



WELCOME TO
AVALON AIRPORT
ATHLETICS ARENA
Home of Corio Little Athletics Centre

HANDBOOK 2020/21



At Avalon Airport we're getting ready to take off.

While planes have been parked we've been using this lockdown time to safely continue planned upgrades. This includes installing auto bag drops and check in kiosks with touchless technology, plus a new CT scanner that will allow you to leave your laptop in your bag as you pass through security. We have new sanitisation stations, floor stickers reminding you of safe distancing, and new handy baggage repack and weigh stations. Because when the borders reopen and we can welcome you back, we want you to feel safe - and we want your flying to be even easier than it was.

Proud sponsors of Corio Little Athletics Centre

 avalonairport.com.au




Avalon Airport
Flying made easy

WELCOME TO LITTLE ATHLETICS FOR THE 2020/2021 SEASON



LITTLE ATHLETICS CORIO CENTRE

Affiliated with
Little Athletics Victoria Inc.

Join us on Facebook or TeamApp
PO Box 177, CORIO, 3214
email: corio@lavic.com.au
www.coriolac.com.au

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CONNECTING WITH US

Connecting with us is easy – we have a number of social media channels



FACEBOOK

We have a member's only facebook page - search for us at **Members Corio LAC**. This is where we post any information relevant to the week's competition, training, weather cancellations and photos from competition days. As this is a closed group, you will need to send in a request to join and you will be asked questions. Please mention your athlete's full name and club so we can identify you.

We also have an open facebook page for advertising and contacting the wider community, search for **Corio Little Athletics Centre**. You are welcome to join this as well however the member's only specific information and photos from the weekend are often only posted in the member's page



WEBSITE - WWW

We have an extensive website at www.corio.lavic.com.au This site has many important links and information for both parents and athletes. This site is updated all the time.



INSTAGRAM

We do have a Corio Little Athletics Instagram Page - search for **Coriolac7** and are working on getting more active on this in 2020/21 – follow us for live posts during competition.



TWITTER

We do have a Corio Little Athletics twitter Page - search for **@coriolac** and are working on getting more active on this in 2020/21 – follow us for tweets.



EMAIL - You can also email us anytime corio@lavic.com.au



Presidents Welcome

Welcome to all our members for season 2020\21.

On behalf of the Corio Little Athletics Centre committee I would like to extend a very warm welcome to all our returning and new athletes and families for the 2020/21 season.

Last year was certainly a year to remember! We had a lot of positives for the Centre including the opening of our new IAAF track, welcoming on board our major sponsor Avalon Airport, and show casing how well our Centre operates through hosting the Intercentre round in January, and a very successful Western Metro Region Track and Field Championship in February. Unfortunately, we had a disrupted season due to weather, and of course the COVID situation resulted in an abrupt end to the season.

This season may look a little different due to COVID, however the goal of the Centre Committee has been to plan for and provide an opportunity for athletes and families to once again enjoy little athletics. During the off season the Centre Committee has worked hard on numerous projects including updating the Centre constitution, and Chris Larkins has led some tremendous work getting our new trolleys put together ready for the new season

I thank our sponsors for their continued support of the Corio Centre and encourage all parents, guardians and extended families and friends to get behind the following local businesses:

Gold Sponsor	Avalon Airport
Bronze Community Partners	Avanti Coffee – North Geelong and Lara
	Corio Pizza
	G-Force
	Subway Bell Post Hill












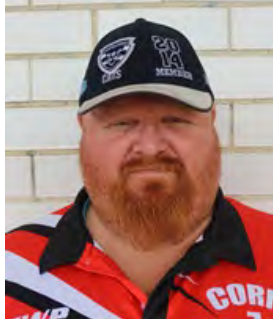

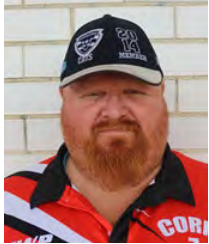

I can assure you that we have a great team of people within the Centre that enable us to run a very successful program week in and week out for the benefit of our athletes. This takes time and effort and I would like to encourage all parents and guardians to please assist in any way possible. If you are able to assist please speak to a committee member and they will be able to answer any questions you may have.

I am excited about season 2020/21 and look forward to seeing our athletes achieve their best throughout the season. Do not hesitate to pull me aside for a chat whenever you have questions or concerns.

**Enjoy the season ahead &
"GO TEAM CORIO"**

Regards,
Adam Bowkett

2020/21 EXECUTIVE COMMITTEE

<p>PRESIDENT</p>  <p>Adam Bowkett ☎ 0484 383 982</p>	<p>SECRETARY</p>  <p>Kirsten Thomas ☎ 0414 944 199</p>	<p>TREASURER</p>  <p>Sharron Colls-McKenzie ☎ 0418 789 154</p>	<p>RECORDS & RANKING</p>  <p>Graham Cole ☎ 5275 3309</p>
<p>VICE PRESIDENT</p>  <p>Simon Hill ☎ 0407 456 494</p>	<p>VENUE CO-ORDINATOR</p>  <p>Davina Reid ☎ 0405 803 537</p>	<p>PUBLICITY</p>  <p>Robin Walker ☎ 0417 784 088</p>	<p>CROSS COUNTRY</p>  <p>Sharon Rabusin ☎ 0408 397 645</p>
<p>SCHOOLS COORDINATOR</p>  <p>Doc Thomas ☎ 0420 277 199</p>	<p>ORDINARY MEMBER</p>  <p>Narelle Campbell ☎ 0407 346 702</p>	<p>ORDINARY MEMBER</p>  <p>Denise Charles ☎ 0433 482 861</p>	<p>ORDINARY MEMBER</p>  <p>Brian Ward ☎ 0417 151 207</p>
<p>ORDINARY MEMBER</p>  <p>Tania Abreu ☎ 0403 274 537</p>	<p>SUPPORT ROLES</p>		
<p>SPONSORSHIP & GRANTS COORDINATOR</p> <p>Brian Ward ☎ 0417 151 207</p> 		<p>ASSISTANT TREASURER</p> <p>Tania Abreu ☎ 0403 274 537</p> 	

CENTRE MEETINGS 2020\21

Centre meetings are open to all Ordinary and Life Members, and are held on the third Thursday of each month at 7:30 pm (unless otherwise advised).

All meetings will take place at the Goldsworthy Reserve Clubrooms, unless otherwise advertised.

These meetings are attended by club delegates and executive committee members, but all interested parties are most welcome and encouraged to attend.

EXECUTIVE DUTIES

Have you wondered what the 'EXECUTIVE' actually do?

Have you thought of nominating for an 'EXECUTIVE' position but did not?

Know what you're letting yourself in for?

Here is a description of what each of the 'EXECUTIVE' do.

<p>PRESIDENT:</p> <ul style="list-style-type: none"> • Liaises with all executive positions • Is a Public Relations person, a Spokesperson, 'Buck Stops Here' person • Fulfils all executive positions not filled 	<p>SECRETARY:</p> <ul style="list-style-type: none"> • Handles all correspondence for the centre • Compiles the annual handbook • Manages all championship events, such as Region Track & Field, Relays, Open Day, etc.
<p>TREASURER:</p> <p>Handles all financial matters within the Centre</p>	<p>RECORDS & RANKING:</p> <ul style="list-style-type: none"> • Keeps records of all performances of every athlete • Grades athletes for events
<p>VICE PRESIDENT:</p> <ul style="list-style-type: none"> • Assists the President • Assumes the role of President when the President is absent 	<p>ASSISTANT SECRETARY:</p> <ul style="list-style-type: none"> • Assists the Secretary in whatever way necessary •
<p>CENTRE DELEGATE TO REGION:</p> <ul style="list-style-type: none"> • Attends Region meetings and reports back to Centre executive 	<p>CROSS COUNTRY:</p> <ul style="list-style-type: none"> • Organises and co-ordinates the Cross Country Program
<p>PUBLICITY OFFICER:</p> <ul style="list-style-type: none"> • Responsible for promoting the Centre via photography and media outlets 	<p>VENUE CO-ORDINATOR:</p> <ul style="list-style-type: none"> • Organises officials for each competition day
<p>SCHOOLS FACILITIES CO-ORDINATOR:</p> <ul style="list-style-type: none"> • Co-ordinates use of facilities for schools/community groups • Ensures facilities are accessible for these groups on required event days 	

THE EXECUTIVE IN SUMMARY:

We the willing, led by the unknowing, are doing the impossible for the ungrateful, and now we have done so much for so long with so little, we are now qualified to do anything with nothing.

LIFE MEMBERS

(as at the beginning of the 2020/21 season)		
Trevor Billingham*	Jim Baskin	Graham Cole
Jim* & Val Wood	Barbara Fairbrother	Harold Boddy
Ric* & Dot Payne	Jack Thompson*	Michael Brunton
Norma Campbell	Hans Werner	Anne Gottardo
Marg Robertson*	Bill Aitken*	Chris Larkins
Lois Daffy*	Shirley Aitken	Allen Martin
Peter Taylor	Brian Boyle	Lou Mirarchi
Judy Thorne	Graham* & Dianne Alsop	Marlo Drake
Lesley Martin	Helen Thomson	Mark Ettridge
Hon. Jack Deppeler, O.A.M.*	Paul Turner	Snez Davis
Debbie Baskin	Denise Turner	Jenny Larkins
Greg Wilson	Robert Pitcher*	Mark Wiffen
Sherry Gathercole	Jean Trevarthen	Travis Trevarthen
Kelvin Gray	Simon Hill	Nicole Hill

*deceased


ACTIVE MEMBER

Are you an active member, the kind that would be missed?
 Or are you just contented that your name is on the list?
 Do you attend the meetings and mingle with the flock?
 Or do you meet in private and criticise and knock?
 Do you take an active part to help the work along?
 Or are you satisfied to be the kind who must belong?
 Do you work on the committees, to this there is no trick,
 Or leave the work to just a few, then talk about the clique?
 Please go to meetings often,
 And help with hand and heart,
 Don't be just a member, but take an active part,
 Think this over members, you know what's right from wrong.
ARE YOU AN ACTIVE MEMBER OR DO YOU JUST BELONG?

CENTRE OFFICIALS

ANNOUNCER	Marlo Drake
CHIEF OF OFFICIALS	Adam Bowkett, Simon Hill,
CHIEF TIMEKEEPER	Graham Cole
STARTERS	Travis Trevarthen, Simon Hill, Neil McKenzie, Denise Charles
CHIEF WALK JUDGES	Lou Mirarchi, Denise Charles, Michelle De Graff
FIELD COORDINATOR	Chris Larkins, Doc Thomas
COVID SAFETY OFFICER	Adam Bowkett

WORKING WITH CHILDREN CHECK

 <p>Working with Children Check</p>	<p>The Victorian Government through the Department of Justice has introduced the "Working with Children Act 2005," which has distinct implications on the conduct of Little Athletics.</p>
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The WWC Check applies to adults who work with children or are engaged in volunteer roles involving children (under 18 years of age). The WWC Check applicable in Victoria is the mandatory minimum standard for a range of child-related industries. The WWC Check now covers all areas of administration, officiating, coaching and overnight supervision at camps and clinics. People working or volunteering in connection with Little Athletics are now required to have their WWC Check, if they fall into one of the categories below.

- Region Executive Committee members
- Centre Executive Committee members
- Club Executive Committee members
- Coaches
- Officials at State and Region level – (not parent helpers whose child/ren is/are participating on the day)
- Centre Chiefs
- Team Managers
- Officials at Centre
- Volunteers without children registered at the Centre
- Overnight Supervisors at camps/clinics/functions
- First Aid Personnel
- Volunteers at Association run activities, (not Centre events).
- Personnel representing outside vendors such as the Coffee Van that sets up and sells beverages/food at your Centre.

Parents, who have a child registered at the Centre where they work or volunteer, are **exempt** from the WWC Check, unless they fall under one of the categories listed above.

Please refer to the LAVic website for the full policy details of WWCC.

Remember, we are all volunteers.

It is important we all accept a share of the responsibility involved in running a successful program for our children.



CLUB CONTACTS

BELL PARK

President: Matt McDonough ☎ 0417 164 085
Treasurer: Tania Abreu ☎ 0403 274 537
Team Manager: Sharron Colls-McKenzie ☎ 0418 789 154



Uniform: Red polo shirt with optional Club emblem, black shorts (no pockets), bicycle shorts or briefs, white socks.

CORIO SOUTH

President: Michael Robinson ☎ 0411 177 538
Vice President: Mel Parfrey ☎ 0401 562 203
Team Manager: Stu Broadway ☎ 0416 759 414



Uniform: Maroon, purple and blue t shirt with club logo across chest. Black shorts (no pockets) or bicycle shorts and white socks.

CORIO WEST

President: Jean Trevarthen ☎ 0418 393 425
Treasurer: Kelly Day
Team Manager: Jacqui Power ☎ 0411 473 141



Uniform: Pale blue polo shirt with Club emblem on left chest, black shorts (no pockets) or bicycle shorts, white socks.

GOLDEN PLAINS

President: Heather Parkinson ☎ 0403 195 283
Secretary: Amanda Bowkett ☎ 0406 680 644



Uniform: Royal blue club polo shirt, black shorts (no pockets) or bicycle shorts, white socks.

LARA

President: Narelle Campbell ☎ 0407 346 702
Secretary: Ally Drayton ☎



Uniform: Navy polo shirt with Club emblem on left chest, black shorts (no pockets), bicycle shorts or briefs, white socks.

FIXTURE FOR THE 2020\21 SEASON

DATE	DAY	COMPETITION	TIME	DUTY CLUB
14/11/20	SAT	Cycle C	8.45 am	
21/11/20	SAT	Cycle D	8.45 am	
28/11/20	SAT	Cycle A	8.45 am	
05/12/20	SAT	Cycle B	8.45 am	
12/12/20	SAT	Cycle C	8.45 am	
19/12/20	SAT	Cycle D	8.45 am	
CHRISTMAS BREAK				
16/01/21	SAT	Cycle A	8.45 am	
23/01/21	SAT	Cycle B	8.45 am	
30/01/21	SAT	State Combined Events Championships		
31/01/21	SUN	State Combined Events Championships		
06/02/21	SAT	Cycle C	8.45 am	
13/02/21	SAT	Region Track and Field Carnival		
14/02/21	SUN	Region Track and Field Carnival		
20/02/21	SAT	Cycle D	8.45 am	
27/02/21	SAT	Cycle A	8.45 am	
28/02/21	SUN	Region Relay Carnivals – U9-U12 only		
06/03/21	SAT	Cycle B	8.45 am	
13/03/21	SAT	State Track and Field Championships - Casey Fields		
14/03/21	SUN	State Track and Field Championships - Casey Fields		
20/03/21	SAT	Centre Championships	8.45 am	Corio Centre
27/03/21	SUN	State Relay Carnivals – U9-U12 only		
28/03/21	SUN	State Relay Carnivals – U13-U16 only		
TBC	SUN	Presentation Day		

Due to COVID-19 Restrictions at the time of printing there was still a lot of uncertainty in regards to the number of cycles in our season, Region and State event dates after the Christmas break, therefore the fixture above will be subject to change.

Please note that the Cycles listed below are subject to change due to COVID protocols and the need to be more flexible with events each week.

CYCLE A

GIRLS

Under 6	70 M	LONG JUMP	DISCUS	
Under 7	70 M	LONG JUMP	DISCUS	
Under 8	70 M	*UL 400 M	SHOT PUT	
Under 9	800 M	DISCUS	LONG JUMP	
Under 10	100 M	DISCUS	LONG JUMP	
Under 11	100 M	JAVELIN	SHOT PUT	
Under 12	100 M	JAVELIN	SHOT PUT	
Under 13	100 M	800 M	LONG JUMP	
Under 14	100 M	800 M	LONG JUMP	
Under 15/16	100 M	800 M	LONG JUMP	

BOYS

Under 6	70 M	SHOT PUT	DISCUS	
Under 7	70 M	SHOT PUT	LONG JUMP	
Under 8	70 M	*UL 400 M	SHOT PUT	
Under 9	100 M	DISCUS	HIGH JUMP	
Under 10	100 M	DISCUS	HIGH JUMP	
Under 11	100 M	JAVELIN	HIGH JUMP	
Under 12	100 M	JAVELIN	SHOT PUT	
Under 13	100 M	800 M	TRIPLE JUMP	
Under 14	100 M	800 M	TRIPLE JUMP	
Under 15/16	100 M	800 M	TRIPLE JUMP	

*UL - Unlaned

CYCLE B

GIRLS

Under 6	50 M	200 M	SHOT PUT	
Under 7	50 M	200 M	SHOT PUT	
Under 8	50 M	200 M	LONG JUMP	
Under 9	200 M	800 M	SHOT PUT	
Under 10	200 M	800 M	SHOT PUT	
Under 11	100 M	400 M	TRIPLE JUMP	
Under 12	400 M	DISCUS	HIGH JUMP	
Under 13	1500 M	JAVELIN	HIGH JUMP	
Under 14	1500 M	JAVELIN	HIGH JUMP	
Under 15/16	1500 M	JAVELIN	HIGH JUMP	

BOYS

Under 6	50 M	200 M	LONG JUMP	
Under 7	50 M	200 M	DISCUS	
Under 8	50 M	200 M	LONG JUMP	
Under 9	400 M	800 M	LONG JUMP	
Under 10	400 M	800 M	LONG JUMP	
Under 11	100 M	400 M	TRIPLE JUMP	
Under 12	100 M	400 M	DISCUS	
Under 13	1500 M	SHOT PUT	LONG JUMP	
Under 14	1500 M	SHOT PUT	LONG JUMP	
Under 15/16	1500 M	SHOT PUT	LONG JUMP	

Please note that the Cycles listed below are subject to change due to COVID protocols and the need to be more flexible with events each week.

Please note that the Cycles listed below are subject to change due to COVID protocols and the need to be more flexible with events each week.

