

# CORIO LITTLE ATHLETICS CENTRE



# 2018/19



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# **WELCOME TO LITTLE ATHLETICS FOR THE 2018/2019 SEASON**



## **LITTLE ATHLETICS CORIO CENTRE**

**Affiliated with  
Little Athletics Victoria Inc.**

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





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# PRESIDENT'S WELCOME

Welcome to Corio Little Athletics for season 2018/2019. Whether you are a new member or a returning one, we welcome you to our centre and hope you have an enjoyable season.

This season presents some exciting opportunities for the centre with both the age group change and the upgrade of the track.

The upgrade of the track has been something that the committee has been striving to obtain for many years, and that vision will come to fruition this season. I would like to take a moment to thank all the committee members past and present who have helped make this happen. It has taken a lot of hard work behind the scenes and the reward will be seeing the athletes compete on the new surface. This surface will provide our athletes with an IAAF standard track, which will no doubt produce some fast times. This will be a once in a life time opportunity for athletes as the track was last upgraded in 2003. It will give the centre the ability to host region events, with the Western Metro Region track and field for season 2019/2020 already booked in.

The age group change will present a challenge to some of our athletes as they will jump an age group, but it is a challenge that they will overcome with the support of their families, peers and our volunteers. If any of these athletes should find themselves struggling with new events, remember there is always someone who is willing to help them develop these new skills with some additional coaching. At Corio LAC, we want every athlete to feel encouraged and supported to try new events, learn new skills and to achieve their best.

At Corio LAC, we place a great deal of focus on athletes doing their best; that is the best they can do, not in comparison with other athletes, friends or siblings. The other important element of little athletics is developing social skills by making friends with athletes from within our centre as well as at region and state events. We encourage parents, guardians and spectators to cheer enthusiastically for ALL competing athletes because they do appreciate it, even those in our older age groups.

There are another group of people that need to be mentioned, as we cannot run our weekly competitions without, and that is our volunteers. We ask that everyone does their duty, so that all the events can run as programmed - your club will provide you with further details on the expectations of the parents/guardians. As with our athletes, the centre will support every volunteer and if they need some extra help they will receive it. This is not the Olympics or Commonwealth Games, so any duty is straight forward. I myself started assisting with the discus event, many years ago and was fully supported; something that we continue with today.

If you see me walking around on a Saturday morning, please come and say hello or ask any questions that you may have. I am always happy to talk with any athlete, parent or guardian.

Join our Facebook group for weekly events and general information relating to our centre and athletes, as well as many great photos throughout the season.

Have a great season

Regards,  
Simon Hill

**“GO TEAM CORIO”**





# CENTRE EXECUTIVE MEMBERS 2018/2019

## PRESIDENT



Simon Hill  
☎ 0407 456 494

## VICE PRESIDENT



Matt McDonough  
☎ 0417 164 085

## DEPUTY VICE PRESIDENT



Kelvin Gray  
☎ 0431 484 807

## SECRETARY



Kirsten Thomas  
☎ 0414 944 199

## TREASURER



Sharron Colls-Mckenzie  
☎ 0418 789 154

## VENUE CO-ORDINATOR



Mark Boxer  
☎ 0418 583 392

## RECORDS & RANKING



Graham Cole  
☎ 5275 3309

## PUBLICITY



Doc Thomas  
☎ 0420 277 199

## REGION DELEGATE



Denise Charles  
☎ 0433 482 861

## CROSS COUNTRY



Simon Hill  
☎ 0407 456 494

## SCHOOLS FACILITIES CO-ORDINATOR

Nicole Hill  
☎ 0408 122 303

## CENTRE MEETINGS 2018/19

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

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

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

# LIFE MEMBERS

(as at the beginning of the 2018/2019 season)

Trevor Billingham*	Jim Baskin	Graham Cole
Jim* & Val Wood	Barbara Fairbrother	Harold Boddy
Ric* & Dot Payne	Jack Thompson*	Michael Brunton
Norma Campbell	Hans Werner	Anne Gottardo
Marg Robertson*	Bill Aitken*	Chris Larkins
Lois Daffy*	Shirley Aitken	Allen Martin
Peter Taylor	Brian Boyle	Lou Mirachi
Judy Thorne	Graham* & Dianne Alsop	Marlo Drake
Lesley Martin	Helen Thomson	Mark Ettridge
Hon. Jack Deppeler, O.A.M.*	Paul Turner	Snez Davis
Debbie Baskin	Denise Turner	Jenny Larkins
Greg Wilson	Robert Pitcher*	Mark Wiffen
Sherry Gathercole		

\*deceased

## CENTRE OFFICIALS

ANNOUNCER  
CHIEF OF OFFICIALS  
CHIEF TIMEKEEPER  
STARTERS  
  
CHIEF WALK JUDGES  
FIELD COORDINATOR

Marlo Drake  
Simon Hill, Kelvin Gray  
Graham Cole  
Travis Trevarthen, Simon Hill, Chris Larkins, Sherry Gathercole,  
Neil McKenzie, Denise Charles  
Lou Marachi, Scott Nelson, Harold Boddy  
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)
- Centre Chiefs
- Team Managers
- Officials at Centre
- Volunteers without children registered at the Centre
- Overnight Supervisors at camps/clinics/functions
- First Aid Personnel
- Volunteers at Association run activities, (not Centre events).
- Personnel representing outside vendors such as the Coffee Van that sets up and sells beverages/food at your Centre.

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

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

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



# CLUB CONTACTS

## **BELL PARK**

President: Neil McKenzie ☎ 0425 708 245  
Secretary: Tania Abreu ☎ 0403 274 537  
Team Manager: Sharron Colls-McKenzie ☎ 0418 789 154

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

## **CORIO SOUTH**

President: Doc Thomas ☎ 0420 277 199  
Secretary:  
Team Manager: Michael Robinson ☎ 0411 177 538

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

## **CORIO WEST**

President: Jean Trevarthen ☎ 0418 393 425  
Secretary: Melissa Robinson ☎ 0415 975 009  
Team Manager: Jacquie Power ☎ 0411 473 141

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

## **GOLDEN PLAINS**

President: Heather Parkinson ☎ 0403 195 283  
Secretary: Cathy Watson ☎ 0416 255 684  
Team Manager: Fiona Warelow ☎ 0407 567 318

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

## **LARA**

President: Narelle Campbell ☎ 0407 346 702  
Secretary:  
Team Manager: Kelvin Gray ☎ 0431 484 807

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

## 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 2018/2019 SEASON

DATE	DAY	COMPETITION	TIME	DUTY CLUB
28/09/18	FRI	Come and Try - Information Day	10.00 am	Exec
06/10/18	SAT	Cycle A - Induction Round	8.45 am	Corio West
13/10/18	SAT	Cycle B	8.45 am	Golden Plains
20/10/18	SAT	Cycle C	8.45 am	Lara
27/10/18	SAT	Cycle A - March Past	8.45 am	Bell Park
03/11/18	SAT	Cycle B	8.45 am	Corio South
10/11/18	SAT	Cycle C	8.45 am	Corio West
17/11/18	SAT	Region Relays - Melton City		
24/11/18	SAT	Cycle A	8.45 am	Golden Plains
01/12/18	SAT	Cycle B	8.45 am	Lara
08/12/18	SAT	Cycle C	8.45 am	Bell Park
15/12/18	SAT	State Relays - Lakeside		
22/12/18	SAT	Cycle A	8.45 am	Corio South
CHRISTMAS BREAK				
19/01/19	SAT	Cycle B	8.45 am	Corio West
26/01/19	SAT	Intercentre - Multi Day	8.45 am	Exec
02/02/19	SAT	State Combined Events Championships - Lakeside		
03/02/19	SUN	State Combined Events Championships - Lakeside		
09/02/19	SAT	Cycle C	8.45 am	Golden Plains
16/02/19	SAT	Region Track and Field - Werribee		
17/02/19	SUN	Region Track and Field - Werribee		
23/02/19	SAT	Cycle A	8.45 am	Lara
02/03/19	SAT	Cycle B	8.45 am	Bell Park
09/03/19	SAT	Cycle C	8.45 am	Corio South
15/03/19	FRI	State Track and Field - Casey Fields		
16/03/19	SAT	State Track and Field - Casey Fields		
17/03/19	SUN	State Track and Field - Casey Fields		
23/03/19	SAT	Centre Championships	8.45 am	Exec
TBC	SUN	Presentation Day		
SPECIAL EVENTS				
DATE	DAY	EVENT	LOCATION	
17/11/18	SAT	Region Relay Carnival	MELTON CITY	
15/12/18	SAT	State Relay Championships	LAKESIDE STADIUM	
02 - 03/02/19	SAT - SUN	State Combined Events Championships	LAKESIDE STADIUM	
16 - 17/02/19	SAT - SUN	Region Track and Field Carnival	WERRIBEE	
15 - 17/03/19	FRI - SUN	State Track and Field Championships	CASEY FIELDS	
23/03/19	SAT	Centre Championships	CORIO	
TBC	SUN	Presentation Day	CORIO	



## CYCLE A

### GIRLS

Under 6	70 M	100 M	DISCUS	SHOT PUT	
Under 7	70 M	100 M	DISCUS	SHOT PUT	
Under 8	70 M	100 M	SHOT PUT	LONG JUMP	
Under 9	100 M	60 M HURDLES	800 M	SHOT PUT	LONG JUMP
Under 10	100 M	400 M	SHOT PUT	LONG JUMP	
Under 11	100 M	400 M	1100 M WALK	JAVELIN	HIGH JUMP
Under 12	100 M	400 M	1500 M WALK	JAVELIN	HIGH JUMP
Under 13	100 M	200 M HURDLES	1500 M	TRIPLE JUMP	
Under 14	100 M	200 M HURDLES	1500 M	TRIPLE JUMP	
Under 15/16	100 M	300 M HURDLES	1500 M	TRIPLE JUMP	

### BOYS

Under 6	70 M	100 M	DISCUS	LONG JUMP	
Under 7	70 M	100 M	DISCUS	LONG JUMP	
Under 8	70 M	400 M	700 M WALK	SHOT PUT	
Under 9	100 M	60 M HURDLES	800 M	DISCUS	
Under 10	100 M	800 M	DISCUS	LONG JUMP	
Under 11	100 M	400 M	1100 M WALK	JAVELIN	HIGH JUMP
Under 12	100 M	400 M	1500 M WALK	JAVELIN	HIGH JUMP
Under 13	100 M	200 M HURDLES	1500 M	SHOT PUT	LONG JUMP
Under 14	100 M	200 M HURDLES	1500 M	SHOT PUT	LONG JUMP
Under 15/16	100 M	300 M HURDLES	1500 M	SHOT PUT	LONG JUMP

