

Liverpool City

Little Athletics Centre

2022-23 Season Handbook



Liverpool City Little Athletics Centre Handbook 2022/2023 Season

| | |
|---------------------------------|---------|
| Table of Contents/Life Members | p.1 |
| Centre Committee | p.2 |
| Committee message | p.3 |
| What Happens on a Friday night? | p.4 |
| Centre Rules and Safety | p.5 |
| Uniforms | p.6 |
| Results/Training | p.7 |
| Awards structure | p.8 |
| Week 1 Program | p.10 |
| Week 2 Program | p.11 |
| Centre Records | p.12-15 |
| Dwyer Oval Layout | p.16 |

LIFE MEMBERS

The following people have been admitted to life membership of our Centre in recognition of their dedication and support of Little Athletics.

| | | | |
|------|---------------------------------|------|--------------------------------|
| 1983 | Bill and Jean Howlett | 2001 | Mark Whalan |
| 1986 | Robert and Vicki Bateman | 2002 | Deborah and Ross Penney |
| 1988 | Lyn Minister | 2006 | Robbi Sain |
| 1990 | Gina Kleindy | 2007 | David Cox |
| 1990 | Chris Strand | 2012 | Sharyn Dickson |
| 1991 | Maria Kelly | 2012 | Peter Vander Jagt |
| 1991 | Laurie Gerisch | 2013 | John Joester |
| 1991 | Sharon Martin | 2013 | Paul Gallovich |
| 1991 | Mario Polis | 2015 | Dianne Thompson |
| 1995 | David Birss | 2015 | Nicole Reynolds |
| 1995 | Adrian Jones | 2016 | Lubi Maric |
| 1997 | Maureen Dark | 2020 | Aggie Hornung |
| 1997 | George D'ugo | 2020 | Ian Strevens |
| 1997 | Judy Rich | 2021 | Catherine Ong |
| 2000 | Steve Bowman | | |

JUNIOR LIFE MEMBERS

| | | | |
|------|-------------------------|------|------------------------|
| 2015 | Kristen Thompson | 2021 | Joshua Lewsam |
| 2016 | Hannah Kaine | 2021 | Martin Ong |
| 2017 | Daniel Reynolds | 2021 | Raven Pyda |
| 2017 | Georgia Towell | 2021 | Andrew Strevens |

Centre Committee for 2022-2023

| | | | |
|-------------------------------|-----------------------------------|--------------------------------------|-------------------|
| <u>President</u> | MaryLou Henry | liverpoolcitylac@gmail.com | 0449675163 |
| <u>Vice President</u> | Catherine Ong | liverpoolcitylac@gmail.com | 0434845262 |
| <u>Secretary</u> | Roulla Parzakonis | liverpoolcitylac@gmail.com | 0423418367 |
| <u>Treasurer</u> | Aggie Hornung | hornundzek@hotmail.com | 0412887160 |
| <u>Registrar</u> | Elizabeth Martin | liverpoolcitylac@gmail.com | |
| Canteen | Zena Dablan | | |
| Championships | Joshua Lewsam Georgia Holloway | lclac.championships@gmail.com | |
| Uniforms | Roulla Parzakonis | | |
| Records & Rankings | Julie Ogston Georgia Holloway | | |
| Equipment Officer | Michael Ogston | | |
| First Aid Officer | Marcella Fletcher Ian Strevens | | |
| Working with Children | Ian Strevens Catherine Ong | | |
| General Committee | Christy Osimen Chukwudi | | |
| General Committee | Marcella Fletcher | | |
| General Committee | Sarah Pastuszek | | |

Liverpool City LAC committee is made up of parents who volunteer their time to ensure that our Centre functions correctly. We welcome all members to open committee meetings which are usually held every 1st Wednesday of the month. If you have any ideas, suggestions or complaints please put in writing to the secretary. It's your club, so please give us some feedback; it's the only way we can improve.

Welcome to Liverpool City Little Athletics

A Message from the Committee

On behalf of the Liverpool Little Athletics Club, we would like to welcome back our athletes from the previous season and warmly welcome all new members to our club for an exciting season of Little Athletics 2022-23.

Our club was established in 1972, our motto is "Family, Fun, Friendship and Fitness". We would encourage your whole family to be involved. Our club is entirely run by parent volunteers and can only run successfully with your help! This handbook is the perfect way to learn more about our club but you will also find our friendly committee is always available to help if you have any questions.

We have a club website at www.lclac.com.au, and Facebook page "Liverpool City Little Athletics Centre" which will keep you up to date as the season progresses with everything you need to know! We encourage your questions and suggestions and are happy to discuss your concerns with you.

We rely on Parent volunteers to assist with Age Groups. Experience is not necessary. We ask the parents to help supervise children, measure and record events, get Age Groups to and from each event, etc. This helps with a smooth running of Friday nights as well as allows parents to be actively involved in their activities. We do not allow drop and run practices. Children who are left unsupervised will not be allowed to participate.

We would love you to support our club canteen, our raffles and fundraiser BBQs. All the money raised by the club goes into buying new equipment and trophies at the end of the season. Parents and athletes will be able to monitor and track individual results through **ResultsHQ** with season results, personalize Family booklets and much more.

We look forward to hearing your stories and sharing in your successes during 2022-23

Kind Regards,

LCLAC Committee



What Happens on A Friday Night?

Different age groups will finish at different times. This will also depend on the number of parent helpers out with the age groups. Please arrive early to warm up.

The Program: We run a two-week program, the details are on page 10-11, and this allows the athletes to participate in a variety of events more frequently.

Week 1: Walks U9-U17 5:30pm, all other events 6pm start

Week 2: Field events U11-U17 5:30pm start, all other events 6pm start

U6-U17: Each Friday evening athletes will be called to meet in their designated areas. There will be equipment trolleys for each age group, please note, trolleys are for equipment only, so we ask you not to place your personal belongings there. The athletes are to wait for their age manager and parent helpers in their appropriate groups, and then they will be taken to their various events throughout the evening.

Due to the Covid-19 restrictions, we ask that members of different age groups adhere to social distancing and do not interact with each other, unless participating in mixed races.