CYCLE C

GIRLS

Under 6	70 M	100 M	LONG JUMP	
Under 7	70 M	100 M	LONG JUMP	
Under 8	700 M WALK	70 M	SHOT PUT	
Under 9	700 M WALK	800 M	HIGH JUMP	
Under 10	1100 M WALK	800 M	HIGH JUMP	
Under 11	1100 M WALK	800 M	HIGH JUMP	
Under 12	1500 M WALK	800 M	LONG JUMP	
Under 13	1500 M WALK	200 M	DISCUS	
Under 14	1500 M WALK	200 M	DISCUS	
Under 15/16	1500 M WALK	200 M	DISCUS	

BOYS

Under 6	70 M	100 M	LONG JUMP	
Under 7	70 M	100 M	LONG JUMP	
Under 8	700 M WALK	70 M	SHOT PUT	
Under 9	700 M WALK	100 M	SHOT PUT	
Under 10	1100 M WALK	100 M	SHOT PUT	
Under 11	1100 M WALK	800 M	SHOT PUT	
Under 12	1500 M WALK	800 M	LONG JUMP	
Under 13	1500 M WALK	200 M	DISCUS	
Under 14	1500 M WALK	200 M	DISCUS	
Under 15/16	1500 M WALK	200 M	DISCUS	

CYCLE D

GIRLS

Under 6	100 M	DISCUS	SHOT PUT	
Under 7	100 M	DISCUS	SHOT PUT	
Under 8	100 M	DISCUS	LONG JUMP	
Under 9	100 M	400 M	LONG JUMP	
Under 10	100 M	400 M	LONG JUMP	
Under 11	200 M	1500 M	DISCUS	LONG JUMP
Under 12	100 M	200 M	1500 M	TRIPLE JUMP
Under 13	400 M	SHOT PUT	TRIPLE JUMP	
Under 14	400 M	SHOT PUT	TRIPLE JUMP	
Under 15/16	400 M	SHOT PUT	TRIPLE JUMP	

BOYS

Under 6	100 M	DISCUS	SHOT PUT	
Under 7	100 M	DISCUS	SHOT PUT	
Under 8	100 M	DISCUS	LONG JUMP	
Under 9	200 M	800 M	LONG JUMP	
Under 10	200 M	800 M	LONG JUMP	
Under 11	200 M	1500 M	DISCUS	LONG JUMP
Under 12	200 M	1500 M	TRIPLE JUMP	HIGH JUMP
Under 13	400 M	JAVELIN	HIGH JUMP	
Under 14	400 M	JAVELIN	HIGH JUMP	
Under 15/16	400 M	JAVELIN	HIGH JUMP	

Please note that the Cycles listed below are subject to change due to COVID protocols and the need to be more flexible with events each week.

LITTLE ATHLETICS FAMILY TREE

- CLUB:** The most important level which comprises the parents and children.
A list of the Clubs in our Centre is within this Handbook.
- CENTRE:** A group of Clubs with an Executive Committee responsible for the conduct of meetings and furthering the aims of Little Athletics in the area. Our Centre has 5 Clubs. We are Centre Number 7.
- REGION:** A large group of Centres responsible for the conduct of heats of the Victorian Championships. This Centre belongs to the **Western Metropolitan Region**. There are 11 other Centres in our Region which are Altona, Bacchus Marsh, Brimbank, Geelong, Gisborne, Melton City, South Melbourne & District, Werribee, Williamstown and Woodend.
- ASSOCIATIONS:**
- LAVic** **Little Athletics Victoria** is the State body which is controlled by an Annual Conference that is attended by two Delegates from each Centre. Day to day control is exercised by an elected Board of Management which is supported by office staff.
- L.A.A.** **Little Athletics Australia (LAA)** is the National body controlled by two Delegates from each State.

The Corio Centre introduced the positions of Centre Captains and Vice-Captains for both boys and girls during season 2014/2015. These positions are filled from our senior base – our under 15 & 16 athletes. The athletes are encouraged to discuss and nominate the best person they feel can meet the responsibilities of the position.

The Captains and their Vices are responsible for managing the weekly warm-ups for all athletes (with guidance from coaches), and leading by example for the younger athletes.

CLUB OF THE DAY INFORMATION

Due to COVID, we now have a dedicated a set up and pack up crew, so clubs are now not required to perform any equipment setup tasks

1. Clubs will need to man the closed exit gate after 9.30

9.30 – 10.00	Corio West
10.00 – 10.30	Lara
10.30 – 11.00	Corio South
11.00 – 11.30	Golden Plains
11.30 – 12.00	Bell Park

2. Clubs are able to hold their approved fundraiser on the day designated in the fixture.



DUTY DAY FUNDRAISER

1. Clubs can only sell products on two of their rostered Club Duty Morning (no sales to take place on major programs, e.g. Open Day, Outside Centre Meetings and Centre Championships).
2. It is a courtesy to notify the canteen manager of the clubs intentions for fundraising especially if it is a food related fundraiser.
3. No sales of goods can take place until the Venue Co-Coordinator has given approval that the required officials are in position.
4. Fundraising can be BBQs, Raffles, etc.
5. All fundraising being performed on Saturday Competition need to be conducted out the front of the equipment shed with a table to assist with social distancing.
6. Fundraising cannot conflict with Centre Sponsors or policies.
7. If unsure check with the Executive committee, for approval prior to going ahead.

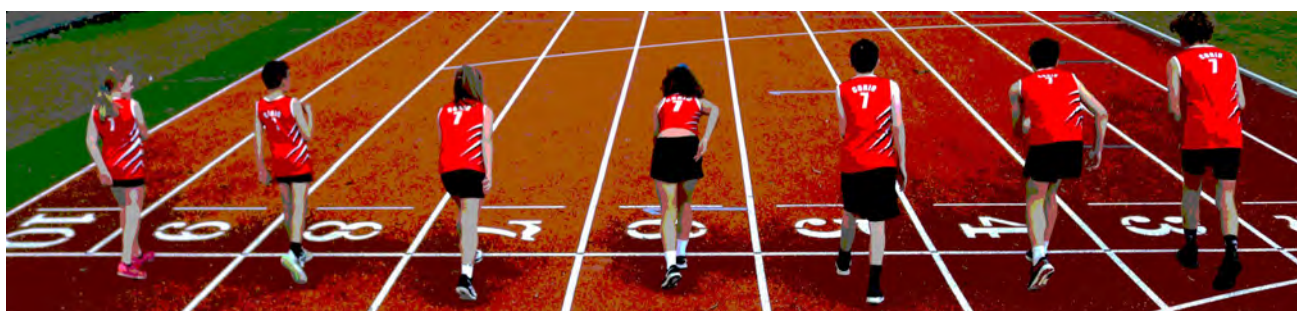
PROVISION OF OFFICIALS BY CLUBS

1. Each club must provide officials as set out below:
 - a) One Chief Official at the named event as per the Club Venue Schedule below.
 - b) The required officials as shown on the roster list.

Clubs are expected to place experienced officials in charge of each event to ensure the correct running of the event and to assist new parents to learn about the event and responsibilities as officials.

2. Officials at each venue are responsible for the return of all equipment to the equipment shed at the completion of competition.
3. This schedule applies for the whole season.
4. If Club Members wish to learn the rules by officiating at any other venue, clubs may make arrangements to swap individual officials with another club for the day.

It is a condition of membership that all parents or guardians of registered athletes assist in the running of our program.



CLUB VENUE SCHEDULE

BELL PARK: High Jump / Long Jump 1	CORIO SOUTH: Shot Put 1
CORIO WEST: Front & Back Straight	LARA: Long Jump 2 / Shot Put 2 / Discus 2
GOLDEN PLAINS: Triple Jump / Javelin-Discus 1	ALTERNATES LARA/GOLDEN PLAINS: Discus 2

STARTING TIMES FOR SEASON 2018/2019

- 8.20 am – Chiefs Meeting (at High Jump apron)
- 8.30 am – Warm up (Captains to organize)
- 8.45 am – P.A System (Start Announcements)
- 8.45 am – First events will commence



GENERAL COVID PROTOCOLS

This is an outline of our general protocols for conducting Centre competition during the COVID-19 pandemic. For a full copy please refer to our website.

Personal infection control & management

- Covid Safety Officers (CSOs) will be on duty and can be identified by the GREEN hi-vis vest they will be wearing.
- CSOs and Club delegates must advise those attending sanctioned competition and training to go home if they have:
 - Any cold or flu symptoms;
 - Been in direct contact with a known case of COVID-19 in the previous 14 days;
 - A high risk from a health perspective (for example the elderly and those with pre-existing medical health conditions).
 - Attendees must inform the CSO if they are feeling unwell, can only return once medically certified to do so.
 - Attendees must disclose to the CSO if they are being tested for COVID-19, and can only return once cleared by the health authorities, along with a medical certificate confirming their health.
- The CSO must take the following actions:
 - Record the incident details in the attendance register;
 - Advise the Centre Committee;
 - Advise LAVic;
 - Report the incident to the health authorities.
- Athletes, coaches, officials, Centre administrators, volunteers and parents/carers at sanctioned competition and training activities are advised to:
 - regularly and thoroughly wash hands;
 - use hand sanitiser;
 - cover a sneeze or cough with an elbow or a tissue rather than hands;
 - Immediately dispose of used tissues in the bin;
 - Avoid close contact with people who are unwell;
 - Limit the touching of eyes, nose or mouth;
 - Not spit or clear nasal/respiratory secretions;
 - Avoid contact with other participants, inclusive of handshakes, high fives, huddles and celebrations.

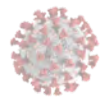
AAttendees

- Parents/guardians supervising children, athletes, officials, CSOs, volunteers only are considered essential for conducting competition.
- Spectators (Spectators: includes relatives (such as grandparents), friends, coaches (competition only), members of the general public etc. whose presence is not essential for the conducting of sanctioned training or competition activities, or required to supervise children.) **are not to be permitted to attend sanctioned competition or training.**

Athletes

- All attendees 12 years and over must wear an approved face mask at all times, athletes may remove masks for competition only. **Once called to an event athletes are deemed to be entering the 'field of play' and will be able to leave their mask with their parents/belongings and head off to their event. Once athletes have finished competing they must immediately go and put their mask back on.**
- Athletes will need to maintain social distance while waiting for events,
- There will be no marquees erected on the field for shade, so athletes will need to be sun smart and bring own hat and wear sunscreen
- Athletes will need to bring their own water bottles with enough water for the whole competition as there will be no taps available
- It is compulsory for athletes in all sanctioned competition:
 - to wear their Club/Centre uniform;
 - to display their SUBWAY patch;
 - to have a COLES badge properly affixed to their uniform, in accordance with uniform guidelines.
 - Not to share uniforms.
 - Athletes clothing items, such as tops, hoodies, etc, are to be separated when not worn to avoid contact with other athletes' items.

GENERAL COVID PROTOCOLS



Parent Information

- We have a "Get in – Compete – Get Out" approach to our events.
- All attendees need to have their details registered before entering the venue.
- Pre-registration will be encouraged through an online form to make entry to the venue quicker.
- Gates to enter venue will be open from 8 am – 9.30 am, no entry after 9.30 will be allowed.
- Once you leave the venue re-entry will not be allowed.
- All attendees need to maintain a distance of 1.5m, and there are to be no groups larger than 10 people.
- All attendees 12 years and over must wear an approved face mask at all times, **no mask no entry** to the venue. Medical exemption will apply.
- Parents will be responsible for ensuring their children are sun smart and will need to provide hats and sunscreen.
- There will be limited canteen facilities
- The clubrooms will remain closed. Only authorised members will be able to enter the club rooms to get vital equipment.
- Access to the disabled toilets will be granted to those who need to use them.
- Outside toilets will be open to the general members.
- No sitting out the front of the clubrooms.
- Grandstand can still be used but people will need to maintain social distancing of 1.5 m. We advise people bring their own shade and spread out around the track.
- Parents will need to be responsible for athlete SUBWAY patches, as they cannot be left with clubs at the end of competition. We suggest you keep them in your car glovebox or a bag designated for little athletics.

Clubs

- Clubs may still fundraise on a Saturday morning, however all fundraising will be conducted at the front of the equipment shed to reduce contact with Corio LAC members
- Setup Crew – we will be seeking to put a setup crew and packup crew together so we have the same people putting out all the equipment and packing it up at the end of each week. This will ensure consistency in the handling and cleaning of all equipment

Duty Roster and Helpers

- Chiefs will still need to be provided by clubs
- Track Helpers – will still need to be provided by clubs, but may be alternated in smaller time slots
- Field Helpers will be sourced from the parents of the children at the event. When U7 Girls are at Long jump we will call for U7 Girls parents to come and take up the helper positions. This will minimise people having to be at an event throughout the whole morning and once their children have finished they can then go home.
- Extra helpers will be needed at each event to assist in using hand sanitizer, maintaining social distance, and cleaning of equipment

Compliance

- All Parents, Guardians, Corio LAC Committee, Club Committees are responsible to ensure that the Corio Little Athletics Centre and all attendees must comply with these protocols at all times.
- The Department of Health & Human Services 'Sport & Exercise Restrictions COVID-19' website, states: 'Directions will continue to be enforced through spot checks by Victoria Police and use of emergency powers by DHHS and Local Government Authorised Officers to ensure compliance with the directions of the Chief Health Officer'.
- CSOs are required to report incidences of blatant/flagrant non-compliance to their Centre Committees and to LAVic.
- Breaches of these protocols may be punishable by law.

If you have any medical concerns regarding hand sanitiser or face masks please raise these with your club team manager.

Any breaches or concerns should be reported immediately to the COVID Safety Officer on duty. CSO's on duty are wearing a GREEN hi vis vest, otherwise report to your club or centre official.

GENERAL INFORMATION

The Corio Centre was the 7th Centre of the Victorian Little Athletics Association to be formed, and was founded in 1966. Athletic competitions are conducted according to this program at the Avalon Airport Athletic Arena, Goldsworthy Road, Corio.

CANCELLATION & PROGRAM CHANGES

Due to inclement or extreme weather, it may become necessary to cancel, either before or during a program. If a cancellation becomes necessary before the commencement of a program, every effort will be made to have an announcement posted on the Centres Facebook page, together with Club Presidents being advised via text. A program may be altered to suit weather conditions. The Executive will make the decision after the scheduled time of program.

LOST PROPERTY

Any lost property should be handed into the Centre Clubrooms and may be claimed at the conclusion of competition. Any clothing not claimed will be stored in the Office until the end of the season and then given away to charity. All clothing should be clearly named.

INSURANCE

All registered athletes are insured by the Association for Medical and Hospital expenses (less amounts recovered from other sources). Voluntary helpers are also covered while engaged in all Centre and Club activities, including working bees and officiating. The public is insured if, due to the negligence of the Centre, bodily injury or property damage occurs, provided they have signed the Register of Ordinary Members. See your Centre Secretary regarding this.

Whilst an ambulance may be called to the Centre by anyone deeming it necessary, transportation by ambulance is at the sole discretion of the parent/guardian of the athlete, and all costs incurred by such are the responsibility of said parent/guardian.

CENTRE UNIFORM

The Corio Centre Uniform is: **Red top with black and white side splices, CORIO 7 printed in white across the back. Black shorts with the LAVic logo, no pockets, white socks.**

Our Centre uniform **MUST BE WORN** for every occasion representing the Centre, for example, All Region Events, State Relay Carnival, State Track & Field Carnival, State Combination Carnival, State Cross Country Carnival.

Centre Tops are available for purchase. Hire of Centre Tops is also possible.

GENERAL INFORMATION...cont.

The Corio Little Athletics Centre introduced a Meritorious Service Award in the 2009/10 season.

Criteria for the award is as follows:

- To be eligible, a nominee must have at least eight continuous years of outstanding service to the Centre in either an administration (club/centre) or senior official role.
- Nominations may be submitted on the official nomination form by Club/Centre Executive or Life Members.
- It shall be at the discretion of the Centre Executive to determine final suitability of nominations and make the decision on granting the award. The Centre Executive shall notify the nominating body of the success or failure (with reason/s) of the nomination.
- Current Life Members are ineligible for the Meritorious Service Award, though Meritorious Service Award recipients may be eligible for Life Membership if they eventually meet the criteria.
- The award shall take the form of a suitably designed badge and a certificate, the presentation of which shall be made at the Presentation Day/Evening.
- Nominations must be in no less than 28 days before the nominated date of the Annual General Meeting.

MERITORIOUS AWARD WINNERS

Fran Dillon
Jenny Larkins
Lou Mirachi
Connie Barr
Mark Ettridge
Dale Tonkin
Craig Simpson
Kylie Emond
Leigh Emond

Tyne Boddy
Mark Wiffen
Justin Pitcher
Tracey Rowe
Kelvin Gray
Simon Hill
Sherry Gathercole
Kirsten Thomas
Mark Boxer

CORIO CENTRE EVENTS

OPENING DAY CEREMONY

Normally held in the first few weeks of Summer Competition

This is the day that all the Clubs participate in a march past in their Club colours. The Centre is officially opened for the new season by Official Guests. This will be a normal competition day where **POINTS WILL BE SCORED**.

CENTRE CHAMPIONSHIPS

Saturday 20th March 2021

All registered athletes who are eligible (**see Rule No. 12 in the Handbook**) may enter five (5) of the events that they would normally compete in during a regular competition day. Medals are awarded to the first three placegetters. Entry will be via our online portal. Club uniform is to be worn.

PRESENTATION DAY & ANNUAL GENERAL MEETING

TBC - April 2021

The season culminates with Presentation Day and our Annual General Meeting, to be held at Goldsworthy Reserve. All members are encouraged to attend.

CROSS COUNTRY SEASON

MAY - AUGUST

Cross Country is included in your 2020\21 Season registration and runs from May through to August. Cross Country is a very relaxed and family orientated event with all members of the family, parents included are encouraged to join in. The events are run at various venues around Geelong and surrounding areas, commencing May 1st at Eastern Gardens. Racing starts about 12 noon.

A full list of venue details will be provided at the end of the summer season.

For more information see Sharon Rabusin 0408 397 645, or visit our website at coriolac.com.au

OUTSIDE CENTRE EVENTS

OPEN DAYS (AROUND VICTORIA)

Centres throughout Victoria conduct Open Days at which registered athletes may compete. Centre uniform may be worn but NOT AT A CORIO OPEN DAY. Entry forms are available from the Centre Secretary, and event details will be listed on the Notice Board in the Club Rooms and posted to social media where feasible.

Any Corio records broken at other Centres will be recognised if presented to Records and Rankings with verification.

REPRESENTING THE CENTRE (CENTRE UNIFORM MUST BE WORN)

It is a condition of entry that a parent/guardian commits to performing duty at any outside event. The Corio Centre Team Manager/s will receive a copy of confirmed entries and will compile a duty roster which will be available on the Centre Noticeboard and on Facebook. Failure to adequately complete duty will result in an athlete's entry being withdrawn on the day.

These competitions cannot operate without volunteers and your support.

Relay Carnival

Athletes from U9 to U16 may take part in the State Relay Carnival. For the 2020/21 season U9-U12 will need to qualify for State Relays at the Region Relay Carnival to be held at Melton City, on Sun 28th Feb. U13-U16 Relay teams will have a direct entry into the State Relay Carnival.

State Relay Carnival will be held at Casey Fields, Cranbourne.

State Relay Carnival for U9-U12 on 27th March & U13-U16 will be on 28th March.

A relay selection panel will select teams based on performance and attendance at training sessions for both Region heats and State finals. Athletes will be notified.

Region Track & Field Carnival

All athletes from U9 to U16 may compete, all events are offered.

