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Proud sponsors of Corio Little Athletics Centre

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**Avalon Airport**  
*Flying made easy*

# WELCOME TO LITTLE ATHLETICS FOR THE 2022/2023 SEASON



## LITTLE ATHLETICS CORIO CENTRE

Affiliated with  
Little Athletics Victoria Inc.

Join us on Facebook / Instagram / Web  
PO Box 177, CORIO, 3214  
email: [corio@lavic.com.au](mailto:corio@lavic.com.au)  
[www.coriolac.com.au](http://www.coriolac.com.au)

# THANKING OUR PARTNERS IN SEASON 2022-23

NATIONAL PARTNER

# coles

GOLD PARTNER



## Commonwealth Bank

OFFICIAL SUPPLIERS



GAME DAY  
APPAREL

NORDIC  
SPORT  
AUSTRALIA



OUT THERE  
BRANDING



timing  
SOLUTIONS

SUPPORT PARTNERS



DESIGNATED CHARITY

Proudly supporting



good  
Friday  
appeal

THE ROYAL CHILDRENS HOSPITAL

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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](http://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 2021/22 – follow us for live posts during competition.



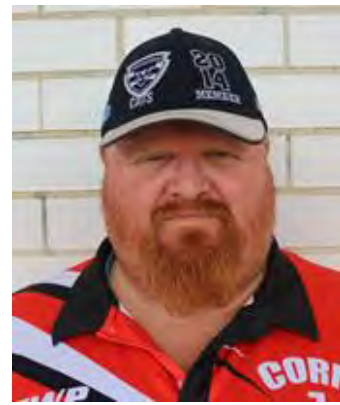
## TWITTER

We do have a Corio Little Athletics twitter Page - search for @coriolac and are working on getting more active on this in 2021/22 – follow us for tweets.



EMAIL - You can also email us anytime [corio@lavic.com.au](mailto:corio@lavic.com.au)

# Presidents Welcome



## Welcome to all our members for 2022/2023

On behalf of the Corio Little Athletics Centre committee, I would like to extend a very warm welcome to all our new and returning families for the 2022/2023 season.

After a very interrupted past couple of seasons, we look forward to a full season ahead with no restrictions in place so back to some normality pre covid.

We will once again be starting the season with some new equipment including another hurdles trolley, new High Jump mats (Scissor) and continuing to replace the hurdles as well.

Last season saw some terrific efforts by all our athletes every week and at Region Track and field as well as at State level.

I would like to thank our Sponsors for their continued support, as without this we would not have been able to do what we have, over the last 4 season so please support our Sponsor's when you can.

With the season starting on time this year I look forward to a full season with all our Athletes doing their best every week and looking to get as many PB'S as possible.











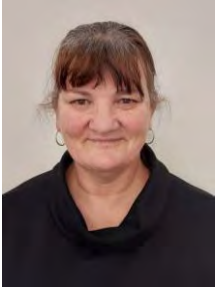
With us also going back to a 3-week cycle please be patient as we are giving our athletes more events per week so they can get more out of the season as we have been restricted by Covid in the 2 seasons'.

If you are unsure of anything, please feel free to contact myself or another member of the committee to discuss.

Enjoy the season ahead &  
**“GO TEAM CORIO”**

Regards,  
Brian Ward

# 2022/23 EXECUTIVE COMMITTEE

<p>PRESIDENT</p>  <p>Brian Ward ☎ 0417 151 207</p>	<p>SECRETARY</p>  <p>Kirsten Thomas ☎ 0414 944 199</p>	<p>TREASURER</p>  <p>Davina Reid ☎ 0405 803 537</p>	<p>RECORDS &amp; RANKING</p>  <p>Graham Cole ☎ 5275 3309</p>
<p>VICE PRESIDENT</p>  <p>Doc Thomas ☎ 0420 277 199</p>	<p>VENUE CO-ORDINATOR</p> <p>Position Vaccant</p>	<p>CROSS COUNTRY</p>  <p>Sharon Rabusin ☎ 0408 397 645</p>	<p>Assist. SECRETARY</p>  <p>Jacqui Power ☎ 0411 473 141</p>
<p>SCHOOLS COORDINATOR</p>  <p>Jenna Pocock ☎ 0478 796 794</p>	<p>REGION DELEGATE</p>  <p>Sharron Colls-McKenzie ☎ 0418 789 154</p>	<p>ORDINARY MEMBER</p>  <p>Sarah Yates ☎ 0408 520 415</p>	
<p>SUPPORT ROLES</p>			
<p>SPONSORSHIP &amp; GRANTS COORDINATOR</p> <p>Position Vacant</p>		<p>ASSISTANT TREASURER</p>  <p>Michelle DeGaaf ☎ 0439 211 747</p>	

# CENTRE MEETINGS 2022\23

Centre meetings are open to all Ordinary and Life Members, and are held on the third Tuesday of each month at 7:00 pm (unless otherwise advised).

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

SOMETIMES THE MOST ORDINARY THINGS CAN BE MADE EXTRAORDINARY  
SIMPLY BY DOING THEM WITH THE RIGHT PEOPLE



# LIFE MEMBERS

(as at the beginning of the 2021/22 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
Karren Cole	Kirsten Thomas	


\*deceased



## CENTRE OFFICIALS

ANNOUNCER	Marlo Drake
CHIEF OF OFFICIALS	Brian Ward, Doc Thomas,
CHIEF TIMEKEEPER	Graham Cole
STARTERS	Denise Charles, Sharon Rabusin, Jacqui Power, Pavla Pierce
CHIEF WALK JUDGES	Lou Mirarchi, Harold Boddy, Denise Charles, Michelle De Graff
FIELD COORDINATOR	Doc Thomas

# 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.

# OUR CLUBS

## BELL PARK

President: Jo Cain ☎ 0427 819 142  
Team Manager: Sharron Colls-McKenzie ☎ 0418 789 154



Uniform: Red polo shirt with optional Club emblem, black shorts or briefs, socks of any colour, below the knee, with no attachments.

## CORIO SOUTH

President: Michael Robinson ☎ 0411 177 538  
Vice President: Peter Vallance ☎ 0400 382 564  
Secretary: Emma Delladio ☎ 0423 933 993



Uniform: Maroon, purple and blue t shirt with club logo across chest. Black shorts (no pockets) or bicycle shorts and socks of any colour, below the knee, with no attachments.

## CORIO WEST

President: Denise Charles ☎ 0433 482 861  
Treasurer: Kelly Day ☎ 0414 599 566  
Team Manager: Dean Zuzic ☎ 0411 473 141



Uniform: Pale blue polo shirt with Club emblem on left chest, black shorts (no pockets) or bicycle shorts, socks of any colour, below the knee, with no attachments.

## GOLDEN PLAINS

President: Heather Parkinson ☎ 0403 195 283  
Team Manager: Nat Schwuch



Uniform: Royal blue club polo shirt, black shorts (no pockets) of any colour, below the knee, with no attachments.

## LARA

President: Narelle Campbell ☎ 0407 346 702



Uniform: Navy polo shirt with Club emblem on left chest, black shorts (no pockets), bicycle shorts or briefs, socks of any colour, below the knee, with no attachments.

## SENIOR ATHLETES

In 2019 we introduced a top for our senior athletes. This top is able to be worn during regular weekly competition at our track. The top is designed to celebrate all our senior athletes, it is not a different club. Athletes remain a part of their normal club



Culturally appropriate safe clothing exceptions are available upon request

# A key gateway to Victoria

**GeelongPort**

## GeelongPort is a key driver of Victoria's economy.

Our trade connections across Australia and the world support the agriculture, construction, energy and tourism sectors.

We partner closely with our customers to design and deliver integrated port assets and seamless trade solutions to complement their supply chain.

We deliver with care and respect for our environment, striving to be the most sustainable bulk port for ourselves and our community.



**\$7 billion**  
OF TRADE MANAGED  
ANNUALLY



**600**  
VESSEL VISITS  
PER YEAR



**12 million**  
TONNES OF PRODUCT  
ANNUALLY



**1800**  
JOBS SUPPORTED  
ACROSS VICTORIA

## Growth projects



### Spirit of Tasmania will call Geelong home from 2022

A purpose built terminal will help support the tourism, hospitality, agribusiness and logistics industries.



### Boral's new clinker grinding facility

A new \$130 million clinker grinding facility designed to handle up to 1.3 million tonnes of cementitious products per annum.



### Investing in clean energy opportunities

Investigations into an LNG import facility, with eyes on hydrogen as Victoria transitions to a cleaner energy future.

