

Liverpool City Little Athletics Centre Handbook 2018/2019 Season

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

JUNIOR LIFE MEMBERS

2015	Kristen Thompson	2017	Daniel Reynolds
2016	Hannah Kaine	2017	Georgia Towell

Centre Committee for 2018-2019

<u>President</u>	Aggie Hornung	hornundzek@hotmail.com	0412887160
<u>Vice President</u>	Daniel Searle		
<u>Secretary</u>	Renee Searle		
<u>Treasurer</u>	Ian Strevens		
<u>Registrar</u>	Catherine Ong	liverpoolcitylac@gmail.com	0434845262
Canteen	Ian Strevens		
Championships	MaryLou Henry	marylou.henry79@yahoo.com.au	0449675163
Uniforms	Zena Dablan		
Records & Rankings	Catherine Ong		
	Julie Ogston		
Equipment Officer	Daniel Searle		
First Aid Officer	Daniel Searle		
	Marcella Fletcher		
Working with Children	Ian Strevens		
	Renee Searle		
Fund Raising	Tarren Gerrard		
General Committee	Nicole Reynolds		
	Maria Cheong		
	Carolyn Busfield		
	Mike Grantham		
	Marcella Fletcher		
	Zena Dablan		
	Lloyd Baptist		
	Melinda McKone		
Throw Coach	Sharyn Dickson		
Sprint Coach	Jerry Boateng		

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 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.

Club Captains 2018/2019

Paige Merriman



Vice-Captain 2018/2019

Myles Haskew



Max Harvey



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. We hope you will be very happy here!

Our club was established in 1972 and our motto is “Family, Fun and Fitness”. We would encourage your whole family to be involved. Our club is entirely run by 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.

Above all else, we want all our athletes to have fun and to strive to better their own personal best. There are so many opportunities to have fun, meet other athletes and families, learn new skills and techniques and participate in competitions. We have a perfect blend of Little Athletes, some attend only weekly competitions, concentrate on achieving their own PB's, others like to represent Liverpool City at many Gala Days, Zone, Regional, State or National level Championships.

We have a club website at www.lclac.com.au, a Facebook page “Liverpool City Little Athletics Centre” and club newsletter 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 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.

We look forward to hearing your stories and sharing in your successes during 2018-2019!

Kind Regards,

Management Committee 2018-2019



What Happens on A Friday Night?

!!!! The 2018-2019 Season starts from 14th September through to 8th March !!!!

There have been a few changes to competition rules. Please make yourself familiar with these changes. If you require more clarification contact our committee members.

Christmas Holidays:

Break for Christmas Holidays	14 th December 2018
Return from Christmas Holiday	11 th January 2019

Arrival: Arrive 5:45 for a 6.00pm start.

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 17 & 18, and this allows the athletes to participate in a variety of events more frequently.

U6-U17: Each Friday evening begins with any important announcements. The athletes will be called to meet in the middle of the field. There will be trolleys for each age group. 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.

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 9 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 5-6pm, 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: 9821 9570, 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.

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.

Emails/Newsletters: We send out weekly information if needed and a newsletter fortnightly to keep you informed with news you need for the season. Please make sure we have your correct email address. Alternatively, catch up with news via our website www.lclac.com.au

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

Dates to Remember

2018	
14 September	Information/Orientation Night
21 September	First Competition night
21 October	Liverpool City Gala Day
28 October	Zone Multi – Prestons LAC
4 November	Trans-Tasman Trials, Campbelltown LAC (online nominations close 24 October)
10 November	Scampers (Tots-U7), Fairfield LAC
17 November	State Relay Championships – Junior Day (U8-U11)
18 November	State Relay Championships – Senior Day (U12-U17)
7 December	No Competition – due to Zone Championships
8-9 December	CWMZ Zone Championships-Western Blues LAC
14 December	Last Night before Christmas Break-Santa visit

There are number of other Gala Days and Carnivals hosted by other Athletics Centres. All registered members of LANSW are allowed to attend these events. List of these events and dates are listed on Little Athletics NSW website.