## CYCLE B

### GIRLS

Under 6	50 M	100 M	DISCUS	LONG JUMP	
Under 7	50 M	100 M	SHOT PUT	LONG JUMP	
Under 8	50 M	700 M WALK	DISCUS	SHOT PUT	
Under 9	60 M HURDLES	200 M	700 M WALK	800 M	LONG JUMP
Under 10	60 M HURDLES	100 M	800 M	1100 WALK	LONG JUMP
Under 11	60 M HURDLES	200 M	1500 M	SHOT PUT	LONG JUMP
Under 12	80 M HURDLES	200 M	1500 M	SHOT PUT	LONG JUMP
Under 13	200 M	400 M	1500 M WALK	JAVELIN	HIGH JUMP
Under 14	200 M	400 M	1500 M WALK	JAVELIN	HIGH JUMP
Under 15/16	200 M	400 M	1500 M WALK	JAVELIN	HIGH JUMP

### BOYS

Under 6	50 M	100 M	SHOT PUT	LONG JUMP	
Under 7	50 M	100 M	DISCUS	SHOT PUT	
Under 8	50 M	100 M	DISCUS	LONG JUMP	
Under 9	60 M HURDLES	200 M	700 M WALK	LONG JUMP	HIGH JUMP
Under 10	60 M HURDLES	100 M	400 M	1100 M WALK	HIGH JUMP
Under 11	60 M HURDLES	100 M	1500 M	SHOT PUT	LONG JUMP
Under 12	80 M HURDLES	200 M	1500 M	SHOT PUT	LONG JUMP
Under 13	200 M	800 M	1500 M WALK	JAVELIN	TRIPLE JUMP
Under 14	200 M	800 M	1500 M WALK	JAVELIN	TRIPLE JUMP
Under 15/16	200 M	800 M	1500 M WALK	JAVELIN	TRIPLE JUMP

## CYCLE C

### GIRLS

Under 6	70 M	200 M	SHOT PUT	LONG JUMP	
Under 7	70 M	200 M	DISCUS	LONG JUMP	
Under 8	70 M	200 M	400 M	LONG JUMP	
Under 9	100 M	400 M	DISCUS	HIGH JUMP	
Under 10	60 M HURDLES	200 M	800 M	DISCUS	HIGH JUMP
Under 11	60 M HURDLES	100 M	800 M	DISCUS	TRIPLE JUMP
Under 12	80 M HURDLES	100 M	800 M	DISCUS	TRIPLE JUMP
Under 13	80 M HURDLES	800 M	DISCUS	LONG JUMP	SHOT PUT
Under 14	80 M HURDLES	800 M	DISCUS	LONG JUMP	SHOT PUT
Under 15/16	90 M HURDLES	800 M	DISCUS	LONG JUMP	SHOT PUT

### BOYS

Under 6	70 M	200 M	DISCUS	SHOT PUT	
Under 7	70 M	200 M	SHOT PUT	LONG JUMP	
Under 8	70 M	200 M	SHOT PUT	LONG JUMP	
Under 9	100 M	400 M	800 M	SHOT PUT	LONG JUMP
Under 10	60 M HURDLES	200 M	800 M	SHOT PUT	LONG JUMP
Under 11	60 M HURDLES	200 M	800 M	DISCUS	TRIPLE JUMP
Under 12	80 M HURDLES	100 M	800 M	DISCUS	TRIPLE JUMP
Under 13	80 M HURDLES	400 M	DISCUS	HIGH JUMP	
Under 14	90 M HURDLES	400 M	DISCUS	HIGH JUMP	
Under 15/16	100 M HURDLES	400 M	DISCUS	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 5 Clubs. We are Centre Number 7.
- REGION:** A large group of Centres responsible for the conduct of heats of the Victorian Championships. This Centre belongs to the **Western Metropolitan Region**. There are 11 other Centres in our Region which are Altona, Bacchus Marsh, Brimbank, Geelong, Gisborne, Melton City, South Melbourne & District, Werribee, Williamstown and Woodend.
- ASSOCIATIONS:**
- LAVic** **Little Athletics Victoria** is the State body which is controlled by an Annual Conference that is attended by two Delegates from each Centre. Day to day control is exercised by an elected Board of Management which is supported by office staff.
- L.A.A.** **Little Athletics Australia (LAA)** is the National body controlled by two Delegates from each State.

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

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



# CLUB OF THE DAY INFORMATION

## **JOBS TO DO – 7.30 am SET UP START**

1. Remove High Jump bag trailer from the shed with High Jump Stands, Bar and Measuring Sticks and take to High Jump areas and prepare for competition.
2. When required (refer to Program) remove hurdles trailer from shed and place eight hurdles on the inside edge of the track, beside each of the 9 spacings marked in WHITE on the track for 90H, or 6 spacings marked in ORANGE for 60H, or 9 spacings marked in BLACK for 80H, or 8 spacings marked in GREEN for 300H.
3. Place discus & shot trolleys, long jump & triple jump bins to each venue.
4. Sweep track starting areas, discus and shot put rings and high jump take off area.
5. Position Timing Gates on front straight.
6. Place Public Address system in position.
7. 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.
8. Clubs are able to hold their approved fundraiser on the day designated in the fixture.

## **DUTY DAY FUNDRAISER**

1. Clubs can only sell products on two of their rostered Club Duty Morning (no sales to take place on major programs, e.g. Open Day, Outside Centre Meetings and Centre Championships).
2. No sales of goods can take place until the Venue Co-Coordinator has given approval that the required officials are in position.
3. Fundraising can be BBQs, Raffles, etc.
4. Sales area is to be in the equipment shed or adjacent.
5. Fundraising cannot conflict with Centre Sponsors or policies.
6. If unsure check with the Executive committee, for approval prior to going ahead.

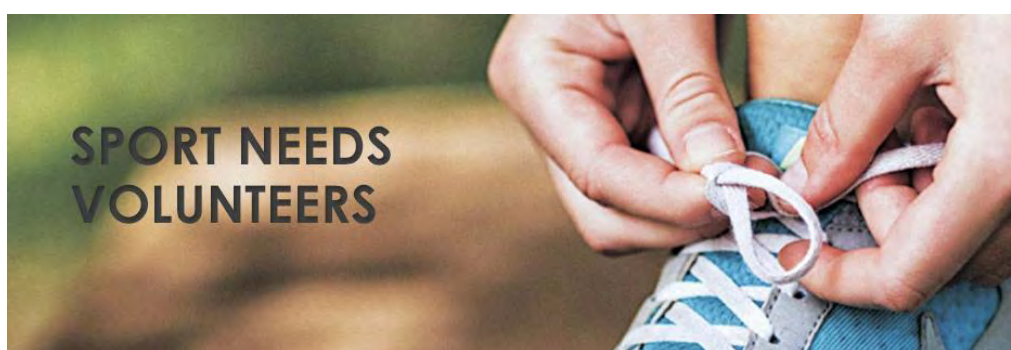
# PROVISION OF OFFICIALS BY CLUBS

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

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

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

## STARTING TIMES FOR SEASON 2018/2019

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

# GENERAL 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, together with Club Presidents being advised via text. A program may be altered to suit weather conditions. The Executive will make the decision after the scheduled time of program.

## LOST PROPERTY

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

## INSURANCE

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

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

## CENTRE UNIFORM

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

Our Centre uniform **MUST BE WORN** for every occasion representing the Centre, for example, Region Events, State Relays, State Track & Field, State Combination, State 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 27<sup>th</sup> October 2018**

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 24<sup>th</sup> March 2019**

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**

**TBC - 2019**

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

## **CROSS COUNTRY SEASON**

This begins at the beginning of May 2019 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 17<sup>th</sup> November 2018 at Melton City and State Relays on 15<sup>th</sup> December 2018 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 Carnival**

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 Track and Field Championships will be held on 16<sup>th</sup> & 17<sup>th</sup> February 2019 at Werribee. Registrations close 28<sup>th</sup> January 2019.

### **State Track & Field Championships**

Subject to results of Region Track & Field, athletes will be notified if they have qualified to progress onto State Track & Field Championship Finals, which are to be held on 15, 16 & 17 March 2019 at Casey Fields.

### **U6 – U8 Skills Clinic & 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 2<sup>nd</sup> December 2018. 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.

### **State Combined Events Championships (Multis)**

Athletes from U/9 to U/15 may compete. State Combined Events Championships will take place on 02 & 03 February 2019 at Lakeside Stadium Albert Park. Registrations close on 16<sup>th</sup> January 2019.

### **Region & State Cross Country**

Region Cross Country will take place in June 2019, more details will be provided at a later date. Athletes automatically progress to State Championship in July 2019 at venue to be confirmed.

### **Road Relays**

Athletes from U/9 to U/15 may compete. State Road Relay Championships will take place in July 2019 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.*



# 2018/2019 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					
	U10*	U11	U12	U13	U14	U15	U10	U11	U12	U13	U14	U15
100m	14.45	14.45	13.80	13.20	12.60	12.40	14.90	14.20	13.75	13.50	13.50	13.50
200m	29.75	29.75	28.10	26.90	25.50	25.25	31.30	29.40	28.15	27.90	27.80	27.80
400m	68.50	68.50	65.00	62.00	60.00	58.00	72.00	68.00	66.00	65.50	65.50	65.50
800m	2:38	2:38	2:30	2:25	2:23	2:18	2:50	2:42	2:38	2:38	2:35	2:35
1500m		5:25	5:10	5:05	5:00	4:50	5:52	5:36	5:32	5:35	5:30	5:30
60mH	10.70	10.70	10.40				11.10	10.50				
80mH				13.90					14.15	14.20		
90mH					14.60						16.00	16.00
100mH						15.50						
200mH				31.00	30.30				32.00	32.00		
300mH						46.50					53.50	53.50
1100mW	7:45	7.45					8:00					
1500mW			9:45	9:45	9:30	9:15		9:45	9:45	9:45	9:45	9:45
L/J	4.20	4.20	4.60	4.85	5.20	5.40	4.00	4.00	4.20	4.50	4.60	4.75
T/J		9.10	9.80	10.45	11.15	11.30		8.60	9.25	9.55	9.75	9.75
H/J	1.34	1.34	1.42	1.50	1.55	1.60	1.30	1.30	1.35	1.42	1.45	1.45
Shotput	9.20	9.20	8.30	9.50	11.50	10.00	7.65	7.65	9.50	8.55	9.00	9.20
Discus	26.00	24.00	27.50	25.00	32.00	34.00	22.55	20.50	24.00	26.25	24.00	24.00
Javelin		22.50	27.00	26.50	31.00	33.00		17.50	20.00	24.50	26.00	25.00
Multi	1 <sup>st</sup> to 8 <sup>th</sup> place inclusive at the State Championships in each age group											
C/Country	1 <sup>st</sup> to 8 <sup>th</sup> place inclusive at the State Championships in each age group											

2018-19 Season Only - Only U10\* athletes born Oct - Dec can register for JDS as they will progress to U12 at the commencement of the 2018 - 19 season