☎ 1800 979 717

✉ [enquiries@geelongport.com.au](mailto:enquiries@geelongport.com.au)

[geelongport.com.au](http://geelongport.com.au)



# FIXTURE FOR THE 2022/2023 SEASON

DATE	DAY	COMPETITION	TIME	DUTY CLUB
23/09/22	FRI	Come and Try - Information Day	10.00 am	ALL CLUBS
01/10/22	SAT	Cycle A - Induction Round	8.30 am	Golden Plains
08/10/22	SAT	Cycle B	8.30 am	Corio West/ Corio South
15/10/22	SAT	Cycle C	8.30 am	Bell Park
22/10/22	SAT	Cycle A – March Past	8.30 am	Lara
29/10/22	SAT	Cycle B	8.30 am	Golden Plains
05/11/22	SAT	Cycle C	8.30 am	Corio West/ Corio South
12/11/22	SAT	State Combined Events Championships - Lakeside		
13/11/22	SUN	State Combined Events Championships - Lakeside		
19/11/22	SAT	Cycle A	8.30 am	Bell Park
26/11/22	SAT	Cycle B	8.30 am	Lara
03/12/22	SAT	Region Relay Championships - Werribee		
10/12/22	SAT	Cycle C	8.30 am	Golden Plains
17/12/22	SAT	Redo Round from 15/10 Cycle C	8.30 am	Bell Park
CHRISTMAS BREAK				
14/01/23	SAT	Redo Round from 22/10 Cycle A	8.30 am	Lara
21/01/23	SAT	Cycle A	8.30 am	Corio West/ Corio South
28/01/23	SAT	Cycle B	8.30 am	Bell Park
04/02/23	SAT	State Relay Championships - Lakeside		
11/02/23	SAT	Cycle C	8.30 am	Lara
18/02/23	SAT	Region Track and Field Carnival - Corio		
19/02/23	SUN	Region Track and Field Carnival - Corio		
25/02/23	SAT	Cycle A	8.30 am	Golden Plains
04/03/23	SAT	Cycle B	8.30 am	Corio West/ Corio South
11/03/23	SAT	State Track and Field Championships TBA		
12/03/23	SUN	State Track and Field Championship TBA		
18/03/23	SAT	Cycle C	8.30 am	Bell Park
25/03/23	SAT	Centre Championship	8.30 am	ALL CLUBS
TBC	SUN	Presentation Day		

Spare cycles will only be used to re-run a washed out round.  
Notification of this will be made to all members.

*\*Clubs can fundraise on 2 of their allocated duty days*

# CYCLES SEASON 2022/23

Please note: Cycles listed below are the events listed for each age group and are not listed in order of completion

Highlighted events will be called first

## CYCLE A

### GIRLS

	1	2	3	4	5
U6	70 M	100 M	300 M	Discus	Shot Put
U7	70 M	100 M	300 M	Discus	Shot Put
U8	70 M	100 M	60 H	Discus	Long Jump
U9	100 M	60 H	800 M	Discus	Long Jump
U10	100 M	400 M	Discus	High Jump	
U11	1100 W	100 M	400 M	Javelin	High Jump
U12	1500 W	100 M	400 M	Javelin	High Jump
U13	100 M	200 H	1500 M	Triple Jump	
U14	100 M	200 H	1500 M	Triple Jump	
U15	100 M	300 H	1500 M	Triple Jump	
U16	100 M	300 H	1500 M	Triple Jump	
U17	100 M	300 H	1500 M	Triple Jump	

## CYCLE A

### BOYS

	1	2	3	4	5
U6	70 M	100 M	Discus	Long Jump	Shot Put
U7	70 M	100 M	Discus	Long Jump	
U8	70 M	60 H	*400 M	Shot Put	
U9	100 M	60 H	800 M	Discus	
U10	100 M	800 M	Discus	Long Jump @ TJ	
U11	100 M	400 M	1100 W	Javelin	High Jump
U12	100 M	400 M	1500 W	Javelin	High Jump
U13	100 M	200 H	1500 M	Shot Put	Long Jump
U14	100 M	200 H	1500 M	Shot Put	Long Jump
U15	100 M	300 H	1500 M	Shot Put	Long Jump
U16	100 M	300 H	1500 M	Shot Put	Long Jump
U17	100 M	300 H	1500 M	Shot Put	Long Jump

\* Unlaned 400 m

Events are not in order of when will be called on Saturday mornings

# CYCLES SEASON 2022/23

Please note: Cycles listed below are the events listed for each age group and are not listed in order of completion

Highlighted events will be called first

## CYCLE B

### GIRLS

	1	2	3	4	5
U6	50 M	100 M	Discus	Long Jump	
U7	50 M	100 M	Shot Put	Long Jump	
U8	50 M	60 H	Discus	Shot Put	
U9	200 M	60 H	700 W	800 M	Long Jump
U10	100 M	60 H	1100 W	800 M	Long Jump @ TJ
U11	200 M	80 H	1500 M	Shot Put	Long Jump
U12	200 M	80 H	1500 M	Shot Put	Long Jump
U13	200 M	400 M	1500 W	Javelin	High Jump
U14	200 M	400 M	1500 W	Javelin	High Jump
U15	200 M	400 M	1500 W	Javelin	High Jump
U16	200 M	400 M	1500 W	Javelin	High Jump
U17	200 M	400 M	1500 W	Javelin	High Jump

## CYCLE B

### BOYS

	1	2	3	4	5
U6	50 M	100 M	300 M	Shot Put	Long Jump
U7	50 M	100 M	300 M	Discus	Shot Put
U8	50 M	100 M	60 H	Discus	Long Jump
U9	200 M	60 H	700 W	Long Jump	High Jump
U10	100 M	400 M	60 H	1100 W	High Jump
U11	80 H	1500 M	Discus	Long Jump	
U12	200 M	80 H/80 H AA*	1500 M	Discus/Discus AA*	Long Jump
U13	200 M	800 M	1500 W	Javelin	Triple Jump
U14	200 M	800 M	1500 W	Javelin	Triple Jump
U15	200 M	800 M	1500 W	Javelin	Triple Jump
U16	200 M	800 M	1500 W	Javelin	Triple Jump
U17	200 M	800 M	1500 W	Javelin	Triple Jump

\* Unlaned 400 m

AA\* - All Abilities – modified event

Events are not in order of when will be called on Saturday mornings

# CYCLES SEASON 2022/23

Please note: Cycles listed below are the events listed for each age group and are not listed in order of completion

Highlighted events will be called first

## CYCLE C

### GIRLS

	1	2	3	4	5
U6	70 M	200 M	60 Mini H	Shot Put	Long Jump
U7	70 M	200 M	60 Mini H	Discus	Long Jump
U8	70 M	200 M	*400 M	Shot Put	Long Jump
U9	100 M	400 M	Shot Put	High Jump	
U10	200 M	60 H	800 M	Shot Put	Long Jump
U11	80 H	800 M	Discus	Triple Jump	
U12	80 H	800 M	Discus	Triple Jump	
U13	80 H	800 M	Discus	Shot Put	Long Jump
U14	80 H	800 M	Discus	Shot Put	Long Jump
U15	90 H	800 M	Discus	Shot Put	Long Jump
U16	90 H	800 M	Discus	Shot Put	Long Jump
U17	100 H	800 M	Discus	Shot Put	Long Jump

## CYCLE C

### BOYS

	1	2	3	4	5
U6	70 M	200 M	60 Mini H	Discus	
U7	70 M	200 M	60 Mini H	Shot Put	Long Jump
U8	70 M	200 M	Discus	Long Jump	
U9	100 M	400 M	800 M	Shot Put	Long Jump
U10	200 M	60 H	800 M	Shot Put	Long Jump
U11	200 M	80 H	800 M	Shot Put	Triple Jump
U12	800 M	80 H/80 H AA*	Shot Put	Triple Jump	
U13	400 M	80 H	Discus	High Jump	
U14	400 M	90 H	Discus	High Jump	
U15	400 M	100 H	Discus	High Jump	
U16	400 M	100 H	Discus	High Jump	
U17	400 M	110 H	Discus	High Jump	

\* Unlaned 400 m

AA\* - All Abilities – modified event

Events are not in order of when will be called on Saturday mornings



# 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

Club of the day is responsible to set up and pack up all event equipment.

## JOBS TO DO – 7.30 am SET UP START

1. Remove High Jump bag trailer from the shed with High Jump Stands, Bar and Measuring Sticks and take to High Jump areas and prepare for competition.
2. When required (refer to Program) remove hurdles trailer from shed and place eight hurdles on the inside edge of the track, beside each of the 9 spacings marked in WHITE on the track for 90H, or 6 spacings marked in ORANGE for 60H, or 9 spacings marked in BLACK for 80H, or 8 spacings marked in GREEN for 300H.
3. Place discus & shot trolleys, long jump & triple jump trolleys next to each venue.
4. Put up all marquees – 1 x each event
5. Ensure all sponsors signs are displayed (open shutters on the clubrooms)
6. Ensure all other signs are out
7. Sweep track starting areas, discus and shot put rings and high jump take off area.
8. Place Public Address system in position.
9. Club of the Day is responsible for movement of hurdles and collection of all equipment at the completion of the competition and returning same to shed.

## 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 CHIEFS 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	

\*Above allocations are based on club numbers and are reassessed at approx. week 3 of each season, and may then be subject to change

## STARTING TIMES FOR THE SEASON

8.10 am – P.A System (Start Announcements)

8.10 am – Chiefs Meeting (at High Jump apron)

8.15 am – Warm up (Captains to organize)

8.30 am – First events will commence

# 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 your club or placed in the storage tub at the front of the clubrooms and may be claimed at the conclusion of competition. Any clothing not claimed will be stored in the clubrooms 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 below the knee, with no attachments.

