

# HANDBOOK



2019 - 2020

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# WELCOME TO LITTLE ATHLETICS FOR THE 2019/2020 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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## Presidents Welcome

Welcome to all our members for season 2019/20.

If you are a returning or brand new member, hopefully you are as excited as I am about our new track. We begin our new season on this IAAF track, which is the culmination of a long period of hard work by the current and previous committees. I would like to take the time to thank previous President Kelvin Gray who, along with his committee, began the long arduous process of applying for the funding of this new track. I also extend my thanks to the Mayor and Councillors of the City of Greater Geelong who provided the funding for the new track. A special mention to Councillors' Anthony Aitken and Kylie Grzybek who have been and continue to be friends and long-time supporters of our centre.

Last year presented some challenges for our centre, with the move to Landy Field and the change of competition to Sunday. It was uncharted territory for us as a centre, but as always, our members rose to this challenge and ensured that the people who we all do this for - the athletes - still had a chance to compete. I thank the families and athletes for making last season a success, but the vision of a brand new track was the light at the end of the tunnel. A special thank you to Geelong LAC also for welcoming us so warmly to their facility and supporting us in every way possible.

This year we will have the opportunity to host the Inter-centre round in January and Western Metro Region Track and Field in February. This gives us the opportunity to show how well we operate, and provide our athletes a chance to compete in these events with a home advantage.

Finally this season will represent my last one as President; I have made the decision that it is time to hand over the reins to someone new. It has been a massive privilege to represent this centre as the President, but my goal when I took on the role was the installation of the new track which has now been realised. I feel that I will leave the centre in a very good position, and will look forward to helping the next President take on the role. If you think this role will be one that you can take on then I encourage you to speak to me.

If you see me walking around on a Saturday morning, please feel free to have a chat; I am always happy to speak with any parent, guardian and most importantly, athletes.

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

Regards,  
Simon Hill

# CENTRE EXECUTIVE MEMBERS 2019/2020

PRESIDENT



Simon Hill  
☎ 0407 456 494

SECRETARY



Kirsten Thomas  
☎ 0414 944 199

TREASURER



Sharron Colls-Mckenzie  
☎ 0418 789 154

RECORDS & RANKING



Graham Cole  
☎ 5275 3309

VENUE CO-ORDINATOR



Davina Reid  
☎ 0405 803 537

REGION DELEGATE



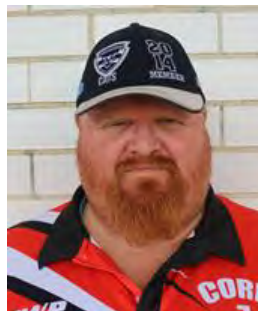
Denise Charles  
☎ 0433 482 861

PUBLICITY & CROSS COUNTRY



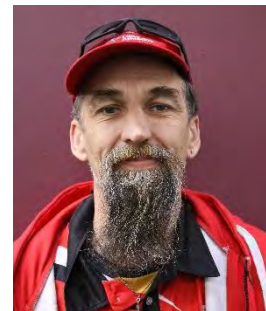
Doc Thomas  
☎ 0420 277 199

SPONSORSHIP AND GRANTS  
COORDINATOR



Brian Ward  
☎ 0417 151 207

SCHOOLS FACILITIES  
CO-ORDINATOR



Doc Thomas  
☎ 0420 277 199

## CENTRE MEETINGS 2019/20

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

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

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



# EXECUTIVE DUTIES

Have you wondered what the **'EXECUTIVE'** actually do?

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

Know what you're letting yourself in for?

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

<p><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>	<p><b>SPONSORSHIP AND GRANTS CO-ORDINATOR:</b></p> <ul style="list-style-type: none"> <li>● Organises Centre Sponsorship opportunities</li> <li>● Liaise with all our Sponsors</li> <li>● Apply for funding grants on behalf of the Centre</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.

