



HANDBOOK
2016/17



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Version	1
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General information

1.1 Lanyon Little Athletics Association

Lanyon Little Athletics Association (LLAA) was established in September 1993 and is an ACT Little Athletics Association (ACTLAA) affiliated Little Athletics Centre. LLAA is an Association under the *Associations Incorporation Act 1991* and is governed by a Committee of parent volunteers. The Committee operates under the 2002 LLAA Constitution and is elected at the LLAA Annual General Meeting (AGM) each year.

Based at the Banks Oval, LLAA is the athletics association serving Canberra's southern-most suburbs and meets each Saturday from October to March. The objective of our club is to involve as many young people in our community as possible in a regular, healthy, outdoor activity which will promote fitness, enjoyment and low key competition. Hence, the Little Athletics motto of "Family, Fun and Fitness."

1.2 Lanyon Little Athletics Committee (the Committee)

The Committee is made up parents who volunteer their time to develop a program of regular weekly competition, coaching and training. Parents themselves conduct the weekly competition (under the guidance of the Committee and other experienced parent officials) and active parental involvement is therefore an essential aspect of little athletics.

All parents of registered LLA athletics are welcome to attend Committee meetings which are held on the 1st Thursday of the month.

In recognition of the contribution of the Committee, members of the Committee who serve in an allocated position (i.e. not general members) for two years, may, in their third season (and any subsequent seasons) of a Committee position, pay only the ACTLAA fee to register their children.

Committee Position	Office Holder Name
President	Renee Hamilton
Vice President	Cathy Windsor
Treasurer	Alan McDonald
Secretary	Lorraine Trethewey
Head Coach	Jason Lakatos
Competition Manager	Lorraine Trethewey
Assistant Competition Manager	Kirsty Bailey
Carnival Co-ordinator	Neal Williams
Publicity/Sponsorship Officer	Vacant
ACTLAA Board Representative	Vacant
First Aid Officer	Cathy Windsor/Renee Hamilton
Registrar	Kate Fordham
Uniform Co-ordinator	Shannon McDonald
Equipment Officer	Edward Coady
Canteen Manager	Louise McDonald
Digital Manager	Vacant
Lanyon Carnival Manager	Vacant
Coaches	Kate Fordham Warren Trethewey Adrian Plummer
General Members	Janice Carruthers

1.3 Contact details

Postal Address: PO Box 6270, Conder ACT 2906

Competition Venue: Banks Oval, Betty Maloney Cres, Banks

E-mail Address: lanyonlittleathletics@outlook.com

Website: <http://www.lanyonlittleathletics.org.au>

Registration

2.1 Registration age

Children between the ages of 5 and 17 inclusive can register with a Little Athletics Centre. Athletes age groups are determined by their age at midnight on 30 September in the year the season begins i.e. 30 September 2016 for 2016-17 season. For example: an athlete who turns 9 years between 1 October 2016 and 30 September 2017 will compete in under 10's age group.

Proof of age (e.g. birth certificate or passport) is required to be sighted by the Registrar for all first time Lanyon Little Athletics athletes.

2.2 Under 5's

Children who turn five years of age during the season (between 1 October 2016 and 31 March 2017) may be registered for the season however these athletes remain in the Under 6 age group for two seasons. To register for the 2016-17 season, children must have turned five years on or before 31 March 2017.

2.3 Fees

Lanyon Little Athletics fees for the 2016-17 season are as follow:

- \$120 per athlete when registered and paid before 31 August 2016
- \$140 per athlete when registered and paid on or after 1 September 2016

Registration fees include the cost of:

- ACT LAA registration and affiliation fees (\$70) including entry into ACTLAA organised relay and multi-event carnivals and ACTLAA Championships,
- insurance while competing,
- all regular competition meets,
- Lanyon Little Athletics training,

- end of season trophies,
- general running costs including ground hire, equipment purchases and utility charges.

2.4 Dual registration

In a joint initiative, Athletics ACT and the ACT LAA have made the pathway to senior athletics easier. Dual registration provides the opportunity for athletes U12 to U17 to experience the broader world of senior athletics, while still retaining their links with Little Athletics.

Athletes who have paid the registration fee for Athletics ACT, will have the ACTLAA fee subtracted from their membership with LLA.

2.5 Uniform

LLA uniform consists of an aqua blue polo shirt and royal blue shorts or bicycle pants for both boys and girls. All uniforms are available for purchase from LLA. The LLA uniform must be worn at all regular competition meets and ACTLAA carnivals and competitions. Please note that athletes not in the correct uniform with registration, age and sponsor patches (Jetstar patch) attached will not be permitted to compete.

Registration numbers, age patches and sponsorship patches are provided once registration is complete and paid in full. Registration patches are attached to the front of the shirt. Age patches are to be attached to the right breast of the shirt - as per the picture below.



2.6 Footwear

Footwear is compulsory at all LLA regular competition meets and ACTLAA competitions.

Spikes may be worn by athletes in the U9-U17 age groups in laned individual track events (up to and including 400m), long, triple, high jump and javelin. Spikes of up to 9mm can be used on grass tracks but at the AIS Track (Bruce) and Woden track, spikes must be 7mm or shorter.

Spikes are to be put on immediately prior to the start of events and must be removed prior to leaving the event. In the case of track events, this means removing spikes at the finish line.

Note: ACTLAA has banned all shoes that can take spikes for unlaned events, i.e. 800m, 1500m and the walks. This means that you cannot put blanks (as opposed to a spike) into a spike running shoe.

Assistance from parents and carers

3.1 Volunteers

The regular meets at the LLA are run entirely by parent and carer volunteers. On a typical competition meet around 120 athletes arrive to participate in at least five events. We need about 40 officials each competition day to ensure the smooth running of the meet. This is easily accomplished if all parents do their share and the athletes appreciate the parents' involvement.

LITTLE ATHLETICS IS NOT A CHILD MINDING SERVICE. Children participating in LLA regular meets, training and ACTLAA competitions must be accompanied by a parent or carer. In the situation that a parent or carer is unable to attend, the athlete must be supervised by another adult (over the age of 18 years). Children who attend regular meets or training without a responsible adult will be asked to sit out and not participate for the duration.

3.2 Parent roster

Parents can help out with their child's age group field events. This can include marshalling (getting the children in a line ready to participate), recording results and measuring.

Assistance with track events can include starter, recording results, place judging and time keeping. An age group roster will be developed for the season with each age group providing a volunteer to fulfil one of these each week. This roster will be available from the first week of competition and on the notice board. There are a number of experienced parent helpers and Committee members that are only too happy to help you out. Committee members can be identified by their royal blue committee shirts. Rostered parent duties will be in addition to assisting with your child's age group rotations.

Parent helpers are also required for set up and pack up. Each age group will be rostered on to assist with set up or pack up at least once during the season. There will be Committee members around to explain how to help. Age groups who are consistently not fulfilling their rostered track or setup/pack up duties, at the discretion of the Committee may have trophies withheld at the presentation day. If this is likely to occur it will be clearly communicated with the relevant age manager.

