



Reynella East & Districts Little Athletics Centre Inc



Reynella East High School
Hewlett Packard Street
Reynella East



Handbook 2011/12

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THE AIM OF LITTLE ATHLETICS

- To promote the fitness of children in a fun, family environment.
- To develop the basic athletic skills of children.
- To encourage children to improve and achieve higher levels of skill and performance
- To develop in children a healthy attitude towards competitions

LITTLE ATHLETICS CODE OF BEHAVIOUR

- ✓ Play by the rules.
- ✓ Never argue with an official. If you disagree, ask your Team Manager/Chaperone to deal with the matter.
- ✓ Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
- ✓ Work equally hard for yourself and/or your Centre/Club. Your Centre/Club's performance 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, chaperone, club mates and other participants. Without them, there would be no competition.
- ✓ Participate in Little Athletics for the "fun of it" and not just to please parents and coaches.



CENTRE MANAGEMENT COMMITTEE – 2011/2012

POSITION	NAME	PHONE NO.
President	Mark Potter	8381 1574 0416 161 228
Vice President	Michelle Bingham	0400 088 145
Secretary	Deb Harrington	8387 1531
Treasurer	Karen Philis	8322 4191
Recorder	Sandi Higgins	8322 0950
Registrar		
Uniforms	Bernadette Chiappini	8377 3662
Tiny Tots Co-ordinator	Mathew Loffler	8322 8469
Committee Member	Gaby Philis	
Committee Member	Penny Canning	
Committee Member	Nick Chamberlain	
Committee Member	Belinda Rothwell	
Committee Member	Neil Coghlan	
Committee Member	Darren Miles	
Committee Member	Peter Ramsey	
Committee Member	Teena Wilson	

centre email address: redla09@gmail.com

centre web address: www.redla.com.au

OFFICIAL POSITIONS 2011/2012

FIRST AID	COACHES
Teena Wilson	Gaby Philis
Darren Miles	Nick Chamberlain
	Teena Wilson

RAILWAYS

5 Sims Street, Reynella
8387 0444
www.railways.net.au

PETER RAMSEY (Pete the Geek) I.T. Support

14 Marie Ave, Morphett Vale
Mobile:0408 899 715
Email: support@peterramsey.net

IDEAL IMAGE LANDSCAPING & GARDENS

3 Hibiscus Court, Morphett Vale
Phone: 8322 4191
Mobile: 0438 808 315
Email: philis4@primus.com.au

GARDEN LINK LANDSCAPING

1 Cleveland Court, Woodcroft
Phone: 8322 4610
Mobile: 0438 808 314
Email: gardenlink@esc.net.au

PRESIDENT'S MESSAGE 2011/2012

Welcome to Reynella East & Districts Little Athletics Centre 2011/2012 season.

Little Athletics' motto is "**Family, Fun and Fitness**". It is a sport where not only the athletes participate in various events but parents also play a major role. Parents can become involved in areas such as chaperoning, measuring, marking and even officiating and coaching. Little Athletics has an "all hands on deck" approach, with our motto being the guiding light.

The sport gives the whole **Family** the opportunity to get out in the fresh air and have lots of **Fun** while at the same time gaining some extra **Fitness**. Why wouldn't you become involved?

There is a strong emphasis on patience, consideration, respect for others and safety. All of these attributes will have a flow-on effect to how we cope with everyday life. It is an opportunity for our children to strive to be the best they can possibly be, without the pressures of having to win.

Little Athletes are all winners through participation, with Personal Best performances being the ultimate reward.

Reynella East has a number of parents prepared to become officials/coaches; they play a major part in running our events & programmes. It's a very rewarding way of being involved with Little Athletics, and the knowledge you can acquire and pass on to your own children is immeasurable. Our centre has four Level 1 coaches who are committed to helping every Little Athlete reach their potential. Once the season is under way coaching nights will be programmed. These nights will be open to all age groups and are always very well attended.

The commitment and support from Reynella East Schools has been amazing and we look forward to continuing our tremendous relationship into the coming season and beyond.

Thank you to everyone involved with organising and running our Cross Country event in July. Congratulations to all athletes who represented Reynella East during the Winter Cross Country Season.

Any information you may need can be found either in this Year Book, by visiting our website www.redla.com.au or by speaking with a committee member. Any special events held during the season will be publicised in our weekly newsletter.

'Be your Best'. You are the future of Reynella East & Districts Little Athletics Centre.

Mark Potter
PRESIDENT

WHAT IS LITTLE ATHLETICS?

It's all about fun, making friends, family participation and healthy activities. If you thought it's just for the kids, you are about to find out why the philosophy of Little Athletics is:

“Family Fun and Fitness”

in a supportive and friendly atmosphere

Little Athletics is a recreational sport for children from 3 to 17 and their families.

Little Athletes come in all shapes and sizes, with quite varied levels of ability and skills.

Reynella East and Districts Little Athletics Centre is one of many Centres in South Australia conducting Little Athletics programmes.

Little Athletics covers all the normal activities that children enjoy, like running, throwing and jumping. What we do is provide these activities in a more structured manner.

Registration fees (*refer General information section for fee structure*) are a once a year cost which covers not only the summer track and field season, but also the winter cross-country season.

All athletes are encouraged to participate in all the events offered each day. The emphasis in Little Athletics is on **fun, developing skills, coordination and improving fitness levels.**

Our Centre, like all other Centres, comes under the control of the South Australian Little Athletics Association (SALAA). The Association organises various major athletic meetings during the year including championships for the U9-U17 age groups. All athletes have the opportunity to compete at the SANTOS Sports Stadium, covering Relay Championships, Personal Best Day (Tiny Tots-U17), Multi-Event Championships and State Individual Championships (*refer Association and Specific Events section further details*).

WHAT EVENTS DO THE ATHLETES DO?

Athletes participate in a variety of events covering both track and field, which are structured to allow for personal development and improvement. The activities include a mixture of running, jumping and throwing. No other sport can offer such a range of activities to assist athletes in developing speed, stamina, strength, coordination and flexibility. These skills provide the foundation for many other sports that the athletes choose to enjoy.

TRACK EVENTS

50m, 70m, 100m, 200m	Sprints in lanes
400m	Run in lanes using sprint & distance skills
300m, 500m, 700m, 800m, 1500m	Long distance runs
60H, 80H, 90H, 100H, 200H	Hurdles, sprints over obstacles
1100W, 1500W	Walking over middle to long distances

FIELD EVENTS

Long Jump	Distance jumping, landing in a sand pit
Triple Jump	Hop, step and jump, landing in a sand pit
High Jump	Jumping for height over a bar, landing on a foam mat
Shot Put	Putting (or pushing) a heavy ball for distance
Discus	Throwing a disc shaped object for distance
Javelin / Vortex	Throwing a spear-like implement for distance

AGE GROUP EVENTS OFFERED BY REYNELLA EAST FOR 2010/2011

Tiny Tots Novelty Events, 40m, HJ, LJ, SP, Hurdles(mini)