# EQUIPMENT WEIGHTS, HEIGHTS AND SIZES

	<u>AGE</u>	<u>SP</u>	<u>DIS</u>	<u>JAV</u>	<u>U/TJ</u>	<u>HJ</u>		<u>WALK</u>
					<u>Mat</u>	<u>Corio</u>	<u>State</u>	
<b><u>GIRLS</u></b>	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	500g	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
<b><u>BOYS</u></b>	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	500g	400g	1.22 x 0.2 b	1.05 m	1.15 m	1,100
	U12	2.0 kg	750g	400g	1.22 x 0.2 b	1.15 m	1.25 m	1,500
	U13	3.0 kg	750g	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>
<b>60 Hurdles – (6 flights - Orange markings)</b>				
9 B & G	45 cm	12 m	7 m	13 m
10/11 B & G	60 cm	12 m	7 m	13 m
<b>80 Hurdles – (9 flights - Black markings)</b>				
12 B & G	68 cm	12 m	7 m	12 m
13 B & G	76 cm	12 m	7 m	12 m
14 G	76 cm	12 m	7 m	12 m
<b>90 Hurdles – (9 flights - White markings)</b>				
14 B	76 cm	13 m	8 m	13 m
15/16 G	76 cm	13 m	8 m	13 m
<b>100 Hurdles – (10 flights - Yellow markings)</b>				
15/16 B	76 cm	13 m	8.5 m	10.5 m
<b>200 Hurdles – (5 flights - Green markings)</b>				
U13 B & G	68 cm	20 m	35 m	40 m
U14 B & G	76 cm	20 m	35 m	40 m
<b>300 Hurdles – (7 flights - Green markings)</b>				
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 1<sup>st</sup> place on back-straight events. No records will be recognised if this rule is not adhered to.
  - b) Fully electronic timing mechanisms will be used for 1<sup>st</sup> place on front and back straight with additional hand held watches.
  - c) To claim a field event record an athlete must win that event, and the measurement must be sighted and verified by an Executive member. Measurement should preferably be made with a steel tape.
  - d) Race walk records
    - There must be a minimum of four (4) qualified "D" grade or higher walk judges officiate the event.
    - As the leading athlete/s are finishing the event, there must be a minimum of two (2) walk judges in the vicinity of the finish line (i.e., approximately the last 50 metres) with the designated chief walk judge positioned at the finish line.

# RULES OF THE COMPETITION

d) Race walk records...continued

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

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

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

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



# RULES OF THE COMPETITION

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

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

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

## **MARSHALLING REMINDER**

**DO NOT CROSS THE INFIELD FOR ANY REASON!**

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

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



## **SUN PROTECTION POLICY**

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

## **SMOKE-FREE POLICY**

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

## **HEALTHY FOOD CHOICE POLICY**

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

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

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

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

## **ALCOHOL MANAGEMENT POLICY**

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

The following strategies have been adopted:

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

# 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.
- 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.
- 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:

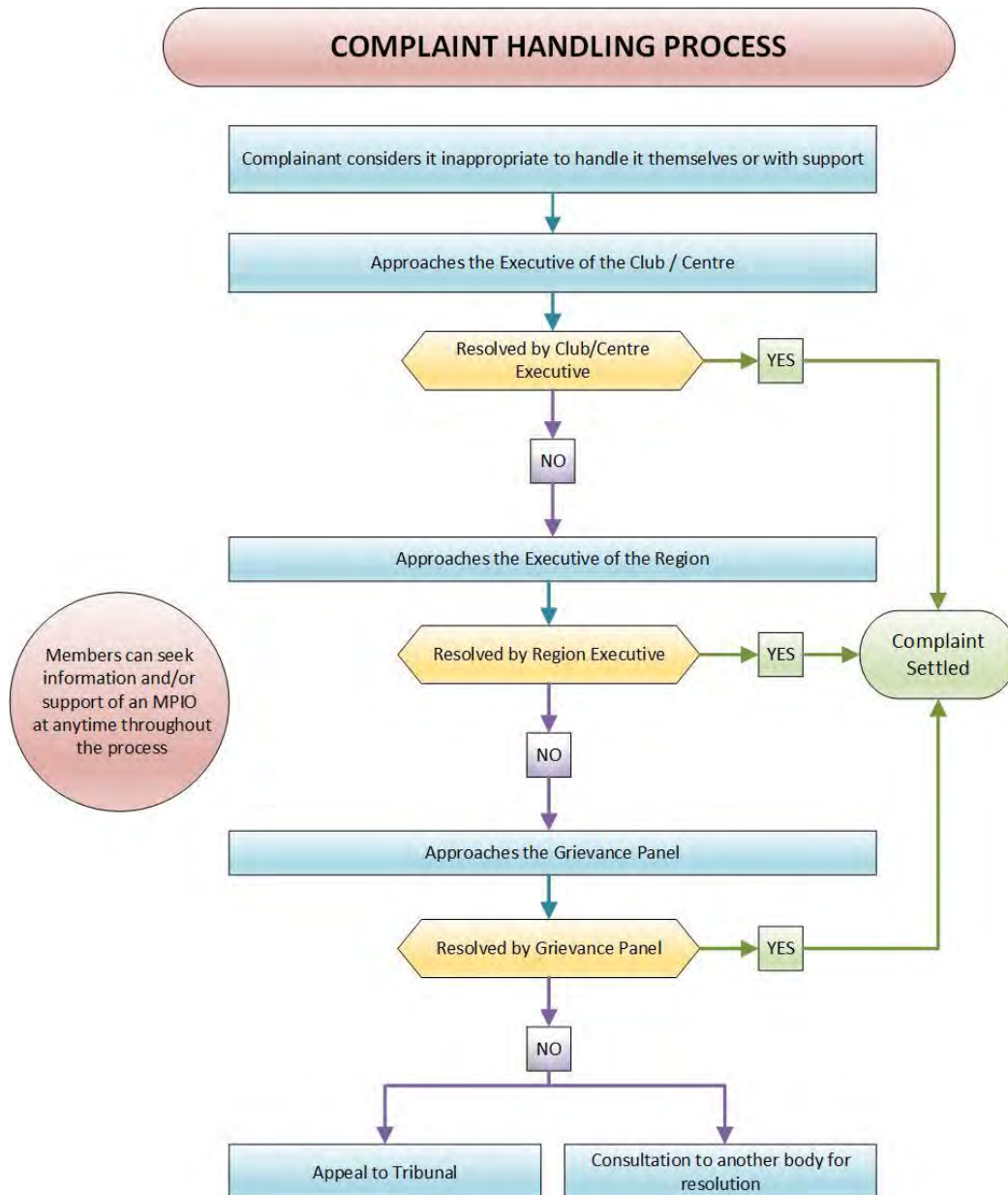
Little Athletics Victoria and the Corio Centre expects all members to comply with the Codes of Behaviour. Appropriate action may be taken in the case of any breaches of the Codes of Behaviour.

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.







# Little Athletics







UNDER 6



UNDER 7



UNDER 8



UNDER 9





UNDER 10



UNDER 11



UNDER 12



SENIORS







# CORIO CENTRE RECORD HOLDERS - BOYS

(E) Denotes electronic timing record

Age Group / Event	Name	Club	Time	Year
<b>50 M</b>				
U6	S. Doak	Bell Park	9.20	1992
	(E) P. Visentin	Lara Lake	9.43	2011
U7	S. Doak	Bell Park	8.60	1993
	(E) W. Parrello	Lara Lake	8.98	2006
U8	S. Doak	Bell Park	8.20	1993
	(E) J. Burley	Lara	8.29	2018
<b>70 M</b>				
U6	S. Doak	Bell Park	12.40	1992
	(E) B. Harvey	Lara	13.16	2011
U7	S. Doak	Bell Park	11.40	1993
	(E) C. Bassett	Lara	12.25	2009
U8	R. Aitken	St. Thomas	11.00	1977
	W. Parello	Lara Lake	11.47	2007
U9	G. Byrne	Bell Park	10.60	1982
	J. Hazell	Corio	10.60	1992
(E)	C. Jervies	Golden Plains	11.07	2005
U10	S. Lofts	Bell Park	9.90	1982
	(E) C. Jervies	Golden Plains	10.41	2007
U11	S. Wilson	Lara	9.81	1995
	(E) C. Hall	Golden Plains	10.33	2014
U12	R. McLean	Corio	9.70	1971
	(E) P. Lawrence	Lara	9.49	2012
<b>100 M</b>				
U6	A. Perilli	Bell Park	18.00	1982
	(E) B. Harvey	Lara	18.83	2011
U7	S. Doak	Bell Park	16.50	1993
	(E) Jarvis Burley	Lara	17.30	2017
U8	S. Jones	Bell Park	15.46	1998
	(E) W. Parrello	Lara Lake	15.99	2007
U9	B. Fisher	St Thomas	14.90	1981
	(E) H. McDonough	Bell Park	15.22	2017
U10	F Loges	St Thomas	14.10	1968
	(E) Charlie Hall	Golden Plains	14.92	2013
U11	C. Veltman	Lara	13.90	1989
	(E) Charlie Hall	Golden Plains	14.51	2015
U12	S. Doak	Bell Park	12.73	1998
	(E) Parker Lawrence	Lara	13.27	2012
U13	S. Doak	Bell Park	12.52	1999
	(E) J. Warelow	Golden Plains	12.93	2017
U14	F. Trevaskis	Bell Park	12.30	1998
	(E) P. Sager	Golden Plains	12.38	2017
U15	F. Trevaskis	Bell Park	11.62	1998
	(E) J. Buckley	Lara	12.15	2010

# CORIO CENTRE RECORD HOLDERS - BOYS

(E) Denotes electronic timing record

Age Group / Event	Name	Club	Time	Year
<b>200 M</b>				
U6	S. Avery	Rosewall	38.20	1988
	N. Jackson	Bell Park	38.20	1984
	(E) C. Harding	Bell Park	39.65	2010
U7	A. Helmore	Corio	33.70	1971
	(E) J. Svaljek	Golden Plains	37.23	2005
U8	B. Veltman	Lara	32.40	1986
	(E) J. Sanders	Lara	33.93	2013
U9	M. Somerton	Corio South	30.90	1976
	C. Veltman	Lara	30.90	1987
	(E) D. Burns	Bell Park	31.87	2007
U10	C. Veltman	Lara	30.20	1988
	C. Gray	Bell Park	30.20	1995
	(E) C. Hall	Golden Plains	30.30	2013
U11	C. Veltman	Lara	28.40	1989
	(E) C. Hall	Golden Plains	29.33	2015
U12	C. Veltman	Lara	27.00	1990
	(E) T. Sa La	Corio South	27.58	2012
U13	D. Stawicki	Bell Park	26.40	1988
	(E) N. Reh	Norlane	26.52	2011
U14	C. Trevaskis	Bell Park	25.35	1998
	(E) J. Buckley	Lara	25.55	2010
U15	A. Perkins	Corio	23.81	1997
	(E) J. Buckley	Lara	24.46	2011
<b>400 M</b>				
U08 (Unlaned)	M. James	Corio	1:19.10	2002
U08 (Laned)	S. Baxter	Rose	1:27.70	1984
U09	C. Helmore	Corio	1:08.00	1973
	(E) D. Burns	Bell Park	1:15.27	2006
U10	S. Peterson	Corio West	1:08.00	1984
	(E) C. Hall	Golden Plains	1:11.19	2014
U11	C. Helmore	Corio	1:04.00	1975
	(E) C. Hall	Golden Plains	1:05.33	2014
U12	C. Veltman	Lara	1:02.30	1990
	(E) J. Svaljek	Golden Plains	1:05.39	2010
U13	D. Stawicki	Bell Park	59.00	1987
	J. Cooper	Bell Park	59.33	2015
U14	F. Trevaskis	Bell Park	55.11	1998
	(E) C. Davis	Corio West	57.28	2013
U15	F. Trevaskis	Bell Park	53.15	1999
	(E) C. Davis	Corio West	54.30	2013
<b>800 M</b>				
U08	W. Chapman	Nth Shore	2:47.6	1984
U09	H Horsten	Norlane	2:40.5	1977
U10	P. Schnyder	Norlane	2:33.7	1972
U11	S. Peterson	Corio West	2:25.0	1985
U12	F. Trevaskis	Bell Park	2:24.3	1996
U13	S. Peterson	Corio West	2:21.1	1987
U14	F. Trevaskis	Bell Park	2:11.0	1998
U15	F. Trevaskis	Bell Park	2:03.3	1999

