) / Caibiran Deas (P)	8.70 / 8.48	92/93 - 11/12	6/2/93,13/10/12

THANKING OUR PARTNERS IN SEASON 2016/17

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