U'6	60mH(mini), 70m, 100m, 200m, 300m, SP(1kg), Disc(350g), HJ- scissors , LJ, Vortex
U'7	60mH(45cm), 70m, 100m, 200m, 500m, SP(1kg), Disc(350g), HJ- scissors , LJ, Vortex
U'8	60mH(45cm), 70m, 100m, 200m, 700m, SP(1.5kg), Disc(500g), HJ- scissors , LJ, Vortex
U'9	60mH(45cm), 70m, 100m, 200m, 400m, 800m, SP(2kg), Disc(500g), HJ, LJ, Vortex
U'10	60mH(60cm), 100m, 200m, 400m, 800m, 1100W, SP(2kg), Disc(500g), HJ, LJ, Vortex
U'11	60mH(60cm), 100m, 200m, 400m, 800m, 1500m, 1100W, SP(2kg), Disc(750g), HJ, LJ, TJ, Vortex
U'12	60mH(68cm), 100m, 200m, 400m, 800m, 1500m, 1500W, SP(2kg girls / 3kg boys), Disc(750g), HJ, LJ, TJ, Javelin(400g)
U'13	80mH(76cm), 100m, 200m, 400m, 800m, 1500m, 1500W, SP(3kg), Disc(750g girls / 1kg boys), HJ, LJ, TJ, Javelin(400g girls / 600g boys)
U'14	80mH (76cm girls), 90mH(76cm boys), 100m, 200m, 400m, 800m, 1500m, 1500W, SP(3kg girls / 4kg boys), Disc(1kg), HJ, LJ, TJ, Javelin(600g)
U'15	90mH(76cm girls), 100mH(76cm boys), 200H(76cm), 100m, 200m, 400m, 800m, 1500m, SP(3kg girls / 4kg boys), Disc(1kg), HJ, LJ, TJ, Javelin(600g)
U'16	90mH(76cm girls), 100mH(76cm boys), 200H(76cm), 100m, 200m, 400m, 800m, 1500m, 1500W, SP(3kg girls / 4kg boys), Disc(1kg), HJ, LJ, TJ, Javelin(600g)
U'17	90mH(76cm girls), 100mH(76cm boys), 200H(76cm), 100m, 200m, 400m, 800m, 1500m, 1500W, SP(3kg girls / 4kg boys), Disc(1kg), HJ, LJ, TJ, Javelin(600g)

Athletes must only compete in the events offered for their age

GENERAL INFORMATION

CLUB MEETINGS

Held 9.00am until approx.12.00 noon on Sunday mornings at the Reynella East High School, Hewlett Packard St, Reynella East. There is the occasional Friday night meeting starting at 6.00pm with a shorter programme. Please be at the oval 15 minutes prior to the commencement of events for the start of the warm-ups.

AGES

Athletes must be 5 years or over and under 17 years of age on the 1st October, 2011. Tiny Tots must be 3 or 4 years of age on the 1st October, 2011.

UNIFORM

(Purchase from our Uniform Coordinator)

The centre uniform shall be the gold and maroon top, with the club emblem to be displayed on the back, as supplied by REDLA. Shorts shall be either maroon bike shorts or maroon running shorts. The Registration number is to be sewn on the front of the T-shirt and age group badge on the top left hand as a pocket.

An IGA badge is to be sewn on the right hand centre bottom sleeve.



It is essential that the official Centre uniform be worn at all events, both at home and away. Footwear must be worn at all times. Spiked shoes are allowed only for Athletes in the age groups U12-U17.

REGISTRATION FEES

- 1 Child - \$65.00
- 2 Children - \$115.00
- 3 or more children from any one family - \$140.00

FIRST AID

Accidents and injury can still occur even when all safety precautions have been considered. If an athlete is injured, please advise the Chaperone and the Official in charge of the event. The First Aid Coordinator will be sought to provide assistance and determine the extent of treatment required. **It is important that all accidents and injuries are reported.**

SMOKING POLICY

Little Athletics is committed to promoting a healthy lifestyle, therefore we ask that athletes, parents and spectators refrain from smoking while present at REDLA athletic meetings. **Smoking is not permitted on school grounds by order of the School Council.**

HOT / WET & LIGHTNING WEATHER

Competition may be cancelled in extremely hot or wet weather, which will be at the discretion of the Committee on the day. As a guide if the temperature at 9:00 am is expected to be over 35 degrees, the meeting may be cancelled. Also, where the conditions are very wet or lightning occurs, the meeting may be cancelled. If in doubt, you may contact the President. The Committee reserves the right to make a decision to modify or abandon a meeting if there is a safety concern.

WHAT CAN PARENTS DO?

Little Athletics cannot run unless parents help out as Officials, Chaperones, doing the BBQ-ing, setting up and packing away. Every family is expected to help out to ensure our athletes can have an enjoyable and safe time.

A parent or guardian **MUST** be in attendance at each meeting or your child will not be permitted to compete. This requirement is imposed on the club for insurance and liability reasons. If there are insufficient parents for a group of athletes they will be unable to take part in the events. **PARENTS ARE REQUIRED TO ASSIST WITH CHAPERONING, RAKING, SPIKING AND RETRIEVING AT EVENTS.**

OFFICIALS

For any interested parent or guardian there are FREE Officials Courses run by the Association and co-ordinated by our Centre during the year. The rules of each event and how they are applied in competition are covered in the course. Dates of when courses are held will be advised via our newsletter. **PLEASE CONSIDER BEING INVOLVED** for without officials there can be no competition.

There are also extensive Coaching Courses available for anyone wishing to become more involved. It is essential for the development of our Athletes that the Centre has adequate coaching personnel. Please speak to a REDLA Centre Committee member for more information.

CHAPERONES/RECORDERS

Chaperones have the task of ensuring Athletes enjoy their activities in an organised and supportive atmosphere. Acting as a chaperone involves recording of performances and marshalling Athletes to events. A guide on how to perform this task is located in the Athletes' Age Group Folders.

TIMEKEEPERS

The REDLA Centre has Electronic Timing gates for most races, but in the event that they fail, parents will be asked to assist with the timekeeping of the events; our **Chief Timekeeper** will provide advice and guidance at the time to all volunteers.

ASSOCIATION MEDAL WINNERS 2010/2011

STATE RELAY CHAMPIONSHIPS 2010/2011

“Gold Medalists”

U’12 Girls – Field Team

Nicole Chamberlain, Sarah Harrington, Olivia Griffiths

U’14 Girls – Field Team

Keah Wilson & Melissa Hirschausen

U’14 Boys – Track Team (4x100)

Brett Holland, Tyson Clark, Jamie Miller, Ben Syrus

U’15 Boys – Track Team (4x100)

Darian Wilson, Luke Harrington, Sam Fox, Patrick Marshall

“Silver Medalists”

U’13 Girls – Track Team (4x400)

Chelsea Kelly, Kayla Higgins, Morgan Blackwell, Rebecca Kite

U’13 Girls – Field Team

Ashleigh Fox & Victoria Kite

U’15 Boys – Track Team (4x400)

Darian Wilson, Luke Harrington, Sam Fox, Patrick Marshall

STATE CROSS COUNTRY CHAMPIONSHIPS 2010/2011

“Gold Medalists”

U’15 Boys

Patrick Marshall

“Bronze Medalists”

U’13 Girls

Kayla Higgins

STATE INDIVIDUAL CHAMPIONSHIPS 2010/2011

“Gold Medalists”

U’10 Boys

Tyler Oliver - Discus

U’11 Girls

Alexandra Philis - 60m Hurdles, Triple Jump

Caitlin Francis - Long Jump, 100m, 200m

U’14 Girls

Tayla Philis - 100m, Long Jump, 80m Hurdles **SBP**

U’15 Boys

Patrick Marshall - 800m

U’16 Girls

Kristy Hirschausen - 90m Hurdles, Long Jump, Triple Jump

U’16 Boys

Sam Chalmers - 400m

U’17 Boys

Jake Marshall - Shot Put

“Silver Medalists”