# CORIO CENTRE RECORD HOLDERS - BOYS

(E) Denotes electronic timing record

Age Group / Event	Name	Club	Time	Year
<b>1500 m</b>				
U11	G. Young	North Shore	4:58.7	1977
U12	G. Young	North Shore	4:47.9	1978
U13	B. Anderson	Corio	4:59.4	1995
U14	F. Trevaskis	Bell Park	4:43.0	1998
U15	J. Dillon	Golden Plains	4:23.7	2010
<b>60 M HURDLES</b>				
U09 (45 cm)	C. Harris	Corio South	10.40	1978
	(E) C. Bassett	Lara	11.07	2011
U10 (60 cm)	B. McPhail	Lara	11.20	1994
	(E) C. Hall	Golden Plains	11.59	2013
U11 (60 cm)	M. Northover	Corio South	10.00	1981
	(E) D. Burns	Bell Park	10.70	2008
U12 (68 cm)	L. Martin	Lara	10.20	1994
	(E) T. Sa La	Corio South	10.41	2012
<b>80 M HURDLES</b>				
U09 (45 cm)	S. Wilson	Lara	14.30	1994
	(E) D. Burns	Bell Park	13.95	2007
U10 (60 cm)	A. Dragicevic	Bell Park	15.11	1996
	B. Hutchinson	Corio West	15.11	2001
	(E) C. Hall	Golden Plains	15.12	2014
U11 (60 cm)	F. Trevaskis	Bell Park	13.70	1995
	(E) D. Burns	Bell Park	14.00	2008
U12 (68 cm)	G Byrne	Bell Park	13.80	1993
	(E) D. Burns	Golden Plains	14.34	2010
U13 (76 cm)	S. Doak	Bell Park	13.27	1999
	(E) D. Burns	Bell Park	13.92	2011
	(E) J. Warelow	Golden Plains	13.92	2018
<b>90 M HURDLES</b>				
U14 (76 cm)	F. Trevaskis	Bell Park	13.41	1998
	(E) J. Sesar	Golden Plains	14.04	2013
<b>100 M HURDLES</b>				
U15 (76 cm)	F. Trevaskis	Bell Park	14.66	1998
	(E) J. Buckley	Lara	15.10	2011
<b>200 M HURDLES</b>				
U13 (68 cm)	J. Warelow	Golden Plains	29.28	2018
U14 (76 cm)	K. Wakely	Golden Plains	29.24	2018
<b>300 M HURDLES</b>				
U13 (68 cm)	S. Doak	Bell Park	46.45	1998
	(E) G. Sammit	Bell Park	47.17	2005
U14 (68 cm)	F. Trevaskis	Bell Park	43.70	1998
	(E) G. Sammit	Bell Park	43.70	2006
U15 (68 cm)	F. Trevaskis	Bell Park	41.52	1999
	(E) C. Davis	Corio West	42.60	2014
U15 (76 cm)	J. Cooper	Bell Park	46.28	2016

# CORIO CENTRE RECORD HOLDERS - BOYS

(E) Denotes electronic timing record

Age Group / Event	Name	Club	Time	Year
<b>700 M WALK</b>				
U8	B. Langer	Golden Plains	4:33.72	2018
U9	O. Day	Lara	4:26.86	2018
<b>800 M WALK</b>				
U8	K Dearnley	St Thomas	4:25.4	1982
<b>1100 M WALK</b>				
U 9	M. Bottrell	Norlane	6:01.0	1982
U10	M. Bottrell	Norlane	5:43.9	1983
U11	G. Posterino	Lara	6:47.41	2017
<b>1500 M WALK</b>				
U11	L. Bubb	Norlane	7:14.2	1991
U12	L. Bubb	Norlane	7:12.8	1992
U13	D. Thorne	North Shore	7:15.0	1993
U14	D. Thorne	North Shore	6:44.7	1994
	J. Dillon	Golden Plains	6:44.7	2009
U15	J. Walker	Lara	6:13.90	2011
<b>LONG JUMP</b>				
U6	W. Chapman	Nth Shore	3.08	1982
U7	J. Burley	Lara	3.52	2017
U8	S. Peterson	Corio West	3.81	1982
U9	C. Helmore	Corio	4.30	1973
U10	K. Spitty	Corio South	4.38	1974
U11	C. Helmore	Corio	4.95	1975
U12	H. Vivian	Golden Plains	5.10	2014
U13	N. Reh	Norlane	5.63	2011
U14	S. Baxter	Rosewall	5.99	1992
U15	S. Baxter	Rosewall	6.67	1992
<b>TRIPLE JUMP</b>				
U9	D. Burns	Bell Park	8.76	2007
U10	C. Helmore	Corio	9.50	1974
U11	C. Hall	Golden Plains	9.96	2014
U12	H. Vivian	Golden Plains	10.93	2014
U13	S. Baxter	Rosewall	12.02	1991
U14	S. Baxter	Rosewall	12.67	1992
U15	J. Pitcher	St. Thomas	12.23	1997
<b>HIGH JUMP</b>				
U9	S. Baxter	Rosewall	1.25	1987
U10	J. King	Rose	1.37	1991
U11	D. Hayes	Corio West	1.45	1985
U12	M. Northover	Corio South	1.56	1983
U13	T. Leach	St. Thomas	1.70	1993
	D. Baskin	Norlane	1.70	1999
U14	D. Baskin	Norlane	1.83	2000
U15	D. Baskin	Norlane	2.00	2001



# CORIO CENTRE RECORD HOLDERS - BOYS

(E) Denotes electronic timing record

Age Group / Event	Name	Club	Time	Year
<b>SHOT PUT</b>				
U6 (1kg)	K. Rollo	Corio	6.08	2005
U7 (1kg)	K. Ettridge	Norlane	7.90	2007
U8 (1.5kg)	S. Jones	Bell Park	9.03	1999
U9 (2kg)	D. Burns	Bell Park	8.96	2007
U10 (2kg)	C. Palmer	Rosewall	11.25	1987
U11 (2kg)	S. Jones	Bell Park	10.86	2002
U12 (3kg)	C. Palmer	Rosewall	11.43	1989
U13 (3kg)	S. Tillotson	Corio West	12.51	2005
U14 (3kg)	D. McKenzie	Corio South	8.18	2014
Changed weight 2014/15				
U14 (4kg)	S. Tillotson	Corio West	13.04	2007
U15 (4kg)	M. James	Corio	13.80	2004
<b>DISCUS</b>				
U6 (350g)	K. Rollo	Corio	15.78	2005
U7 (350g)	B. Ettridge	Corio	20.01	2005
U8 (350g)	K. Rollo	Golden Plains	25.89	2007
U9 (500g)	C. Palmer	Rosewall	30.72	1986
U10 (500g)	C. Palmer	Rosewall	38.55	1987
U11 (750g)	C. Palmer	Rosewall	37.06	1988
U12 (750g)	I. Scott	Corio	41.74	1972
U13 (1kg)	M. James	Corio	36.48	2003
U14 (1kg)	T. George	St. Thomas	45.36	1993
U15 (1kg)	M. James	Corio	52.09	2005
<b>JAVELIN</b>				
U11 (400g)	K. Rollo	Golden Plains	30.55	2010
U12 (400g)	S. Doak	Bell Park	38.80	1998
U13 (600g)	J. Ettridge	Norlane	37.00	2007
U14 (600g)	K. Rollo	Golden Plains	41.82	2013
U15 (600g)	T. George	St. Thomas	47.68	1994
Changed weight 2015/16				
U15 (700g)	M. Trevarthen	Corio West	26.31	20016



# CORIO CENTRE RECORD HOLDERS - GIRLS

(E) Denotes electronic timing record

Age Group / Event	Name	Club	Time	Year
<b>50 M</b>				
U6	S. Jones	Bell Park	9.02	1999
	(E) H. Berry	Lara	9.91	2009
U7	S. Jones	Bell Park	8.38	2000
	(E) K. Thompson	Lara	9.07	2008
U8	C. Jones	Bell Park	8.12	2000
	(E) K. Thompson	Lara	8.72	2008
<b>70 M</b>				
U6	S. Jones	Bell Park	12.27	1998
	(E) K. Gray	Lara	13.70	2010
U7	S. Jones	Bell Park	11.97	1999
	(E) K. Thompson	Lara	12.18	2008
U8	M. Vautier	Bell Park	11.20	1974
	(E) K. Thompson	Lara	12.06	2009
	K. Gray	Lara	12.06	2012
U9	D. Jovanoski	Bell Park	10.70	1987
	(E) S. Richards	Golden Plains	11.01	2005
U10	L. Zuccolin	Lara	10.20	1998
	(E) S. Jones	Bell Park	10.70	2003
	C. Woodford	Lara	10.70	2003
U11	E. McClusky	Norlane	9.90	2000
(E)	S. Richards	Golden Plains	10.57	2008
U12	L. Zuccolin	Lara	9.60	1990
	(E) C. Smith	Corio South	9.98	2011
<b>100 M</b>				
U6	S. Jones	Bell Park	17.67	1998
	(E) D. Hill	Corio West	19.09	2011
U7	S. Jones	Bell Park	16.93	2000
	(E) K. Thompson	Lara	17.32	2008
U8	M. Vautier	Bell Park	15.70	1974
	(E) P. McCleish	Bell Park	17.08	2015
	S. Bilinski	Golden Plains	17.08	2018
U9	V. Barling	Nth Shore	15.20	1974
	(E) R. Saint	Lara	15.42	2017
U10	D. Jovanoski	Rosewall	14.60	1987
(E)	J. Towers	Golden Plains	14.49	2017
U11	J. McGill	Bell Park	14.10	1971
	(E) S. Richards	Golden Plains	14.74	2007
U12	E. Green	Nth Shore	13.20	1971
	S. Hiscock	Lara	13.20	1981
	(E) E. Johnson	Bell Park	14.05	2018
U13	B. Anderson	Bell Park	13.40	1992
	(E) S. Cunningham	Golden Plains	13.82	2007
U14	B. Anderson	Bell Park	12.50	1993
	(E) S. Cunningham	Golden Plains	12.99	2007
U15	K. Martin	Lara	13.10	1993
	(E) S. Cunningham	Golden Plains	12.94	2009