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  
Aron Flanagan  
Michelle DeGaaf  
Denise Charles  
Sarah Yates  
Sharron Colls-Mckenzie  
Melissa Robertson  
Doc Thomas  
Narelle Campbell

# CANTEEN MENU

Latte	\$4.50
Cappuccino	\$4.50
Chai Latte	\$4.50
Flat White	\$3.00
Tea	\$2.50
Long Black	\$3.00
Hot Chocolate	\$4.50
Iced Chocolate	\$6.00
Iced Coffee	\$6.00
Banana Smoothie	\$5.00
Water	\$1.80
Juice Box	\$1.50
Soft Drinks	\$2.20
Sports Drink	\$4.20
Chocolate or Strawberry Milk	\$1.50
Lipton Iced Tea	\$3.50

Toasted Cheese	\$2.00
Toasted Cheese & Tomato	\$2.50
Toasted Ham & Cheese	\$3.00
Toasted Ham, Cheese & Tomato	\$3.50
Steamed Dim Sims	\$1.00
Hot Dogs	\$3.50
Meat Pie (Routley's)	\$4.50
Sausage Roll (Routley's)	\$3.30
Party Pie	\$1.00
Chicken Nuggets	\$0.80
Noodles	\$2.50
Chicken Schnitzel Roll	\$5.00
Spinach & Ricotta Roll	\$3.00
Nacho's	\$5.50

Potato Chips	\$2.00
Zappo's	80c or 3 for \$2.20
Mixed Lolly Bags	\$1.00
Lolly Pops	\$0.50
Chocolate Bars	\$2.00
Fairy Floss	\$1.50
Freddo or Caramello Koala	\$1.00
Triple Dippers	\$1.00
Melody Pops	\$0.70
Rainbow Twists	\$1.50

Zooper Doopers	\$1.00
Zings	\$1.00
Splits	\$2.00
Life saver icy pole	\$2.00
Lemonade Icy pole	\$1.00
Mini Calippo	\$1.70
Rainbow Paddle Pop	\$2.00
Drumsticks	\$2.50



*We are always looking for helpers in the Canteen, so if you would like to help out pop in and see the Canteen Manager*

\* Prices are subject to change  
Prices are correct as of October 2022,

# 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 25<sup>th</sup> March 2023

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 2023

The summer 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 2021\22 Season registration and runs from May through to August. Cross Country is a very relaxed and family orientated event. The events are run at various venues around Geelong and surrounding areas, commencing May 6th at Eastern Gardens. Racing starts about 10.30 am.

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](http://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 U17 may take part in the Relay Carnival, which is the only team event for athletes in the summer season. Athletes will need to nominate to be a part of the relays and pay a fee of \$10 to secure their spot. All registered and financial athletes aged U9-U17 are eligible to be a part of the relay team. Teams will need to qualify for State Relays at the Region Relay Carnival.

Region Relay Carnival will be held in Werribee  
on Saturday 3<sup>rd</sup> Dec 2022

State Relay Carnival will be held at Lakeside stadium in Albert Park  
on Saturday 4 Feb 2023

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 U17 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 18<sup>th</sup> & 19<sup>th</sup> February 2023 at Corio. Registrations will open approx Dec 2022 and close January 2023.

### 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 11<sup>th</sup> & 12<sup>th</sup> March 2023, venue still to be confirmed.

# 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

## State Combined Events Championships (Multis)

Athletes from U9 to U17 may compete in the State Combined Events Championships, where athletes compete in multiple events to gain points across the event.. U9 - U13 Athletes compete in 5 events, U14 6 events, U15 - 17 athletes compete in 7 events. Events consisting of the 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 12<sup>th</sup> & 13<sup>th</sup> December 2022 at Lakeside Stadium Albert Park. Entries open in Sep and close Oct 26 2022.

## Region & State Cross Country

U9 to U17 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 2022 at Lake Dewar, Myrning.

## Road Relays

Athletes from U9 to U16 may compete at the State Road Relay Championships will take place in July 2022. More Details to come.

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

Centre tops: are available for either purchase or hire for any Region and State events. Ask your club Team Manager for more information



# 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 will consist of several squad training days at various venues throughout the season. There will be 4 – Track & Field days, 1- Cross-Country / Strength & Conditioning day, and 1 – Pre- season training day, between October and August the following year.

Visit LAVic website for full details about the JDS Program

## Qualifying:

Each year a set of JDS qualifying standards are developed which reflects the performances of the athletes that were achieved throughout the season. The standards are adjusted each year, to ensure the athletes are being compared to their peers, rather than against previous athletes. This allows JDS to maintain a consistency of performances and competency from the athletes, in which all athletes who are eligible and qualify, can join, rather than setting a maximum number of members. To assist this process, the athletes must achieve 2 qualifying performances. The qualifying performances must be achieved at certain events to ensure the quality and accuracy of the results.

## EVENT QUALIFICATION STANDARDS

Event	U11	U12	U13	U14	U15	U16	U11	U12	U13	U14	U15	U16
100m	14.35	13.90	13.40	12.75	12.40	12.00	14.65	14.20	13.95	13.65	13.65	13.55
200m	30.05	28.80	27.50	26.20	25.50	24.50	30.75	29.55	29.00	28.30	28.30	28.20
400m	69.00	65.50	63.00	61.00	59.00	58.00	71.00	69.00	66.50	66.00	66.00	66.00
800m	2:38	2:33	2:27	2:22	2:18	2:17	2:48	2:42	2:38	2:38	2:38	2:40
1500m	5:30	5:20	5:10	5:05	5:00	5:00	5:50	5:40	5:35	5:35	5:40	5:45
80mH	14.355	13.90	14.00				15.10	14.60	14.65	14.30		
90mH				14.65							15.80	15.60
100mH					16.00	15.50						
200mH			30.50	30.00					32.50	32.30		
300mH					46.50	45.00					53.00	53.00
1100mW	7:10						7:30					
1500mW		10:00	9:45	9:45	9:25	9:25		10:05	10:00	10:00	10:00	10:00
L/J	4.25	4.45	4.65	5.15	5.35	5.50	3.95	4.15	4.35	4.65	4.70	4.70
T/J	9.00	9.55	10.30	10.60	11.15	11.50	8.45	9.10	9.50	9.70	9.85	9.85
H/J	1.35	1.40	1.45	1.55	1.60	1.70	1.25	1.35	1.40	1.40	1.42	1.45
Shotput	8.80	10.50	10.10	10.50	10.50	11.50	7.70	8.75	8.60	9.10	9.35	9.50
Discus	27.25	25.75	30.50	31.00	35.00	40.00	21.50	22.00	27.00	24.00	24.50	26.00
Javelin	22.00	24.00	26.00	31.50	35.00	37.00	16.20	20.50	24.00	24.50	25.00	29.00
Combined Events	1st to 8th place at the 2022 State Combined Events Championships											
Cross Country	1st to 8th place at the 2022 State Cross-Country Championships											

- Athletes qualify in their age group using results of the previous 2021-2022 season, with the qualifying period beginning on Sept 1st, 2021, and ending on Sept 30th, 2022.
- Registrations will open in 2 parts, JDS Joining Fee, and a JDS Squad Fee.
- JDS registration portal will close on September 30th 2022.
- Athletes must be registered financial members in season 2022-2023 to attend JDS Training Days.
- Multi-Class athletes will be accessed on a percentage of the Baseline tables.
- If your best performance is at Centre level on a grass track; and it is close to the qualifying standard, then you must contact the LAVic Office to check if the performance can be accepted. Do not register unless the performance on a grass track has been approved first.



## CENTRE LEVEL STANDARD EVENTS TABLE 2022-2023

TRACK & FIELD

EVENT	ON TRACK			AGE GROUP								
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
70m	X	X	X	X	X	X	X	X	X	X	X	X
100m	X	X	X	X	X	X	X	X	X	X	X	X
200m		X	X	X	X	X	X	X	X	X	X	X
400m				X	X	X	X	X	X	X	X	X
Unlained: up to and including, group start	300m	500m	700m									
800m				X	X	X	X	X	X	X	X	X
1500m						X	X	X	X	X	X	X
Sprint Hurdles (Boys)	60m	60m	60m	60m	60m	80m	80m	80m	90m	100m	100m	110m
Sprint Hurdles (Girls)	60m	60m	60m	60m	60m	80m	80m	80m	80m	90m	90m	100m
Long Hurdles								200m	200m	300m	300m	300m
Race Walk			700m	700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m	1500m
High Jump (Scissor)			X	X	X							
High Jump						X	X	X	X	X	X	X
Long Jump (mat)	X	X	X	X	X							
Long Jump (board)						X	X	X	X	X	X	X
Triple Jump						X	X	X	X	X	X	X
Discus (Boys)	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg	1.5kg
Discus (Girls)	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg	1kg
Javelin (Boys)	Vortex	Vortex	Vortex or Turbo Jav			400g	400g	600g	600g	700g	700g	700g
Javelin (Girls)	Vortex	Vortex	Vortex or Turbo Jav			400g	400g	400g	400g	500g	500g	500g
Shot Put (Boys)	1kg	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	4kg	4kg	5kg
Shot Put (Girls)	1kg	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg	3kg	3kg

RELAYS

EVENT	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Shuttle Relay	X	X	X	X	X	X	X	X	X	X	X	X
4x100m	X	X	X	X	X	X	X	X	X	X	X	X
Mixed Sex 4x100m	X	X	X	X	X	X	X	X	X	X	X	X
4x200m		X	X	X	X	X	X	X	X	X	X	X
Mixed Sex 4x200m		X	X	X	X	X	X	X	X	X	X	X
Swedish Medley 100m,300m,200m,400m				X	X	X	X	X	X	X	X	X

XC

EVENT	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Cross-Country Season	500m	1km	1km	1.5km	1.5km	2km	2km	3km	3km	4km*	4km*	4/5km*
EVENT	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Multi-Class Cross-Country	500m	1km	1km	1.5km	1.5km	2km	2km	3km#	3km#	3km#	3km#	3km#



# 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)				
8 B & G	45 cm	12 m	7 m	13 m
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
17 G	76 cm	13 m	8.5 m	10.5 m
<u>110 Hurdles</u> – (10 flights - Blue markings)				
17 B	76 cm	13.72 m	9.14 m	14.02 m
<u>200 Hurdles</u> – (5 flights - Green markings)				
13 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)				
15/16/17 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/senior shirt 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 must be attached to the front of the club uniform/senior shirt.
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 now that Javelin is an official event. 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 1<sup>st</sup> 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 1<sup>st</sup> 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 will be adopted where possible to ensure that a variety of healthy food choices are available at all Centre activities.