Tiny Tots: Each Friday night Tiny Tots activities will start at approx. 6pm. Tots participate in various play activities which are fun but at the same time develop their motor skills. They will also run a few races that are non-competitive.

Uniforms: All children must wear centre uniform with the patches handed out at registration and comfortable shoes (see page 6 for more details).

Wet Weather: We will always try to run the night, even if it the program is reduced. We will attempt to have the information on our website/Facebook as soon as we can. Sometimes the decision may not be made until 4-4:30pm, as we may need to inspect the grounds prior. Keep in mind that if the Council has closed the grounds due to wet weather that decision can not be over ruled by the Committee.

Liverpool City Council wet-weather line: **87117748**, message updated daily by 3:30pm

Parent Attendance: There must always be a parent and or guardian that stays at the ground. If your child is left unsupervised, they will be excluded from competition.

This year due to Covid-19 we ask that only one parent or guardian attends with each athlete.

First Aid: All injuries, no matter how small, must be reported to the First Aid Officer. Please see the announcer where a First Aid Officer will be called.

Fundraising: Don't forget we have a canteen & BBQ each week. Please help by buying raffles, as this will help raise money to upgrade our equipment and Presentation Day.

Dual Membership: For Athletes U12-U17. This season, ANSW will require Dual athletes to individually activate or renew their ANSW Dual membership via ANSW membership platform. (Please contact individual senior club to confirm any additional fees, if any)

Competitions and Championships:

There are numerous opportunities for registered athletes to attend Gala Days or other special events, a chance to compete against athletes from other clubs.

Please see our Championship Officer if you would like to receive more details.

Zone Championships, 10-11th December 2022, (open to U7-U17), Zone Championships, hosted by Warradale LAC, location TBA, are the qualifying stage to Regional Championships (open to U8-U17) and State Championships (open to U9-U17) Athletes can only compete in events that are available only in their own age group, U7-U12 can chose up to 4 events, U13-U17 can chose up to 6 events.

Region 7 Championships, 10-12th February 2023, Bankstown LAC (open to U8-U17)

State Championships, 18-19th March 2023 (TBC), SOPAC, Homebush (open to U9-U17)

The Kumon State Combined Carnival, 4-5th March 2023, Wagga Wagga (open to U6-U17)

We will keep all of our members informed as more details become available.

Centre Rules & Safety

Please read and ensure your child is aware of the rules

Like all organisations, Little Athletics has rules. These rules are there to ensure the safety of all athletes, parents and visitors. We ask children and parents to cooperate and keep to the rules so that we can all enjoy our Friday nights in safety. For more details, please refer to the website, or hard copy at the Club.

- All events will be conducted under the Rules of Competition of LANSW, IAAF Handbook and/or local rules.
See the link for more details: <https://lansw.com.au/rules-of-competition/>
- All athletes must be registered with LANSW or ANSW before they participate
- All competitors must compete in approved Centre Uniform with all registration numbers attached (see page 6 on where to place patches)
- Shoes must be worn for all events
- **Spiked shoes can only be worn in the Under 11's and above**, and only in lane events, (U13 and above excepted) Long Jump, Triple Jump and High Jump, Javelin. Athletes wearing spikes should roll off the High Jump Bags and not walk on them.
- Spiked shoes must be carried in a shoe bag to the start of the competition area. They are not to be worn at all in the spectator areas. Athletes will be required to fill in a spike licence.
- **Smoking & Alcohol Free Zone.** There is a strict no smoking and no alcohol policy at Liverpool City LAC. Please move out to the car park to smoke and there is no alcohol to be consumed on the grounds.
- **There must always be a parent/and or guardian to stay at the ground, otherwise your child will be excluded from all events.**
- Field events areas can be dangerous. Children must not touch the equipment unless instructed to do so. Athletes and parents must shelter behind the protective nets at Discus and not walk through or too close to the Javelin or High jump area while that event is being run.
- All competitors are expected to take care of the track and field events. The area between the straight track and circular track is out of bounds for athletes and parents. See the shaded area on the map on the inside Cover. Please look where you are going at all times.
- Officials and their assistants will send from the event any athlete who is misbehaving or conducting themselves in any way prejudicial to the performance of others.
- Any protest or complaints can be directed to the President in writing
- Treat all athletes as you like to be treated. Do not bully or take unfair advantage of another competitor.
- For your safety, please enter the field via the side gate at the equipment shed. Don't climb on or over any fences or structures at the ground.
- All injuries, no matter how small must be reported to the First Aid Officer, located at the canteen.
- All parent helpers must sign in to be covered by insurance.
- Our lost property collection can be found at the equipment shed (where uniforms are sold).

Uniforms

The uniform will be available to purchase Friday night, at the equipment shed.

It's a requirement of LANSW that all patches and registration numbers must be attached to the uniform. This is a procedural requirement that ensures current registration and insurance cover. It helps to identify the athlete and also assists with the efficient conduct of events. See below on where all patches go.

Athlete Registration Number

The McDonald's registration number must be attached to the front of the uniform singlet.

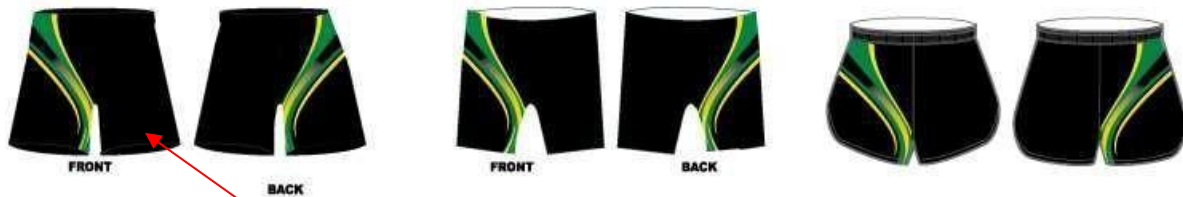
The red border must be fully visible, without any modification.

© Dream It We Create It



Coles Patch

Coles Patch must be attached to the right-hand top corner above the registration number.



The **Age Patch** must be attached to the front left side of the shorts or bike pants (alternatively top left side of singlet)

Lost patches can be replaced at a cost of \$10.