# CORIO CENTRE RECORD HOLDERS - GIRLS

(E) Denotes electronic timing record

Age Group / Event	Name	Club	Time	Year
<b>200 M</b>				
U6	S. Jones	Bell Park	38.15	1998
	(E) B. Sesar	Golden Plains	41.65	2010
U7	J. William	Corio South	33.90	1972
	(E) K. Gray	Lara	37.02	201
U8	D. Jovanoski	Bell Park	33.80	1986
	(E) K. Gray	Lara	35.61	2012
U9	V. Barling	Nth Shore	32.30	1974
(E)	K. Gray	Lara	33.01	2012
U10	L. Zuccolin	Lara	30.30	1988
	(E) S. Richards	Golden Plains	32.12	2007
	J. McGill	Bell Park	29.30	1971
U11	S. Cunningham	Golden Plains	30.43	2004
	(E) S. Richards	Golden Plains	30.43	2008
U12	J. McGill	Bell Park	27.80	1972
	(E) C. Smith	Corio South	29.25	2011
U13	M. Uren	Corio South	28.40	1989
	(E) S. Cunningham	Golden Plains	27.77	2007
U14	B. Anderson	Bell Park	27.60	1994
	(E) S. Cunningham	Golden Plains	27.26	2008
U15	A. Sezonov	Lara	27.60	1994
(E)	S. Cunningham	Golden Plains	27.01	2009
<b>400 M</b>				
U08 (Unlaned)	K. Tonkin	Lara Lake	1:21.70	2006
U08 (Laned)	L. Papas	Bell Park	1:16.67	1987
U09	V. Barling	Nth Shore	1:13.0	1974
	(E) J. Burns	Bell Park	1:16.67	2006
U10	V. Barling	Nth Shore	1:09.0	1975
(E)	K. Tonkin	Lara	1:13.13	2008
U11	V. Barling	Nth Shore	1:04.5	1976
	(E) K. Tonkin	Lara	1:07.32	2009
U12	C. Baum	Corio	1:03.8	1973
	(E) K. Tonkin	Lara	1:05.57	2010
U13	J. Tye-Smith	St. Thomas	1:05.49	1995
	(E) S. Cunningham	Golden Plains	102.99	2007
U14	A. Sezonov	Lara	1:04.4	1994
	(E) M. Hindle	Lara	1:01.78	2010
U15	A. Sezonov	Lara	1:04.3	1994
	(E) S. Cunningham	Golden Plains	58.78	2009
<b>800 M</b>				
U08	A. Pitcher	St. Thomas	3:07.6	1995
U09	L. Papas	Bell Park	2:44.5	1987
U10	R. Britton	Bell Park	2:48.6	1986
U11	R. Britton	Bell Park	2:35.5	1987
U12	T. Burton	Corio	2:30.0	1971
U13	F. Jensen	St. Thomas	2:31.2	1994
U14	A. Tye-Smith	St. Thomas	2:28.2	1994
U15	S. Cunningham	Golden Plains	2:23.50	2009

# CORIO CENTRE RECORD HOLDERS - GIRLS

(E) Denotes electronic timing record

Age Group / Event	Name	Club	Time	Year
<b>1500 m</b>				
U11	R. Britton	Bell Park	5:21.7	1987
U12	J. Tye-Smith	St. Thomas	5:22.8	1995
U13	F. Jensen	St. Thomas	5:08.1	1994
U14	K. Porter	St. Thomas	5:11.2	1987
U15	R. Waters	Lara	5:08.8	2016
<b>60 M HURDLES</b>				
U09 (45 cm)	S. Phayer	Corio	11.00	1980
	(E) S. Jones	Bell Park	11.36	2002
U10 (60 cm)	C. Thomas	Lara	11.33	1997
	(E) E. Johnso	Bell Park	11.05	2016
U11 (60 cm)	K. Martin	Lara	10.40	1990
	(E) J. Burns	Bell Park	10.96	2008
U12 (68 cm)	A. Pyers	Bell Park	10.20	1993
	(E) M. Pundij	Bell Park	10.01	2015
<b>80 M HURDLES</b>				
U09 (45 cm)	E. Hockey	Lara	15.21	2001
	C. Jones	Bell Park	15.21	2001
	(E) J. Burns	Bell Park	15.08	2006
U10 (60 Cm)	C. Thomas	Lara	15.21	1997
	(E) J. Burns	Bell Park	15.17	2007
U11 (60 cm)	C. Thomas	Lara	14.70	1998
	(E) J. Burns	Bell Park	14.39	2007
U12 (68 cm)	A. Pyers	Bell Park	14.20	1993
	(E) M. Pundij	Bell Park	13.62	2015
U13 (76 cm)	S. Carr	Lara	13.60	1994
	(E) M. Pundij	Bell Park	13.81	2016
U14 (76 cm)	S. Carr	Lara	13.30	1995
	(E) M. Pundij	Bell Park	12.90	2017
<b>90 M HURDLES</b>				
U15 (76 cm)	K. Martin	Lara	14.95	1994
	(E) J. Burns	Bell Park	15.01	2012
<b>200 M HURDLES</b>				
U13 (68 cm)				
	(E) E. Rayson	Lara	33.35	2017
U14 (76 cm)	M. Pundij	Bell Park	31.78	2017
<b>300 M HURDLES</b>				
U13 (68 cm)	A. Sezonov	Lara	50.50	1993
	(E) S. Cunningham	Golden Plains	50.46	2007
U14 (68 cm)	A. Sezonov	Lara	49.10	1993
	A. Tye-Smith	St. Thomas	49.10	1994
	(E) S. Cunningham	Golden Plains	48.37	2007
U15 (68 cm)	A. Sezonov	Lara	47.90	1994
	(E) S. Cunningham	Golden Plains	46.66	2009
U15 (76 cm)	(E) K. Beaumont	Bell Park	59.77	2017

# CORIO CENTRE RECORD HOLDERS - GIRLS

(E) Denotes electronic timing record

Age Group / Event	Name	Club	Time	Year
<b>700 M WALK</b>				
U8	A. Campbell	Lara	5:05.78	2017
U9	M. Gillett	Lara	4:10.17	2017
<b>800 M WALK</b>				
U8	L. Papas	Bell Park	4:35.7	1987
<b>1100 M WALK</b>				
U 9	L. Papas	Bell Park	6:13.1	1988
U10	A. Nelson	Golden Plains	5:53.41	2013
U11	C. Charles	Corio West	6:13.49	2017
<b>1500 M WALK</b>				
U11	M. Davison	Lara	8:08.30	2012
U12	M. Davison	Lara	7:50.69	2013
U13	M. Davison	Lara	7:12.02	2014
U14	T. Charman	Norlane	7:06.4	1992
U15	A. Nelson	Golden Plains	7:12.26	2017
<b>LONG JUMP</b>				
U6	S. Jones	Bell Park	2.81	1999
U7	D. Taylor	Norlane	3.42	1987
U8	D. Taylor	Norlane	3.60	1988
U9	A. Aitken	St. Thomas	3.97	1982
U10	L. Zuccolin	Lara	4.24	1988
U11	M. Eyerich	Corio	4.87	1969
U12	M. Eyerich	Corio	4.87	1969
U13	C. Smith	Corio South	4.92	2012
U14	A. Aitken	St. Thomas	5.18	1987
U15	A. Sezonov	Lara	5.51	1994
<b>TRIPLE JUMP</b>				
U9	D. Taylor	Norlane	8.29	1989
U10	A. Aitken	St. Thomas	9.15	1983
U11	R. Britton	Bell Park	9.50	1987
U12	A. Sezonov	Lara	10.25	1992
U13	C. Smith	Corio South	10.58	2012
U14	A. Sezonov	Lara	11.20	1994
U15	A. Sezonov	Lara	11.01	1994

# CORIO CENTRE RECORD HOLDERS - GIRLS

(E) Denotes electronic timing record

Age Group / Event	Name	Club	Time	Year
<b>HIGH JUMP</b>				
U9	S. Studniczky	Y.M.C.A	1.15	1970
	E. Bews	Norlane	1.15	2002
U10	E. Bews	Norlane	1.35	2003
U11	J. Burns	Bell Park	1.36	2008
U12	L. Zuccolin	Lara	1.50	1990
U13	L. Zuccolin	Lara	1.50	1990
U14	A. Sezonov	Lara	1.58	1994
U15	L. Kerr	Rosewall	1.53	1988
<b>SHOT PUT</b>				
U6	(1kg) B Maurer	St. Thomas	5.35	1997
U7	(1kg) B. Beckley	Golden Plains	5.72	2005
U8	(1.5kg) S. Jones	Bell Park	6.48	2001
U9	(2kg) J. Male	Bell Park	7.34	1980
U10	(2kg) Y. Ykema	Corio West	8.88	1979
U11	(2kg) Y. Ykema	Corio West	10.93	1980
U12	(3kg) Y. Ykema	Corio West	13.55	1981
U13	(3kg) M. Mielczarek	Bell Park	10.67	2015
U14	(3kg) M. Mielczarek	Bell Park	11.47	2016
U15	(3kg) M. Mielczarek	Bell Park	12.24	2017
<b>DISCUS</b>				
U6	(350g) B. Maurer	St. Thomas	14.95	1997
U7	(350g) E. Bews	Norlane	14.84	2000
U8	(350g) S. Jones	Bell Park	19.05	2001
U9	(500g) D. Taylor	Norlane	24.23	1989
U10	(500g) T. Rollo	Lara	30.78	2002
U11	(750g) Y. Ykema	Corio West	30.42	1980
U12	(750g) Y. Ykema	Corio West	39.80	1981
U13	(1kg) T. Rollo	Corio	35.59	2005
U14	(1kg) M. Mielczarek	Bell Park	33.69	2017
U15	(1kg) J. Binns	St. Thomas	33.82	1989

# CORIO CENTRE RECORD HOLDERS - GIRLS

(E) Denotes electronic timing record

Age Group / Event	Name	Club	Time	Year
<b>JAVELIN</b>				
U11	(400g) T. Rollo	Lara	25.46	2003
U12	(400g) M. Mielczarek	Bell Park	33.48	2015
U13	(400g) T. Rollo	Corio	38.07	2005
U14	(500g) M. Mielczarek	Bell Park	44.87	2017
U15	(500g) M. Mielczarek	Bell Park	39.27	2017





# GEELONG WALKERS CLUB INC

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

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

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

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

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

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

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

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

Affiliated with Athletics Victoria and the Victorian Race Walking Club



## CORIO CENTRE OUTSIDE RECORDS - BOYS

Name	Event	Age	Record	Year	Location
B. HARVEY	70 METRES	U/6	12.68	2011	COLLINGWOOD
C. VELTMAN	70 METRES	U/7	10.9	1985	COBURG
C. VELTMAN	70 METRES	U/8	10.6	1986	C'WOOD
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
P. SAGER	100 METRES	U/13	12.63	2017	LAKESIDE
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
P. SAGER	200 METRES	U/13	25.62	2017	WERRIBEE
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
C. LEAMER	1100 WALK	U/11	07:03.6	2017	WERRIBEE
D. THORNE	1500 WALK	U/15	6.16.2	1995	OLYPARK
C. THOMSON	(45cm) 60M HURDLES	U/9	10.58	2015	LAKESIDE
C. THOMSON	(45cm) 80M HURDLES	U/9	13.86	2015	LAKESIDE
L. OLIVER	(60cm) 80M HURDLES	U/10	14.88	1993	OLY PARK

