

# Liverpool City Little Athletics Centre

## 2023-24 Season Handbook



# Club Handbook 2023-24 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	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	2023	Olivia Pyda
2016	Hannah Kaine	2023	Robert Ong
2017	Georgia Towell		
2017	Daniel Reynolds		
2021	Raven Pyda		
2021	Andrew Strevens		
2021	Martin Ong		
2021	Joshua Lewsam		

# Centre Committee for 2023-2024

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 once a month, during the season. 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.

<b>President</b>	<b>Marylou Henry</b>	liverpoolcitylac@gmail.com	0449675163
<b>Vice-President</b>	<b>Ian Strevens</b>	liverpoolcitylac@gmail.com	
<b>Secretary</b>	<b>Roulla Parzakonis</b>	liverpoolcitylac@gmail.com	0423418367
<b>Registrar</b>	<b>Catherine Ong</b>	liverpoolcitylac@gmail.com	0434845262
Registrar Assistant	<b>Elizabeth Martin</b>	liverpoolcitylac@gmail.com	
<b>Treasurer</b>	<b>Aggie Hornung</b>	hornundzek@hotmail.com	0412887160
Canteen	Zena Dablan		
Championships	Joshua Henry		
	Aggie Hornung		
Uniforms	Roulla Parzakonis		
First Aid	Ian Strevens		
	Jessica Strevens		
Records & Rankings	Georgia Holloway		
	Elizabeth Martin		
Equipment Officer	Raven Pyda		
	Andrew Strevens		
Working with Children	Jessica Strevens		
	Ian Strevens		
General Members	Christy Osimen Chukwudi		
	Patricia Galea		
	Marie Monzon		

# 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 2023-24.

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](http://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, personalised Family booklets and much more.

We look forward to hearing your stories and sharing in your successes during the 2023-24 season.

Yours in Sport

**LCLAC Committee**



## What Happens on A Friday Night?

**The Program:** We run a 3-week program, this allows the athletes to participate in a variety of events.

**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.

**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 7 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 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.

**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 raffle, as this will help raise money to upgrade our equipment and Presentation Day.

### 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.

### Important Dates to Remember

**08 Sep 2023 – Bring a Friend Night**

**15 Sep 2023 – First Competition Night**

**22 Oct 2023 – Liverpool Gala Day**

**11 Nov 2023 – State Relays-Juniors (U8-U11)**

**12 Nov 2023 – State Relays-Seniors (U12-U17)**

**18 Nov 2023 – Scampers (Tots-U7)**

**19 Nov 2023 – Zone Combined Carnival (U6-U17)**

**08 Dec 2023 – No competition-Zone Championships**

**08-10 Dec 2023 – Zone Championships (U7-U17)**

**15 Dec 2023 – Last Night before Christmas**

**12 Jan 2024 – First Night back in 2024**

**26 Jan 2024 – No Competition-Australia Day**

**09 Feb 2024 – No Competition-Regional Championships**

**09-11 Feb 2024 – Regional Championships (U8-U17)**

**02-03 Mar 2024 – The Kumon State Combined Carnival, Glendale, (U6-U17)**

**15 Mar 2024 – Last Competition Night**

**22-24 Mar 2024 – State Championships (U9-U17)**

# 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. Most common injuries related to spike shoes are due to inappropriate use of the spike shoes.
- **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.**



## 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](mailto: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).

<b>1<sup>st</sup> place – 8 points</b>	<b>5<sup>th</sup> place – 3 points</b>
<b>2<sup>nd</sup> place – 6 points</b>	<b>6<sup>th</sup> place – 2 points</b>
<b>3<sup>rd</sup> place – 5 points</b>	<b>7<sup>th</sup> place – 1 point</b>
<b>4<sup>th</sup> place – 4 points</b>	

For example:

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

Athlete B: competes in 4 events, places 1<sup>st</sup>, 3<sup>rd</sup>, 10<sup>th</sup> and 14<sup>th</sup>, 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 9<sup>th</sup> 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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.8

