



Corio Little Athletics 2016/17



Celebrating 50 Years



THANKING OUR PARTNERS IN SEASON 2016/17

NAMING RIGHTS PARTNER



GOLD PARTNERS



OFFICIAL SUPPLIERS



SUPPORT PARTNERS



AWARDS & ASSOCIATE PARTNERS



**WELCOME TO
LITTLE ATHLETICS FOR THE
2016/2017 SEASON**

**LITTLE ATHLETICS
CORIO CENTRE**

**Affiliated with
Little Athletics Victoria Inc.**

**Join us on Facebook or TeamApp
PO Box 177, CORIO, 3214
www.coriolac.com.au**

CONTENTS

	<u>Page</u>
CENTRE EXECUTIVE MEMBERS	6
CENTRE MEETINGS SCHEDULE	6
CLUB CONTACTS	9
CLUB OF THE DAY INFORMATION	15
CODES OF BEHAVIOUR	28
CORIO CENTRE EVENTS	19
CROSS COUNTRY AWARDS	52
CROSS COUNTRY SEASON	53
CYCLE A	12
CYCLE B	12
CYCLE C	13
DUTY CLUB (See Fixture)	11
EQUIPMENT WEIGHTS, HEIGHTS AND SIZES	22
FIXTURE	11
GEELONG WALKERS CLUB	42
GENERAL INFORMATION	17
HURDLE HEIGHTS AND DISTANCES	22
JUNIOR DEVELOPMENT SQUAD	21
LIFE MEMBERS	7
LITTLE ATHLETICS FAMILY TREE	14
MARSHALLING REMINDER	25
OFFICIALS	16
OUTSIDE CENTRE EVENTS	19/20
POLICIES	26
PRESIDENT'S WELCOME	5
RECORD HOLDERS	
Centre	32
Outside	43
RULES OF THE COMPETITION	23
SKILLS COACHING – CORIO CENTRE	54
SPONSORS AND SUPPORTERS	57
TROPHY PRESENTATION LIST	49
VICTORIAN BEST PERFORMANCES – BOYS AND GIRLS	47
VICTORIAN BEST RELAY PERFORMANCES	48
WORKING WITH CHILDREN CHECKS	8

PRESIDENT'S WELCOME

Welcome to Corio Little Athletics for the 2016/17 season.

If you are a returning member or a new one, we welcome you to our Centre and hope you have a fantastic and enjoyable season.

This season marks our 50th Anniversary. What a fantastic achievement and milestone. A big thank you must go to all the previous executives, members and volunteers that have worked tirelessly and given up so much time and effort to get Corio Little Athletics where it is today. We have a celebration day on the 22nd of October with some special guests attending as well as a host of Life Members, past athletes and officials. I'm sure we will be in for a great day.

This season we have a number of FUN novelty rounds, which have been introduced by LAVIC. They include Induction round, Multi round, Handicap round, Jetstar round (orange day), Inter-centre round held at Melton City, Relaython for the Royal Children's Hospital and P.B round. Some of these we have already experienced and they have proven to be lots of fun so the new events should be no different.

Our weekly Cycles have changed slightly with the deletion of a couple of events but replaced with some new ones so please be patient with the running of these cycles as we try and make these run as smooth as possible.

At Corio LAC, we are always focusing on the encouragement of all athletes in giving it THEIR best and more importantly to 'HAVE FUN'.

Our fantastic Volunteers mean everything to us and without them we couldn't run our programs so that the kids can achieve their goals. So in saying that Thank you, it makes everyone's job a lot easier when people get in and are prepared to help rather than sit back and criticize that something should be done better.

If you have any feedback as to how we can improve please come and see me as we are open to all ideas.

Please join our Facebook group for weekly results, up to date events, photos, videos, and general information relevant to our Centre and Athletes.

Have a wonderful season and lets make it a memorable one.

"GO TEAM CORIO"

Regards,

Kelvin Gray



CENTRE EXECUTIVE MEMBERS FOR 2016/2017

PRESIDENT	Kelvin Gray	☎ 0431 484 807
VICE PRESIDENT	Simon Hill	☎ 0407 456 494
SECRETARY	Kirsten Thomas	☎ 0414 944 199
ASSISTANT SECRETARY	Nicole Hill	☎ 0408 122 303
TREASURER	Simon Hill	☎ 0407 456 494
RECORDS & RANKING	Graham Cole	☎ 5275 3309
PUBLICITY	Kelvin Gray	☎ 0431 484 807
VENUE CO-ORDINATOR	Mark Wiffen	☎ 0488 661 050
CROSS COUNTRY	Temporary Care Taker	☎ 0407 456 494
SCHOOLS FACILITIES CO-ORDINATOR	Nicole Hill	☎ 0408 122 303
REGION DELEGATES	Simon Hill	☎ 0407 456 494
	Graham Cole	☎ 5275 3309

CENTRE MEETINGS 2016/17

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

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

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

LIFE MEMBERS

(as at the beginning of the 2016/2017 season)

Trevor Billingham*
Jim* & Val Wood
Ric* & Dot Payne
Norma Campbell
Marg Robertson
Lois Daffy*
Peter Taylor
Judy Thorne
Lesley Martin
Hon. Jack Deppeler, O.A.M.*
Debbie Baskin
Greg Wilson
Sherry Gathercole

Jim Baskin
Barbara Fairbrother
Jack Thompson*
Hans Werner
Bill Aitken*
Shirley Aitken
Brian Boyle
Graham* & Dianne Alsop
Helen Thomson
Paul Turner
Denise Turner
Robert Pitcher

Graham Cole
Harold Boddy
Michael Brunton
Anne Gottardo
Chris Larkins
Allen Martin
Lou Mirachi
Marlo Drake
Mark Ettridge
Snez Davis
Jenny Larkins
Mark Wiffen

*deceased

CENTRE OFFICIALS

ANNOUNCERS:

Marlo Drake

CHIEF OF OFFICIALS:

Sherry Gathercole, Simon Hill, Kelvin Gray

CHIEF TIMEKEEPERS:

Graham Cole

STARTERS:

Travis Trevarthen, Simon Hill, Chris Larkins, Sherry Gathercole

CHIEF WALK JUDGES:

Lou Mirarchi, Margaret Robertson, Scott Nelson

FIELD CO-ORDINATORS:

Chris Larkins

WORKING WITH CHILDREN CHECK



Working with Children Check

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.

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)
- Team Managers
- Volunteers without children registered at the Centre
- Overnight Supervisors at camps/clinics/functions
- First Aid Personnel
- Volunteers at Association run activities, (not Centre events).

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

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

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

CLUB CONTACTS

BELL PARK

President: Neil McKenzie ☎ 0425 708 245
Secretary: Mel Gladigau ☎ 0400 022320
Team Manager: Sharron Colls-McKenzie ☎ 0418 789 154

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

CORIO SOUTH

President: Trevor Gulovsen ☎ 0407 565 787
Acting Secretary: Sarah Yates ☎ 0408 520 415
Team Manager: Travis Kelly ☎ 0412 357 910

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

CORIO WEST

President: Andrew Tidd ☎ 0422 898 236
Secretary: Melissa Robinson ☎ 0415 975 009
Team Manager: Kelly Day ☎ 0414 599 566

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

GOLDEN PLAINS

President: Michelle Norton ☎ 0400 595 171
Secretary: Cathy Watson ☎ 0416 255 684
Team Manager: Carolyn Hansen ☎ 0425 750 347

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

LARA

President: Fiona Grills ☎ 0407 306 372
Secretary: Kate Lynch ☎ 0419 870 423
Team Manager: Christey-lee Johnson ☎ 0432 794 930

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

EXECUTIVE DUTIES

Have you wondered what the 'EXECUTIVE' actually do?

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

Know what you're letting yourself in for?

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

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

THE EXECUTIVE IN SUMMARY:

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

FIXTURE FOR THE 2016/2017 SEASON

DATE	DAY	COMPETITION	TIME	DUTY CLUB
30 Sept	Fri	Come & Try / Information Day	10:00 am	
8 Oct	Sat	Cycle A (<i>Induction Round</i>)	8:30 am	Lara
15 Oct	Sat	Cycle B	8:30 am	Bell Park
22 Oct	Sat	Cycle C (<i>Opening Day Ceremony</i>)	8:30 am	Golden Plains
29 Oct	Sat	Cycle A	8:30 am	Corio West
5 Nov	Sat	Cycle B	8:30 am	Corio South
12 Nov	Sat	Cycle C	8:30 am	Lara
19 Nov	Sat	Region Relays – Melton City		
26 Nov	Sat	Multi Round (<i>Multi Event Theme</i>)	8:30 am	Bell Park
3 Dec	Sat	Handicap Round	8.30 am	Golden Plains
10 Dec	Sat	Cycle A (<i>Jetstar Round – Orange Theme</i>)	8:30 am	Corio West
17 Dec	Sat	State Relays – Lakeside Stadium		
CHRISTMAS BREAK				
14 Jan	Sat	Cycle B	8:30 am	Corio South
21 Jan	Sat	Intercentre (Melton City)	8:30 am	
28/29 Jan	Sat/Sun	State Multi Event – Bendigo		
4 Feb	Sat	Cycle C (<i>Relaython Round</i>) RCH APPEAL	8:30 am	Bell Park
11 Feb	Sat	Cycle A	8:30 am	Golden Plains
12 Feb	Sun	Open Day		Exec & Parents
18/19 Feb	Sat/Sun	Regional Track & Field – Werribee		
25 Feb	Sat	Cycle B	8:30 am	Corio West
4 Mar	Sat	Cycle C Senior athletes dress-up/farewell	8.30 am	Corio South
11/12 Mar	Sat/Sun	State Track & Field Finals Lakeside Stadium		
18 Mar	Sat	Centre Championship	8:30 am	Lara
23 Apr	Sun	Presentation Day & AGM		
SPECIAL EVENTS				
19 Nov	Sat	Region Relays – Melton City		
27 Nov	Sun	State Mini Carnival – Doncaster		
17 Dec	Sat	State Relays – Lakeside Stadium		
28/29 Jan	Sat/Sun	State Multis – Bendigo		
18/19 Feb	Sat/Sun	Region Track & Field - Werribee		
11/12 Mar	Sat/Sun	State Track & Field – Lakeside Stadium		

CYCLE A

GIRLS					
Under 6	70m	100m	Discus	Shot Put	
Under 7	70m	100m	Discus	Shot Put	
Under 8	70m	100m	Long Jump	Shot Put	
Under 9	100m	Walk	Long Jump	Shot Put	
Under 10	100m	400m	Long Jump	Shot Put	
Under 11	100m	400m	Walk	High Jump	Javelin
Under 12	100m	400m	Walk	High Jump	Javelin
Under 13	100m	1500m	200m Hurdles	Triple Jump	
Under 14	100m	1500m	200m Hurdles	Triple Jump	
Under 15/16	100m	1500m	300m Hurdles	Triple Jump	

BOYS					
Under 6	70m	100m	Long Jump	Discus	
Under 7	70m	100m	Long Jump	Discus	
Under 8	70m	400m	Long Jump	Shot Put	
Under 9	100m	800m	Walk	Discus	Long Jump
Under 10	100m	800m	Discus	Triple Jump	
Under 11	100m	400m	Walk	High Jump	Javelin
Under 12	100m	400m	Walk	High Jump	Javelin
Under 13	100m	1500m	200m Hurdles	Long Jump	Shot Put
Under 14	100m	1500m	200m Hurdles	Long Jump	Shot Put
Under 15/16	100m	1500m	300m Hurdles	Long Jump	Shot Put