Skins or other branded compression bike pants are permitted to be worn under uniform shorts for both male and female athletes. This rule will only apply when they are worn as undergarments.

Shoes

All athletes must wear appropriate footwear at all times. Athletes aged **Under 11 and above** may only wear spiked shoes in events run entirely in lanes, in jumping events and for javelin. Spiked shoes **must** be removed by all athletes when travelling between events and must never be worn outside the oval. This is to ensure safety of all athletes, and prevent any injuries.

Injuries from spikes can be very serious! Athletes who do not abide to the above rules, and have been given repeated warnings, will be asked not to wear spikes on Friday night.

Results/Records

Apart from Tiny Tots, results are recorded every Friday night and posted online. All athletes should be encouraged to improve on their own personal times, throws and jumps.

We use a program called ResultsHQ. Each family will be able to access results (log in with the email used to register) You will be able to track your children's results and compare with past results. Many other options include printing a personalised performance book.

If you believe there has been an error in any results, please email Julie/Georgia at liverpoolcitylac@gmail.com with the date, event, athlete's name and registration number and any other relevant details.

How are points calculated? (Age Champion point System)

Liverpool City operates a Point System for each registered athlete who competes on Friday night at the Centre. These points are automatically generated by the results software and added up at the end of the season.

Each time your child participates in an event on Friday night (U6-U17) they are awarded **1 point for participation**, regardless of what place they finish up in that event.

During the event, top 7 places are awarded points based on overall place in that event (not heats).

1st place – 8 points

5th place – 3 points

2nd place – 6 points

6th place – 2 points

3rd place – 5 points

7th place – 1 point

4th place – 4 points

For example:

Athlete A: competes in 4 events, places 4th in all events, gets 4X4points + 4 participation points = 20 points at the end of the night

Athlete B: competes in 4 events, places 1st, 3rd, 10th and 14th, gets 8+5+4 participation points = 17 points at the end of the night

Athlete C: competes in 4 events, but does not place above 9th place, gets 4 participation points at the end of the night.

Training

Friday nights are primarily for events to be run, not instruction. Age managers are there to organise your children and make sure that rules of competition are followed. We encourage everyone to attend training; this is where athletes will pick up the correct technique, gain fitness and ultimately be able to improve on their personal bests.

Training days and times will be advertised once the season starts

Parents, please help with equipment in and out and most importantly, you must not leave your child at training unsupervised.

Like Friday nights, unruly behavior will not be tolerated.

Centre Awards

Trophies and awards are given out at our Presentation Day after the end of the Season. **To be eligible for a trophy, athlete must have a minimum of 50% attendance.**

Personal Best Trophies awarded to all eligible athletes. Minimum 50% attendance. It includes a list of Personal Best performances (PB'S) for each event competed by the athlete.

Age Champion Awards are in the form of a trophy for 1st, 2nd and 3rd overall place in each age group for boys and girls based on the points attained during the season. See how points are calculated on p.10

Encouragement Awards for U7-U17 - Nominated by Age Manager

5- and 10-Year Service Recognition

Attendance Recognition - This is presented for 100% attendance for the whole season.

U6 Encouragement Award - This award is nominated by the age manager.

President's Encouragement Award

U15 Presidents Shield

Coaches Award

Training Award - attendance award

Male and Female - Athletes of the Year

Perpetual Reynolds Junior Athlete of the Year (U8-U12)

Outstanding Achievement in Sprint Trophy

Outstanding Achievement in Jumps Trophy

Endurance Athlete of the Year Trophy

Outstanding Achievements in Throwing Trophy

For more information on these awards please contact committee members.

Athletes, who have represented our Centre at Little Athletics National Championships

| | | | |
|--------------------|------|---------------------------|----------------------|
| Jason Impey | 1983 | Shot, Discus | Gold, Bronze |
| Tammy Siemionow | 1990 | 400m, 800m, Triple Jump | Gold, Silver, Bronze |
| Linda D'Ugo | 1993 | Discus | Silver |
| Mitchell Tubinas | 1994 | Triple Jump | |
| Chris Jones | 1996 | High Jump | Gold |
| Leon Bott | 2000 | 400m | Bronze |
| Jacklyn Theodosius | 2001 | High Jump | |
| Srdjan Veselinovic | 2002 | 200m, 100m | Gold, Silver |
| Anthony Schmidt | 2010 | 80mH, Shot, Discus, Relay | |
| Isabelle Lhotka | 2015 | 100m, 200m, Relay | Silver, Silver, Gold |

AWARDS LIVERPOOL CITY LAC 2021/22 SEASON

Age Champions

| | Age Champion Boys | Age Champion Girls | Encouragement Boy | Encouragement Girl |
|-------------|---|---|------------------------|------------------------|
| U/6 | George Sadler 178 Byron Salter 67 | Judith Penney 144 Helena Parzakonis 101 Ariel Popovic 87 | N/A | Zaliyah Lapham |
| U/7 | Isaac Ali 127 Lucas Beier 106 Matthew Jovanoski 99 | Meredith Anyaorah 146 April Hartley 119 Violet Loerand 97 | Arlo Generoso Da Costa | Omalichachukwu Emehelu |
| U/8 | Seth Sadler 179 Cristian Menendez 117 Dominic Ochoa-Vegh 109 | Ciela Ruxton 130 Olivia Gibbons 122 Joanna Penney 105 | Samuel Walsh | Mary-Rose Diab |
| U/9 | John Penney 143 Braxton Logan 118 Michael Isaac 100 | Lara Penney 161 Anastasia Ogston 114 Peace Chukwudi 90 | Ivansh Tadiyal | Alina Popovic |
| U/10 | Kamsi Mbaegbu 180 James Sadler 151 Keiran Austin 111 | Sophie Pastuszak 179 Miah Curran 132 Neve Curran 126 | Jayden Taing | Sophie Kitsouklias |
| U/11 | Marcus Menendez 186 Tremaine Rakuraku 111 Muhammad Hussan Khan 77 | Ava Gibbons 168 Divine Chukwudi 136 | James Diab | N/A |
| U/12 | Victor Leahy 222 Phoenix Ogston 76 | Lilly Twigden 128 Ruth Ifejika 120 Shia Tadiyal 88 | Raemon-Jnr Gatehau | Claudia Severin |
| U/13 | Jaxson Horton 100 Justin Taing 92 Edward Isaac 88 | Ruby Rose Talbot 171 Nicole Parzakonis 118 Charlotte Eagle 91 | Zachariah Diab | Aaliyah Rakuraku |
| U/14 | Jayden Ogston 205 Jordan Taing 166 Kyson Ruxton 113 | Charlotte Skundric 144 Ishi Tadiyal 138 Mikayla Skundric 116 | Salatiel Campos | Joscelyn Chen |
| U/15 | Christian Isaac 161 Joshua Smith 62 | Yovanka Milankovski 129 Christina Lay 116 Cassandra Leahy 24 | N/A | N/A |
| U/17 | Adam Arduin 148 Robert Ong 129 Anthony Nguyen 125 | Olivia Pyda 234 Charlotte Smith 90 Theresa Anoliefo 51 | N/A | N/A |