U’11 Girls

Caitlin Francis - High Jump, Triple Jump

Alexandra Philis - 400m, Long Jump

U’12 Girls

Olivia Griffiths - 60m Hurdles

U’13 Girls

Kayla Higgins - 800m

U’14 Girls

Tayla Philis - 200m

Samantha Findlay - 1500m Walk

Melissa Hirschausen - Long Jump, 400m,
80m Hurdles, Triple Jump

U’14 Boys

Kurtis Marschall - High Jump, Javelin

Ben Syrus - Long Jump, Triple Jump

U’15 Boys

Patrick Marshall - 200m, Long Jump

Luke Harrington - 400m

U’16 Girls

Kristy Hirschausen - 100m

U’16 Boys

Shannon Chiappini - Triple Jump

Sam Chalmers - 200m

U’17 Boys

Jake Marshall - 800m

“Bronze Medalist”

U’11 Girls

Darcee Kelly - Discus

U’12 Girls

Olivia Griffiths - Discus, Javelin

U’13 Girls

Kayla Higgins - 1500m

Chelsea Kelly -1500m Walk, Shot Put

U’15 Boys

Luke Harrington - 1500m, 1500m Walk

Sam Fox - 800m

U’16 Girls

Kimberley Chamberlain - Long Jump

U’16 Boys

Shannon Chiappini - Javelin, Shot Put

MULTI EVENT CHAMPIONSHIPS 2010/2011

“Gold Medalists”

U’11 Girls

Alexandra Philis

U’14 Girls

Tayla Philis

U’15 Girls

Kristy Hirschausen

“Silver Medalists”

U’14 Boys

Ben Syrus

“Bronze Medalists”

U’14 Girls

Melissa Hirschausen

U’16 Boys

Shannon Chiappini

REDLA AWARDS 2010/2011

ACHIEVEMENT AWARDS 2010/2011

<u>AGE</u>	<u>BOYS</u>	<u>GIRLS</u>
U'6	Brayden Fielder	Beth Loffler
U'7	Dylan Hoyle	Taya Howden
U'8	Lachlan Wilson	Faye Todd
U'9	Shannon Day	Holly Saberton
U'10	Tyler Oliver	Olivia Donovan
U'11	Gabriel Bayliss	Alexandra Philis
U'12	Hayden Findlay	Olivia Griffiths
U'13	Dillan Chiappini	Kayla Higgins
U'14	Brett Holland	Tayla Philis
U'15	Luke Harrington	Melissa Chamberlain
U'16	Shannon Chiappini	Kristy Hirschausen
U'17	Jake Marshall	

OTHER SEASON TROPHIES 2010/2011

Junior Sports Girl of the Season 10/11

Faye Todd (U'8)

Junior Sports Boy of the Season 10/11

Brayden Fielder (U'6)

Senior Sports Girl of the Season 10/11

Tayla Philis (U'14)

Senior Sports Boy of the Season 10/11

Shannon Chiappini (U'16)

STATE TEAM REPRESENTATIVES 2010/2011

Kayla Higgins and Chelsea Kelly

HONOUR ROLL – 150 ATHLETIC MEETS

<u>YEAR</u>	<u>BOYS</u>	<u>GIRLS</u>
02/03	Hamish Gamble, Michael Wilson	
03/04		Emma Kent
04/05		Leah Everard
05/06		Tegan Wilson
06/07	Luke Caruso, Justin Bollenhagen	
07/08		Rikki Wilson, Sarah Mol
08/09	Brett Holland, Darian Wilson, Joshua Hutton	Kimberley Chamberlain
09/10		Kayla Higgins, Chelsea Kelly, Amy Higgins, Tayla Philis, Keah Wilson, Melissa Chamberlain
10/11	Kurtis Marschall, Sam Fox	Darcee Kelly, Nicole Chamberlain

HONOUR ROLL – 75 ATHLETIC MEETS

<u>YEAR</u>	<u>BOYS</u>	<u>GIRLS</u>
97/98	Todd Cece, Jason Caruso, Todd Everard, Ben Gregor	
98/99	Hamish Gamble, Ian McAvaney, Peter Wellington, Michael Wilson, Chris Kent, David Boulton, Matthew Quist, Michael Boulton	Leah Cece, Ashleigh Gallio, Kim Martin, Kerry Southby, Hayley Tonkin
99/00	Clinton Gallio, Jesse Hall	Emma Kent, Kendyl Gallio, Lee McAvaney, Kim McAvaney, Tiffany Ley
00/01	Matthew Ferber, Alex Yuill, Samuel Hall	Leah Everard, Sarah Lanyon
01/02	Trent Spacie, Jayden La Dru, Luke Caruso	Tegan Wilson, Jessica Lanyon
02/03	Justin Bollenhagen, Lachlan Day, Daniel Healey, David Kearsley, Aaron Mol, Aidan Mol, Blaine Mol, Zac Rivett	Rebecca Barnfield, Brooke Shirley, Kelly Ferber, Natasha Healey, Erin Kearsley, Sarah Mol, Emily Bartholomew
03/04	Alex Healey, Jarrad Bollenhagen	Rikki Wilson
04/05		Charisse Rivett, Amy Weber
05/06	Adam Bruhns, Eric Bruhns, Brett Holland, Darian Wilson, Shannon Archbold,	Kimberley Chamberlain, Georgina Lanyon, Rachel Juett, Olivia Michelin, Laura Juett,

		Bridget Wells, Ashleigh Gade,
06/07	Austin Wells, Joshua Hutton	Kate Reekie, Keah Wilson, Deanna Johnston, Tayla Philis Jessica Bollenhagen, Laura Johnston Melissa Chamberlain, Nicole Robertson, Casey Robertson, Kirsten Hueppauff
07/08	Kurtis Marschall, Sam Fox	Nicole Chamberlain, Kayla Higgins, Amy Higgins
08/09	Zach Reekie, Kieran Forster	Alexandra Philis, Morgan Blackwell, Ashleigh Fox
09/10	Lachlan Wilson, Gabriel Bayliss	
10/11	Lachlan Rothwell, Tyler Oliver, Luke Harrington, Shannon Chiappini	

NOTES ON EVENTS

The following is a short summary of some of the more important rules for various competition events.

RUNNING EVENTS

RUNNING

Always keep within your lane during races up to and including 400m. Never look around to see where your opponents are, and always run "through" the finish line.

HURDLES

Specific rules

Athletes must stay in their lane

Athletes trailing their foot or leg alongside any hurdle or over a hurdle in an adjoining lane will be disqualified

Athletes who deliberately knock down a hurdle with a hand or foot will be disqualified

WALKING

Race Walking is a technical event. Race walkers have to keep one foot in contact with the ground at all times and make sure that the supporting leg is straight at first contact with the ground until it is under the body.

JUMPING EVENTS

LONG JUMP / TRIPLE JUMP

Each athlete is allowed 3 jumps:

U'6 – U'12 athletes use a metre square mat

U'13 – U'17 athletes use a 200mm board – usually painted on the mat.

