

Liverpool City LAC Awards

Last update: September 2025

Liverpool City Little Athletics Awards:

The club conducts an annual Presentation Ceremony which it formally recognises the achievements of athletes. This includes presentation of:

1. Perpetual Presidents Shield Trophy
2. Perpetual Presidents Encouragement Trophy
3. Perpetual National Award
4. 6s Encouragement Perpetual Trophy Award
5. Best in Age Group Awards (1st, 2nd, 3rd) based on point score
6. Encouragement Awards (selected by Age Managers or Committee)
7. Most Personal Bests (PB's) in the Club (calculated by ration of PB's vs number of events)
8. Five Years Service
9. 10 Years Service
10. 100% Attendance
11. Recorder Breakers
12. Recognition of State Relay Medalists
13. Recognition of State Championships Medalists
14. Male and Female Athletes of the Year
15. Perpetual Trophy Reynolds Junior Athlete of the Year 8s-12s
16. Other Trophies for Outstanding Achievement would include
 - a) Outstanding Achievement in Sprints
 - b) Outstanding Achievement in Jumps Trophy
 - c) Endurance Athlete of the Year
 - d) Outstanding Achievements in Throwing

In addition the club awards state representative jackets, continuous membership jackets and improvement points awards throughout the little athletics season.

1. Perpetual Presidents Shield Trophy

- 1.1 This is our most prestigious award for Liverpool LAC. Athletes are invited to nominate themselves for this award. This Award is for 15's Age Group only.
- 1.2 This is based on achievements but also service to the club.
- 1.3 The athlete must be with the club for a minimum of five years. (not consecutive)
- 1.4 Must display consistent performances
- 1.5 Must show personal interest and involvement beyond the club level that could lead to achievements as an individual or part of a group.
- 1.6 The athlete must demonstrate good mannerism and qualities that serve as a good ambassador for the club
- 1.7 As part of receiving the Presidents shield the athlete will be offered the opportunity to represent the club as 'Vice Captain'
- 1.8 In the event that no 17s is nominated for Captain they would become Captain.
- 1.9 The committee is **NOT** bound to award this Shield every year
- 1.10 This is awarded to one athlete only
- 1.11 Conditions: minimum 70% attendance for the season
- 1.12 Nomination forms must be received by the last night of the season

2. Perpetual Presidents Encouragement Trophy

- 2.1 This is awarded to any athlete in any age group.
- 2.2 Athlete must display exemplary nature in all aspects of proceedings whether as an athlete or by attitude.
- 2.3 This award is chosen by the executive committee, but voted on by the whole committee.
- 2.4 Conditions: minimum 50% attendance for the season

3. Perpetual Trophy National Award

- 3.1 This award is for an athlete that was selected by LANSW to compete in the NSW team.
- 3.2 Athletes nominated for this age group are only in the U13 age group.

4. 6s Encouragement Perpetual Trophy Award

- 4.1 Presented to one boy and one girl
- 4.2 Recipients don't necessarily have to be the best athlete, rather those who have demonstrated "to do their best"
- 4.3 Athlete must demonstrate good attitude, good manners and sportsmanship.
- 4.4 This is chosen by the Age Manager
- 4.5 Conditions: minimum 50% attendance for the season

5. Best in Age Group: Age Champion Awards - 1st, 2nd, 3rd

- 5.1 Each week Best in Age points are earned by participating athletes in each event based on their participation and results.
- 5.2 This is awarded to in both boys and girls
- 5.3 Points are given on placing overall, not individual race (heats)
- 5.4 All athletes who will get a point, regardless whether they get disqualified.
- 5.5 1st place receives 8pts, 2nd place receive 6pts, 3rd place receive 5pts, 4th place receive 4pts, 5th place receive 3 pts, 6th place receive 2 pts and 7th place receive 1pt.
- 5.6 Conditions: minimum 50% attendance for the season
- 5.7 For age groups 6s-U20

6. Encouragement Awards

- 6.1 This award is for 7s-U20 age groups
- 6.2 This is awarded to someone who is most improved and most PB's who has not qualified for best in age group.
- 6.3 Conditions: minimum 50% attendance for the season
- 6.4 This awarded to both boys and girls

7. Most Personal Best (PB's) in the Club

- 7.1 This is awarded to a boy and girl in any age group
- 7.2 This is awarded to the athletes who receive the most Personal Best at the Centre only (Friday nights) over the entire season.
- 7.3 Conditions: minimum 50% attendance for the season

8. Five Years Services

- 8.1 this is awarded to an athlete for 5 years service with the club
- 8.2 This can include a season/s with Tiny Tots
- 8.3 It doesn't need to be continuous

9. 10 Years Service

- 9.1 This is for 10 years with LCLAC
- 9.2 They also receive a certificate from LANSW
- 9.3 This can include season/s with Tiny Tots

10. 100% Attendance

- 10.1 This will include if one night missed
- 10.2 If an athlete has missed due to injury/illness and can provide a doctors Certificate the committee will honour attendance.

11. Record Breakers

- 11.1 This includes records broken at all sanctioned LANSW/NSW Athletics championships events
- 11.2 Conditions: minimum 50% attendance for the season

12. State Relay Medalist

- 12.1 Recognising athletes that Medaled at State Relays Championships

13. State Representatives

- 13.1 The club awards State Representative jackets to athletes who qualify and compete at the LAANSW State Track and Field Championships in individual events.
 - **Athletes in 9s-15s** must compete and represent the Club at **ALL** three Championships: Zone Championships, Region Championships and State Championships – achieving the automatic progression throughout the Championships (unless they have been granted an exemption by NSW Athletics/LANSW exempting them from competing at Zone or Region Championships)
 - **Athletes in 16s-U20** must compete and represent the Club at **ALL** three Championships:
 - a) Zone Championships (placing in top 4 in their event/s)
 - b) Region Championships (placing top 2 in their event/s)
 - c) State Championships
- 13.2 Top 10 Placing at LAANSW Cross Country or State Combined Event Championships

14. Male and Female Athlete of the Year

- 14.1 These awards are calculated from results in the following events:
- 14.2 State Track and Field Championships
- 14.3 State Multi-Event Championships
- 14.4 Where a recipient is not clear-cut, Zone and Regional Carnival results may be considered
- 14.5 Minimum 50% attendance for the season
- 14.6 attendance at Zone, Region, State, State Multi and ANSW

15. Reynolds Perpetual Junior Athlete of the Year (8s-12s Age Group only)

- 15.1 This will only be awarded to 1 person
- 15.2 Minimum 50% attendance for the season
- 15.3 Must have competed at Zone and Regional Championships
- 15.4 If it is close, other factors such as participation at other LANSW events will be looked at as well.

16. Outstanding Achievement in Sprints

- 16.1 Any athlete from 6s-U20
- 16.2 Minimum 50% attendance for the season

17. Outstanding Achievement in Jumps

- 17.1 Any athlete from 6s-U20
- 17.2 Minimum 50% attendance for the season

18. Endurance Athlete of the Year

- 18.1 Any athlete from 10s-U20
- 18.2 Minimum 50% attendance for the season

19. Outstanding Achievements in throwing

- 19.1 Any athlete from 6s-U20
- 19.2 Minimum 50% attendance for the season