Perpetual Presidents Encouragement Trophy

Ruth Ifejika

Male and Female Athlete of the Year

FEMALE: Divine Chukwudi MALE: Jaxson Horton

Reynolds Perpetual Junior Athlete of the Year

Lara Penney

U6 Encouragement Perpetual Trophy Award

Zaliyah Lapham

Outstanding athlete in Sprints

Jesse Ike

Endurance Athlete of the year

Olivia Pyda

Outstanding Achievement in Jumps

Cameron Banovich

Outstanding Achievements in throwing

Setelo Matakaiongo

Most PBs in age group and best in club

Female: Miah Curran Male: Jayden Ogston

Liverpool City Little Athletics Centre - Week 1 Program

| Age/Event | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|------------------|-------------------|---------------------|------------------|--------------------|--------------------|---------------------------------|---------------------|--|
| U6 | 100m | 200mPS | Long Jump | Discus-350g | | | | |
| U7 | 100m | 200m | Long Jump | Shot-1kg | | | | |
| U8 | 100m | 200m | 400mPS | Discus-500g | | | | |
| U9 | 700m Walk | 100m | 200m | 800m | Shot-2kg | High Jump (S) | | |
| U10 | 1100m Walk | 100m | 200m | 800m | Discus-500m | High Jump (S) | | |
| U11 | 1100m Walk | 100m | 400m | 800m | Long Jump | Shot-2kg | Javelin 400g | |
| U12 | 1500m Walk | 100m | 200m | 800m | Shot -2kg | Triple Jump | Javelin-400g | |
| U13 | 1500m Walk | 200m Hurdles | 100m | 400m | 1500m | Shot-3kg | Triple Jump | Javelin 400g (G) 600g (B) |
| U14 | 1500m Walk | 200m Hurdles | 100m | 400m | 1500m | Discus-1kg | Long Jump | High Jump |
| U15 | 1500m Walk | 300m Hurdles | 100m | 400m | 1500m | Discus-1kg | Long Jump | High Jump |
| U17 | 1500m Walk | 300m Hurdles | 100m | 400m | 1500m | Shot 3kg (G)/5kg (B) | Triple Jump | Javelin 500g(G) 700g(B) |

Tiny tots will do play training activities and modified games
Note: It is at the discretion of the Event Manager to conduct the program
in a sequence that will ensure an efficient running of the events.

Liverpool City Little Athletics - Week 2 program

| Age/Event | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|-----------|--------------------------------------|------|--------|-------------|--------------------------------|-------------|---------------------------------|
| U6 | 50m | 70m | 300mPS | Shot-500g | | | |
| U7 | 50m | 70m | 500mPS | Discus-350g | | | |
| U8 | 60m Hurdles | 70m | 700mPS | Shot-1.5kg | Long Jump | | |
| U9 | 60m Hurdles | 70m | 400m | Discus-500g | Long Jump | | |
| U10 | 60m Hurdles | 70m | 400m | Shot-2kg | Long Jump | | |
| U11 | 80m Hurdles | 200m | 1500m | Discus-500g | High Jump | Triple Jump | |
| U12 | 80m Hurdles | 400m | 1500m | Discus-750g | Long Jump | High Jump | |
| U13 | 80m Hurdles | 200m | 800m | 3km | Discus-750g | Long Jump | High Jump |
| U14 | 80m Hurdles (G) 90m Hurdles (B) | 200m | 800m | 3km | Shot-3kg | Triple Jump | Javelin 400g (G) 600g (B) |
| U15 | 90m Hurdles (G) 100m Hurdles (B) | 200m | 800m | 3km | Shot 3kg (G)/4kg (B) | Triple Jump | Javelin 500g (G) 700g (B) |
| U17 | 100m Hurdles (G) 110m Hurdles (B) | 200m | 800m | 3km | Discus 1kg (G) 1.5kg (B) | Long Jump | High Jump |

Tiny tots will do play training activities and modified games. Note: It is at the discretion of the Event Manager to conduct the program in a sequence that will ensure an efficient running of the events

We are always revising the Weekly Program. We are looking at what can be done to improve smooth operation of the Friday Night Competition. If there are changes made to the Program the Age Managers will also be notified about any change.

CURRENT RECORDS

Liverpool City LAC



Under 6

| Event | Boys | Record | Date | Girls | Record | Date |
|-----------------|------------------------|---------|---------|---------------------|---------|---------|
| 50m | Joshua Love | 9.86 | 11/2018 | Michaela Commazetto | 9.8 | 12/2006 |
| 70m | Leon Bott | 12.40 | 11/1992 | Charmaine Bott | 13.10 | 12/1992 |
| 100m | Leon Bott | 18.00 | 11/1992 | Charmaine Bott | 18.80 | 03/1993 |
| 200m | Leon Bott | 38.40 | 02/1993 | Charmaine Bott | 40.10 | 12/1992 |
| Long Jump | Daniel Reynolds | 2.97 | 03/2006 | Charmaine Bott | 2.59 | 03/1993 |
| Shot Put | Deucalion Ikamui | 6.50 | 01/2020 | Courtney Castle | 4.66 | 03/2008 |
| Discus | Daniel Bugeja | 13.70 | 10/2014 | Kristen Thompson | 10.86 | 01/2004 |
| 300m Pack Start | Maddox Asotasi-Barthou | 1:04.45 | 02/2010 | Olivia Pyda | 1:06.36 | 10/2012 |