# 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 Mirarchi
Judy Thorne	Graham* & Dianne Alsop	Marlo Drake
Lesley Martin	Helen Thomson	Mark Ettridge
Hon. Jack Deppeler, O.A.M.*	Paul Turner	Snez Davis
Debbie Baskin	Denise Turner	Jenny Larkins
Greg Wilson	Robert Pitcher*	Mark Wiffen
Sherry Gathercole	Jean Trevarthen	Travis Trevarthen
Kelvin Gray	Simon Hill	Nicole Hill

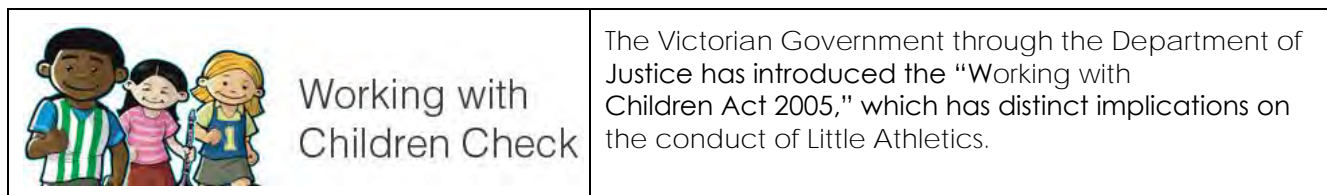
\*deceased



## CENTRE OFFICIALS

ANNOUNCER	Marlo Drake
CHIEF OF OFFICIALS	Simon Hill
CHIEF TIMEKEEPER	Graham Cole
STARTERS	Travis Trevarthen, Simon Hill, Neil McKenzie, Denise Charles
CHIEF WALK JUDGES	Lou Mirarchi, Harold Boddy
FIELD COORDINATOR	Chris Larkins, Doc Thomas

# WORKING WITH CHILDREN CHECK



The WWC Check applies to adults who work with children or are engaged in volunteer roles involving children (under 18 years of age). The WWC Check applicable in Victoria is the mandatory minimum standard for a range of child-related industries. The WWC Check now covers all areas of administration, officiating, coaching and overnight supervision at camps and clinics. People working or volunteering in connection with Little Athletics are now required to have their WWC Check, if they fall into one of the categories below.

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

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

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

Remember, we are all volunteers.

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

# CLUB CONTACTS

## BELL PARK

President: Matt McDonough ☎ 0417 164 085  
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  
Vice President: Mel Parfrey ☎ 0401 562 203  
Team Manager: Stu Broadway ☎ 0416 759 414



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

## CORIO WEST

President: Jean Trevarthen ☎ 0418 393 425  
Secretary:  
Team Manager: Jacqui Power ☎ 0411 473 141



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

## GOLDEN PLAINS

President: Heather Parkinson ☎ 0403 195 283  
Secretary: Amanda Bowkett ☎ 0406 680 644  
Team Manager: Natalie Schwuch ☎ 0409 749 554



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

## LARA

President: Narelle Campbell ☎ 0407 346 702  
Secretary: Ally Drayton  
Team Manager: Katrina Gillett ☎ 0457 750 033



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

## FIXTURE FOR THE 2019/2020 SEASON

DATE	DAY	COMPETITION	TIME	DUTY CLUB
27/09/19	FRI	Come and Try - Information Day	10.00 am	Corio Centre
05/10/19	SAT	Cycle A - Induction Round	8.45 am	Corio South
12/10/19	SAT	Cycle B	8.45 am	Corio West
19/10/19	SAT	Cycle C	8.45 am	Golden Plains
26/10/19	SAT	Cycle A - March Past	8.45 am	Lara
02/11/19	SAT	Cycle B	8.45 am	Bell Park
09/11/19	SAT	Cycle C	8.45 am	Corio South
16/11/19	SAT	Cycle A	8.45 am	Corio West
23/11/19	SAT	Region Relay Carnival - Geelong - Landy Field		
30/11/19	SAT	Cycle B	8.45 am	Lara
07/12/19	SAT	Cycle C	8.45 am	Golden Plains
14/12/19	SAT	State Relay Championships - Casey Fields		
21/12/19	SAT	Cycle A	8.45 am	Bell Park
CHRISTMAS BREAK				
18/01/20	SAT	Cycle B	8.45 am	Corio South
25/01/20	SAT	Intercentre - Multi Day	8.45 am	Corio Centre
01/02/20	SAT	State Combined Events Championships - Casey Fields		
02/02/20	SUN	State Combined Events Championships - Casey Fields		
08/02/20	SAT	Cycle C	8.45 am	Corio West
15/02/20	SAT	Region Track and Field Carnival - Corio		
16/02/20	SUN	Region Track and Field Carnival - Corio		
22/02/20	SAT	Cycle A	8.45 am	Golden Plains
29/02/20	SAT	Cycle B	8.45 am	Lara
07/03/20	SAT	Cycle C	8.45 am	Bell Park
14/03/20	SAT	State Track and Field Championships - Casey Fields		
15/03/20	SUN	State Track and Field Championships - Casey Fields		
21/03/20	SAT	Centre Championships	8.45 am	Corio Centre
TBC	SUN	Presentation Day		