- The Centre food vendor will provide where possible a variety of healthy food choices 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 where possible.

# 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 has created a playground next to our track. Parents are reminded that **children's** use of the playground is parental responsibility, and Corio LAC takes no responsibility if athletes miss events due to being in the playground.



# 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:

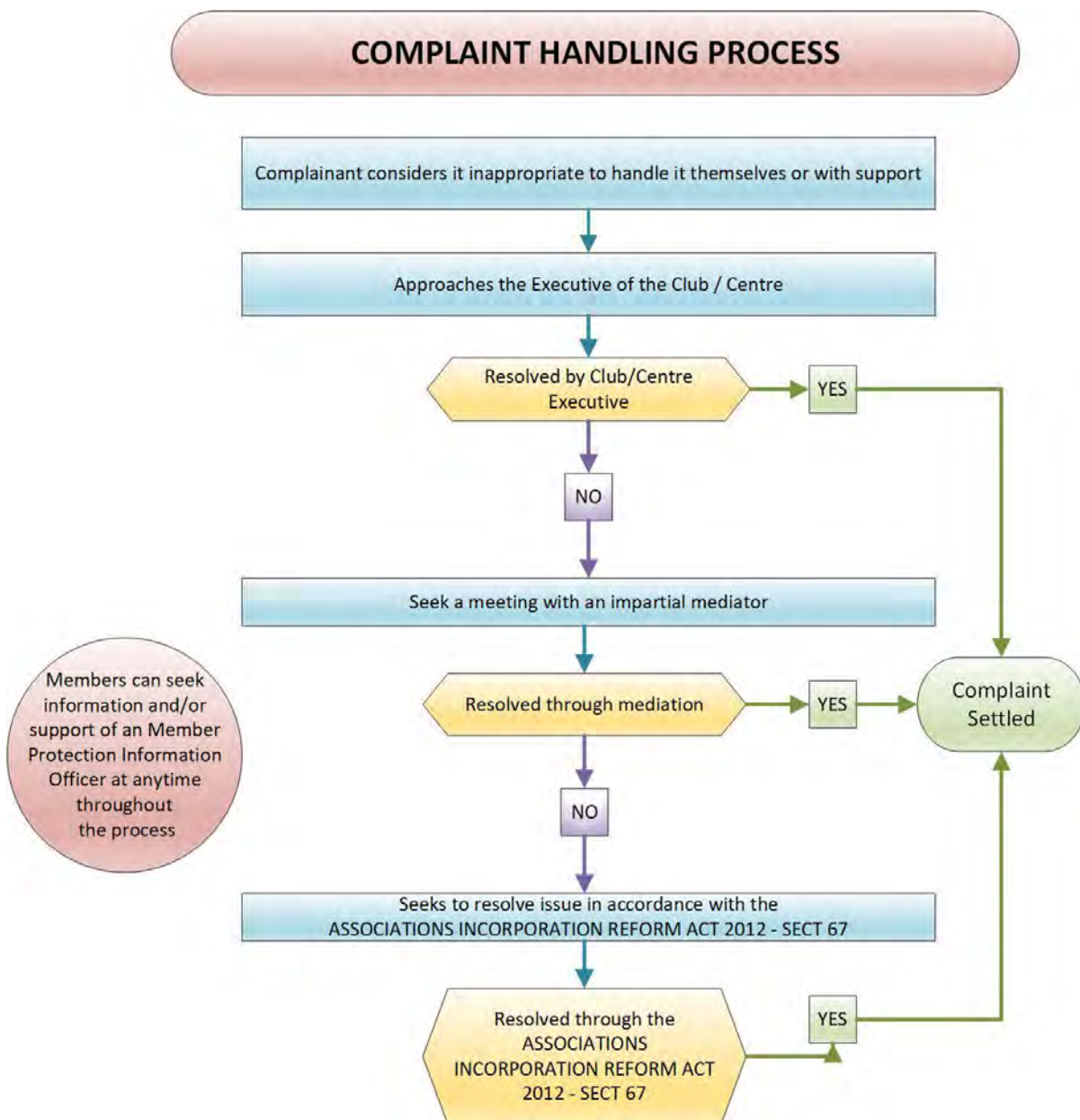
Little Athletics Victoria and the Corio Centre expects all members to comply with the Codes of Behaviour. Appropriate action may be taken in the case of any breaches of the Codes of Behaviour.

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

Age Group	Name	Club	Time	Year
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)	L. Pierce	Lara	12.80	2020
U14	F. Trevaskis	Bell Park	12.30	1998
(E)	L. Pierce	Lara	12.32	2021
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
(E)	N. Jackson	Bell Park	38.20	1984
	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
(E)	C. Veltman	Lara	30.90	1987
	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
	L. Pierce	Lara	24.20	2021
U15	A. Perkins	Corio	23.81	1997
(E)	J. Buckley	Lara	24.46	2011
U16	P. Sager	Golden Plains	23.48	2020

300 M				
U06	(E) N. Sanders	Lara	1:12.97	2022
U07	(E) T. Sherwell	Lara	1:05.30	2022

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



# CORIO CENTRE RECORD HOLDERS

## BOYS

*(E) Denotes electronic timing record*

Age Group      Name      Club      Time      Year

U15	F. Trevaskis	Bell Park	53.15	1999
(E)	C. Davis	Corio West	54.30	2013
U16	P. Sager	Golden Plains	52.23	2019
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	J. Warelou	Golden Plains	2:13.07	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	J. Warelou	Golden Plains	4:43.23	2020

# CORIO CENTRE RECORD HOLDERS

## BOYS

*(E) Denotes electronic timing record*

Age Group	Name	Club	Time	Year
60 M HURDLES				
U08 (45 cm) (E)	J. Sanders	Lara	13.06	2022
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
	W. Haywood	Golden Plains	11.54	2021
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

80 M HURDLES				
U09 (45 cm) (E)	S. Wilson	Lara	14.30	1994
	D. Burns	Bell Park	13.95	2007
U10 (60 Cm) (E)	A. Dragicevic	Bell Park	15.11	1996
	B. Hutchinson	Corio West	15.11	2001
	C. Hall	Golden Plains	15.12	2014
U11 (60 cm) (E)	F. Trevaskis	Bell Park	13.70	1995
	K. Witney	Bell Park	13.45	2022
U12 (68 cm) (E)	G Byrne	Bell Park	13.80	1993
	D. Burns	Golden Plains	14.34	2010
U13 (76 cm) (E)	S. Doak	Bell Park	13.27	1999
	D. Burns	Bell Park	13.92	2011
	J. Warelow	Golden Plains	13.92	2018
80 M HURDLES MULTI-CLASS				
U11 (45 cm)	K. Matheson	Corio South	18.69	2022

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

# CORIO CENTRE RECORD HOLDERS

## BOYS

(E) Denotes electronic timing record

Age Group	Name	Club	Time	Year
100 M HURDLES				
U15 (76 cm)	F. Trevaskis	Bell Park	14.66	1998
	J. Buckley	Lara	15.10	2011
U16 (76 cm) (E)	B. Day	Corio West	14.86	2021

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
	G. Sammit	Bell Park	47.17	2005
U14 (68 cm)	F. Trevaskis	Bell Park	43.70	1998
	G. Sammit	Bell Park	43.70	2006
U15 (68 cm)	F. Trevaskis	Bell Park	41.52	1999
	C. Davis	Corio West	42.60	2014
U15 (76 cm)	J. Warelow	Golden Plains	43.22	2020
U16 (76 cm) (E)	J. Warelow	Golden Plains	43.61	2021

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	K. Witney	Bell Park	6:39.74	2022

# CORIO CENTRE RECORD HOLDERS

## BOYS

(E) Denotes electronic timing record

Age Group      Name      Club      Time      Year

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	North Shore	6:44.70	1994
	J. Dillon	Golden Plains	6:44.70	2009
U15	J. Walker	Lara	6:13.90	2011
U16	S. Warelow	Golden Plains	7:29.30	2020









