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ATHLETICS

Track and Field Handbook

2021 - 2022

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"What is a serve of fruit?"

1 Medium piece

2 small pieces

1 cup of chopped canned fruit

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"What is a serve of veggies?"

½ cup of cooked veggies

1 medium potato

1 cup of salad veggies

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PRESIDENT'S WELCOME

A warm welcome to new and returning members for season 2021-22 at the University of Western Australia Little Athletics Centre (UWALAC). We are looking forward to another exciting and fun season ahead. We aim to provide each and every athlete, and family, a fun and safe environment whereby we encourage active participation and the opportunity for athletes to do their personal best.

We are very excited to welcome our new and returning little athletics members. We are also keen to welcome and celebrate our U17 athletes in what will be their final season of little athletics – many of whom will have spent 11 years with the centre.

Little athletics is unique. We are fortunate to have both girls and boys, U6 through to U17, participating and competing at the same time each and every Saturday. Our children form strong relationships that extend beyond their immediate school social groups. We are fortunate to enjoy a family friendly environment, focusing on fun and fitness.

At UWALAC we have a proud tradition of active parent participation. We are fortunate that those athletes/parents/committee members in the past have established an efficient and well-run roster of events that we can enjoy today. You will see on the main website, we run two programs/rosters. Each of these finish at approximately 10.30am due to the collective effort of coaches, parents and your committee. As the largest centre in the State, we are once again charged with ensuring this tradition continues.

We are coming off another successful Winter Athletics program. Our winter team with Phil Hynes, Tracy Martin, and coach Sarah Hynes coordinate a fantastic cross-country program for our centre. The winter competition we hosted in July was once again a great success. The winter training program is also a great way for athletes to keep connected during the winter season, and of course ensure they maintain fitness for other winter sports.

This season will be exciting – we have all enjoyed watching the Tokyo Olympics and feel inspired. We have a busy season ahead of us that once again includes teams entered for the State Relay Champs, Multi-events Champs, the Big 6 program and the Robert Walters Gift. The Tiny Tots group (3-5 year olds) is always a favourite with the crowds and provides an excellent pathway into full competition.

We are fortunate to enjoy McGillvray Oval and its surrounds which is part of UWA's sporting precinct. The athletics track is arguably the best grass track in Western Australia. We have worked closely with UWA on our new equipment shed and it is our expectation that this will be completed and available for the new season. This project has been a high priority for the UWALAC committee for some time. Their commitment to this and careful financial management is close to being rewarded.

I would like to thank our past President, Damon Hansen-Knarhoi and our outgoing Administration Officer, Amy Hamilton for their exceptional contributions to the club. They have both ensured a smooth transition to me as President and Chris Davidson and

Sarah Hynes who will jointly manage the Administration function of UWALAC.

You will see members of your committee out on the track, under tents, and out on site. They will be easy to spot with their committee shirts – make sure you say hello! If you are keen to become more actively involved in the centre, please let them know.

UWALAC President Tony Pekin

THE STRUCTURE OF LITTLE ATHLETICS

CLUB — Committee is drawn from parents of member children or other interested adults. UWALAC does not operate with clubs however many other metropolitan Centres are comprised of smaller regional Clubs.

CENTRE — Group of clubs in an area, competing together. Centre Executive elected by the clubs, and responsible to the clubs and Association. Centre's conduct meetings of Club Delegates. UWALAC has an elected management committee.

ZONE — Group of Centres in an area. Conducts heats and quarter-finals of State Track & Field Championships.

STATE — Little Athletics is a program managed by Athletics West. Athletics West also manage other programs and competitions for all age groups.

LAA — LAA - National body controlled by a board consisting of 5 Directors elected by the States and 3 appointed Directors. The CEO carries out the management of the National body.

The Association, either directly or through sponsors provides:

1. Accident insurance, injury insurance and public liability (for athletes, officials and helpers)
2. Registration numbers, age group and session tags.
3. A wide range of educational, social and athletic events.
4. Access to Results HQ results and registration management platform
5. Member Services provide support to Centres, Clubs and volunteers, and liaise with partners and external stakeholders.

ATHLETICS WEST

Contacts: ***Office:*** **Herb Elliot Drive, Mount Claremont WA 6010**

Phone: **6272 0480**

Web: **https://www.athleticswest.com.au/little-athletics/**

REGISTRATION

Athletics West requires all athletes to be registered for the current season of competition. Registration for UWALAC can be done via our online registration system or at any other time via the Centre Registrar.

Full details of dates for registration days, online registration and costs per athlete can be found on the Centre website **www.uwalac.com**

At UWALAC we have U6-U17 age groups. The age-group is determined by the year your child is born. There is an age-group calculator on our website. Children must compete in their own age-group.

INSURANCE

The registration fees include an insurance levy for accidents, injury and public liability. The insurance is taken out on behalf of all Centres by the National Body and provides cover for registered athletes, coaches and others helping in an official capacity, either at official Centre training or at competition or at any Centre sanctioned event.

In order to be covered, certain conditions must be met. For further details, you should contact the Centre Administration Officer. In the case of an accident, claim or potential claim, the appropriate form must be completed and submitted without delay. Forms are available from the Administration Officer and from coaches.

NO UNREGISTERED ATHLETES CAN TRAIN OR COMPETE AT McGILLIVRAY OVAL

It is stressed that all officials, parents and athletes must be aware of the insurance cover requirements before taking part in Little Athletics activities.

ABOUT UWALAC

Objective

Our objective at UWALAC is to provide a fun, safe environment in which all our little athletes are encouraged to:

- Participate in the full range of athletic activities
- Constantly strive to achieve their personal best performance

Training and Competition

UWALAC is based at McGillivray Oval in Mt Claremont for U6-U17 and we also have a Tiny Tots program. Training is held on Tuesdays and Thursdays with the Centre competition on Saturday mornings. We also hold Twilight meets throughout the season. There are also several State Events during the season mostly held at the State Athletics Stadium, at which UWALAC athletes compete against other Centres.

Our centre operates on a 2 week rotating roster. Over the 2 week roster, children will compete in the full range of events for their age-group. Our competition rosters are posted on the club website at the start of the season.

Our competitions normally last around 3 hours. Younger age-groups have fewer events and tend to finish around 10am. Older age groups i.e. under 10's and above can finish anywhere between 10.30-11.30am. In general, our last event finishes around 11.00 -11.30am. This is subject to weather, parents turning up on roster duty and the numbers competing on the day.

At UWALAC we have a very good relationship with our seniors club UWA Athletics Club (UWAAC) and work together on many initiatives for our junior athletes including a transition pathway to compete at seniors.

Club Communication

Our handbook provides most of the information you will need about the WA Little Athletics Association (LAWA), our Centre, competition and training, contact information for the committee, rules, award winners and special events. Distribution of information throughout the season is done via the centre website at www.uwalac.com. You should check this site regularly for the latest news, weekly competition results, competition and parent rosters and timetables for special events.

The UWALAC admin is in regular contact with parents via a fortnightly newsletter and through email. Coaches will also send parents regular information throughout the season. UWALAC is also on Facebook: http://www.facebook.com/UWALAC and has an APP which provides instant updates and notifications. Details are on our website.

On competition days we have a special Administration tent set up. We have a message book and a change of address/email book for parents to write down any new contact information or messages /concerns they may have. Club Administration will then follow up. We also have a clearly labelled pick up box for any items that you have been asked to collect.

Parent Participation

In order to achieve our objective, it is essential that parents (or other family members) participate in the Centre's activities. This participation may take a variety of forms including coaching, managing or participation on our Committee. However, for most parents it will involve participation as an official at the Centre's Saturday morning or twilight competitions. Please do not be concerned if you know little about athletics. There will be others in the same position and help is never too far away!

To ensure that the children have a safe and rewarding learning experience, it is mandatory for one parent from each family to nominate for a fortnightly roster duty during competition mornings/twilight meets. Every site and area has been carefully planned so that we have the right amount of parents to function efficiently and effectively with such a large number of athletes. It also enables our centre to be one of the earliest finishing in the state.

As a parent, if one of you is unwilling or unable to participate, you should not register your child. If circumstances prevent your regular participation on a Saturday, you should contact the Centre President, Tony Pekin, to arrange some other form of participation. **Parents who do not assist in one season may find that they are unable to register their child the following season. Parent rosters can be very social, getting to know other families and it teaches our young athletes the importance of volunteering in the community.**

All parents are expected to sign in and out of their roster in the orange folders at the Centre Administration Desk each every time they are on roster. If parents are unable to do a roster they are asked to swap with another parent from the alternate roster or contact a student from the roster list. Ex UWALAC athletes are available to do rosters at a small cost to families. Please see further information on the website under **Parent Rosters. All parents will be emailed this information at the start of the season.**

Coaches

Coaches play a vital role in the success of the Centre and we welcome their continuing contribution during the season. At UWALAC each age-group has a coach and assistant coach/coordinators, depending on the age group. We also have several specialist coaches who assist on training nights within their area of expertise. Parents and athletes are asked to help the coaches during the season wherever possible to allow the coaches to maximize the time available to coach all the athletes in their group.

Coaches all wear a fluorescent coloured vest with the age group number on the back. **Boy's coaches wear bright orange** and **girl's coaches wear yellow**. This makes your child easy to locate at training and on competition day. Athletes meet their coaches at the age-group signs at the start of each training and competition day.

We have over 32 accredited coaches at UWALAC and offer assistance to parents who wish to do their accreditation.

Results

Track results are available on the day of competition. We start to input field results from a competition on the day, however there is extra checking and inputting to be done post-competition so they normally are up within 72 hours. Check under the results section of the website or log directly into Results HQ to see your results as they go up live. Please remember that even though results go up live we are still checking for errors! Normally by Wednesday each week they are verified. If there are any errors email contact@uwalac.com with your child's name, age-group and issue.

UWALAC Club Policies

All our UWALAC club policies are listed in full on our website. Please check these for more information.

Uniforms

The UWALAC uniform consists of a blue, green and yellow singlet and blue shorts. These are displayed on our website. All athletes are required to wear their full uniform to each competition day. Competition singlets must be tucked in. Uniforms do not need to be worn to training.

The competition singlet must have registration number and any Athletics West sponsors badge and age tag affixed to the singlet. A white Tee-Shirt is permitted underneath the singlet for sun protection.

The registration number is placed at the centre-front of the competition singlet over the chest, with the age tag above it at the left shoulder. The Coles tag is placed on the right shoulder. This positioning of registration numbers and age tags is for normal Saturday morning Centre competition. However, there may be some alterations for State-run events or extraordinary one-off events. Sponsors advertising logos, other than Athletics West Sponsor's logos, are not permitted on competition gear.

UWALAC uniforms will be on sale on the pack pick up day prior to the season. Uniforms are also on sale at the Centre Administration Desk during the first 2 weeks of competition. At other times, please email: contact@uwalac.com to organise collection.

ABOUT UWALAC

UWALAC Tiny Tots

The UWALAC Tiny Tots program was introduced in 2019/20 and was a great success.

The Tiny Tots program is for children from 3 to 5 years of age that encompasses skills based games that are focused on participation and fun. The fundamental skills of running, jumping and throwing are approached through "appropriate" activities for 3-5 year olds in a 45 minute session followed by a run on the big track. Emphasis is not on competition but on the development of young children and this is incorporated in play and relatively unstructured games. Tiny Tots is fantastic for the development of gross motor skills, balance, co-ordination and fitness as well as being heaps of fun.

Games include activities such as running and jumping over rope ladders, mini hurdles, hoops, throwing and catching bean bags or playing with the big parachute. The children also get to participate in 'Athletics' events such as 50m run on the track and throwing a vortex.

Families from UWALAC will be given first preference to enroll their children in this program and then it will be opened to the public. There is more information on our website.