3.3 Age managers

Age managers take responsibility for taking their age group around the rotations at a regular competition meet. Generally each age group will have two age managers which alternate responsibility for the group. Age Managers encourage all athletes, coordinate parent helpers at field events, nominate athletes for the "Athlete of the week" award (in consultation with other parents) and nominate athletes for the end-of-year "Encouragement Award".

Due to the Working With Vulnerable People requirements, it is essential that the age managers record their details as they sign out the team folder at the beginning of a meet.

3.4 Working with Vulnerable People (WWVP)

LLA is subject to compliance with *Working with Vulnerable People (Background Checking) Act 2011 (the Act)* and the *ACTLAA Policy on Working with Vulnerable People*. The Act says that volunteers who deal with children in the ACT must be registered if they are involved in that activity for more than 3 days in any 4 week period and 7 days in any 12 month period. The following extract from this policy indicates who must have a WWVP card at the centre level:

- Committee members
- Coaches
- Anyone who is likely to be an age manager more than 3 times in a season
- Anyone who is likely to be an official more than 3 times in a season (e.g. starters, finish marshals, timing gate operators)
- Anyone who is likely to work in the canteen more than 3 times in a season

The following volunteers working at centre level would usually not need WWVP registration:

- Parents who accompany their own children in the course of competition or coaching, even if they are assisting a group under the supervision of age managers (e.g. by raking long jump pits, retrieving throwing implements, adjusting high jump bars). A parent in this position is exempt under section 12 of the Act, on the grounds that close relatives of all children taking part in the

activity are also present, or should be present, during the activity, based on Little Athletics ACT policy; and

- People under 16 years old

WWVP details will be recorded on the registration form and compiled by the Competition Manager so that they can be provided at the request of the ACT Government.

4. Competition

4.1 2016-2017 Season

The program for the 2016-17 season will include 14 weeks of regular competition meets commencing 15 October 2016 and ending 4 March 2017 with a recess for Christmas/January, as below:

CALENDAR

Date	Event	Location	Notes
Sun 21 Aug	Registration Day 2pm to 4pm	Lanyon Market Place	
Sat 27 Aug	Registration Day 9am to 11am	Lanyon Market Place	
Sun 11 Sep	Registration Day 10am to 12pm	Lanyon Market Place	
26 Sept - 7 Oct	School Holidays		
Sat 8 Oct	Come and Try Day	Banks Oval	
Sat 15 Oct	Competition Week 1 [A]	Banks Oval	
Sat 22 Oct	Competition Week 2 [B]	Banks Oval	
Sat 29 Oct	Competition Week 3 [C]	Banks Oval	
Sat 5 Nov	Competition Week 4 [D]	Banks Oval	
Sat 12 Nov	ACTLAA Relay carnival	Woden Enclosed oval	
Sat 19 Nov	Competition Week 5 [A]	Banks Oval	
Sat 26 Nov	Competition Week 6 [B]	Banks Oval	
Sat 3 Dec	Competition Week 7 [C]	Banks Oval	
Sat 10 Dec	Competition Week 8 [D]	Banks Oval	
Sat 17 Dec	Competition Week 9 [A]	Banks Oval	
Christmas Break/School Holidays			
Sat 28 Jan	Competition Week 10 [B]	Banks Oval	
Sat 4 Feb	Competition Week 11 [C]	Banks Oval	
Sat 11 Feb	Competition Week 12 [D]	Banks Oval	
Sat 18 Feb	Competition Week 13 [A]	Banks Oval	
Sat 25 Feb	Multi Event Carnival	Woden Enclosed oval	
Sun 26 Feb	Multi Event Carnival	Woden Enclosed oval	
Sat 4 Mar	Competition Week 14 [B]	Banks Oval	
Mon 13 Mar	Canberra Day Long weekend		
Fri 17 Mar	ACTLAA Championships	Woden Enclosed oval	
Sat 18 Mar	ACTLAA Championships	Woden Enclosed oval	
Sun 19 Mar	ACTLAA Championships	Woden Enclosed oval	
TBA	Presentation Day	TBA	

Outline of general competition meets

8:15am - Rostered parent helpers arrive to assist with set-up

8:45am - Announcement and presentations

9:00am - Warm-up -all athletes.

9:15am approx - Commencement of rotations

11:00-11:30am - Approx conclusion of meet, rostered parent helpers assist with pack-up

4.2 On-track program

Under 6 athletes participate in the "On Track" program is a games-based skills program that introduces athletes to the correct techniques for the events they will be participating in.

4.3 Events for each age group

U6	U7	U8	U9	U10
50m	50m	70m	70m	70m
70m	70m	100m	100m	100m
100m	100m	200m	200m	200m
200m	200m	400m	400m	400m
Long jump	Long jump	Long jump	Long jump	800m
Shot put	Shot put	Shot put	Shot put	1500m
Discus	Discus	Discus	Discus	Long jump
On track		High jump (flexi bar)	High jump	Shot put
		60m hurdles	700m walk	Discus
			60m hurdles	High jump
				1100m walk
				60m hurdles

U11	U12	U13	U14	U15	U16	U17
100m	100m	100m	100m	100m	100m	100m
200m	200m	200m	200m	200m	200m	200m
400m	400m	400m	400m	400m	400m	400m
800m	800m	800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m	1500m	1500m
Long jump	Long jump	Long jump	Long jump	Long jump	Long jump	Long jump
Shot put	Shot put	Shot put	Shot put	Shot put	Shot put	Shot put
Discus	Discus	Discus	Discus	Discus	Discus	Discus
Triple jump	Triple jump	Triple jump	Triple jump	Triple jump	Triple jump	Triple jump
Javelin	Javelin	Javelin	Javelin	Javelin	Javelin	Javelin
1100m walk	1500m walk	1500m walk	1500m walk	1500m walk	1500m walk	1500m walk
60m hurdles	60m hurdles	80m hurdles	80m hurdles (G) 90m hurdles (B)	90m hurdles (G) 100m hurdles (B)	100m hurdles	100m hurdles

4.4 Code of conduct

For athletes

- Treat all other athletes as you would like to be treated.
- Be a good sport - applaud all efforts.
- Cooperate with officials, coaches and fellow athletes.
- Stay behind safety barriers and do not touch the equipment until it is your turn.
- Refrain from using derogatory or foul language.
- Be respectful of all equipment/facilities used and abide by this code of conduct.

Athletes who continue to display unacceptable or dangerous behaviour may be asked to sit out an activity or competition meet. Repeated poor behaviour may be referred to the LLA Committee for action including the possible suspension for the remainder of the season.

For parents/guardians:

- Pay attention to announcements during warm ups.
- Encourage your child to participate according to the rules.
- Never ridicule or yell at an athlete for making a mistake or not winning the event.
- Focus on your child's efforts, not their results - an honest effort is more important than a victory.
- Ensure your own behaviour is consistent with good sporting behaviour.
- Encourage your child to respect all efforts made in competition by fellow athletes.
- Refrain from using derogatory or foul language.
- Ask questions if you are uncertain of events, decisions, results, etc.
- Encourage your child to respect and care for all equipment and facilities.
- Don't sit on the outside and criticise, come inside and be constructive by being involved in the Centre's activities.