**Boys Under 6**



**Boys Under 7**



**Boys Under 8**





**Girls Under 6**



**Girls Under 7**



**Girls Under 8**





**Boys Under 9**



**Boys Under 10**



**Boys Under 11**





**Girls Under 9**



**Girls Under 10**



**Girls Under 11**





**Boys Under 12**



**Boys Under 13**



**Boys Under 14**





**Girls Under 12**



**Girls Under 13**



**Girls Under 14**





**Girls Under 15**



**Boys Under 15**



**Under 16's**













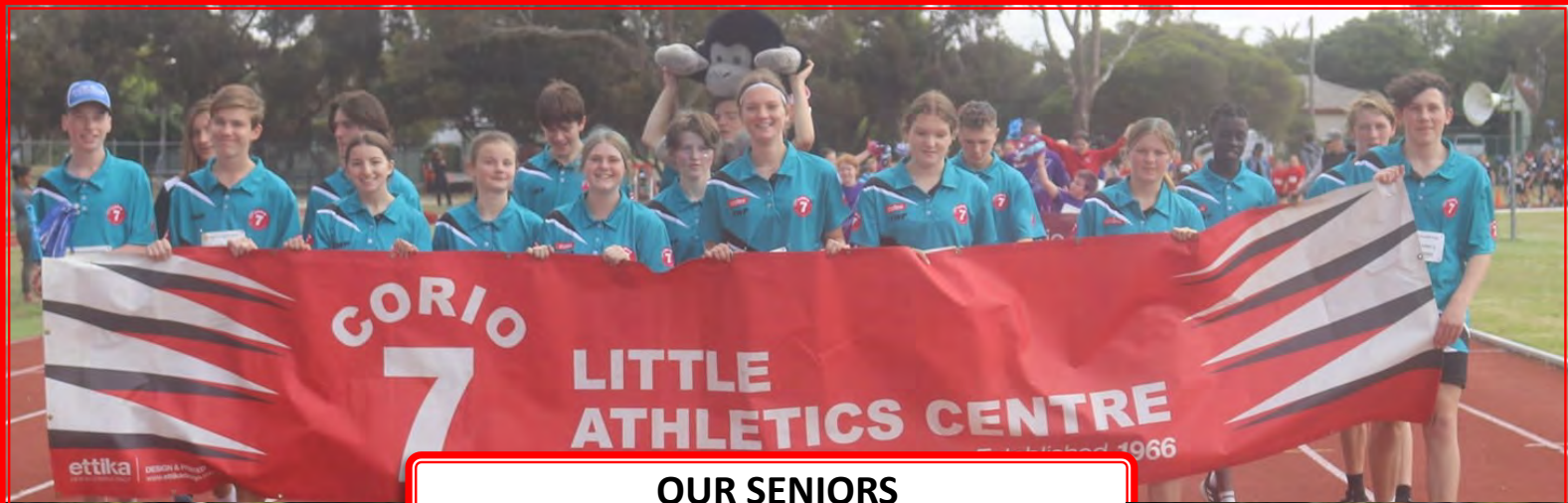












## OUR SENIORS





# 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	J. Warelow	Golden Plains	6.37	2021

TRIPLE JUMP				
U9	D. Burns	Bell Park	8.76	2007
U10	C. Helmore	Corio	9.50	1974
U11	C. Hall	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)	C. Cruz	Lara	8.89	2021
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)	D. Giddings	Lara	15.40	2021

# 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) E. Hedley	Golden Plains	28.51	2022
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) D. Giddings	Lara	62.10	2021

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. Sanders	Lara	47.12	2022

# 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) N. Munyard	Lara	16.20	2022
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) L. Berry	Lara	13.69	2021
U13	B. Anderson	Bell Park	13.40	1992
	(E) L. Berry	Lara	13.50	2022
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) L. Hill	Corio West	14.01	2021

# 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)	L. Berry	Lara	28.56	2021
U13	M. Uren	Corio South	28.40	1989
(E)	L. Berry	Lara	26.93	2022
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) L. Hill	Corio West	28.76	2021

### 300 M

U06	(E) I. Nadolski	Lara	1:24.12	2022
U07	(E) L. Bowkett	Golden Plains	1:03.87	2022

### 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) I. Grbin	Corio West	1:09.36	2021



# 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. Sparks-Cousins	Lara	2:57.13	2021
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	E. Reid	Bell Park	6:29.95	2022
60 M HURDLES				
U08 (45 cm) (E)	N. Munyard	Lara	13.27	2021
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)	I. Grbin	Corio West	18.50	2021

# CORIO CENTRE RECORD HOLDERS

## GIRLS

(E) Denotes electronic timing record

Age Group	Name	Club	Time	Year
200 M HURDLES				
U13 (68 cm) (E)	L. Berry	Lara	29.08	2022
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)	I. Grbin	Corio West	56.41	2021
700 M WALK				
U8	Z. Bowkett	Golden Plains	4:49.87	2021
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	E. Reid	Bell Park	8:25.01	2022
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	J. Towers	Lara	4.93	2020
U14	A. Aitken	St. Thomas	5.18	1987
U15	A. Sezonov	Lara	5.51	1994
U16	L. Hill	Corio West	4.75	2021

# 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	J. Towers	Lara	10.64	2020
U14	A. Sezonov	Lara	11.20	1994
U15	A. Sezonov	Lara	11.01	1994
U16	K. Woods	Golden Plains	9.88	2021

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	J. Towers	Lara	1.55	2020
U14	A. Sezonov	Lara	1.58	1994
U15	L. Kerr	Rosewall	1.53	1988
U16	A. Todd	Lara	1.40	2021

SHOT PUT					
U6	(1kg)	B Maurer	St. Thomas	5.35	1997
U7	(1kg)	L. Bowkett	Golden Plains	6.05	2022
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)	K. Woods	Golden Plains	9.57	2022

# 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)	L. Bowkett	Golden Plains	15.38	2021
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)	S. Bilinski	Golden Plains	16.78	2020
U11	(750g)	Y. Ykema	Corio West	30.42	1980
U12	(750g)	Y. Ykema	Corio West	39.80	1981
U13	(1kg)	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)	K. Woods	Golden Plains	26.72	2021

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)	L. Hill	Corio West	22.45	2021

# CORIO CENTRE RECORD HOLDERS

## ALL ABILITIES

### BOYS

(E) Denotes electronic timing record

Age Group	Name	Club	Distance	Year
80 M HURDLES				
U11	45 cm	K. Matheson	Corio South	18.69 2022

## REGION & STATE BEST PERFORMANCES

### MULTI – CLASS

These are the Corio Centre's Best Performances by multi-class athletes at the WMR Region & State Track and Field Championships

Age Group	Name	Location	Distance/Time	Year
100 M				
U12	MC	Kobi Matheson	Lakeside	17.83 2022
200 M				
U12	MC	Kobi Matheson	Lakeside	38.65 2022
Long jump				
U12	MC	Kobi Matheson	Lakeside	2.88 m 2022
DISCUS				
U12	MC	Kobi Matheson	Lakeside	7.77 m 2022
SHOT PUT				
U12	MC	Kobi Matheson	Lakeside	23.08 m 2022

# ALL ABILITIES ATHLETES

Little Athletics Australia (LAA) aims to provide high quality, accessible, opportunities through sport and physical activity to all children of all abilities, improving health, confidence, and skills, increasing positive behaviors' and bringing enjoyment and connection.

All Abilities (Multi class) opportunities aim to empower and enhance opportunities and pathways of young people with additional needs through athletics, ensuring children who seek to, can take part in athletics, including competition anywhere in Australia.

At Corio Little Athletics Centre, we have the opportunity to provide the very best experience for all athletes through guaranteeing a warm welcome, understanding the athlete's needs, continued communication with both athletes and parents and respecting and encouraging the athlete in participating in everything they can and want to do. We aim to **fully include All Abilities athletes, knowing and adjusting to what the athlete needs and wants, so they can have the best possible experience!**

## CENTRE LEVEL PARTICIPATION

At our Centre all abilities children are able to access regular athletic activities whether in the traditional or on a modified form without classification being required.

We aim to work closely with Parents who know their children best and are strongly encouraged to assist where needed. Parents are allowed onto the track/field to assist with their children and participate if required.

All Abilities children can and should participate in the same events (where capable) as all other children. Modifications to the event may need to occur to allow the child to participate, taking in to consideration the requirements for the activity, the child's level of impairment and safety of the event being undertaken.

We aim to integrate all abilities modifications into the existing program and not segregated from the mainstream.

Our Centre shall encourage all abilities children to continue with their participation, advise parents of the classification and competition pathway for children.

Where parents and athletes choose to embark on a competition pathway beyond that of Centre level, a classification process may be required (Classification is required to compete at Region or State Championships).

Some all abilities athletes are not recognised in the formal classification pathway in athletics. That does NOT mean that adjustments cannot be made at Centre level. Adjustments can be made where appropriate for any all abilities child at Centre level. Children and their parents should be made aware that at this stage, those adjustments may not be available beyond Centre level.

if you need extra support for your child at the Centre please contact your Club Team Manager or the Centre for more assistance.

# 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
L. PIERCE	100 METRES	U/14	12.00	2021	W'TOWN
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
L. PIERCE	200 METRES	U/14	23.98	2021	W'TOWN
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

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

### 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	23.94	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

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.