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

**President's Encouragement Award**

**U15 Presidents Shield**

**Coaches 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
Ruth Ifejika	2023	100m, 200m, 4x100m Relay	Bronze, Silver, Gold

# AWARDS LIVERPOOL CITY LAC 2022/23 SEASON

## Age Champions

	Age Champion Boys	Age Champion Girls	Encouragement Boy	Encouragement Girl
<b>U/6</b>	Raniel Anyaorah 379 Ethan Pollock 293 Lachlan Platfoot 271	Emanuela Vai 437 Anna Sadler 387 Eloise Platfoot 305	Cody Beier	Danika Kotevski
<b>U/7</b>	George Sadler 520 Mason Thrattthabeusy 303 Vien Kemp 259	Helena Parzakonis 332 Lena Amanoel 256 Emmaline Semmens 203	Mason Strudwick	No award
<b>U/8</b>	Zac Dowsey 426 Lucas Beier 340 Fynn Eason 313	Meredith Anyaorah 431 April Hartley 328 Annabelle Strudwick 318	Lachlan Howells	Jelena Jovanovic
<b>U/9</b>	Seth Sadler 455 Jackson Davies 375 Cristian Menendez 336	Angioletta Vai 442 Ciela Ruxton 351 Arryah Robinson 310	Ondrei Torrado AND John Galea	Amelia Platfoot
<b>U/10</b>	Michael Isaac 433 Thomas Spiers 349 Setelo Matakaiongo 291	Reanne Galea 383 Annabel Howells 280 Peace Chukwudi 277	Ivansh Tadiyal	Anastasia Ogston
<b>U/11</b>	Kamsi Mbaegbu 433 James Sadler 427 Aiden Thrattthabeussy 247	Jesinta Davies 465 Sophie Kitsoukiliias 431 Mae Le 405	Thorán Robinson	Neve Curran
<b>U/12</b>	Marcus Menendez 502 Zachary Lauchlan 489 Muhammad Hussan Khan 395	Tausia Uvea 355 Divine Chukwudi 336 Camryn Eason 333	Theophilus Matakaiongo	Jazmyn Omokoro
<b>U/13</b>	Phoenix Ogston 378 Phuoc Tran 214	Ruth Ifejika 466 Shia Tadiyal 346 Shamiso Matimati 229	No award	Alisha Bonney Joseph
<b>U/14</b>	Vladimir Milankovski 380 Edward Isaac 366 Felise Uvea 277	Ruby Rose Talbot 410 Nicole Parzakonis 248 Charlotte Eagle 153	Zachariah Diab	No award
<b>U/15</b>	Adam El Kheir 493 Jayden Ogston 396 Jordan Taing 320	Charlotte Skundric 551 Ishi Tadiyal 379 Joscelyn Chen 279	No award	Angelina Kumar
<b>U/17</b>	Christian Isaac 511 Adam Arduin 470 Gregory Parzakonis 197	Olivia Pyda 465 Crystal Rose Siteman 275 Yovanka Milankovski 195	Anthony Nguyen	Christina Lay

### Presidents Encouragement Trophy

Angioletta Vai

### President Shield Trophy

Charlotte Skundric

### Male and Female Athlete of the Year

FEMALE: Divine Chukwudi MALE: Setelo Matakaiongo

### Reynolds Junior Athlete of the Year

Malia Matakaiongo

### Outstanding athlete in Sprints

Ruth Ifejika

### Endurance Athlete of the Year

Olivia Pyda and Adam El Kheir

### Outstanding Achievement in Jumps

Robert Ong

### Outstanding Achievements in Throwing

Adam Arduin

### Most PBs in age group and best in club

Female: Sophie Kitsoukiliias (U11) Male: Jackson Davies (U9)