CYCLE B

GIRLS					
Under 6	50m	100m	Discus	Long Jump	
Under 7	50m	100m	Long Jump	Shot Put	
Under 8	50m	70m	Walk	Shot Put	
Under 9	100m	200m	800m	60m Hurdles	Discus
Under 10	100m	800m	60m Hurdles	Discus	Triple Jump
Under 11	200m	1500m	60m Hurdles	Shot Put	
Under 12	200m	1500m	60m Hurdles	Long Jump	Shot Put
Under 13	200m	400m	Walk	High Jump	Javelin
Under 14	200m	400m	Walk	High Jump	Javelin
Under 15/16	200m	400m	Walk	High Jump	Javelin

BOYS					
Under 6	50m	100m	Long Jump	Shot Put	
Under 7	50m	100m	Discus	Shot Put	
Under 8	50m	100m	Discus	Long Jump	
Under 9	100m	200m	60m Hurdles	High Jump	
Under 10	100m	400m	60m Hurdles	Walk	High Jump
Under 11	100m	1500m	60m Hurdles	Long Jump	Shot Put
Under 12	200m	1500m	60m Hurdles	Long Jump	Shot Put
Under 13	200m	800m	Discus	Javelin	Triple Jump
Under 14	200m	800m	Discus	Javelin	Triple Jump
Under 15/16	200m	800m	Discus	Javelin	Triple Jump

CYCLE C

GIRLS					
Under 6	70m	200m	Long Jump	Shot Put	
Under 7	70m	200m	Discus	Long Jump	
Under 8	200m	400m	Discus	Long Jump	
Under 9	400m	60m Hurdles	Long Jump	High Jump	
Under 10	200m	800m	60m Hurdles	Walk	High Jump
Under 11	100m	800m	60m Hurdles	Discus	Triple Jump
Under 12	100m	800m	60m Hurdles	Discus	Triple Jump
Under 13	800m	80m Hurdles	Discus	Long Jump	Shot Put
Under 14	800m	80m Hurdles	Discus	Long Jump	Shot Put
Under 15/16	800m	90m Hurdles	Discus	Long Jump	Shot Put

BOYS					
Under 6	70m	200m	Discus	Shot Put	
Under 7	70m	200m	Long Jump	Shot Put	
Under 8	70m	200m	Walk	Shot Put	
Under 9	400m	60m Hurdles	Long Jump	Shot Put	
Under 10	200m	800m	60m Hurdles	Long Jump	Shot Put
Under 11	200m	800m	60m Hurdles	Discus	Triple Jump
Under 12	100m	800m	60m Hurdles	Discus	Triple Jump
Under 13	400m	80m Hurdles	Walk	High Jump	
Under 14	400m	90m Hurdles	Walk	High Jump	
Under 15/16	400m	100m Hurdles	Walk	High Jump	

ACTIVE MEMBER

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

ARE YOU AN ACTIVE MEMBER OR DO YOU JUST BELONG?

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 6 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.

In the 2014/15 season, the Corio Centre introduced the positions of Centre Captains and Vice-Captains for both boys and girls. 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

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.
1. 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.
2. Place discus & shot trolleys, long jump & triple jump bins to each venue.
3. Sweep track starting areas, discus and shot put rings and high jump take off area.
4. Position Timing Gates on front straight.
5. Place Public Address system in position.
6. 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.
7. Clubs are able to hold their approved fundraiser on the day designated in the fixture.

DUTY DAY FUNDRAISER

1. Clubs can only sell products on their rostered Club Duty Morning (no sales to take place on major programs, e.g. Open Day, Outside Centre Meetings and Centre Championships).
1. No sales of goods can take place until the Venue Co-Coordinator has given approval that the required officials are in position.
2. Fundraising can only be as stated: BBQs, Raffles, Cakes, Toffees, Cut Flowers, Seedlings, Jam or Home-grown Fruit and Vegetables and Crafts.
3. Sales area is to be in the equipment shed or adjacent.
4. Any breach of these conditions will prevent the Club from selling further until all conditions are met.

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 their responsibilities as officials.

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

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



CLUB VENUE SCHEDULE

BELL PARK: High Jump / Long Jump 1

CORIO SOUTH: Shot Put 1

CORIO WEST: Front & Back Straight

LARA: Long Jump 2 / Shot Put 2

GOLDEN PLAINS: Triple Jump / Javelin-Discus 1

ALTERNATES - LARA/GOLDEN PLAINS: Discus 2

STARTING TIMES FOR SEASON 2016/2017

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

GENERAL 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 Corio Athletics Stadium, 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 and Team App pages as early as possible, together with Club Presidents being advised via text. A program may be altered to suit weather conditions. The Executive will make the decision after the scheduled time of program.

LOST PROPERTY

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

INSURANCE

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

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

CENTRE UNIFORM

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

Our Centre uniform **MUST BE WORN** for every occasion representing the Centre, for example, Region, State Relays, State Track & Field, Multi's, Cross Country.

Centre Tops are now available for purchase - \$30.00 for t-shirts, \$35.00 for crop tops.

Hire of Centre Tops is also possible. Hire and return **MUST BE ON THE SAME DAY** - \$30.00 holding fee, with \$25.00 returned when top is returned in the same condition as when received.

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.

CORIO CENTRE EVENTS

OPENING DAY CEREMONY

Saturday 22th October 2016

This is the day that all the Clubs participate in a march past in their 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 18th March 2017

All registered athletes who are eligible (**see Rule No. 14 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

Sunday 23rd April 2017

The season culminates with Presentation Day and our Annual General Meeting, to be held at 11.00am at Goldsworthy Reserve. All members are encouraged to attend. BBQ lunch is provided for all, with drinks for the kids. BYO salad, chairs, picnic rugs, etc.

CROSS COUNTRY SEASON

This begins at the beginning of May 2017 at rotating venues around Geelong, commencing at Eastern Gardens. A full list of venue details will be provided at the end of the summer season.

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 record broken at other Centres will be recognised if presented to Records and Rankings with verification.**

OUTSIDE CENTRE EVENTS...cont.

REPRESENTING THE CENTRE (CENTRE UNIFORM MUST BE WORN)

Relay Championships

Athletes from U/9 to U/15 may take part in the State Relay Championships. Region Relays will be held on 19th November 2016 at Melton City LAC and State Relays on 17th December 2016 at Lakeside Stadium, Albert Park. 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 Championships

Athletes from U/9 to U/15 may compete. All events are offered. Each athlete may enter four (4) events. Athletes compete against other Centres in the Western Metro Region. Region will be held on 18th & 19th February 2017 at Wyndham Sports Complex, Hoppers Crossing. Registrations open 7th November, and close 30th January 2017.

State Track & Field Championships

Subject to results of Region Track & Field Heats, athletes will be notified if they have qualified to progress onto State Track & Field Championship Finals which are to be held on 11th & 12th March 2017 at Lakeside Stadium, Albert Park.

Jetstar U6 – U8 Carnival

This is the only State-wide event for our Under 6 – Under 8 athletes. To be held at Tom Kelly Reserve, Doncaster on Sunday 27th November 2016. A fun day with a carnival atmosphere which includes; face painting, jumping castles and giveaways. Athletes will enjoy an educational experience with a focus on skill and technique development under the guidance of LAVic coaches.

Multi Events

Athletes from U/9 to U/15 may compete. State Multi Championships will be held on 28th & 29th January 2017 at Bendigo. Registrations open 19th October, and close on 9th January.

Region & State Cross Country

Region Cross Country will be on the weekend of 24th June and 25th June, more details will be provided at a later date. Athletes automatically progress to State Championship on Saturday 22nd July 2017 at *venue to be confirmed*.

Road Relays

Athletes from U/9 to U/15 may compete. State Road Relay Championships will be held on 8th July venue to be confirmed. Details to come.

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.

2016/2017 JUNIOR DEVELOPMENT SQUAD

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

Visit LAVic website for full details about the JDS Program

Qualifying:

- The JDS is open to all qualified athletes in the U12 to U16 age groups.
- U11 athletes may qualify anytime during the season to be eligible for JDS in the following year.
- An athlete must qualify in **1** event **twice** (at separate meets) or **2** separate events **once** to be eligible.
- Only **1** qualifying performance is required at the State Multi Event and State Cross Country Championships.
- Athletes must qualify and re-apply each year to become members.

EVENT QUALIFICATION STANDARDS

Event	BOYS						GIRLS					
	U11	U12	U13	U14	U15	U16	U11	U12	U13	U14	U15	U16
70m	10.40	10.00					10.80	10.30				
100m	14.45	13.80	13.20	12.60	12.40	12.40	14.90	14.20	13.75	13.50	13.50	13.50
200m	29.90	28.40	26.90	25.80	24.95	24.95	31.30	29.40	28.10	27.80	27.80	27.80
400m	69.00	66.00	63.00	60.00	58.00	58.00	72.00	68.00	66.00	65.50	65.50	65.50
800m	2.39	2.34	2.30	2.23	2.18	2.18	2.50	2.42	2.38	2.35	2.35	2.35
1500m	5.30	5.15	5.07	5.00	4.50	4.50	5.52	5.36	5.32	5.30	5.30	5.30
60mH	10.90	10.60					11.10	10.85				
80mH	14.40	14.15	14.15				14.85	14.40	14.30	14.20		
90mH				14.80							15.50	15.50
100mH					15.50	15.50						
300mH			49.00	47.00	46.50	46.50			52.50	52.50	52.50	52.50
1500mW	9.30	9.15	9.15	9.15	9.15	9.15	9.45	9.45	9.30	9.15	9.15	9.15
L/J	4.40	4.50	4.80	5.15	5.50	5.50	4.05	4.20	4.60	4.70	4.75	4.75
T/J	9.15	9.60	10.30	10.80	11.30	11.30	8.70	9.15	9.75	10.00	10.00	10.00
H/J	1.30	1.40	1.50	1.55	1.60	1.60	1.30	1.35	1.40	1.45	1.45	1.45
Shotput	9.20	8.50	10.15	10.50	10.50	10.50	7.65	9.15	8.55	9.00	9.15	9.15
Discus	23.50	27.50	28.00	29.50	33.00	33.00	19.50	23.00	25.50	23.50	23.50	23.50
Javelin	22.95	28.00	27.50	30.00	33.00	30.00	17.50	21.00	24.50	26.00	24.00	24.00
Multi	1 st to 8 th place inclusive at the State Championships in each age group											
C/Country	1 st to 8 th place inclusive at the State Championships in each age group											