A foul is recorded if:

1. Any part of the Athlete's 'take off toe' protrudes over the front line or side edge of the board or mat.
2. After completing a jump the Athlete leaves the pit in the direction of the "take off" mat.
3. The Athlete does not land in the pit.

Measurement

All measurements are made to the nearest centimetre below.

U'6-U'12 the jump is measured from the break in the sand nearest the take off point to the nearest point of the imprint of the athlete's take off foot. If the athlete takes off from behind the mat, then the jump is measured from the break in the sand to the back edge of the mat.

U'13-U'17 the jump is measured from the break in the sand to the front edge of the board.

Additional information for Triple Jump

The triple jump consists of a hop, step and jump. In the hop the athlete lands on the same foot as that he/she has taken off from; in the step the athlete will land on the other foot and subsequently the jump is performed.

The take-off mat is set at various distances (from the pit) for different athletes.

HIGH JUMP

U'6-U'8 athletes are only allowed to do scissor action. U'9-U'17 is optional.

Each athlete is allowed 3 attempts at each height.

An athlete ceases jumping when 3 consecutive failures are recorded. Each athlete is able to record at least one successful jump.

Athletes may commence jumping at any height.

Athletes may pass at any height, but can not pass after a baulk.

The height of the bar increases in 5cm increments until one athlete is left. The last athlete may select the height the bar is to be raised (Minimum 2cm intervals).

A foul is recorded if (1) the athlete dislodges the bar, (2) the athlete jumps from two feet or (3) the athlete has two consecutive baulks.

If the horizontal bar is touched in the process of jumping, the jump is not passed until the official is satisfied that, it will not subsequently fall as a result of the jump.

THROWING EVENTS

All events are measured to the nearest centimetre below.

SHOT PUT & DISCUS

General rules for both events

Each athlete is allowed 3 throws.

The athlete may enter the circle from any direction but must leave from the rear half.

The shot and discus must land so that the point of impact is completely within the inner edges of the lines marking the sector.

A foul is recorded, if any part of the body touches the ground outside the circle or the top of the ring or stop board.

Measurement is made from the inside edge of the stop board to the nearest point of the mark made by the shot.

Additional rules for Shot Put

The shot must be put from the shoulder with one hand only. When the athlete takes a stance to begin the put, the shot (ball) must be touching or within the 25mm of the chin

The shot must not be taken behind the line of the shoulders.

JAVELIN

Each athlete is allowed 3 throws.

The Javelin:-

- a. must be held with the hand in contact with the grip.
- b. must be thrown over the shoulder or upper part of the throwing arm.
- c. must land point first
- d. must land inside the sector lines.



SUN SMART POLICY

It is Centre Policy, that all athletes are encouraged to be

Sun smart – ie:

Wear a **hat** at all times, unless participating in an event. Hats are available for purchase from our Uniform Coordinator;

Apply **sunscreen** to protect from the sun rays – even on a 20 degree day you can still get burnt;

Drink **fluids** regularly to avoid dehydration – the day before and during the sporting activity. Drinking because you are thirsty may be too late.

PROGRAMME 2011/2012

The timetable will be rotated. If a meet is cancelled due to hot or wet weather, that meets programme will be moved forward to the next meet. Please check your newsletter for which programme will be used.

Prog A

T/T	U6	U7	U8	U9	U10	U11	U12	U13-17G	U13-17B
40m	100m	100m	100m	100m	D	SP	HJ	400m	400m
LJ	HJ	D	LJ	SP	100m	100m	100m	HJ	LJ
SP	70m	70m	70m	70m	LJ	LJ	JAV	100m	100m
	D	HJ	SP	LJ	400m	400m	400m	JAV	HJ
	300m	500m	700m	400m	1100w	1100w	LJ	LJ	JAV
						Vortex	1500w	1500w	1500w

Prog B

T/T	U6	U7	U8	U9	U10	U11	U12	U13-17G	U13-17B
40m	60H	60H	60H	800m	800m	800 1500	800 1500	TJ	TJ
HJ	Vortex	SP	D	60H	60H	60H	SP	800 1500	800 1500
H	200m	200m	200m	HJ	Vortex	D	60H	SP	D
	SP	LJ	Vortex	200m	200m	TJ	D	HUR	SP
	LJ	Vortex	HJ	D	HJ	200m	200m	D	HUR
				Vortex	SP	HJ	TJ	200m	200m
								200HUR U15-17	200HUR U15-17

The programme may be varied at the committee's discretion.

All events that are numerical relate to running events, eg 200 = 200 metre running race.

Abbreviations:

D	Discus	HJ	High Jump	H or HUR	Hurdles
JAV	Javelin	LJ	Long Jump	SP	Shot Put
TJ	Triple Jump	W	Walk		

TIMETABLE 2011/2012

2011

<i>OCTOBER</i>	Sunday 9 th	Home Meet	<u>Squad LA</u>
	Sunday 16 th	Home Meet	
	Sunday 23 rd	Home Meet	
	Sunday 30 th	Home Meet	
<i>NOVEMBER</i>	Sunday 6th	Home Meet - "Interclub"	
	Sunday 13 th	Home Meet	<u>Squad LA</u>
	Sunday 20 th	Home Meet	
	Sunday 27 th	Home Meet	
<i>DECEMBER</i>	Friday 2nd	Home Meet	
	Sunday 4th	<u>State Track & Field Relay Championships</u> U'9 – U'17	
	Sunday 11th	Christmas Break-up -"FUN DAY"	<u>Squad LA</u>

continued over page



2012

<i>JANUARY</i>	Sunday 8th	No Meet	<u>Squad LA</u>
	Sunday 15 th	Home Meet	
	Sunday 22nd	Personal Best Day - all age groups	
	Sunday 29 th	Home Meet	
<i>FEBRUARY</i>	Sunday 5 th	Home Meet	
	Friday 10th	Away Meet - "Regional Games – Southern Districts"	
	Sunday 12th	No Meet	<u>Squad LA</u>
	Sunday 19 th	Home Meet	
	Friday 24th	Home Meet	
	Sunday 26th	<u>State Multi Event Championships</u> U'9 – U'17	
<i>MARCH</i>	Sunday 4 th	Home Meet	<u>Squad LA</u>
	Sunday 11 th	Home Meet	
	Sunday 18 th	Home Meet	
	Saturday 24th Sunday 25th	State Individual Championships U'9 – U17	
	Sunday 1st	No Meet	
<i>APRIL</i>	Sunday 8th	AGM, Trophy Presentation, BBQ	



REDLA AWARDS SCHEME

ATTENDANCE TROPHY

To be eligible for this trophy, **Athletes must have attended not less than 10 home or away meetings** (*or not less than 6 meetings if registered after 31 December*), in the summer track and field season, programmed by the Centre or the South Australian Little Athletics Association as listed in this Year Book. To qualify as a meeting, Athletes must participate in at least 50% (rounded up) of the scheduled events for the day (e.g. 4 events - must participate in 2: 5 events - must participate in 3). These trophies provide an incentive to Athletes and also recognise their efforts for the season.

ACHIEVEMENT TROPHY

A trophy **may** be presented to a boy and girl in each age group based on a points system as ratified by the Management Committee prior to the commencement of the season.

MERIT AWARDS

These are awarded to Athletes who have attended 75 athletic meetings (and again at 150 meetings), both home and away (including championships etc) during the summer (track and field) and winter (cross country) season whilst registered with REDLA. Athletes' names and year of achieving this honour are recognised on our Centre plaque (*refer to Honour Roll section in this book*).