2019	
11 January	First Friday competition night back after Christmas
15 January	Trans-Tasman Challenge, Campbelltown LAC
15 February	No Competition – due to Regional Championships
15-17 February	Regional Championships, Campbelltown LAC
2 & 3 March	State Multi Championships, Dubbo
8 March	Last Friday Night of Season
15-17 March	State Track and Field Championships, SOPAC
28-29 April	Australian Little Athletics Championships, Gold Coast
26 April	AGM
28 April	Presentation Day

For further information regarding these events or any Gala Days, please check the notice board. All entries are to be placed with the Championships Officer before the closing dates. Your centre registration fee covers entry into all LANSW. events e.g., Zone, Regional, State, State Multi, State Relays, Cross-Country & Road Walks, the exception being Trans-Tasman.

Important note: Before attending any of these events, please confirm venues and dates as they may change during the season.

Parents: What can you do to help?

Parent Participation

So that athletics is as enjoyable and well run as possible for your children, WE NEED YOUR HELP. Don't worry if you feel you may not know enough to assist. All jobs are fairly easy and no experience is necessary. There is always someone who will show you. Parents can help with measuring throws or jumps and recording races. We also need help at the canteen, recording and setting up and packing equipment away. For smooth operation, it is essential that everyone helps, otherwise the night is delayed. Every one that helps needs to sign in, whether it's helping the age manager or assisting with duties on the parent roster. The minimum requirement for each family is helping at least once a month per child.

Age Managers and Assistants

This could be you! Each age group will have an age manager and parents to help record, measure and also supervise the children. If the group is particularly large then separate age managers for boys and girls will be needed. Age managers will organise children at their events. They will also advise the athletes about upcoming events such as our gala days and championship events. A basic instruction manual will be handed out and will always be in the folder in each of groups. Thank you to everyone who has already put their hand up. Remember, Age Managers are NOT BABYSITTERS, you must be present at all times.

Starter

Two race starters are required for each nights' races. It's important that we have a few extra people trained in this role so they can fill in if the regular starter is unavailable. Please let the committee members know if you're interested.

Want to get really serious?

LANSW offers a series of officials' certificates based on a closed book examinations of the rules. Anyone interested in any of these courses please see committee members.

For parents who want to coach please let us know, we are always looking for more coaches. The club can help with a coaching course if required.

Track officials

As part of your roster a recorder will be needed for the straight track and circular track. If it's your first time, we will run through it with you on how to record track events. Each age group will also need 1 person to call out athlete's registration number to recorder. If anyone likes this duty and would like to do it most weeks, please let the committee know. It's probably the best view of all the track events.

Setting up and packing up: Please refer to the roster on page 7

Canteen: Please refer to the roster on page 7

**Focus on your child's efforts and performance
rather than winning or losing**

Parent Roster

There are 4 very important duties involved in the roster. This will help run our night much more quickly and efficiently. It also means that the same people every week are not doing the same jobs.

All parents who are assisting must sign in the duty they are performing with the Age Manager.

We keep track of who is helping, so please contact a committee member if you're unable to complete your duty.

At our Gala Day, Zone, Regional and State Championships, parents will need to provide assistance at various duties, as part of your child's entry. The Club covers the entry fee for all athletes and in return we ask the parents to perform "parent duty". There are so many different jobs that can cater for people that can only help for 1 hour, for example collecting a discus or raking at the long jump or even selling programs or raffle tickets, through to being officials on the day. We will have a roster for parents to nominate preferred time, otherwise a time will be allocated for you.

Thank you in advance for your co-operation.