EQUIPMENT WEIGHTS, HEIGHTS AND SIZES

	<u>AGE</u>	<u>SP</u>	<u>DIS</u>	<u>JAV</u>	<u>LJ/TJ</u> <u>Mat</u>	<u>Corio</u>	<u>HJ</u> <u>State</u>	<u>WALK</u>
<u>GIRLS</u>	U6	1.0 kg	350g		1 x 1 m			
	U7	1.0 kg	350g		1 x 1 m			
	U8	1.5 kg	500g		1 x 1 m			700
	U9	2.0 kg	500g		1.22 x 0.5 m	80 cm	90 cm	700
	U10	2.0 kg	500g		1.22 x 0.5 m	90 cm	1.00 m	1,100
	U11	2.0 kg	750g	400g	1.22 x 0.2 b	1.00 m	1.10 m	1,100
	U12	2.0 kg	750g	400g	1.22 x 0.2 b	1.10 m	1.15 m	1,500
	U13	3.0 kg	750g	400g	1.22 x 0.2 b	1.12 m	1.25 m	1,500
	U14	3.0 kg	1.0 kg	400g	1.22 x 0.2 b	1.14 m	1.30 m	1,500
	U15	3.0 kg	1.0 kg	500g	1.22 x 0.2 b	1.16 m	1.35 m	1,500
	U16	3.0 kg	1.0 kg	500g	1.22 x 0.2 b	1.16 m	1.35 m	1,500
<u>BOYS</u>	U6	1.0 kg	350g		1 x 1 m			
	U7	1.0 kg	350g		1 x 1 m			
	U8	1.5 kg	500g		1 x 1 m			700
	U9	2.0 kg	500g		1.22 x 0.5 m	85 cm	95 cm	700
	U10	2.0 kg	500g		1.22 x 0.5 m	95 cm	1.10 m	1,100
	U11	2.0 kg	750g	400g	1.22 x 0.2 b	1.05 m	1.15 m	1,100
	U12	3.0 kg	750g	400g	1.22 x 0.2 b	1.15 m	1.25 m	1,500
	U13	3.0 kg	1.0 kg	600g	1.22 x 0.2 b	1.17 m	1.30 m	1,500
	U14	3.0 kg	1.0 kg	600g	1.22 x 0.2 b	1.19 m	1.40 m	1,500
	U15	4.0 kg	1.0 kg	700g	1.22 x 0.2 b	1.21 m	1.45 m	1,500
	U16	4.0 kg	1.0 kg	700g	1.22 x 0.2 b	1.21 m	1.45 m	1,500

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

HURDLE HEIGHTS AND DISTANCES

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

RULES OF THE COMPETITION

**NO-ONE IS ALLOWED TO CROSS THE INFIELD TO MARSHALL
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 Marshall and for FIELD events report to the Chief Official at designated venue.
2. Each competitor **must** be dressed in the correct club uniform with the current chest tag firmly attached by pinning it in the correct position. Competitors will be refused competition if all factors of this rule are not observed. If directed by LAVic, a sponsorship logo shall be attached to the front of the club uniform.
3. Coaching of competitors from the in-field is prohibited and could result in the disqualification of athletes.
4. When an event is being conducted on the in-field, only athletes actually competing in the event will be allowed onto the arena.
5. All adults, other than those officiating and non-competitive athletes, are excluded from crossing the front straight and entering the in-field 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 1st place on back-straight events. No records will be recognised if this rule is not adhered to.
 - b) Fully electronic timing mechanisms will be used for 1st place on front and back straight with additional hand held watches.
 - c) To claim a field event record an athlete must win that event, and the measurement must be sighted and verified by an Executive member. Measurement should preferably be made with a steel tape.
 - d) Race walk records
 - There must be a minimum of four (4) qualified "D" grade or higher walk judges officiate the event.
 - As the leading athlete/s are finishing the event, there must be a minimum of two (2) walk judges in the vicinity of the finish line (i.e., approximately the last 50 metres) with the designated chief walk judge positioned at the finish line.

RULES OF THE COMPETITION

d) Race walk records...continued

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

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

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

11. Competitors may score Inter-club and/or personal points only while competing in their true age group. Points are scored from the date of registration.
12. a) To be eligible to compete in the Centre Championships an athlete must compete in 50% of available point scoring days of which one (1) must be competed in after Christmas.
b) To be eligible to compete in the Region Track & Field an athlete must have participated in a minimum of four (4) weeks of Centre competition prior to close of entries as determined by the Association.
c) If the required number of days is not completed due to illness or injury, a doctor's certificate will be required as proof.
d) Members of the Junior Development Squad are to complete 50% of available program when not involved in LAVic squad commitments.
13. A maximum of 7mm spikes (Conical or Christmas tree) are permitted at Centre for U11-U16 age groups in laned events, long jump, triple jump, 9mm spikes are permitted in high jump and javelin only. (U13-16 are also permitted to wear spikes in all track events except race walks as per LAV regulations). Appropriate footwear is to be worn at all times. No bare feet allowed.
14. Starting blocks must be used for all athletes U12 – U16 wearing spikes. Spikes are allowable for age groups U11-U16, for all laned events up to 400m. U11 cannot use starting blocks for any events. 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 shall be used by all athletes in the U12 - U16 age groups, (boys and girls), for all track events up to and including the 400 metres, except where permanent/temporary disability reasons require otherwise. U11's must use 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 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 RECORDS & RANKINGS.

MARSHALLING REMINDER

DO NOT CROSS THE INFIELD FOR ANY REASON!

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

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

SUN PROTECTION POLICY

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

SMOKE-FREE POLICY

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

HEALTHY FOOD CHOICE POLICY

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

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

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

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

ALCOHOL MANAGEMENT POLICY

The Corio Centre is aware that alcohol, when misused can cause harm to the drinker and others. A responsible drinking policy has been adopted so as to reduce risks and avoid problems.

The following strategies have been adopted:

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

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 in 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.

ADMINISTRATORS continued

- 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.
- 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.
- 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.
- 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.

COACHES continued

- 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.
- 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.
- Avoid use of bad language.

CODES OF BEHAVIOUR

Bullying:

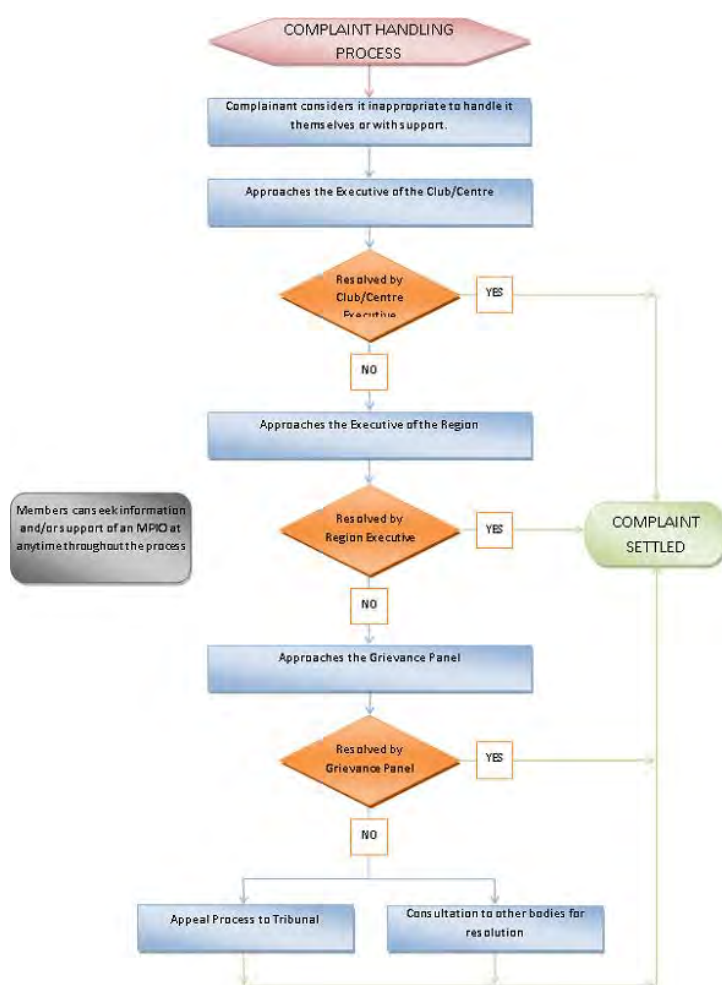
Little Athletics Victoria and the Corio Centre expects all members to comply with the Codes of Behaviour. Appropriate action may be taken in the case of any breaches of the Codes of Behaviour.

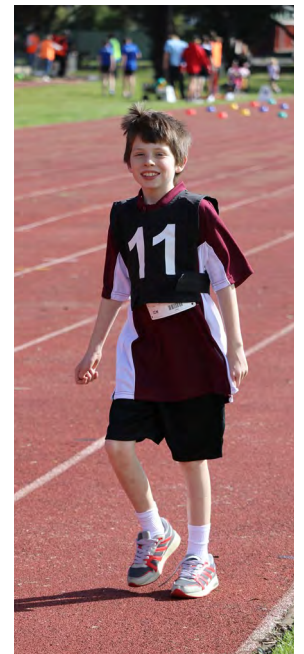
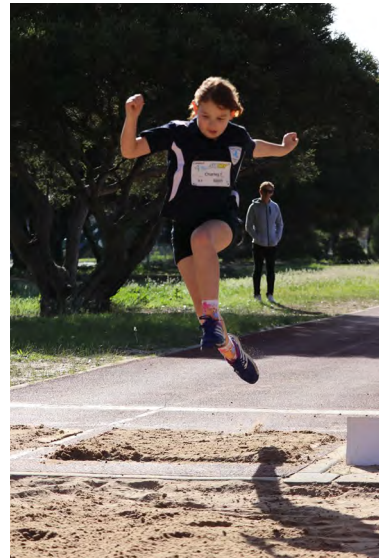
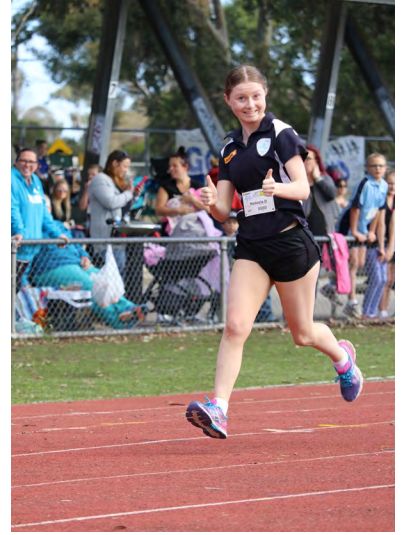
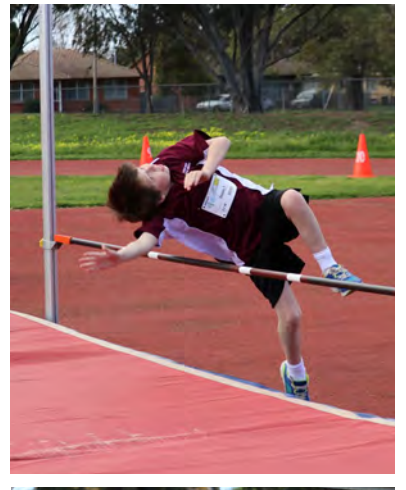
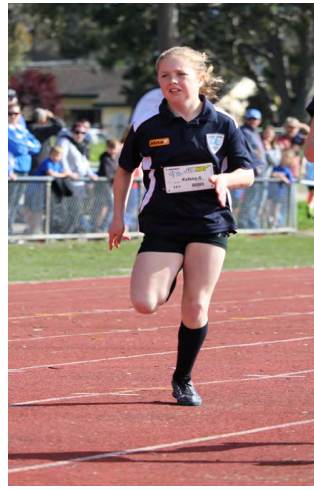
Little Athletics Victoria and the Corio Centre will ensure all athletes, coaches, spectators, parents, officials and administrators are not prone to sexual abuse, neglect, physical abuse or emotional abuse. They will ensure that all persons are included, protected and not discriminated against in any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

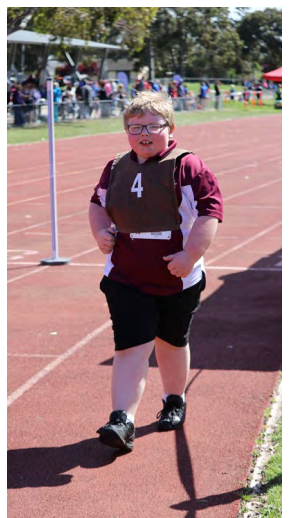
Bullying will not be tolerated in any form.