Athletes who have attended little athletics at other official athletic clubs within Australia, may, once registered with REDLA, transfer their accrued meetings to REDLA to combine the total number of meets to reach 75 and 150 respectively. Verification of attendance may be requested at the committee's discretion.

PERPETUAL SPORTS GIRL AND BOY OF THE SEASON

These awards are given for outstanding commitment or achievement throughout the season, ranging from the number of personal bests to success at State Level. This trophy is awarded at the discretion of the Management Committee. These trophies are presented by the previous year's winners.

IGA AWARDS

IGA Awards (1 to 5 stars) are given out at the end of the season. It is based on the Athletes Highest achievements in various events during the season and Athletes receive a cloth badge and a certificate. This form is included in your 'Registration Pak'.

ADULT LIFE MEMBERSHIP

These may be awarded to person(s) who have contributed at least 10 years of commendable service to REDLA. Nominations must be submitted in writing to the Club Secretary no less than 28 days prior to the Annual General Meeting. *The final decision will be at the discretion of the committee OR Life members of the centre may be appointed by a simple majority vote of the adult members of the Club.*

JUNIOR LIFE MEMBERSHIP

Any Athlete that has been an "active" registered member participating in home, away, special and association meets for 10 years, *and* is of good character may be nominated for Junior Life Membership. The Centre Registrar is to present a list of those athletes that meet the above criteria to the committee and the committee is to make the final decision. Life Memberships are to be presented at the Club AGM.

CROSS COUNTRY SEASON

Each winter a series of cross-country running events are conducted by many of the Centres and Clubs affiliated to the Association. Distances range from 400m to 3000m depending on age, and the series culminates in a State Championship event, which was held at our centre for the season 2010/2011.
(to qualify an athlete needs to have competed in at least 4 of the earlier meets).

Our Centre was represented by 17 Athletes in the 2010/2011 winter season.

Congratulations to our athletes who competed throughout the series, and to those who competed, placed and medalled, in the State Championships. WELL DONE !

SQUAD LA DEVELOPMENT

The South Australian Little Athletics Association offer Coaching Clinics for your athletes in the Under 12, 13, 14 & 15 age groups (these age groups are based on your age group for the 2011/2012 season). Specialised coaching in Sprints, Long Distance, Hurdles, Shot Put, Discus, Javelin, High Jump, Long Jump & Walks are offered. The program commenced in August 2011 and is held monthly until March 2012. Please see a committee member for more details.

COACHING CLINICS

The South Australian Little Athletics Association conduct Coaching Clinics at Santos Stadium commencing 16th – 20th January 2012 from 9:00am to 12:00pm for under 10 to under 17 age groups. Applications close on Friday 9th December 2011. Please see a committee member for more details.

TINY TOTS

Children, who wish to participate as a Reynella East and Districts Little Athletics Tiny Tot, must be either 3 or 4 years of age as of the 1st October 2011. Children who turn 3 after this date may join during the season, after their birthday. Also, children who turn 5 during the season, may move up into the U'6 age group. It is essential that parents/carers be involved with their Tiny Tot, to help link between 'family fun and fitness' as this is a fundamental principle of Little Athletics.

Tiny Tots is designed to provide a solid foundation for future skill building. Novelty events specifically designed to develop both motor and social skills are provided at REDLA. Events such as 40m Sprint, Hurdles, Relays, High Jump, Long Jump and Shot Put are also available for the Tiny Tots to participate in.

REDLA Tiny Tots endeavours to incorporate the following areas of development:

1. Enhancement of Perceptual skills – both visual and hearing/listening
2. Building overall strength of the large muscle groups through repetitive movements
3. Encouraging development of balance – both static and dynamic
4. Development of body and spatial awareness
5. Development of Motor Planning through practicing the sequence of motor skills used when learning a new skill
6. Encourage Independence
7. Encourage the ability to follow directions

SPECIAL EVENTS

'be active' SOUTHERN METRO REGIONAL GAMES (Tiny tots – U'17)

Date: Friday 10th February 2012

Venue: Southern Districts LA, Bowker Street Oval,
Bowker Street, North Brighton (Hosted by Hallett Cove)



An athletic meeting for the Association's Southern Metropolitan Centres which provides an opportunity for athletes to participate against athletes from the following Centres: Flinders, Hallett Cove, Noarlunga, Plympton, Reynella East, Southern Districts and Southern Hills. All Centres assist with the officiating and catering for the day. Regional day certificates and badges are provided to athletes.

'IGA' STATE TRACK & FIELD RELAY CHAMPIONSHIPS (U'9 – U'17)

Date: Sunday 4th December 2011

Venue: SANTOS Stadium, Railway Terrace, Mile End



How the locals like it.

Athletes in the U9-U17 age groups are eligible to participate in either **Track** or **Field** relay events. Association policy requires Centres to field TRACK relay teams before FIELD relay teams. TRACK RELAY events will be 4 x 100m and 4 x 200m for U9 to U11, 4 x100m and 4 x 400m for U12 to U17. Heats and finals are run for track relay events. FIELD RELAY team (2 - 4 members) compete in Long Jump, High Jump, Shot Put and Discus.

Nominations close: Tuesday 15th November 2011, (at 3.00pm)

Registration cut-off: Friday 25th November 2011

Team Selection Policy: Athletes who have nominated will have their best performances monitored by a sub-committee during the period leading up to the event. Based on these performances the teams will be selected. Further details will be provided closer to the time. RULES OF COMPETITION AND PROGRAMME will be made available to parents and athletes who are selected for the Track and Field relays.

**'be active' PERSONAL BEST DAY
(U'6 – U'17)**

Date: Sunday 22nd January 2012

Venue: SANTOS Stadium, Railway Terrace, Mile End



Another opportunity for registered athletes of all age groups U'6 – U'17 to participate at the SANTOS Sports Stadium against athletes from other Centres. Correct Centre uniform must be worn; otherwise the athlete will not be allowed to participate. This day is generally a hectic day for all - parents, officials and athletes. *COMPETITION RULES OF CONDUCT and PROGRAMME* will be made available to parents and athletes intending to participate. All Centres are required to provide officials on this day.

Registration cut-off: Friday 13th January 2012

**' McDonalds' MULTI-EVENT CHAMPIONSHIPS
(U'9 – U'17)**

Date: Sunday 26th February 2012

Venue: SANTOS Stadium, Railway Terrace, Mile End



These championships involve athletes participating in five events as programmed by the Association with points being allocated according to performances. Medals will be awarded to the first three placegetters in each age group. Correct Centre uniform must be worn. *RULES AND GENERAL INFORMATION, together with a PROGRAMME* will be made available to parents and athletes intending to participate.

Nominations close: Thursday 2nd February 2012, (at 3.00 pm)

Registration cut-off: Friday 20th January 2012

**'be active' STATE INDIVIDUAL CHAMPIONSHIPS
(U'9 – U'17)**

Date: Saturday 24th & Sunday 25th March 2012

Venue: SANTOS Stadium, Railway Terrace, Mile End



To participate at these championships, athletes are required to have reached the qualifying standard twice during the season. Only registered athletes in the U9-U17 age groups are eligible to participate. Athletes may enter a maximum of 5 events. *RULES AND INFORMATION, together with a PROGRAMME* will be made available to parents and athletes who have qualified.