Club Contact

Our postal address is PO BOX 574 Floreat 6014
E-mail: contact@uwalac.com
Mobile: 0439 458 553
Facebook: https://www.facebook.com/UWALAC

UWALAC COMMITTEE 2021/2022

The Committee is responsible for the running of the Centre. Committee members are elected each year at the AGM. Committee members' roles for 2021/22 are:

Position	Name	Mobile	Email
President	Tony Pekin	0418 140 929	tony@bentonitewa.com.au
Secretary	Tracy Martin	0419 096 569	martintracy8@gmail.com
Treasurer	Shane Cassey	0415 651 301	scassey@iinet.net.au
Registrar/ Club Admin	Chris Davidson Sarah Hynes	0439 458 553	contact@uwalac.com
Coaching Coordinator	Steven Michael	0418 113 654	steven.g.michael@gmail.com
Computer Data / Records & Ranking	Sarah Hynes		contact@uwalac.com
Athletics West Reps	Chris Hazeldine	0412 726 457	chris_hazeldine@yahoo.com.au
	Steven Michael	0418 113 654	steven.g.michael@gmail.com
Winter Officer	Tracy Martin	0419 096 569	martintracy8@gmail.com
Officials Controller	Russell Barker	0419838221	barcorr@iinet.net.au
Sponsorship	Ryan Hathrill	0408 529 239	Ryan.Hathrill@robertwalters.com.au
Committee Member	Deb Lowe	0411 282 176	ld.lowe@bigpond.net.au
Committee Member	Jodee Eaves	0419 833 433	Echofitness@yahoo.com.au

Other Centre roles:

Championships Officer	TBA		
Uniforms	Tracy Martin	0419 096 569	martintracy8@gmail.com

UWALAC CODE OF CONDUCT

ATHLETES

- Participate in Little Athletics is for the “fun of it” and not just to please parents and coaches.
- Compete according to the rules and in the spirit of fair play.
- Any approach to an official should be in a courteous manner. Never argue with an Official.
- Verbal abuse of officials or other athletes, deliberately distracting or provoking another athlete is not acceptable nor permitted in our sport.
- Be a good sport. Acknowledge all good results and performances, whether by your Centre, or another Centre.
- Encourage all other athletes in your age-group and Centre.
- Any form of cheating is unacceptable.
- Work equally hard for yourself and your Centre as both will benefit.
- Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- Co-operate with your coach and other athletes. Without them there would be no competition.
- Bad language is not to be used at any time.

PARENTS & SPECTATORS

- Remember children participate in Little Athletic activities for fun.
- Keep to designated spectator areas and do not encroach upon the arena or other competition sites.
- Encourage children to participate in all events if they are interested. However, if a child is not willing do not force him or her.
- Focus upon the child’s efforts rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
- Teach children an honest effort is as important as victory, so the result of each event is accepted without undue disappointment.
- Encourage athletes always to participate according to the rules.
- Turn defeat to victory by encouraging your child to work towards skill improvement, good sportsmanship and attaining personal best performances.
- Applaud good performances and efforts from each athlete.
- Never ridicule or scold an athlete for making a mistake during a competition.
- Positive comments are motivational.
- Respect coaches’ and officials’ decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the athletes to do likewise. Remember, coaches and officials give their time and effort for your child’s involvement.
- Condemn the use of violence and verbal abuse in any form.
- Demonstrate appropriate social behaviour by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.
- Bad language is not to be used at any time.

McGILLIVRAY ATHLETICS TRACK

2021/2022 TRAINING NIGHTS

Training is on Tuesday and Thursday nights. Under 6's-Under 10's will only train one night a week.

Tuesday Nights:	**Under 11's**	**to**	**Under 17's**	**5.15pm - 6.30pm**
Thursday Nights:	**Under 6's**	**to**	**Under 10's**	**4.45pm - 6.00pm**
	Under 11's	**to**	**Under 17's**	**6.00pm - 7.15pm**

UWALAC EVENTS FOR EACH AGE GROUP 2021-22

U6/7	U/8	U/9	U/10	U/11
70m	70m	70m	70m	100m
100m	100m	100m	100m	200m
200m	200m	200m	200m	400m
300m	500m	400m	400m	800m
60mH	60mH	800m	800m	1500m
Shot	Shot	60mH	60mH	80mH
LJ	LJ	LJ	LJ	LJ
Discus	HJ	HJ	HJ	TJ
Vortex	Discus	Discus	Discus	HJ
(no 200m for U6)	Turbo Javelin	Shot	Shot	Discus
		Turbo Javelin	Turbo Javelin	Shot
				Javelin

U/12	U/13	U/14	U/15	U/16-17
100m	100m	100m	100m	100m
200m	200m	200m	200m	200m
400m	400m	400m	400m	400m
800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m
80mH	80mH	90mH	100mH	100mH
LJ	LJ	LJ	LJ	LJ
TJ	TJ	TJ	TJ	TJ
HJ	HJ	HJ	HJ	HJ
Discus	Discus	Discus	Discus	Discus
Shot	Shot	Shot	Shot	Shot
Javelin	Javelin	Javelin	Javelin	Javelin
	200mH	200mH	300mH	300mH

THE UNIVERSITY OF WESTERN AUSTRALIA
LITTLE ATHLETICS CENTRE

SUMMARY OF UWALAC COMPETITION DATES

Summary of Competition dates

2021/22 Season

Roster 1

9 Oct 23 Oct 6 Nov 20 Nov 4 Dec 15 Jan 5 Feb 26 Feb

Roster 2

16 Oct 30 Oct 13 Nov 26 Nov 4 Dec 29th Jan 19 Feb 26 Feb

26th Nov & 21st Jan Twilight Events : 4th Dec & 26th Feb both rosters together

LITTLE ATHLETICS STATE EVENT DATES 2021/22

State Relay Championships	December 11-12
WA Combined Event Championships	January 22-23
State Championship Qualifiers	February 12-13
WA Little Athletics State Championships	March 4-6

SPECIAL DATES

WA All Schools Championships	October 29-31
Australian All Schools Championships	December TBC
Australian Junior Athletics Championships	April TBC
Australian Little Athletics Championships	April TBC

Please note these dates are subject to change. You will receive emails regarding the special event entries and closing dates closer to the event. Information will also be available on the website.

UWALAC CENTRE COMPETITION

Our centre competition runs on a Roster 1 and Roster 2 program. Our athletes are encouraged to participate in all events on each competition program. The competition program is available on our website.

Arena Manager

The Arena Manager is responsible for the overall running of our competition mornings and Twilight meets. The Arena Manager will determine any scheduling changes, verify records and be called on to settle any disputes or issues during a competition.

The Arena Manager is easily identified by a pink vest with ARENA MANAGER clearly marked on the back.

Key Site Officials

Each Event area has a key official in charge that is easily identifiable by a fluorescent Green vest with their area of expertise on the back. This key official is responsible for the efficient running of that area of competition. They oversee parent roster distribution on the site or area, help to train as required, liaise with the Arena Manager and make sure the rules of the event are adhered to including equipment specifications.

Our officials are: Long Track, Short Track, Discus, Shot Put, Javelin, High Jump, Long Jump, Triple Jump, Starters.

All our Site Officials and the Arena Manager communicate via walkie-talkies during the competition. Starters wear red vests.

Summary of Vest Colours

Pink	**Arena Manager**
Red	**Centre Admin/Centre Officials & First Aid**
Green	**Key Site Officials**
Yellow	**Girls Coach**
Orange	**Boys Coach**
Blue	**Specialist Coaches & Coach Co-ordinators**

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RULES OF CENTRE COMPETITION

COMPETITION - GENERAL

- Athletes will compete in their correct age group. Their age on 1st January determines in which group they will compete.
- All competitors must be registered
- All athletes must wear correct Centre uniform for all meets and competitions.
- White tee shirts are permitted to be worn under the Centre singlet for skin protection.
- Shoes must be worn for all events. (See additional information below).
- Consent of the Arena Manager is required for any departure from the rules.
- On completion of a track event, competitors are requested to remain in the order requested by the finish marshal.
- Misbehavior may result in an athlete's disqualification from an event or a period of suspension.
- Hurdles erected on meet days are for competition use only.
- Competitors are to remain off all high jump mats when not competing.
- The Arena Manager has overall control of the competition, with the power to cancel an event or change a starting time.
- Athletes may not cross the centre of the arena unless accompanied by a coach.

TRACK EVENTS

- Lanes will be used for all events up to and including 400m.
- Lanes are to be used for the first 100m of an 800m race.
- All other distance events will start off a curved line.
- At the start or at any time during a race, an athlete must not cut in so that they interfere with, or in any other way cause another competitor to change their speed or direction.
- In lane events, competitors must not run outside their allotted lane, or on the inside line of their lane.

STARTING PROCEDURE

- The starting command for all races up to and including 400m is "ON YOUR MARKS, SET, GO" (on firing the gun).
- For distances over 400m and for all walks, the command is "ON YOUR MARKS, GO" (on firing the gun).
- A FALSE START is indicated by firing a second shot from the starting pistol.

WEARING OF SPIKES - ATHLETICS WEST CODE OF SAFETY

- See Equipment Spec sheet on Pg. 25 for the Athletics West footwear rules.
- Spikes should be carried with soles facing each other to prevent risk of accidental injury.
- Spikes should be donned prior to an event after the athlete has been marshalled for that event, and must be immediately removed upon completion of the event, before leaving the track or field site. Failure to observe this rule may result in disqualification.
- An athlete who does not exercise care when wearing spikes may be disqualified from wearing spikes. Also, the relevant performance(s) of the athlete may be ruled invalid.

RELAYS

- An athlete who drops the baton must pick it up, without impeding other runners.
- The Baton must be passed within the lines of the 20m take-over zone, the exception being U8 to U10 age

groups who will not be disqualified for this breach.
- In races up to 4 x 200m, the outgoing runner may commence running up to 10m outside the take-over zone in preparation to receive the Baton.

HIGH JUMP

- At Athletics West sponsored events, each competitor will be allowed three attempts at the qualifying height and each successive height until they register three failures in succession. Our local competition rule is 2 attempts, apart from record attempts, unless altered by the arena manager.
- The competitor must take off from one foot only.
- Knocking the bar off its supports, or touching the ground beyond the vertical plane of the uprights with any part of the body, without first clearing the bar, is a "no jump."
- U10 and U11 athletes must use scissor kick only.

Suggested starting height of the bar:

	Boys	Girls
Under 8	0.70m	0.65m
Under 9	0.80m	0.75m
Under 10	0.90m	0.85m
Under 11	0.95m	0.90m
Under 12	1.15m	1.10m
Under 13	1.20m	1.15m
Under 14	1.25m	1.20m
Under 15	1.30m	1.25m

At Athletics West sponsored events, rises will be in five centimetre increments until there are only five competitors remaining then by two centimetres or as agreed by the remaining competitors. At our local competition rises will be by 5 centimetres until record heights are reached.

LONG AND TRIPLE JUMPS

- Competitors may measure their run up with permission of the judge but the site tape must not be used.
- Ages U6 to U8 Long Jump shall take off from the metre square mat.
- Ages U9 to U10 shall take off from the 0.5 metre x 1 metre mat.
- For U6-U10 the jump is measured from the toe end of the foot imprint on the mat to the nearest break in the sand made by any part of the jumper's body.
- If an athlete takes off before reaching the mat, the jump is valid and is measured from the edge of the mat furthest from the pit.
- Ages U11 to U17 shall use the standard take off board.
- For U11-U17 all jumps are measured from the front edge of the take off board (i.e. edge closest to the pit), to the nearest break in the sand made by any part of the jumper's body. Measure is perpendicular to the front edge of the take off board or an imaginary line extending along the front edge.
- It is a "no jump" if the athlete puts any part of the take off foot over the front edge of the mat or the take off board, as the case may be.
- If the athlete, in approaching the take off area, swerves around it and passes closer to the pit, it is a "no jump."
- If, after landing, the athlete falls to one side, contacting the ground outside the pit, it is a "no jump."
- At Athletics West sponsored events, three trials (jumps) are given.
- At our local competition two trials are allowed (a run through is allowed in addition for U13's and above). A 3rd jump may be possible if the group can finish in their allocated time. This is at the discretion of the arena manager.
- Trials are measured in all jumps to the nearest centimetre below.

Additional Rules for Triple Jump

- Hop – athlete must first land on the same foot which was placed on the take off area.

- Step – must land on the opposite foot to that used for the hop.
- Jump – completed by landing in the pit.