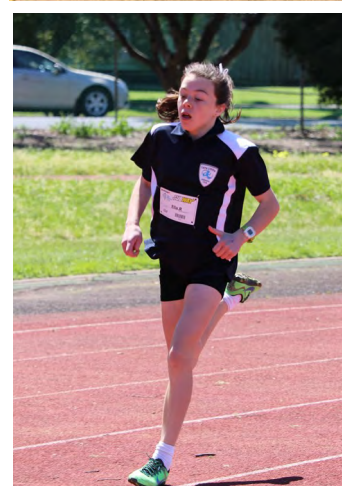
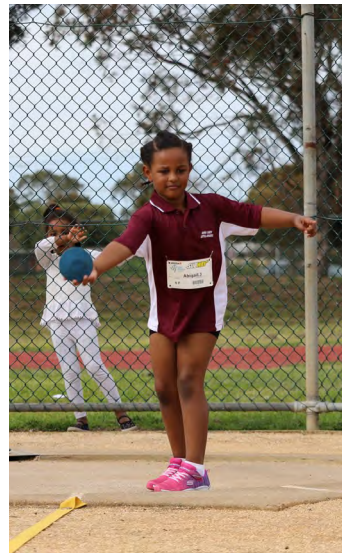
Complaints Handling:

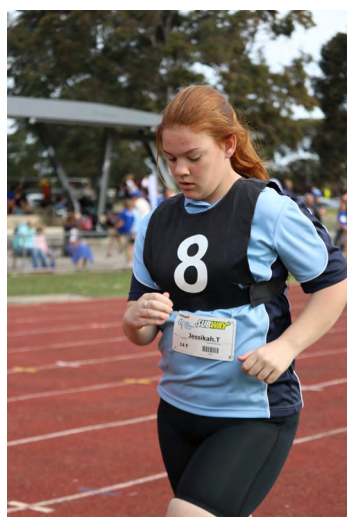
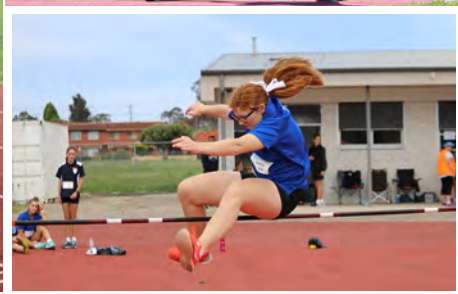
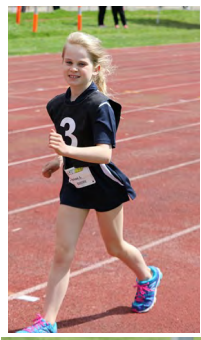
Should a member have an issue at any time that requires attention, the following flow-chart is a guide of appropriate steps that should be taken. Complaints should be raised either verbally or in writing in a respectful tone.











CORIO CENTRE RECORD HOLDERS - BOYS

(E) Denotes electronic timing record

50 METRES

UNDER 6	S. DOAK	BELL PARK	9.20	1992
	(E) P. VISENTIN	LARA LAKE	9.43	2011
UNDER 7	S. DOAK	BELL PARK	8.60	1993
	(E) W. PARRELLO	LARA LAKE	8.98	2006
UNDER 8	S. DOAK	BELL PARK	8.20	1993
	(E) W. PARRELLO	LARA LAKE	8.53	2006

70 METRES

UNDER 6	S. DOAK	BELL PARK	12.40	1992
	(E) B. HARVEY	LARA	13.16	2011
UNDER 7	S. DOAK	BELL PARK	11.40	1993
	(E) C. BASSETT	LARA	12.25	2009
UNDER 8	R. AITKEN	ST. THOMAS	11.00	1977
	(E) W. PARRELLO	LARA LAKE	11.47	2007
UNDER 9	G. BYRNE	BELL PARK	10.60	1982
	J. HAZELL	CORIO	10.60	1992
	(E) C. JERVIES	GOLDEN PLAINS	11.07	2005
UNDER 10	S. LOFTS	BELL PARK	9.90	1982
	(E) C. JERVIES	GOLDEN PLAINS	10.41	2007
UNDER 11	S. WILSON	LARA	9.81	1995
	(E) C. HALL	GOLDEN PLAINS	10.33	2014
UNDER 12	R. Mc LEAN	CORIO	9.70	1971
	(E) P. LAWRENCE	LARA	9.49	2012

100 METRES

UNDER 6	A. PERILLI	BELL PARK	18.00	1982
	(E) B. HARVEY	LARA	18.83	2011
UNDER 7	S. DOAK	BELL PARK	16.50	1993
	(E) C. BASSETT	LARA	17.35	2009
UNDER 8	S. JONES	BELL PARK	15.46	1998
	(E) W. PARRELLO	LARA LAKE	15.99	2007
UNDER 9	B. FISHER	ST. THOMAS	14.90	1981
	(E) H. VIVIAN	GOLDEN PLAINS	15.32	2011
UNDER 10	F. LOGES	ST. THOMAS	14.10	1968
	(E) C. HALL	GOLDEN PLAINS	14.92	2013
UNDER 11	C. VELTMAN	LARA	13.90	1989
	(E) C. HALL	GOLDEN PLAINS	14.51	2015
UNDER 12	S. DOAK	BELL PARK	12.73	1998
	(E) P. LAWRENCE	LARA	13.27	2012
UNDER 13	S. DOAK	BELL PARK	12.52	1999
	(E) C. GARLEY	CORIO SOUTH	13.07	2013
UNDER 14	F. TREVASKIS	BELL PARK	12.30	1998
	(E) H. KERGER	LARA	12.62	2009
UNDER 15	F. TREVASKIS	BELL PARK	11.62	1998
	(E) J. BUCKLEY	LARA	12.15	2010

CORIO CENTRE RECORD HOLDERS - BOYS

(E) Denotes electronic timing record

200 METRES

UNDER 6	S. AVERY	ROSEWALL	38.20	1988
	N. JACKSON	BELL PARK	38.20	1984
	(E) C. HARDING	BELL PARK	39.65	2010
UNDER 7	A. HELMORE	CORIO	33.70	1971
	(E) J. SVALJEK	GOLDEN PLAINS	37.23	2005
UNDER 8	B. VELTMAN	LARA	32.40	1986
	(E) J. SANDERS	LARA	33.93	2013
UNDER 9	M. SOMERTON	CORIO SOUTH	30.90	1976
	C. VELTMAN	LARA	30.90	1987
	(E) D. BURNS	BELL PARK	31.87	2007
UNDER 10	C. VELTMAN	LARA	30.20	1988
	C. GRAY	BELL PARK	30.20	1995
	(E) C. HALL	GOLDEN PLAINS	30.30	2013
UNDER 11	C. VELTMAN	LARA	28.40	1989
	(E) C. HALL	GOLDEN PLAINS	29.33	2015
UNDER 12	C. VELTMAN	LARA	27.00	1990
	(E) T. SA LA	CORIO SOUTH	27.58	2012
UNDER 13	D. STAWICKI	BELL PARK	26.40	1988
	(E) N. REH	NORLANE	26.52	2011
UNDER 14	C. TREVASKIS	BELL PARK	25.35	1998
	(E) J. BUCKLEY	LARA	25.55	2010
UNDER 15	A. PERKINS	CORIO	23.81	1997
	(E) J. BUCKLEY	LARA	24.46	2011

400 METRES

UNDER 8 (unlaned)	M. JAMES	CORIO	1:19.10	2002
UNDER 8 (laned)	S. BAXTER	ROSEWALL	1:27.70	1984
UNDER 9	C. HELMORE	CORIO	1:08.30	1973
	(E) D. BURNS	BELL PARK	1:15.27	2006
UNDER 10	S. PETERSON	CORIO WEST	1:08.00	1984
	(E) C. HALL	GOLDEN PLAINS	1:11.19	2014
UNDER 11	C. HELMORE	CORIO	1:04.00	1975
	(E) C. HALL	GOLDEN PLAINS	1:05.53	2014
UNDER 12	C. VELTMAN	LARA	1:02.30	1990
	(E) J. SVALJEKI	GOLDEN PLAINS	1:05.39	2010
UNDER 13	D. STAWICKI	BELL PARK	59.00	1987
	(E) JOSHUA COOPER	BELL PARK	59.33	2015
UNDER 14	F. TREVASKIS	BELL PARK	55.11	1998
	(E) C. DAVIS	CORIO WEST	57.28	2013
UNDER 15	F. TREVASKIS	BELL PARK	53.15	1999
	(E) C. DAVIS	CORIO WEST	54.30	2013

800 METRES

UNDER 8	W. CHAPMAN	NORTH SHORE	2:47.6	1984
UNDER 9	H. HORSTEN	NORLANE	2:40.5	1977
UNDER 10	P. SCHNYDER	NORLANE	2:33.7	1972
UNDER 11	S. PETERSON	CORIO WEST	2:25.0	1985
UNDER 12	F. TREVASKIS	BELL PARK	2:24.3	1996
UNDER 13	S. PETERSON	CORIO WEST	2:21.1	1987
UNDER 14	F. TREVASKIS	BELL PARK	2:11.00	1998
UNDER 15	F. TREVASKIS	BELL PARK	2:03.30	1999

CORIO CENTRE RECORD HOLDERS - BOYS

(E) Denotes electronic timing record

1500 METRES

UNDER 11	G. YOUNG	NORTH SHORE	4:58.7	1977
UNDER 12	G. YOUNG	NORTH SHORE	4:47.9	1978
UNDER 13	B. ANDERSON	CORIO	4:59.4	1995
UNDER 14	F. TREVASKIS	BELL PARK	4:43.0	1998
UNDER 15	J. DILLON	GOLDEN PLAINS	4:23.7	2010

60 METRE HURDLES

UNDER 9 (45cm)	C. HARRIS	CORIO SOUTH	10.40	1978
	(E) C. BASSETT	LARA	11.07	2011
UNDER 10 (60cm)	B. McPHAIL	LARA	11.20	1994
	(E) C. HALL	GOLDEN PLAINS	11.59	2013
UNDER 11 (60cm)	M. NORTHOVER	CORIO SOUTH	10.00	1981
	(E) D. BURNS	BELL PARK	10.70	2008
UNDER 12 (68cm)	L. MARTIN	LARA	10.20	1994
	(E) T. SA LA	CORIO SOUTH	10.41	2012

80 METRE HURDLES

UNDER 9 (45cm)	S. WILSON	LARA	14.30	1994
	(E) D. BURNS	BELL PARK	13.95	2007
UNDER 10 (60cm)	A. DRAGICEVIC	BELL PARK	15.11	1996
	B. HUTCHINSON	CORIO WEST	15.11	2001
	(E) C. HALL	GOLDEN PLAINS	15.12	2014
UNDER 11 (60cm)	F. TREVASKIS	BELL PARK	13.70	1995
	(E) D. BURNS	BELL PARK	14.00	2008
UNDER 12 (68cm)	G. BYRNE	BELL PARK	13.80	1993
	(E) D. BURNS	GOLDEN PLAINS	14.34	2010
UNDER 13 (76cm)	S. DOAK	BELL PARK	13.27	1999
	(E) D. BURNS	BELL PARK	13.92	2011