Nominations Close: Thursday 1st March 2012

Registration cut-off: Saturday 31st December 2011

Qualification period: 1st September 2011 to 29th February 2012

**PLEASE CHECK THE QUALIFYING STANDARDS FOR THE STATE
INDIVIDUAL CHAMPIONSHIPS, AS SEVERAL STANDARDS HAVE BEEN
UPDATED.**

**QUALIFYING STANDARDS
STATE INDIVIDUAL CHAMPIONSHIPS 2011**

GIRLS

<u>GIRLS</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>	<u>U17</u>
60m Hurdles	13.0	13.3	12.6	12.9	-	-	-	-	-
80m Hurdles	-	-	-	-	18.0	18.3	-	-	-
90m Hurdles	-	-	-	-	-	-	22.0	22.0	22.0
200m Hurdles	-	-	-	-	-	-	46.0	46.0	46.0
70m	12.4	-	-	-	-	-	-	-	-
100m	17.4	16.5	15.9	15.3	14.9	15.2	15.8	15.8	15.8
200m	38.5	36.1	34.2	32.7	32.0	32.5	34.0	34.0	34.0
400m	1.33	1.28	1.23	1.20	1.19	1.25	1.35	1.35	1.35
800m	3.32	3.25	3.18	3.12	3.10	3.25	3.50	3.50	3.50
1500m	-	-	7.10	6.55	7.00	7.15	8.00	8.00	8.00
1100m Walk	-	8.30	8.00	-	-	-	-	-	-
1500m Walk	-	-	-	11.00	11.00	11.00	10.30	10.30	10.30
Shot Put	4.70	5.45	6.30	7.30	6.40	6.60	6.50	6.50	6.50
Discus	12.50	14.50	15.00	17.50	18.10	16.40	16.00	16.00	16.00
Javelin	-	-	-	13.50	14.10	13.90	13.00	13.00	13.00
High Jump	1.01	1.11	1.17	1.23	1.27	1.24	1.18	1.18	1.18
Long Jump	3.05	3.35	3.50	3.85	3.95	3.92	3.60	3.60	3.60
Triple Jump	-	-	7.40	8.00	8.20	8.35	8.25	8.25	8.25

BOYS

<u>BOYS</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>	<u>U17</u>
60m Hurdles	12.3	12.7	12.0	12.0	-	-	-	-	-
80m Hurdles	-	-	-	-	17.6	-	-	-	-
90m Hurdles	-	-	-	-	-	18.9	-	-	-
100m Hurdles	-	-	-	-	-	-	23.0	22.0	22.0
200m Hurdles	-	-	-	-	-	-	37.0	37.0	37.0
70m	11.9	-	-	-	-	-	-	-	-
100m	16.6	16.0	15.4	14.7	14.5	14.3	14.1	14.2	14.2
200m	36.4	34.5	32.9	31.2	30.5	30.3	29.5	29.5	29.5
400m	1.25	1.22	1.19	1.16	1.13	1.13	1.19	1.17	1.17
800m	3.12	3.05	3.00	2.55	2.50	2.55	3.05	3.00	3.00
1500m	-	-	6.20	6.10	6.10	6.15	6.30	6.20	6.20
1100m Walk	-	8.30	8.00	-	-	-	-	-	-
1500m Walk	-	-	-	11.00	11.00	11.00	10.30	10.30	10.30
Shot Put	5.70	6.70	7.30	7.00	7.80	6.75	7.15	7.15	7.15
Discus	17.00	19.00	19.00	21.00	20.10	21.00	22.60	22.60	22.60
Javelin	-	-	-	22.50	21.00	21.00	22.50	23.00	23.00
High Jump	1.10	1.18	1.25	1.32	1.36	1.36	1.32	1.30	1.35
Long Jump	3.35	3.55	3.80	4.05	4.20	4.35	4.45	4.55	4.55
Triple Jump	-	-	8.00	8.50	8.85	8.85	9.20	9.20	9.20

RECORD BREAKERS 2010/2011

U'6 Girls

Macey Coghlan – 60m Hurdles (14.5), 300m (1:17.6)

U'6 Boys

Brayden Fielder – 300m (1:14.1)

Tarkyn Etherington – 60m Hurdles (14.6)

U'7 Girls

Taya Howden – 500m (2:10.8)

U'7 Boys

Dylan Hoyle – 500m (2:13.2)

U'8 Girls

Georgia Potter – 700m (3:08.8)

U'8 Boys

Tyson Donovan – 700m (3:03.7)

U'9 Girls

Holly Saberton – 400m (1:33.3)

U'9 Boys

Shannon Day – 400m (1:33.9)

U'10 Boys

Tyler Oliver – Discus (26.64)

U'11 Girls

Caitlin Francis – 100m (14.0), Long Jump (4.63),
Triple Jump (9.56), High Jump (=1.35)

Darcee Kelly – Discus (21.69)

U'12 Girls

Olivia Griffiths – Discus (22.05)

U'13 Girls

Chelsea Kelly – 1500m Walk (8:46.7)

U'14 Girls

Tayla Philis – 100m (12.7), 200m (26.7),
Long Jump (5.24), 400m (1:03.7), High Jump (1.55),
Shot Put, (8.97), 80m Hurdles (12.0) **SBP**

Keah Wilson – Discus (21.57)

U'14 Boys

Ben Syrus – 100m (12.2), Long Jump (5.36)

U'16 Girls

Kristy Hirschausen – 100m (13.3), 90m Hurdles (13.8),
Long Jump (5.16), Triple Jump (10.44), Discus (22.30)

U'16 Boys

Sam Chalmers – 100m (12.1), 200m (24.8), 400m (53.9)

Shannon Chiappini – 100m (12.1), Long Jump (5.68),
Triple Jump (12.05), Discus (44.26), Shot Put (12.28)

U'17 Boys

Jake Marshall – 100m (12.6), 200m (26.6), 400m (59.0),

800m (2:27.7), 1500m (5:39.8), 200m Hurdles (31.4),
1500m Walk (10:03.4), Discus (35.13), Shot Put (10.87)

* 50 new records, plus 72 other records throughout the season superceded*

CENTRE BEST PERFORMANCES

U'6	BOYS			GIRLS		
Event	Name	Perf	Date	Name	Perf	Date
60m H	Tarkyn Etherington	14.6	2011	Macey Coghlan	14.5	2011
40m	Thomas Hall	7.6	2001	Jacinta Maunder	7.9	2001
				Leah Wright	7.9	2001
70m	Jack Spacie	12.9	2001	Sarah Jackson	13.1	1992
	Thomas Hall	12.9	2001			
100m	Jack Spacie	18.3	2001	Sarah Jackson	18.8	1992
200m	Jack Spacie	41.4	2001	Anthea Kotyla	42.5	1990
300m	Brayden Fielder	1.14.1	2011	Macey Coghlan	1.17.6	2011
Shot Put	Clinton Gallio	5.11	1998	Leah Cece	4.20	1996
Discus	Jack Spacie	11.97	2001	Leah Cece	9.96	1996
HJ	Matthew Silver	.90	1987	Tegan Gierke	0.85	2001
	Thomas Hall	.90	2001			
LJ	Thomas Hall	2.80	2001	Alexandra Philis	2.57	2006