## 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	HOME BUSH
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 MARCH 2022

<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	11.39
200m	28.10	28.11	26.75	25.17	23.34	22.63	22.06	22.58
400m	1:04.6	1:02.28	59.78	55.57	53.69	50.81	49.91	51.15
800m	2:29.81	2:23.29	2:16.97	2:10.26	2:05.50	1:59.45	1:55.95	2:02.10
1500m			4:35.77	4:36.45	4:18.83	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	12.04			
90m / 100m H						12.21	13.11	13.20
200m H					25.90	25.34		
300m H							40.06	38.51
700m W	3.37.83							
1100m W		5:09.12	5:19.13					
1500m W				6:58.71	6:54.87	6:14.48	6:14.99	6:02.82
HIGH JUMP*	1.30(s)	1.30(s)	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	6.64
TRIPLE JUMP	9.46	10.08	10.18	11.6	12.65	13.31	13.85	13.69
SHOT PUT	9.96	11.86	13.43	14.54	16.79	18.36	18.31	15.88 #
DISCUS	35.12	39.3	44.16	48.8	49.90	60.52	64.54	60.23 #
JAVELIN			36.04	49.68	52.66	57.02	55.41	63.65
COMBINED- EVENT	1275pts	14050pts	1535pts	1681pts	1816pts	2693pts	5078pts	4870 pts

\* (s) denotes scissor high jump

# - set by Corio athlete

2021 – Darcy Giddings Shot Put (4kg) – Lakeside Stadium Albert Park



# VICTORIAN BEST PERFORMANCES

As of MARCH 2022

<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	11.99	12.70
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	2:15.77
1500m			4:48.18	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	13.54
200m H					28.47	28.38		
300m H							44.66	45.75
700m W	3.37.17							
1100m W		5.20.09	5:07.90					
1500m W				6.53.19	6.44.36	6.40.15	6.29.19	7:02.80
HIGH JUMP*	1.17(s)	1.24(s)	1.50	1.60	1.68	1.73	1.80	1.68
LONG JUMP	4.2	4.51	4.84	5.38	5.77	5.68	5.8	5.44
TRIPLE JUMP	8.86	9.71	10.10	11.14	12.09	12.19	12.70	11.51
SHOT PUT	9.63	11.75	12.68	15.01	13.24	15.63	15.56	14.77
DISCUS	32.01	37.05	36.33	43.82	44.57	44.05	46	44.94
JAVELIN			30.82	35.81	43.33	46.09	41.99	40.32
COMBINED- EVENT	902pts	1139pts	1436pts	1594pts	1733pts	2256pts	5115pts	4702 pts.

\* (s) denotes scissor high jump

# VICTORIAN BEST RELAY PERFORMANCES

As at MARCH 2022

<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	51.68	49.52	45.68	44.64	45.16
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	49.92	47.78	47.13	46.80
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.



## 2021 - 2022 TROPHY PRESENTATION LIST

### Age Group Champions

	Champion		Runner Up	
GIRLS				
U/6	Hannah U'Ren	BP	Issy Nadolski	LA
U/7	Lily Bowkett	GP	Sienna Williams	BP
U/8	Nova Munyard	LA	Anoop Kaur Dhillon	BP
U/9	Zoe Bowkett	GP	Madeleine Wells	LA
U/10	Evie Witney	BP	Madison Drayton	LA
U/11	Nevaeh Meyers	CS	Indi McDonald	GP
U/12	Sienna Bilinski	GP	Emily Schwuch	GP
U/13	Leah Berry	LA	Cailin Walker	LA
U/14	Hannah Day	CW	Orla Treanor	LA
U/15	Madison Gillett	LA	Jemilla Campbell	LA
U/16	Claire Abreu	BP	Kiara Woods	GP

	Champion		Runner Up	
BOYS				
U/6	Noah Sanders	LA	William Dale	LA
U/7	Tom Sherwell	LA	Spencer McKenna	LA
U/8	Jacob Sanders	La	Preston Davys	BP
U/9	Thomas Baskin	BP	Jake Owen	BP
U/10	Jett Sheather	LA	Jamison Christo	LA
U/11	Kade Witney	BP	Eli Hedley	GP
U/12	Max Mills	GP	Isaac Holt	LA
U/13	Oliver Day	LA	Alex Sama	GP
U/14	Noah Mills	GP	William Charles	CW
U/15	Asher Mitchell	BP	Jesse Rabusin	GP
U/16	Joshua Sanders	LA	Benjamin Day	CW



# 2021 - 2022 TROPHY PRESENTATION LIST

## GIRLS MOST CONSISTENT

CHAMPION

RUNNER UP

### SHORT TRACK

Lily Bowkett

Golden Plains

Leah Berry

Lara

### LONG TRACK

Evie Witney

Bell Park

Sienna Bilinski

Golden Plains

### HURDLES

Leah Berry

Lara

Cailin Walker

Lara

### WALK

Zoe Bowkett

Golden Plains

Violet Froom

Lara

### JUMPS

Sienna Bilinski

Golden Plains

Cailin Walker

Lara

### THROWS

Lily Bowkett

Golden Plains

Kiara Woods

Golden Plains



# 2021 – 2022 TROPHY PRESENTATION LIST

## BOYS MOST CONSISTENT

CHAMPION

RUNNER UP

### SHORT TRACK

Noah Sanders	Lara	Benjamin Day	Corio West
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### LONG TRACK

Noah Mills	Golden Plains	William Charles	Corio West
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### HURDLES

Joshua Sanders	Lara	Beau Evans	Lara
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### WALK

Hugh Fairweather	Lara	Kade Witney	Bell Park
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### JUMPS

Joshua Sanders	Lara	Benjamin Day	Corio West
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### THROWS

Joshua Sanders	Lara	Eli Hedley	Golden Plains
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# 2021 - 2022 TROPHY PRESENTATION LIST

## MARG ROBERTSON TOP WALK AWARD

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

Eva Reid	Bell Park
Sienna Reid	Bell Park

## DEBBIE ROBERTSON WALK STYLE AWARD

Sienna Reid	Bell Park
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## EXECUTIVE AWARD

Athletes are nominated based on their attitude, effort, sportsmanship, teamwork and helpfulness throughout the season

GIRL		BOY	
Orla Treanor	Lara	Asher Mitchell	Bell Park

## LES CAMPBELL COACH AWARD

GIRL		BOY	
Emily Schwuch	Golden Plains		

## JACOB ALLISON HIGH JUMP AWARD

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

Benjamin Day	Corio West
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## PAUL TURNER SHORT TRACK AWARD

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

Leah Berry	Lara
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## MULTI-CLASS AWARD

Best Performance at Region / State Event

Kobi Matheson	Corio South
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## 2021 - 2022 TROPHY PRESENTATION LIST

### MOST PB AWARD

#### GIRLS MINI

23 PBs	Lenix Witney	Bell Park
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#### GIRLS JUNIOR

26 PBs	Ivy Dave	Bell Park
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#### GIRLS SENIOR

25 PBs	Claire Abreu	Bell Park
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#### BOYS MINI

26 PBs	Cameron Ronke	Bell Park
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#### BOYS JUNIOR

27 PBs	Riley Wells	Lara
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#### BOYS SENIOR

30 PBs	Jesse Rabusin	Golden Plains
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# 2021 - 2022 TROPHY PRESENTATION LIST

## ATHLETE OF THE YEAR

### GIRLS MINI ATHLETE OF THE YEAR

Lily Bowkett

Golden Plains

### GIRLS JUNIOR ATHLETE OF THE YEAR

Sienna Bilinski

Golden Plains

### GIRLS SENIOR ATHLETE OF THE YEAR

Leah Berry

Lara

### BOYS MINI ATHLETE OF THE YEAR

Jacob Sanders

Lara

### BOYS JUNIOR ATHLETE OF THE YEAR

Kade Witney

Bell Park

### BOYS SENIOR ATHLETE OF THE YEAR

Joshua Sanders

Lara

### TEN YEAR SERVICE AWARDS

Beau Evans

Lara





## 2021 - 2022 TROPHY PRESENTATION LIST

### CORIO LITTLE ATHLETICS CENTRE LIFE MEMBER

Awarded for ten continuous years of outstanding service  
to the Centre in either an administration or senior official role

Karren Cole  
Kirsten Thomas

### CORIO LITTLE ATHLETICS CENTRE MERITORIOUS AWARD

Awarded for eight continuous years of outstanding service  
to the Centre in either an administration or senior official role

Narelle Campbell  
Sarah Yates  
Doc Thomas  
Denise Charles  
Sharron Colls-McKenzie  
Melissa Robinson  
Michelle De Graaf

*Congratulations*



# CROSS COUNTRY AWARDS 2022 SEASON

## AGE GROUP CHAMPIONS

Champion

2<sup>nd</sup> & 3<sup>rd</sup> Place

### GIRLS

U/7	Resha Thileepan	CW	Imogen Waas	LA
U/9	Riya Pushparasa	CW	Evie Peplinkhouse Dasha Kumar	LA CW
U/10	Lilly Foggie	GP		
U/11	Bavatharani Yogaraja	CW	Maya Pitcher Ella Pitcher	BP BP
U/13	Teenesha Seeley	CW		
U/16	Eva Reid	BP		