90 METRE HURDLES

UNDER 14 (76cm)	F. TREVASKIS	BELL PARK	13.41	1998
	(E) J. SESAR	GOLDEN PLAINS	14.04	2013

100 METRE HURDLES

UNDER 15 (76cm)	F. TREVASKIS	BELL PARK	14.66	1998
	(E) J. BUCKLEY	LARA	15.10	2011

300 METRE HURDLES

UNDER 13 (68cm)	S. DOAK	BELL PARK	46.45	1998
	(E) G. SAMMIT	BELL PARK	47.14	2005
UNDER 14 (68cm)	F. TREVASKIS	BELL PARK	43.70	1998
	(E) G. SAMMIT	BELL PARK	43.70	2006
UNDER 15 (68cm)	F. TREVASKIS	BELL PARK	41.52	1999
	(E) C. DAVIS	CORIO WEST	42.60	2014

800 METRE WALK

UNDER 8	K. DEARNLEY	ST. THOMAS	4:25.4	1982
---------	-------------	------------	--------	------

1100 METRE WALK

UNDER 9	M. BOTTRELL	NORLANE	6:01.0	1982
UNDER 10	M. BOTTRELL	NORLANE	5:43.9	1983

CORIO CENTRE RECORD HOLDERS - BOYS

1500 METRE WALK

UNDER 11	L. BUBB	NORLANE	7:14.2	1991
UNDER 12	L. BUBB	NORLANE	7:12.8	1992
UNDER 13	D. THORNE	NORTH SHORE	7:15.0	1993
UNDER 14	D. THORNE	NORTH SHORE	6:44.7	1994
	J. DILLON	GOLDEN PLAINS	6.44.7	2009
UNDER 15	J. WALKER	LARA	6:13.90	2011

LONG JUMP

UNDER 6	W. CHAPMAN	NORTH SHORE	3.08	1982
UNDER 7	C. GRAY	BELL PARK	3.39	1992
UNDER 8	S. PETERSON	CORIO WEST	3.81	1982
UNDER 9	C. HELMORE	CORIO	4.30	1973
UNDER 10	K. SPITTY	CORIO SOUTH	4.38	1974
UNDER 11	C. HELMORE	CORIO	4.95	1975
UNDER 12	H. VIVIAN	GOLDEN PLAINS	5.10	2014
UNDER 13	N. REH	NORLANE	5.63	2011
UNDER 14	S. BAXTER	ROSEWALL	5.99	1992
UNDER 15	S. BAXTER	ROSEWALL	6.67	1992

TRIPLE JUMP

UNDER 9	D. BURNS	BELL PARK	8.76	2007
UNDER 10	C. HELMORE	CORIO	9.50	1974
UNDER 11	C. HALL	GOLDEN PLAINS	9.96	2014
UNDER 12	H. VIVIAN	GOLDEN PLAINS	10.93	2014
UNDER 13	S. BAXTER	ROSEWALL	12.02	1991
UNDER 14	S. BAXTER	ROSEWALL	12.67	1992
UNDER 15	J. PITCHER	ST. THOMAS	12.23	1997

HIGH JUMP

UNDER 9	S. BAXTER	ROSEWALL	1.25	1987
UNDER 10	J. KING	ROSEWALL	1.37	1991
UNDER 11	D. HAYES	CORIO WEST	1.45	1985
UNDER 12	M. NORTHOVER	CORIO SOUTH	1.56	1983
UNDER 13	T. LEACH	ST. THOMAS	1.70	1993
UNDER 13	D. BASKIN	NORLANE	1.70	1999
UNDER 14	D. BASKIN	NORLANE	1.83	2000
UNDER 15	D. BASKIN	NORLANE	2.00	2001

SHOT PUT

UNDER 6	(1kg)	K.ROLLO	CORIO	6.08	2005
UNDER 7	(1kg)	K. ETTRIDGE	NORLANE	7.90	2007
UNDER 8	(1.5kg)	S. JONES	BELL PARK	9.03	1999
UNDER 9	(2kg)	D. BURNS	BELL PARK	8.96	2007
UNDER 10	(2kg)	C. PALMER	ROSEWALL	11.25	1987
UNDER 11	(2kg)	S. JONES	BELL PARK	10.86	2002
UNDER 12	(3kg)	C. PALMER	ROSEWALL	11.43	1989
UNDER 13	(3kg)	S. TILLOTSON	CORIO WEST	12.51	2005
UNDER 14	(3kg)	D. MCKENZIE	CORIO SOUTH	8.18	2014
Changed weight – 2014/15					
UNDER 14	(4kg)	S. TILLOTSON	CORIO WEST	13.04	2007
UNDER 15	(4kg)	M. JAMES	CORIO	13.80	2004

CORIO CENTRE RECORD HOLDERS - BOYS

DISCUS

UNDER 6	(350g)	K. ROLLO	CORIO	15.78	2005
UNDER 7	(350g)	B. ETTRIDGE	CORIO	20.01	2005
UNDER 8	(350g)	K. ROLLO	GOLDEN PLAINS	25.89	2007
UNDER 9	(500g)	C. PALMER	ROSEWALL	30.72	1986
UNDER 10	(500g)	C. PALMER	ROSEWALL	38.55	1987
UNDER 11	(750g)	C. PALMER	ROSEWALL	37.06	1988
UNDER 12	(750g)	I. SCOTT	CORIO	41.74	1972
UNDER 13	(1kg)	M. JAMES	CORIO	36.48	2003
UNDER 14	(1kg)	T. GEORGE	ST. THOMAS	45.36	1993
UNDER 15	(1kg)	M. JAMES	CORIO	52.09	2005

JAVELIN

UNDER 11	(400g)	K. ROLLO	GOLDEN PLAINS	30.55	2010
UNDER 12	(400g)	S. DOAK	BELL PARK	38.80	1998
UNDER 13	(600g)	J. ETTRIDGE	NORLANE	37.00	2007
UNDER 14	(600g)	K. ROLLO	GOLDEN PLAINS	41.82	2013
UNDER 15	(600g)	T. GEORGE	ST. THOMAS	47.68	1994
Changed weight – 2015/16					
UNDER 15	(700g)	M. TREVARTHEN	CORIO WEST	26.31	2016

CORIO CENTRE RECORD HOLDERS - GIRLS

(E) Denotes electronic timing record

50 METRES

UNDER 6		S. JONES	BELL PARK	9.02	1999
	(E)	H. BERRY	LARA	9.91	2009
UNDER 7		S. JONES	BELL PARK	8.38	2000
	(E)	K. THOMPSON	LARA	9.07	2008
UNDER 8		C. JONES	BELL PARK	8.12	2000
	(E)	K. THOMPSON	LARA	8.72	2008

70 METRES

UNDER 6		S. JONES	BELL PARK	12.27	1998
	(E)	K. GRAY	LARA	13.70	2010
UNDER 7		S. JONES	BELL PARK	11.97	1999
	(E)	K. THOMPSON	LARA	12.18	2008
UNDER 8		M. VAUTIER	BELL PARK	11.20	1974
	(E)	K. THOMPSON	LARA	12.06	2009
	(E)	K. GRAY	LARA	12.06	2012
UNDER 9		D. JOVANOVSKI	BELL PARK	10.70	1987
	(E)	S. RICHARDS	GOLDEN PLAINS	11.01	2005
UNDER 10		L. ZUCCOLIN	LARA	10.20	1988
	(E)	S. JONES	BELL PARK	10.70	2003
	(E)	C. WOODFORD	LARA	10.70	2003
UNDER 11		E. McCLUSKY	NORLANE	9.90	2000
	(E)	S. RICHARDS	GOLDEN PLAINS	10.57	2008
UNDER 12		L. ZUCCOLIN	LARA	9.60	1990
	(E)	C. SMITH	CORIO SOUTH	9.98	2011

100 METRES

UNDER 6		S. JONES	BELL PARK	17.67	1998
	(E)	D. HILL	CORIO WEST	19.09	2011
UNDER 7		S. JONES	BELL PARK	16.93	2000
	(E)	K. THOMPSON	LARA	17.32	2008
UNDER 8		M. VAUTIER	BELL PARK	15.70	1974
	(E)	P. MCCLEISH	BELL PARK	17.08	2015
UNDER 9		V. BARLING	NORTH SHORE	15.20	1974
	(E)	S. JONES	BELL PARK	16.02	2002
UNDER 10		D. JOVANOVSKI	ROSEWALL	14.60	1987
	(E)	S. RICHARDS	GOLDEN PLAINS	15.40	2007
UNDER 11		J. MCGILL	BELL PARK	14.10	1971
	(E)	S. RICHARDS	GOLDEN PLAINS	14.74	2007
UNDER 12		E. GREEN	NORTH SHORE	13.20	1971
		S. HISCOCK	LARA	13.20	1981
	(E)	J.C. SMITH	CORIO SOUTH	14.10	2011
UNDER 13		B. ANDERSON	BELL PARK	13.40	1992
	(E)	S. CUNNINGHAM	GOLDEN PLAINS	13.82	2007
UNDER 14		B. ANDERSON	BELL PARK	12.50	1993
	(E)	S. CUNNINGHAM	GOLDEN PLAINS	12.99	2007
UNDER 15		K. MARTIN	LARA	13.10	1993
	(E)	S. CUNNINGHAM	GOLDEN PLAINS	12.94	2009

CORIO CENTRE RECORD HOLDERS - GIRLS

(E) Denotes electronic timing record

200 METRES

UNDER 6	S. JONES	BELL PARK	38.15	1998
	(E) B. SESAR	GOLDEN PLAINS	41.65	2010
UNDER 7	J. WILLIAMS	CORIO SOUTH	33.90	1972
	(E) K. GRAY	LARA	37.02	2011
UNDER 8	D. JOVANOVSKI	BELL PARK	33.80	1986
	(E) K. GRAY	LARA	35.61	2012
UNDER 9	V. BARLING	NORTH SHORE	32.30	1974
	(E) K. GRAY	LARA	33.01	2012
UNDER 10	L. ZUCCOLIN	LARA	30.30	1988
	(E) S. RICHARDS	GOLDEN PLAINS	32.12	2007
UNDER 11	J. MCGILL	BELL PARK	29.20	1971
	(E) S. CUNNINGHAM	GOLDEN PLAINS	30.43	2004
	(E) S. RICHARDS	GOLDEN PLAINS	30.43	2008
UNDER 12	J. MCGILL	BELL PARK	27.80	1972
	(E) C. SMITH	CORIO SOUTH	29.25	2011
UNDER 13	M. UREN	CORIO SOUTH	28.40	1989
	(E) S. CUNNINGHAM	GOLDEN PLAINS	27.77	2007
UNDER 14	B. ANDERSON	BELL PARK	27.60	1994
	(E) S. CUNNINGHAM	GOLDEN PLAINS	27.26	2008
UNDER 15	A. SEZONOV	LARA	27.60	1994
	(E) S. CUNNINGHAM	GOLDEN PLAINS	27.01	2009