Each athlete may enter five (5) events. Athletes compete against other Centres in the Western Metro Region.

The Region Track and Field Carnival will be held on 13th & 14th February 2021 at Williamstown. Registrations open 27th Nov 2020 and close 31st January 2021.

State Track & Field Championships

Subject to results of Region Track & Field, athletes will be notified if they have qualified to progress onto State Track & Field Championships.

State Track & Field Championships will be held on 13th & 14th March 2021 at Casey Fields.

REPRESENTING THE CENTRE

(CENTRE UNIFORM MUST BE WORN)

ALL EVENTS LISTED BELOW ARE SUBJECT TO A CHANGE OF DATES AND VENUES

PLEASE DOUBLE CHECK OUR WEBSITE AND FACEBOOK GROUP FOR MORE UP TO DATE INFORMATION

U6 – U8 Skills Clinic & Carnival

This is the only State-wide event for our Under 6 – Under 8 athletes.

Due to COVID we are unsure if this event will go ahead for the 2020/21 Season. Any updated information will be posted on our website and facebook.

State Combined Events Championships (Multis)

Athletes from U9 to U16 may compete. U9 - U13 Athletes compete in 5 events, U14 6 events, U15 & 16 athletes compete in 7 events. Events consisting of five disciplines will be held on one day. Events consisting of more than five disciplines will be held on two consecutive days.

State Combined Events Championships will take place on 30th & 31st January 2021 at Lakeside Stadium Albert Park. Entries open 23rd Nov and close 12th Jan 2021.

Region & State Cross Country

U9 to U16 athletes can compete in Region Cross Country which will take place in June, at Lake Dewar, Myrning. More details to come.

Athletes automatically progress to State Championship held in August 2021 at Lake Dewar, Myrning.

Road Relays

Athletes from U9 to U15 may compete at the State Road Relay Championships will take place in July 2021. More Details to come.

For more information on these upcoming events and registration keep an eye on our website, newsletter & Members CLAC Facebook page.



JUNIOR DEVELOPMENT SQUAD

The Junior Development Squad (JDS) gives athletes an opportunity to gain new skills and improve technical competencies through participation in coaching and training sessions with some of Victoria's leading coaches. The program consists of numerous activities including coaching days, education sessions, role model sessions with elite athletes, invite to attend National & International level events and a highlight for the year is the JDS coaching camp.

Visit LAVic website for full details about the JDS Program

Qualifying:

- JDS will be offered to U12 - U16 athletes who qualify against the standards as listed below.
- 2019-20 JDS Qualifying Standards - must be achieved in the current season from 1/09/2018 - 30/09/2019 in your current age group.
- U11 athletes may qualify anytime during the season to be eligible for JDS in the following year.
- An athlete must qualify in 1 event twice (at separate meets) or 2 separate events once to be eligible. Only 1 qualifying performance is required at the State Multi Event and State Cross Country Championships.
- Athletes must qualify and re-apply each year to become members.

EVENT QUALIFICATION STANDARDS

Event	BOYS					GIRLS				
	U11	U12	U13	U14	U15	U11	U12	U13	U14	U15
100m	14.45	13.95	13.30	12.85	12.35	14.75	14.30	13.80	13.60	13.60
200m	29.75	28.75	27.15	25.95	25.25	31.20	29.50	28.30	28.00	28.00
400m	69.00	65.75	62.50	60.00	59.0	71.50	68.50	66.00	65.50	65.00
800m	2:38	2:31	2:22	2:18	2:15	2:48	2:42	2:38	2:36	2:36
1500m	5:25	5:15	5:05	5:00	4:55	5:48	5:36	5:30	5:30	5:32
60mH	10.75					11.05				
80mH		14.20	14.00				14.35	14.35	14.40	
90mH				14.25						16.00
100mH					15.50					
200mH			31.00	30.30				32.50	32.50	
300mH					46.50					53.50
1100mW	7:45					7:30				
1500mW		9:25	9:25	9:25	9:00		9:50	9:30	9:30	9:15
L/J	4.20	4.50	4.80	5.20	5.40	4.00	4.20	4.40	4.60	4.75
T/J	9.10	9.60	10.45	10.80	11.30	8.60	9.15	9.55	9.85	9.85
H/J	1.37	1.42	1.50	1.55	1.60	1.27	1.36	1.36	1.42	1.45
Shotput	8.80	9.80	9.50	10.70	10.00	7.65	8.55	8.55	8.55	9.70
Discus	26.00	26.00	32.00	29.00	33.00	22.00	22.00	27.50	23.50	23.50
Javelin	22.50	23.50	26.50	31.00	32.00	15.50	20.50	24.00	26.00	26.00
Multi	1st to 8th place inclusive at the State Championships in each age group									
C/Country	1st to 8th place inclusive at the State Championships in each age group									

EQUIPMENT WEIGHTS, HEIGHTS AND SIZES

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16
70m	X	X	X	X	X	X	X	X	X	X	X
100m	X	X	X	X	X	X	X	X	X	X	X
200m		X	X	X	X	X	X	X	X	X	X
400m				X	X	X	X	X	X	X	X
Unlaned: up to and including, group start	300m	500m	700m								
800m				X	X	X	X	X	X	X	X
1500m						X	X	X	X	X	X
Sprint Hurdles (Boys)	60m	60m	60m	60m	60m	80m	80m	80m	90m	100m	100m
Sprint Hurdles (Girls)	60m	60m	60m	60m	60m	80m	80m	80m	80m	90m	90m
Long Hurdles								200m	200m	300m	300m
Race Walk			700m	700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m
High Jump (Scissor)			X	X	X						
High Jump						X	X	X	X	X	X
Long Jump (mat)	X	X	X	X	X						
Long Jump (board)						X	X	X	X	X	X
Triple Jump						X	X	X	X	X	X
Discus (Boys)	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg
Discus (Girls)	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg
Javelin (Boys)	Vortex	Vortex	Vortex or Turbo Jav			400g	400g	600g	600g	700g	700g
Javelin (Girls)	Vortex	Vortex	Vortex or Turbo Jav			400g	400g	400g	400g	500g	500g
Shot Put (Boys)	1kg	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	4kg	4kg
Shot Put (Girls)	1kg	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg	3kg

b = "Board" and will be measured from front of board nearest pit.

HURDLE HEIGHTS AND DISTANCES

	<u>Height of Hurdle</u>	<u>Dist. to 1st Hurdle</u>	<u>Dist. Between</u>	<u>Dist. to Finish</u>
<u>60 Hurdles</u> – (6 flights - Pink markings)				
9 B & G	45 cm	12 m	7 m	13 m
10 B & G	60 cm	12 m	7 m	13 m
<u>80 Hurdles</u> – (9 flights - Black markings)				
11 B & G	60 cm	12 m	7 m	13 m
12 B & G	68 cm	12 m	7 m	12 m
13 B & G	76 cm	12 m	7 m	12 m
14 G	76 cm	12 m	7 m	12 m
<u>90 Hurdles</u> – (9 flights - White markings)				
14 B	76 cm	13 m	8 m	13 m
15/16 G	76 cm	13 m	8 m	13 m
<u>100 Hurdles</u> – (10 flights - Yellow markings)				
15/16 B	76 cm	13 m	8.5 m	10.5 m
<u>200 Hurdles</u> – (5 flights - Green markings)				
U13 B & G	68 cm	20 m	35 m	40 m
U14 B & G	76 cm	20 m	35 m	40 m
<u>300 Hurdles</u> – (7 flights - Green markings)				
15/16 B & G	76 cm	50 m	35 m	40 m



RULES OF THE COMPETITION

NO ONE IS ALLOWED TO CROSS THE INFIELD TO MARSHAL FOR ANY EVENT IN THE BACK STRAIGHT.

YOU MUST WALK AROUND THE OUTSIDE OF THE TRACK.

1. For TRACK events all competitors must report to the starters marshal and for FIELD events report to the chief official at designated venue.
2. Each competitor **must** be dressed in the correct club uniform with the current chest tag firmly attached by pinning it in the correct position. Competitors will be refused competition if all factors of this rule are not observed. If directed by LAVic, a sponsorship logo shall be attached to the front of the club uniform.
3. **Coaching** of competitors from the in-field is prohibited and could result in the disqualification of athletes.
4. When an event is being conducted on the in-field, only athletes actually competing in the event will be allowed onto the arena.
5. **All adults**, other than those officiating and non-competitive athletes, are excluded from crossing the front straight and entering the in-field. Athletes and children are **NOT PERMITTED** on or around the Timekeeper or the finish line. The Centre will not be responsible for any injuries or accidents occurring in these areas.
6. **Competitors** may leave a field event to compete in a track event with the permission of the official in charge, but must resume the event at the stage the event has reached during their absence.
7. In the event of misconduct of competitors, the Chief Official shall recommend disqualification to the Executive member/s, who will report immediately to the Team Manager, any disqualification or disciplinary action to be taken.
8.
 - a) At least three timing mechanisms are to be used for 1st place on back-straight events. No records will be recognised if this rule is not adhered to.
 - b) Fully electronic timing mechanisms will be used for 1st place on front and back straight with additional hand held watches.
 - c) To claim a field event record an athlete must win that event, and the measurement must be sighted and verified by an Executive member. Measurement should preferably be made with a steel tape.
 - d) Race walk records
 - There must be a minimum of four (4) qualified "D" grade or higher walk judges officiate the event.
 - As the leading athlete/s are finishing the event, there must be a minimum of two (2) walk judges in the vicinity of the finish line (i.e., approximately the last 50 metres) with the designated chief walk judge positioned at the finish line.

RULES OF THE COMPETITION

d) Race walk records...continued

- Timing mechanisms as per clause 8a.
- No records will be recognised if the above is not adhered to.

9. Proof of age for registration to be verified and signed by any Club President, Secretary or Treasurer.
10. For an athlete to **TRANSFER** from one club to another during the season, the parent must forward a request to both clubs involved and to the Executive Council, explaining valid reasons for transfer. Both clubs are to discuss the request, with decisions being forwarded in writing to the Centre Secretary. The Executive will then decide the granting or refusal of the transfer.

Prior to the re-registration for the new season, previously registered children may transfer from one club to another without a clearance provided that the parent advise both clubs concerned in writing. This is a LAV ruling.

11. Competitors may score Inter-club and/or personal points only while competing in their true age group. Points are scored from the date of registration.
12. a) To be eligible to compete in the Centre Championships an athlete must compete in 50% of available point scoring days of which one (1) must be competed in after Christmas.
b) To be eligible to compete in the Region Track & Field an athlete must have participated in a minimum of four (4) weeks of Centre competition prior to close of entries as determined by the Association.
c) If the required number of days is not completed due to illness or injury, a doctor's certificate will be required as proof.
d) Members of the Junior Development Squad are to complete 50% of available program when not involved in LAVic squad commitments.
13. A maximum of 7mm spikes (Conical or Christmas tree) are permitted at Centre for U11-U16 age groups in laned events, long jump, triple jump, 9mm spikes are permitted in high jump and javelin only. (U13-16 are also permitted to wear spikes in all track events except race walks as per LAV regulations). Appropriate footwear is to be worn at all times. No bare feet allowed.
14. Starting blocks must be used for all athletes U11 – U16 wearing spikes. Spikes are allowable for age groups U11-U16, for all laned events up to 400m. U11 can use starting blocks if performing a crouch start. Athletes can use starting blocks provided by the centre and will not be allowed to hold up the program for more than 1 minute.



RULES OF THE COMPETITION

15. A crouch start can be used by all athletes in the U11 - U16 age groups, (boys and girls), for all track events up to and including the 400 metres. All athletes from U6 - U16 can perform a standing start in all events.
16. A local rule for Triple Jump is that in not making the pit on the first trial, an athlete will be allowed to go back and redo run-up or alter take-off point. Once this is done to the satisfaction of the athlete and a successful trial completed, if on a subsequent trial the athlete fails to make the pit, the trial shall be deemed a no jump.
17. A local rule concerning shot put and discus is that all athletes must enter the ring from the back of the ring, not the front.
18. A local rule concerning High Jump is that all athletes will begin their competition 10 cm below their PB. Athletes will be allowed a maximum of 8 jumps. During the first round athletes will be allowed 3 jumps and 2 baulks, from round 2 onwards they will only be allowed 2 jumps and 1 baulk.
19. A Corio Centre record broken at another Centre becomes a Corio Centre Outside Record. However, once an outside record has been established for any event (as listed in this handbook as a Corio Centre Outside Record), then that record needs to be broken to claim a new outside record for that event. Your performance must be signed by an official at the event. Present your claim to Records & Rankings with verification.

ALL RECORDS BROKEN AT THE CORIO TRACK WILL BE IDENTIFIED BY THE CENTRE COMPUTER.

**IF A DISCREPANCY OCCURS, PLEASE NOTIFY YOUR TEAM MANAGER
WHO WILL DISCUSS IT WITH RECORDS & RANKINGS.**

MARSHALLING REMINDER

DO NOT CROSS THE INFIELD FOR ANY REASON!

**No athlete, unless competing in an event,
or parent, unless officiating,
will be allowed on the infield.**

**Please check marshalling areas where athletes must report
when called for events (refer to track layout in this handbook).**

SUN PROTECTION POLICY

- The Centre will maximise the use of natural shade provided by trees and buildings.
- Individuals will be encouraged to bring their own shade structures to Centre and Region activities.
- Where possible, portable shade will be provided at all field event venues and track marshalling areas.
- Officials shall promote the wearing of sun protective clothing: shirts with long sleeves and a collar, wide brimmed or legionnaire hats and sunglasses.
- Athletes will be advised to take drink bottles and sunscreen to events. Hats and sunglasses may be worn during competition.
- SPF 15+ or higher sunscreen will be promoted.
- The Centre will display and provide skin cancer educational material.
- Event programs, newsletters and public announcements will be used to maintain awareness of and promote sun protection.
- Centre Officials and coaches will act as sun protection role models.



SMOKE-FREE POLICY

- Cigarettes shall not be sold at any venue used by the Centre.
- All Centre meetings and functions shall be smoke-free.
- The Centre will place no smoking signs in prominent positions and remove ashtrays from all no smoking areas.
- The Centre will ensure that smokers have a place outside the venue or out of public view where they can smoke, and provide them with ashtrays/bins.
- Reference will be made to the smoke-free policy in Centre publications.
- Regular announcements will be made to ensure that members and visitors are aware of the Centre's smoke-free policy.
- All visitors will be required to observe this policy.

HEALTHY FOOD CHOICE POLICY

The Corio Centre is aware that healthy eating is a vital part of good health. We recognise that lifestyle diseases such as heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity are all associated with the food we eat.

We acknowledge that healthy eating can have an impact on the lives of our members, and that the provision of healthy foods will contribute to better health for all.

The following strategies have been adopted to ensure that a variety of healthy food choices are available at all Centre activities.

- The Centre food vendor will provide a variety of healthy food choices.
- Healthy food choices will be available at all Centre events and functions.
- The enjoyment of healthy eating and the role of food in relation to health will be promoted at Centre activities and in Centre publications.
- Healthy food choices will be displayed more prominently than other foods.
- The variety of confectionery, potato chips, soft drinks and ice creams will be limited.

ALCOHOL MANAGEMENT POLICY

The Corio Centre is aware that alcohol, when misused can cause harm to the drinker and others.

A responsible drinking policy has been adopted so as to reduce risks and avoid problems.

The following strategies have been adopted:

- There will be no sale or consumption of alcohol during the conduct of any Little Athletics events.
- Where alcohol is consumed at a Centre function the following measures will be taken
 - Alcohol will not be served to minors.
 - Alcohol will not be served to any person who is intoxicated.
 - Low alcohol and non-alcoholic will be available and promoted.
 - Water will be available at no cost.
 - Healthy food options will be available when alcohol is served.
 - Members who have been drinking will be encouraged to use safe transport options.
- There will be no alcohol advertising at any venue used by the Centre.

SOCIAL MEDIA POLICY

Corio LAC welcomes all comments on our social media channels, including, but not limited to, Facebook, Twitter, Instagram and YouTube. We invite you to utilise social media to promote our centre and events, and we want to hear feedback and ideas from our centre members and athletes, about Little Athletics generally, our athletes, coaches, championships, events and our achievements.

You are welcome to express your views, comments, ideas and insights about Little Athletics, its programs and activities. At the same time, you should show courtesy and respect to others and must not use our social media channels to abuse others, expose others to offensive or inappropriate content, or for any illegal purpose.

Acceptable Use

When using our social media channels, please ensure that you:

- Protect your personal privacy and that of others by not including personal information about yourself or
- others in your posts to our social media channels (for example, email addresses, private addresses or phone numbers);
- Represent your own views and not impersonate or falsely represent any other person;
- Keep your posts relevant to our centre and little athletics;
- Are not abusive and do not harass or threaten others;
- Do not make defamatory or libellous comments;
- Do not use insulting, provocative or hateful language;
- Do not use obscene or offensive language;
- Do not post material that infringes the intellectual property rights of others;
- Do not post multiple versions of the same view or make excessive postings on a particular issue;
- Do not promote private commercial interests in your posts;
- Do not include harmful or offensive internet addresses or links to websites, or any email addresses in your posts.

Participants may face disciplinary action for sending inappropriate electronic communication or posting online content or comments that harass, offend, intimidate or humiliate another participant.

Right to Remove Posts and Block Offenders

Corio LAC has the right to enforce this Acceptable Use Policy at its discretion. Corio LAC social media administrators may remove any posted messages that it considers to be in breach of this policy and will block repeat offenders.

USE OF PLAYGROUND

The City of greater Geelong is creating a playground which will be able to be used while children are at the track. Parents are reminded that children's use of the playground is parental responsibility.

CODES OF BEHAVIOUR

ADMINISTRATORS

- Involve children in the planning, leadership, evaluation and decision making related to the activity.
- Ensure that equal opportunities for participation in sports are made available to all children, regardless of ability, size, shape, sex, disability or ethnic origin.
- Ensure that equipment and facilities are safe and appropriate to the ability level of participating children.
- Ensure that rules, equipment, events and training schedules take into consideration the age, ability and maturity level of participating children.
- Ensure that adequate supervision is provided by qualified and competent coaches and officials capable of developing appropriate positive behaviour and skill technique.
- Remember that children participate for enjoyment and play down the importance of rewards.
- Avoid allowing programmes to become primarily spectator entertainment. Focus on the needs of the participants rather than the enjoyment of the spectators.
- Provide clinics aimed at improving the standards of coaching and officiating, with an emphasis on appropriate behaviour and skill technique.
- Ensure that parents, coaches, sponsors, administrators, officials, physicians and participants understand their responsibilities regarding fair play.
- Distribute the Code of Conduct sheet to spectators, officials, parents, coaches, athletes and the media.
- Adhere to the various Centres policies.
- Hold a current Working with Children Check.
- Avoid use of bad language.