THROWING EVENTS

- The implement must land completely within the marked sector lines.
- If the athlete, during or after the throw, crosses the front arc of the throwing sector (javelin), or touches the top or outside of the circle (discus) or stop board (shot), it is a "no throw."
- The athlete must exit from the rear half of the circle (shot, discus), and in a standing position. Overbalancing and falling out, even backwards, constitutes a "no throw."
- The athlete must not exit until the implement has touched the ground.
- Measurement is made from the inside edge of the throwing sector arc (javelin), or circle (discus, shot) to the closest point of contact made by the implement on landing.
- At Athletics West sponsored events, three throws ("trials") are given. In our local competition two throws are given. A 3rd throw may be possible if the group can finish in their allocated time. This is at the discretion of the arena manager.

Additional Rules for Shotput

- The shot must be "put" from the shoulder, using one hand only.
- When commencing the throw, the shot must be close to, or touching the chin, and the hand holding the shot must not be dropped below this position during the put, nor must the shot be taken behind the shoulder line (i.e. must not be thrown).

Additional Rules for Javelin

- The tip of the javelin must touch the ground first.
- The javelin must be held at the grip.
- The javelin must be thrown over the shoulder or upper part of the throwing arm. It must not be slung.
- The thrower may not cross either of the parallel lines down the side of the runway.

HURDLES

See the special Hurdles Spec sheet on Page 26.

Hurdle Heights

Under 7:	30 centimetres
Under 8-9:	45 centimetres
Under 10-11:	60 centimetres
Under 12:	68 centimetres
Under 13-17:	76 centimetres

QUERIES CONCERNING RESULTS & GENERAL PROTESTS

- Any protests must be made in writing to the Arena Manager.
- The Arena Manager will have absolute discretion in determining any protest.
- All queries regarding records and results to be submitted to the Arena Manager.

For full rules please see the 'Athletics West Rule Book' on our website.

ATHLETICS WEST

Table 1: EVENT AND EQUIPMENT SPECIFICATION SUMMARY 2021/22 BY AGE

	OPTIONAL AGE GROUPS						COMPULSORY AGE GROUPS														OPTIONAL AGE GROUPS			
	U6		U7		U8		U9		U10		U11		U12		U13		U14		U15		U16		U17	
	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B
70M			✓	✓	✓	✓	✓	✓	✓	✓														
100m			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800m			*4 300	*4 300	*4 500	*4 500	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hurdles (m)					60	60	60	60	60	60	80	80	80	80	80	80	80	90	90	100	90	100	100	110
Long Hurdles (m)															200	200	200	200	300	300	300	300	300	300
Walk (M)							700	700	1100	1100	1100	1100	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500
Long Jump (m)			1	1	1	1	0.5	0.5	0.5	0.5	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
Triple Jump (m)											0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
High Jump Start Height							*3 0.95	*3 1.00	*3 1.00	*3 1.00	1.05	1.10	1.15	1.20	1.20	1.25	1.25	1.30	1.30	1.35	1.35	1.40	1.40	1.45
Shot Put (kg)			1	1	1.5	1.5	2	2	2	2	2	2	2	2	3	3	3	3	3	4	3	4	3	5
Discus (kg)			350	350	500	500	500	500	500	500	500	500	500	750	750	750	750	750	1kg	1kg	1kg	1kg	1kg	1.5kg
Turbo Jav (g)			Vortex	Vortex	300	300	300	300	300	300														
Javelin (g)											400	400	400	400	400	400	400	600	500	700	500	700	500	700
Relay 4 x 100m							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Relay 4 x 200m							✓	✓	✓	✓														
Relay 4 x 400m											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

*1 60m mini hurdles, max height 20mm
*2 60m mini hurdles, max height 300mm
*3 Scissor style onto scissor mats only (150mm-300mm high)
4 Pack start for U6 & U7 300m and U 500m
*5 Events conducted as a combined age group

Events may not be conducted at any level of competition
Centres may offer these events, but they will not be conducted at State Events

U6 Sprints Up to and including 100m
U7 – U8 Sprints Up to and including 200m
U7 – U8 Athletes may progress to Zones (State Heats and Quarter Finals)
U9 – U15 Athletes may progress to Zones (States Heats and Quarter Finals) and subsequently qualify for State Championships
U16 – U17 Athletes may nominate directly to State Championships

Spike Summary

1. U6 – U10 Athletes may not wear spike shoes for any event
2. U11 – U12 Athletes may wear spike shoes for:
   - events run entirely in lanes
   - long jump, triple jump, high jump and javelin
3. U13 – U17 Athletes may wear spike shoes for:
   - all track events except walks
   - long jump, triple jump, high jump and javelin

ATHLETICS WEST FOOTWEAR RULES

Footwear

16. Appropriate footwear is compulsory for all athletes in all events.
17. No athlete may wear football boots or cleats in any event.
18. Athletes in the U7 - U10 age group may not wear spike shoes.
19. Athletes in the U11 - U12 age group may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump and javelin.
20. Athletes in the U13 - U17 age groups may wear spike shoes in all track events except walks. Spike shoes may also be worn for long jump, triple jump, high jump and javelin.
21. All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.
22. Spike shoes cannot be worn outside the defined "Field of Play" unless all spikes are suitably covered.
23. Spike length (subject to any further constraint from ground policies):
    Synthetic – Track events: 7 mm maximum
    Synthetic - Long/Triple/High Jump/Javelin : 9 mm maximum
    Grass - Track /Long/Triple/High/Javelin: 12mm maximum
24. At the WA Athletics Stadium, to maximise performance and prevent damage to the Mondo surface, athletes must not use sharp spikes that will penetrate the surface. The Mondo track is designed such that blunt spikes will depress the surface and the rebound effect will propel them forward, thereby maximizing performance.
25. The only spikes permitted for use at the WA Athletics Stadium are the 'Christmas Tree' and 'Pyramid' Shape variety as pictured and they must not have a point end, they need to be flat. The composition of the spike ie ceramic or metal is irrelevant. 'Needle' spikes are sharper than 'pyramid' spikes and are NOT permitted. This is to protect the track surface and limit the risk of spike injuries.
26. There may be instances where an athlete with a physical impairment, such as a club foot may need to wear a shoe which does not meet the normal requirements. As long as the shoe does not give the athlete any unfair additional assistance it should be allowed.

Approved	Approved	**NOT Permitted**

ATHLETICS WEST

Table 2: HURDLES SPECIFICATIONS 2021/22 BY AGE

HURDLE SPECIFICATIONS																								
Short Hurdles	U6		U7		U8		U9		U10		U11		U12		U13		U14		U15		U16		U17	
	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B
Distance (m)	60	60	60	60	60	60	60	60	60	60	80	80	80	80	80	80	80	90	90	100	90	100	100	110
Height (cm)	20	20	30	30	45	45	45	45	60	60	60	60	68	68	76	76	76	76	76	76	76	76	76	76
Lead in (m)	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	13	13	13	13	13	13	13.72
Spacing (m)	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	8	8	8.5	8	8.5	8.5	9.14
Lead Out (m)	13	13	13	13	13	13	13	13	13	13	12	12	12	12	12	12	12	13	13	10.5	13	10.5	10.5	14.02
No. of Flights	6	6	6	6	6	6	6	6	6	6	9	9	9	9	9	9	9	9	9	10	9	10	10	10

Hurdles Colour Code		
60m	Brown	
80m	Black	
90m	White	
100m	Yellow	
110m	Red	
200m	Green	
300m	Green	

Long Hurdles	U13		U14		U15		U16		U17	
	G	B	G	B	G	B	G	B	G	B
Distance (m)	200	200	200	200	300	300	300	300	300	300
Height (cm)	68	68	76	76	76	76	76	76	76	76
Lead in (m)	20	20	20	20	50	50	50	50	50	50
Spacing (m)	35	35	35	35	35	35	35	35	35	35
Lead Out (m)	40	40	40	40	40	40	40	40	40	40
No. of Flights	5	5	5	5	7	7	7	7	7	7

CENTRE AWARDS

To be eligible for a Centre award of any kind, an athlete must have participated in at least 50% of competition days held by the Centre.

Age Champions: For each event entered an athlete is allocated points on a scale from 0 to 100. At the end of the season the total of all points the athlete has earned throughout Saturday Centre competitions is calculated via a special formula. Bonus points are also given for PB's and participation. The two highest scoring athletes in each age group receive a trophy. These points are also used to calculate the Junior Champions (highest scoring male and female athlete (U6-U9), Intermediate Champions (U10-U12) and Senior Champions (U13-U17).

Coaches Award: The Coaches also award a trophy to an athlete in their group who has demonstrated particular courage, effort or determination during the season.

PB Award: To recognise the achievements of those athletes who continually improve over the season. The athlete/athletes with the highest number of Personal Bests (PB's) in each age-group also receive a trophy.

UWALAC Decathlon Trophy: This trophy recognises the athlete with the highest points aggregate from the Saturday Centre competition across all age groups.

Golden Lock: This award recognises an outstanding contribution made to the Centre by a member.

Special Contribution Awards: A number of special awards recognise special contributions and performances made during the summer or winter seasons by young members. These awards are decided by the Committee prior to annual general meeting and may vary from year to year.

Keith Robinson Trophy: This trophy recognises the athlete with the highest total number of PB's over the season.

The Stanton Medal: Outstanding achievement by an athlete over the season. A hardworking role-model for other athletes whose behaviour and attitude has been of the highest standard.

LIFE MEMBERS

Mrs Marie Kelly – Doubleview 1979
Mr Neil Jones – Northern Districts . . . 1980
Mr Robert Campbell – Scarborough . . 1981
Mr Desmond Smith – Embleton 1981
Mrs Dot Lavater – Deanmore 1983
Mrs Anne Barter – Kalyara 1985
Mr Allen Tyson 1996
Mrs Marita Somerford 1996
Mr Lennie Hughes 1998
Mrs Anne Stingemore 1998
Mr Roger Stroud 2001
Mr John Connell 2008
Ms Deborah Pett. 2008
Mrs Erin Ardon 2010
Mr Ken Skinner 2010
Mrs Jenny Skinner 2010
Mr Gary Odgen 2011
David Stanton. 2016
Christine Stanton 2016
Tim Lyons 2016
Amy Hamilton 2018
Glenn Hamilton 2018
Michelle Brown 2018
Nigel Brown 2018
Steve Robinson 2019
Phil Hynes 2020

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2020/2021 UWALAC TROPHY WINNERS

Club Champions (Boys) 2020/2021

	Champion	Runner Up	Coach's Award	PB Award
U6	Marco Silvestri	Oliver Middenway	Angus McGorm	Hunter Swenser-Smith
U7	Fionn O'Neill	Vance Heller	James van Hazel	Xavier Blumenthal
U8	Sebastian Showers	Daniel Scriven	Edward Jones	Sean Hee Luca Mills
U9	Finn Minson	Oliver Starcevich	David Milic	George Rea
U10	Samuel McGorm	Remy Webber	Maxim Wijns	Tyson Hickey Marcus Nichols
U11	Oliver Poot	Patrick Middenway	Lenny Anastas	William Malcolm Abdul Abdelrahim
U12	Bowie McCabe	Sebastian Lyttle	Lachlan Paton	Sebastian Lyttle
U13	Heath Mellody	Harry Prentice	Christopher Berg	Isaac Spencer
U14	Kalani Chong Sue	Alfred Mill	Ollie Smith	Alfred Mill
U15	Noah Mellody	Austin Van der Struyf	Samuel Buffham	Noah Mellody
U16	Rohan Hynes	George Taylor	Rohan Hynes	Rohan Hynes
U17	Reilly Cunningham	-	-	Reilly Cunningham

Club Champions (Girl's) 2020/2021

	Champion	Runner Up	Coach's Award	PB Award
U6	Grace Gribbon	Chloe Mills	Ivy Heller	Alana Mosel
U7	Elise Forsyth	Lucy Wright	Felicity Esler	Georgia Eldridge
U8	Chloe McGorm	Rachel Nichols	Lily Baker	Rachel Nichols
U9	Erin Cotter	Grace Lyttle	Samara Porteous	Akosua Tettey
U10	Eve Burns	Eve Mellody	Billie Lynch	Ella Boyne
U11	Jayde Veverka	Clarise Van Niekerk	Clara Cotter	Mollie Heller
U12	Zoe Addis	Asha Steinkrug	Olivia Hansen-Knarhoi	Jaime McDonald
U13	Cara Dziegielewski	Tessa Burns	Molly Bahls- Kildea Daisy Laginha	Maryrose Bahls- Kildea Paige Pickford
U14	Stephanie Berlingeri	Madeleine Tyter	Jessica Scriva	Neva Barker
U15	Estella Weir	Libby Hutton	Kirsten Petterson	Bahar Ravanbakhsh
U16	Kirsty Wong	Emily Stein	Charlotte Best	Charlotte Best
U17	Isabella MacGregor	Lucy Gleghorn	Naomi Boehl	Noemi Boehl Isabella MacGregor