Date	Equipment out	Canteen	Recording	Equipment in
14 September 2018	U10	U10 and U15-U17	U9	U15-U17
21.09.2018	U9	U9 and U14	U10	U14
28.09.2018	U8	U8 and U13	U11	U13
05.10.2018	U7	U7 and U12	U12	U12
12.10.2018	U6	U6 and U11	U13	U11
19.10.2018	U10	U10 and U15-U17	U14	U15-U17
26.10.2018	U9	U9 and U14	U15-U17	U14
02.11.2018	U8	U8 and U13	U8	U13
09.11.2018	U7	U7 and U12	U7	U12
16.11.2018	U6	U6 and U11	U6	U11
23.11.2018	U10	U10 and U15-U17	U9	U15-U17
30.11.2018	U9	U9 and U14	U10	U14
07.12.2018	No Competition	Due to Zone	No Competition	Due to Zone
14.12.2018	U8	U8 and U13	U11	U13
Christmas	Christmas	Break	Christmas	Break
11.01.2019	U7	U7 and U12	U12	U12
18.01.2019	U6	U6 and U11	U13	U11
25.01.2019	U10	U10 and U15-U17	U14	U15-U17
01.02.2019	U9	U9 and U14	U15-U17	U14
08.02.2019	U8	U8 and U13	U8	U13
15.02.2019	No competition	Due to Regionals	No competition	Due to Regionals
22.02.2019	U7	U7 and U12	U7	U12
01.03.2019	U6	U6 and U11	U6	U11
08.03.2019	U10	U10 and U15-U17	U9	U15-U17

Equipment Out requires the assistance of all parents from the age group on duty. This must be done from 5.15-5.30 to be able to start on time at 6.00pm.

Canteen requires the assistance of 2 parents, and this could be broken into shifts for example 1 hour each, starting from 5.30pm until 8.30pm

Recording requires assistance of 1 parent from the age group on duty for the straight and circular track, they would be required to stay until track events completed.

Equipment In requires the assistance of all parents from the age group on duty to remain until the completion of all events.

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.
- 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 9 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.
- Working with Children Of the utmost importance is the safety and well-being of all children and adults. All parents and volunteers must sign a working with children form before being involved with the activities of our centre. If you did not sign a form while completing your registrations, or if you are not sure if you have signed a form, please see our Centre Registrar.
- **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 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). Please check regularly. LCLAC will endeavour to return items that are clearly marked to their owners.

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.

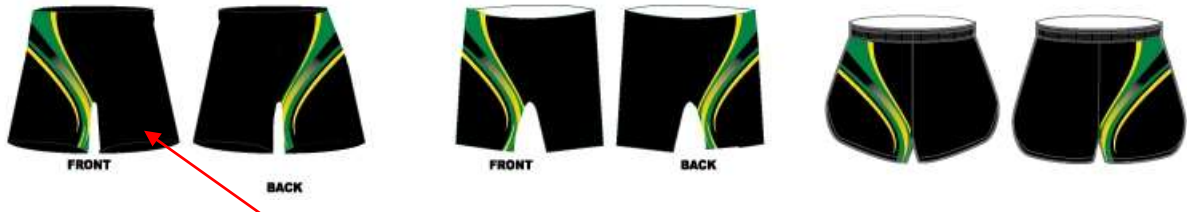
The red border must be fully visible, without any modification.

we 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. A spike licence is issued at the beginning of the season; this is a code of conduct and must be signed by the athlete and the parent.

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 given a Family login; this will access results for each and every registered child within that family. 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 Catherine 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 will be held Monday and Wednesday at Dwyer Oval between 5:30 to 6:30pm

Sharyn Dickson

Throws coach

Jerry Boateng

Running coach

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

Like Friday nights, unruly behaviour will not be tolerated.

Championships and Carnivals

All Little Athletics centres in NSW are divided into zones and regions. Liverpool City LAC is in the **Central West Metropolitan Zone**. The other centres in the Central West Zone are Western Blues, Prestons, Smithfield and Warradale. The Central West Met Zone is in Region 7.

Gala Days

Throughout the season other centres often host Gala Days and other special events, to which registered Little Athletes from other centres are invited. Don't forget our **Liverpool Gala Day**, here at **Dwyer Oval on Sunday 21 October 2018**. The day is visited by various clubs throughout NSW, and it is a very fun day for all athletes and parents.