OFFICIALS

- Compliment all participants on their efforts.
- Be consistent, objective and courteous in calling all infractions.
- Condemn unsporting behaviour and promote respect for opponents.
- Ensure that the "spirit of the game" for children is not lost by using common sense and not over-emphasising errors.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
- Publicly encourage rule changes which will reinforce the principles of participation for fun and enjoyment.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
- Make a personal commitment to keep yourself informed of sound officiating principles and the principals of growth and development of children.
- Adhere to the various Centres policies.
- Hold a current Working with Children Check.
- Avoid the use of bad language.



CODES OF BEHAVIOUR

PARENTS

- Encourage children to participate if they are interested. However, if a child is not willing do not force him or her.
- Focus upon the child's efforts rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing an event.
- Remember children are involved in Little Athletics for their enjoyment, not yours.
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgment and honesty in public.
- Support all efforts to remove verbal and physical abuse at Little Athletics activities.
- Recognise the value and importance of being a volunteer official and/or coach. They give their time and resources to provide recreational activities for the children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.
- Adhere to the various Centres policies.
- Avoid use of bad language.

SPECTATORS

- Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators only, nor are they miniature professionals.
- Applaud good performances and efforts from each athlete. Congratulate all participants upon their performance regardless of the event outcome.
- Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the children to do likewise.
- Never ridicule or scold a child for making a mistake during a competition. Positive comments are motivational.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or athletes.
- Show respect for each participant. Without them there would be no events.
- Encourage athletes to follow the rules and the official's decision.
- Demonstrate appropriate social behaviour, by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.
- Adhere to the various Centres policies.
- Avoid use of bad language.

CODES OF BEHAVIOUR

COACHES

- Be reasonable in your demands on young athletes' time, energy and enthusiasm.
- Teach athletes the rules of the sport are mutual agreements which no one should evade or break.
- Whenever possible, group athletes to give a reasonable chance of success.
- Avoid over-coaching the better performing athletes; the "just average" athletes need and deserve equal time.
- Ensure any physical contact with athletes is appropriate to the situation and necessary for the athlete's skills development.
- Avoid situations with your athletes that could be construed as compromising.
- Remember that children participate for fun and enjoyment and that winning is only part of their motivation. Never ridicule or yell at the children for making mistakes or losing an event.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes.
- Take into consideration the maturity level of the children when scheduling and determining the length of training times and competition.
- Coaches should never solicit, whether overtly or covertly, or by actively recruiting athletes who are already being coached to join their squad.
- Develop respect for the ability of opponents as well as for the judgement of officials and coaches.
- Follow the advice of a physician when determining when an injured athlete is ready to recommence training or competition.
- Make a personal commitment to keep yourself informed of sound coaching principals of growth and development of children.
- Demonstrate appropriate social behaviour, by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.
- Not publicly criticise or disagree with the work of other coaches.
- Adhere to the various Centres policies.
- Hold a current Working with Children check.
- Avoid use of bad language.

LITTLE ATHLETES

- Play by the rules.
- Never argue with an official. If you disagree, ask your Team Manager to deal with the matter.
- Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
- Work equally hard for yourself and/or your Centre/Club. Your Centre/Club's performance will benefit.
- Be a good sport. Applaud all good results whether they be by your Centre/Club, opponent or the other Centre/Club.
- Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- Co-operate with your coach, club mates and other participants. Without them there would be no competition.
- Participate in Little Athletics for the "fun of it" and not just to please parents and coaches.
- Adhere to the various Centres policies.
- Avoid use of bad language.



CODES OF BEHAVIOUR

Bullying:

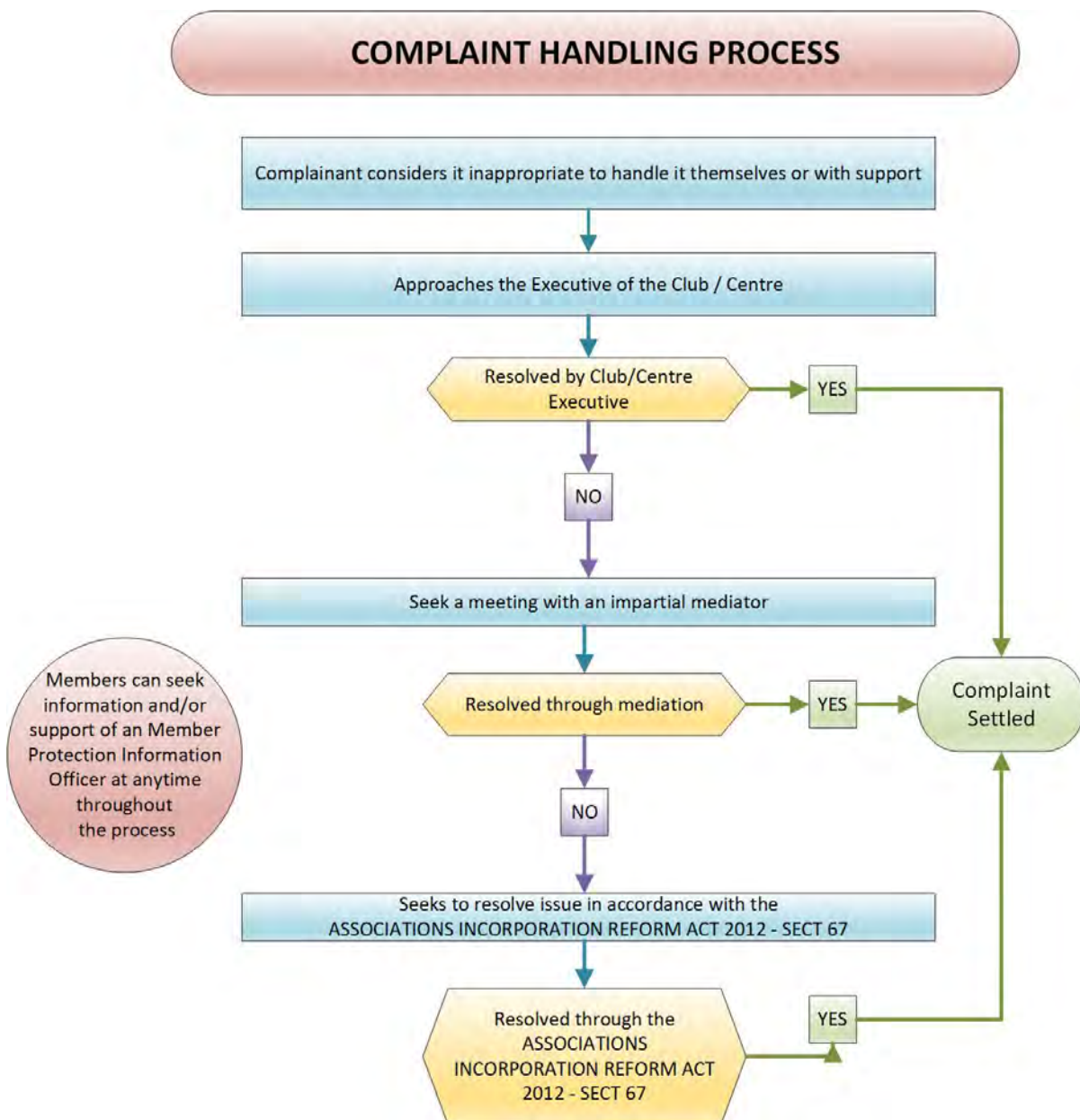
Little Athletics Victoria and the Corio Centre expects all members to comply with the Codes of Behaviour. Appropriate action may be taken in the case of any breaches of the Codes of Behaviour.

Little Athletics Victoria and the Corio Centre will ensure all athletes, coaches, spectators, parents, officials and administrators are not prone to sexual abuse, neglect, physical abuse or emotional abuse. They will ensure that all persons are included, protected and not discriminated against in any manner.

Bullying will not be tolerated in any form.

Complaints Handling:

Should a member have an issue at any time that requires attention, the following flow-chart is a guide of appropriate steps that should be taken. Complaints should be raised either verbally or in writing in a respectful tone.



CORIO CENTRE RECORD HOLDERS

BOYS

(E) Denotes electronic timing record

Age Group	Name	Club	Time	Year
50 M				
U6	S. Doak	Bell Park	9.20	1992
	(E) P. Visentin	Lara Lake	9.43	2011
U7	S. Doak	Bell Park	8.60	1993
	(E) W. Parrello	Lara Lake	8.98	2006
U8	S. Doak	Bell Park	8.20	1993
	(E) J. Burley	Lara	8.29	2018

70 M				
U6	S. Doak	Bell Park	12.40	1992
	(E) B. Harvey	Lara	13.16	2011
U7	S. Doak	Bell Park	11.40	1993
	(E) C. Bassett	Lara	12.25	2009
U8	R. Aitken	St. Thomas	11.00	1977
	W. Parello	Lara Lake	11.47	2007
U9	G. Byrne	Bell Park	10.60	1982
	J. Hazell	Corio	10.60	1992
	(E) C. Jervies	Golden Plains	11.07	2005
U10	S. Lofts	Bell Park	9.90	1982
	(E) C. Jervies	Golden Plains	10.41	2007
U11	S. Wilson	Lara	9.81	1995
	(E) C. Hall	Golden Plains	10.33	2014
U12	R. McLean	Corio	9.70	1971
	(E) P. Lawrence	Lara	9.49	2012



CORIO CENTRE RECORD HOLDERS

BOYS

(E) Denotes electronic timing record

Age Group	Name	Club	Time	Year
100 M				
U6	A. Perilli	Bell Park	18.00	1982
	(E) B. Harvey	Lara	18.83	2011
U7	S. Doak	Bell Park	16.50	1993
	(E) Jarvis Burley	Lara	17.30	2017
U8	S. Jones	Bell Park	15.46	1998
	(E) W. Parrello	Lara Lake	15.99	2007
U9	B. Fisher	St Thomas	14.90	1981
	(E) H. McDonough	Bell Park	15.22	2017
U10	F. Loges	St Thomas	14.10	1968
	(E) C. Hall	Golden Plains	14.92	2013
U11	C. Veltman	Lara	13.90	1989
	(E) C. Hall	Golden Plains	14.51	2015
U12	S. Doak	Bell Park	12.73	1998
	(E) P. Lawrence	Lara	13.27	2012
U13	S. Doak	Bell Park	12.52	1999
	(E) J. Warelow	Golden Plains	12.93	2017
U14	F. Trevaskis	Bell Park	12.30	1998
	(E) P. Sager	Golden Plains	12.38	2017
U15	F. Trevaskis	Bell Park	11.62	1998
	(E) P. Sager	Golden Plains	12.06	2018
U16	(E) P. Sager	Golden Plains	11.61	2019

200 M				
U6	S. Avery	Rosewall	38.20	1988
	N. Jackson	Bell Park	38.20	1984
	(E) C. Harding	Bell Park	39.65	2010
U7	A. Helmore	Corio	33.70	1971
	(E) J. Svaljek	Golden Plains	37.23	2005
U8	B. Veltman	Lara	32.40	1986
	(E) J. Sanders	Lara	33.93	2013
U9	M. Somerton	Corio South	30.90	1976
	C. Veltman	Lara	30.90	1987
	(E) D. Burns	Bell Park	31.87	2007

CORIO CENTRE RECORD HOLDERS

BOYS

(E) Denotes electronic timing record

Age Group	Name	Club	Time	Year
200 M				
U10	C. Veltman	Lara	30.20	1988
	C. Gray	Bell Park	30.20	1995
(E)	C. Hall	Golden Plains	30.30	2013
U11	C. Veltman	Lara	28.40	1989
(E)	C. Hall	Golden Plains	29.33	2015
U12	C. Veltman	Lara	27.00	1990
(E)	T. Sa La	Corio South	27.58	2012
U13	D. Stawicki	Bell Park	26.40	1988
(E)	N. Reh	Norlane	26.52	2011
U14	C. Trevaskis	Bell Park	25.35	1998
(E)	J. Buckley	Lara	25.55	2010
	P. Sager	Golden Plains	25.55	2017
U15	A. Perkins	Corio	23.81	1997
(E)	J. Buckley	Lara	24.46	2011
U16	(E) P. Sager	Golden Plains	23.48	2020

400 M				
U08	(Unlaned) M. James	Corio	1:19.10	2002
U08	(Laned) S. Baxter	Rose	1:27.70	1984
U09	C. Helmore	Corio	1:08.00	1973
(E)	D. Burns	Bell Park	1:15.27	2006
U10	S. Peterson	Corio West	1:08.00	1984
(E)	C. Hall	Golden Plains	1:11.19	2014
U11	C. Helmore	Corio	1:04.00	1975
(E)	C. Hall	Golden Plains	1:05.53	2014
U12	C. Veltman	Lara	1:02.30	1990
(E)	J. Svaljek	Golden Plains	1:05.39	2010
U13	D. Stawicki	Bell Park	59.00	1987
	J. Cooper	Bell Park	59.33	2015
U14	F. Trevaskis	Bell Park	55.11	1998
(E)	C. Davis	Corio West	57.28	2013
U15	F. Trevaskis	Bell Park	53.15	1999
(E)	C. Davis	Corio West	54.30	2013
U16	(E) P. Sager	Golden Plains	52.23	2019

CORIO CENTRE RECORD HOLDERS

BOYS

(E) Denotes electronic timing record

Age Group	Name	Club	Time	Year
800 M				
U08	W. Chapman	Nth Shore	2:47.60	1984
U09	H Horsten	Norlane	2:40.50	1977
U10	P. Schnyder	Norlane	2:33.70	1972
U11	S. Peterson	Corio West	2:25.00	1985
U12	F. Trevaskis	Bell Park	2:24.30	1996
U13	S. Peterson	Corio West	2:21.10	1987
U14	F. Trevaskis	Bell Park	2:11.00	1998
U15	F. Trevaskis	Bell Park	2:03.30	1999
U16	P. Sager	Golden Plains	2:33.97	2020

1500 m				
U11	G. Young	North Shore	4:58.70	1977
U12	G. Young	North Shore	4:47.90	1978
U13	B. Anderson	Corio	4:59.40	1995
U14	F. Trevaskis	Bell Park	4:43.00	1998
U15	J. Dillon	Golden Plains	4:23.70	2010
U16	P. Sager	Golden Plains	5:28.71	2019

60 M HURDLES					
U09	(45 cm) (E)	C. Harris	Corio South	10.40	1978
		K. Witney	Bell Park	10.87	2019
U10	(60 cm) (E)	B. McPhail	Lara	11.20	1994
		C. Hall	Golden Plains	11.59	2013
U11	(60 cm) (E)	M. Northover	Corio South	10.00	1981
		D. Burns	Bell Park	10.70	2008
U12	(68 cm) (E)	L. Martin	Lara	10.20	1994
		T. Sa La	Corio South	10.41	2012

CORIO CENTRE RECORD HOLDERS

BOYS

(E) Denotes electronic timing record

Age Group	Name	Club	Time	Year
80 M HURDLES				
U09 (45 cm)	S. Wilson	Lara	14.30	1994
	(E) D. Burns	Bell Park	13.95	2007
U10 (60 Cm)	A. Dragicevic	Bell Park	15.11	1996
	(E) B. Hutchinson	Corio West	15.11	2001
	C. Hall	Golden Plains	15.12	2014
U11 (60 cm)	F. Trevaskis	Bell Park	13.70	1995
	(E) D. Burns	Bell Park	14.00	2008
U12 (68 cm)	G Byrne	Bell Park	13.80	1993
	(E) D. Burns	Golden Plains	14.34	2010
U13 (76 cm)	S. Doak	Bell Park	13.27	1999
	(E) D. Burns	Bell Park	13.92	2011
	(E) J. Warelow	Golden Plains	13.92	2018

90 M HURDLES				
U14 (76 cm)	F. Trevaskis	Bell Park	13.41	1998
	(E) J. Sesar	Golden Plains	14.04	2013

100 M HURDLES				
U15 (76 cm)	F. Trevaskis	Bell Park	14.66	1998
	(E) J. Buckley	Lara	15.10	2011
U16 (76 cm) (E)	P. Sager	Golden Plains	15.39	2019

200 M HURDLES				
U13 (68 cm)	J. Warelow	Golden Plains	29.28	2018
U14 (76 cm)	J. Warelow	Golden Plains	29.03	2018

300 M HURDLES				
U13 (68 cm)	S. Doak	Bell Park	46.45	1998
	(E) G. Sammit	Bell Park	47.17	2005
U14 (68 cm)	F. Trevaskis	Bell Park	43.70	1998
	(E) G. Sammit	Bell Park	43.70	2006
U15 (68 cm)	F. Trevaskis	Bell Park	41.52	1999
	(E) C. Davis	Corio West	42.60	2014
U15 (76 cm) (E)	J. Warelow	Golden Plains	43.22	2020
U16 (76 cm) (E)	P. Sager	Golden Plains	44.88	2020

CORIO CENTRE RECORD HOLDERS

BOYS

(E) Denotes electronic timing record

Age Group	Name	Club	Time	Year
700 M WALK				
U8	B. Langley	Golden Plains	4:33.72	2018
U9	K. Witney	Bell Park	4:22.96	2019

800 M WALK				
U8	K Dearnley	St Thomas	4:25.40	1982

1100 M WALK				
U 9	M. Bottrell	Norlane	6:01.00	1982
U10	M. Bottrell	Norlane	5:43.90	1983
U11	O. Day	Lara	6:40.38	2020

1500 M WALK				
U11	L. Bubb	Norlane	7:14.20	1991
U12	L. Bubb	Norlane	7:12.08	1992
U13	D. Thorne	North Shore	7:15.00	1993
U14	D. Thorne J. Dillon	North Shore Golden Plains	6:44.70 6:44.70	1994 2009
U15	J. Walker	Lara	6:13.90	2011
U16	P. Sager	Golden Plains	11:31.26	2019





OUR TRACK OPENING





UNDER 6 GIRLS



UNDER 7 GIRLS



UNDER 8 GIRLS



UNDER 6 BOYS



UNDER 7 BOYS



UNDER 8 BOYS



UNDER 9 GIRLS



UNDER 10 GIRLS



UNDER 11 GIRLS



UNDER 9 BOYS



UNDER 10 BOYS



UNDER 11 BOYS



UNDER 12 GIRLS



UNDER 13 GIRLS



UNDER 14 GIRLS



UNDER 12 BOYS



UNDER 13 BOYS



UNDER 14 BOYS



UNDER 15 GIRLS



UNDER 15 BOYS



UNDER 16

SEASON 2019/20



SEASON 2019/20



SEASON 2019/20



WMR SEASON 2019/20



CORIO CENTRE RECORD HOLDERS

BOYS

(E) Denotes electronic timing record

Age Group	Name	Club	Distance	Year
LONG JUMP				
U6	W. Chapman	Nth Shore	3.08	1982
U7	J. Burley	Lara	3.52	2017
U8	S. Peterson	Corio West	3.81	1982
U9	C. Helmore	Corio	4.30	1973
U10	K. Spitty	Corio South	4.38	1974
U11	C. Helmore	Corio	4.95	1975
U12	H. Vivian	Golden Plains	5.10	2014
U13	N. Reh	Norlane	5.63	2011
U14	S. Baxter	Rosewall	5.99	1992
U15	S. Baxter	Rosewall	6.67	1992
U16	P. Sager	Golden Plains	5.96	2020