Perpetual Trophy Winners 2020/2021

				Description
Junior Champion Girl	Chloe McGorm	Decathlon Trophy	Oliver Poot	*Highest overall point aggregate in club*
Intermediate Champion Girl	Jayde Veverka	McDonald Trophy	Isabelle Macey	*U14-16 athletes who attends consistently and good role model*
Senior Champion Girl	Cara Dziegielewski	Allen Tyson Trophy	Naomi Boehl	*Athletic competitive reliable mature and dedicated approach*
		Special Contribution	Nieve Walsh Mia Mather Emily Lowe Sarah Hynes Lachlan Hynes	*Special contributions made to the centre by a young member*
Junior Champion Boy	Finn Minson	The Stanton Medal	Not applicable in 2021	
Intermediate Champion Boy	Oliver Poot	Golden Lock	Damon Hansen-Knarhoi	
Senior Champion Boy	Noah Mellody	Keith Robinson Trophy	Tettey Akosua	Awarded to member with the highest number of PB's at the centre over the season.
		Service Award	Phil Curtis Richard Leake Peter Harris Greg Brennan Brett Harris Stuart Moore	Jodee Eaves Tony Pekin Andrew Fairweather Kate Reynolds James Ferguson Teresa Leone

STATE & SPECIAL EVENTS

Athletics West conducts a number of State events during the season which involve competition between Centres. These comprise both team competitions – the State Relay Championships; and individual competition – the Junior Carnival, the Multi Event Championship in February, Zone Qualifying Heats and the State Track and Field Championships. Refer to the Calendar of State Events for specific dates. UWALAC will advise parents of all the information.

At the WA Athletics Stadium (WAAS), where many of the special events are held, UWALAC traditionally occupies the grass area behind the finishing line (Northern end). Look for the University banners and Tents. The emphasis of these events is always on fun and social interaction as well as competition.

There are also special events we are invited to by other centres. These are not compulsory but provide another avenue for competition. All members will be emailed regarding these.

ROSTER DUTY AT SPECIAL EVENTS

Parents are obligated to do roster duty if their child is competing in a State or special event. This is over and above their normal UWALAC roster. This is a mandatory requirement. The events just cannot operate without this commitment.

There is no need to be worried that you don't know much about the events. Every site is operated by an Athletics West or club official. We, as parents report to them and they will explain and demonstrate what to do!

How to Nominate For Roster Duty at Athletics West Events

Information regarding State Events, how to nominate and roster duties will be sent out prior to each separate event and also placed on our website.

SPECIAL EVENTS

COMBINED EVENTS CHAMPIONSHIPS (U11-U17)

This event is held at the WA Athletics Stadium. Athletes aged U11 to U17 compete in five events – Hurdles, Long Jump or Triple Jump, Discus, Javelin or Shot put, 800m and 100m. Points are awarded for each performance and athletes accumulate points for their 5 events (like the heptathlon/decathlon). Five athletes per age/gender group can be nominated from each Centre. Competitors in the U14 and U15 age groups who win a medal will be eligible to be a member of the International State Team in the following July.

STATE TRACK AND FIELD RELAY CHAMPIONSHIPS (U9-U17)

State Relay Championships are a competition between Little Athletics WA Centres. Athletes compete in Track events **or** Field events and are selected by their Centre. Athletes will be selected based on their performances at UWALAC competitions. Parents will be required to do a roster over this weekend if their child is selected.

STATE CHAMIONSHIPS QUALIFIERS (*FORMERLY ZONES*) (U9-U15)

The Qualifiers enable athletes to qualify for the State Track and Field Championships. The Perth metropolitan Little Athletic Centres are divided into Zones for this purpose. In 2020/21 new zones and qualifying rules have been introduced. There are now only 2 Zones and UWALAC is currently in Zone 2 along with Hamersley, Joondalup, Ridgewood, Bayswater, Eastern Hills, Inglewood, Kingsway, and the Swan Valley. The venue for this 2-day competition is to be announced.

- **U6-U8:** These age groups no longer compete at this event.
- **U9-U15:** The top athletes from each Zone event proceed to States. The exact number is determined by the total registrations of Centres competing in the respective Zones, and will be advised by Athletics West prior to the State Qualifiers.
- **U16 and U17:** Athletes do not compete at State Qualifiers but nominate straight to States.

The entry information for State Chamionship Qualifiers will be available on the website prior to the event. ABSOLUTELY NO LATE ENTRIES WILL BE ACCEPTED.

Parents are required to participate in a minimum of one half-day time slot of roster duty at the State Qualifiers venue over the weekend. This is a condition of your child's participation.

STATE TRACK & FIELD CHAMPIONSHIPS

The States are held at WAAS. U9-U15 athletes qualify for the States through their success at Zone Championships. These athletes will automatically be entered into the

SPECIAL EVENTS

State semi-final events. U16 & U17 athletes are entered directly into States via the Zones nomination process. ***Parents are required to participate in two time slots of roster duty at WAAS over the weekend. This may vary depending on how many UWALAC athletes are in the competition. This is a condition of your child's participation.***

UWALAC CENTRE CHAMPIONSHIPS

Our Centre Championships will be held on February 26. It gives athletes the opportunity to compete in their favourite events, and a chance to win a medal for 1st, 2nd or 3rd place. This is also a fun day with special activities and treats on the day. Both rosters run on this day and we have a special athlete vs coach race that is the highlight of the competition. Both parent rosters run this day and we finish around 1pm.

WINTER CROSS COUNTRY SEASON

Following the summer season a Winter Cross Country Season commences in late April concluding with State Championships in late August. This is a good way to maintain fitness through the winter break. Races are held every second Saturday afternoon at different venues around Perth metro area. Details of dates and venues will be available from the Winter Championships Officer at the conclusion of each summer season and posted on the website.

OTHER EVENTS

From time to time other clubs run special Twilight Relays or events that we are invited to participate in. There are also other athletics meets such as the WA All Schools and special events and talks run by agencies. We will let parents and athletes know of any other special events that may arise throughout the season vial email and the website.

MORE INFORMATION

More information regarding each event including nomination forms, programs and rosters will be sent via email and through the website closer to each event.

SPECIAL EVENTS RESULTS 2020/2021

2020/2021 State Relays (Medalists)

Age / Gender	Event	Place	Time/Points
U9 Girls	4 X 100	Bronze	1.04.28
U11 Girls	4 X 100	Gold	56.57
U11 Boys	4 X 100	Silver	56.42
U12 Girls	4 X 100	Silver	55.38
U13 Girls	4 X 100	Gold	51.83
U13 Boys	4 X 100	Bronze	53.55
U14 Girls	4 X 100	Gold	50.46 *(State Record)*
U14 Boys	4 X 100	Bronze	49.85
U15 Girls	4 X 100	Gold	50.47
U15 Boys	4 X 100	Silver	46.82
U9 Boys	4 X 200	Bronze	2.12.83
U9 Girls	4 X 200	Gold	2.20.09
U11 Boys	4 X 400	Silver	4.38.14
U12 Girls	4 X 400	Silver	4.38.08
U13 Girls	4 X 400	Gold	4.15.25
U13 Boys	4 X 400	Silver	4.15.10
U14 Girls	4 X 400	Gold	4.15.72
U15 Boys	4 X 400	Gold	3.39.09

Field Results

U9 Girls	Silver
U14 Girls	Bronze
U15 Girls	Bronze
U17 Girls	Silver

2021 STATE MULTI EVENT CHAMIONSHIPS (MEDALISTS)

U11 Girls	J.Ververka	Gold
U11 Boys	O.Poot	Silver
U13 Girls	C. Dziegieleweski	Gold
U13 Boys	H. Mellody	Silver
U14 Girls	S.Berlingeri	Silver
U14 Boys	K.Chong Sue	Bronze
U15 Boys	A.Van der Struyf	Gold
U17 Girls	L.Gleghorn	SIlver

Due to COVID-19 the International Meet was cancelled and does not appear in this year's handbook.

2020/2021 STATE ZONE CHAMPIONSHIPS
MEDALISTS

U9 Girls	Erin Cotter	400m (5th), High Jump (Gold), 800m (6th), 200m (5th)
	Grace Lyttle	400m (6th), Long Jump (5th)
	Billie Mchenry	High Jump (6th)
	Isabelle Min Cho	70m (4th)
U9 Boys	Finn Minson	60m Hurdles (Silver)
	Samuel Murfett	800m (Silver)
U10 Girls	Eve Mellody	Javelin (turbo) (8th)
	Kaydee van Deventer	800m (Bronze)
	Ava Crosbie	200m (8th)
U10 Boys	Samuel McGorm	100m (4th), Long Jump (Silver), 70m (6th), High Jump (8th)
	Hudson Grabham	400m (4th), 800m (silver)
	Tyson Hickey	400m (6th), 200m (4th)
	Zac Egginton	200m (6th)
	Jaxon Fleay	High Jump (Bronze)
U11 Girls	Clarise van Niekerk	1500m (5th), 400m (4th), 800m (4th), 80m Hurdles (Bronze)
	Ava Rodgers	1500m (7th), 800m (8th)
	Jayde Veverka	100m (Gold), 400m (Gold), Triple Jump (8th), 200m (Silver)
	Lucy O'Donnell	100m (7th), 400m (8th)
	Millie Driscoll	100m (Silver), Long Jump (Gold), High Jump (8th), 80m Hurdles (silver), 200m (Bronze)
	Sansa Tatam	Javelin (4th)
	Olivia Berg	High Jump (6th)
	Alyssa Hart	Shot put 2kg (4th), Discus 500g (Gold)
U11 Boys	Will Rea	1500m (Silver), 400m (4th), 800m (Bronze)
	Oliver Poot	100m (Bronze), Long Jump (Bronze), High Jump (4th), 200m (Silver)
	Patrick Middenway	400m (5th), 800m (Silver), 80m Hurdles (Bronze)
	Abdul Abdelrahim	800m (8th)
U12 Girls	Sasha Pallis	1500m (Gold), 400m (Bronze)
	Taya Leys	100m (8th), Long Jump (5th), 80m Hurdles (4th)
	Zara O'Dea	Shot Put 2kg (Bronze), Javelin 400g (Silver), Discus 750g (Bronze)
	Zara Veverka	Shot Put 2kg (6th)
	Leah Allen	Javelin 400g (5th)
	Zoe Addis	High Jump (Bronze)
U12 Boys	Benjamin Wallbank	400m (5th)
	Toby Wood	Discus 750g (8th) Javelin (5th)
	Zak Cohen	800m (7th)
	Ryder Farrar	Javelin (6th)
U13 Girls	Anna Colgan	1500m (Gold), 800m (Silver)
	Zoe Harrison	1500m (7th)
	Leah O'Brien	100m (Gold), 400m (Gold), 200m (Gold), Long Jump (Gold)
	Cara Dziegielewski	200m Hurdles (Silver), 400m (Silver), 800m (Gold), Long Jump (6th), High Jump (4th)
	Tessa Burns	100m (6th) Triple Jump (5th), 200m (5th) Long Jump (5th)
	Hannah Reynolds	800m (Bronze)
	Grace Buffham	Discus 750g (8th)