For officials

- Compliment all athletes on their efforts.
- Be consistent, objective and courteous in calling all infractions.
- Ensure that 'the spirit of the game' is not lost.
- Ensure that your own behaviour is consistent with good sporting behaviour.
- Never ridicule or yell at an athlete for making a mistake.
- Ensure that at all times the competition is conducted in the safest possible manner.

Rules of competition

5.1 Technical specifications

Throws

Age group	Shot put	Discus	Javelin
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	Boys	Girls	Boys	Girls	Boys	Girls
U6 and U7	1kg	1kg	350g	350g	-	-
U8	1.5kg	1.5kg	500g	500g	-	-
U9 and U10	2kg	2kg	500g	500g	-	-
U11	2kg	2kg	750g	750g	400g	400g
U12	3kg	2kg	750g	750g	400g	400g
U13	3kg	3kg	1kg	750g	600g	400g
U14	3kg	3kg	1kg	1kg	600g	400g
U15	4kg	3kg	1kg	1kg	700g	500g
U16	4kg	3kg	1kg	1kg	700g	500g
U17	5kg	3kg	1.5kg	1kg	700g	500g

1kg - blue 1.5kg - yellow 2kg - orange 3kg - white 4kg - red 5kg - green

Hurdles

Age group	Distance	Height	Lead in	Lead out	No. of flights	Distance between
U8 and U9	60m	45cm	12m	13m	6	7m
U10 and U11	60m	60cm	12m	13m	6	7m
U12	60m	68cm	12m	13m	6	7m
U13 and U14G	80m	76cm	12m	12m	9	7m
U14B and U15G	90m	76cm	13m	13m	9	8m
U15B-U17	100m	76cm	13m	10.5m	10	8.5m

High jump

Age group	Regular competition meets	ACT Championships
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	Boys	Girls	
U9	80cm	75cm	85cm
U10	90cm	85cm	95cm
U11	1.00m	95cm	1.05m
U12	1.05m	95cm	1.05m
U13	1.15m	1.10m	1.20m
U14	1.20m	1.15m	1.25m
U15, U16 and U17	1.25m	1.20m	1.30m

5.2 Discus

Rules

- Athletes must stand or sit at least five metres behind the throwing circle while waiting for their turn.
- The athlete may enter the throwing circle from any direction.
- The athletes may start and end their throw from anywhere in the circle. At no time during the throw can the athlete have any part of their body touch the area outside the circle - this is a foul.
- The athlete must commence their throw from a stationary position inside the circle.
- The discus must land in the angled sector boundary lines. Outside the lines and on the line is a foul.
- Once the throw is complete, the athlete must leave the circle from the back of the circle.

Recording

- Mark the current record with a spare spike before commencing the event.
- Each athlete gets one practise throw.
- For the first throw, insert the marker where the discus lands.
- For sequent throws, move the marker only if the distance is greater. A spare marker can be used if is difficult to determine.
- Take turns going through the group until each athlete has had three throws.
- Measure the furthest throw only.

- To measure, take the zero end of the tape to the base of the marker. Check the tape is tight and runs through the centre of the circle. The distance is at the inside edge of the circle. Round down to the nearest centimetre and record distance on sheets.
- If a record is broken, leave equipment and marking as is and get a Committee Member (blue shirts) or accredited Coach (white shirts) to verify.

Parent helpers can be....

Marshalling (getting the kids in a line and staying in order), placing markers at throws, measuring, recording, checking technique.

5.3 Shot put

Rules

- Athletes must stand or sit at least 2 metres behind the throwing circle while waiting for their turn.
- The athlete may enter the throwing circle from any direction.
- The athlete must position the shot put in one hand so that it touches the neck or chin.
- If during a throw, the hand drops below this position, then it is a foul throw.
- A stop board is attached to the front of the cement circle. An athlete's foot may contact the inside edge but must not touch the top of the board. Touching the top of the board is a foul.
- The athletes may start and end their throw from anywhere in the circle. At no time during the throw can the athlete have any part of their body touch the area outside the circle - this is a foul.
- The shot must land in the angled sector boundary lines. Outside the lines and on the line is a foul.
- Once the throw is complete, the athlete must leave the circle from the back of the circle.

Recording

- Mark the current record with a spare spike before commencing the event.
- Each athlete gets one practise throw.
- For the first throw, insert the marker where the shot put lands.
- For subsequent throws, move the marker only if the distance is greater. A spare marker can be used if is difficult to determine.

- Take turns going through the group until each athlete has had three throws.
- Measure the furthest throw only.
- To measure, take the zero end of the tape to the base of the marker. Check the tape is tight and runs through the centre of the circle. The distance is at the inside edge of the stop board. Round down to the nearest centimetre and record distance on sheets.
- If a record is broken, leave equipment and marking as is and get a Committee Member (blue shirts) or accredited Coach (white shirts) to verify.
- Teach the athletes the correct throw technique but be generous in how you interpret throwing. A good rule of thumb is to become stricter after Christmas and before LAACT competitions.

Parent helpers can be....

- Marshalling (getting the kids in a line and staying in order), placing markers at throws, measuring, recording, checking technique.

5.4 Long jump / triple jump

Rules

- Each athlete gets one practise jump.
- Take turns going through the group until each athlete has had three jumps

A foul is recorded if:

- any part of the foot goes over the take off area,
- on landing, the athlete touches the ground outside the landing area,
- after completing the jump, the athlete walks back through the pit.

Triple jump must also comply with the following:

- the triple jump must be in the order HOP/STEP/JUMP

Recording

- Measurements are made after the athlete is jumped. The current record should be noted at the beginning of the event.
- Measurements are made from the mark in the sand made by the athlete closest to the take off area. For jumps from a mat, measure to the mark of the front of the take-off foot.
- Measurements are rounded down to the nearest centimetre.

- Record the result on the sheets as each jump is completed - either foul or result.

Parent helpers can be....

- Marshalling (getting the kids in a line and staying in order), measuring, recording, raking the pit after each jump.

5.5 High jump

Rules

- The athlete must take off from one foot.
- The jump is a foul if the bar does not remain on the supports or the athlete caused the bar to fall (in the opinion of the official).
- The bar is set at the starting height and each athlete jumps in turn.
- If an athlete clears the bar or passes, their turn at that height is completed.
- An athlete may choose to pass at a particular height.
- After three consecutive failure to complete a jump, whether at the same height or at different heights due to passes, the athlete is out of the competition.
- The round continues until each athlete have cleared the height, passed or recorded three failures.
- Bar heights are incremented by five centimetres until six athletes remain. The bar heights can then be incremented by two centimetres. If only one athlete remains, the athlete may choose the height.
- The height of the bar is measured at the centre.
- The current record height should be noted. If athlete is attempting a record height, the height must be verified by a Committee member or affiliated coach prior to the jump and the jump witnessed. Records cannot be verified after the jump.

Recording

Recording sheets are filled out using the following symbols:

o = cleared x = failed --- = passed

Parent helpers can be....

- Marshalling (getting the kids in a line and staying in order), recording, correcting technique.