Under 7

| Event | Boys | Record | Date | Girls | Record | Date |
|-----------------|-------------------|---------|---------|------------------|---------|---------|
| 50m | Jardii Ikamui | 8.33 | 03/2019 | Alyssa Rose | 9.02 | 10/2008 |
| 70m | Steven Rich | 11.00 | 09/1989 | Amanda Byrne | 12.10 | 10/1990 |
| 100m | Braiden Foord | 15.40 | 01/1998 | Susan Sahato | 15.80 | 01/1998 |
| 200m | Leon Bott | 34.30 | 12/1993 | Amanda Byrne | 36.60 | 02/1991 |
| Long Jump | Christopher Nunes | 3.52 | 03/1994 | Charmaine Bott | 3.22 | 03/1994 |
| Shot Put | R.Kennedy | 8.04 | 01/1983 | Katrina D'Ugo | 8.26 | 03/1991 |
| Discus | Jardii Ikamui | 20.70 | 03/2019 | Katrina D'Ugo | 18.94 | 12/1991 |
| 500m Pack Start | Jardii Ikamui | 1:42.63 | 03/2019 | Amanda Burraston | 1:51.00 | 02/1992 |

Under 8

| Event | Boys | Record | Date | Girls | Record | Date |
|-----------------|-------------------|---------|---------|-----------------|---------|---------|
| 70m | B.Vden | 10.40 | 02/1985 | Amanda Griffin | 10.50 | 09/1989 |
| 100m | Leon Bott | 15.20 | 02/1985 | Anjileena Silva | 15.80 | 12/2010 |
| 200m | Aaron Robinson | 32.10 | 02/1994 | Anjileena Silva | 33.20 | 12/2010 |
| 400m | Aaron Robinson | 1:13.00 | 02/1994 | M.Simson | 1:20.50 | 11/1984 |
| 60m Hurdles | Christopher Nunes | 10.90 | 02/1995 | Kasee McIlvenny | 11.08 | 10/2008 |
| Long Jump | D.Yeomen | 3.78 | 01/1981 | Rebecca Strand | 3.75 | 09/1981 |
| Shot Put | Brendan Lloyd | 7.93 | 02/2006 | Anjileena Silva | 6.32 | 11/2010 |
| Discus | Brendan Lloyd | 24.81 | 02/2006 | M.Simson | 17.12 | 09/1993 |
| 700m Pack Start | Aaron Robinson | 2:21.00 | 02/1994 | Cayla White | 2:34.70 | 02/2003 |

Under 9

| Event | Boys | Record | Date | Girls | Record | Date |
|---------------------|---------------------|---------|---------|-------------------|---------|---------|
| 70m | Leon Bott | 10.00 | 02/1996 | Kristen Thompson | 11.10 | 02/2007 |
| 100m | Leon Bott | 14.00 | 03/1996 | Charmaine Bott | 14.90 | 02/1996 |
| | Barney Vaivela Sa'u | | 03/1997 | | | |
| 200m | Leon Bott | 29.40 | 03/1996 | Charmaine Bott | 30.10 | 03/1996 |
| 400m | M.Haw | 1:07.90 | 09/1979 | M.Moroney | 1:15.50 | 09/1975 |
| 800m | G.Quin | 2:40.00 | 03/1996 | Pip Cox | 2:55.70 | 02/2001 |
| 700m Walk | Marcus Pinson | 3:56.20 | 03/2004 | Marisa Stojanovic | 3:52.99 | 03/2015 |
| 60m Hurdles | Leon Bott | 9.90 | 02/1996 | Mykaila Norman | 11.01 | 02/2016 |
| Long Jump | S.McFarlane | 4.23 | 01/1979 | Anjileena Silva | 3.91 | 12/2011 |
| High Jump | Leon Bott | 1.22 | 02/1996 | Stephanie Bentley | 1.13 | 12/1996 |
| High Jump (Scissor) | Zachary Benci | 1.15 | 03/2016 | Isabella Baptist | 1.08 | 02/2018 |
| Shot Put | Anthony Schmidt | 9.24 | 03/2006 | Katrina D'Ugo | 7.70 | 02/1993 |
| Discus | Brendan Lloyd | 31.27 | 03/2007 | Katrina D'Ugo | 24.77 | 02/1993 |

Under 10

| Event | Boys | Record | Date | 3.75 | Record | Date |
|---------------|--|---------|-------------------------------|-----------------------------------|---------|------------------------|
| 70m | Jesse Chukwudi | 9.97 | 02/2018 | Divine Chukwudi | 10.45 | 03/2021 |
| 100m | Barney Vaivela Sa'u | 13.40 | 02/1998 | Jorja Orreal | 13.90 | 02/1999 |
| 200m | Leon Bott | 27.60 | 03/1997 | Jorja Orreal | 29.30 | 02/1999 |
| 400m | Leon Bott | 1:02.60 | 03/1997 | M. Ellis | 1:10.80 | 09/1976 |
| 800m | Adam Burnett | 2:31.00 | 03/1992 | Tammy Siemionow | 2:43.90 | 02/1988 |
| 1500m | H.Haw | 5:15.70 | 12/1980 | Paige Merriman | 5:23.60 | 12/2012 |
| 1100m Walk | Raven Pyda | 5:53.94 | 03/2015 | Jasmyn Vesey | 5:58.82 | 02/2011 |
| 60m Hurdles | Barney Vaivela Sa'u Leon Bott Omaha Vaivela Sa'u | 10.70 | 02/1998 12/1996 02/1995 | Jorja Orreal Stephanie Bentley | 11.10 | 10/1998 02/1998 |
| Long Jump | Jonathon Russell | 4.69 | 02/1994 | M. Ellis | 4.28 | 09/1976 |
| High Jump | Paul Sain | 1.37 | 02/2002 | Rena Dehn | 1.24 | 02/2010 |
| High Jump (S) | Zachary Benci | 1.21 | 02/2017 | Isabella Baptist | 1.12 | 02/2019 |
| Shot Put | Brendan Lloyd | 10.54 | 03/2008 | Katrina D'Ugo | 9.67 | 02/1995 |
| Discus | Emillio Martinez | 37.96 | 11/2016 | Chelsea Wallace | 29.10 | 03/2000 |