TRIPLE JUMP				
U9	D. Burns	Bell Park	8.76	2007
U10	C. Helmore	Corio	9.50	1974
U11	C. Helmore	Golden Plains	9.96	2014
U12	H. Vivian	Golden Plains	10.93	2014
U13	S. Baxter	Rosewall	12.02	1991
U14	S. Baxter	Rosewall	12.67	1992
U15	J. Pitcher	St. Thomas	12.23	1997
U16	P. Sager	Golden Plains	12.48	2020



CORIO CENTRE RECORD HOLDERS

BOYS

(E) Denotes electronic timing record

Age Group	Name	Club	Distance	Year
HIGH JUMP				
U9	S. Baxter	Rosewall	1.25	1987
U10	J. King	Rose	1.37	1991
U11	D. Hayes	Corio West	1.45	1985
U12	M. Northover	Corio South	1.56	1983
U13	T. Leach	St. Thomas	1.70	1993
	D. Baskin	Norlane	1.70	1999
U14	D. Baskin	Norlane	1.83	2000
U15	D. Baskin	Norlane	2.00	2001
U16	P. Sager	Golden Plains	1.80	2020

SHOT PUT					
U6	(1kg)	K. Rollo	Corio	6.08	2005
U7	(1kg)	K. Ettridge	Norlane	7.90	2007
U8	(1.5kg)	S. Jones	Bell Park	9.03	1999
U9	(2kg)	D. Burns	Bell Park	8.96	2007
U10	(2kg)	C. Palmer	Rosewall	11.25	1987
U11	(2kg)	S. Jones	Bell Park	10.86	2002
Changed weight 2018/19 to 2kg					
U12	(2kg)	D. Holder	Golden Plains	7.17	2020
U12	(3kg)	C. Palmer	Rosewall	11.43	1989
U13	(3kg)	S. Tillotson	Corio West	12.51	2005
Changed weight 2014/15 to 3kg					
U14	(3kg)	K. McKenzie	Bell Park	12.01	2016
U14	(4kg)	J. Sanders	Lara	15.26	2020
U15	(4kg)	D. Giddings	Lara	14.89	2020
U16	(4kg)	L. Schwuch	Golden Plains	10.64	2020

CORIO CENTRE RECORD HOLDERS

BOYS

(E) Denotes electronic timing record

Age Group	Name	Club	Distance	Year	
DISCUS					
U6	(350g)	K. Rollo	Corio	15.78	2005
U7	(350g)	B. Ettridge	Corio	20.01	2005
U8	(350g)	K. Rollo	Golden Plains	25.89	2007
U9	(500g)	C. Palmer	Rosewall	30.72	1986
U10	(500g)	C. Palmer	Rosewall	38.55	1987
Changed weight 2018/19 to 500g					
U11	(500g)	J. Burley	Lara	21.80	2020
U11	(750g)	C. Palmer	Rosewall	37.06	1988
U12	(750g)	I. Scott	Corio	41.74	1972
Changed weight 2018/19 to 750g					
U13	(750g)	H. Mikunda	Lara	24.80	2019
U13	(1kg)	M. James	Corio	36.48	2003
U14	(1kg)	D. Giddings	Lara	56.63	2020
U15	(1kg)	M. James	Corio	52.09	2005
U16	(1kg)	P. Sager	Golden Plains	32.14	2020

JAVELIN					
U11	(400g)	K. Rollo	Golden Plains	30.55	2010
U12	(400g)	S. Doak	Bell Park	38.80	1998
U13	(600g)	K. Rollo	Golden Plains	38.18	2012
U14	(600g)	K. Rollo	Golden Plains	41.82	2013
U15	(600g)	T. George	St. Thomas	47.68	1994
Changed weight 2015/16 to 700g					
U15	(700g)	D. Giddings	Lara	45.91	2020
U16	(700g)	J. Wellington	Golden Plains	39.92	2019

CORIO CENTRE RECORD HOLDERS

GIRLS

(E) Denotes electronic timing record

Age Group	Name	Club	Time	Year
50 M				
U6	S. Jones	Bell Park	9.02	1999
	(E) H. Berry	Lara	9.91	2009
U7	S. Jones	Bell Park	8.38	2000
	(E) K. Thompson	Lara	9.07	2008
U8	C. Jones	Bell Park	8.12	2000
	(E) K. Thompson	Lara	8.72	2008
70 M				
U6	S. Jones	Bell Park	12.27	1998
	(E) K. Gray	Lara	13.70	2010
U7	S. Jones	Bell Park	11.97	1999
	(E) K. Thompson	Lara	12.18	2008
U8	M. Vautier	Bell Park	11.20	1974
	(E) K. Thompson	Lara	12.06	2009
	K. Gray	Lara	12.06	2012
U9	D. Jovanoski	Bell Park	10.70	1987
	(E) S. Richards	Golden Plains	11.01	2005
U10	L. Zuccolin	Lara	10.20	1998
	(E) S. Jones	Bell Park	10.70	2003
	C. Woodford	Lara	10.70	2003
U11	E. McClusky	Norlane	9.90	2000
	(E) S. Richards	Golden Plains	10.57	2008
U12	L. Zuccolin	Lara	9.60	1990
	(E) C. Smith	Corio South	9.98	2011
100 M				
U6	S. Jones	Bell Park	17.67	1998
	(E) D. Hill	Corio West	19.09	2011
U7	S. Jones	Bell Park	16.93	2000
	(E) K. Thompson	Lara	17.32	2008
U8	M. Vautier	Bell Park	15.70	1974
	(E) P. McCleish	Bell Park	17.08	2015
	S. Bilinski	Golden Plains	17.08	2018
U9	V. Barling	Nth Shore	15.20	1974
	(E) R. Saint	Lara	15.42	2017
U10	D. Jovanoski	Rosewall	14.60	1987
	(E) J. Towers	Golden Plains	14.49	2017
U11	J. McGill	Bell Park	14.10	1971
	(E) J. Towers	Golden Plains	14.69	2018
U12	E. Green	Nth Shore	13.20	1971
	S. Hiscock	Lara	13.20	1981
	(E) E. Johnson	Bell Park	14.05	2018
U13	B. Anderson	Bell Park	13.40	1992
	(E) S. Cunningham	Golden Plains	13.82	2007
U14	B. Anderson	Bell Park	12.50	1993
	(E) S. Cunningham	Golden Plains	12.99	2007
U15	K. Martin	Lara	13.10	1993
	(E) S. Cunningham	Golden Plains	12.94	2009
U16	(E) S. Leslie-Hughes	Golden Plains	17.20	2019

CORIO CENTRE RECORD HOLDERS

GIRLS

(E) Denotes electronic timing record

Age Group	Name	Club	Time	Year
200 M				
U6	S. Jones	Bell Park	38.15	1998
(E)	B. Sesar	Golden Plains	41.65	2010
U7	J. William	Corio South	33.90	1972
(E)	K. Gray	Lara	37.02	201
U8	D. Jovanoski	Bell Park	33.80	1986
(E)	K. Gray	Lara	35.61	2012
U9	V. Barling	Nth Shore	32.30	1974
(E)	K. Gray	Lara	33.01	2012
U10	L. Zuccolin	Lara	30.30	1988
(E)	S. Richards	Golden Plains	32.12	2007
U11	J. McGill	Bell Park	29.30	1971
(E)	S. Cunningham	Golden Plains	30.43	2004
	S. Richards	Golden Plains	30.43	2008
U12	J. McGill	Bell Park	27.80	1972
(E)	C. Smith	Corio South	29.25	2011
U13	M. Uren	Corio South	28.40	1989
(E)	S. Cunningham	Golden Plains	27.77	2007
U14	B. Anderson	Bell Park	27.60	1994
(E)	S. Cunningham	Golden Plains	27.26	2008
U15	A. Sezonov	Lara	27.60	1994
(E)	S. Cunningham	Golden Plains	27.01	2009
U16	(E) S. Leslie-Hughes	Golden Plains	36.67	2019

400 M				
U08	(Unlaned) K. Tonkin	Lara Lake	1:21.70	2006
U08	(Laned) L. Papas	Bell Park	1:16.67	1987
U09	V. Barling	Nth Shore	1:13.0	1974
(E)	J. Burns	Bell Park	1:16.67	2006
U10	V. Barling	Nth Shore	1:09.0	1975
(E)	K. Tonkin	Lara	1:13.13	2008
U11	V. Barling	Nth Shore	1:04.5	1976
(E)	K. Tonkin	Lara	1:07.32	2009
U12	C. Baum	Corio	1:03.8	1973
(E)	K. Tonkin	Lara	1:05.57	2010
U13	J. Tye-Smith	St. Thomas	1:05.49	1995
(E)	S. Cunningham	Golden Plains	1:02.99	2007
U14	A. Sezonov	Lara	1:04.4	1994
(E)	M. Hindle	Lara	1:01.78	2010
U15	A. Sezonov	Lara	1:04.3	1994
(E)	S. Cunningham	Golden Plains	58.78	2009
U16	(E) S. Leslie-Hughes	Golden Plains	1:37.89	2020

CORIO CENTRE RECORD HOLDERS

GIRLS

(E) Denotes electronic timing record

Age Group	Name	Club	Time	Year
800 M				
U08	A. Pitcher	St. Thomas	3:07.60	1995
U09	L. Papas	Bell Park	2:44.50	1987
U10	R. Britton	Bell Park	2:48.60	1986
U11	R. Britton	Bell Park	2:35.50	1987
U12	T. Burton	Corio	2:30.00	1971
U13	F. Jensen	St. Thomas	2:31.20	1994
U14	A. Tye-Smith	St. Thomas	2:28.20	1994
U15	S. Cunningham	Golden Plains	2:23.50	2009
U16	S. Leslie-Hughes	Golden Plains	4:09.01	2019
1500 m				
U11	R. Britton	Bell Park	5:21.7	1987
U12	J. Tye-Smith	St. Thomas	5:22.8	1995
U13	F. Jensen	St. Thomas	5:08.1	1994
U14	K. Porter	St. Thomas	5:11.2	1987
U15	R. Waters	Lara	5:08.8	2016
U16	S. Leslie-Hughes	Golden Plains	9:19.57	2019
60 M HURDLES				
U09 (45 cm)	S. Phayer	Corio	11.00	1980
(E)	S. Jones	Bell Park	11.36	2002
U10 (60 cm)	C. Thomas	Lara	11.33	1997
(E)	E. Johnson	Bell Park	11.05	2016
U11 (60 cm)	K. Martin	Lara	10.40	1990
(E)	J. Burns	Bell Park	10.98	2008
U12 (68 cm)	A. Pyers	Bell Park	10.20	1993
(E)	M. Pundij	Bell Park	10.01	2015
80 M HURDLES				
U09 (45 cm)	E. Hockey	Lara	15.21	2001
(E)	C. Jones	Bell Park	15.21	2001
(E)	J. Burns	Bell Park	15.08	2006
U10 (60 cm)	C. Thomas	Lara	15.21	1997
(E)	J. Burns	Bell Park	15.17	2007
U11 (60 cm)	C. Thomas	Lara	14.70	1998
(E)	J. Burns	Bell Park	14.39	2007
U12 (68 cm)	A. Pyers	Bell Park	14.20	1993
(E)	M. Pundij	Bell Park	13.62	2015
U13 (76 cm)	S. Carr	Lara	13.60	1994
(E)	M. Pundij	Bell Park	13.81	2016
U14 (76 cm)	S. Carr	Lara	13.30	1995
(E)	M. Pundij	Bell Park	12.90	2017
90 M HURDLES				
U15 (76 cm)	K. Martin	Lara	14.95	1994
(E)	J. Burns	Bell Park	15.01	2012
U16 (76 cm)(E)	S. Leslie-Hughes	Golden Plains	21.01	2019

CORIO CENTRE RECORD HOLDERS

GIRLS

(E) Denotes electronic timing record

Age Group	Name	Club	Time	Year
200 M HURDLES				
U13 (68 cm) (E)	E. Rayson	Lara	33.35	2017
U14 (76 cm) (E)	M. Pundij	Bell Park	31.78	2017
300 M HURDLES				
U13 (68 cm)	A. Sezonov	Lara	50.50	1993
(E)	S. Cunningham	Golden Plains	50.46	2007
U14 (68 cm)	A. Sezonov	Lara	49.10	1993
	A. Tye-Smith	St. Thomas	49.10	1994
(E)	S. Cunningham	Golden Plains	48.37	2007
U15 (68 cm)	A. Sezonov	Lara	47.90	1994
(E)	S. Cunningham	Golden Plains	46.66	2009
U15 (76 cm) (E)	A. Todd	Corio South	57.37	2020
U16 (76 cm)(E)	S. Leslie-Hughes	Golden Plains	1:10.89	2019
700 M WALK				
U8	A. Campbell	Lara	5:05.78	2017
U9	M. Gillett	Lara	4:10.17	2017
800 M WALK				
U8	L. Papas	Bell Park	4:35.70	1987
1100 M WALK				
U 9	L. Papas	Bell Park	6:13.10	1988
U10	A. Nelson	Golden Plains	5:53.41	2013
U11	C. Charles	Corio West	6:13.49	2017
1500 M WALK				
U11	M. Davison	Lara	8:08.30	2012
U12	M. Davison	Lara	7:50.69	2013
U13	M. Davison	Lara	7:12.02	2014
U14	T. Charman	Norlane	7:06.40	1992
U15	T. Charman	Norlane	7:15.20	1993
U16	S. Leslie-Hughes	Golden Plains	11:34.38	2019
LONG JUMP				
U6	S. Jones	Bell Park	2.81	1999
U7	D. Taylor	Norlane	3.42	1987
U8	D. Taylor	Norlane	3.60	1988
U9	A. Aitken	St. Thomas	3.97	1982
U10	L. Zuccolin	Lara	4.24	1988
U11	M. Eyerich	Corio	4.87	1969
U12	M. Eyerich	Corio	4.87	1969
U13	C. Smith	Corio South	4.92	2012
U14	A. Aitken	St. Thomas	5.18	1987
U15	A. Sezonov	Lara	5.51	1994
U16	S. Leslie-Hughes	Golden Plains	3.28	2019

CORIO CENTRE RECORD HOLDERS

GIRLS

(E) Denotes electronic timing record

Age Group	Name	Club	Distance	Year
TRIPLE JUMP				
U9	D. Taylor	Norlane	8.29	1989
U10	A. Aitken	St. Thomas	9.15	1983
U11	R. Britton	Bell Park	9.50	1987
U12	A. Sezonov	Lara	10.25	1992
U13	C. Smith	Corio South	10.58	2012
U14	A. Sezonov	Lara	11.20	1994
U15	A. Sezonov	Lara	11.01	1994
U16	S. Leslie-Hughes	Golden Plains	7.18	2019

HIGH JUMP				
U9	S. Studniczky	Y.M.C.A	1.15	1970
	E. Bews	Norlane	1.15	2002
U10	E. Bews	Norlane	1.35	2003
U11	J. Burns	Bell Park	1.36	2008
U12	L. Zuccolin	Lara	1.50	1990
U13	L. Zuccolin	Lara	1.50	1990
U14	A. Sezonov	Lara	1.58	1994
U15	L. Kerr	Rosewall	1.53	1988
U16	S. Leslie-Hughes	Golden Plains	1.05	2019

SHOT PUT					
U6	(1kg)	B Maurer	St. Thomas	5.35	1997
U7	(1kg)	B. Beckley	Golden Plains	5.72	2005
U8	(1.5kg)	S. Jones	Bell Park	6.48	2001
U9	(2kg)	J. Male	Bell Park	7.34	1980
U10	(2kg)	Y. Ykema	Corio West	8.88	1979
U11	(2kg)	Y. Ykema	Corio West	10.93	1980
U12	(3kg)	Y. Ykema	Corio West	13.55	1981
Changed weight 2018/19 to 2kg					
U12	(2kg)	C. Leslie-Hughes	Golden Plains	9.30	2019
U13	(3kg)	M. Mielczarek	Bell Park	10.67	2015
U14	(3kg)	M. Mielczarek	Bell Park	11.47	2016
U15	(3kg)	M. Mielczarek	Bell Park	12.24	2017
U16	(3Kg)	S. Leslie-Hughes	Golden Plains	8.58	2019

CORIO CENTRE RECORD HOLDERS

GIRLS

(E) Denotes electronic timing record

Age Group	Name	Club	Distance	Year
DISCUS				
U6	(350g) B. Maurer	St. Thomas	14.95	1997
U7	(350g) E. Bews	Norlane	14.84	2000
U8	(350g) S. Jones	Bell Park	19.05	2001
U9	(500g) D. Taylor	Norlane	24.23	1989
U10	(500g) T. Rollo	Lara	30.78	2002
Changed weight 2018/19 to 500g				
U11	(500G) A. Thompson	Golden Plains	16.05	2020
U11	(750g) Y. Ykema	Corio West	30.42	1980
U12	(750g) Y. Ykema	Corio West	39.80	1981
U13	(750g) T. Rollo	Corio	35.59	2005
U14	(1kg) M. Mielczarek	Bell Park	33.69	2017
U15	(1kg) J. Binns	St. Thomas	33.82	1989
U16	(1kg) S. Leslie-Hughes	Golden Plains	16.89	2020

JAVELIN				
U11	(400g) T. Rollo	Lara	25.46	2003
U12	(400g) M. Mielczarek	Bell Park	33.48	2015
U13	(400g) T. Rollo	Corio	38.07	2005
Changed weight 2018/19 to 400g				
U14	(400g) A. Boxer	Golden Plains	27.76	2018
U14	(500g) M. Mielczarek	Bell Park	44.87	2017
U15	(500g) M. Mielczarek	Bell Park	39.27	2017
U16	(500g) S. Leslie-Hughes	Golden Plains	20.27	2020





GEELONG WALKERS CLUB INC

IN ASSOCIATION WITH THE CORIO LITTLE ATHLETICS CENTRE,
THE GEELONG WALKERS CLUB OPERATES ON A THURSDAY NIGHT AT THE CORIO LITTLE
ATHLETICS CENTRE TRACK / GOLDSWORTHY RESERVE.
THE 2018-19 SEASON COMMENCES ON THURSDAY THE 13TH OCTOBER.