5.6 Javelin

Rules

- Athletes must stand or sit at least five metres behind the throwing area while waiting for their turn.
- The athlete must hold the javelin at the grip and the javelin must be thrown over the shoulder or upper part of the throwing arm.
- If the athlete touches the throwing lines or the grounds outside the lines during the throw, it is a foul.
- The metal tip must strike the ground before any other part of the javelin. The javelin does not have to stick into the ground.
- The javelin must land in the angled sector boundary lines. Outside the lines and on the line is a foul.
- The athlete must not leave the run-up area before the javelin has hit the ground.

Recording

- Mark the current record with a spare spike before commencing the event.
- Each athlete gets one practise throw.
- For the first throw, insert the marker where the javelin lands.
- For subsequent throws, move the marker only if the distance is greater. A spare marker can be used if it is difficult to determine.
- Take turns going through the group until each athlete has had three throws.
- Measure the furthest throw only.
- To measure, take the zero end of the tape to the base of the marker. Check the tape is tight and runs through the centre of the circle. The distance is at the run up side of the throwing line. Round down to the nearest centimetre and record distance on sheets.

Parent helpers can be....

- Marshalling (getting the kids in a line and staying in order), placing markers at throws, measuring, recording, checking technique.

Safety guidelines

At LLA we do our best to ensure the wellbeing and safety of all participants and spectators. Competition and training sessions will be cancelled if the grounds are deemed unsafe (i.e. too slippery) and individual

events may also be cancelled to protect the safety of athletes. Any concerns relating to safety during a regular competition meet should be directed to a Committee Member.

Parents and/or guardians SHOULD NOT LEAVE any child alone during normal weekly competition or at an ACTLAA carnival. Both the nature of Little Athletics competition and normal child safety principles require that at least one parent or guardian should be at the grounds at all times.

Our general safety guidelines as follows:

- Athletes should participate in both warm up and cool down sessions to protect their bodies from the stresses of competition and training.
- Athletes should not eat during the running of an event (including between throws and jumps).
- Equipment must not be handled by any participants other than those officials and designated helper/s at the event or by an athlete who is currently competing in a throwing event.
- An adult should escort athletes under the age of eight to the toilet. Another athlete or adult should accompany athletes under the age of twelve.
- The safety of non-registered children is the responsibility of their parents/guardians.
- Athletes and non-registered children should be prevented from entering Out of Bounds areas (currently the 'casuarina grove' near the canteen, and the western embankment bordering Tharwa Drive).
- During competition, all children must be in the care of an adult who is present at the ground the whole time the child is there.
- During field events, only officials, designated helpers and the current competitor are allowed inside the roped competition areas.
- Only Committee Members, designated helpers and babies restrained in prams/strollers are allowed in our equipment shed and canteen.
- Adults are asked not to smoke near children, while officiating or in/near the canteen.

6.1 Sun and weather protection

- Athletes should wear a wide brimmed or legionnaire style hat at all times while they are not competing. Everyone else is encouraged to wear a hat at all times.
- Everyone should apply sunscreen every two hours to prevent sunburn.

- Drink bottles (water or sports drinks only) must be brought to all competition and training sessions. Athletes should have a drink at least every half-hour.
- Water from taps at the ground is safe to drink.

6.2 Footwear

- All participants must wear shoes at all times. Athletes' shoes should provide good support and be a good fit.
- Spiked shoes must not be worn by athletes in the Under 6 to Under 8 Age Groups and by non-athletes (including adults). See competition rules for rules regarding spikes.

6.3 Nut-free policy

LLA is a nut-free Little Athletics Centre. LLA operates its competition, training and canteen with a nut-free policy because of the serious medical risk that even minor exposure to nuts and foods containing nut products can pose to some of our athletes. Please adhere to the policy by not bringing any nuts or nut products to competition or training.

6.4 High jump

- Jumping (when not competing) or playing on high jump mats is not permitted.
- Dangerous high jump techniques, such as diving head first over the bar, are not permitted.
- Children should not use the Fosbury flop technique unless they have been shown how to do it correctly.

6.5 First Aid

Although we endeavour to make Little Athletics as safe as possible, accidents and injuries can still happen. If your child does sustain an injury, please see our first aid officers or a Committee Member for assistance. If the First Aid Officer is not present, please use common sense to treat the injury and ensure the safety of athletes.

LLA has a first aid kit available at the canteen for the treatment of minor injuries. Ice packs are also available.

All injuries must be reported to the First Aid Officer. An Accident/Incident Report must be completed by the age manager, adult witnesses and the administrator of first aid.

6.6 ACTLAA Alcohol Policy

“ACTLAA has a zero tolerance on the consumption of alcohol by participants during any competition or activity sanctioned by the Association.

Consumption of alcohol in spectator areas must be in conformity with relevant liquor licensing regulations. The consumption of alcohol during competitions or activities shall be deemed a breach of the ACTLAA Code of Behaviour and subject to disciplinary action by the ACTLAA Board of Management where the activity is organised by the Association, and by the Centre for Centre-run activities.

Participants includes athletes, coaches, officials, administrators and volunteers who participate in, or are engaged in, the conducting of an ACTLAA-sanctioned activity.

Activity includes but is not limited to Centre-organised competition, Centre or ACTLAA carnivals or championships, regular coaching sessions, coaching or education clinics, school visit programmes and school development activities. It does not include social activities conducted away from competition areas.”

General information

7.1 Insurance

All registered members, participants’ trialling before becoming a member, coaches, voluntary workers, officials and committee members of LLA are covered by the Australian Little Athletics Insurance Scheme. Any potential claims should be referred to the President.

7.2 Canteen

LLA sells reasonably priced food and drink at the canteen on competition days. Profits are used by the LLA to purchase equipment for the use of our athletes. Where possible we aim to provide nutritious and healthy food. In line with our nut-free policy, nuts and foods containing nut products are not sold by the canteen.

7.3 Lost property

Please mark all clothing and personal items clearly with your child’s name and age group, especially jumpers, hats and drink bottles. Please place any lost property in the marked clothes basket kept in the shed. Any uncollected items will be donated to charity at the end of the season.

7.4 Wet weather

Every effort is made to conduct regular competition meets but, due to safety concerns, events may be reduced or cancelled if the ground is wet and/or the weather inclement. An announcement of cancellation will be made the morning of the meet via our Facebook page and website.

8. LLA records

8.1 Recording a new record

LLA keeps a record of the best performances at regular competition meets of each event by athletes (both boys and girls) in each age group. Best performance records must be verified by a Committee member as follows:

Field Events

The event official or age manager must verify that the athlete's throw or jump complied with the rules of competition (section 5) and a Committee member must validate the measurement.

Care should be taken that implements and/or marks in the ground/takeoff mats (or in sandpits) are not disturbed prior to verification.

High Jump: Attempts at new Centre record heights must be verified by a Committee member prior to the jump trial.

Track Events

The time keeper must verify that the event was run in accordance with rules of competition (section 5) and two times must be recorded by independent timekeepers. The slower time (rounded-up to the nearest tenth of a second) is recorded as the best performance. Where athletes from two or more different age groups are competing in the same race, extra care should be taken to record two times for the fastest athletes from each group.