400 METRES

UNDER 8 (unlaned)	K. TONKIN	LARA LAKE	1:21.70	2006
UNDER 8 (laned)	L. PAPAS	BELL PARK	1:16.80	1987
UNDER 9	V. BARLING	NORTH SHORE	1:13.0	1974
	(E) J. BURNS	BELL PARK	1:16.67	2006
UNDER 10	V. BARLING	NORTH SHORE	1:09.0	1975
	(E) K. TONKIN	LARA	1:13.13	2008
UNDER 11	V. BARLING	NORTH SHORE	1:04.5	1976
	(E) K. TONKIN	LARA	1:07.32	2009
UNDER 12	C. BAUM	CORIO	1:03.8	1973
	(E) K. TONKIN	LARA	1:05.57	2010
UNDER 13	J. TYE-SMITH	ST. THOMAS	1:05.49	1995
	(E) S. CUNNINGHAM	GOLDEN PLAINS	1:02.99	2007
UNDER 14	A. SEZONOV	LARA	1:04.4	1994
	(E) M. HINDLE	LARA	1:01.78	2010
UNDER 15	A. SEZONOV	LARA	1:04.3	1994
	(E) S. CUNNINGHAM	GOLDEN PLAINS	58.78	2009

800 METRES

UNDER 8	A. PITCHER	ST. THOMAS	3:07.6	1995
UNDER 9	L. PAPAS	BELL PARK	2:44.5	1987
UNDER 10	R. BRITTON	BELL PARK	2:48.6	1986
UNDER 11	R. BRITTON	BELL PARK	2:35.5	1987
UNDER 12	T. BURTON	CORIO	2:30.0	1971
UNDER 13	F. JENSEN	ST. THOMAS	2:31.2	1994
UNDER 14	A. TYE-SMITH	ST. THOMAS	2:28.2	1994
UNDER 15	S. CUNNINGHAM	GOLDEN PLAINS	2:23.50	2009

CORIO CENTRE RECORD HOLDERS - GIRLS

(E) Denotes electronic timing record

1500 METRES

UNDER 11		R. BRITTON	BELL PARK	5:21.7	1987
UNDER 12		J. TYE-SMITH	ST. THOMAS	5:22.8	1995
UNDER 13		F. JENSEN	ST. THOMAS	5:08.1	1994
UNDER 14		K. PORTER	ST. THOMAS	5:11.2	1987
UNDER 15		R.WATERS	LARA	5:08.8	2016

60 METRE HURDLES

UNDER 9	(45cm)	S. PHAYER	CORIO	11.00	1980
		(E) S. JONES	BELL PARK	11.36	2002
UNDER 10	(60cm)	C. THOMAS	LARA	11.33	1997
		(E) E. JOHNSTON	BELL PARK	11.05	2016
UNDER 11	(60cm)	K. MARTIN	LARA	10.40	1990
		(E) J. BURNS	BELL PARK	10.96	2008
UNDER 12	(68cm)	A. PYERS	BELL PARK	10.20	1993
		(E) M. PUNDIJI	BELL PARK	10.01	2015

80 METRE HURDLES

UNDER 9	(45cm)	E. HOCKEY	LARA	15.21	2001
UNDER 9	(45cm)	C. JONES	BELL PARK	15.21	2001
		(E) J. BURNS	BELL PARK	15.08	2006
UNDER 10	(60cm)	C. THOMAS	LARA	15.21	1997
		(E) J. BURNS	BELL PARK	15.17	2007
UNDER 11	(60cm)	C. THOMAS	LARA	14.70	1998
		(E) J. BURNS	BELL PARK	14.39	2007
UNDER 12	(68cm)	A. PYERS	BELL PARK	14.20	1993
		(E) M. PUNDIJI	BELL PARK	13.62	2015
UNDER 13	(76cm)	S. CARR	LARA	13.60	1994
		(E) M. PUNDIJI	BELL PARK	13.81	2016
UNDER 14	(76cm)	S. CARR	LARA	13.30	1995
		(E) B. MALLIA	CORIO	15.20	2005

90 METRE HURDLES

UNDER 15	(76cm)	K. MARTIN	LARA	14.95	1994
		(E) J. BURNS	BELL PARK	15.01	2012

300 METRE HURDLES

UNDER 13	(68cm)	A. SEZONOV	LARA	50.50	1993
		(E) S. CUNNINGHAM	GOLDEN PLAINS	50.46	2007
UNDER 14	(68cm)	A. SEZONOV	LARA	49.10	1993
		A. TYE-SMITH	ST. THOMAS	49.10	1994
		(E) S. CUNNINGHAM	GOLDEN PLAINS	48.37	2007
UNDER 15	(68cm)	A. SEZONOV	LARA	47.90	1994
		(E) S. CUNNINGHAM	GOLDEN PLAINS	46.66	2009

800 METRE WALK

UNDER 8		L. PAPAS	BELL PARK	4:35.7	1987
---------	--	----------	-----------	--------	------

1100 METRE WALK

UNDER 9		L. PAPAS	BELL PARK	6:13.1	1988
UNDER 10		A. NELSON	GOLDEN PLAINS	5:53.41	2013

CORIO CENTRE RECORD HOLDERS - GIRLS

1500 METRE WALK

UNDER 11	M. DAVISON	LARA	8:08.30	2012
UNDER 12	M. DAVISON	LARA	7:50.69	2013
UNDER 13	M.DAVISON	LARA	7.12.02	2014
UNDER 14	T. CHARMAN	NORLANE	7:06.4	1992
UNDER 15	T. CHARMAN	NORLANE	7:15.2	1992

LONG JUMP

UNDER 6	S. JONES	BELL PARK	2.81	1999
UNDER 7	D. TAYLOR	NORLANE	3.42	1987
UNDER 8	D. TAYLOR	NORLANE	3.60	1988
UNDER 9	A. AITKEN	ST. THOMAS	3.97	1982
UNDER 10	L. ZUCCOLIN	LARA	4.24	1988
UNDER 11	M. EYERICH	CORIO	4.87	1969
UNDER 12	M. EYERICH	CORIO	4.87	1969
UNDER 13	C. SMITH	CORIO SOUTH	4.92	2012
UNDER 14	A. AITKEN	ST. THOMAS	5.18	1987
UNDER 15	A. SEZONOV	LARA	5.51	1994

TRIPLE JUMP

UNDER 9	D. TAYLOR	NORLANE	8.29	1989
UNDER 10	A. AITKEN	ST. THOMAS	9.15	1983
UNDER 11	R. BRITTON	BELL PARK	9.50	1987
UNDER 12	A. SEZONOV	LARA	10.25	1992
UNDER 13	C. SMITH	CORIO SOUTH	10.58	2012
UNDER 14	A. SEZONOV	LARA	11.20	1994
UNDER 15	A. SEZONOV	LARA	11.01	1994

HIGH JUMP

UNDER 9	S. STUDNICZKY	Y.M.C.A.	1.15	1970
	E. BEWS	NORLANE	1.15	2002
UNDER 10	E. BEWS	NORLANE	1.35	2003
UNDER 11	J. BURNS	BELL PARK	1.36	2008
UNDER 12	L. ZUCCOLIN	LARA	1.50	1990
UNDER 13	L. ZUCCOLIN	LARA	1.50	1990
UNDER 14	A. SEZONOV	LARA	1.58	1994
UNDER 15	L. KERR	ROSEWALL	1.53	1988

SHOT PUT

UNDER 6	(1kg)	B. MAURER	ST. THOMAS	5.35	1997
UNDER 7	(1kg)	B. BECKLEY	GOLDEN PLAINS	5.72	2005
UNDER 8	(1.5kg)	S. JONES	BELL PARK	6.48	2001
UNDER 9	(2kg)	J. MALE	BELL PARK	7.34	1980
UNDER 10	(2kg)	Y. YKEMA	CORIO WEST	8.88	1979
UNDER 11	(2kg)	Y. YKEMA	CORIO WEST	10.93	1980
UNDER 12	(2kg)	Y. YKEMA	CORIO WEST	13.55	1981
UNDER 13	(3kg)	M.MIELCZAREK	BELL PARK	10.67	2015
UNDER 14	(3kg)	N. DEBELJUH	ST THOMAS	11.23	2003
UNDER 15	(3kg)	T. ROLLO	GOLDEN PLAINS	10.98	2006

CORIO CENTRE RECORD HOLDERS - GIRLS

DISCUS

UNDER 6	(350g)	B. MAURER	ST. THOMAS	14.95	1997
UNDER 7	(350g)	E. BEWS	NORLANE	14.84	2000
UNDER 8	(350g)	S. JONES	BELL PARK	19.05	2001
UNDER 9	(500g)	D. TAYLOR	NORLANE	24.23	1989
UNDER 10	(500g)	T. ROLLO	LARA	30.78	2002
UNDER 11	(750g)	Y. YKEMA	CORIO WEST	30.42	1980
UNDER 12	(750g)	Y. YKEMA	CORIO WEST	39.80	1981
UNDER 13	(750g)	T. ROLLO	CORIO	35.59	2005
UNDER 14	(1kg)	N. DEBELJUH	ST. THOMAS	32.30	2003
UNDER 15	(1kg)	J. BINNS	ST. THOMAS	33.82	1989

JAVELIN

UNDER 11	(400g)	T. ROLLO	LARA	25.46	2003
UNDER 12	(400g)	M. MIELCZAREK	BELL PARK	33.48	2015
UNDER 13	(400g)	T. ROLLO	CORIO	38.07	2005
UNDER 14	(500g)	K. GOSLING	GOLDEN PLAINS	28.86	2013
UNDER 15	(500g)	S. GATHERCOLE	LARA	27.91	2012



GEE LONG WALKERS CLUB INC

RACING, FUN AND FITNESS

**IN ASSOCIATION WITH THE CORIO LITTLE ATHLETICS CENTRE,
THE GEE LONG WALKERS CLUB OPERATES ON A THURSDAY NIGHT AT THE
CORIO LITTLE ATHLETICS CENTRE TRACK / GOLDSWORTHY RESERVE.
THE 2016-17 SEASON COMMENCES ON THURSDAY THE 13TH OCTOBER.**

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

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

NEW WALKERS ARE ENCOURAGED TO “COME n TRY” FOR A TWO-WEEK PERIOD

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

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

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

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

Affiliated with Athletics Victoria and the Victorian Race Walking Club

CORIO CENTRE OUTSIDE RECORDS - BOYS

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
B. EVANS		70 METRES	U/9	10.96	2015	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
M. HAMBLING		100 METRES	U/13	12.8	1993	NEWPORT
S. BAXTER		100 METRES	U/14	12.28	1992	COBURG
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
D. STAWICKI		200 METRES	U/13	26.0	1988	OLY PARK
S. BAXTER		200 METRES	U/14	24.64	1992	OLY PARK
F. TREVASKIS		200 METRES	U/15	23.54	1999	NEWPORT
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
JOSHUA 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
JOSHUA 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
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	15.00	1992	OLY PARK
JAI COOPER	(76cm)	300M HURDLES	U/13	47.05	2015	LAKESIDE
A. OSBORNE	(76cm)	300M HURDLES	U/14	52.49	1992	OLY PARK

CORIO CENTRE OUTSIDE RECORDS - BOYS

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	5.40	1976	OLY PARK
S. BAXTER		LONG JUMP	U/13	5.65	1991	OLY PARK
S. BAXTER		LONG JUMP	U/14	6.03	1992	COBURG
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
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