THE CLUB HOLDS VARYING DISTANCE EVENTS IN A RELAXED FUN ATMOSPHERE WITH
NO WALK JUDGES. PARENTS ARE ENCOURAGED TO JOIN THEIR CHILDREN ON THE
TRACK FOR A LEISURELY STROLL OR FITNESS WALK (RACE STYLE NOT REQUIRED)

PLEASE NOTE THAT LAVIC HAS SANCTIONED THE ABOVE ASSOCIATION & REGARD THE
GEELONG WALKERS CLUB AS AN EXTENSION TO THE NORMAL CORIO LITTLE ATHLETICS
CENTRE WALK TRAINING.

NEW WALKERS ARE ENCOURAGED TO "COME N TRY" FOR A TWO-WEEK PERIOD

SIGN IN AT 6.00 PM FOR A 6.15 PM START.
MOST EVENTS ARE COMPLETED BY 6.45 PM

THE IS A SMALL WEEKLY FEE TO COVER TRACK HIRE AND INSURANCE.

PLEASE CONTACT ANDREW TIDD ON 0422898236 OR ALTERNATELY
YOU CAN SPEAK TO EITHER ANDREW OR MICHELLE DE GRAAF WHO ARE PRESENT
EACH CLAC COMPETITION DAY

HOPE TO SEE YOU ALL THERE FOR SOME FUN AND FITNESS.

Affiliated with Athletics Victoria and the Victorian Race Walking Club

CORIO CENTRE OUTSIDE RECORDS

A Corio Centre record broken at another Centre becomes a Corio Centre Outside Record. However, once an outside record has been established for any event (as listed below as a Corio Centre Outside Record), then that record needs to be broken to claim a new outside record for that event.

An official at the event must sign off on your performance.

Present your claim to Records & Rankings with verification.

BOYS

Name	Event	Age	Record	Year	Location
B. HARVEY	70 METRES	U/6	12.68	2011	COLLINGWOOD
C. VELTMAN	70 METRES	U/7	10.9	1985	COBURG
C. VELTMAN	70 METRES	U/8	10.6	1986	C'WOOD
H. MCDONOUGH	70 METRES	U/9	10.51	2018	LAKESIDE
C. VELTMAN	70 METRES	U/10	9.7	1988	OLY PARK
C. VELTMAN	70 METRES	U/11	9.6	1989	OLY PARK
B. HARVEY	100 METRES	U/6	18.28	2011	COLLINGWOOD
C. VELTMAN	100 METRES	U/7	15.9	1985	COBURG
C. VELTMAN	100 METRES	U/8	15.6	1985	S'VALE
F. KLAASSEN	100 METRES	U/9	14.6	1971	ROYAL PARK
C. VELTMAN	100 METRES	U/9	14.6	1987	OLY PARK
C. VELTMAN	100 METRES	U/10	13.9	1988	COBURG
C. VELTMAN	100 METRES	U/11	13.2	1989	OLY PARK
S. PETERSON	100 METRES	U/12	13.1	1985	S'VALE
P. SAGER	100 METRES	U/13	12.63	2017	LAKESIDE
S. BAXTER	100 METRES	U/14	12.28	1992	COBURG
P. SAGER	100 METERS	U/15	11.84	2019	WERRIBEE
C. VELTMAN	200 METRES	U/9	30.6	1987	OLY PARK
C. VELTMAN	200 METRES	U/10	29.2	1989	OLY PARK
C. VELTMAN	200 METRES	U/11	27.8	1989	OLY PARK
C. VELTMAN	200 METRES	U/12	26.6	1990	OLY PARK
P. SAGER	200 METRES	U/13	25.62	2017	WERRIBEE
P. SAGER	200 METRES	U/14	24.46	2018	LAKESIDE
F. TREVASKIS	200 METRES	U/15	23.54	1999	NEWPORT

CORIO CENTRE OUTSIDE RECORDS - BOYS

Name	Event	Age	Record	Year	Location
C. HELMORE	400 METRES	U/9	1.08.3	1973	OLY PARK
C. HELMORE	400 METRES	U/10	1.05.6	1974	OLY PARK
C. HALL	400 METRES	U/11	1.02.62	2015	LAKESIDE
S. PETERSON	400 METRES	U/12	1.00.3	1986	ADELAIDE
J. COOPER	400 METRES	U/13	58.44	2015	LAKESIDE
S. BAXTER	400 METRES	U/14	55.72	1992	COBURG
A. PERKINS	400 METRES	U/15	55.21	1997	OLY PARK
L. WHITWORTH	800 METRES	U/9	2.36.9	1973	OLY PARK
D. CHRISTENSEN	800 METRES	U/10	2.27.9	1974	OLY PARK
F. TREVASKIS	800 METRES	U12	2.22.60	1996	OLY PARK
J. COOPER	800 METRES	U/13	2.13.59	2015	LAKESIDE
F. TREVASKIS	800 METRES	U/14	2.10.98	1998	NEWPORT
S. PETERSON	800 METRES	U/15	2.05.9	1989	OLY PARK
S. PETERSON	1500 METRES	U/12	4.42.0	1986	ADELAIDE
S. PETERSON	1500 METRES	U/13	4.47.9	1987	OLY PARK
F. TREVASKIS	1500 METRES	U/14	4.30.85	1998	OLY PARK
S. PETERSON	1500 METRES	U/15	4.24.8	1989	OLY PARK
C. LEAMER	1100 WALK	U/11	07:03.6	2017	WERRIBEE
D. THORNE	1500 WALK	U/15	6.16.2	1995	OLYPARK
C. THOMSON	(45cm) 60M HURDLES	U/9	10.58	2015	LAKESIDE
C. THOMSON	(45cm) 80M HURDLES	U/9	13.86	2015	LAKESIDE
L. OLIVER	(60cm) 80M HURDLES	U/10	14.88	1993	OLY PARK
A. PERKINS	(68cm) 80M HURDLES	U/11	15.25	1993	OLY PARK
G. BYRNE	(68cm) 80M HURDLES	U/12	13.34	1993	NEWPORT
B. McDOUGALL	(76cm) 80M HURDLES	U/13	12.93	1993	COBURG
B. McDOUGALL	(45cm) 90M HURDLES	U/9	15.7	1989	OLY PARK
R. KOBES	(45cm) 90M HURDLES	U/9	15.7	1991	OLY PARK
G. BYRNE	(45cm) 90M HURDLES	U/10	14.8	1991	OLY PARK
B. McDOUGALL	(60cm) 90M HURDLES	U/12	15	1992	OLY PARK

CORIO CENTRE OUTSIDE RECORDS - BOYS

Name	Event	Age	Record	Year	Location
J. COOPER	(76cm) 300M HURDLES	U/13	47.05	2015	LAKESIDE
A. OSBORNE	(76cm) 300M HURDLES	U/14	52.49	1992	OLY PARK
A. MARTIN	(76cm) 90M HURDLES	U/13	14.6	1990	OLY PARK
D. HAYES	(76cm) 90M HURDLES	U/15	13.8	1989	OLY PARK
S. BAXTER	(76cm) 300M HURDLES	U/14 (VBP)	41.98	1992	OLY PARK
C. GRANT	(76cm) 300M HURDLES	U/15	44.93	1992	OLY PARK
J. SVALJEK	LONG JUMP	U/10	4.22	2008	WERRIBEE
C. HELMORE	LONG JUMP	U/11	5.01	1975	OLY PARK
C. HELMORE	LONG JUMP	U/12	5.4	1976	OLY PARK
S. BAXTER	LONG JUMP	U/13	5.65	1991	OLY PARK
S. BAXTER	LONG JUMP	U/14	6.03	1992	COBURG
P. SAGER	TRIPLE JUMP	U/15	11.33	2019	WERRIBEE
J. KING	HIGH JUMP	U/10	1.37	1991	OLY PARK
S. BAXTER	HIGH JUMP	U/14 (VBP)	1.82	1992	OLY PARK
D. BASKIN	HIGH JUMP	U/14	1.82	2000	NEWPORT
D. BASKIN	HIGH JUMP	U/15	1.95	2001	NEWPORT
C. PALMER	SHOT PUT	U/12	11.72	1989	BRISBANE
C. GRANT	SHOT PUT	U/15	14.88	1992	OLY PARK
M.JAMES	SHOT PUT	U/14	12.45	2003	
K. HILL	3KG SHOT PUT	U/14	8.44	2015	LAKESIDE
C. PALMER	DISCUS	U/10	39.02	1987	OLY PARK
J. SANDERS	750g DISCUS	U/13	38.21	2019	CASEY FIELDS
M.JAMES	DISCUS	U/14	48.06	2003	
K. ROLLO	JAVELIN	U/11	32.61	2010	OLY PARK
T. GEORGE	JAVELIN	U/15 (VBP)	51.65	1994	OLY PARK

(VBP) - Victorian Best Performance

ALTERNATE VENUE RECORDS

Alternate records can only be set while normal Corio LAC competition is being held at an alternate venue due to track works or other circumstances. To set an alternate record, you must break the current alternate record, listed above. If there is no current alternate record then you need to break the current Corio Record and this will then become a new alternate record

The current alternate records have been set at Landy Field during
Corio track upgrades in 2003/2004 and 2018/2019

BOYS

Age Group	Name	Club	Event	Record	Year
U11	H. Langley	Golden Plains	Discus (500g)	19.89	2018/19
U12	G. Sammitt	Bell Park	60 M Hurdles	10.63	2003/04
U12	G. Sammitt	Bell Park	80 M Hurdles	14.47	2003/04
U12	G. Sammitt	Bell Park	Javelin	29.41	2003/04
U12	G. Posterino	Lara	Shot Put (2kg)	7.89	2018/19
U13	J. Sanders	Lara	Discus (750g)	37.68	2018/19
U13	J. Sanders	Lara	Shot Put (3kg)	13.22	2018/19
U14	D. Giddings	Lara	Shot Put (3kg)	14.62	2018/19
U14	M. James	Corio	Discus	46.91	2003/04
U14	M. James	Corio	Javelin	44.95	2003/04
U14	J. Warelow	Golden Plains	1500 M	4:42.81	2018/19
U14	J. Warelow	Golden Plains	200 M hurdles	28.90	2018/19
U14	J. Warelow	Golden Plains	400 M	57.26	2018/19
U15	P. Sager	Golden Plains	200 M	24.25	2018/19
U15	J. Wellington	Golden Plains	Javelin (700g)	40.02	2018/19

ALTERNATE VENUE RECORDS

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Corio track upgrades in 2003/2004 and 2018/2019

GIRLS

Age Group	Name	Club	Event	Record	Year
U6	D. Burns	Golden Plains	70 M	13.64	2003/04
U7	D. Henderson	Bell Park	70 M	12.75	2003/04
U10	S. Cunningham	Golden Plains	60 M Hurdles	11.38	2003/04
U10	S. Cunningham	Golden Plains	100 M	15.73	2003/04
U11	J. Towers	Golden Plains	100 M	14.66	2018/19
U11	C. Leslie-Hughes	Golden Plains	Discus (500g)	20.54	2018/19
U12	T. Rollo	Corio	Javelin	33.21	2003/04
U12	C. Boxer	Golden Plains	Shot Put (2kg)	8.65	2018/19
U13	C. Charles	Corio West	200 M Hurdles	32.93	2018/19
U14	A. Boxer	Golden Plains	Javelin (400g)	30.57	2018/19
U15	N. Debeljuh	St Thomas	Shot put	12.7	2003/04
U15	N. Debeljuh	St Thomas	Discus	40.2	2003/04



CORIO CENTRE OUTSIDE RECORDS

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An official at the event must sign off on your performance.

Present your claim to Records & Rankings with verification.



GIRLS

Name	Event	Age	Record	Year	Location
A. PITCHER	70 METRES	U/6	11.73	1994	COBURG
D. JOVANOVSKI	70 METRES	U/9	10.6	1987	OLY PARK
S. CUNNINGHAM	70 METRES	U/11	10.01	2005	OLY PARK
A. PITCHER	100 METRES	U/7	16.58	1994	COBURG
D. JOVANOVSKI	100 METRES	U/9	14.7	1987	OLY PARK
J. MCGILL	100 METRES	U/11	13.3	1971	OLY PARK
L. ZUCCOLIN	100 METRES	U/10	14.1	1988	COBURG
S. HISCOCK	100 METRES	U/12	12.8	1981	AUST CHMPS
K. MARTIN	100 METRES	U/15	12.95	1994	WERRIBEE
K. GRAY	200 METRES	U/8	35.83	2011	CHELSEA
K. GRAY	200 METRES	U/9	32.89	2013	WERRIBEE
L. ZUCCOLIN	200 METRES	U/10	29.9	1988	COBURG
J. MCGILL	200 METRES	U/11	28.2	1971	OLY PARK
S. HISCOCK	200 METRES	U/12	26.4	1981	OLY PARK
M. UREN	200 METRES	U/13	28.2	1989	OLY PARK
M. PUNDIJ	200 METERS	U/14	29.33	2017	LAKESIDE
S. CUNNINGHAM	200 METRES	U/15	25.79	2009	OLY PARK
L. PAPAS	400 METRES	U/9	1.12.2	1988	OLY PARK
S. CUNNINGHAM	400 METRES	U/11	1.07.50	2005	WERRIBEE
V. BARLING	400 METRES	U/10	1.07.3	1975	OLY PARK
S. CUNNINGHAM	400 METRES	U/12	1.02.64	2006	CORIO
S. CUNNINGHAM	400 METRES	U/14	58.48	2008	HOMEBUSH
S. CUNNINGHAM	400 METRES	U/15	57.53	2008	CANBERRA
L. PAPAS	800 METRES	U/9	(VBP) 2.41.8	1988	OLY PARK

CORIO CENTRE OUTSIDE RECORDS - GIRLS

Name		Event	Age	Record	Year	Location
K. PAPAS		800 METRES	U/10	2.45.4	1986	OLY PARK
S. CUNNINGHAM		800 METRES	U/11	2.31.14	2005	OLY PARK
S. FOSTER		800 METRES	U/12	2.27.7	1973	OLY PARK
J. TYE-SMITH		800 METRES	U/13	2.25.05	1996	NEWPORT
A. TYE-SMITH		800 METRES	U/14	2.21.04	1994	OLY PARK
R. WATERS		800 METRES	U/15	2.26.5	2016	GEELONG
J. TYE-SMITH		1500 METRES	U/12	5.14.5	1995	OLY PARK
A. TYE-SMITH		1500 METRES	U/13	5.02.82	1993	OLY PARK
R. WATERS		1500 METRES	U/14	4.51.88	2015	LAKESIDE
K. PORTER		1500 METRES	U/15	5.24.9	1988	OLY PARK
D. TAYLOR	(45cm)	60M HURDLES	U/9	10.7	1989	CHELSEA
E. JOHNSON	(60cm)	60M HURDLES	U/10	10.92	2016	CASEY FIELDS
K. MARTIN	(60cm)	60M HURDLES	U/11	10.1	1990	COBURG
T. BURTON	(60cm)	60M HURDLES	U/12	9.6	1971	OLY PARK
M. PUNDIJ	(68cm)	60M HURDLES	U/12	10	2015	LAKESIDE
A. PITCHER	(45cm)	80M HURDLES	U/9	14.96	1996	OLY PARK
C. MILLS	(60cm)	80M HURDLES	U/9	15.53	1993	OLY PARK
E. JOHNSON	(60cm)	80M HURDLES	U/10	14.98	2016	CASEY FIELDS
C. THOMAS	(60cm)	80M HURDLES	U/11	14.2	1998	NEWPORT
M. PUNDIJ	(68cm)	80M HURDLES	U/12	12.91	2015	LAKESIDE
M. PUNDIJ	(76cm)	80M HURDLES	U/13	12.95	2016	GEELONG
M. PUNDIJ	(76cm)	80M HURDLES	U/14	12.68	2017	WERRIBEE
K. MARTIN	(45cm)	90M HURDLES	U/10	15.5	1989	OLY PARK
K. MARTIN	(76cm)	90M HURDLES	U/13	15.23	1992	OLY PARK
K. MARTIN	(76cm)	90M HURDLES	U/14	(VBP) 14.2	1993	OLY PARK
N. VUKOBRATOVIC	(76cm)	90M HURDLES	U/15	14.7	1986	OLY PARK
A. AITKEN	(76cm)	90M HURDLES	U/15	14.7	1988	OLY PARK
B. GALLAGHER	(45cm)	100M HURDLES	U/9	17.6	1974	OLY PARK

CORIO CENTRE OUTSIDE RECORDS - GIRLS

Name		Event	Age		Record	Year	Location
K. GOSLING	(68cm)	300M HURDLES	U/13		49.32	2012	WERRIBEE
S. CUNNINGHAM	(68cm)	300M HURDLES	U/14		46.38	2008	BENDIGO
A. SEZONOV	(68cm)	300M HURDLES	U/15		45.79	1995	OLY PARK
J. HARRIS		800M WALK	U/8		4.33.0	1979	OLY PARK
M. GILLETT		700M WALK	U/9		04:03.0	2017	LAKESIDE
K. PAPAS		1100M WALK	U/10		5.57.0	1986	OLY PARK
C. CHARLES		1100M WALK	U/11		05:35.6	2017	LAKESIDE
J. CLARK		1500M WALK	U/11		8.09.0	1983	COBURG
A. NELSON		1500M WALK	U/12		7.30.15	2015	LAKESIDE
T. CHARMAN		1500M WALK	U/13	(VBP)	7.06.7	1991	OLY PARK
T. CHARMAN		1500M WALK	U/14	(VBP)	6.42.55	1992	OLY PARK
L. ZUCCOLIN		LONG JUMP	U/10		4.4	1988	COBURG
L. ZUCCOLIN		LONG JUMP	U/12		4.9	1990	OLY PARK
A. AITKEN		LONG JUMP	U/15		5.22	1988	OLY PARK
K. GRAY		TRIPLE JUMP	U/9		8.34	2013	WERRIBEE
K. GRAY		TRIPLE JUMP	U/11		9.54	2015	LAKESIDE
A. SEZONOV		TRIPLE JUMP	U/14		11.12	1994	OLY PARK
A. SEZONOV		TRIPLE JUMP	U/15		11.64	1995	OLYPARK
L. ZUCCOLIN		HIGH JUMP	U/12	(VBP)	1.56	1990	OLY PARK
J. MIRARCHI		SHOT PUT	U/7		5.85	2001	CHELSEA
C. BOXER	2kg	SHOT PUT	U/12		8.54	2019	CASEY FIELDS
Y. YKEMA		SHOT PUT	U/12		14.32	1981	OLY PARK
T. ROLLO		SHOT PUT	U/13		10.18	2005	NEWPORT
M. MIELCZAREK		SHOT PUT	U/14		12.54	2017	LAKESIDE
N. DEBELJUH		SHOT PUT	U/15		12.9	2004	OLY PARK
B. MAURER		DISCUS	U/6		12.56	1997	COBURG
E. BEWS		DISCUS	U/7		15.15	2000	COBURG
E. BEWS		DISCUS	U/8		19.34	2001	B/MARSH
T. ROLLO		DISCUS	U/10		30.94	2002	NEWPORT