8.2 Current records

The below tables are the LLA records as at 1 September 2016.

Under 6 Girls	Event	Date set	Time/distance
Madlin Sims	50m sprint	30 March 2000	10.00
Grace Unwin (2nd)		9 Dec 2006	
Grace Unwin	70m sprint	18 Nov 2006	14.00
Grace Unwin	100m sprint	16 Dec 2006	20.20
Amarley Bron	200m sprint	17 Mar 2012	42.40
Grace Unwin	Long jump	10 Mar 2007	2.40m
C Rakic	Shot put	30 Mar 1995	4.38m
Rachel Lalliard	Discus	30 Mar 1999	9.23m

Under 7 Girls	Event	Date set	Time/distance
Stephanie Rodwell	50m sprint	9 Mar 2002	9.30
Samantha Hardie	70m sprint	13 Mar 2014	12.90
Jessica Jimenez	100m sprint	9 Mar 2002	18.10
Abbie Davis	200m sprint	24 Feb 2001	38.80
Catherine Feint	Long jump	2 Nov 2002	2.90m
Amarley Bron	Shot put	30 Jan 2013	5.53m
Amarley Bron	Discus	10 Nov 2012	13.28m

Under 8 Girls	Event	Date set	Time/distance
Abbie Davis Madlin Sims	50m	9 Mar 2002	8.90
E Glover	70m	30 Mar 1995	11.50
Emily Fraser	100m	30 Mar 1999	16.60
Kelsey Davis	200m	24 Jan 2001	36.10
E Glover	700m	30 Mar 1995	2:00.00
Kelsey Davis	60m hurdles	3 Mar 2001	12.90
Grace Unwin	Long jump	7 Mar 2009	3.39m
Kasey Dragisic	Shot put	4 Feb 2006	5.57m
Dhiaan Sidhu	Discus	20 Feb 2001	15.71m

Under 9 Girls	Event	Date set	Time/distance
Emily Fraser	70m	30 Mar 2000	11.30
Kelsey Davis	100m	9 Mar 2002	16.40
Amberly Murray	200m	30 Mar 1998	33.60
Kelsey Davis	400m	17 Nov 2001	1:22.80
Macy Trethewey	800m	7 Mar 2014	3:10.80
Nicole Carter	700m walk	30 Mar 1998	4:43.60
Amberly Murray	60m hurdles	30 Mar 1998	11.00
Lauren Cox	High jump	30 Mar 1998	1.18m
Kaidey O'Connor	Long jump	14 Mar 2015	3.70m
Dhiaan Sidhu Danielle Plamer-Bligh	Shot put	12 Feb 2011	5.77m
Dhiann Sidhu	Discus	23 Oct 2010	18.84m

Under 10 Girls	Event	Date set	Time/distance
Amberly Murray Emily Fraser	70m	30 Mar 1999 2 Dec 2000	10.90
Amberly Murray	100m	30 Mar 1999	15.00
Emily Fraser	200m	2 Dec 2000	32.30
Amberly Murray	400m	30 Mar 1999	1:17.00
Macy Trethewey	800m	14 Feb 2015	3:09.30
Macy Trethewey	1500m	21 Feb 2015	6:27.10
Amberly Murray	1100m walk	30 Mar 1999	7:45.80
Rachel Pisan	60m hurdles	9 Dec 2000	12.10
Amberly Murray	High jump	30 Mar 1999	1.18m
Patrycja Nowak	Long jump	7 Dec 2002	3.79m
Patrycja Nowak	Shot put	18 Jan 2003	7.19m
Patrycja Nowak	Discus	8 Feb 2003	22.56m
M Worland	Javelin	30 Mar 1996	8.14m

Under 11 Girls	Event	Date set	Time/distance
Emily Fraser	100m	27 Oct 2001	14.80
Emily Fraser	200m	23 Feb 2002	31.60
Renee Bekavac	400m	30 Mar 2000	1:12.80
Renee Bekavac	800m	30 Mar 2000	2:57.40
Renee Bekavac	1500m	30 Mar 2000	6:12.60
Samantha Riley	1100m walk	30 Mar 1995	7:01.00
Patrycja Nowak	60m hurdles	28 Feb 2004	11.30
Patrycja Nowak	High jump	28 Feb 2004	1.35m
Patrycja Nowak	Long jump	13 Mar 2004	4.15m
Patrycja Nowak	Triple jump	18 Oct 2003	9.95m
Samantha Riley	Shot put	30 Mar 1995	9.33m
Samantha Riley	Discus	30 Mar 1995	27.62m
Alana Steveson	Javelin	17 Nov 2001	15.24m

Under 12 Girls	Event	Date set	Time/distance
Amberly Murray Emily Fraser	100m	2 Dec 2000 26 Oct 2002	14.80

Ashleigh Smith Natalie Tanks	200m	13 Dec 2003	3090
Alana Stevenson	400m	4 Mar 2006	1:14.00
Natalie Tanks	800m	15 Mar 2003	2:56.90
Renee Bekavac	1500m	25 Feb 2006	5:56.20
Rebecca Martens	1500m walk	10 Mar 2001	10:02.80
Breanna Toombs Ashleigh Smith	60m hurdles	10 Feb 2007 1 Nov 2003	12.10
Patrycja Nowak	High jump	20 Nov 2004	1.35m
Grace Unwin	Long jump	3 Nov 2012	4.28m
Grace Unwin	Triple jump	10 Nov 2012	8.90m
Samantha Riley	Shot put	30 Mar 1996	11.07m
Samantha Riley	Discus	30 Mar 1996	31.18m
Alana Stevenson	Javelin	15 Mar 2003	22.14

Under 13 Girls	Event	Date set	Time/distance
Cassie Peade	100m	30 Mar 1998	14.40
Cassie Peade	200m	30 Mar 1998	30.40
Natalie Tanks	400m	2 Dec 2006	1:09.40
Natalie Tanks	800m	17 Feb 2007	2:53.70
Natalie Tanks	1500m	10 Mar 2007	5:55.30
Amanda Riley	1500m walk	30 Mar 1995	8:21.00
Chloe Granger	80m hurdles	13 Mar 2010	14.80
Patrycja Nowak	High jump	4 Mar 2006	1.47m
Grace Unwin Patrycja Nowak	Long jump	15 Mar 2014 17 Dec 2005	4.46m
Grace Unwin	Triple jump	6 Dec 2013	9.29m
Samantha Riley	Shot put	30 Mar 1997	10.79m
Samantha Riley	Discus	30 Mar 1997	37.96m
Natalie Tanks	Javelin	17 Feb 2007	27.39m

Under 14 Girls	Event	Date set	Time/distance
Laura Walsh Ashleigh Smith	100m	8 Dec 2001 4 Mar 2006	14.20