## CORIO CENTRE OUTSIDE RECORDS - BOYS

Name	Event	Age	Record	Year	Location	Name
A. PERKINS	(68cm)	80M HURDLES	U/11	15.25	1993	OLY PARK
G. BYRNE	(68cm)	80M HURDLES	U/12	13.34	1993	NEWPORT
B. McDOUGALL	(76cm)	80M HURDLES	U/13	12.93	1993	COBURG
B. McDOUGALL	(45cm)	90M HURDLES	U/9	15.7	1989	OLY PARK
R. KOBES	(45cm)	90M HURDLES	U/9	15.7	1991	OLY PARK
G. BYRNE	(45cm)	90M HURDLES	U/10	14.8	1991	OLY PARK
B. McDOUGALL	(60cm)	90M HURDLES	U/12	15	1992	OLY PARK
JAI COOPER	(76cm)	300M HURDLES	U/13	47.05	2015	LAKESIDE
A. OSBORNE	(76cm)	300M HURDLES	U/14	52.49	1992	OLY PARK
A. MARTIN	(76cm)	90M HURDLES	U/13	14.6	1990	OLY PARK
D. HAYES	(76cm)	90M HURDLES	U/15	13.8	1989	OLY PARK
S. BAXTER	(76cm)	300M HURDLES	U/14	(VBP) 41.98	1992	OLY PARK
C. GRANT	(76cm)	300M HURDLES	U/15	44.93	1992	OLY PARK
J. SVALJEK		LONG JUMP	U/10	4.22	2008	WERRIBEE
C. HELMORE		LONG JUMP	U/11	5.01	1975	OLY PARK
C. HELMORE		LONG JUMP	U/12	5.4	1976	OLY PARK
S. BAXTER		LONG JUMP	U/13	5.65	1991	OLY PARK
S. BAXTER		LONG JUMP	U/14	6.03	1992	COBURG
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

### 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	Bell Park	60 M Hurdles	10.63
	G.SAMMITT	Bell Park	80 M Hurdles	14.47
	G.SAMMITT	Bell Park	JAVELIN	29.41
UNDER 7	D.HENDERSON	Bell Park	70 METRES	12.75
UNDER 6	D.BURNS	Golden Plains	70 METRES	13.64
UNDER 15	N.DEBELJUH	ST	SHOT PUT	12.7
	N.DEBELJUH	ST	DISCUS	40.2
UNDER 12	T.ROLLO	CO	JAVELIN	33.21
UNDER 10	S.CUNNINGHAM	Golden Plains	60 M Hurdles	11.38
	S.CUNNINGHAM	Golden Plains	100 METRES	15.73

## CORIO CENTRE OUTSIDE RECORDS - GIRLS

Name	Event	Age	Record	Year	Location	Name
A. PITCHER		70 METRES	U/6	11.73	1994	COBURG
D. JOVANOVSKI		70 METRES	U/9	10.6	1987	OLY PARK
S. CUNNINGHAM		70 METRES	U/11	10.01	2005	OLY PARK
A. PITCHER		100 METRES	U/7	16.58	1994	COBURG
D. JOVANOVSKI		100 METRES	U/9	14.7	1987	OLY PARK
J. MCGILL		100 METRES	U/11	13.3	1971	OLY PARK
L. ZUCCOLIN		100 METRES	U/10	14.1	1988	COBURG
S. HISCOCK		100 METRES	U/12	12.8	1981	AUST CHMPS
K. MARTIN		100 METRES	U/15	12.95	1994	WERRIBEE
K. GRAY		200 METRES	U/8	35.83	2011	CHELSEA
K. GRAY		200 METRES	U/9	32.89	2013	WERRIBEE
L. ZUCCOLIN		200 METRES	U/10	29.9	1988	COBURG
J. MCGILL		200 METRES	U/11	28.2	1971	OLY PARK
S. HISCOCK		200 METRES	U/12	26.4	1981	OLY PARK
M. UREN		200 METRES	U/13	28.2	1989	OLY PARK
M. PUNDIJ		200 METERS	U/14	29.33	2017	LAKESIDE
S. CUNNINGHAM		200 METRES	U/15	25.79	2009	OLY PARK
L. PAPAS		400 METRES	U/9	1.12.2	1988	OLY PARK
S. CUNNINGHAM		400 METRES	U/11	1.07.50	2005	WERRIBEE
V. BARLING		400 METRES	U/10	1.07.3	1975	OLY PARK
S. CUNNINGHAM		400 METRES	U/12	1.02.64	2006	CORIO
S. CUNNINGHAM		400 METRES	U/14	58.48	2008	HOME BUSH
S. CUNNINGHAM		400 METRES	U/15	57.53	2008	CANBERRA
L. PAPAS		800 METRES	U/9	(VBP) 2.41.8	1988	OLY PARK
K. PAPAS		800 METRES	U/10	2.45.4	1986	OLY PARK
S. CUNNINGHAM		800 METRES	U/11	2.31.14	2005	OLY PARK
S. FOSTER		800 METRES	U/12	2.27.7	1973	OLY PARK
J. TYE-SMITH		800 METRES	U/13	2.25.05	1996	NEWPORT
A. TYE-SMITH		800 METRES	U/14	2.21.04	1994	OLY PARK
R. WATERS		800 METRES	U/15	2.26.5	2016	GEELONG
J. TYE-SMITH		1500 METRES	U/12	5.14.5	1995	OLY PARK
A. TYE-SMITH		1500 METRES	U/13	5.02.82	1993	OLY PARK
R. WATERS		1500 METRES	U/14	4.51.88	2015	LAKESIDE
K. PORTER		1500 METRES	U/15	5.24.9	1988	OLY PARK
D. TAYLOR	(45cm)	60M HURDLES	U/9	10.7	1989	CHELSEA
E. JOHNSON	(60cm)	60M HURDLES	U/10	10.92	2016	CASEY FIELDS
K. MARTIN	(60cm)	60M HURDLES	U/11	10.1	1990	COBURG
T. BURTON	(60cm)	60M HURDLES	U/12	9.6	1971	OLY PARK
M. PUNDIJ	(68cm)	60M HURDLES	U/12	10	2015	LAKESIDE
A. PITCHER	(45cm)	80M HURDLES	U/9	14.96	1996	OLY PARK
C. MILLS	(60cm)	80M HURDLES	U/9	15.53	1993	OLY PARK
E. JOHNSON	(60cm)	80M HURDLES	U/10	14.98	2016	CASEY FIELDS
C. THOMAS	(60cm)	80M HURDLES	U/11	14.2	1998	NEWPORT
M. PUNDIJ	(68cm)	80M HURDLES	U/12	12.91	2015	LAKESIDE
M. PUNDIJ	(76cm)	80M HURDLES	U/13	12.95	2016	GEELONG
M. PUNDIJ		80M HURDLES	U/14	12.68	2017	WERRIBEE
K. MARTIN	(45cm)	90M HURDLES	U/10	15.5	1989	OLY PARK
K. MARTIN	(76cm)	90M HURDLES	U/13	15.23	1992	OLY PARK

## CORIO CENTRE OUTSIDE RECORDS - GIRLS

Name	Event	Age	Record	Year	Location	Name
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
J. HARRIS	800M WALK	U/8		4.33.0	1979	OLY PARK
M. GILLETT	700M WALK	U/9		04:03.0	2017	LAKESIDE
K. PAPAS	1100M WALK	U/10		5.57.0	1986	OLY PARK
C. CHARLES	1100M WALK	U/11		05:35.6	2017	LAKESIDE
J. CLARK	1500M WALK	U/11		8.09.0	1983	COBURG
A. NELSON	1500M WALK	U/12		7.30.15	2015	LAKESIDE
T. CHARMAN	1500M WALK	U/13	(VBP)	7.06.7	1991	OLY PARK
T. CHARMAN	1500M WALK	U/14	(VBP)	6.42.55	1992	OLY PARK
L. ZUCCOLIN	LONG JUMP	U/10		4.4	1988	COBURG
L. ZUCCOLIN	LONG JUMP	U/12		4.9	1990	OLY PARK
A. AITKEN	LONG JUMP	U/15		5.22	1988	OLY PARK
K. GRAY	TRIPLE JUMP	U/9		8.34	2013	WERRIBEE
K. GRAY	TRIPLE JUMP	U/11		9.54	2015	LAKESIDE
A. SEZONOV	TRIPLE JUMP	U/14		11.12	1994	OLY PARK
A. SEZONOV	TRIPLE JUMP	U/15		11.64	1995	OLYPARK
L. ZUCCOLIN	HIGH JUMP	U/12	(VBP)	1.56	1990	OLY PARK
J. MIRARCHI	SHOT PUT	U/7		5.85	2001	CHELSEA
Y. YKEMA	SHOT PUT	U/12		14.32	1981	OLY PARK
T. ROLLO	SHOT PUT	U/13		10.18	2005	NEWPORT
M. MIELCZAREK	SHOT PUT	U/14		12.54	2017	LAKESIDE
N. DEBELJUH	SHOT PUT	U/15		12.9	2004	OLY PARK
B. MAURER	DISCUS	U/6		12.56	1997	COBURG
E. BEWS	DISCUS	U/7		15.15	2000	COBURG
E. BEWS	DISCUS	U/8		19.34	2001	B/MARSH
T. ROLLO	DISCUS	U/10		30.94	2002	NEWPORT
Y. YKEMA	DISCUS	U/12		41.6	1981	OLY PARK
T. ROLLO	DISCUS	U/13		37.1	2005	M/BOROUGH
N. DEBELJUH	DISCUS	U/14		35.4	2003	OLY PARK
N. DEBELJUH	DISCUS	U/15		38.57	2004	OLY PARK
T. ROLLO	JAVELIN	U/11		21.64	2002	M/BOROUGH
M. MIELCZAREK	JAVELIN	U/12		30.84	2015	LAKESIDE
T. ROLLO	JAVELIN	U/13		38.77	2005	NEWPORT
M. MIELCZAREK	JAVELIN	U/14		44.62	2017	LAKESIDE
K. MARTIN	JAVELIN	U/15	(VBP)	33.84	1994	OLY PARK