# 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	700 M WALK	SHOT PUT	LONG JUMP	
Under 9	800 M	60 M HURDLES	700 M WALK	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	800 M	60 M HURDLES	700 M WALK	DISCUS	
Under 10	100 M	800 M	60 M HURDLES	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

\*Please note cycles are subject to change

# 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	100 M	DISCUS	SHOT PUT	
Under 9	60 M HURDLES	100 M	200 M	800 M	LONG JUMP
Under 10	60 M HURDLES	100 M	800 M	1100 WALK	LONG JUMP
Under 11	80 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	100 M	200 M	LONG JUMP	HIGH JUMP
Under 10	100 M	400 M	1100 M WALK	DISCUS	HIGH JUMP
Under 11	80 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

\*Please note cycles are subject to change

# 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	80 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	80 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	

*\*Please note cycles are subject to change*

## 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. Ensure the marquees are in the correct locations, set up the marquees at each event and peg them into the ground.
2. Remove high jump equipment from the shed including high jump stands, bar and measuring sticks. Place the high jump cover over the bags and set up the rest of the equipment ready for competition.
3. Assist with removing the bollards & back straight benches, and other equipment needed from the main equipment shed and putting them on the trailer. Assist with placing them in the correct locations around the track.
4. Place discus & shot trolleys, long jump & triple jump bins to each event.
5. Place the starting block trolley and **starter's** trolley in the correct location for the first set of front straight races. Cycle A 300m, Cycle B 200m, Cycle C 400m
6. Peg out the discus markers – white, Javelin markers orange (cycle A & B only) sector tapes
7. 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 **spacing's** marked in WHITE on the track for 90H, or 6 **spacing's** marked in PINK for 60H, or 9 **spacing's** marked in BLACK for 80H, or 8 **spacing's** marked in GREEN for 300H.
8. When required (refer to the program) collect the second 150mm high jump matts, as well as the second set of high jump stands, bar and measuring sticks out of the main equipment shed and set them up on the high jump apron.
9. Place Public Address system in position.
10. Club of the Day is responsible for movement of hurdles and collection of all equipment at the completion of the competition and returning them to shed.
11. Clubs are able to hold their approved fundraiser on the day designated in the fixture.

## DUTY DAY FUNDRAISER

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

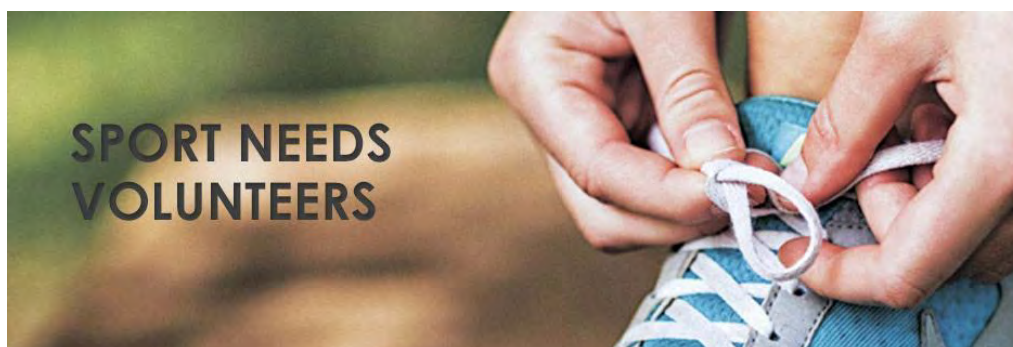
# PROVISION OF OFFICIALS BY CLUBS

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

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

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

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



## CLUB VENUE SCHEDULE

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

## STARTING TIMES FOR SEASON 2018/2019

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

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

## LOST PROPERTY

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

## INSURANCE

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

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

## CENTRE UNIFORM

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

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

Centre Tops are available for purchase.

Hire of Centre Tops is also possible. Hire and return **MUST BE ON THE SAME DAY**

## 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 26<sup>th</sup> October 2019

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

## CENTRE CHAMPIONSHIPS

Saturday 21<sup>st</sup> March 2020

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

## PRESENTATION DAY & ANNUAL GENERAL MEETING

TBC - April 2020

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

## CROSS COUNTRY SEASON

### MAY - AUGUST

Cross Country is included in your 2019/20 Season registration and runs from May through to August. Cross Country is a very relaxed and family orientated event with all members of the family, parents included are encouraged to join in. The events are run at various venues around Geelong and surrounding areas, commencing at Eastern Gardens. Racing starts about 12 noon.