2020/2021 STATE ZONE CHAMPIONSHIPS
MEDALISTS

U13 Boys	Isaac Spencer	1500m (Gold), 800m (Gold)
	Heath Mellody	Triple Jump (Bronze), 80m Hurdles (6th), Long Jump (5th), High Jump (5th)
U14 Girls	Ava Fraser- Edwards	Shot Put 3kg (5th), Javelin (5th), Discus 1kg (Bronze)
	Missy Anastas	Long Jump (Gold), 100m (8th), Triple Jump (Bronze), 200m (6th)
	Grace Powell	Long Jump (Bronze)
	Sienna Hathrill	1500m (Gold), 800m (Bronze)
	Soha Abdelrahim	1500m (Silver), 800m (4th)
	Madeline Tyter	100m (7th), Javelin (4th)
	Stephanie Berlingeri	200m Hurdles (4th), Triple jump (7th), 80m Hurdles (6th)
	Ella Gilbey	Javelin (6th), 200m (8th)
	Madison Naish	80m Hurdles (4th), High Jump (6th)
	Gabrielle Maxton	200m (Bronze), High Jump (5th)
U14 Boys	Kalani Chong Sue	100m (Gold), 200m Hurdles (Gold), 90m Hurdles (Gold), 200m (Bronze)
	Josiah John	100m (Silver), 200m (Silver)
U15 Girls	Sienna Joubert	High Jump (6th)
	Kirsten Pettersen	1500m (8th)
	Methab Dhillon	100m (Bronze), Long Jump (4th), 90m Hurdles (Broze)
	Scarlett Curtis	100m (6th), 200m (7th)
	Libby Hutton	Discus 1kg (Silver), Shot Put 3kg (Silver)
	Megan McCaffrey	200m (Bronze)
U15 Boys	Harrison Rogers	High Jump (Bronze)
	Alfie Wall	High Jump (5th), Discus 1kg (8th), Javelin 700g (Silver)
	Xavier Harris	1500m (7th)
	Aden McDonald	100m (Silver), 200m (Bronze)
	Massey Doolan	400m (Gold)
	Wadah Abdelrahim	400m (Silver)
	Oliver Harris	400m (5th), 200m (5th)
	Noah Mellody	Long Jump (4th), 200m (6th), Shot put 4kg (Bronze)
	Samuel Buffham	Triple Jump (8th)
U16 Girls	Leila Barker	Long Jump (5th), Shot Put 3kg (Gold), 90m Hurdles (4th), Discus 1kg (4th)
	Grace McMahon	Long Jump (6th)
	Charlotte Best	Long Jump (7th), High Jump (5th)
	Bec Anderson	Shot Put 3kg (Bronze), Javelin (Silver)
	Sophie Heffernan	Shot Put 3kg (5th), Discus 1kg (Silver)
	Alana Gregory	100m (7th), 400m (7th)
	Emily Stein	100m (8th)
U16 Boys	Rohan Hynes	Javelin (8th)
U17 Girls	Lucy Gleghorn	Javelin 500g (6th), Shot Put (4th), High Jump (Bronze), 100m Hurdles (Bronze), Long Jump (Bronze)

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UWALAC - CROSS COUNTRY 2021

The Winter Program runs from April/May to August. The competition alternates between Cross Country Runs & Roadwalks each Saturday afternoon at various locations. The Program for each meeting commences at lunch time, excluding the State Championships which will commence at times advised. The Winter season is open to all registered athletes. If you are registered with UWALAC for the summer season then it costs nothing to participate in the winter season and new athletes can register for minimal cost. Check the website for more Winter registration details.

CROSS COUNTRY RUNS

U7-8: 1000m, U9-10: 500m, U11-12: 2000m, U13-17: 3000m

Due to COVID-19 there was a shortened winter season in place for 2021. We thank Athletics West, The WA Athletics Officials Club and all the centres that worked together to make this happen.

UWALAC hosted another successful event at Perry Lakes this year and would like to thank all our committee members, parents and athletes who helped out on the day.

2021 STATE CROSS COUNTRY CHAMPIONSHIPS
WINTER MEDALISTS & COMPETITORS

Age Group/Gender	Name
U7G	Felicity Esler Elise Forsyth Jennifer Turner Zoe Vine Isabella Van Goethem
U8G	Rachel Nichols Lily Baker Isobel Hazeldine Evie Ford Emily Williams
U8B	Sebastian Showers Luca Mills Reed Smith Kye Van Goethem Sean Hee
U9G	Akosua Tettey Ema Sangut Elena Harrison Clara Gordini
U9B	Finn Minson Grace Gordini
U10G	Sienna Herring Ella Boyne Chantal Pallis
U10B	Marcus Nichols
U11G	Lia Watters Ava Rodgers Noemie Risnes
U11B	Zeb Thompson Zak Thompson Spencer Hathrill Kwasi-Ketewa Tettey
U12G	Sasha Pallis Zoe Addis
U12B	Sebastian Lyttle Joseph Esler
U13G	Zoe Harrison Lily Hendry
U14G	Sienna Hathril
U15G	Cara Monterosso

2021 UWALAC WINTER TROPHY WINNERS

Junior Girl Champion	Rachel Nichols
Junior Boy Champion	Sebastian Showers
Intermediate Girl Champion	Lia Watters
Intermediate Boy Champion	Zeb Thompson
Senior Girl Champion	Cara Monterosso
Senior Boy Champion	N/A
Endeavour AWARD	Noemie Risnes
Endeavour AWARD	Ava Rodgers

UWALAC - CENTRE RECORDS
CENTRE RECORDS BROKEN IN 2020/2021 SEASON

Age	Event	Athlete	Performance	Date
	6Om (mini)			
U6G	Hurdles	G.Gribbon	14.36	13/03/21
	60m	C.Mills	13.54	05/12/20
	70m	H.Bester	15.01	06/03/21
	100m	S.Grabham	21.70	06/03/21
	200m	I.Heller	47.03	13/03/21
	300m	M.Milic	1.18.55	06/03/21
	400m	C.Mills	1.50.34	22/01/21
	Long Jump	C.Mills	2.44	22/01/21
	Shot Put	G.Gibson	2.95	30/01/21
	Discus	G.Gibson	9.43	13/03/21
	Vortex	M.Milic	8.05	16/01/21
U6B	60m (mini)			
	Hurdles	M.Silvestri	13.03	24/10/20
	60m	M.Silvestri	12.49	05/12/21
	70m	M.Silvestri	13.62	30/01/21
	100m	M.Silvestri	19.66	06/03/21
	200m	M.Silvestri	43.23	20/02/21
	300m	M.Silvestri	1.06.22	06/03/21
	400m	A.McGorm	1.42.41	22/01/21
	Long Jump	M.Silvestri	2.77	28/11/20
	Shot Put	A.McGorm	5.14	06/03/21
	Discus	M.Silvestri	7.92	16/01/21
	Vortex	A.McGorm	13.01	16/01/21
U7G	1000m	E.Forsyth	4.33.23	22/01/21
U7B	300m	L.Horton	56.73	31/10/20
U10G	1500m cc	K.Van Deventer	5.38.06	22/01/21

U11G	300m	J.Veverka	47.07	05/12/20
	2000m cc	C.Van Niekerk	7.55.95	22/01/21
	Discus	A.Hart	27.10	06/03/21
U11B	80m Hurdles	P.Middenway	14.09	13/03/21
	2000m cc	W.Rea	7.23.89	22/01/21
	Discus (500g)	O.Poot	25.81	28/11/20
U12G	2000m cc	A.Steinkrug	7.55.95	22/01/21
U13G	60m	L.O'Brien	8.30	05/12/21
U13B	3000m cc	J.Steele	11.45.44	22/01/21
U14G	60m	I.Leone	8.32	05/12/20
	1000m	S.Berlingeri	3.27.45	05/12/20
	3000m cc	S.Hathrill	11.04.84	22/01/21
U15G	3000m	C.Monterosso	12.39.97	22/01/21
U15B	3000m cc	X.Harris	11.36.92	22/01/21
U16G	Shot Put	L.Barker	12.17	
U17G	3000m	J.Hazeldine	18.23.21	22/01/21
U17B	200m	R.Cunningham	22.85	24/10/20
	Long Jump	R.Cunningham	6.61	17/10/20

UWALAC - OPEN RECORDS BROKEN IN THE 2020/2021 SEASON

Age	Event	Athlete	Performance	Date	Meet
U9G	High Jump	E.Cotter	1.15	20/3/21	States
U9B	60m Hurdles	F.Minson	10.23	20/3/21	States
U11G	80m Hurdles	M.Driscoll	14.02	21/3/21	States
	Discus (500g)	A.Hart	27.63	21/3/21	States
U11B	80m Hurdles	P.Middenway	13.90	21/3/21	States
	200m	O.Poot	27.09	21/3/21	States
	Long Jump	O.Poot	5.13	28/2/21	Zones
	Discus	O.Poot	26.48	20/3/21	States
U13G	200m	L.O'Brien	25.34	21/3/21	States
U14G	Long Jump	M.Anastas	5.55	28/2/21	Zones
	Javelin	E.Gilbey	33.45	21/11/20	Combined Events Championship
	Javelin (400g)	M.Tyler	33.29	20/03/21	States
U16G	Shot Put (3kg)	L.Barker	11.62	19/3/21	States
U17G	Shot Put	L.Gleghorn	11.46	21/11/20	Combined Events Championship

SENIOR ATHLETICS
UNIVERSITY OF WA ATHLETIC CLUB

THE UNIVERSITY OF WESTERN AUSTRALIA
ATHLETICS CLUB

DUAL MEMBERSHIP

We Invite athletes turning 11 years and over (in this calendar year) to join the 'senior' club with a dual membership. The Club is keen to assist our junior Athletes to transition to senior athletics. Senior Competition events are based on your performance, so you'll be competing with athletes of similar ability.

DUAL MEMBERSHIP $60

- Weekly competitions at the WA Athletics Stadium (AW entry fee $18 per meet for unlimited events)
- Compete at the WA State Championships (Under 14 up to Open Age Groups)
- Compete in cross country and other winter meets
- 20% discount on physio and massage services at Ascend Physiotherapy
- Access to McGillivray Oval during club booking times (Mon/Weds/Sat)
- Plus quiz nights, relays, social events and more!

CLUB COACHES

We have a number of club coaches who can assist junior athletes seeking to take their sport to the next level with specialist event training.

OUR HISTORY

Founded in 1928, UWA Athletics Club is WA's largest and most successful club, having produced some of the country's finest athletes – including numerous Olympians and Paralympians and Australian representatives.

The Club has experienced many changes over the years and none more exciting than the amalgamation of "Perry Lakes Little Athletics Centre" and "The University of Western Australia Athletics Club" in 2009, to become one of the largest athletics clubs in Australia.

www.uwaac.com.au

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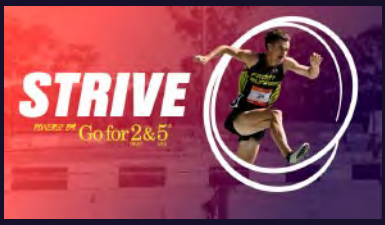
Little Athletics is a modified athletics program for children from 5 to 16 years of age. Offering a wide range of events from running, jumping and throwing, events are modified to suit the age, development stage and ability of the child.



The Strive program is a weekly athletics competitions for Athletics West members throughout October – March, including the WA State Track and Field Championships. Entry is open to athletes 11 years of age and over, and can compete as an independent or club member.