Under 11

| Event | Boys | Record | Date | Girls | Record | Date |
|-------------|--|----------------|-------------------------------|--|----------------|--------------------|
| 100m | Leon Bott | 12.90 | 02/1998 | Isabelle Lhotka | 13.64 | 03/2013 |
| 200m | Leon Bott | 26.90 | 03/1998 | Isabelle Lhotka | 27.71 | 03/2013 |
| 400m | Leon Bott | 1:02.60 | 03/1998 | Divine Chukwudi | 1:05.34 | 03/2022 |
| 800m | G.Vidler | 2:31.00 | 09/1977 | Emily Esposito | 2:34.40 | 02/2005 |
| 1500m | G.Haggard | 5:09.50 | 11/1981 | Emily Esposito | 5:10.40 | 02/2005 |
| 1100m Walk | Jai Horton | 6:02.96 | 03/2018 | Lilly Twigden | 6:16.83 | 02/2021 |
| 60m Hurdles | Christopher Nunes | 9.70 | 01/1998 | Jacklyn Theodosius Jessica Rigas | 10.60 | 02/2000 03/2003 |
| 80m Hurdles | Edward Isaac | 15.50 | 02/2020 | Danniella Tran | 15.62 | 02/2021 |
| Long Jump | Leon Bott | 4.91 | 03/1998 | Rebecca Stand | 4.68 | 02/1985 |
| High Jump | Chris Jones Paul Sain Steven Rich | 1.45 | 02/1994 03/2003 05/2005 | Jessica Rigas | 1.40 | 02/2003 |
| Triple Jump | Mitchell Tubinas | 9.78 | 02/1992 | Pip Cox | 9.27 | 03/2003 |
| Shot Put | Brendan Lloyd | 10.72 | 01/2009 | Rose Baron-Scott | 11.17 | 03/2006 |
| Discus | 750g Arthur Leleai Inu 500g Jayden Ogston | 34.29 31.00 | 03/2013 03/2019 | 750g LeTeine Tikeri 500g Mikayla Skundric | 29.91 22.38 | 01/2014 03/2019 |
| Javelin | Emillio Martinez | 27.56 | 12/2017 | Elizabeth Afungia | 20.44 | 12/2017 |

Under 12

| Event | Boys | Record | Date | Girls | Record | Date |
|-------------|------------------------------------|----------------|--------------------|--------------------------|---------|--------------------|
| 100m | Srdjan Veselinovic | 12.40 | 02/2002 | Isabelle Lhotka | 12.83 | 2014 |
| 200m | Blake Langtry | 26.70 | 03/2006 | Isabelle Lhotka | 27.05 | 2014 |
| 400m | G.Vidler | 1:01.20 | 09/1978 | Leanne Priestley | 1:03.00 | 02/1992 |
| 800m | Srdjan Veselinovic | 2:23.80 | 02/2002 | Pip Cox | 2:32.50 | 03/2004 |
| 1500m | R.Lloyd P.Chester | 5:06.60 | 10/1979 10/1979 | Tammy Siemionow | 5:11.50 | 09/1989 |
| 1500m Walk | Anthony Schmidt | 7:03.34 | 02/2009 | Kristy Rohrer | 8:15.30 | 09/1993 |
| 60m Hurdles | Chris Jones | 9.80 | 02/1995 | Pip Cox Jessica Rigas | 10.30 | 03/2004 03/2004 |
| 80m Hurdles | Edward Isaac | 14.36 | 03/2021 | Ruth Ifejika | 14.36 | 02//2022 |
| Long Jump | R.Kennedy | 5.17 | 10/1982 | E. Coos | 4.85 | 09/1977 |
| High Jump | Chris Jones Paul Sain | 1.55 | 10/1994 12/2003 | Stephanie Bentley | 1.52 | 02/1999 |
| Triple Jump | Mitchell Tubinas | 10.62 | 03/1994 | Rena Dehn | 10.28 | 03/2012 |
| Shot Put | 3kg Jason Impy 2kg Tanupou Vaea | 11.78 11.26 | 02/1983 02/2020 | 2kg LeTeine Tikeri | 12.84 | 02/2015 |
| Discus | Arthur Leleai Inu | 43.85 | 02/2014 | LeTeine Tikeri | 38.43 | 03/2015 |
| Javelin | Wiremu Taylor | 30.96 | 03/2016 | Sina Wildraut | 25.48 | 02/2012 |

Under 13

| Event | Boys | Record | Date | Girls | Record | Date |
|--------------|--|----------------|--------------------|---|----------------|--------------------|
| 100m | Srdjan Veselinovic | 11.60 | 03/2003 | Isabelle Lhotka | 12.66 | 02/2015 |
| 200m | Srdjan Veselinovic | 24.20 | 03/2003 | Isabelle Lhotka | 25.05 | 03/2015 |
| 400m | Srdjan Veselinovic | 56.30 | 03/2003 | Pip Cox | 1:01.40 | 03/2005 |
| 800m | Stefan Music | 2:16.20 | 03/2011 | Tammy Siemionow | 2:27.20 | 11/1990 |
| 1500m | Stefan Music | 4:46.29 | 03/2011 | Paige Merriman | 5:10.89 | 02/2016 |
| 3000m | Justin Tolmie | 10:12.7 | 03/1994 | Paige Merriman | 11:23.83 | 02/2016 |
| 1500m Walk | Raven Pyda | 7:42.13 | 03/2018 | Lauren Simmons | 8:03.17 | 02/2009 |
| 80m Hurdles | Tallan Martin | 12.80 | 02/1996 | C. Gibson | 13.60 | 02/1998 |
| 200m Hurdles | Tallan Martin | 27.50 | 03/1996 | Pip Cox | 29.6 | 03/2005 |
| Long Jump | Tallan Martin Marcus Pinson | 5.38 | 03/1996 01/2008 | Renaë Dehn | 5.04 | 02/2013 |
| High Jump | Chris Jones | 1.80 | 10/1994 | Jacklyn Theodosius | 1.54 | 03/2012 |
| Triple Jump | Everest DeHaviland | 11.16 | 02/2002 | Renaë Dehn | 10.54 | 03/2013 |
| Shot Put | Craig Zahra | 13.00 | 1992 | Le Teine Tikeri | 12.03 | 03/2016 |
| Discus | 1kg Anthony Schmidt 750g Emillio Martinez | 37.43 37.36 | 12/2009 11/2018 | 750gLe Teine Tikeri | 39.20 | 03/2016 |
| Javelin | Anthony Schmidt | 34.40 | 10/2009 | Sharyn Dickson (600g) Charlotte Smith (400g) | 29.62 32.24 | 03/1997 03/2018 |