A full list of venue details will be provided at the end of the summer season. See Doc for more information



# OUTSIDE CENTRE EVENTS

## OPEN DAYS (AROUND VICTORIA)

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

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

## REPRESENTING THE CENTRE

### (CENTRE UNIFORM MUST BE WORN)

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

These competitions cannot operate without volunteers and your support.

### Relay Carnival

Athletes from U9 to U16 may take part in the State Relay Championships. Region Relays will be held on 23<sup>rd</sup> November 2019 at Geelong, Landy Field. Entries close 7<sup>th</sup> Nov 19.

State Relays on 14<sup>th</sup> December 2019 at Casey Fields. A relay selection panel will select teams based on performance and attendance at training sessions for both Region heats and State finals. Athletes will be notified.

### Region Track & Field Carnival

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

Each athlete may enter four (4) events. Athletes compete against other Centres in the Western Metro Region.

The Region Track and Field Carnival will be held on 15<sup>th</sup> & 16<sup>th</sup> February 2020 at Corio. Registrations close 28<sup>th</sup> January 2020.

### State Track & Field Championships

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

State Track & Field Championships will be held on 14<sup>th</sup> & 15<sup>th</sup> March 2020 at Casey Fields.

# REPRESENTING THE CENTRE

(CENTRE UNIFORM MUST BE WORN)

## 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 1<sup>st</sup> December 2019. 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 U9 to U16 may compete. U9 - U13 Athletes compete in 5 events, U14 6 events, U15 & 16 athletes compete in 7 events. Events consisting of five disciplines will be held on one day. Events consisting of more than five disciplines will be held on two consecutive days.

State Combined Events Championships will take place on 01 & 02 February 2020 at Lakeside Stadium Albert Park. Entries close 14<sup>th</sup> Jan 2020.

## Region & State Cross Country

U9 to U16 athletes can compete in Region Cross Country which will take place in Sat 20 June, at Lake Dewar, Myrning. Entries for Region close 24<sup>th</sup> May 2020. Athletes automatically progress to State Championship held in July 2019 at Lake Dewar, Myrning.

## Road Relays

Athletes from U9 to U15 may compete at the State Road Relay Championships will take place in July 2019. More Details to come.

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



# JUNIOR DEVELOPMENT SQUAD

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

[Visit LAVic website for full details about the JDS Program](#)

## Qualifying:

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

## EVENT QUALIFICATION STANDARDS

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



# EQUIPMENT WEIGHTS, HEIGHTS AND SIZES

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

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

# HURDLE HEIGHTS AND DISTANCES

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



# RULES OF THE COMPETITION

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

YOU MUST WALK AROUND THE OUTSIDE OF THE TRACK.

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

# RULES OF THE COMPETITION

## d) Race walk records...continued

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

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

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

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



# RULES OF THE COMPETITION

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

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

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

## MARSHALLING REMINDER

DO NOT CROSS THE INFIELD FOR ANY REASON!

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

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

## SUN PROTECTION POLICY

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

## SMOKE-FREE POLICY

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

## HEALTHY FOOD CHOICE POLICY

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

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

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

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

## ALCOHOL MANAGEMENT POLICY

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

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

The following strategies have been adopted:

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

# CODES OF BEHAVIOUR

## ADMINISTRATORS

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

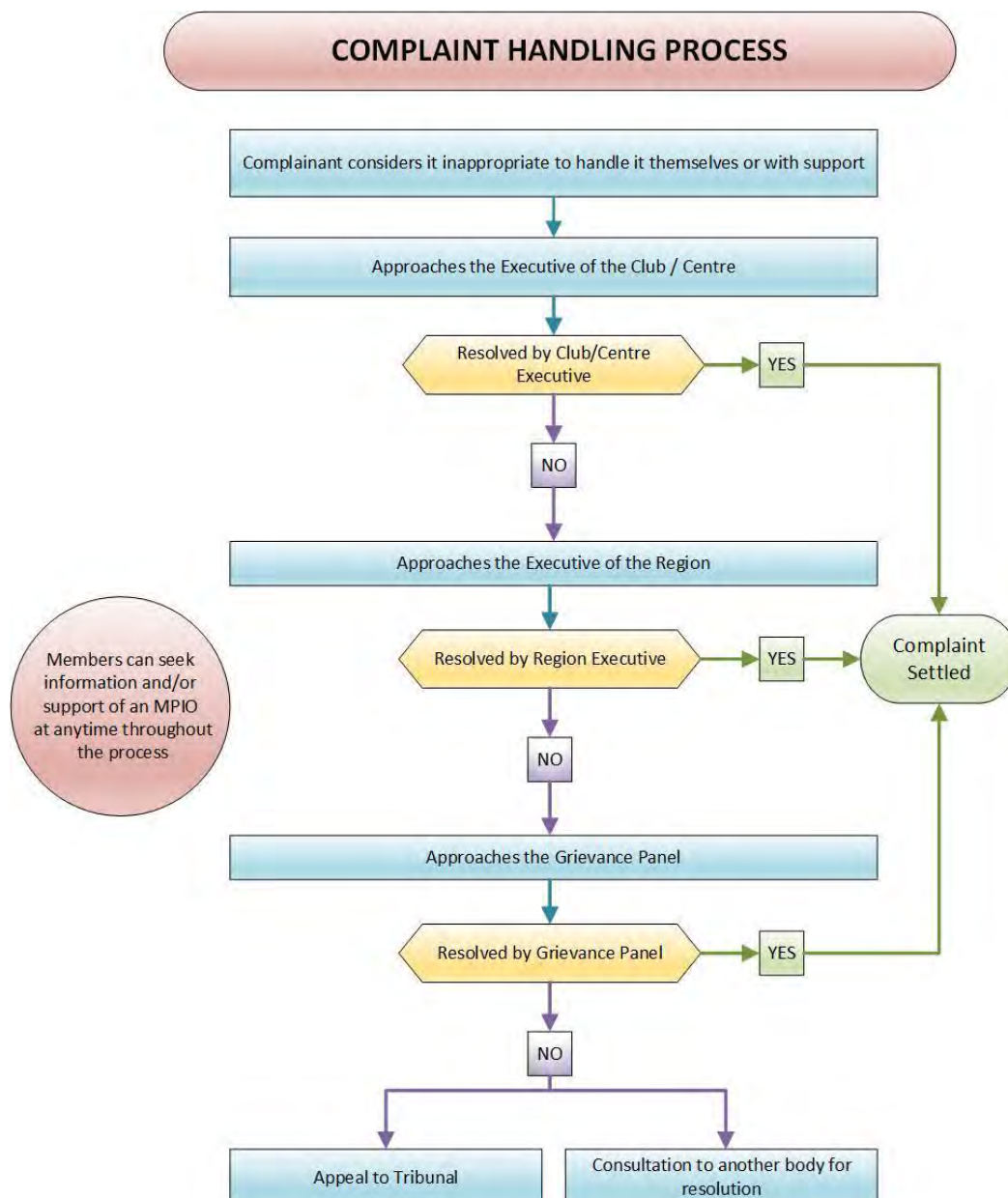
Little Athletics Victoria and the Corio Centre expects all members to comply with the Codes of Behaviour. Appropriate action may be taken in the case of any breaches of the Codes of Behaviour.

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.







**UNDER 6 BOYS**



**UNDER 6 GIRLS**



**UNDER 7 BOYS**



**UNDER 7 GIRLS**



**UNDER 8 BOYS**



**UNDER 8 GIRLS**



**UNDER 9 GIRLS**



**UNDER 9 BOYS**



**UNDER 10 GIRLS**



**UNDER 10 BOYS**



**UNDER 11 GIRLS**



**UNDER 11 BOYS**



**UNDER 12 GIRLS**



**UNDER 12 BOYS**



**SENIOR BOYS**



**SENIOR GIRLS**







# CORIO CENTRE RECORD HOLDERS

## BOYS

(E) Denotes electronic timing record

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

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



# CORIO CENTRE RECORD HOLDERS

## BOYS

(E) Denotes electronic timing record

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

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

# CORIO CENTRE RECORD HOLDERS

## BOYS

(E) Denotes electronic timing record

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

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

# CORIO CENTRE RECORD HOLDERS

## BOYS

(E) Denotes electronic timing record

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

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

60 M HURDLES					
U09	(45 cm) (E)	C. Harris	Corio South	10.40	1978
		C. Bassett	Lara	11.07	2011
U10	(60 cm) (E)	B. McPhail	Lara	11.20	1994
		C. Hall	Golden Plains	11.59	2013
U11	(60 cm) (E)	M. Northover	Corio South	10.00	1981
		D. Burns	Bell Park	10.70	2008
U12	(68 cm) (E)	L. Martin	Lara	10.20	1994
		T. Sa La	Corio South	10.41	2012