To find out more, head to

athleticswest.com.au

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UWA ATHLETICS CENTRE RECORDS GIRLS

List of Current Records

GIRLS

*Records at August 2020***

	CENTRE RECORDS				OPEN RECORDS			
Age group	**Record holder**	**Club**	**Record**	**Date**	**Record holder**	**Record**	**Date**	**Place**
Hurdles – Girls								
60m U/6 mini	G. Gribbon	UWA	14.36	13/03/21				
60m U/7 mini	A Babich	UWA	12.06	13/01/18				
60m U/7 45cm	S.Quahe	P/Lakes	12.1	17/02/01				
60m U/8 45cm	K Evans	P/Lakes	11.0	20/02/99	J.Kautsky	10.80 (State)	13-Mar-99	States
60m U/9 45cm	K.Evans	P/Lakes	10.6	29/01/00	K Evans	10.20	11-Mar-00	States
60m U/10 60cm	K.Evans	P/Lakes	10.5	04/11/00	N.Earls	10.40	20-Mar-04	States
60m U/11 60cm	J.Stingemore	P/Lakes	9.7	25/02/95	A.Hardisty	9.59	21-Mar-10	States
60m U/12 68cm	J.Stingemore	P/Lakes	9.9	02/03/96	J.Pretorius	9.39	22-Mar-15	States
80m U/11 60cm	T.Leys	UWA	14.08	07/03/20				
80m U/12 68cm	L O'Brien	UWA	13.71	07/03/20				
80m U/13 76cm	J.Stingemore	P/Lakes	12.7	22/12/96	J.Stingemore	12.30	15-Mar-97	States
80m U/14 76cm	J.Stingemore	P/Lakes	12.7	02/07/98	A.Hardisty	11.90	24-Mar-13	States
90m U/15 76cm	R.Francisco	P/Lakes	13.7	15/11/03	A.Hardisty	12.95	23-Mar-14	States
90m U/16 76cm	I.Copeman	UWA	14.30	02/03/13	M.Maguire	13.34	24-Mar-13	States
100m U17 76cm	B.Doney	UWA	16.16	06/12/14	B.Doney	15.31	22-Mar-15	States
200m U/13 68cm	N.Kennedy	UWA	29.09	27/02/10	L.Mather	28.23	23-Apr-17	ALAC
200m U/14 76cm	L.Barker	UWA	29.39	09/02/19	A.Hardisty	28.12	24-Mar-13	States
200m U/15 76cm	N Kennedy	UWA	29.07	25/02/12	V.Le Tessier	27.4	11/07/19	Malaysia
200m U/16 76cm	D.Spicer	UWA	30.15	28/02/15	M.Maguire	28.08	24-Mar-13	States
200m U/17 76cm	B.Doney	UWA	29.9	29/11/14	S.Carter	29.40	21-Mar-10	States
300m U/15	V.Le Tessier	UWA	46.71	24/11/18	B.DeSilva	44.77	19-Mar-17	States
300m U/16	L.Mather	UWA	46.58	24/11/18	L.Mather	44.37	10/03/19	States
300m U/17	M.Scanlon	UWA	51.05	10/02/18				

60m- Girls	C.Mills	UWA	13.54	05/12/20				
U6								
U/7	C.McGorm	UWA	10.78	04/12/19				
U/8	L.O'Donnell	UWA	10.24	09/12/17				
U/9	L.O'Brien	UWA	9.37	10/12/16				
U/13	L.O'Brien	UWA	8.30	05/12/20				
U/14	I.Leone	UWA	8.32	05/12/20				
U/15	A.Pfeiffer	UWA	8.04	08/12/18				
U/16	S.O'Sullivan	UWA	8.29	10/12/16				
U/17	E.Michael	UWA	8.42	09/12/17				
70m – Girls								
U/6	H.Bester	UWA	15.01	06/03/21				
U/7	C.Apenis	P/Lakes	11.7	27/10/01				
U/8	S.Forbes	Ned/Subi	10.4	02/05/82				
U/9	J.King	Kalyara	10.3	1996/97	C.Van der Walt	10.30	21-Mar-03	States
U/10	A.Elphick	Scarb	10.1	03/09/80				
100m - Girls								
U/6	S.Grabham	UWA	21.70	06/03/21				
U/7	M. Ardon	P/Lakes	17.1	20/02/99	L.Barker	16.90	10-Mar-13	Zones
U/8	S.Forbes	Ned/Subi	15.0	23/10/82				
U/9	S.Forbes	Ned/Subi	14.5	19/11/83				
U/10	E.Cope	P/Lakes	14.0	13/03/93				
U/11	J.Stingemore	P/Lakes	13.6	03/05/95	L.O'Brien	13.14	10/03/19	States
U/12	D.Grimshaw	N/Dists	13.2	1975	A.Pfeiffer	12.77	19-Mar-17	States
	T.Dunne	Kalyara	13.2	1976				
U/13	A.Filippou	P/Lakes	12.6	24/02/07	A.Filippou	12.50	22-Apr-07	Nationals
U/14	D.Maher	N/Dists	12.5	23/10/82	A.Hardisty	11.91	24/03/13	States
U/15	R.Francisco	P/Lakes	12.3	08/11/03				
U/16	N.Kennedy	UWA	12.73	02/02/13	E.Michael	12.63	10-Mar-17	States
U/17	S.McBride	UWA	13.09	16/10/10	E.Duke	12.56	20-Mar-16	States

200m – Girls

U/6	I.Heller	UWA	47.03	13/03/21				
U/7	R.Vlahov	UWA	37.18	27/02/11	C.Apenis	36.10	25-Nov-01	Quadrathon
U/8	S.Forbes	Ned/Subi	30.9	30/10/82				
U/9	S.Forbes	Ned/Subi	30.8	25/02/84				
U/10	E.Cope	P/Lakes	29.4	28/02/93				
U/11	E.Kuhaupt	P/Lakes	28.3	27/02/93	L.O'Brien	27.51	10/03/19	States
U/12	Z.Morse	UWA	27.05	06/12/14	J.Pretorius	26.58	22-Mar-15	States
U/13	F.Sholz	P/Lakes	26.3	11/11/01	A.Pfeiffer	25.77	04-Mar-18	States
U/14	A.Tolcon	UWA	25.87	18/01/14	A.Tolcon	24.65	8-Dec-13	All Schools
U/15	A.Filippou	P/Lakes	25.99	31/01/09	R.Francisco	25.00	21-Mar-04	States
U/16	A.Pfeiffer	UWA	26.22	30/11/19	S.Watts	25.97	04-Nov-12	WA All Schools
U/17	B.Doney	UWA	26.21	06/12/14	E.Duke	25.77	20-Mar-16	States

300m-Girls

U/6	M.Milic	UWA	1.18.55	06/03/21				
U/7	A,Babich	UWA	1.00.04	10/02/18	A.Taylor	59.28	18-Feb-18	Zones
U/9	M.Bogust	UWA	53.01	10/12/16				
U/10	S.Hathrill	UWA	49.66	09/12/17				
U/11	J.Veverka	UWA	47.07	05/12/20				

400m – Girls

U/6	C.Mills	UWA	1.50.34	22/01/21				
U/8	S.Forbes	Ned/Subi	1.12.1	23/10/82				
U/9	S.Forbes	Ned/Subi	1.11.1	02/03/84				
U/10	A.Trewenack	Floreat	1.09.0	27/05/85	A.Hardisty	1.06.6	22-Mar-09	States
U/11	J.Stingemore	P/Lakes	1.02.9	18/03/95				
U/12	J.Lockwood	N/Dists	1.01.4	1976	C.Van der Walt	1.00.8	12-Mar-06	States
U/13	C.Ladyman	P/Lakes	58.9	24/04/93	A Hardisty	58.47	20-Apr-12	Nationals
U/14	A.Tolcon	UWA	58.7	16/11/13	A.Tolcon	56.95	23-Mar-14	States
U/15	H.Ozturk	P/Lakes	1.00.2	13/11/94	A.Hardisty	56.24	16-Mar-14	A.J.C Sydney
U/16	B.Dusting	UWA	1.00.8	28/02/15	A.Spencer	59.62	10/03/19	States
U/17	E.Lowe	UWA	1.01.48	10/02/18	A.Braimbridge	59.45	23-Mar-14	States

500m- Girls

U/8	R.O'Malley-Sudlow	UWA	1.47.75	11/11/17	A.Osborne	1.45.69	5-Mar-17	Zones

800m - Girls

U/9	E.Noble	P/Lakes	2.48.0	19/02/97				
U/10	C.Ladyman	P/Lakes	2.31.8	14/03/90				
U/11	C.Ladyman	P/Lakes	2.30.5	15/03/91				
U/12	C.Ladyman	P/Lakes	2.24.7	14/03/92	C.Van der Walt	2.21.0	12-Mar-06	States
U/13	C.Ladyman	P/Lakes	2.22.7	13/03/93	C.Van der Walt	2.15.2 /ALA rec	22-Apr-07	Nationals
U/14	C.Van der Walt	Nedlands	2.21.5	24/11/07	C.Van Der Walt	2.14.30 (State)	15-Mar-08	States
U/15	K.Nazaroff	UWA	2.22.2	23/01/15	A.Flower	2.15.47	20-Mar-16	States
U/16	K.Nazaroff	UWA	2.19.44	05/02/16	K.Nazaroff	2.16.39	20-Mar-16	States
U/17	E.Lowe	UWA	2.21.26	10/02/18	E.Lowe	2.17.9	04-Mar-18	States

1000m- Girls

U/7	E.Forsyth	UWA	4.33.23	22/01/21
U/12	A.Colgan	UWA	3.12.19	04/12/19
U/14	S.Berlingeri	UWA	3.27.45	05/12/20
U/15	I.MacGregor	UWA	3.22.38	08/12/18
U/16	I.MacGregor	UWA	3.18.64	04/12/19
U/17	S.Hynes	UWA	3.13.0	10/12/16

1500m Girls

U/11	C.Ladyman	P/Lakes	5.13.3	16/03/91	O.Peel	5.12.55	19-Mar-17	States
U/12	C.Ladyman	P/Lakes	5.05.9	01/02/92	N.Chitty	4.59.93	20-Mar-16	States
U/13	C.Ladyman	P/Lakes	4.58.2	14/03/93	S.Hanikeri	4.49.79	29-Apr-18	ALAC
U/14	T.Chitty	UWA	4.51.9	13/02/16	S.Hanikeri	4.42.1	10/03/19	States
U/15	K.Nazaroff	UWA	4.58.61	28/02/15	A.Weekes	4.56.4	15-Mar-98	States
U/16	M.Connell	UWA	4.53.29	28/01/12	K.Nazaroff	4.44.21	20-Mar-16	States
U17	K.Nazaroff	UWA	4.49.69	04/02/17	K.Nazaroff	4.45.20	19-Mar-17	States

1000m cc Girls

U/7	R.Nichols	UWA	4.43.33	07/02/20
U/8	B.Mchenry	UWA	4.14.46	07/02/20

1500m cc Girls

U/9	K.Van Deventer	UWA	5.50.20	07/02/20
U/10	K.Van Deventer	UWA	5.38.06	22/01/21

2000m cc Girls

U/11	C.Van Niekerk	UWA	7.55.95	22/01/21
U/12	A.Steinkrug	UWA	7.57.80	22/01/21

3000m cc Girls

U/13	S.Hathrill	UWA	10.43.17	07/02/20
U/14	S.Hathrill	UWA	11.04.84	22/01/21
U/15	C.Monterosso	UWA	12.39.97	22/01/21
U/16	J.Hazeldine	UWA	17.30.08	07/02/20
U/17	J.Hazeldine	UWA	18.23.21	22/0121

Long Jump – Girls

U/6	C.Mills	UWA	2.44	06/03/21				
U/7	C.McGorm	UWA	3.18	18/01/20				
U/8	C.Gruszka	Woodlands	3.69	20/11/76				
U/9	J.Stingemore	P/Lakes	4.06	24/10/92				
U/10	E.Kuhaupt	Ned/Subi	4.52	12/06/92				
U/11	E.Gruszka	Woodlands	4.70	27/11/76	A.Pfeiffer	4.80	20-Mar-16	States
	A.Pfeiffer	UWA	4.70	27/02/16				
U/12	A.Pfeiffer	UWA	4.99	18/02/17	A.Pfeiffer	5.08	5-Mar-17	Zones
U/13	A.Pfeiffer	UWA	5.54	04/11/17				
U/14	L.Barker	UWA	5.25	16/02/19	O.Ridley	5.43	23-Mar-14	States
U/15	A.Pfeiffer	UWA	5.49	17/11/18				
U/16	N.Kennedy	UWA	5.54	02/02/13				
U/17	S.Hynes	UWA	5.48	10/12/16				

Triple Jump - Girls

U/7	C.Harvey	Kalyara	5.22	26/11/88
U/8	S.Forbes	Ned/Subi	7.71	13/11/82
U/9	C.Gruszka	Woodlands	8.15	1974/75

U/10	A.Burch	P/Lakes	8.53	05/02/05	A.Pfeiffer	9.06	22-Mar-15	States
	E.Michael	UWA	8.53	04/02/11				
U/11	A.Pfeiffer	UWA	9.66	13/02/16	A.Pfeiffer	10.19	20-Mar-16	States
U/12	A.Pfeiffer	UWA	10.38	26/11/16				
U/13	A.Pfeiffer	UWA	11.40	25/11/17				
U/14	N.Langenberg	UWA	11.15	20/11/10				
U/15	A.Burch	UWA	11.12	28/11/09	A.Burch	11.53	21-Mar-10	States
U/16	E.Michael	UWA	11.24	25/02/17	K.Stanton	11.54	21-Mar-10	States
U/17	K.Stanton	UWA	11.26	27/02/11				