U'7	BOYS			GIRLS		
Event	Name	Perf	Date	Name	Perf	Date
60mH	Jarrad Bollenhagen	12.2	2001	Sarah Jackson	13.2	1993
	Thomas Hall	12.2	2002	Jade Spears	13.2	1998
70m	Ryan Gregor	11.3	1992	Jocelyn Pinchbeck	12.4	1991
				Tayla Philis	12.4	2004
100m	Ryan Gregor	16.4	1992	Olivia Michelin	17.4	2001
200m	Ryan Gregor	36.3	1992	Emma Brice	37.4	2004
500m	Dylan Hoyle	2.13.2	2011	Taya Howden	2.10.8	2011
Shot Put	Clinton Gallio	6.56	1999	Georgia Potter	5.66	2010
Discus	Kurtis Marschall	18.63	2004	Leah Cece	12.44	1997
HJ	Lachlan Day	1.10	2000	Kate Pedretti	0.98	1987
LJ	Ryan Gregor	3.28	1992	Alexandra Philis	3.04	2007

U'8	BOYS			GIRLS		
Event	Name	Perf	Date	Name	Perf	Date
60mH	Jarrad Bollenhagen	11.3	2002	Rikki-Lee Dwyer Tayla Philis	12.4 12.4	2003 2005
70m	Ryan Gregor	11.0	1993	Olivia Michelin	11.5	2002
100m	Ryan Gregor	15.5	1993	Olivia Michelin	16.3	2002
200m	Ryan Gregor	33.1	1993	Olivia Michelin	36.2	2002
400m	Matthew Reed	1.32.6	2009	Madison Spratt	1.38.6	2009
500m	Todd Ley	1.49.0	1996	Alexandra Philis	1.56.2	2008
700m	Tyson Donovan	3.03.7	2011	Georgia Potter	3.08.8	2011
400mW	Todd Cece	2.15.0	1996	Tiffany Ley	2.29.0	1995
Shot Put	Ryan Gregor	6.98	1993	Emma Brice	5.81	2005
Discus	Todd Cece	18.62	1996	Jeanette Ryan	13.00	1989
HJ	Ryan Gregor Lachlan Day	1.19 1.19	1993 2001	Leah Cece Jessica Bollenhagen Emma Brice	1.08 1.08 1.08	1998 2005 2005
LJ	Ryan Gregor	3.81	1993	Keston Trogenza	3.60	1992

U'9	BOYS			GIRLS		
Event	Name	Perf	Date	Name	Perf	Date
60mH	Jarrad Bollenhagen	10.4	2003	Tayla Philis	10.7	2006
70m	Ryan Gregor	10.3	1994	Keston Trogenza	11.1	1993
100m	Ryan Gregor	14.4	1994	Olivia Michelin	15.8	2003
200m	Ryan Gregor	30.8	1994	Olivia Michelin	32.9	2003
400m	Shannon Day	1.33.9	2011	Holly Saberton	1.33.3	2011
800m	Brett Steel	2.45.0	1991	Alexandra Philis	3.01.2	2009
700mW	Matthew Quist	4.05.0	1995	Ashleigh Gallio	4.06.8	1998
Shot Put	Ryan Gregor	7.42	1994	Leah Cece	6.51	1999
Discus	Tyler Oliver	23.49	2010	Leah Cece	16.44	1999
HJ	Daniel Neal Jarrod Neal	1.23 1.23	1991 1995	Leah Cece	1.19	1999
LJ	Toby Viney	4.06	1988	Tayla Philis	3.69	2006

U'10	BOYS			GIRLS		
Event	Name	Perf	Date	Name	Perf	Date
60mH	Jarrad Bollenhagen	11.3	2004	Alexandra Philis =SBP	10.7	2010
70m	Ryan Gregor	10.0	1995	Caitlin Francis	10.4	2010
100m	Trent Spacie	14.0	2001	Caitlin Francis	14.7	2010
200m	Ryan Gregor	29.9	1995	Caitlin Francis	31.7	2010
400m	Trent Spacie	1.09.0	2001	Alexandra Philis	1.12.5	2010
800m	Brett Steel	2.34.9	1992	Alexandra Philis	2.53.9	2010
1100mW	Ben Caruso	6.25.2	1996	Ashleigh Gallio	7.00.3	1999
Shot Put	Jordan Atkinson	8.10	2009	Leah Cece	7.15	2000
Discus	Tyler Oliver	26.64	2011	Leah Cece	19.66	2000
HJ	Toby Viney Daniel Neal	1.33 1.33	1989 1992	Jessica Bollenhagen	1.32	2007
LJ	Bradley Hooper	4.39	1989	Caitlin Francis	4.43	2010
TJ	Jarrod Neal	8.40	1996	Alexandra Philis	9.04	2010

U'11	BOYS			GIRLS		
Event	Name	Perf	Date	Name	Perf	Date
60mH	Darian Wilson	10.4	2007	Tayla Philis SBP	10.0	2008
100m	Ryan Gregor	13.7	1996	Caitlin Francis	14.0	2011
200m	Ryan Gregor	28.8	1996	Delia Gridley	29.0	1995
400m	Brett Steel	1.06.0	1993	Jessica May	1.08.7	1990
800m	Brett Steel	2.28.6	1993	Rebecca Kite	2.42.0	2009
1100W	Matthew Quist	6.25.8	1997	Kym Steel	6.17.7	1994
1500m	Brett Steel	5.03.2	1993	Kayla Higgins	5.35.0	2009
Shot Put	Kurtis Marschall	9.46	2008	Leah Cece	8.23	2001
Discus	Steven Cowen	24.64	1998	Darcee Kelly	21.69	2011
Javelin	Michael Brown	23.86	1996	Naomi Clothier	17.08	1997
HJ	Daniel Neal	1.44	1993	Kirsty Liddicoat	1.35	1993
				Caitlin Francis	1.35	2011
LJ	Toby Viney	4.69	1990	Caitlin Francis	4.63	2011
TJ	Daniel Neal	9.53	1993	Caitlin Francis	9.56	2011
	Kurtis Marschall	9.53	2008			

U'12	BOYS			GIRLS		
Event	Name	Perf	Date	Name	Perf	Date
60mH	Marcus Hemphill	10.1	2000	Tayla Philis =SBP	9.7	2009
100m	Marcus Hemphill	13.6	2000	Tayce Fry	13.3	2007
200m	Luke Smith	28.7	1992	Tayce Fry	27.9	2007
	Marcus Hemphill	28.7	2000			
400m	Brett Steel	1.05.0	1994	Tayce Fry	1.05.1	2007
800m	Matthew Ferber	2.25.6	1999	Rebecca Kite	2.32.9	2010
1500m	Brett Steel	5.02.2	1994	Rebecca Venus	5.29.2	2009
1500W	Daniel Neal	8.24.0	1994	Kym Steel	8.26.5	1995
Shot Put	Ian McAvaney	8.09	2002	Leah Cece	9.01	2002
Discus	Steven Cowen	27.23	1999	Olivia Griffiths	22.05	2011
Javelin	Darian Wilson	30.76	2008	Leah Cece	21.59	2002
HJ	Kurtis Marschall	1.52	2009	Tayla Philis	1.41	2009
LJ	Toby Viney	5.33	1991	Tayla Philis	4.73	2009
TJ	Toby Viney	10.33	1991	Tayla Philis	10.04	2009