Central West Met Zone Multi, Sunday 28 October 2018, Prestons LAC

This is open to all competitors from U6's to U17's. Competitors compete in all 6 events for their age group. Points are based on performance in all events and added together to find the top 3 highest point achievers of each age group.

State Relay Championships. 17-18 November 2018

The State Relay Championships are considered the most colourful and spectacular in the LA calendar. Teams of four in the age groups Junior U8-U11(Saturday), Senior U12-U17 (Sunday) are eligible for this event. The Club can register one team in each event. There is variety of events in either track or field. Contact Committee or LANSW for more information.

Zone Championships- 8-9 December 2018, Western Blues LAC

(Open to Under 7's to 17's). Zone Championships are the qualifying stage to Regional and State Championships. Each athlete from U 7' to U12's can compete in up to 4 events and under 13's to 17's can compete in up to 6 events. Please note athletes can only compete in events that are available only in their own age group. Top 4 finishes will automatically qualify for the Regional Championships. Under 7's compete for medals but do not progress to Regional. **This year everyone that makes Regional will get a Regional Representative shirt.**

Regional Championships-15-17 Feb 2019. Campbelltown LAC

Regional Championships are the next qualifying step to State Championships. Athletes who finish in top 2 in a final will automatically progress to State. Little Athletics NSW then selects the next best 8 clear final performances from across all regions. Under 8's do not progress to State Championships. Top 3 place getters receive a medal.

State Track & Field Championships 15-17 March 2019 SOPAC

(Open to under 9's to 17's) Athletes in the U/13 age group, who perform well, may gain selection in the State team to compete at Nationals. (Nationals is held in usually end of April in a different state each year) Athletes in the U/15 age group are selected for the State team on results from the State Multi.

Trans-Tasman Challenge. Sunday 13 January 2019. Sydney (Trials 4 November 2018-online entries close 24 October) both at Campbelltown LAC

Girls and Boys in U11 and U12 age groups only may nominate for selection to the Trans-Tasman Challenge. Following these nominations, a team is selected to represent LANSW in the Trans-Tasman Challenge, which is held alternate years in Sydney and Auckland NZ, in January. This year's Challenge is held in Sydney. Contact Committee or LANSW for more information.

State Multi-Event Championships, 2-3 March 2019, Dubbo

Boys and Girls aged U7-U17 can compete in this event. Each athlete competes in all events on offer for their age group. Points are allocated according to the performance achieved in each event and placing is determined by the tally of overall points across all events for that age group.

State Cross Country & Road Walk Championships

Athletes aged U7-U17 compete in the Cross Country Championships (distances may vary from regular Championships) Athletes in U9-U17 compete in the Road Walk Championships (distances may vary from regular Championships)

Centre Awards

Trophies and awards are given out at our Presentation Day.

Personal Best Trophies awarded to all eligible athletes. Minimum 70% 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

Weekly Awards - Each week the age managers will give out encouragement awards from McDonalds and AMF Liverpool Ten Pin Bowling. (These are given out weekly, not at our Presentation Day)

Encouragement Awards for U7-U17 - These awards are presented to one boy and one girl from each age group. Nominated by Age Manager for being either most improved, displaying best sportsmanship, most helpful, or all of the above.

5 and 10 Year Service Recognition - The committee rewards children who have been members of our centre for a period of 5 and 10 years.

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

U6 Encouragement Award - This trophy award is presented to one boy and one girl in the U6 age group. This award is nominated by the age manager. The recipients are not necessarily the best athletes, but those who have demonstrated a good attitude, good manners and shown good sportsmanship.

President's Encouragement Award - The President's Encouragement Award is awarded to any boy or girl who displays endeavour and effort in all aspects of proceedings whether as an athlete or by attitude. This is decided by the committee.

Presidents Shield - This is our most coveted award for Liverpool Little Athletics Centre. Athletes are invited to nominate themselves for this award based on their achievements. The final decision of the award recipient will be made by the LCLAC Committee. Nomination forms are available from the Centre Secretary and must be received by the last night of the season.