CORIO CENTRE OUTSIDE RECORDS - GIRLS

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
S. CUNNINGHAM		200 METRES	U/15	25.79	2009	OLY PARK
L. PAPAS		400 METRES	U/9	1.12.2	1988	OLY PARK
S. CUNNINGHAM		400 METRES	U/11	1.07.50	2005	WERRIBEE
V. BARLING		400 METRES	U/10	1.07.3	1975	OLY PARK
S. CUNNINGHAM		400 METRES	U/12	1.02.64	2006	CORIO
S. CUNNINGHAM		400 METRES	U/14	58.48	2008	HomeBUSH
S. CUNNINGHAM		400 METRES	U/15	57.53	2008	CANBERRA
L. PAPAS		800 METRES	U/9	(VBP) 2.41.8	1988	OLY PARK
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	10.00	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	14.20	1998	NEWPORT
M. PUNDIJ	(68cm)	80M HURDLES	U/12	12.91	2015	LAKESIDE
M. PUNDIJ	(76cm)	80M HURDLES	U/13	12.95	2016	GEELONG
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
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

CORIO CENTRE OUTSIDE RECORDS - GIRLS

J. HARRIS	800M WALK	U/8	4.33.0	1979	OLY PARK
K. PAPAS	1100M WALK	U/10	5.57.0	1986	OLY PARK
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	4.40	1988	COBURG
L. ZUCCOLIN	LONG JUMP	U/12	4.90	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
Y. YKEMA	SHOT PUT	U/12	14.32	1981	OLY PARK
T. ROLLO	SHOT PUT	U/13	10.18	2005	NEWPORT
J. BINNS	SHOT PUT	U/14	12.05	1988	OLY PARK
N. DEBELJUH	SHOT PUT	U/15	12.90	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
Y. YKEMA	DISCUS	U/12	41.60	1981	OLY PARK
T. ROLLO	DISCUS	U/13	37.10	2005	M/BOROUGH
N. DEBELJUH	DISCUS	U/14	35.40	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
C. TALBOT	JAVELIN	U/14	24.09	1997	NEWPORT
K. MARTIN	JAVELIN	U/15	(VBP) 33.84	1994	OLY PARK

(VBP) - Victorian Best Performance

ALTERNATE VENUE RECORDS 2003/2004

UNDER 14	M.JAMES	CO	SHOT PUT	11.99
	M.JAMES	CO	DISCUS	46.91
	M.JAMES	CO	JAVELIN	44.95
UNDER 12	G.SAMMITT	BP	60 M Hurdles	10.63
	G.SAMMITT	BP	80 M Hurdles	14.47
	G.SAMMITT	BP	JAVELIN	29.41
UNDER 7	D.HENDERSON	BP	70 METRES	12.75
UNDER 6	D.BURNS	GP	70 METRES	13.64
UNDER 15	N.DEBELJUH	ST	SHOT PUT	12.70
	N.DEBELJUH	ST	DISCUS	40.20
UNDER 12	T.ROLLO	CO	JAVELIN	33.21
UNDER 10	S.CUNNINGHAM	GP	60 M Hurdles	11.38
	S.CUNNINGHAM	GP	100 METRES	15.73

VICTORIAN BEST PERFORMANCES

AS AT APRIL 2016

<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	10.09	9.69	9.44	8.84				
100m	13.98	13.44	13.04	12.14	11.68	11.31	11.06	
200m	29.24	28.24	27.26	25.34	23.34	22.63	22.06	
400m	1.05.24	1.02.28	59.78	55.57	53.69	52.05	49.91	
800m	2.30.07	2.23.29	2.18.89	2.10.26	2.05.50	1.59.45	1.55.95	
1500m			4.39.68	4.36.70	4.21.10	4.13.45	4.09.68	
60m H	9.89	10.12	9.46	9.12				
80m H	13.05	13.18	12.55	12.44	12.17			
90m / 100m H						12.21	13.11	
300m H					41.83	40.18	38.31	
1100m W	5.32.11	5.09.12						
1500m W			7.03.75	6.58.71	6.54.87	6.31.4	6.14.99	
LONG JUMP	4.55	4.91	5.16	5.50	6.20	6.44	6.98	
TRIPLE JUMP	9.46	10.08	10.96	11.60	12.65	13.31	13.85	
HIGH JUMP	1.40	1.48	1.58	1.67	1.77	1.88	2.00	
SHOT PUT	9.96	11.86	13.43	15.02	16.79	16.82	18.31	
DISCUS	35.12	39.30	41.47	48.80	56.09	60.52	64.54	
JAVELIN			36.04	49.68	52.66	57.02	55.41	
MULTI-EVENT	1228pts	1390pts	1513pts	1746pts	1908pts	2693pts	4531pts	3442pts
<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	12.44	12.20	12.14	
200m	30.34	28.74	27.86	26.24	25.63	24.95	24.77	
400m	1.07.93	1.05.66	1.02.74	59.64	58.31	56.36	55.68	
800m	2.39.80	2.29.65	2.24.33	2.17.66	2.14.58	2.12.79	2.13.00	
1500m			4.52.02	4.43.85	4.36.73	4.39.27	4.34.31	
60m H	10.37	10.32	9.81	9.60				
80m H	13.54	13.78	12.86	12.78	12.41	11.87		
90m H							12.95	
300m H					45.34	43.23	42.87	
1100m W	5.42.18	5.30.0						
1500m W			7.23.73	6.53.19	6.44.36	6.40.15	6.29.19	
LONG JUMP	4.20	4.51	4.88	5.38	5.63	5.68	5.80	
TRIPLE JUMP	8.86	9.71	10.49	11.14	12.09	12.19	12.43	
HIGH JUMP	1.30	1.42	1.50	1.60	1.68	1.73	1.80	
SHOT PUT	9.63	11.75	12.68	15.01	13.15	15.63	15.56	
DISCUS	32.01	37.05	37.77	43.82	44.54	44.05	46.00	
JAVELIN			30.82	35.81	43.33	46.09	41.99	
MULTI-EVENT	1097pts	1289pts	1419pts	1431pts	1464pts	1973pts	4516pts	1999pts

VICTORIAN BEST RELAY PERFORMANCES AS AT APRIL 2016

BOYS	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>
4 x 100	59.14	56.44	54.44	51.98	49.52	45.68	44.64
4 x 200	2.06.00	1.59.40	1.54.70	1.48.80	1.42.37	1.36.34	1.34.01
Medley A	2.13.7	2.06.86	2.00.55	1.52.50	1.47.46	1.41.44	1.38.15

GIRLS	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>
4 x 100	1.00.24	58.68	55.54	52.74	50.58	49.50	49.14
4 x 200	2.11.60	2.03.20	1:57.92	1.50.80	1.45.87	1.44.65	1.44.04
Medley A	2.20.01	2.09.20	2.03.55	1.58.68	1.53.16	1.48.47	1.48.68

BOYS MIXED AGE MEDLEY

(9-11 yrs)	2.03.59
(12-13 yrs)	1.54.47
(14-16 yrs)	1.42.59

GIRLS MIXED AGE MEDLEY

(9-11 yrs)	2.09.93
(12-13 yrs)	1.53.15
(14-16 yrs)	1.56.33

MIXED SEX	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>
Medley A	2.16.61	2.08.65	2.03.39	1.56.38	1.51.36	1.46.70	1.40.39	
4 x 100	59.74	58.31	55.86	51.42	50.62	47.92	47.13	47.06
4 x 200	2.14.02	2.03.41	1.58.02	1.49.74	1.46.09	1.42.52	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)

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.

2015/2016 TROPHY PRESENTATION LIST

Age Group Champion

Runner Up

Girls

U6	Summer Henry	BP	Emily Schwuch	GP
U7	Alicia Thompson	GP	Chloe Parker	CW
U8	Jayme Lasky	LA	Jamison Towers	GP
U9	Phoenix McCleish	BP	Kiara Woods	GP
U10	Caitlin Charles	CW	Hailee Caldow	GP
U11	Ella Rayson	LA	Delainey Hill	CW
U12	Bianca Sesar	GP	Kelsea Gray	LA
U13	Mackenzie Mielczarek	BP	Maya Pundij	LA
U14	Tia Wilkin	LA	Emily Emond	BP
U15	Caitlyn Sager	GP	Laura Rowe	GP

Boys

U6	Jarvis Burley	LA	Charlie Mileto	LA
U7	William Johnson	BP	Oliver Day	LA
U8	William Charles	CW	Rufus Vaatstra	LA
U9	Daniel Norton	GP	Giuseppe Posterino	LA
U10	Mason Lloyd	LA	Mason McKenzie	BP
U11	Sam Warelow	GP	Jack Warelow	GP
U12	Christopher Watson	GP	Patrick Sager	GP
U13	Kade McKenzie	BP	Mason Potter	CW
U14	Joshua Cooper	BP	Ako Warakea	GP
U15	Monty Trevarthen	CW	Matthew Elliott	LA

2015/2016 TROPHY PRESENTATION LIST

Girls

Most Consistent

Short Track

Bianca Sesar GP

Long Track

Ella Rayson LA

Hurdle

Maya Pundij BP

Walk

Mackayla Davison LA

Jumps

Hailee Caldow GP

Throws

Mackenzie Mielczarek BP

Runner Up

Ella Rayson LA

Bianca Sesar GP

Mackenzie Mielczarek BP

Tara Robinson CW

Kelsea Gray LA

Ella Rayson LA

Boys

Most Consistent

Short Track

Patrick Sager GP

Long Track

Joshua Cooper BP

Hurdles

Ako Warakea GP

Walk

Joshua Cooper BP

Jumps

Ako Warakea GP

Throws

Kade McKenzie BP

Runner Up

Ako Warakea GP

Jack Warelow GP

Joshua Cooper BP

Alexander Keating BP

Kade McKenzie BP

Joshua Cooper BP

2015/2016 TROPHY PRESENTATION LIST

Athlete of the Year

	<u>Girls</u>		<u>Boys</u>	
Mini Athlete of the Year	Jayne Lasky	LA	Jarvis Burley	LA
Junior Athlete of the Year	Ella Rayson	LA	Sam Warelow	GP
Senior Athlete of the Year	Mackenzie Mielczarek	BP	Joshua Cooper	BP

Jacob Allison Memorial Award

Ella Wilkin LA

M. Robinson Top Walk Award

Adasha Boxer GP

D. Robinson Walk Style Award

Madison Gillett LA

Ella Rayson LA

Executive Award

Girl

Ella Wilkin LA

Boy

Jai Cooper BP

Les Campbell Coach Award

Girl

Adasha Boxer GP

Boy

William Charles CW

10 Year Service Award

Emily Emond Jack Pollard Alexander Keating Liam Smith Monty Trevarthen

President Award

Melissa Robinson Becky Gray Leonie Lloyd Bev Joyce Margaret Robertson
 Jean Trevarthen Travis Trevarthen Zenon Skuza

Meritorious Service Award

Kelvin Gray Simon Hill Tracey Rowe

Life Member Award

Sherry Gathercole Mark Wiffen

Most PBs Awards

	<u>Girls</u>		<u>Boys</u>	
Mini	Teenesha Seeley (27 PBs)	CW	Nicholas Britton (29 PBs)	LA
Junior	Caitlin Charles (44 PBs)	CW	Daniel Norton (40 PBs)	GP
Senior	Laura Rowe (44 PBs)	GP	Eric Filippe (38 PBs)	LA
			Mason Potter (38 PBs)	CW