U'13	BOYS			GIRLS		
Event	Name	Perf	Date	Name	Perf	Date
80mH	Kurtis Marschall	13.5	2010	Tayla Philis SBP	12.8	2010
100m	Ryan Gregor	12.3	1998	Tayla Philis	12.9	2010
200m	Craig Kouimanis	25.3	1993	Tayla Philis	27.0	2010
400m	Lee Williams	1.00.3	1994	Tayce Fry	1.02.0	2008
800m	Matthew Ferber	2.19.2	2000	Rebecca Venus	2.30.6	2010
1500m	Philip Roy	4.51.0	1991	Rebecca Venus	5.23.4	2010
1500W	Daniel Neal	8.20.5	1995	Chelsea Kelly	8.46.7	2011
Shot Put	Ryan Gregor	11.68	1998	Leah Cece	8.20	2003
Discus	Shannon Chiappini	32.80	2008	Kimberley Chamberlain	26.18	2008
Javelin	Stephen James	31.24	1997	Leah Cece	27.13	2003
HJ	Kurtis Marschall	1.56	2010	Kirsty Liddicoat	1.50	1995
LJ	Ryan Gregor	5.19	1998	Tayla Philis	5.12	2010
TJ	Ryan Gregor	11.02	1998	Tayla Philis	10.33	2010

U'14	BOYS			GIRLS		
Event	Name	Perf	Date	Name	Perf	Date
80mH	-			Tayla Philis	12.0	2011
90mH	Leigh Barrett Daniel Neal	14.3 14.3	1992 1996	-		
100m	Ben Syrus	12.2	2011	Tayla Philis	12.7	2011
200m	Marcus Hemphill	25.3	2002	Tayla Philis	26.7	2011
400m	Matthew Ferber	56.0	2001	Tayla Philis	1.03.7	2011
800m	Paul Jackson	2.10.9	1993	Brooke Rosman	2.37.0	1991
1500m	Paul Jackson	4.34.4	1993	Brooke Rosman	5.29.0	1991
1500W	Daniel Neal	7.50.0	1996	Jeanette Ryan	8.33.0	1995
Shot Put	Chris Kent	10.27	2003	Tayla Philis	8.97	2011
Discus	Patrick Marshall	33.51	2010	Keah Wilson	21.57	2011
Javelin	Aidan Mol	39.17	2002	Tamzin Hancock	28.14	1993
HJ	Justin Bollenhagen	1.68	2006	Tayla Philis	1.55	2011
LJ	Ben Syrus	5.36	2011	Tayla Philis	5.24	2011
TJ	Shannon Chiappini	11.43	2009	Jessica May	10.58	1993

U'15	BOYS			GIRLS		
Event	Name	Perf	Date	Name	Perf	Date
90mH	-			Kristy Hirschausen	14.4	2010
100m	Marcus Hemphill	11.7	2003	Megan Prest	12.7	1995
100mH	Marcus Hemphill	14.5	2003	-		
200m	Marcus Hemphill	24.9	2003	Megan Prest	27.1	1995
200mH	Paul Stuart	27.5	1995	Megan Prest	31.5	1995
400m	Aidan Mol	54.5	2003	Megan Prest	1.00.1	1995
800m	Matthew Ferber	2.06.4	2002	Carly Walsh	2.35.0	1992
1500m	Philip Roy	4.27.7	1993	Carly Walsh	5.36.0	1992
1500W	Daniel Neal	7.49.0	1997	Leanne Southby	8.10.5	1999
Shot Put	Shannon Chiappini	11.25	2010	Rebecca Barnfield	7.98	2003
Discus	Shannon Chiappini	37.93	2010	Julie Penna	22.50	1996
Javelin	Aidan Mol	42.07	2003	Rebecca Barnfield	24.45	2003
HJ	Daniel Neal	1.80	1997	Rikki Wilson	1.51	2009
LJ	Shannon Chiappini	5.88	2010	Kristy Hirschausen	5.06	2010
TJ	Shannon Chiappini	11.77	2010	Kristy Hirschausen	10.28	2010



U'16	BOYS			GIRLS		
Event	Name	Perf	Date	Name	Perf	Date
90mH	-			Kristy Hirschausen	13.8	2011
100m	Sam Chalmers Shannon Chiappini	12.1 12.1	2011 2011	Kristy Hirschausen	13.3	2011
100mH	Matthew Ferber	15.5	2003	-		
200m	Sam Chalmers	24.8	2011	Anthea Kotyla	28.4	2000
200mH	Matthew Ferber	29.9	2003	Hayley Tonkin	32.8	2000
400m	Sam Chalmers	53.9	2011	Leanne Southby	1.06.3	2000
800m	Matthew Ferber	2.03.6	2003	Leanne Southby	2.37.9	2000
1500m	Matthew Ferber	4.34.6	2003	Leanne Southby	5.34.6	2000
1500W	Jake Marshall	9:24.3	2010	Leanne Southby	9.11.9	2000
Shot Put	Shannon Chiappini	12.28	2011	Lauren Shephard	8.83	2001
Discus	Shannon Chiappini	44.26	2011	Kristy Hirschausen	22.30	2011
Javelin	Aidan Mol	41.56	2004	Leanne Southby	23.34	2000
HJ	Aidan Mol	1.83	2004	Tegan Wilson	1.49	2008
LJ	Shannon Chiappini	5.68	2011	Kristy Hirschausen	5.16	2011
TJ	Shannon Chiappini	12.05	2011	Kristy Hirschausen	10.44	2011

U'17	BOYS			GIRLS		
Event	Name	Perf	Date	Name	Perf	Date
90mH	-			Erin Kearsley	17.6	2003
100m	Jake Marshall	12.6	2011	Erin Kearsley	14.9	2003
100mH	Brad Lowe	17.8	2006	-		
200m	Jake Marshall	26.6	2011	Erin Kearsley	31.4	2003
200mH	Jake Marshall	31.4	2011	Erin Kearsley	37.4	2003
400m	Jake Marshall	59.0	2011	Rebecca Barnfield	1.16.9	2005
800m	Jake Marshall	2.27.7	2011	Rebecca Barnfield	3.07.5	2005
1500m	Jake Marshall	5.39.8	2011	Rebecca Barnfield	7.31.6	2005
1500W	Jake Marshall	10.03.4	2011	Sarah Mol	11.44.2	2008
Shot Put	Jake Marshall	10.87	2011	Sarah Mol	8.94	2007
Discus	Jake Marshall	35.13	2011	Rebecca Barnfield	22.83	2005
Javelin	Michael Wilson	32.77	2006	Rebecca Barnfield	21.84	2005
HJ	Michael Wilson	1.70	2006	Sarah Mol	1.45	2008
LJ	Brad Lowe	5.27	2006	Tegan Wilson	4.01	2009
TJ	Michael Wilson	11.25	2006	Sarah Mol	8.96	2007



PARENTS CODE OF BEHAVIOUR

- ✓ Encourage children to participate 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 that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- ✓ Encourage children to always participate according to the rules.
- ✓ Never ridicule or yell at a child for making a mistake or losing an event.
- ✓ If you disagree with an official, raise the issue through the appropriate channels rather than questioning the officials' judgement and honesty in public. Remember, all officials give their time and effort for your child's involvement.
- ✓ Support all efforts to remove verbal and physical abuse at Little Athletics activities.
- ✓ Recognise the value and importance of being a volunteer and/or coach. They give their time and resources to provide recreational activities for the children and deserve your support.
- ✓ Demonstrate appropriate social behaviour, by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.

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