High Jump - Girls

U/8	L.Henwood	UWA	1.05	18/11/17				
U/9	V.Le Tessier	UWA	1.14	23/02/13				
U/10	S.Edwards	City Bch	1.31	1969				
	L.Barker	UWA	1.27(scis)	17/10/15				
U/11	T.Shepherd	Woodlands	1.45	03/09/80				
	M.Dhillon	UWA	1.37(scis)	25/02/17	M.Dhillon	1.38	5-Mar-17	Zones
U/12	T.Shepherd	Woodlands	1.52	31/01/81				
U/13	A.Burch	P/Lakes	1.57	01/12/07	A. Burch	1.60	16-Mar-08	States
U/14	G.Ehlers	P/Lakes	1.59	24/02/07	A. Burch	1.63	27-Jun-09	Kuala Lumpur
U/15	A.Burch	UWA	1.70	13/02/10				
U/16	K.Stanton	UWA	1.60	21/11/09	K.Stanton	1.65	21-Mar-10	States
U/17	K.Stanton	UWA	1.66	27/11/10				

Shot Put – Girls

U/6	G.Gibson	UWA	2.95	30/01/21				
U/7 - 1.5kg	C.Carter	P/Lakes	4.39	25/02/95				
U/7 - 1.0 kg	R.Hamilton	P/Lakes	7.36	28/02/09	R.Hamilton	7.39	7-Mar-09	Zones
U/8	L.Barker	UWA	7.38	01/03/14				
U/9	S.Forbes	Ned/Subi	7.26	12/03/83				
U/10	J.Kautsky	P/Lakes	8.53	09/12/00	A.Fraser-Edwards	8.66	04-Mar-18	States
	R Hamilton	UWA	8.53	25/02/12				

U/11	Z.O'Dea	UWA	10.73	02/11/19				
U/12	J.Kautsky	P/Lakes	11.99	15/02/03	J.Kautsky	12.19	21-Mar-03	States
U/13	J.Irwin	N/Dists	11.56	1980/81	J.Kautsky	12.06	29-Feb-04	Zones
U/14	L.Barker	UWA	11.06	27/10/18				
U/15	O.Lyons	P/Lakes	12.17	14/02/09				
U/16	L.Barker	UWA	12.17	30/01/21				
U/16 3kg	L.Gleghorn	UWA	10.81	26/10/19				
U/17	K.Stanton	UWA	9.98	04/02/11				
U/17 3kg	G.Carey	UWA	11.30	03/11/12				

Discus – Girls

U/6	G.Gribbon	UWA	9.43	13/03/21				
U/7	R.Hamilton	P/Lakes	16.80	27/02/09				
U/8	R.Hamilton	UWA	18.83	13/02/10				
U/9	R.Hamilton	UWA	23.58	04/02/11	R.Hamilton	25.63	5-Mar-11	Zones
U/10	R.Hamilton	UWA	28.83	04/02/12				
U/11	A.Hart	UWA	27.10	06/03/21				
U/11 500g	Z.O'Dea	UWA	23.05	09/11/19	Z.O'Dea	27.50	15-Feb-20	Zones
U/12	R.Hamilton	UWA	31.08	01/03/14	R.Hamilton	32.25	23-Mar-14	States
U/13 750g	J.Irwin	N/Dists	38.14	1980/81				
U/13 1kg	R.Hamilton	UWA	29.84	15/10/15	A.Fraser-Edwards	31.25	15-Feb-20	Zones
U/14 1kg	H.Cadlolo	UWA	33.69	12/02/11	H.Cadlolo	33.70	July 2011	Kuala Lumpar
U/15 1kg	N.Earls	P/Lakes	33.43	24/01/09	N.Earls	34.38	21-Mar-09	States
U/16 1kg	N.Earls	UWA	35.94	19/12/09				
U/17 1kg	O.Lyons	UWA	32.73	12/02/11				

Javelin – Girls

U/6 Vortex	M.Milic	UWA	8.05	16/01/21				
U/7 Turbo	R.Hamilton	P/Lakes	12.09	31/01/09	R.Hamilton	13.42	7-Mar-09	Zones
U/7 Vortex	L.Hewitt	UWA	14.54	16/02/19				
U/8	R.Hamilton	UWA	16.83	24/10/09	R.Hamilton	17.46	6-Mar-10	Zones
U/9	R.Hamilton	UWA	22.69	12/02/11				
U/10	L.Hughes	P/Lakes	26.50	16/06/05				

U/10 Turbo	Z.O'Dea	UWA	24.86	19/01/19				
U/11	L.Hughes	P/Lakes	27.10	03/05/95				
U/12	M.Gordon	UWA	31.48	07/02/15				
U/13	T.Pavlovich	UWA	38.43	10/02/18	C.Turner	41.67	3-May-14	Nationals
U/14	L.Hughes	P/Lakes	29.53	31/01/98	H.Cadlolo	30.11	05-Mar-11	Zones
U/14 400g	T.Pavlovich	UWA	46.13	30/11/18				
U/15 600g	H Cadolo	UWA	33.46	25/02/12	H Cadlolo	34.86	16-07-12	Singapore
U/15 500g	C.Turner	UWA	41.43	07/11/15				
U/16	G Carey	UWA	32.65	04/02/12				
U/16 500g	I.Kelsch	UWA	38.80	07/12/13	I.Kelsch	39.55	23-Mar-14	States
U/17	J.Rogerson	P/Lakes	33.53	11/02/06	K.Stanton	34.56	19-Mar-11	States
U/17 500g	I.Kelsch	UWA	40.83	28/02/15	I.Kelsch	41.93	22-Mar-15	States

** Electronic timing gates used for PLLAC competitions in 70m/100m/200m/400m/200mH events beginning 2007/08 season and for 60mH/80mH/90mH/100mH beginning in 2008/2009 season

** Yellow highlight indicates State Record Broken in that period. Please note State Records cannot be set at UWALAC events.

UWA ATHLETICS CENTRE RECORDS BOYS

List of Current Records

BOYS

*Records at August 2018***

	CENTRE RECORDS				OPEN RECORDS			
Age Group	**Record holder**	**Club**	**Record**	**Date**	**Record holder**	**Record**	**Date**	**Place**
Hurdles – Boys								
60m U/6 mini	M.Silvestri	UWA	13.03	24/10/20				
60m U/7 mini	J.Boshart	UWA	11.70	02/02/18				
60m U/7 45cm	J.Stone	P/Lakes	11.84	08/12/07				
60m U/8 45cm	M.Clarke	P/Lakes	10.82	24/02/08	M. Clarke	10.70	16-Mar-08	States
60m U/9 45cm	P Stroud	P/Lakes	10.4	16/12/95	J Ciminata	10.23	4-Mar-12	Zones
	K.Polson	P/Lakes	10.4	22/02/03				
60m U/10 60cm	M.De Boer	P/Lakes	10.6	02/11/02	J.Ciminata	9.92	24-Mar-13	States
60m U/11 60cm	J.Ciminata	UWA	9.66	01/03/14	J.Ciminata	9.40	23-Mar-14	States
60m U/12 68cm	J.Ciminata	UWA	9.87	06/12/14	M.Georgiades	9.52	24-Mar-13	States
80m U/11 60cm	P.Middenway	UWA	14.09	13/03/21				
80m U/12 60cm	H.Mellody	UWA	14.54	07/03/20	H.Mellody	13.76	09-Feb-20	Multis
80m U/13 76cm	J.Pringle	P/Lakes	12.5	02/08/97	J.Pringle	11.6 State/ABP	01-Apr-97	Sydney
90m U/14 76cm	J.Pringle	P/Lakes	13.1	21/02/98	J.Pringle	12.0 State/ABP	14-Mar-98	States
100m U/15 76cm	A.Komatsu	UWA	13.94	23/11/13	J.Pringle	12.6 State/ABP	02-Aug-99	Singapore
100m U/16 76cm	A.Nunis	UWA	13.40	01/12/07	J Billington	12.92	18-Mar-12	States
100m U/17 76cm	S.Ray	P/Lakes	16.1	2002				
110m U/17 76cm	A Nunis	UWA	14.99	21/01/12				
200m U/13 68cm	A Komatsu	UWA	27.99	25/02/12	A Komatsu	27.13	18-Mar-12	States
200m U/14 76cm	A.Komatsu	UWA	25.79	02/03/13	A.Komatsu	25.72	24/03/13	States
200m U/15 76cm	A.Komatsu	UWA	25.80	16/11/13	J.Hook	25.67	20-Mar-16	States
200m U/16 76cm	A.Bennington	UWA	24.99	28/02/15	A.Komatsu	24.11	22-Mar-15	States
200m U17 76cm	J.Billington	UWA	25.33	02/03/13	A.Dutton	25.15	24/03/13	States
300m U/15	A.Barker	UWA	42.07	10/02/18	A.Barker	41.89	04-Mar-18	States
300m U/16	J.Hook	UWA	40.49	18/02/17	A.Barker	39.5	10/03/19	States

300m U/17	A.Barker	UWA	41.17	22/02/20				
60m-Boys								
U/6	M.Silvestri	UWA	12.49	05/12/21				
U/7	S.McGorm	UWA	10.50	09/12/17				
U/8	H.Tylich	UWA	9.92	09/12/17				
U/9	S.McGorm	UWA	9.35	04/12/19				
U13	J.Davies	UWA	8.23	09/12/17				
U/14	A.McDonald	UWA	7.96	04/12/19				
U15	C.Michael	UWA	7.71	09/12/17				
U/17	C.Michael	UWA	7.45	08/12/18				
70m – Boys								
U/6	M.Silvestri	UWA	13.62	30/01/21				
U/7	T Meyers	P/Lakes	11.5	17/02/96				
U/8	F.Delaney	Ned/Subi	10.8	22/02/86				
U/9	P.Stobie	P/Lakes	10.5	11/02/06	P.Stroud	10.4	16-Mar-96	States
U/10	A.McIntosh	Ned/Subi	9.8	30/10/82				
100m – Boys								
U/6	M.Silvestri	UWA	19.66	06/03/21				
U/7	R.Hollow	Woodlands	16.3	1977/78				
U/8	A.MacNish	Wembley	15.0	1973				
	B.Biggs	Wembley	15.0	1973				
U/9	G.Brewer	Wembley	14.5	1973				
U/10	J.Mandzufas	UWA	13.7	27/02/10	J.Stone	13.52	10-Mar-11	States
U/11	A.Fowler	Kalyara	12.8	1974				
U/12	C.Parkinson	Ned/Subi	12.8	04/12/82	C.Michael	12.33	22-Mar-15	States
U/13	A.Fowler	Kalyara	12.0	1975	J.Pringle	11.6	01-Apr-97	Sydney
U/14	L.Chamberlain	P/Lakes	12.01	13/12/08	J.Pringle	11.6	14-Mar-98	States
U/15	L.Chamberlain	UWA	11.65	07/11/09	J.Pringle	11.1	02-Aug-99	Singapore
U/16	J.Billington	UWA	11.64	25/02/12	J.Billington	10.82	18-Mar-12	States
U/17	J.Billington	UWA	11.27	02/03/13	J.Billington	11.18	04/11/12	WA All Schools

200m – Boys

U/6	M.Silvestri	UWA	43.23	20/02/21				
U/7	R.Hollow	Woodlands	33.1	1977/78				
U/8	N.Bancroft	Wembley	30.6	25/02/85				
U/9	J.D'Sylva	P/Lakes	30.0	27/02/95	F.McGreal	29.76	04-Mar-18	States
U/10	G.Hawkins	Embleton	28.8	1974/75	J.Stone	28.45	10-Mar-11	States
U/11	G.Hawkins	Embleton	27.7	1975/76	C.England	27.46	10-Mar-11	States
U/12	A.Fowler	Doubleview	25.7	1974	C.Michael	25.7	22-Mar-15	States
U/13	A.Fowler	N.Dists	24.6	1975	J.Pringle	24.0	01-Apr-97	Sydney
U/14	H.Jennings	UWA	24.57	18/01/14	A.Komatsu	23.70	24-Mar-13	States
U/15	L.Chamberlain	UWA	23.33	14/11/09	C.Michael	23.32	04-Mar-18	States
U/16	C.Walawski	UWA	23.57	21/02/15	J Billington	22.37	18-Mar-12	States
U/17	R.Cunningham	UWA	22.85	24/10/20	C.Walawski	22.50	20-Mar-16	States