(VBP) - Victorian Best Performance

# VICTORIAN BEST PERFORMANCES

AS at April 2018

<u>BOYS</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>
70m	9.82	9.69	9.44	8.84				
100m	13.64	13.44	13.04	12.14	11.68	11.31	11.06	
200m	28.10	28.11	26.75	25.33	23.34	22.63	22.06	
400m	01:04.6	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	4.36.45	4.21.10	4.13.45	4.09.68	
60m H	9.89	10.11	9.46	9.12				
80m H	13.05	13.18	12.55	12.44	12.13			
90m / 100m H						12.21	13.11	
200m H					26.42	25.34		
300m H							40.06	
700m W	3.37.83							
1100m W		5.09.12	5:19.82					
1500m W				6.58.71	6.54.87	6.14.48	6.14.99	
HIGH JUMP	1.30	1.48	1.59	1.67	1.77	1.90	2.00	
LONG JUMP	4.55	4.91	4.80	5.5	6.2	6.44	6.98	
TRIPLE JUMP	9.46	10.08	10.17	11.6	12.65	13.31	13.85	
SHOT PUT	9.96	11.86	13.43	15.02	16.79	16.82	18.31	
DISCUS	35.12	39.3	41.47	48.8	56.09	60.52	64.54	
JAVELIN			36.04	49.68	52.66	57.02	55.41	
MULTI-EVENT	1275pts	14050pts	1423pts	1681pts	1908pts	2693pts	5078pts	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	12.2	12.14	
200m	30.34	28.74	27.34	26.24	25.63	24.95	24.77	
400m	1.07.93	1.05.66	59.97	59.33	57.89	56.36	55.68	
800m	2.39.80	2.29.65	2.23.13	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	9.41				
80m H	13.54	13.78	12.86	12.78	12.17	11.87		
90m H							12.95	
200m H					28.47	28.38		
300m H							44.66	
700m W	3.37.17							
1100m W		5.30.0	5.30.23					
1500m W				6.53.19	6.44.36	6.40.15	6.29.19	
HIGH JUMP	1.14	1.42	1.5	1.6	1.68	1.73	1.8	
LONG JUMP	4.2	4.51	4.84	5.38	5.63	5.68	5.8	
TRIPLE JUMP	8.86	9.71	10.10	11.14	12.09	12.19	12.43	
SHOT PUT	9.63	11.75	12.68	15.01	13.17	15.63	15.56	
DISCUS	32.01	37.05	37.77	43.82	44.54	44.05	46	
JAVELIN			30.82	35.81	43.33	46.09	41.99	
MULTI-EVENT	902pts	1139pts	1436pts	1594pts	1733pts	1973pts	4525pts	1999pts

# VICTORIAN BEST RELAY PERFORMANCES

As at April 2018

<b><u>BOYS</u></b>	<b><u>U9</u></b>	<b><u>U10</u></b>	<b><u>U11</u></b>	<b><u>U12</u></b>	<b><u>U13</u></b>	<b><u>U14</u></b>	<b><u>U15</u></b>
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	2.13.70	2.06.86	2.00.55	1.52.50	1.47.46	1.41.44	1.37.74

<b><u>GIRLS</u></b>	<b><u>U9</u></b>	<b><u>U10</u></b>	<b><u>U11</u></b>	<b><u>U12</u></b>	<b><u>U13</u></b>	<b><u>U14</u></b>	<b><u>U15</u></b>
4 x 100	1.00.24	58.68	55.54	52.74	50.58	49.5	49.14
4 x 200	2.11.60	2.03.20	01:57.9	1.50.80	1.45.87	1.44.65	1.44.04
Medley A	2.20.01	2.09.20	2.03.55	1.57.91	1.53.16	1.48.47	1.48.68

## **BOYS MIXED AGE MEDLEY**

(9-11 yrs)	2.03.59
(12-13 yrs)	1.50.62
(14-16 yrs)	1.40.43

## **GIRLS MIXED AGE MEDLEY**

(9-11 yrs)	2.07.51
(12-13 yrs)	1.53.15
(14-16 yrs)	1.50.95

<b><u>MIXED SEX</u></b>	<b><u>U9</u></b>	<b><u>U10</u></b>	<b><u>U11</u></b>	<b><u>U12</u></b>	<b><u>U13</u></b>	<b><u>U14</u></b>	<b><u>U15</u></b>	<b><u>U16</u></b>
Medley A	2.16.61	2.08.65	2.03.39	1.56.38	1.51.36	1.46.70	1.40.39	
4 x 100	59.74	58.31	55.86	51.42	50.62	47.78	47.13	47.06
4 x 200	2.10.28	2.03.41	1.58.02	1.49.74	1.46.09	1:41.69	1.39.12	1.38.92

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

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

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

### **Rule 260.2 (viii):**

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

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

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

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

# 2017/2018 TROPHY PRESENTATION LIST

## Age Group Champions

	Champion		Runner Up	
<b>GIRLS</b>				
U/6	Madison Drayton	Lara	Evie Witney	Bell Park
U/7	Georgia Short	Bell Park	Amelia Field	Bell Park
U/8	Sienna Bilinski	Golden Plains	Chloe Price	Lara
U/9	Meyah Fursland	Bell Park	Elisha Matijevic	Golden Plains
U/10	Jamison Towers	Golden Plains	Madison Gillett	Lara
U/11	Phoenix McCleish	Bell Park	Kiara Woods	Golden Plains
U/12	Caitlin Charles	Corio West	Ella Johnson	Bell Park
U/13	Ella Rayson	Lara	Adasha Boxer	Golden Plains
U/14	Kelsea Gray	Lara	Jordyn Leamer	Golden Plains
U/15	Karla Renae Beaumont	Bell Park	Mackenzie Mielczarek	Bell Park
U/16	Lucy Fox	Lara	Tia Wilkin	Lara
	<b>Champion</b>		<b>Runner Up</b>	
<b>BOYS</b>				
U/6	Lucas Sanders	Lara	Jamison Christo	Lara
U/7	Kade Witney	Bell Park	Eli Hedley	Golden Plains
U/8	Jarvis Burley	Lara	Lucas Hinz	Lara
U/9	Oliver Day	Lara	William Johnson	Bell Park
U/10	William Charles	Corio West	Owen Fox	Lara
U/11	Bailey Colville	Golden Plains	Giuseppe Posterino	Lara
U/12	Joshua Sanders	Lara	Mason Lloyd	Lara
U/13	Jack Warelow	Golden Plains	Sam Warelow	Golden Plains
U/14	Patrick Sager	Golden Plains	Christopher Watson	Golden Plains
U/15	Braiden Leong	Corio South	Kade McKenzie	Bell Park
U/16	Blake Colville	Golden Plains		

## GIRLS MOST CONSISTENT

	CHAMPION		RUNNER UP
		<b>SHORT TRACK</b>	
Ella Rayson	Lara	Isabella Grbin	Corio West
		<b>LONG TRACK</b>	
Caitlin Charles	Corio West	Ella Rayson	Lara
		<b>HURDLES</b>	
Ella Rayson	Lara	Molly Derbyshire	Lara
		<b>WALK</b>	
Caitlin Charles	Corio West	Arnika Nelson	Golden Plains
		<b>JUMPS</b>	
Ella Johnson	Bell Park	Kelsea Gray	Lara
		<b>THROWS</b>	
Adasha Boxer	Golden Plains	Mackenzie Mielczarek	Bell Park

# 2017/2018 TROPHY PRESENTATION LIST

## BOYS MOST CONSISTENT

	CHAMPION		RUNNER UP	
		<b>SHORT TRACK</b>		
Jack Warelow	Golden Plains		Patrick Sager	Golden Plains
		<b>LONG TRACK</b>		
Jack Warelow	Golden Plains		Sam Warelow	Golden Plains
		<b>HURDLES</b>		
Jack Warelow	Golden Plains		Patrick Sager	Golden Plains
		<b>WALK</b>		
Sam Warelow	Golden Plains		Jack Warelow	Golden Plains
		<b>JUMPS</b>		
Patrick Sager	Golden Plains		Lachlan Schwuch	Golden Plains
		<b>THROWS</b>		
Joshua Sanders	Lara		Darcy Giddings	Lara

## M. ROBINSON TOP WALK AWARD

Caitlin Charles Corio West

## D. ROBINSON WALK STYLE AWARD

	GIRL		BOY	
Amali Burley		Lara	Oliver Day	Lara
		<b>EXECUTIVE AWARD</b>		
	<b>GIRL</b>		<b>BOY</b>	
Shai Sparks-Cousins		Lara	Hamish Liddell	Lara

## LES CAMPBELL COACH AWARD

	GIRL		BOY	
Meyah Fursland		Bell Park	Levi Trevarthen	Corio West

## JACOB ALLINSON HIGH JUMP AWARD

William Johnson Bell Park

## PAUL TURNER SHORT TRACK AWARD

Harry McDonough Bell Park



# 2017/2018 TROPHY PRESENTATION LIST

## MOST PB AWARD

		<b>GIRLS</b>				<b>BOYS</b>	
		<b>Mini</b>				<b>Mini</b>	
Emily Schwuch	Golden Plains	29 PBs	Lucas Sanders	Lara	30 PBs		
		<b>Junior</b>				<b>Junior</b>	
Claire Abreu	Bell Park	41 PBs	Corey Leamer	Golden Plains	43 PBs		
		<b>Senior</b>				<b>Senior</b>	
Samantha Leslie-Hughes	Golden Plains	39 PBs	Sam Warelow	Golden Plains	39 PBs		

## ATHLETE OF THE YEAR

### GIRLS MINI ATHLETE OF THE YEAR

Sienna Biliniski Golden Plains

### GIRLS JUNIOR ATHLETE OF THE YEAR

Caitlin Charles Corio West

### GIRLS SENIOR ATHLETE OF THE YEAR

Ella Rayson Lara

### BOYS MINI ATHLETE OF THE YEAR

Jarvis Burley Lara

### BOYS JUNIOR ATHLETE OF THE YEAR

Joshua Sanders Lara

### BOYS SENIOR ATHLETE OF THE YEAR

Patrick Sager Golden Plains

### TEN YEAR SERVICE AWARDS

Jessikah Tidd Corio West  
 Kelsea Gray Lara  
 Arnika Nelson Golden Plains

# CROSS COUNTRY AWARDS 2018 SEASON

	<u>GIRLS</u>		<u>BOYS</u>
<b>Under 6</b>	1 <sup>st</sup> Lilly Foggie	<b>Under 6</b>	1 <sup>st</sup> Lucas Sanders
<b>Under 7</b>	1 <sup>st</sup> Millie Hatley	<b>Under 7</b>	1 <sup>st</sup> Eli Hedley
			2 <sup>nd</sup> Kobi Matheson
			3 <sup>rd</sup> Mitchell Lynch
<b>Under 8</b>	1 <sup>st</sup> Sienna Bilinski	<b>Under 8</b>	1 <sup>st</sup> Thomas Pell
	2 <sup>nd</sup> Sienna Reid		
	3 <sup>rd</sup> Aylwen Campbell		
<b>Under 9</b>	1 <sup>st</sup> Teenasha Seeley	<b>Under 9</b>	1 <sup>st</sup> Hamish Leslie-Hughes
<b>Under 10</b>	1 <sup>st</sup> Kaylia Hateley	<b>Under 10</b>	1 <sup>st</sup> Owen Fox
	1 <sup>st</sup> Chantelle Leslie-Hughes		
	2 <sup>nd</sup> Mia Rayson		
	3 <sup>rd</sup> Eloise Lynch		
<b>Under 11</b>	1 <sup>st</sup> Eva Reid	<b>Under 11</b>	1 <sup>st</sup> Jesse Rabusin
	2 <sup>nd</sup> Monique Leslie-Hughes		
	3 <sup>rd</sup> Jemilla Campbell		
<b>Under 12</b>	1 <sup>st</sup> Charlise Hateley	<b>Under 12</b>	1 <sup>st</sup> Josh Sanders
	2 <sup>nd</sup> Filomena Iannuzzi		