Ashleigh Smith	200m	17 Dec 2005	28.40
Natalie Tanks		8 Mar 2008	
Natalie Tanks	400m	8 Dec 2007	1:09.20
Natalie Tanks	800m	15 Dec 2007	2:48.60
Natalie Tanks	1500m	8 Dec 2007	9:06.00
Amanda Riley	1500m walk	30 Mar 1996	9:06.00
Chloe Granger	80m hurdles	23 Oct 2010	14.80
Patrycja Nowak	High jump	17 Feb 2007	1.48m
Natalie Tanks	Long jump	1 Mar 2008	4.73m
Grace Unwin	Triple jump	22 Nov 2014	9.81m
Amanda Riley	Shot put	30 Mar 1996	9.46m
Amanda Riley	Discus	30 Mar 1996	25.28m
Amanda Riley	Javelin	30 Mar 1996	26.74m

Under 15 Girls	Event	Date set	Time/distance
Laura Walsh	100m	9 Nov 2002	13.80
Natalie Tanks		14 Mar 2009	
Natalie Tanks	200m	7 Feb 2009	27.60
Natalie Tanks	400m	21 Feb 2009	1:08.50
Natalie Tanks	800m	7 Mar 2009	2:36.40
Natalie Tanks	1500m	14 Mar 2009	5:49.40
Natalie Lawson	1500m walk	13 Dec 2008	9:50.00
Patrycja Nowak	80m hurdles	27 Oct 2007	15.40
Patrycja Nowak	High jump	27 Oct 2007	1.53m
Patrycja Nowak	Long jump	1 Mar 2008	4.73m
Stacey Unwin	Triple jump	6 Dec 2008	10.30m
Natasha Wilson	Shot put	27 Oct 2001	9.31m
Ashleigh Smith	Discus	17 Feb 2007	24.29m
Natalie Tanks	Javelin	25 Oct 2008	25.05m

Under 16 Girls	Event	Date set	Time/distance
Laura Walsh	100m	13 Dec 2003	13.60
Natalie Tanks	200m	17 Feb 2007	28.20
Natalie Tanks	400m	25 Oct 2008	1:08.00

Natalie Tanks	800m	13 Dec 2013	2:41.10
Natalie Tanks	1500m	30 Jan 2010	5:51.90
Natalie Lawson	1500m walk	29 Nov 2009	11:03.90
Sheree Doherty	100m hurdles	1 Nov 2003	18.40
Natalie Tanks	High jump	30 Jan 2010	1.42m
Natalie Tanks	Long jump	20 Feb 2010	4.75m
Laura Walsh	Triple jump	1 Nov 2003	9.49m
Natalie Tanks	Shot put	28 Nov 2009	8.49m
Natalie Tanks	Discus	12 Dec 2009	23.14m
Natalie Tanks	Javelin	2 Dec 2009	24.79m

Under 17 Girls	Event	Date set	Time/distance
Natalie Tanks	100m	27 Nov 2010	14.20
Natalie Tanks	200m	5 Mar 2011	27.20
Natalie Tanks	400m	20 Nov 2010	1:10.40
Natalie Tanks	800m	27 Nov 2010	2:49.60
Jacqueline Pini	1500m	25 Oct 2003	7:49.80
Jacqueline Pini	100m hurdles	28 Feb 2004	19.70
Elizabeth Burdis	High jump	12 Mar 2005	1.38m
Natalie Tanks	Long jump	19 Feb 2011	4.70m
Natalie Tanks	Triple jump	27 Nov 2010	9.84m
Natalie Tanks	Shot put	30 Oct 2010	8.85m
Natalie Tanks	Discus	13 Nov 2010	22.12m
Natalie Tanks	Javelin	19 Feb 2011	23.86m

Under 6 Boys	Event	Date set	Time/distance
Liam Murphy	50m sprint	14 Dec 2002	9.50
Nicholas Keech	70m sprint	30 Mar 1995	13.20
James Smith	100m sprint	8 Feb 2003	18.70
Adam McAuliffe	200m sprint	11 Nov 2006	41.90
Ryan Purvis	Long jump	14 Mar 2015	2.78m
Joshua Chudleigh	Shot put	30 Mar 2000	5.37m
Jake Hromow	Discus	3 Mar 2001	15.72m

Under 7 Boys	Event	Date set	Time/distance
James Martens	50m sprint	16 Nov 2002	8.90
James Martens Deion Bates	70m sprint	16 Nov 2002	12.40
James Martens	100m sprint	14 Dec 2002	17.80
Adam McAuliffe	200m sprint	15 Dec 2007	37.60
James Smith	Long jump	1 Nov 2003	3.10m
Jake Hromow	Shot put	27 Oct 2001	6.81m
Jake Hromow	Discus	27 Oct 2001	16.45m

Under 8 Boys	Event	Date set	Time/distance
Hayden Parrott James Martens James Martens	50m	8 Feb 2003 15 Nov 2003 13 Dec 2003	8.50
Tyran Masters	70m	23 Feb 2002	11.50
John White James Martens	100m	6 Dec 2003 13 Mar 2004	16.40
Adrian Plummer	200m	4 Mar 2006	34.40
Ashley Clouqhoun	700m	30 Mar 1995	2:04.90
James Martens	60m hurdles	28 Feb 2004	11.90
Ashley Clouqhoun	High jump	30 Mar 1996	1.02m
James Martens	Long jump	14 Feb 2004	3.67m
Jake Hromow	Shot put	18 Jan 2003	6.88m
Jake Hromow	Discus	3 Mar 2003	22.44m

Under 9 Boys	Event	Date set	Time/distance
Adam Spaletta	70m	30 Mar 1996	9.80
Keifer Martyn	100m	9 Mar 2002	15.20
Nicholas Keech	200m	30 Mar 1998	32.40
Nicholas Keech	400m	30 Mar 1998	1:16.70
Anthony McKensie	800m	30 Mar 1998	2:52.50
Ashley Clouqhoun	700m walk	30 Mar 1996	4:23.00
Adam Spaletta	60m hurdles	30 Mar 1996	10.00
Adam Spaletta	High jump	30 Mar 1996	1.15m

Nicholas Keech	Long jump	30 Mar 1996	3.83m
Ian Arachi	Shot put	1 Mar 2008	7.40m
Jonty Hromow	Discus	10 Mar 2007	22.90m

Under 10 Boys	Event	Date set	Time/distance
Nicholas Keech	70m	30 Mar 1999	10.40
Keifer Martens		7 Dec 2002	
Thomas Coggan	100m	30 Mar 2000	14.30
Thomas Guest	200m	16 Mar 2002	30.70
Nicholas Keech	400m	30 Mar 1999	1:13.00
Matthew Grace	800m	14 Dec 2013	2:47.59
Michale Pommer	1500m	30 Mar 1996	5:40.40
Ashley Clouquhoun	1100m walk	30 Mar 1999	7:14.90
J McEwan	60m hurdles	30 Mar 1999	11.60
Nathan Baynham	High jump	25 Oct 2008	1.27m
Adam Spaletta	Long jump	30 Mar 1997	4.31m
Kurran Sidhu	Shot put	8 Mar 2008	8.83m
Jonty Hromow	Discus	1 Mar 2008	24.76m
Andrew Jear	Javelin	30 Mar 1995	17.78m