300m- Boys

U/6	M.Silvestri	UWA	1.06.22	06/03/21
U/7	L.Horton	UWA	56.73	31/10/20
U/9	F.McGreal	UWA	51.56	09/12/17
U10	O.Knuckey	UWA	48.09	09/12/17

400m – Boys

U/6	A.McGorm	UWA	1.42.41	22/01/21				
U/7	R.Hollow	Woodlands	1.17.4	1977/78				
U/8	N.Bancroft	Wembley	1.09.1	1972				
U/9	G.Brewer	Wembley	1.08.3	1973				
U/10	P.Mahaffey	N.Dists	1.05.0	1974	B.Wilson	1.04.10	10-Mar-11	States
	G.Kennedy	Wembley	1.05.0	1973				
U/11	W.Gordon	UWA	1.03.5	01/03/14	W.Gordon	1.01.45	23-Mar-14	States
U/12	A.Fowler	Doubleview	57.8	1974				
U/13	A.Fowler	Doubleview	55.0	1975				
U/14	A.Ismail	UWA	53.94	10/02/18	C.England	53.12	23-Mar-14	States
U/15	W.Bevan	UWA	53.29	01/03/14	W.Bevan	52.33	23-Mar-14	States
U/16	Z.Jurilj	UWA	53.22	28/02/15	A.Griffiths	52.90	22-Mar-02	States
U/17	J.Copeman	UWA	51.92	26/02/11	J.Copeman	50.57	19-Mar-11	States

500m- Boys

U/8	H.Banfield	UWA	1.42.2	26/11/16				

800m - Boys

U/9	H.Davis	UWA	2.43.5	22/11/14	O.Knuckey	2.39.48	19-Mar-17	States
U/10	B.Wilson	UWA	2.30.95	04/02/11	B.Wilson	2.29.40	19-Mar-11	States
U/11	B Wilson	UWA	2.26.23	09/12/11	K.Ebeling	2.25.50	22-Mar-09	States
U/12	B.Chamberlain	UWA	2.16.95	20/02/10	B.Chamberlain	2.12.53	March 2010	Sydney
U/13	C.de Boer	P/Lakes	2.09.4	19/02/97	W.Gordon	2.07.88	20-Mar-16	States
U/14	T.Ghiselli	UWA	2.06.96	11/11/17	J Newcomb	1.59.85	18-Mar-12	Sydney
U/15	C.de Boer	P/Lakes	2.04.10	13/01/99	J.Newcomb	1.57.93	17/03/13	A.J.C Perth
U/16	B.Chamberlain	UWA	2.02.30	01/02/14	A.Griffiths	2.02.30	17-Mar-12	States
U/17	A.Dutton	UWA	2.05.12	02/03/13	A.Dutton	1.57.07	17/03/13	A.J.C Perth

1000m-Boys

U/12	I.Spencer	UWA	3.08.07	04/12/19
U/14	S.Brennan	UWA	3.06.08	09/12/17
U/15	D.Matuszkiewicza	UWA	2.46.49	04/12/19
U/16	S.Brennan	UWA	2.44.28	04/12/19
U/17	O.Spicer	UWA	2.52.43	08/12/18

1500m - Boys

U/11	H.Davis	UWA	4.56.6	21/01/17	W.Gordon	4.50.44	23-Mar-14	States
U/12	B.Chamberlain	UWA	4.34.42	04/12/09	B.Chamberlain	4.28.23	March 2010	Sydney
U/13	B.Chamberlain	UWA	4.37.57	26/02/11	B.Chamberlain	4.26.13	April 2011	Nationals
U/14	J Newcomb	UWA	4.28.54	05/11/11	J Newcomb	4.09.84	18-Mar-12	Sydney
U/15	B.Chamberlain	UWA	4.17.96	02/03/13	J.Newcomb	4.08.98	17/03/13	A.J.C Perth
U/16	B.Chamberlain	UWA	4.12.90	19/10/13	B.Chamberlain	3.59.23	16-Mar-14	A.J.C Sydney
U/17	A.Dutton	UWA	4.16.17	16/02/13	A.Dutton	4.06.70	17/03/13	A.J.C Perth

1500m Walk-Boys

U/13					O.Davies	10.42.68	6/03/16	Zones
U/14					O.Davies	8.59.20	19-Mar-17	States

1000m cc Boys

U/7	S.Showers	UWA	4.06.61	07/02/20
U/8	O.Starcevich	UWA	3.59.07	07/02/20

1500m cc Boys

U/9	H.Grabham	UWA	5.51.57	07/02/20
U/10	P.Middenway	UWA	5.19.69	07/02/20

2000m cc Boys

U/11	W.Rea	UWA	7.23.89	22/01/21
U/12	I.Spencer	UWA	7.11.34	07/02/20

3000m cc Boys

U/13	J.Steele	UWA	11.45.44	22/01/21
U/14	L.Pontifex	UWA	11.27.59	07/02/20
U/15	X.Harris	UWA	11.36.92	22/01/21
U/17	C.Hynes	UWA	11.25.06	07/02/20

Long Jump – Boys

U/6	M.Silvestri	UWA	2.77	28/11/20				
U/7	J.Stone	P/Lakes	3.59	23/02/08				
U/8	J.Stone	P/Lakes	4.06	31/01/09				
U/9	B.Millard	Doubleview	4.14		M. Clarke	4.17	21-Mar-09	States
U/10	G.Hawkins	Embleton	4.58	1974/75				
	J.Fisher	Wembley	4.58	1974/75				
U/11	B.Chamberlain	P/Lakes	4.99	13/12/08	J.Wiacek	5.02	16-Mar-98	States
U/12	S.Brearley	Doubleview	5.25	1974	C.Michael	5.25	22-Mar-15	States
U/13	C.Michael	UWA	5.58	27/02/16				
U/14	C.England	UWA	6.10	16/11/13				
U/15	J Tapley	UWA	6.17	03/12/11	C.Michael	6.48	18-Feb-18	Zones
U/16	R.Cunningham	UWA	6.88	22/02/20				
U/17	R.Cunningham	UWA	6.61	17/10/20				

Triple Jump - Boys

U/7	W.Brock	P/Lakes	6.33	30/01/88				
U/8	C.McDonald	Woodlands	7.74	21/02/76				
U/9	C.McDonald	Woodlands	8.65	19/02/77				
U/10	R.Cunningham	UWA	9.47	15/02/14	R.Cunningham	9.62	23-Mar-14	States
U/11	G.Hawkins	Embleton	10.19	1975/76	B.Chamberlain	10.51 (State Rec)	22-Mar-09	States
U/12	D.Cohen	Embleton	10.90	1973/74	C.Michael	11.03	22-Mar-15	States
U/13	R.Cunningham	UWA	11.69	25/02/17	R.Cunningham	12.05	19-Mar-17	States
U/14	J.Tapley	UWA	12.10	06/11/10	N.Baker	12.37	27Jun—09	Kuala Lumpur
U/15	R.Cunningham	UWA	12.85	30/11/18	R.Cunningham	13.24	11/07/19	Malaysia
U/16	R.Cunningham	UWA	13.23	07/03/20				
U/17	J.Copeman	UWA	13.42	20/11/10				

High Jump - Boys

U/8	B.Chambers	UWA	1.08	27/02/16				
U/9	H.Rogers	UWA	1.23	28/02/15				
U/10	A.Mcintosh	Ned/Subi	1.46	18/03/83				
	H.Rogers	UWA	1.33 (scis)	14/11/15	H.Rogers	1.34	06-Mar-16	Zones
U/11	P.Stroud	P/Lakes	1.53	22/11/97	P.Stroud	1.54	28-Feb-98	Zones
	D.Ehlers	P/Lakes	1.42 (scis)	01/02/08	H.Rogers	1.49	5-Mar-17	Zones
U/12	H.Rogers	UWA	1.56	25/11/17				
U/13	S.Szalek	UWA	1.71	22/02/14	S.Szalek	1.79	16-Mar-14	A.J.C Sydney
U/14	S.Szalek	UWA	1.93	14/02/15				
U/15	S.Szalek	UWA	2.00	13/02/16	S.Szalek	2.06	15-July-16	Singapore
U/16	S.Szalek	UWA	2.06	18/02/17				
U/17	J Newton	UWA	1.82	03/12/11				

Shot Put – Boys

U/6	A.McGorm	UWA	5.14	06/03/21
U/7 - 1.5kg	M.Clarke	P/Lakes	8.10	07/12/06
U/7 – 1kg	S.McGorm	UWA	7.39	18/11/17
U/8	J.D'Sylva	P/Lakes	8.68	13/03/93
U/9	M.Hutton	Woodlands	9.42	13/12/80
U/10	M.Hutton	Woodlands	10.35	27/02/82

U/11	C.Hamilton	P/Lakes	11.78	08/11/08				
U/12	S.Brearley	Wembley	11.17	1974				
U/12 2kg	F.Gleghorn	UWA	10.39	09/02/19	F.Gleghorn	11.48	10/03/19	States
U/13	S.Brearley	Wembley	13.12	1975	C Mathews	14.14	18-Mar-12	States
U/14	T.Congdon	P/Lakes	12.83	02/10/96	J. Proctor	13.61	01-Mar-08	Zones
U/14 3kg	C.Mathews	UWA	14.12	23/02/13	C.Mathews	14.38	24/03/13	States
U/15	E.Rousseau	UWA	18.18	10/02/18	E.Rousseau	18.17 (state)	04-Mar-18	States
U/16	E.Rousseau	UWA	18.76	09/02/19				
U/17	E.Rousseau	UWA	17.57	26/10/19	E.Rousseau	18.76	14-Dec-19	State Relays

Discus – Boys

U/6	M.Silvestri	UWA	7.92	16/01/21				
U/7	K.Polson	P/Lakes	19.24	10/02/01	M.Clarke	19.72	19-Nov-07	Quadrathon
U/8	M.Hutton	Woodlands	23.36	27/11/79				
U/9	D Walsh	UWA	28.99	04/02/12				
U/10	D.Acres	N.Dists	31.90	09/03/80	R.MacNeill	32.25	22-Mar-15	States
U/11	R.MacNeill	UWA	30.91	28/11/15				
U/11 500g	O.Poot	UWA	25.81	28//11/20				
U/12	B.Stevens	N.Dists	35.14	27/02/82	J.Tapley	36.39	22-Mar-09	States
U/13	B.Stevens	N.Dists	44.30	1982/83				
U/13 750g	A Van der Struyf	UWA	37.23	19/01/19	A Van der Struyf	47.69	28/04/19	ALAC
U/14	J.Tapley	UWA	51.29	27/11/10				
U/15	E.Rousseau	UWA	61.52	10/02/18	E.Rousseau	63.01	18-Feb-18	Zones
U/16	E.Rousseau	UWA	69.78	16/02/19				
U/17	E.Rousseau	UWA	58.12	04/12/19				

Javelin – Boys

U/6 Vortex	A.McGorm	UWA	13.01	16/01/21				
U/7 Turbo	M.Hutton	Woodlands	19.56	1978/79				
U/7 Vortex	H.Banfield	UWA	25.00	05/02/16				
U/8	M.Hutton	Woodlands	27.26	23/02/80				
U/9	M.Hutton	Woodlands	29.80	22/11/80				
U/10	M.Hutton	Woodlands	34.96	21/11/81				
U/10 Turbo	T.Weeks	UWA	26.34	10/02/18	T.Weeks	27.83	18-Feb-18	Zones

U/11	M.Hutton	Woodlands	40.80	02/05/83				
U/12	B.Stevens	N.Dists	42.22	12/05/81				
U/13	B.Stevens	N.Dists	48.38	26/02/83				
U/14	C.Jacobsen	UWA	48.38	02/11/13	C.Jacobsen	55.35	11-Jul-14	Singapore
U/15	L Murphy	UWA	55.40	12/11/11				
U/15 700g	E.Rousseau	UWA	51.72	10/02/18	E.Rousseau	52.95	04-Mar-18	States
U/16	L.Murphy	UWA	57.80	10/11/12				
U/17	J.Stanton	UWA	58.43	07/11/15	J.Stanton	62.13	20-Mar-16	States

** Electronic timing gates used for PLLAC competitions in 70m/100m/200m/400m/200mH events beginning 2007/08 season and for 60mH/80mH/90mH/100mH beginning in 2008/2009 season

** Yellow highlight indicates State Record Broken in that period. Please note State Records cannot be set at UWALAC events.