Coaches Award - This award will be presented by our coaches. Awarded to an athlete who is trying their best and implementing the correct technique.

Training Award - This trophy will be awarded to one boy and girl who have the highest attendance at the training sessions.

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 President or committee members.

Presented Awards 2017-2018

Male Athlete of the Year:

RAVEN PYDA

Female Athlete of the Year:

RIANNA COOLEY

Reynolds Junior Athlete of the Year:

ISABELLA BAPTIST

Outstanding Achievements in Sprints:

JESSE CHUKWUDI

Outstanding Achievements in Jumps:

BRIELLE SCULLY

Outstanding Achievements in Throws:

EMILLIO MARTINEZ and CHARLOTTE SMITH

Endurance Athlete of the Year:

PAIGE MERRIMAN

President's Encouragement Award:

TOM SEARLE

U6's Encouragement Awards:

Edrei Torrado (B) and Emelia Camacho (G)

ATHLETE SERVICE AWARDS

10 YEARS:

Eloise Badolato

5 YEARS:

Charlotte Skundric, Mikayla Skundric, Breana Steele,
Thomas Searle, Jonah Pacialeo, Isabella Wheeler-Povse

Most PB's in the whole Club Awards:

SAMUEL LOVE U7B and CRYSTAL ROSE SITEMAN U12G

New Records 2017-19 Season

32.24m	Javelin 400g	25-03-18	Charlotte Smith	Female	U13
2:27.97	800m	25-03-18	Paige Merriman	Female	U15
7:42.13	1500m Walk	25-03-18	Raven Pyda	Male	U13
6:02.96	1100m Walk	25-03-18	Jai Horton	Male	U11
9.44m	Shot 3kg	03-03-18	Rianna Cooley	Female	U17
1.08m	High Jump Scissor	18-02-18	Isabella Baptist	Female	U9
9.97	70m	18-02-18	Jesse Chukwudi	Male	U10
20.44m	Javelin	15-12-17	Elizabeth Afungia	Female	U11
27.56m	Javelin	10-12-17	Emillio Martinez	Male	U11
59.55m	300m Hurdles	10-11-17	Rhys Cooley	Male	U15
33.57m	Javelin 500g	27-10-17	Rianna Cooley	Female	U17
1:01.00	300m Hurdles	06-10-17	Paige Merriman	Female	U15

100% attendance

Phoenix Ogston U8

Adam El-Keher U9

Ivy Rose Gerstner U10

Jayden Ogston U10

Olivia Pyda U11

Crystal Rose Siteman U12

Angel Ogston U13

Andrew Strevens U14

Emillio Martinez U11

National Representatives

Athletes, who have represented our Centre at 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

Age Champions 2017-2018

Age Group	Award	Boys	Girls
Under 6	1st 2nd 3rd	Travis Azar-465pts Joshua Love-391pts Cruz Monzon-332pts	Elora Scully-473pts Neve Curran-408pts Miah Curran-386pts
Under 7	1st 2nd 3rd	Samuel Love-532pts Cortez Monzon-400pts Maxim Uzelac-360pts	Nakai Kerr-508pts Divine Chukwudi-492pts Chloe Bruce-236pts
Under 8	1st 2nd 3rd	Vladimir Milankovski-528pts Orlando Benci-499pts Montel Skelton-412pts	Taylor Crawford-530pts Jemma Crawford-520pts Laylani Sharp-429pts
Under 9	1st 2nd 3rd	Adam El-Kheir-832pts Andrew Lam-698pts Brody Cheong-406pts	Isabella Baptist-837pts Makadee Ackling-Grantham-621pts Monique Skelton-405pts
Under 10	1st 2nd 3rd	Jayden Ogston-732pts Jesse Chukwudi-729pts Jordan Azar-671pts	Ivy Rose Gerstner-730pts Charlotte Skundric-525pts Mikayla Skundric-512pts
Under 11	1st 2nd 3rd	Joshua Smith-710pts Michael Lam-583pts Zachary Benci-573pts	Olivia Pyda-917pts Mykaila Norman-624pts Eva Cheong-599pts
Under 12	1st 2nd 3rd	Robert Ong-580pts Adam Arduin-534pts Jaylen Skelton-514pts	Crystal Rose Siteman-935pts Charlize Monzon-705pts Olivia Haskew-604pts
Under 13	1st 2nd 3rd	Raven Pyda-952pts Lachlan Baptist-750pts Patrick Benci-449pts	Angel Ogston-792pts Charlotte Smith-707pts Nina Cvijanovic-499pts
Under 14	1st 2nd 3rd	Martin Ong-777pts Thomas Busfield-743pts Mitchell Westrup-466pts	
Under 15	1st 2nd 3rd	Max Harvey-859pts Rhys Cooley-702pts	Paige Merriman-189pts
Under 17	1st 2nd 3rd	Jamie Dinte-778pts Myles Haskew-553pts Blessing Mutsapata-234pts	Rianna Cooley-903pts Eloise Badolato-664pts