Under 11 Boys	Event	Date set	Time/distance
Thomas Coggan	100m	2 Dec 2000	13.80
Thomas Coggan	200m	4 Nov 2000	28.80
Thomas Guest	400m	16 Nov 2002	1:06.00
James Martens	800m	9 Dec 2006	2:42.00
James Martens	1500m	16 Dec 2006	5:37.40
Ashley Clouquhoun	1100m walk	30 Mar 1998	6:48.70
James Smith	60m hurdles	8 Dec 2007	10.80
James Martens		10 Feb 2007	
Jay Hill	High jump	28 Nov 2015	1.39m
Thomas Guest	Long jump	23 Nov 2002	4.56m
James Smith	Triple jump	2 Feb 2008	9.25m
Joshua Weir	Shot put	31 Jan 2015	10.43m

Jake Hromow	Discus	18 Feb 2006	22.14m
Nathan Lalliard	Javelin	30 Mar 1999	24.24m

Under 12 Boys	Event	Date set	Time/distance
Bradley Robertson	100m	30 Mar 1999	13.30
Bradley Robertson	200m	30 Mar 1999	28.30
Thomas Guest	400m	18 Oct 2003	1:06.60
James Martens	800m	3 Nov 2007	2:33.10
James Martens	1500m	8 Dec 2007	5:31.50
Ashley Clouquhoun	1500m walk	30 Mar 1999	9:07.70
James Martens	60m hurdles	16 Feb 2008	10.60
James Davis	High jump	30 Mar 1999	1.45m
James Martens	Long jump	20 Oct 2007	4.58m
Simon Kelland	Triple jump	8 Feb 2003	9.97m
Kurran Sidhu	Shot put	4 Dec 2009	9.98m
Jonty Hromow	Discus	6 Feb 2010	28.36m
James Martens	Javelin	15 Dec 2007	28.15m

Under 13 Boys	Event	Date set	Time/distance
Matthew Fahey	100m	30 Mar 1998	13.00
Steven Callendar		26 Oct 2002	
Matthew Fahey	200m	30 Mar 1998	26.60
Matthew Fahey	400m	30 Mar 1998	59.40
Matthew Fahey	800m	30 Mar 1998	2:30.30
Matthew Fahey	1500m	30 Mar 1998	5:25.20
Ashley Clouquhoun	1500m walk	30 Mar 1999	8:25.30
James Smith	80m hurdles	30 Jan 2010	13.50
James Smith	High jump	21 Nov 2009	1.52m
Nicholas Keech	Long jump	16 Mar 2002	5.11m
Nicholas Keech	Triple jump	21 Nov 2009	10.26m
Jake Hromow	Shot put	16 Mar 2002	11.84m

Jake Hromow	Discus	8 Mar 2008	29.22m
Hayden Fenyvesi	Javelin	16 Mar 2002	32.28m

Under 14 Boys	Event	Date set	Time/distance
Matthew Fahey	100m	30 Mar 1999	12.00
Matthew Fahey	200m	30 Mar 1999	25.00
Matthew Fahey	400m	30 Mar 1999	55.70
Adrian Plummer	800m	5 Nov 2011	1-2:19.20
Adrian Plummer	1500m	9 Dec 2011	4:56.20
Ashley Clouquhoun	1500m walk	4 Nov 2000	8:13.10
Matthew Fahey	90m hurdles	30 Mar 1999	14.00
Nick Keech	High jump	9 Nov 2002	16.61m
Steven Callendar	Long jump	14 Feb 2004	5.57m
Nick Keech	Triple jump	9 Nov 2002	11.23m
Lachlan Baynham	Shot put	5 Mar 2011	12.41m
Lachlan Baynham	Discus	19 Feb 2011	42.65m
Hayden Fenyvesi	Javelin	18 Jan 2003	36.67m

Under 15 Boys	Event	Date set	Time/distance
Thomas Craigie	100m	23 Feb 2002	11.80
Nathan Lalliard		26 Oct 2002	
Steven Callendar	200m	12 Mar 2005	24.40
Matthew Fahey	400m	30 Mar 2000	55.40
Matthew Fahey	800m	30 Mar 2000	2:20.00
Adrian Plummer	1500m	8 Mar 2013	4:51.10
Ashley Clouquhoun	1500m walk	16 Mar 2002	6:52.70
Sebastian Nowak	100m hurdles	10 Mar 2007	15.30
Sebastian Nowak	High jump	2 Dec 2006	1.68m
Nick Keech	Long jump	31 Jan 2004	5.82m
Nick Keech	Triple jump	7 Feb 2004	12.80m
Steen Callandar	Shot put	12 Mar 2005	11.81m
Sebastian Nowak	Discus	2 Dec 2006	33.68m

Hayden Fenyvesi	Javelin	15 Nov 2003	43.88m
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Under 16 Boys	Event	Date set	Time/distance
Thomas Cragie	100m	28 Oct 2002	1.60
Lachlan Fahey Adrian Plummer Nick Keech	200m	12 Mar 2005 14 Dec 2013 20 Nov 2004	24.70
Thomas Cragie	400m	2 Nov 2002	55.80
Adrian Plummer	800m	14 Dec 2013	2:05.80
Adrian Plummer	1500m	23 Nov 2013	4:38.87
Paul Martens	1500m walk	10 Nov 2001	9:15.50
Sebastian Nowak	100m hurdles	8 Dec 2007	14.70
Nathan Lalliard	High jump	29 Nov 2003	1.71m
Adrian Plummer	Long jump	12-13	5.59m
Nick Keech	Triple jump	4 Dec 2004	11.74m
Nathan Lalliard	Shot put	15 Nov 2003	12.35m
Hayden Fenyvesi	Discus - 1.5kg	18 Dec 2004	28.31m
Adrian Plummer	Discus - 1kg	19 Oct 2013	34.59m
Jonathan Kalina	Javelin	10 Feb 2007	41.10m

Under 17 Boys	Event	Date set	Time/distance
Simon Bond	100m	26 Oct 2002	11.50
Nick Keech	200m	19 Nov 2005	24.10
Adrian Plummer	400m	22 Nov 2014	54.50
Matthew Fahey	800m	1 Dec 2001	2:18.70
Adrian Plummer	1500m	22 Nov 2014	4:41.30
Wensley Carter	1500m walk	27 Nov 2004	9:23.90
Matthew Fahey	100m hurdles	15 Dec 2001	14.60
Nick Keech	High jump	12 Nov 2005	1.81m
Nick Keech	Long jump	10 Nov 2005	6.08m
Nick Keech	Triple jump	19 Nov 2005	12.32m
Jonathan Kallina	Shot put	10 Nov 2007	11.70m
Chris Fairman	Discus	16 Mar 2002	29.53m
Jonathan Kalina	Javelin	16 Feb 2008	43.68m

9. Awards

9.1 Presentation day

At the end of the season, LLA hosts a presentation day to recognise the efforts and achievements of all athletes and 'helpers'. Trophies and medals are awarded for the following categories:

Participation award

A Participation medallion/trophy will be awarded to all athletes who have participated on at least 60% of available competition days (e.g. if a season has 14 competition mornings, athletes need to compete on at least 9 mornings to be awarded their participation trophy).