### Junior Life Members:

Olivia Pyda and Robert Ong

### 3-week Program (2023-24)

Week 1					
U6	50m	300PS	Shot Put 500g		
U7	50m	500PS	Shot Put 1kg		
U8	70m	700PS	Long Jump		
U9	70m	800m	Discus 500g	High Jump(S)	
U10	70m	800m	Discus 500g	High Jump (S)	
U11	100m	800m	Discus 500g	Triple Jump	
U12	1500W	100m	800m	Discus 750g	Long Jump
U13	1500W	100m	800m	Triple jump	Javelin 400gG/600gB
U14	1500W	100m	800m	Long Jump	Javelin 400gG/600gB
U15	1500W	100m	800m	High Jump	Shot Put3kgG/4kgB
U17	1500W	100m	800m	High Jump	Shot Put 3kgG/5kgB

Week 2					
U6	100m	70m	Discus 350g		
U7	100m	70m	Discus 350g		
U8	100m	60H(45cm)	Shot Put 1.5kg		
U9	700W	60mH(45cm)	100m	Long Jump	
U10	1100W	60mH(60cm)	100m	Long Jump	
U11	1100W	80mH(60cm)	400m	Long Jump	Javelin 400g
U12		80mH(68cm)	400m	High Jump	Shot Put 2kg
U13	3km	200mH(68cm)	400m	Shot Put 3kg	Long Jump
U14	3km	200mH(76cm)	400m	Discus 1kg	High Jump
U15	3km	300mH(76cm)	400m	Triple Jump	Discus 1kg
U17	3km	300mH(76cm)	400m	Triple Jump	Discus 1kgG/1.5kgB

Week 3					
U6	200mPS	50m	Long Jump		
U7	200m	50m	Long Jump		
U8	200m	400mPS	Discus 500g		
U9	200m	400m	Shot Put 2kg		
U10	200m	400m	Shot Put 2kg		
U11	200m	1500m	High Jump	Shot Put 2g	
U12	200m	1500m	Triple Jump	Javelin 400g	
U13	200m	80mH(76cm)	1500m	Discus 750g	High Jump
U14	200m	80/90H(76cm)	1500m	Shot Put 3kg	Triple Jump
U15	200m	90/100H(76cm)	1500m	Long Jump	Javelin 500gG/700gB
U17	200m	100/110H(76cm)	1500m	Long Jump	Javelin 500gG/700gB

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 Commazzetto	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	Deuceleon Ikamui	6.50	01/2020	Courtney Castle	4.66	03/2008
Discus	Daniel Bugeja	13.70	10/2014	Kristen Thompson	10.86	01/2004
200m Pack Start	George Sadler	46.35	02/2022	Mikayla Emehelu	47.04	02/2022
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
400m Pack Start	Deuceleon Ikamui	1:29.86	12/2021	Olivia Gibbons	1:38.14	01/2022
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 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	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	Renae Dehn	1.24	02/2010
High Jump (Scissor Kick)	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	Kamsi Mbaegbu	13.47	02/2023	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 Jardii Ikamui	34.29 35.05	03/2013 10/2022	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	Divine Chukwudi	12.64	03/2023
200m	Blake Langtry	26.70	03/2006	Divine Chukwudi	26.20	03/2023
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	Renae Dehn	10.28	03/2012
Shot Put	3kg Jason Impey 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	Ruth Ifejika	12.61	03/2023
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	Renae 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	Renae Dehn	10.54	03/2013
Shot Put	Craig Zahra	13.00	1992	Le Teine Tikeri	12.03	03/2016
Discus	1kgAnthony 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	Renae 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) Felise Uvea (3kg)	13.36 13.24	11/1988 03/2023	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	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	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	Adam El Kheir	44.77	02/2023	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	Kunal Menon	14.46	03/2023	Georgia Towell	17.39	02/2017
200m Hurdles	Sasha Stevenson	29.65	11/2011	Helen Tran	30.62	02/2010
300m Hurdles	Robert Ong	41.59	03/2023	Olivia Pyda	51.19	03/2023
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	Adam Arduin	46.61	02/2023	Olivia Haskew	39.29	11/2022

## 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 able to provide this level of judging on Friday nights.

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