Liverpool City Little Athletics Centre - Week 1 Program

Event	1	2	3	4	5	6	7	8
U 6	50m	200m	Long Jump	Discus 350g				
U 7	50m	200m	Long Jump	Shot - 1kg				
U 8	60m Hurdles	100m	400m	Discus 500g				
U 9	700m Walk	60m Hurdles	100m	800m	Shot - 2kg	High Jump		
U 10	1100m Walk	60m Hurdles	200m	800m	Discus 500g	High Jump		
U 11	1100m Walk	60m Hurdles	200m	800m	Discus 500g	Long Jump	Javelin 400g	
U 12	1500m Walk	60m Hurdles	200m	800m	Discus 750g	Triple Jump	High Jump	
U 13	1500m Walk	200m hurdles	100m	400m	1500m	Shot - 3kg	Long Jump	Javelin 400g(G) 600g(B)
U 14	1500m Walk	200m Hurdles	100m	400m	1500m	Shot - 3kg	Long Jump	Javelin 400g(G) 600g(B)
U 15	1500m Walk	300m Hurdles	100m	400m	1500m	Shot - 3kg(G) 4kg(B)	Long Jump	Javelin 500g(G) 700g(B)
U 17	1500m Walk	300m Hurdles	100m	400m	1500m	Shot - 3kg(G) 5kg(B)	Long 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 Centre - Week 2 Program

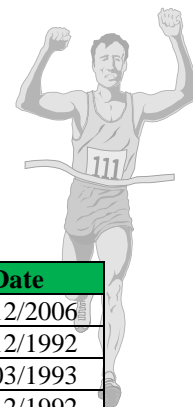
Event	1	2	3	4	5	6	7
U 6	70m	100m	300m	Shot-500g			
U 7	70m	100m	500m	Discus 350g			
U 8	70m	200m	700m	Shot - 1.5kg	Long Jump		
U 9	70m	200m	400m	Discus - 500g	Long Jump		
U 10	70m	100m	400m	800m Staggered Start	Shot-2kg	Long Jump	
U 11	100m	400m	1500m	Shot - 2kg	Triple Jump	High Jump	
U 12	100m	400m	1500m	Shot 2kg	Long Jump	Javelin 400g	
U 13	80m Hurdles	200m	800m	3000m	Discus - 750g	Triple Jump	High Jump
U 14	80m Hurdles(G) 90m Hurdles(B)	200m	800m	3000m	Discus - 1kg	Triple Jump	High Jump
U 15	90m Hurdles(G) 100m Hurdles(B)	200m	800m	3000m	Discus - 1kg	Triple Jump	High Jump
U 17	100m Hurdles(G) 110m Hurdles(B)	200m	800m	3000m	Discus 1kg (G) 1.5kg (B)	Triple 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 currently 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 notification will be posted on the Notice Boards, Facebook and website. All the Age Managers will also be notified about any changes.