# CORIO CENTRE RECORD HOLDERS

## BOYS

(E) Denotes electronic timing record

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

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

100 M HURDLES				
U15 (76 cm)	F. Trevaskis	Bell Park	14.66	1998
	(E) J. Buckley	Lara	15.10	2011

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

300 M HURDLES				
U13 (68 cm)	S. Doak	Bell Park	46.45	1998
	(E) G. Sammit	Bell Park	47.17	2005
U14 (68 cm)	F. Trevaskis	Bell Park	43.70	1998
	(E) G. Sammit	Bell Park	43.70	2006
U15 (68 cm)	F. Trevaskis	Bell Park	41.52	1999
	(E) C. Davis	Corio West	42.60	2014
U15 (76 cm)	(E) P. Sager	Golden Plains	44.06	2018

# CORIO CENTRE RECORD HOLDERS

## BOYS

(E) Denotes electronic timing record

Age Group	Name	Club	Time	Year
700 M WALK				
U8	B. Langley	Golden Plains	4:33.72	2018
U9	O. Day	Lara	4:26.86	2018

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

1100 M WALK				
U 9	M. Bottrell	Norlane	6:01.00	1982
U10	M. Bottrell	Norlane	5:43.90	1983
U11	G. Posterino	Lara	6:47.41	2017

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



# CORIO CENTRE RECORD HOLDERS

## BOYS

(E) Denotes electronic timing record

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

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

HIGH JUMP				
U9	S. Baxter	Rosewall	1.25	1987
U10	J. King	Rose	1.37	1991
U11	D. Hayes	Corio West	1.45	1985
U12	M. Northover	Corio South	1.56	1983
U13	T. Leach	St. Thomas	1.70	1993
	D. Baskin	Norlane	1.70	1999
U14	D. Baskin	Norlane	1.83	2000
U15	D. Baskin	Norlane	2.00	2001



# CORIO CENTRE RECORD HOLDERS

## BOYS

(E) Denotes electronic timing record

Age Group	Name	Club	Time	Year
SHOT PUT				
U6	(1kg) K. Rollo	Corio	6.08	2005
U7	(1kg) K. Ettridge	Norlane	7.90	2007
U8	(1.5kg) S. Jones	Bell Park	9.03	1999
U9	(2kg) D. Burns	Bell Park	8.96	2007
U10	(2kg) C. Palmer	Rosewall	11.25	1987
U11	(2kg) S. Jones	Bell Park	10.86	2002
Changed weight 2018/19 to 2kg				
U12	(2kg) G. Posterino	Lara	6.15	2018
U12	(3kg) C. Palmer	Rosewall	11.43	1989
U13	(3kg) S. Tillotson	Corio West	12.51	2005
Changed weight 2014/15 to 3kg				
U14	(3kg) K. McKenzie	Bell Park	12.01	2016
U14	(4kg) S. Tillotson	Corio West	13.04	2007
U15	(4kg) M. James	Corio	13.80	2004



# CORIO CENTRE RECORD HOLDERS

## BOYS

*(E) Denotes electronic timing record*

Age Group	Name	Club	Time	Year	
DISCUS					
U6	(350g)	K. Rollo	Corio	15.78	2005
U7	(350g)	B. Ettridge	Corio	20.01	2005
U8	(350g)	K. Rollo	Golden Plains	25.89	2007
U9	(500g)	C. Palmer	Rosewall	30.72	1986
U10	(500g)	C. Palmer	Rosewall	38.55	1987
Changed weight 2018/19 to 500g					
U11	(500g)				
U11	(750g)	C. Palmer	Rosewall	37.06	1988
U12	(750g)	I. Scott	Corio	41.74	1972
Changed weight 2018/19 to 750g					
U13	(750g)				
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