CROSS COUNTRY AWARDS 2016 SEASON

<u>GIRLS</u>			<u>BOYS</u>		
Under 6	1 st 2 nd 3 rd P	Emily Schwuch Sienna Bilinski Aylwen Campbell Summer Henry	Under 6	1 st 2 nd	Thomas Pell Aidan Gooding
Under 7	1 st 2 nd	Teenesha Seeley Emilie Kurlatov	Under 7	1 st 2 nd	Hamish Liddell Hector Vaatstra
Under 8	1 st 2 nd 3 rd P	Eloise Lynch Mia Rayson Madisyn Kurlatov Madeleine Grills	Under 8	1 st 2 nd 3 rd	Rufus Vaatstra Daniel Bilinski Owen Fox
Under 9	1 st 2 nd 3 rd P	Phoenix McCleish Jemilla Campbell Jenna Henry Rhianna Munro	Under 10	1 st 2 nd 3 rd	Seth McCleish Lewis Filippe Levi Trevarthen
Under 10	1 st	Filomena Iannuzzi	Under 11	1 st 2 nd 3 rd P P	Jack Warelow Sam Warelow Liam Schwuch Zack Thomas Jesse Thomas
Under 11	1 st 2 nd 3 rd P P	Ella Rayson Adasha Boxer Sophie Fox Delainey Hill Aurora Vaatstra	Under 12	1 st 2 nd 3 rd	Christopher Watson Lachlan Schwuch Patrick Sager
Under 12	1 st 2 nd 3 rd	Bianca Sesar Skye Bilinski Kelsea Gray	Under 13	1 st	Anthony Elliott
Under 14	1 st 2 nd	Lucy Fox Erin Warelow	Under 14	1 st	Eric Filippe
Under 15	1 st	Caitlyn Sager	Under 15	1 st 2 nd	Monty Trevarthen Matthew Elliott

P = participation

BEST DISTANCE PERFORMANCES

1000 Metres	Eloise Lynch	Rufus Vaatstra
1500 Metres	Filomena Iannuzzi	Seth McCleish
2000 Metres	Ella Rayson	Jack Warelow
3000 Metres	Lucy Fox	Monty Trevarthen

CROSS COUNTRY AWARDS 2016 SEASON cont.

Rockerfeller Family Endeavour Award

Levi Trevarthen

Larkins Family Encouragement Award

Madeleine Grills

Parent - Keep on Running

Simon Campbell

Sandra Henry

Ash Rayson

Shane Fox

Matt Grills

CROSS COUNTRY SEASON 2016/2017

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

- All children U/6 to U/16 are eligible. If the athlete has competed in the 2015/2016 summer season, there is no registration fee payable. If the athlete is new, a registration fee is payable and will be advised prior to the commencement of the winter season.
- Age groups U6/7/8 run 1000 metres; U9/10 run 1500 metres; U11/12 run 2000 metres; U13+ run 3000 metres.
- To be eligible for Centre trophies athletes must compete in 8 out of 12 venues (unless a valid reason is given as per rule 14)
- All venues are within a 20 minute drive from the Geelong City Centre.
- Athletes can sign in from 11.30 am, walk the course at 11.45 am with competition commencing at 12.00 pm.
- Weekly competition fee is payable per athlete.
- Officiating is at a minimum.
- First point scoring day is early May 2017 (*Date TBC*). Fixture of dates and venues will be confirmed during the summer season and provided at a later date.
- Correct club uniform and logo must be worn during all Centre Events.

For further information contact Cross Country Caretaker coordinator 0407 456 494

TRY IT THIS YEAR – IT'S GOOD FUN

SKILLS COACHING AT CORIO LITTLE ATHLETICS

Sprints, Hurdles and Jumps

Tuesday 4pm – 5pm

Thursday 4pm – 5pm

For further information, contact Paul Turner on 0402 319 281

Throws

Sunday 10:30am – 12:00pm

For further information, contact Chris Larkins on 0417 552 282

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

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

CORIO CENTRE CHAMPIONSHIPS

18TH MARCH 2017

ATHLETES MAY ENTER A MAXIMUM OF 5 EVENTS

MEDALS WILL BE AWARDED TO THE FIRST THREE
PLACE-GETTERS IN ALL EVENTS.

REGISTRATION FOR THIS EVENT WILL BE ONLINE,
AND PORTAL OPEN/CLOSE DATES WILL BE
PROVIDED DURING THE SEASON

REGISTRATION WILL CLOSE ON
SATURDAY 11TH MARCH 2017

**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 Aths 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 Aths 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

SPONSORS & SUPPORTERS

TWP PROUDLY SUPPLYING THE
CORIO
LITTLE
ATHS



CUSTOM SPORTS UNIFORMS

BE SURE TO CONTACT US ABOUT ALL OUR OTHER QUALITY APPAREL

FOOTBALL **CRICKET**

SOCCER **BASKETBALL**

NETBALL **RUGBY**

GYM/TRAINING **BASEBALL**

TENNIS **BMX/MOTORCROSS**

ATHLETICS **HOCKEY**

COMPRESSION WEAR

teamworkperformance.com

Phone: 1300 361 181

Gforce

Employment Solutions

Proudly supporting Corio Little Athletics

- Apprentices & Trainees
- School Based Traineeships
- Staffing Solutions

gforce.org.au | Corner Gheringhap & McKillop Streets | 1800 436 723



A CUT ABOVE
FAMILY BUTCHER

LARKO'S

New & Used

FURNITURE WAREHOUSE

***Lounge Units *Lowline TV Units *Bedroom Units *Dining Units *Display Units *Bookcases *Office *Outdoor Furniture *Giftware**

***Large Variety of Furniture & Giftware for
Every Home and Budget
Delivery & Lay By Available***

Come on in and see the team at Larko's and be surprised at the choices on offer

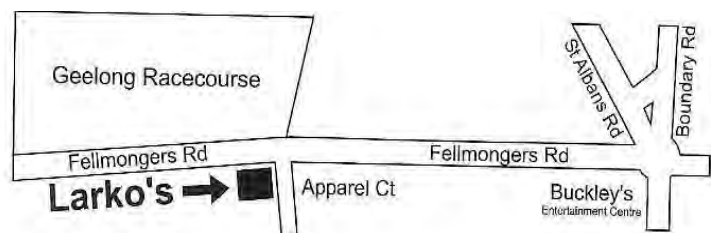
Special Offer Coupon

10% Off Storewide*

On Presentation of this page

**Conditions apply Not available on already reduced items Valid Till 1/05/2016*

Larko's Furniture Warehouse
42 Fellmongers Road
Breakwater
Ph: 03 5222 7997
www.larkos.com.au





Participating Stores

**10 High Street
BELMONT**

**63 Bellarine Hwy
NEWCOMB**

**406 - 408 Shannon Ave
NEWTOWN**

**Shop 1, 290—300 Anakie Rd
BELL POST HILL**

Proudly Sponsoring

**CORIO LITTLE ATHLETICS
CENTRE**





**Photograph taken by
Neville Wright**

If you would like to see additions/changes/enhancements to the
Corio Little Athletics annual handbook,

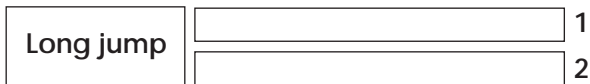
please put your ideas in writing and pass onto the
Centre Secretary for consideration for future editions.

Proudly Printed by the Gordon

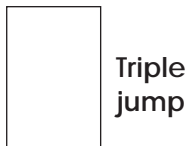
The Executive of the Corio Little Athletics Centre gratefully acknowledges the support received from our sponsors and supporters. Your appreciation of their support can best be acknowledged by supporting their business when the occasion arises.

NOTES / AUTOGRAPHS

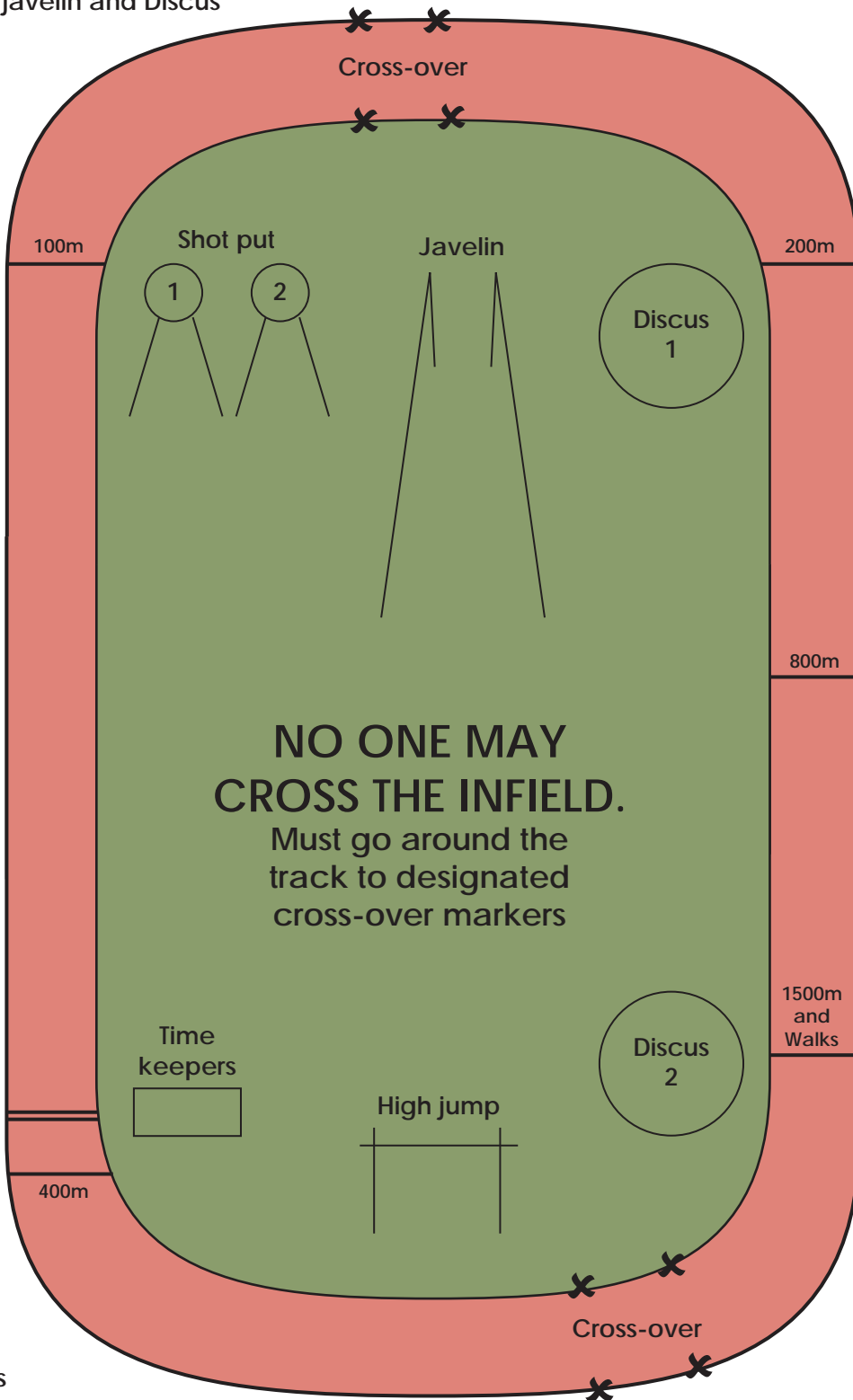
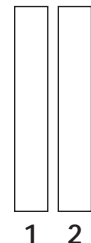
LAYOUT OF THE CORIO LITTLE ATHLETICS CENTRE



Assembly area for shot put, javelin and Discus



Assembly area for sprints and hurdles



Assembly area for 400 metres



Canteen		Announcer	Recording	First aid
Toilets	Toilets	Storeroom		

Assembly area for highjump and discus 2