Under 14

| Event | Boys | Record | Date | Girls | Record | Date |
|----------------|--|----------------|--------------------|--------------------------------------|----------------|--------------------|
| 100m | Srdjan Veselinovic | 11.50 | 03/2004 | Pip Cox | 12.80 | 03/2006 |
| 200m | Srdjan Veselinovic | 23.40 | 03/2004 | Isabelle Lhotka | 26.66 | 12/2015 |
| 400m | Srdjan Veselinovic | 53.90 | 03/2004 | Leanne Priestley | 1:00.20 | 03/1994 |
| 800m | Stefan Music | 2:06.11 | 03/2012 | Pip Cox | 2:25.00 | 03/2006 |
| 1500m | Stefan Music | 4:21.19 | 03/2012 | Chloe Esposito | 5:00.10 | 03/2005 |
| 3000m | Daniel Searle | 9:53.90 | 02/1993 | Olivia Pyda | 11:26.97 | 02/2020 |
| 1500m Walk | Mark Dickson | 7:24.00 | 03/1987 | Kelly Dark | 7:47.60 | 02/1992 |
| 90/80m Hurdles | Tallan Martin | 12.70 | 03/1997 | Katrina Phippen | 13.40 | 03/2013 |
| 200m Hurdles | Tallan Martin | 27.40 | 03/1997 | Amanda Byrne | 30.50 | 02/1998 |
| Long Jump | Branson Po | 5.84 | 02/2019 | Renaë Dehn | 4.98 | 2014 |
| High Jump | Chris Jones | 1.90 | 03/1997 | Jacklyn Theodosius Kristy Rohrer | 1.58 1.58 | 12/2012 1995 |
| Triple Jump | B.Bowers | 11.84 | 02/2000 | Katrina Phippen | 10.44 | 02/2013 |
| Shot Put | K.Kkeindyk (4 kg) Daniel Reynolds (3kg) | 13.36 11.88 | 11/1988 12/2013 | LeTeine Tikeri | 12.04 | 12/2016 |
| Discus | Anthony Schmidt | 41.78 | 03/2011 | LeTeine Tikeri | 37.01 | 02/2017 |
| Javelin | David Reitano 600g | 41.03 | 02/2004 | Sharyn Dickson 600g Olivia Haskew | 31.80 36.87 | 03/1998 11/2019 |

Under 15

| Event | Boys | Record | Date | Girls | Record | 1.54 |
|---------------|----------------------|---------|---------|---|----------------|--------------------|
| 100m | Yadin Ngeng | 11.46 | 02/2015 | Juliette Ibrahim | 12.60 | 03/1992 |
| 200m | Steven Rich | 22.20 | 10/1997 | Juliette Ibrahim | 25.60 | 02/1992 |
| 400m | Steven Rich | 52.50 | 03/1998 | Leanne Priestley | 59.60 | 03/1995 |
| 800m | Mohamad Hage | 2:04.85 | 03/2021 | Olivia Pyda | 2:20.37 | 03/2021 |
| 1500m | Mohamad Hage | 4:21.44 | 03/2021 | Chloe Esposito | 4:47.40 | 03/2006 |
| 3000m | Mohamad Hage | 9:55.55 | 12/2020 | Chloe Esposito | 10:15.80 | 03/2006 |
| 1500m Walk | Mark Dickson | 6:58.00 | 02/1998 | Kelly Dark | 7:15.60 | 03/2006 |
| 100/90mHurdle | Nunu Campos | 13.90 | 03/2001 | Teresa Decampo | 14.00 | 09/1993 |
| 200m Hurdles | Srdjan Veselinovic | 27.70 | 02/2005 | S. Burnes | 29.90 | 03/1997 |
| 300m Hurdles | Thomas Busfield | 46.77 | 11/2018 | Olivia Pyda | 50.89 | 03/2021 |
| Long Jump | Bento Nunes | 5.99 | 01/1994 | Teresa Decampo | 5.13 | 09/1993 |
| High Jump | Chris Jones | 1.96 | 03/1998 | Jacklyn Theodosius | 1.68 | 03/2003 |
| Triple Jump | Blake Langtry | 12.49 | 03/2009 | E. Allen | 10.85 | 03/2000 |
| Shot Put | Senio Toa | 14.45 | 10/2012 | Sharyn Dickson | 12.10 | 02/1999 |
| Discus | Emillio Martinez | 43.95 | 01/2021 | Sharyn Dickson | 36.97 | 12/1998 |
| Javelin | Daniel Reynolds 700g | 41.33 | 02/2015 | Sharyn Dickson 600g Olivia Haskew 500g | 34.55 38.46 | 02/1999 10/2020 |