# CROSS COUNTRY AWARDS 2018 SEASON

	<u>GIRLS</u>		<u>BOYS</u>
<b>Under 13</b>	1 <sup>st</sup> Ella Rayson	<b>Under 13</b>	1 <sup>st</sup> Sam Warelow
	2 <sup>nd</sup> Lainey Hill		2 <sup>nd</sup> Jack Warelow
	3 <sup>rd</sup> Shai Sparks-Cousins		3 <sup>rd</sup> Zack Thomas
	P Sophie Fox		
	P Samantha Leslie-Hughes		
		<b>Under 14</b>	1 <sup>st</sup> Patrick Sager
			<b>P = participation</b>

## BEST DISTANCE PERFORMANCES

	<u>Girls</u>		<u>Boys</u>
1000 Metres	Sienna Bilinski	1000 Metres	Eli Hedley
1500 Metres	Chantelle Leslie-Hughes	1500 Metres	Owen Fox
2000 Metres	Filomena Iannuzzi	2000 Metres	Joshua Sanders
3000 Metres	Ella Rayson	3000 Metres	Jack Warelow

## ROCKERFELLER FAMILY ENDEAVOUR AWARD

Jesse Rabusin

## LARKINS FAMILY ENDEAVOUR AWARD

Charlise Hateley

## PARENT - KEEP ON RUNNING

Ash Rayson	Kylie Sanders	Gerard Lynch	Kate Lynch
Sharon Rabusin	Dee Hedley	Michael Robinson	

# CROSS COUNTRY SEASON 2018/2019

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 2018/2019 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 2018 (*Date TBC*). Fixture of dates and venues will be confirmed during the summer season and provided at a later date.
- Correct club uniform and logo must be worn during all Centre Events.

**For further information contact Cross Country coordinator 0407 456 494**

**TRY IT THIS YEAR – IT'S GOOD FUN**

## SKILLS COACHING AT CORIO LITTLE ATHLETICS

### **Sprints, Hurdles and Jumps**

Tuesday and Thursday 4:30 pm – 5:30 pm

For further information contact Paul on 0402 319 281

### **High Jump**

Tuesday and Thursday 4pm – 5:30 pm

For further information, contact Doc on 0420 277 199.

### **Throws**

Sunday 10:30am – 12:00pm

For further information, contact Chris Larkins on 0417 552 282

### **Walks**

Wednesday 4:30 pm – 5:30 pm

For further information, contact Harold Boddy on 0418 144 148

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**

## **23<sup>rd</sup> March 2019**

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 8<sup>th</sup> March 2018

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



# Join

## Corio Athletics Club

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

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

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

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

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

**Proudly Sponsoring & Supporting**  
**CORIO LITTLE ATHLETICS CENTRE**



**DRIVE THRU COFFEE**

**Cox Rd, Lovely Banks**

**Mention that you are from Corio LAC when in store.**

**Corio LAC will get a percentage of all sales to members.**



# **Proudly Sponsoring & Supporting** **CORIO LITTLE ATHLETICS CENTRE**



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  - EGF Solutions

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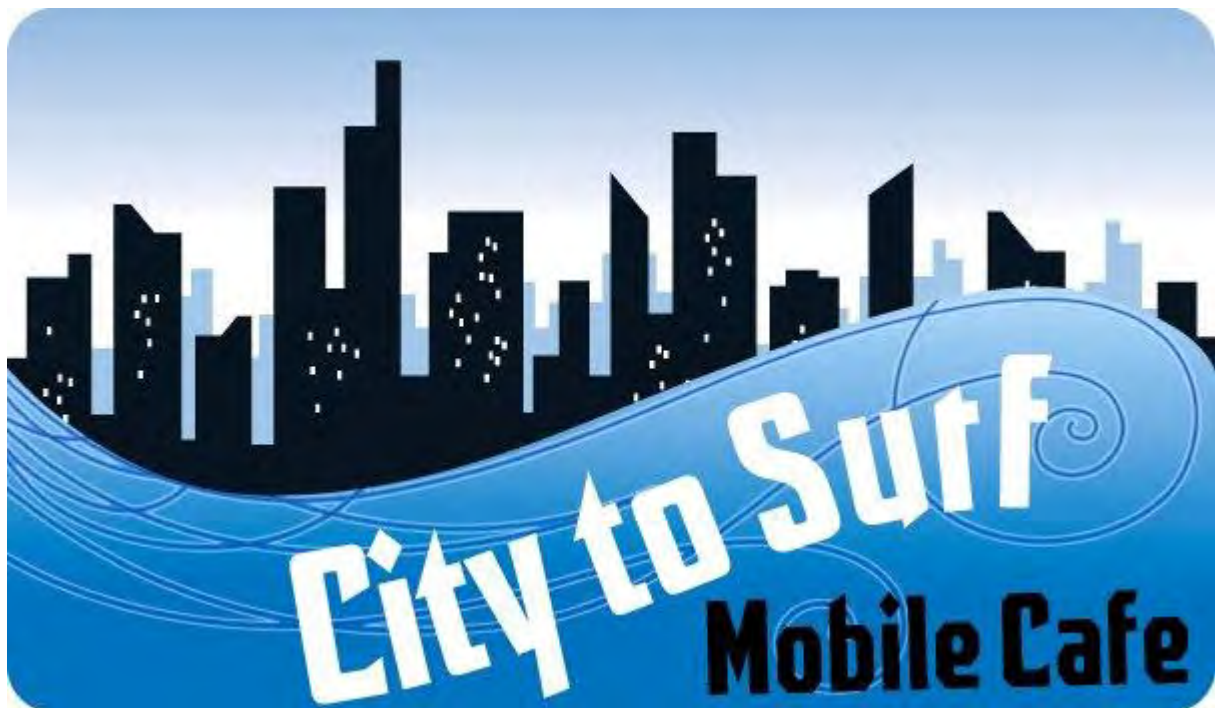
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**Proudly Sponsoring & Supporting**  
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**A CUT ABOVE**  
**FAMILY BUTCHER**





## **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.

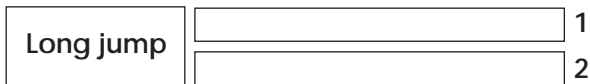
**Proudly Printed by the Gordon**

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.

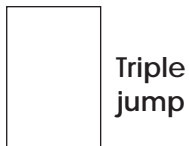
# NOTES / AUTOGRAPHS



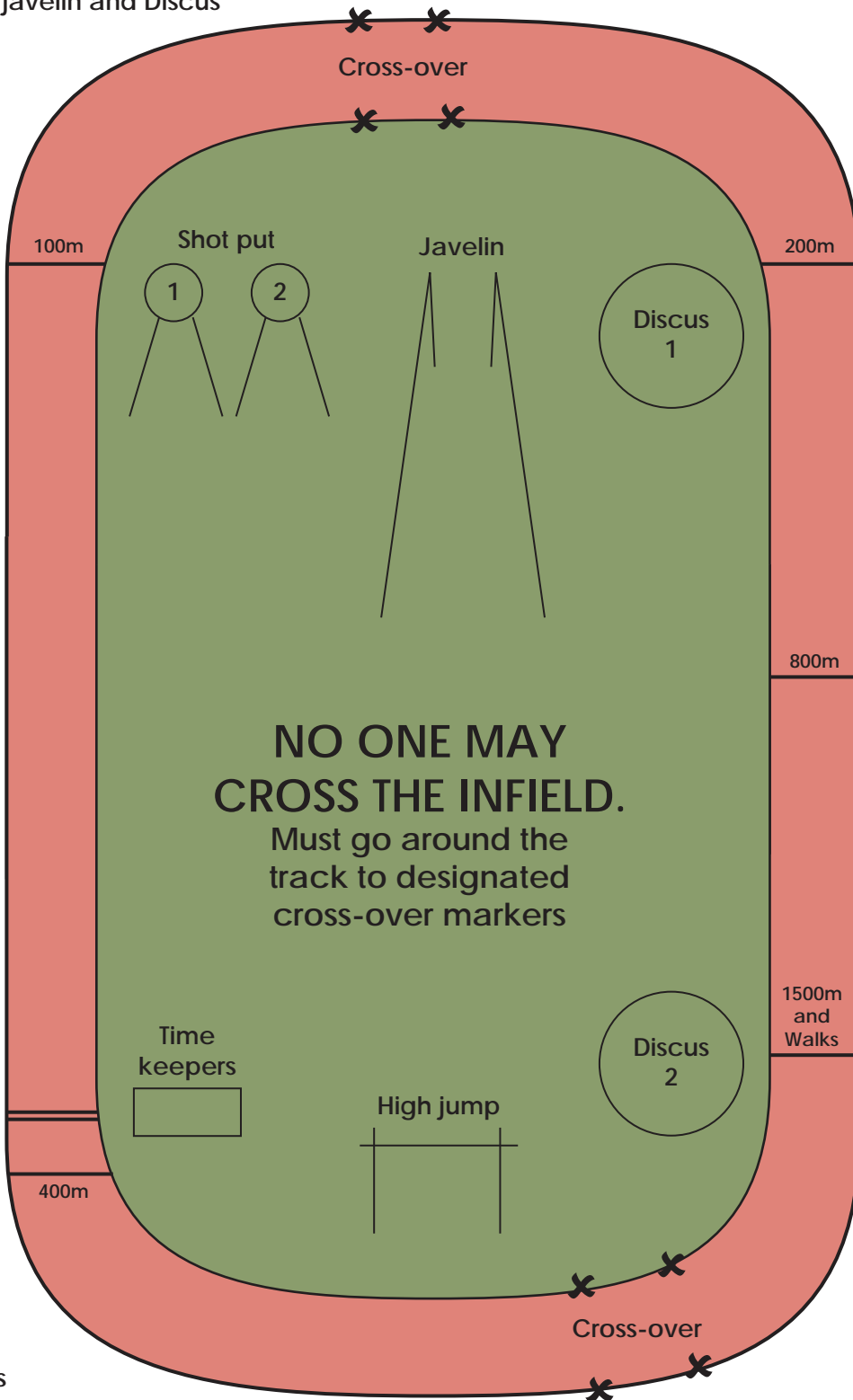
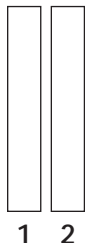
# LAYOUT OF THE CORIO LITTLE ATHLETICS CENTRE



Assembly area for shot put, javelin and Discus



Assembly area for sprints and hurdles



Assembly area for 400 metres



Assembly area for highjump and discus 2