CORIO CENTRE OUTSIDE RECORDS - GIRLS

Name	Event	Age	Record	Year	Location
C. LESLIE-HUGHES	500g DISCUS	U/11	23.62	2019	CASEY FIELDS
Y. YKEMA	DISCUS	U/12	41.6	1981	OLY PARK
T. ROLLO	DISCUS	U/13	37.1	2005	M/BOROUGH
N. DEBELJUH	DISCUS	U/14	35.4	2003	OLY PARK
N. DEBELJUH	DISCUS	U/15	38.57	2004	OLY PARK
T. ROLLO	JAVELIN	U/11	21.64	2002	M/BOROUGH
M. MIELCZAREK	JAVELIN	U/12	30.84	2015	LAKESIDE
T. ROLLO	JAVELIN	U/13	38.77	2005	NEWPORT
A. BOXER	400g JAVELIN	U/14	33.72	2019	CASEY FIELDS
M. MIELCZAREK	JAVELIN	U/14	44.62	2017	LAKESIDE
K. MARTIN	JAVELIN	U/15 (VBP)	33.84	1994	OLY PARK

(VBP) - Victorian Best Performance



VICTORIAN BEST PERFORMANCES

As of September 2020

<u>BOYS</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>
70m	9.82	9.69	9.44	8.84				
100m	13.64	13.44	13.04	12.14	11.68	11.31	11.06	11.41
200m	28.10	28.11	26.75	25.33	23.34	22.63	22.06	22.58
400m	1:04.6	1.02.28	59.78	55.57	53.69	52.05	49.91	52.77
800m	2.30.07	2.23.29	2.18.89	2.10.26	2.05.50	1.59.45	1.55.95	2:02.10
1500m			4.39.68	4.36.45	4.21.10	4.13.45	4.09.68	4:16.48
60m H	9.54	10.02	9.46	9.12				
80m H	13.05	13.18	12.55	12.38	12.13			
90m / 100m H						12.21	13.11	13.21
200m H					26.42	25.34		
300m H							40.06	38.51
700m W	3.37.83							
1100m W		5.09.12	5:19.82					
1500m W				6.58.71	6.54.87	6.14.48	6.14.99	6.02.82
HIGH JUMP	1.30	1.30	1.59	1.67	1.80	1.90	2.00	1.96
LONG JUMP	4.55	4.91	4.91	5.50	6.02	6.44	6.98	6.39
TRIPLE JUMP	9.46	10.08	10.17	11.6	12.65	13.31	13.85	13.69
SHOT PUT	9.96	11.86	13.43	13.81	16.79	18.36	18.31	15.63
DISCUS	35.12	39.3	44.16	48.8	49.90	60.52	64.54	52.13
JAVELIN			36.04	49.68	52.66	57.02	55.41	53.48
MULTI-EVENT	1275pts	14050pts	1535pts	1681pts	1908pts	2693pts	5078pts	4478pts

VICTORIAN BEST PERFORMANCES

As of September 2020

<u>GIRLS</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>
70m	10.36	10.04	9.52	9.17				
100m	14.14	13.84	13.24	12.64	12.40	12.20	12.14	12.80
200m	30.34	28.74	27.34	26.24	25.63	24.95	24.77	24.96
400m	1.07.93	1.05.66	59.97	59.33	57.89	56.36	55.68	57.24
800m	2.39.80	2.29.65	2.23.13	2.17.66	2.14.58	2.12.79	2.13.00	2:18.19
1500m			4.52.02	4.43.85	4.36.73	4.39.27	4.34.31	4:49.31
60m H	10.37	10.32	9.81	9.41				
80m H	13.54	13.78	12.86	12.78	12.17	11.87		
90m H							12.95	13.69
200m H					28.47	28.38		
300m H							44.66	46.84
700m W	3.37.17							
1100m W		5.30.0	5.30.23					
1500m W				6.53.19	6.44.36	6.40.15	6.29.19	7:02.80
HIGH JUMP	1.14	1.19	1.50	1.60	1.68	1.73	1.80	1.63
LONG JUMP	4.2	4.51	4.84	5.38	5.77	5.68	5.8	5.31
TRIPLE JUMP	8.86	9.71	10.10	11.14	12.09	12.19	12.70	10.70
SHOT PUT	9.63	11.75	12.68	15.01	13.24	15.63	15.56	14.51
DISCUS	32.01	37.05	36.33	43.82	44.57	44.05	46	40.31
JAVELIN			30.82	35.81	43.33	46.09	41.99	37.61
MULTI-EVENT	902pts	1139pts	1436pts	1594pts	1733pts	2256pts	5115pts	4386pts

VICTORIAN BEST RELAY PERFORMANCES

As at September 2020

<u>BOYS</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>
4 x 100	59.14	56.44	54.44	51.98	49.52	45.68	44.64	46.21
4 x 200	2:06.00	1:59.40	1:54.70	1:48.80	1:42.37	1:36.34	1:34.01	1:39.77
Medley A	2:13.70	2:06.86	2:00.55	1:52.50	1:47.46	1:41.44	1:37.74	

<u>GIRLS</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>
4 x 100	1:00.24	58.68	55.54	52.74	50.58	49.5	49.14	49.39
4 x 200	2:11.60	2:03.20	01:57.9	1:50.80	1:45.87	1:44.65	1:44.04	1:47.17
Medley A	2:20.01	2:09.20	2:03.55	1:57.91	1:53.16	1:48.47	1:48.68	

BOYS MIXED AGE MEDLEY

(9-11 yrs)	2:00.55
(12-13 yrs)	1:47.46
(14-16 yrs)	1:38.89

GIRLS MIXED AGE MEDLEY

(9-11 yrs)	2:03.55
(12-13 yrs)	1:53.16
(14-16 yrs)	1:48.44

<u>MIXED SEX</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>
Medley A	2:16.61	2:08.65	2:03.39	1:56.38	1:51.36	1:46.70	1:40.39	
4 x 100	59.74	58.31	55.86	51.42	50.62	47.78	47.13	47.06
4 x 200	2:10.28	2:03.41	1:58.02	1:49.74	1:46.09	1:41.69	1:39.12	1:38.92

Victorian Best Performances – Standardisation of Hand Times and Fully Automatic Times

A motion was approved at the Little Athletics Australia October 2013 Conference to consolidate ABP (Australian Best performances) and ABPe's in order to tidy up Best Performances and create one system for documenting these. There were two sets of records being kept at the time – one for manual times (ABP) and one for Fully Automatic times (ABPe's)

To align to this LAA rule change, LAVic has also changed the following Rule in relation to VBP's.

Rule 260.2 (viii):

For hand time performances, the performance will be rounded to 0.1 seconds and then standardised to align to a fully automatic time as follows:

- Distances under 400m: + 0.24 seconds
- Distances of 400m or 4x100m relay: + 0.14 seconds
- Distances greater than 400m: No change
- a standardised time will be indicated with (S) or similar

Note: As of August 2014 all existing VBP Track performances will be standardised using the formulas in Rule 260 (c) (vii) and whichever of the standardised hand time or FAT time performance is lower will be declared the VBP.

The LAVic Competition Committee has reviewed all current VBP's up to and including the 2013/14 Track & Field Championships. All manually listed performances were rounded to 0.1sec and then had the appropriate adjustment added. Whichever of the standardised or fully automatic time was lower (faster) is now listed as the VBP. All previous records will not be listed, and have been archived.



2019 - 2020 TROPHY PRESENTATION LIST

Age Group Champions

Champion

Runner Up

GIRLS

U/6	Jacinta Short	BP	Havana Baskharon	BP
U/7	Zoe Bowkett	GP	Dasha Kumar	CW
U/8	Madison Drayton	LA	Evie Witney	BP
U/9	Mia Mutsaerts	GP	Amelia Field	BP
U/10	Sienna Bilinski	GP	Emily Schwuch	GP
U/11	Isobel Ward	GP	Alicia Thompson	GP
U/12	Chantelle Leslie-Hughes	GP	Jamison Towers	GP
U/13	Amali Burley	LA	Nicola Cohen	BP
U/14	Caitlin Charles	CW	Kiara Woods	GP
U/15	Lainey Hill	CW	Allie Todd	CS
U/16	Samantha Leslie-Hughes	GP		

Champion

Runner Up

BOYS

U/6	Jacob Sanders	LA	Harry Fantella	BP
U/7	Jamieson Mikunda	LA	Flynn Sherwell	LA
U/8	Jett Sheather	LA	Lucas Sanders	LA
U/9	Eli Hedley	GP	Kade Witney	BP
U/10	Max Mills	GP	Charlie Fantella	BP
U/11	Jarvis Burley	LA	Oliver Day	LA
U/12	William Charles	CW	Harry McDonough	BP
U/13	Giuseppe Posterino Jesse Rabusin	LA GP	Alexander Loveday	GP
U/14	Joshua Sanders	LA	Benjamin Day	CW
U/15	Jack Warelow	GP	Sam Warelow	GP
U/16	Patrick Sager	GP	Lachlan Schwuch	GP



2019 - 2020 TROPHY PRESENTATION LIST

GIRLS MOST CONSISTENT

CHAMPION

RUNNER UP

SHORT TRACK

Caitlin Charles

Corio West

Lainey Hill

Corio West

LONG TRACK

Caitlin Charles

Corio West

Meyah Fursland

Bell Park

HURDLES

Caitlin Charles

Corio West

Kiara Woods

Golden Plains

WALK

Caitlin Charles

Corio West

Filomena Iannuzzi

Lara

JUMPS

Jamison Towers

Golden Plains

Caitlin Charles

Corio West

THROWS

Adasha Boxer

Golden Plains

Kiara Woods

Golden Plains



2019 - 2020 TROPHY PRESENTATION LIST

BOYS MOST CONSISTENT

CHAMPION

RUNNER UP

SHORT TRACK

Patrick Sager	Golden Plains	Joshua Sanders	Lara
---------------	---------------	----------------	------

LONG TRACK

William Charles	Corio West	Oliver Day	Lara
-----------------	------------	------------	------

HURDLES

Benjamin Day	Corio West	Patrick Sager	Golden Plains
--------------	------------	---------------	---------------

WALK

Kade Witney	Bell Park	Cody Peplinkhouse	Lara
-------------	-----------	-------------------	------

JUMPS

Patrick Sager	Golden Plains	Reif Anderson	Lara
---------------	---------------	---------------	------

THROWS

Joshua Sanders	Lara	Darcy Giddings	Lara
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Marg Robertson Top Walk Award

This award is based on results at the State Track and Field Championships

As State Track and Field did not take place this has not been awarded this year.

Debbie Robertson Walk Style Award

Caitlin Charles	Corio West
-----------------	------------

Walk Encouragement Award

Chloe Price	Lara
-------------	------



2019 - 2020 TROPHY PRESENTATION LIST

Executive Award

GIRL

Abbie Thurrowgood

Corio West

BOY

Carl Wilson

Lara

Les Campbell Coach Award

GIRL

Cailin Walker

Lara

BOY

Asher Mitchell

Bell Park

Jacob Allison High Jump Award

This award is based on results at the State Track and Field Championships

As State Track and Field did not take place this has not been awarded this year.

Paul Turner Short Track Award

This award is based on results at the State Track and Field Championships

As State Track and Field did not take place this has not been awarded this year.

MOST PB AWARD

GIRLS

Mini

Gracie Nadolski

Lara

29 PBs

Evie Witney

Bell Park

29 PBs

Junior

Isobel Ward

Golden Plains

41 PBs

Senior

Claire Abreu

Bell Park

39 PBs

BOYS

Mini

Jacob Sanders

Lara

33 PBs

Junior

Max Mills

Golden Plains

40 PBs

Senior

Jesse Rabusin

Golden Plains

39 PBs



2019 - 2020 TROPHY PRESENTATION LIST

ATHLETE OF THE YEAR

GIRLS MINI ATHLETE OF THE YEAR

Madison Drayton

Lara

GIRLS JUNIOR ATHLETE OF THE YEAR

Jamison Towers

Golden Plains

GIRLS SENIOR ATHLETE OF THE YEAR

Caitlin Charles

Corio West

BOYS MINI ATHLETE OF THE YEAR

Jett Sheather

Lara

BOYS JUNIOR ATHLETE OF THE YEAR

Eli Hedley

Lara

BOYS SENIOR ATHLETE OF THE YEAR

Joshua Sanders

Lara

TEN YEAR SERVICE AWARDS

Lainey Hill

Corio West

CORIO LITTLE ATHLETICS CENTRE MERITORIOUS AWARD

Kirsten Thomas

Mark Boxer



CROSS COUNTRY AWARDS 2020 SEASON

Due to the COVID-19 pandemic the Cross Country season for 2020 did not run, as such there are no awards for this season.

See you again next season

Thanks

Doc Thomas

Cross Country Coordinator

CROSS COUNTRY SEASON 2021

Have your children ever thought about taking part in the Corio Centre Cross Country Season programme during the winter months? Why not try it this year?

- All children U/6 to U/16 are eligible. If the athlete has competed in the 2020/21 summer season, there is no registration fee payable. If the athlete is new, a registration fee is payable and will be advised prior to the commencement of the winter season.
- Age groups U6/7/8 run 1000 metres; U9/10 run 1500 metres; U11/12 run 2000 metres; U13+ run 3000 metres.
- To be eligible for Centre trophies athletes must compete in 8 out of 12 venues (unless a valid reason is given as per rule 14)
- All venues are within a 20 minute drive from the Geelong City Centre.
- Athletes can sign in from 11.30 am, walk the course at 11.45 am with competition commencing at 12.00 pm.
- Weekly competition fee is payable per athlete.
- Officiating is at a minimum.
- First point scoring day is early May 2021 (*Date TBC*). Fixture of dates and venues will be confirmed during the summer season and provided at a later date.
- Correct club uniform and logo must be worn during all Centre Events.

For further information contact Cross Country Coordinator Sharon 0408 397 645

TRY IT THIS YEAR – IT'S GREAT FUN



SKILLS COACHING AT CORIO LITTLE ATHLETICS

Due to COVID and Training Protocols all Skills Training will be held on a Sunday Morning between 10 am – 12 pm. Bookings will be essential as limits apply to the numbers allowed. Bookings are completed through an online form on our Members CLAC Facebook Page and our website.

The following skills are offered at training

Throws

Coach - Chris Larkins ☎ 0417 552 282

Long & triple Jump

Coach - Simon Hill ☎ 0407 456 494

High Jump

Coach - Doc Thomas ☎ 0407 456 494

Please check the booking form for skills available each weekend as they vary due to coach availability

Our Coaches all hold a current working with children's card, and have completed the Play by the rules training and have agreed to LAVic & the Centre's Child Safe – Code of Conduct policy

Skills coaching at Corio is an optional extra that we are able to offer due to the kindness of our coaches who give their time on a voluntary basis – they do so to help children improve their athletic skills and abilities.

Generally, the coaches are happy to accept the assistance of parents who are watching their children train and practise – things like fetching the discus, raking the sand, etc., help things proceed smoothly – so parents, jump in and lend a hand where you can.

We are always looking for new skills coaches.

If you are at all interested in taking on a skill to coach or would like to work with one of our current coaches please contact the Centre President or Secretary





AVALON AIRPORT CORIO CENTRE CHAMPIONSHIPS

21st March 2021

Athletes may enter a maximum of 5 events

Medals will be awarded to the first three
place-getters in all events.

Registration for this event will be online,
and portal open/close dates will be
provided during the season

Registration will close on
Saturday 7th March 2020

More information will be available in Feb 2020

**LOOKING FORWARD TO YOUR SUPPORT
for A FUN FILLED DAY of
COMPETITION at THE CENTRE**

Join Corio Athletics Club

Yes, there is a Corio Club to join to continue your Athletics Career.

The step from Little Athletics to Senior's might seem like a big one, but there's not much difference. Come on down to Landy Field on Saturday afternoons and compete in a fun and relaxed atmosphere.

Athletes currently registered with Little Athletics can join a senior club once you have reached the age of 12, and compete for a small registration fee, plus a weekly competition fee.

Any athletes wishing to compete at senior level, for general enquiries talk to Lou Mirarchi; he is often available at the Corio Centre on Saturday mornings, and would be happy to answer any questions.

Ph. 0411 406 408 (Lou)
Find us on Facebook (Corio Athletics Club Inc.)
for current updates and information



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OUR GOLD PARTNER

WE THANK OUR PARTNERS FOR THEIR
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OUR BRONZE PARTNER

WE THANK OUR PARTNERS FOR THEIR ONGOING SUPPORT



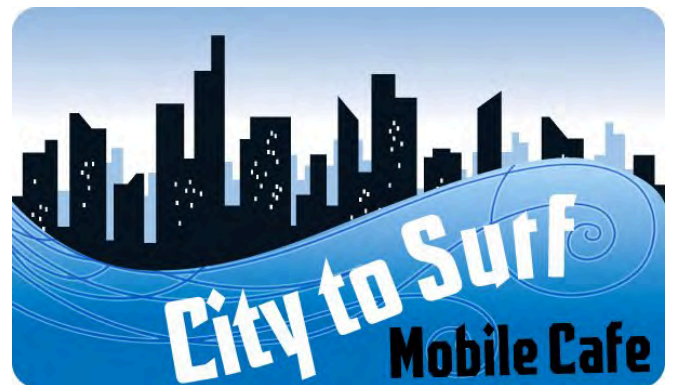
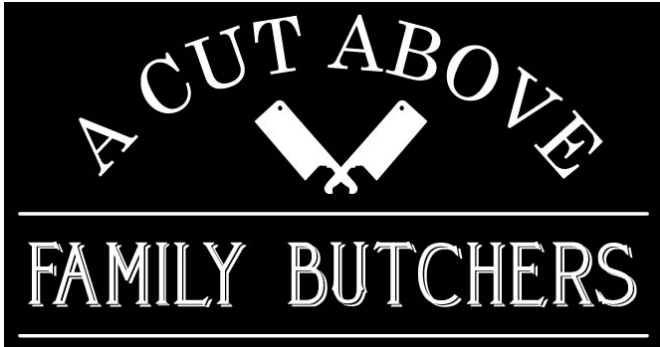
DRIVE THRU COFFEE

Cox Rd, Lovely Banks & McClelland Ave, Lara
Mention that you are from Corio LAC when in store.
Corio LAC will get a percentage of all sales to members.