CURRENT RECORDS

Liverpool City LAC



Under 6

Event	Boys	Record	Date	Girls	Record	Date
50m	Michael Dokovic	10.00	12/2006	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	Cooper Smith	5.96	10/2003	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	Daniel Reynolds Michael Dokovic Kodi Smith	9.10	02/2007 12/2007 12/2012	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	Brendan Lloyd	18.70	12/2004	Katrina D'Ugo	18.94	12/1991
500m Pack Start	David Vlagic	1-47.00	03/1998	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 Barney Vaivela Sa'u	14.00	03/1996 03/1997	Charmaine Bott	14.90	02/1996
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 Kick)	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	Girls	Record	Date
70m	Jesse Chukwudi	9.97	02/2018	Renae Dehn	10.50	02/2009
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	Renae Dehn	1.24	02/2010
High Jump (Scissor Kick)	Zachary Benci	1.21	02/2017	Brielle Scully	1.11	01/2017
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	Pip Cox	1-06.60	03/2003
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	Kristy Rohrer	6-24.90	02/1997
60m Hurdles	Christopher Nunes	9.70	01/1998	Jacklyn Theodosius Jessica Rigas	10.60	02/2000 03/2003
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	Arthur Leleai Inu	34.29	03/2013	LeTeine Tikeri	29.91	01/2014
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
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	Renae Dehn	10.28	03/2012
Shot Put	Jason Impey	11.78	02/1983	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	Rena 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	Rena Dehn	10.54	03/2013
Shot Put	Craig Zahra	13.00	1992	Leteine Tikeri	12.03	03/2016
Discus	Anthony Schmidt	37.43	12/2009	Leteine 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	Kelly Dark	11-30.9	02/1992
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	B.Bowers	5.67	09/1999	Rena 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 Sina Wildraut 400g	31.80 28.28	03/1998 2014

Under 15

Event	Boys	Record	Date	Girls	Record	Date
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	Stefan Music	2-05.86	12/2012	Paige Merriman	2.27.97	03/2018
1500m	Stefan Music	4-44.15	03/2013	Chloe Esposito	4-47.40	03/2006
3000m	Daniel Searle	10-12.70	02/1992	Chloe Esposito	10-15.80	03/2006
1500m Walk	Mark Dickson	6-58.00	02/1998	Kelly Dark	7-15.60	03/2006
100/90m Hurdle	Nuno 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	Rhys Cooley	59.55	11/2017	Paige Merriman	1.01.00	10/2017
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	Tim Csont	42.33	02/1994	Sharyn Dickson	36.97	12/1998
Javelin	Daniel Reynolds 700g	41.33	02/2015	Sharyn Dickson 600g Rianna Cooley 500g	34.55 24.45	02/1999 09/2015

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	Johnnie Demertzis	2-20.04	12/2016	Hannah Kaine	2-22.79	03/2015
1500m	Johnnie Demertzis	4.43.11	02/2017	Jordan Roth	4-58.00	03/2015
3000m	Johnnie Demertzis	10.32.08	11/2016	Hannah Kaine	12-35.91	10/2014
1500m Walk	No current record			No current record		
110/100 Hurdles	Sasha Stevenson	16.68	02/2013	Georgia Towell	17.39	02/2017
200m Hurdles	Sasha Stevenson	29.65	11/2011	Helen Tran	30.62	02/2010
300m Hurdles	Joshua Talosaga	44.52	02/2017	Georgia Towell	55.30	12/2016
Long Jump	Alec Nguyen	5.87	02/2015	Rebecca Brett	5.16	12/2015
High Jump	Jersey Cavana	1.78	02/2015	Rebecca Brett	1.50	10/2014
Triple Jump	Blake Langtry	12.71	12/2009	Rebecca Brett	10.77	12/2015
Shot Put	Nathan Kendall	13.97	03/2013	Maave Toa 4k Rianna Cooley 3kg	10.31 9.44	11/2010 03/2018
Discus	Nathan Kendall	48.42	02/2013	Maave Toa	33.56	02/2011
Javelin	Daniel Reynolds	45.31	02/2016	Rianna Cooley	33.57	10/2017

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, including Trans-Tasman.