Champion

2<sup>nd</sup> & 3<sup>rd</sup> Place

### BOYS

U/6	Ryan Azzopardi	LA	Harish Vijitharan	CW
U/7	Spencer McKenna	LA	Jack Azzopardii Cristiano Andaloro	LA LA
U/8	Tobias Zuzic		Reef Myers	LA
U/9	Ryder Jacobs	CS		
U/11	Cody Peplinkhouse	LA	Eli Hedley Kobi Matheson	GP CS
U/12	Hunter Jacobs	CS		
U/13	Alex Sama	GP		
U/14	William Charles	CW		
U/15	Jesse Rabusin	GP		

## GIRLS BEST DISTANCE AWARDS

Distance	Athlete	Club	Time
500 m	-	-	-
1000 m	Resha Thileepan	CW	05:24.30
1500 m	Lilly Foggie	GP	07:49.80
2000 m	Bavatharani Yogaraja	BP	11:19.10
3000 m	Eva Reid	BP	13:46.00



## CROSS COUNTRY AWARDS 2021 SEASON

### BOYS BEST DISTANCE AWARDS

Distance	Athlete	Club	Time
500 m	Ryan Azzopardi	LA	02:45.42
1000 m	Spencer McKenna	LA	04:17.80
1500 m	Ryder Jacobs	CS	08:14.60
2000 m	Eli Hedley	GP	08:37.30
3000 m	William Charles	GP	12:47.20

### ROCKERFELLER FAMILY ENDEAVOUR AWARD

Harish Vijitharan

### LARKINS FAMILY ENDEAVOUR AWARD

Dasha Kumar

THANK YOU TO ALL ATHLETES, PARENTS, OFFICIALS AND HELPERS  
WHO WERE INSTRUMENTAL IN GETTING THE JOB DONE EACH WEEK.

*Congratulations*







# CROSS COUNTRY SEASON 2023

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/17 are eligible. If the athlete has competed in the 2022/23 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 run 500 meters; U7/8 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 10.00 am, walk the course at 10.15 am with competition commencing at 10.30 pm.
- Weekly competition fee is payable per athlete.
- Officiating is at a minimum.
- First point scoring day is Sat 6<sup>th</sup> May 2023 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

All Skills Training will be held on a Sunday Morning between 10 am – 12 pm

We are currently looking for volunteers who are happy to come and run some skills sessions available for our athletes. Contact us if you are interested

We aim to offer the following skills on a rotation at training

Throws (Shot Put, Discus, Javelin)

Long & triple Jump

High Jump

Sprints / long distance runs

Hurdles

Starting blocks



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 volunteers 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.

## Private Coaching

If you are looking for more intense training, you can contact the following people who may be able to assist you and your athlete

Throws (ShotPut/Discus/Javelin)	Chris Larkins	☎ 0417 552 282
Track	Paul Turner	☎ 0402 319 281

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

25<sup>th</sup> March 2023

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,

*More information will be available in Feb 2023*

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 SILVER PARTNER

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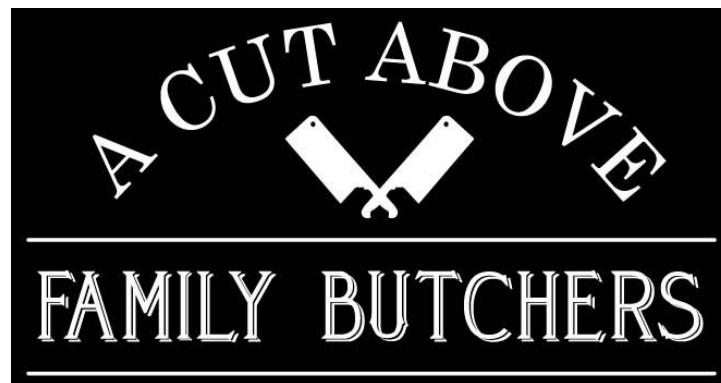
DRIVE THRU COFFEE

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 PARTNERS

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CORIO LITTLE ATHLETICS CENTRE  
SUPPORTERS



# THANKING OUR PARTNERS IN SEASON 2021-22

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## Commonwealth Bank

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good  
Friday  
appeal

THE ROYAL CHILDREN'S HOSPITAL





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



## Kids Jokes

What do you call a fake noodle?  
An impasta!

What do you call a boomerang that  
wont come back?  
A stick

Why did the dinosaur cross the road?  
Because the chicken wasn't born yet.

What do you call a dog magician?  
A labracadabrador.

What's worse than finding a worm in  
your apple?  
Finding half a worm.

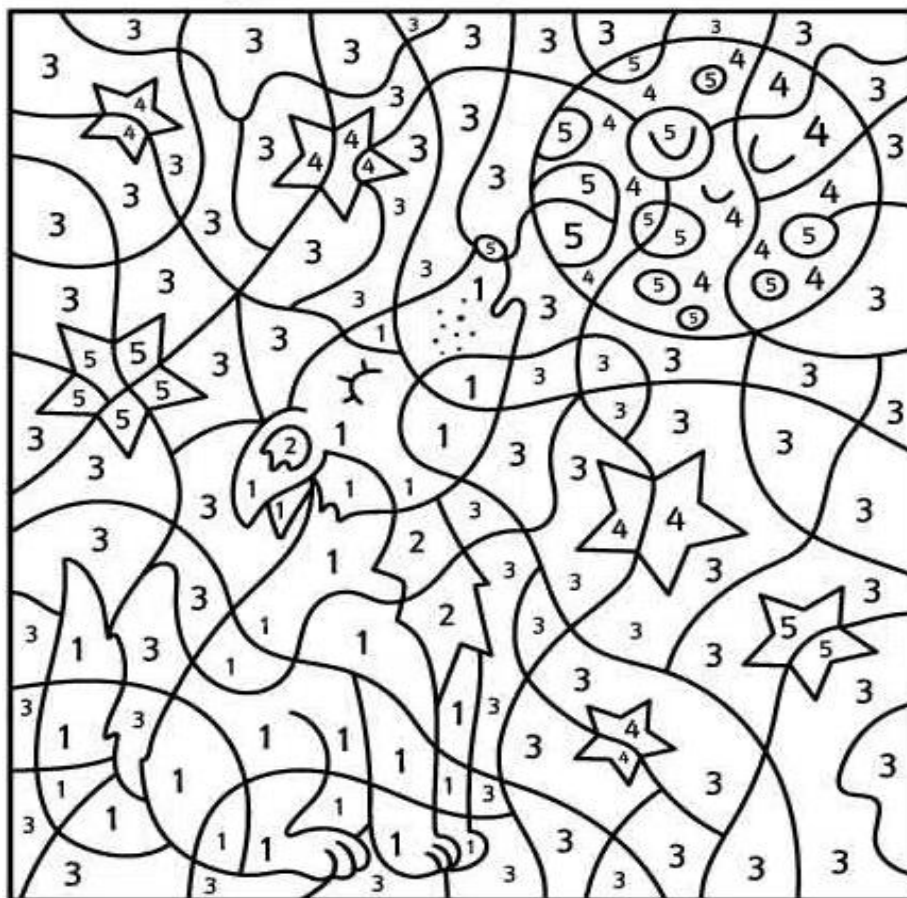
# Find 7 differences



**WHICH NUMBER IS MISSING?**

**1 2 3 4 5 6 7 8 9 10 11 12 13 14 15**  
**16 17 18 19 20 21 22 23 24 25 26**  
**27 28 29 30 31 32 33 34 35 36 37**  
**38 40 41 42 43 44 45 46 47 48 49**  
**50 51 52 53 54 55 56 57 58 59 60**