OUR BRONZE PARTNER

CORIO LITTLE ATHLETICS CENTRE

SUPPORTERS



THANKING OUR PARTNERS IN SEASON 2020-21

NATIONAL PARTNER



GOLD PARTNER



OFFICIAL SUPPLIERS



SUPPORT PARTNERS



DESIGNATED CHARITY





Photograph taken by Neville Wright

If you would like to see additions/changes/enhancements to the Corio Little Athletics annual handbook, please put your ideas in writing and pass onto the Centre Secretary for consideration for future editions.

Proudly Printed by the Gordon

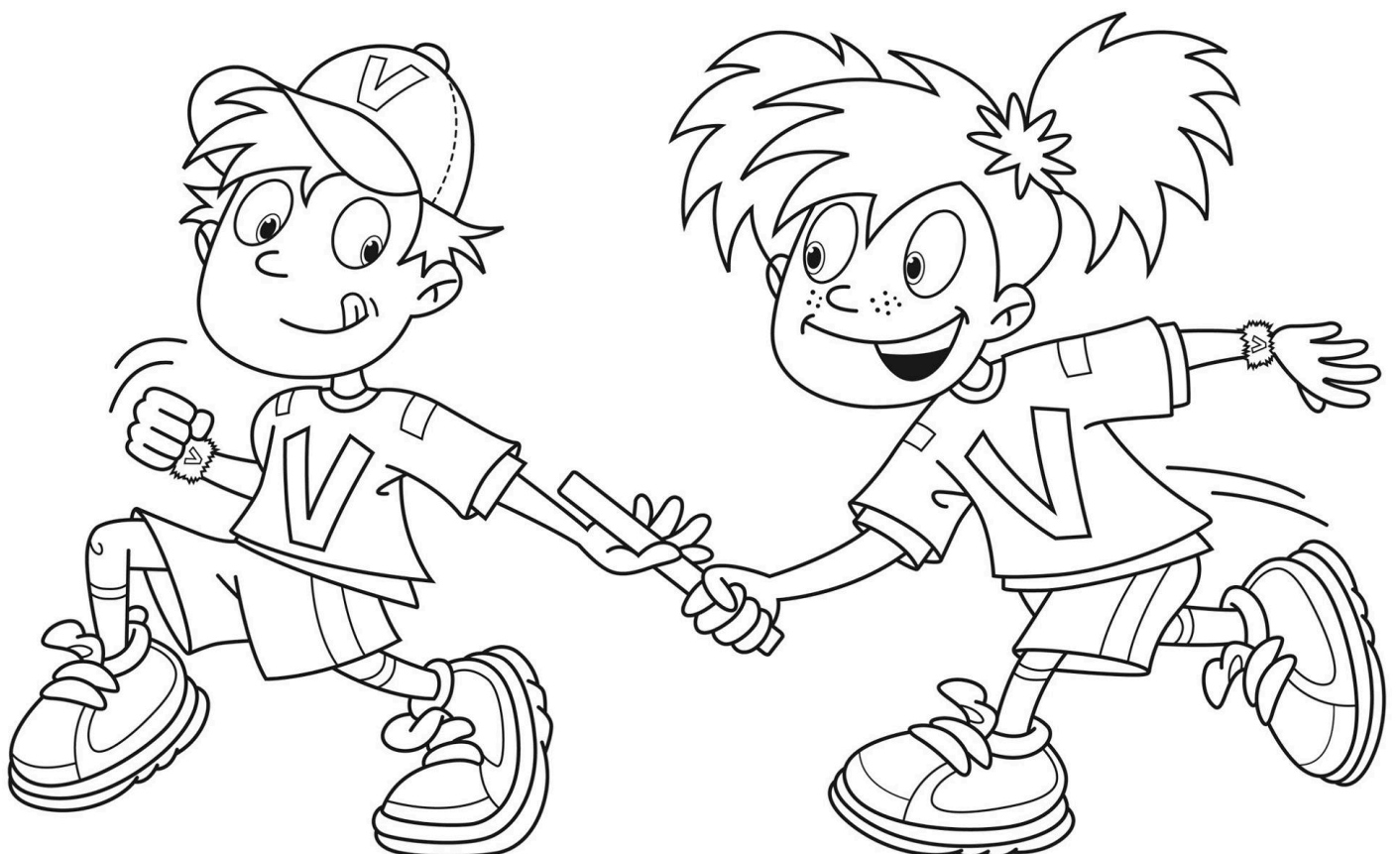
The Executive of the Corio Little Athletics Centre gratefully acknowledges the support received from our sponsors and supporters. Your appreciation of their support can best be acknowledged by supporting their business when the occasion arises.

VICKY AND VICTOR'S FUN KIDS PAGE

WORD SEARCH

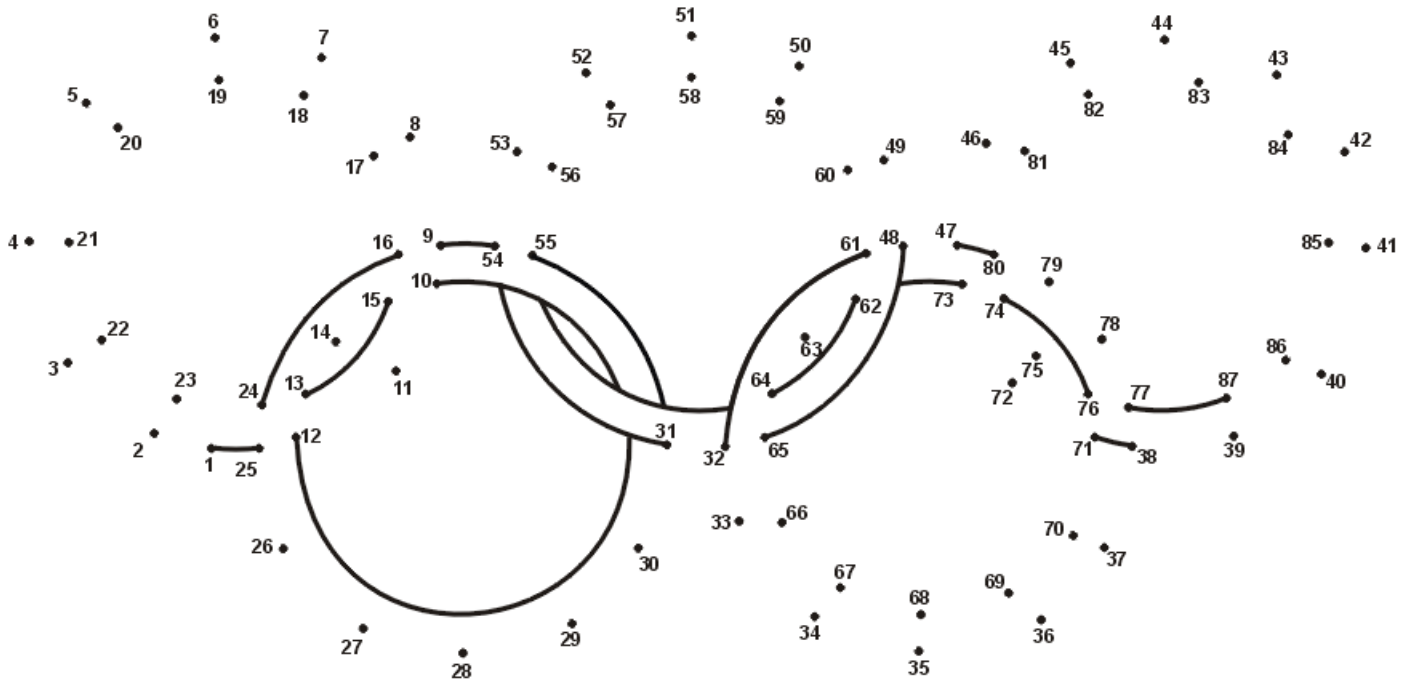
Q	R	Z	J	P	R	N	O	C	N	M	G	P	I	E
A	X	U	W	C	O	R	I	O	S	O	U	T	H	G
Y	M	V	N	E	T	K	M	L	L	Z	V	Z	T	G
P	E	T	Y	N	C	F	A	D	E	L	M	H	R	V
S	Y	A	R	I	I	S	E	K	B	V	U	G	R	D
N	H	L	V	I	V	N	C	V	Q	R	A	C	E	S
P	H	C	P	R	P	T	G	S	D	L	R	J	T	Q
Z	R	O	G	L	U	L	Y	L	I	M	A	F	P	V
E	K	R	A	P	L	L	E	B	B	S	L	X	C	Y
C	F	I	T	N	E	S	S	S	E	F	J	V	T	S
G	N	O	L	J	U	U	M	K	A	E	M	K	M	I
S	H	W	O	Q	P	F	I	X	F	R	O	X	U	P
S	G	E	A	X	R	P	I	C	G	K	E	P	X	E
D	I	S	C	U	S	S	P	G	K	W	F	M	N	D
P	H	T	W	H	K	D	Q	E	M	A	R	V	J	D

FUN
FITNESS
BELLPARK
LARA
CORIOSOUTH
GOLDENPLAINS
CORIOWEST
LONG
DISCUS
FAMILY
HURDLES
JUMP
HIGH
RUNNING
RACES
TRIPLE
VICKI
VICTOR
JAVELIN
SHOTPUT
SPIKES



VICKY AND VICTOR'S FUN KIDS PAGE

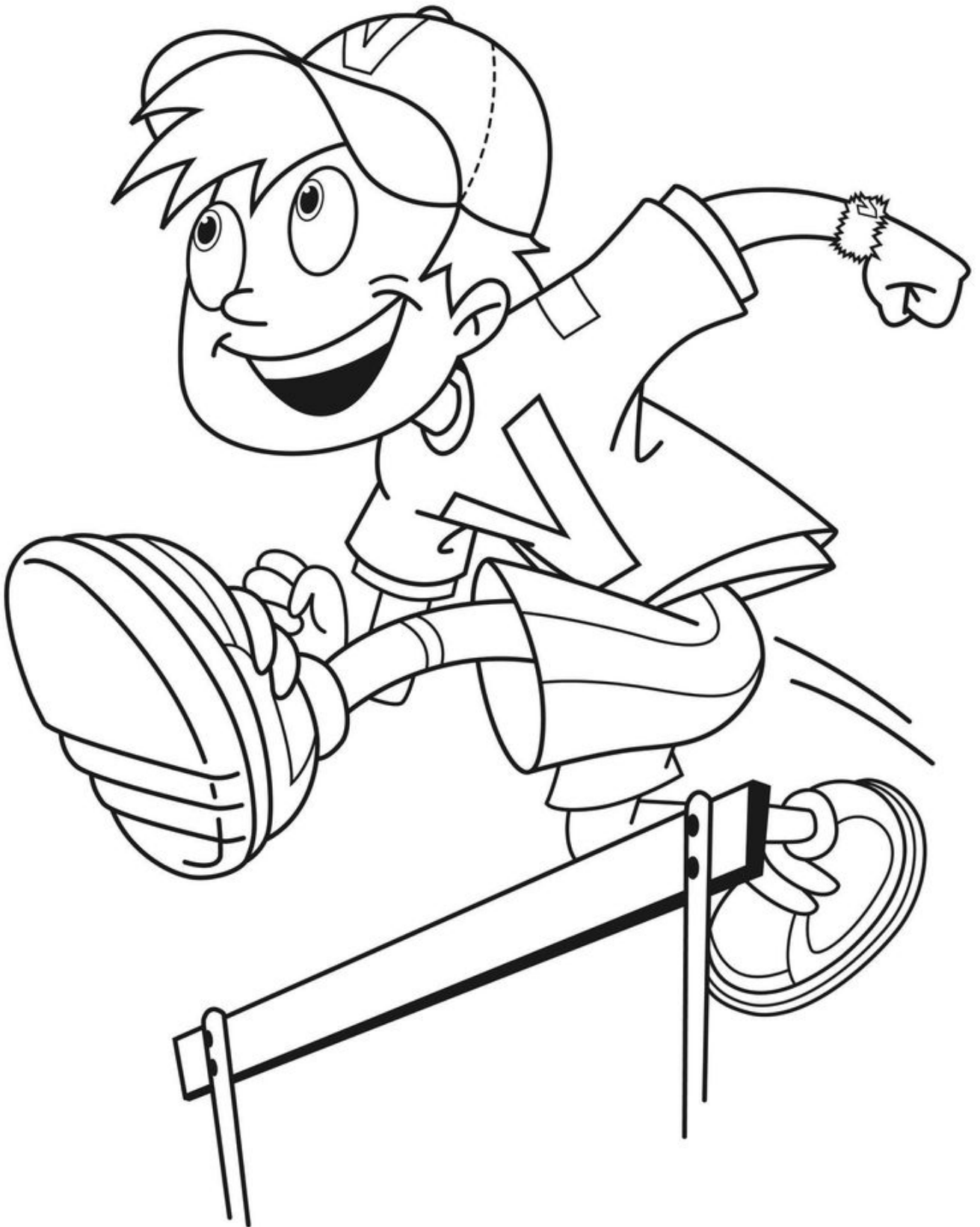
DOT TO DOT



Help Vicky find her way to shotput

VICKY AND VICTOR'S FUN KIDS PAGE

COLOUR VICTOR IN



VICKY AND VICTOR'S FUN KIDS PAGE

Unscramble the words

1. cusdis _____
2. dlefi _____
3. rayel _____
4. nijavel _____
5. orico _____
6. thaleet _____
7. kcetra _____
8. rudlhe _____
9. unr _____
10. nessift _____

Victor: What's the name of the fastest dinosaur at the Olympics?
 Vicky: I haven't a clue. What?
 Victor: Prontosaurus.

Vicky: Why was the Olympian not able to listen to music?
 Victor: Why?
 Vicky: Because he broke the record!



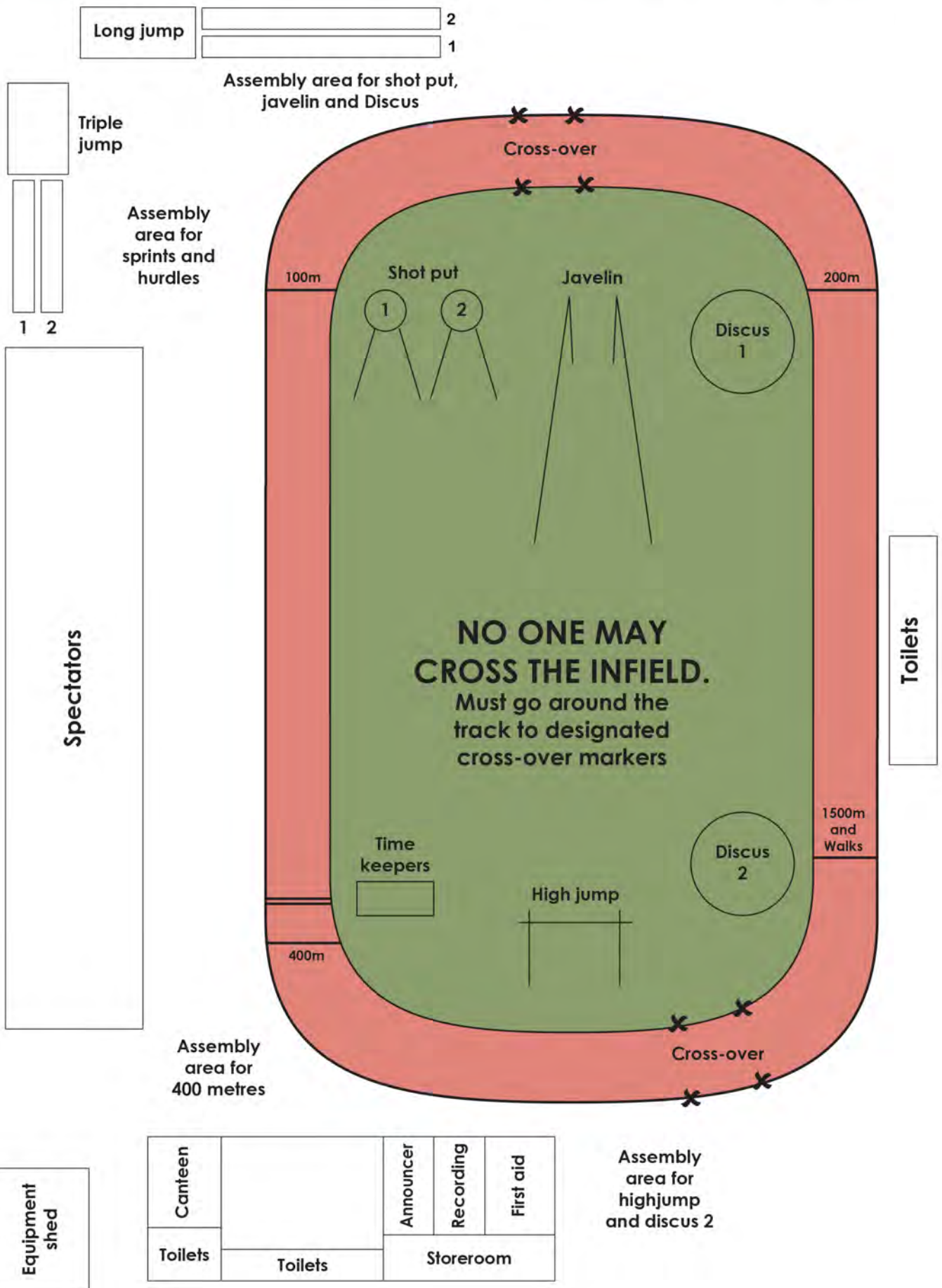
Unscramble the words Answers: 1. discuss 2. field 3. relay 4. javelin 5. corio 6. athlete 7. track 8. hurdle 9. run 10. fitness

ATHLETICS ALPHABET CHALLENGE

CAN YOU COME UP WITH AN ATHLETICS WORD FOR EACH LETTER OF THE ALPHABET

- A _____
- B _____
- C _____
- D _____
- E _____
- F _____
- G _____
- H _____
- I _____
- J _____
- K _____
- L _____
- M _____
- N _____
- O _____
- P _____
- Q _____
- R _____
- S _____
- T _____
- U _____
- V _____
- W _____
- X _____
- Y _____
- Z _____

LAYOUT OF THE CORIO LITTLE ATHLETICS CENTRE



Corio Little Athletics Centre
THANKS OUR COMMUNITY PARTNERS

GOLD PARTNER



Avalon Airport
Flying made easy

SILVER PARTNERS

CURRENTLY SEEKING SILVER PARTNERS

BRONZE PARTNERS



LARA & LOVELY BANKS



BELL POST HILL