The following individual awards are made:

Medallions for competing in five or ten seasons

Athletes who have competed for five or ten consecutive seasons receive a commemorative medallion.

Athlete of the Season certificate

This certificate is awarded to all athletes who have attended every regular competition meet during the season and the Lanyon carnival (if held).

Encouragement Award

Awarded to one athlete per team based on behaviour, dedication and trying hard in all events. Two nominations, in preferential order, are made for the encouragement award by the Age Manager. The encouragement award is generally not awarded to an athlete who is receiving either age champion award or team athlete award.

The athlete who receives the encouragement award must have received a participation award - that is, attended at least 60% of available regular competition meets.

Age Champion Trophy

The age champion trophy is awarded to one athlete per age group for outstanding performances throughout the season. Points are awarded based on placing in each event at regular competition meets and club records held as per the table below:

1st place	10 points
2nd place	8 points
3rd place	6 points

4th place	4 points
5th place	2 points

Please note: if an athlete does not record a result in a field event (i.e. has three fouls) no place points may be awarded however participation points will be included.

Age champion must have received a participation award - that is, attended at least 60% of available regular competition meets. If no athlete in a team has attended at least 60% of available regular competition meets, then no age champion trophy will be awarded.

Points Champion trophy (previously team points award)

The points champion trophy is awarded to one athlete per age group (or if age groups are split, per team) and favours athletes who compete regularly and participate to the best of their ability.

Points are awarded based on the table below:

Competing in an event - participation	1 point per event
Personal bests	1 point per PB
Attendance at ACTLAA Multi Event Carnival	5 points
Attendance at ACTLAA Relay Carnival	5 points
Attendance at ACTLAA Championships	5 points
Attendance at Lanyon Carnival (if held)	5 points

Competing includes:

- completing the event;
- starting but not finishing an event due to sickness, injury or another reason deemed acceptable by the official; or
- competing in an event to the best of your ability but not recording a result due to fouls.

Participation points are not awarded when an athlete is banned from participating due to misconduct.

Points champion must have received a participation award - that is, attended at least 60% of available regular competition meets. If no athlete in a team has attended at least 60% of available regular competition meets, then no points champion trophy will be awarded.

9.2 2015-2016 Award recipients

Athlete of the season

Charlie Adams	Indiana Kidley
Will Adams	Willow Kidley
Riley Adams	Jade Lakatos
Jesse Fordham	Nathan Lakatos
Corey Fordham	Paige MacDonald

5 Year participation medals

Kimberley Bailey	Nathan Lakatos
Ebony Brunt	Paige MacDonald
Evan Hill	Adam Williams
Jay Hill	

10 Year participation medals

Daniel Marriott	Luke Marriott
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Age champion trophies

Age Group	Girls	Boys
U6	Willow Kildey	Hayden Frisby
U7	Codee Jackson	Ryan Purvis
U8	Indiana Kildey	Jesse Fordham
U9	Katiah-Ann Tait	Max Schumacher
U10	Isabel Aparicio	Nathan Lakatos
U11	Sophie Vassallo	Jay Hill
U12	Jade Lakatos	Evan Hill
U13	Zoe Williams	Joshua Morris
U14	Bethany Jackson	<i>Nil</i>
U15	<i>Nil</i>	Michael Carruthers
U16	<i>Nil</i>	Luke Marriott
U17	<i>Nil</i>	<i>Nil</i>

Team points award

Team	Athlete
U6 Boys - Racing Rabbits	Elliott Spaccavento
U7 Boys - Super 7 Speeders	Remi Backhouse

U7 Boys - Super 7 Speeders 2	Banjo Willison
U8 Boys -	Jesse Fordham
U9 Boys - Minion Munchers	Ethan Brown
U10 Boys - Blue Roadrunners	Alexander Keen
U11 Boys - Mini Jits	Jesse Tait
U12-13 Boys - Big Boys	Evan Hill
U13-17 Boys - Where's Andrew	Michael Carruthers

Team	Athlete
U6 Girls - Bluebirds	Willow Kildey
U6 Girls	Felicity Boxsell
U7 Girls - Super Sevens	Kari Avakian
U8 Girls - Girl Power	Indiana Kildey
U9 -10 Girls	Katiah-Ann Tait
U11-12 Girls - The Warriors	Kimberley Bailey
U13-14 Girls - Leaping Llamas	Zoe Williams

Encouragement award

Team	Athlete
Boys	
U6 Boys - Racing Rabbits	Malachi Thornton
U7 Boys - Super 7 Speeders	Zak Schumacher
U7 Boys - Super 7 Speeders 2	Lachlan Russell
U8 Boys	Cooper Graham
U9 Boys - Minion Munchers	Max Schumacher
U10 Boys - Blue Roadrunners	Nathaniel Yeo
U11 Boys - Mini Jits	Tom Burnett
U12-13 Boys - Big Boys	Charlie Adams
U13-17 Boys - Where's Andrew	Benjamin Morris
Girls	
U6 Girls -	Zali Lutter-Wood
U6 Girls - Bluebirds	Delilah Neylan
U7 Girls - Super Sevens	Hayley Blake
U8 Girls - Girl Power	Mikayla Coady
U9-10 Girls	Tahlie Shiels
U11-12 Girls - The Warriors	Nicala Kidd
U13-14 Girls - Leaping Llamas	Makayla De Landre

Little Athletics ACT (ACTLAA)

10.1 Association

Little Athletics ACT (ACTLAA) is the governing body for Little Athletics in the ACT and surrounding region.

During the season there are a number of ACTLLA carnivals which LLA athletes are encouraged to participate in. These carnivals are open to all registered athletes and are about participation and

representing your club – you do not have to be a superstar to attend! There is no additional costs to attend ACTLAA carnivals as they are included in the registration fee. Carnivals also provide athletes to meet other athletes from across the region and compete on the AIS or Woden track. Date of the carnivals are listed on our season calendar – section 4.1.

10.2 Multi event carnival

The 2016-17 Multi Event Carnival will be held on 25-26 February 2017 at Woden track. The carnival is open to all athletes under 6 and above. Athletes participate in a number of events and awarded points for their results in each event. All points are then tallied to give an overall score. Younger athletes compete in four events while older athletes compete in five events.

10.3 Relay carnival

The 2016-17 Relay carnival will be held on 12 November 2016 at Woden track. The carnival is open to all athletes under 6 and above. Athletes represent LLA are part of team and so the emphasis is on team participation. Track relays involve team of four while throws/jumps relays involve two to eight athletes per team. Due to the team nature of this event, it is important to attend if you have committed to compete.

10.4 Championships

In lieu of regional championships, for the first time, ACT Championships will be held over three days on 17-19 March 2017 at Woden track. Athletes will be able to register for ACT Championships and will no longer be required to qualify through regional championships.

10.5 Parent involvement at ACTLAA carnivals

LLA is required to provide parent helper “officials” in proportion to the number of club athletes entered. Some of the larger carnivals require a number of officials so parents of athletes entered can expect to complete some duties. The Carnival Coordinator will ask for parents to volunteer for roles in the first instance, before allocating duties.