JAVELIN					
U11	(400g)	K. Rollo	Golden Plains	30.55	2010
U12	(400g)	S. Doak	Bell Park	38.80	1998
U13	(600g)	K. Rollo	Golden Plains	38.18	2012
U14	(600g)	K. Rollo	Golden Plains	41.82	2013
U15	(600g)	T. George	St. Thomas	47.68	1994
Changed weight 2015/16 to 700g					
U15	(700g)	J. Wellington	Golden Plains	38.92	2018

# CORIO CENTRE RECORD HOLDERS

## GIRLS

(E) Denotes electronic timing record

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

# CORIO CENTRE RECORD HOLDERS

## GIRLS

(E) Denotes electronic timing record

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

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

# CORIO CENTRE RECORD HOLDERS

## GIRLS

(E) Denotes electronic timing record

Age Group	Name	Club	Time	Year
800 M				
U08	A. Pitcher	St. Thomas	3:07.60	1995
U09	L. Papas	Bell Park	2:44.50	1987
U10	R. Britton	Bell Park	2:48.60	1986
U11	R. Britton	Bell Park	2:35.50	1987
U12	T. Burton	Corio	2:30.00	1971
U13	F. Jensen	St. Thomas	2:31.20	1994
U14	A. Tye-Smith	St. Thomas	2:28.20	1994
U15	S. Cunningham	Golden Plains	2:23.50	2009

1500 m				
U11	R. Britton	Bell Park	5:21.7	1987
U12	J. Tye-Smith	St. Thomas	5:22.8	1995
U13	F. Jensen	St. Thomas	5:08.1	1994
U14	K. Porter	St. Thomas	5:11.2	1987
U15	R. Waters	Lara	5:08.8	2016

60 M HURDLES				
U09 (45 cm)	S. Phayer	Corio	11.00	1980
	(E) S. Jones	Bell Park	11.36	2002
U10 (60 cm)	C. Thomas	Lara	11.33	1997
	(E) E. Johnso	Bell Park	11.05	2016
U11 (60 cm)	K. Martin	Lara	10.40	1990
	(E) J. Burns	Bell Park	10.98	2008
U12 (68 cm)	A. Pyers	Bell Park	10.20	1993
	(E) M. Pundij	Bell Park	10.01	2015

80 M HURDLES				
U09 (45 cm)	E. Hockey	Lara	15.21	2001
	C. Jones	Bell Park	15.21	2001
	(E) J. Burns	Bell Park	15.08	2006
U10 (60 Cm)	C. Thomas	Lara	15.21	1997
	(E) J. Burns	Bell Park	15.17	2007
U11 (60 cm)	C. Thomas	Lara	14.70	1998
	(E) J. Burns	Bell Park	14.39	2007
U12 (68 cm)	A. Pyers	Bell Park	14.20	1993
	(E) M. Pundij	Bell Park	13.62	2015
U13 (76 cm)	S. Carr	Lara	13.60	1994
	(E) M. Pundij	Bell Park	13.81	2016
U14 (76 cm)	S. Carr	Lara	13.30	1995
	(E) M. Pundij	Bell Park	12.90	2017

90 M HURDLES				
U15 (76 cm)	K. Martin	Lara	14.95	1994
	(E) J. Burns	Bell Park	15.01	2012

# CORIO CENTRE RECORD HOLDERS

## GIRLS

(E) Denotes electronic timing record

Age Group	Name	Club	Time	Year
200 M HURDLES				
U13 (68 cm) (E)	E. Rayson	Lara	33.35	2017
U14 (76 cm) (E)	M. Pundij	Bell Park	31.78	2017

300 M HURDLES				
U13 (68 cm)	A. Sezonov	Lara	50.50	1993
(E)	S. Cunningham	Golden Plains	50.46	2007
U14 (68 cm)	A. Sezonov	Lara	49.10	1993
	A. Tye-Smith	St. Thomas	49.10	1994
(E)	S. Cunningham	Golden Plains	48.37	2007
U15 (68 cm)	A. Sezonov	Lara	47.90	1994
(E)	S. Cunningham	Golden Plains	46.66	2009
U15 (76 cm)	K. Beaumont	Bell Park	59.77	2017
(E)				

700 M WALK				
U8	A. Campbell	Lara	5:05.78	2017
U9	M. Gillett	Lara	4:10.17	2017

800 M WALK				
U8	L. Papas	Bell Park	4:35.70	1987

1100 M WALK				
U 9	L. Papas	Bell Park	6:13.10	1988
U10	A. Nelson	Golden Plains	5:53.41	2013
U11	C. Charles	Corio West	6:13.49	2017