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.

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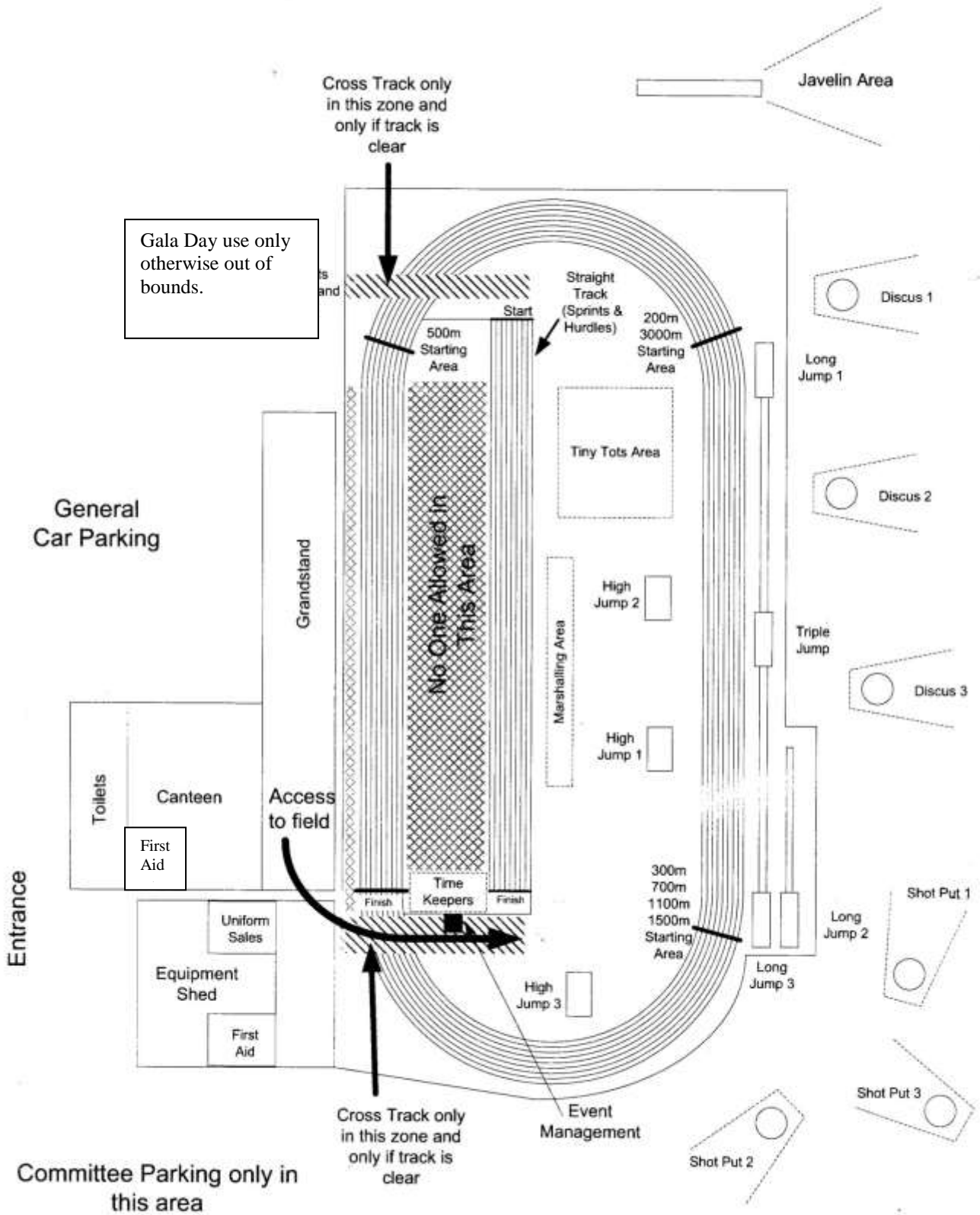
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