Under 17

| Event | Boys | Record | Date | Girls | Record | Date |
|-----------------|---|----------------|--------------------|---|----------------|--------------------|
| 100m | Alec Nguyen | 11.22 | 02/2015 | Rebecca Brett | 12.63 | 02/2016 |
| 200m | Alec Nguyen | 22.81 | 02/2015 | Rebecca Brett | 26.18 | 03/2016 |
| 400m | Shiva Sanjay Mudaliar Jason Theodosius | 56.45 56.45 | 12/2011 03/2010 | Hannah Kaine | 1:03.59 | 09/2014 |
| 800m | Raven Pyda | 2:05.71 | 03/2021 | Hannah Kaine | 2:22.79 | 03/2015 |
| 1500m | Lachlan Baptist | 4:24.96 | 03/2021 | Jordan Roth | 4:58.00 | 03/2015 |
| 3000m | Mohamad Hage | 9:53.88 | 02/2022 | Paige Merriman | 11:13.46 | 03/2019 |
| 1500m Walk | Raven Pyda | 6:10.45 | 03/2021 | No current record | | |
| 110/100 Hurdles | Martin Ong | 15.67 | 03/2021 | Georgia Towell | 17.39 | 02/2017 |
| 200m Hurdles | Sasha Stevenson | 29.65 | 11/2011 | Helen Tran | 30.62 | 02/2010 |
| 300m Hurdles | Raven Pyda | 43.83 | 10/2020 | Olivia Pyda | 54.07 | 02/2022 |
| Long Jump | Cameron Banovich | 6.19 | 01/2022 | Rebecca Brett | 5.16 | 12/2015 |
| High Jump | Jersey Cavana | 1.78 | 02/2015 | Rebecca Brett | 1.50 | 10/2014 |
| Triple Jump | Martin Ong | 12.74 | 12/2020 | Rebecca Brett | 10.77 | 12/2015 |
| Shot Put | Nathan Kendall | 13.97 | 03/2013 | Maave Toa (4kg) Elizabeth Afungia (3kg) | 10.31 11.17 | 11/2010 01/2022 |
| Discus | Nathan Kendall | 48.42 | 02/2013 | Maave Toa | 33.56 | 02/2011 |
| Javelin | Daniel Reynolds | 45.31 | 02/2016 | Charlotte Smith | 34.72 | 12/2021 |

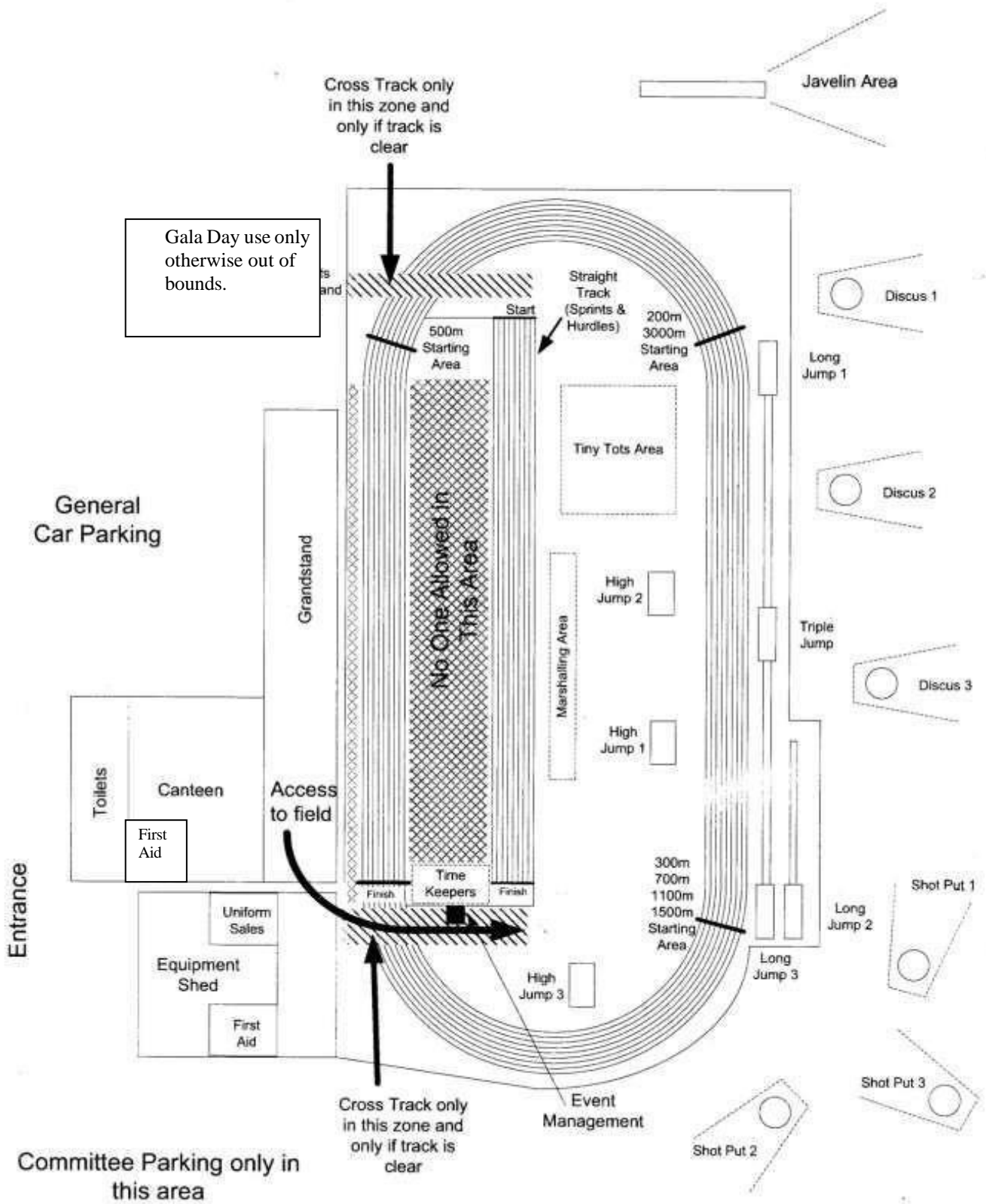
Qualification Conditions for Centre Records

LCLAC Centre records can only be claimed by registered athletes of the Liverpool City Little Athletics Centre.

Records can be claimed for any events on Friday night competition but must be verified by appropriately qualified members of the committee (**#except walking events**) as soon as the Age Manager or official realize that a new Centre Record may have been achieved, they should cease that event and notify a committee member. If any markers have been removed the Record will not be recognised. The athlete must be a registered member of the Club, wearing a full centre uniform. (For full information, please see LCLAC Local Competition Rules.) Records can also be claimed for performances at official LA NSW & LA Aust. Competition events.

Please note that walking events require specialized judging by several qualified officials. The club is not in a position to provide this level of judging on Friday nights.

Records cannot be claimed for performances in training, or at Gala Day.



DWYER OVAL LAYOUT