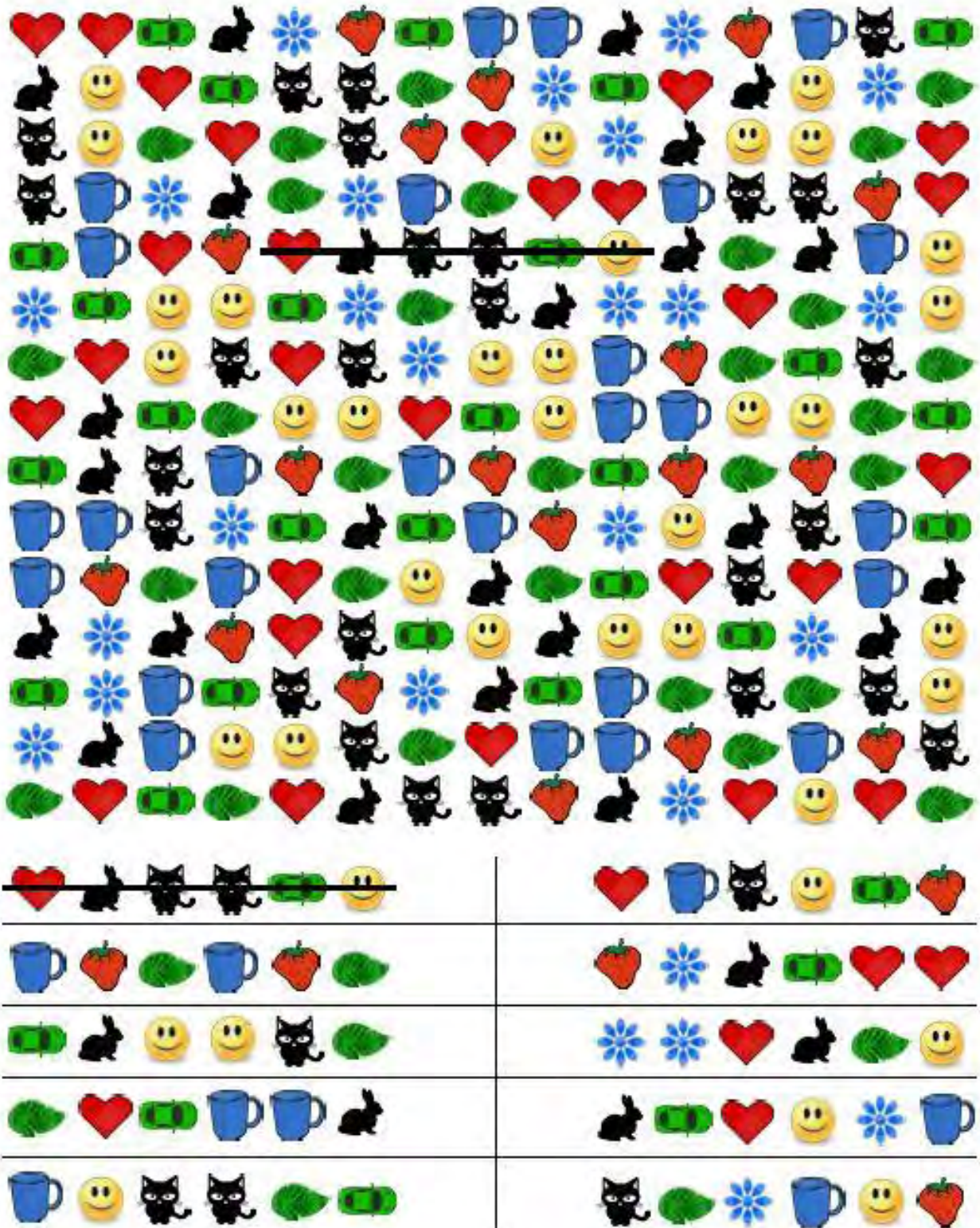
**Dog Color By Number**



**1 = Brown      4 = Yellow**  
**2 = Grey        5 = Orange**  
**3 = Blue**

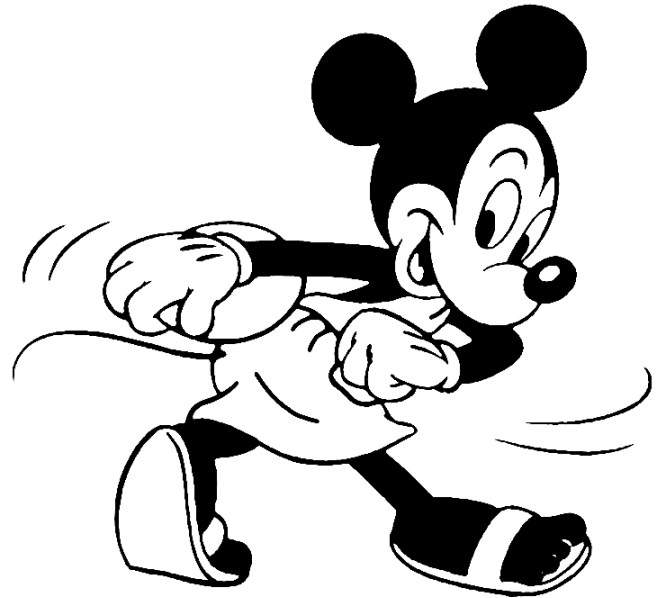


# Picture Pattern Search



Clues may run forwards, backwards, up or down.  
 Many will overlap or even be diagonal.

# Australian Icons



VICKY AND  
**VICTOR'S FUN KIDS**  
PAGE

### Across

1. This famous Australian brand of swimwear had its origins on Bondi Beach. The name has been used since 1928.
2. The Sydney Harbour \_\_\_\_\_ opened in 1932 and is one of the largest of its type anywhere in the world.
4. Name of Australia's famous woman-man. *(title and first name only)*
8. Australia's most recognisable animal.
9. Reaching 2m in height this bird is found only in Australia.
10. This legendary rock band began in Australia. Its leader back then was the late Bon Scott.
11. Ayres Rock.
12. This Australian wide brim hat has become well-known in many countries.



15. A dark brown (almost black) salty food paste made from yeast extract.
18. The air ambulance service for those in remote parts of Australia is the Royal ? ? Service. *(two words)*
19. The leader of the Kelly gang.
20. This car, the first of which was the FX model, first appeared in 1948.



### Down

1. Australia's most famous building. *(three words)*
3. In olden-days Australia he travelled from farm to farm carrying a swag.
4. This well-known Australian adventurer is also known for his electronics shops. *(two words)*
5. Australia's wild dog.
6. If you throw this aboriginal hunting weapon properly you'll never lose it.
7. An indigenous Australian.

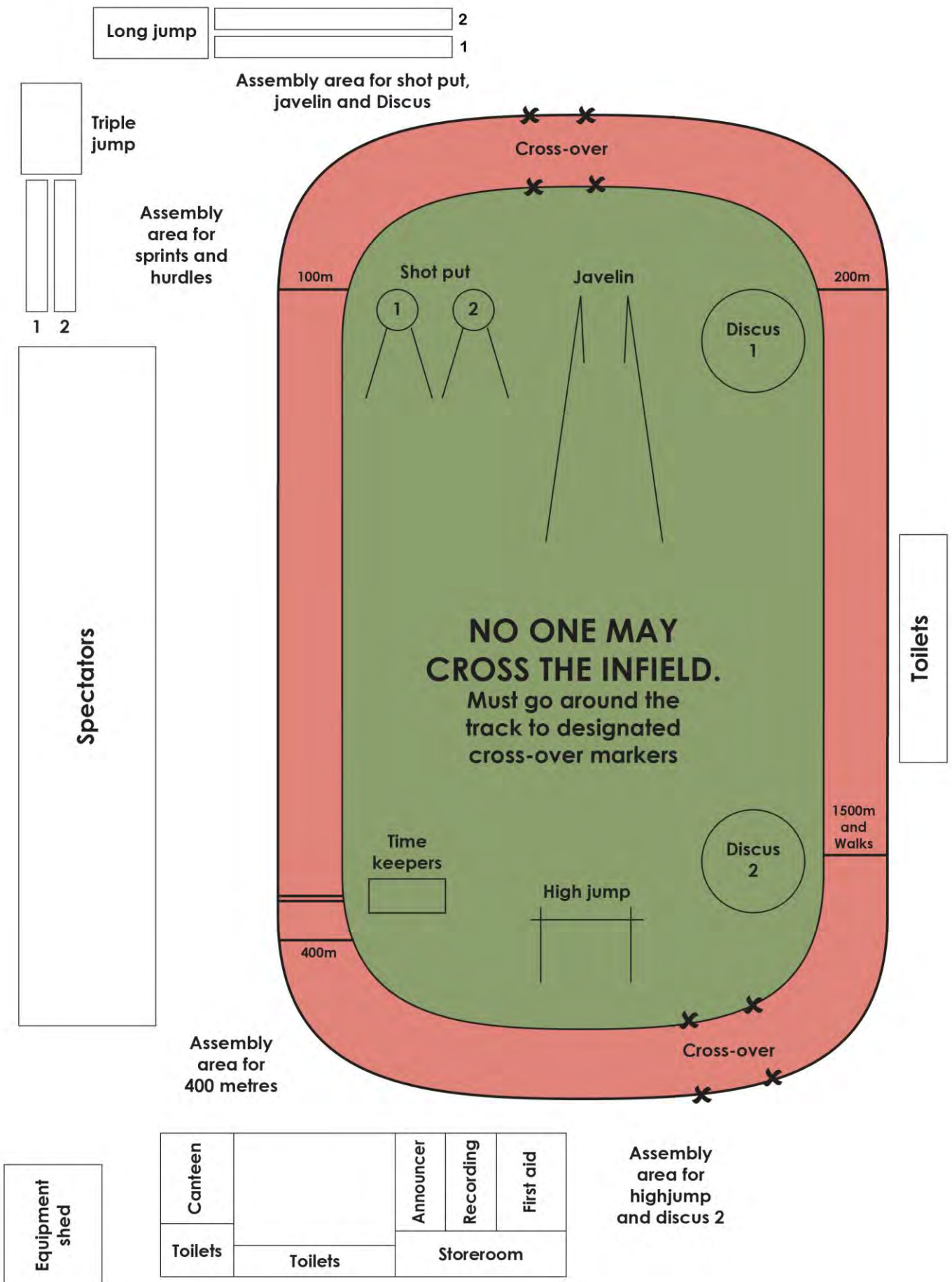


13. John Macarthur brought this fine Spanish sheep to Australia in 1796.
14. Actor Paul Hogan made this character famous: Crocodile \_\_\_\_\_.
16. \_\_\_\_\_ Dingo, a well-known Australian television personality, has a dry sense of humour.
17. Steve \_\_\_\_\_ was famous for his work with animals, especially reptiles.





# LAYOUT OF THE CORIO LITTLE ATHLETICS CENTRE



Corio Little Athletics Centre  
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