1500 M WALK				
U11	M. Davison	Lara	8:08.30	2012
U12	M. Davison	Lara	7:50.69	2013
U13	M. Davison	Lara	7:12.02	2014
U14	T. Charman	Norlane	7:06.40	1992
U15	T. Charman	Norlane	7:15.20	1993

LONG JUMP				
U6	S. Jones	Bell Park	2.81	1999
U7	D. Taylor	Norlane	3.42	1987
U8	D. Taylor	Norlane	3.60	1988
U9	A. Aitken	St. Thomas	3.97	1982
U10	L. Zuccolin	Lara	4.24	1988
U11	M. Eyerich	Corio	4.87	1969
U12	M. Eyerich	Corio	4.87	1969
U13	C. Smith	Corio South	4.92	2012
U14	A. Aitken	St. Thomas	5.18	1987
U15	A. Sezonov	Lara	5.51	1994

# CORIO CENTRE RECORD HOLDERS

## GIRLS

(E) Denotes electronic timing record

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

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

SHOT PUT					
U6	(1kg)	B Maurer	St. Thomas	5.35	1997
U7	(1kg)	B. Beckley	Golden Plains	5.72	2005
U8	(1.5kg)	S. Jones	Bell Park	6.48	2001
U9	(2kg)	J. Male	Bell Park	7.34	1980
U10	(2kg)	Y. Ykema	Corio West	8.88	1979
U11	(2kg)	Y. Ykema	Corio West	10.93	1980
U12	(3kg)	Y. Ykema	Corio West	13.55	1981
Changed weight 2018/19 to 2kg					
U12	(2kg)	C. Boxer	Golden Plains	7.76	2018
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

# CORIO CENTRE RECORD HOLDERS

## GIRLS

*(E) Denotes electronic timing record*

Age Group	Name	Club	Time	Year
DISCUS				
U6	(350g) B. Maurer	St. Thomas	14.95	1997
U7	(350g) E. Bews	Norlane	14.84	2000
U8	(350g) S. Jones	Bell Park	19.05	2001
U9	(500g) D. Taylor	Norlane	24.23	1989
U10	(500g) T. Rollo	Lara	30.78	2002
Changed weight 2018/19 to 500g				
U11	(500G)			
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

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







# 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

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

An official at the event must sign off on your performance.  
Present your claim to Records & Rankings with verification.

## BOYS

Name	Event	Age	Record	Year	Location
B. HARVEY	70 METRES	U/6	12.68	2011	COLLINGWOOD
C. VELTMAN	70 METRES	U/7	10.9	1985	COBURG
C. VELTMAN	70 METRES	U/8	10.6	1986	C'WOOD
H. MCDONOUGH	70 METRES	U/9	10.51	2018	LAKESIDE
C. VELTMAN	70 METRES	U/10	9.7	1988	OLY PARK
C. VELTMAN	70 METRES	U/11	9.6	1989	OLY PARK
B. HARVEY	100 METRES	U/6	18.28	2011	COLLINGWOOD
C. VELTMAN	100 METRES	U/7	15.9	1985	COBURG
C. VELTMAN	100 METRES	U/8	15.6	1985	S'VALE
F. KLAASSEN	100 METRES	U/9	14.6	1971	ROYAL PARK
C. VELTMAN	100 METRES	U/9	14.6	1987	OLY PARK
C. VELTMAN	100 METRES	U/10	13.9	1988	COBURG
C. VELTMAN	100 METRES	U/11	13.2	1989	OLY PARK
S. PETERSON	100 METRES	U/12	13.1	1985	S'VALE
P. SAGER	100 METRES	U/13	12.63	2017	LAKESIDE
S. BAXTER	100 METRES	U/14	12.28	1992	COBURG
C. VELTMAN	200 METRES	U/9	30.6	1987	OLY PARK
C. VELTMAN	200 METRES	U/10	29.2	1989	OLY PARK
C. VELTMAN	200 METRES	U/11	27.8	1989	OLY PARK
C. VELTMAN	200 METRES	U/12	26.6	1990	OLY PARK
P. SAGER	200 METRES	U/13	25.62	2017	WERRIBEE
P. SAGER	200 METRES	U/14	24.25	2018	LAKESIDE
F. TREVASKIS	200 METRES	U/15	23.54	1999	NEWPORT

# CORIO CENTRE OUTSIDE RECORDS - BOYS

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

# CORIO CENTRE OUTSIDE RECORDS - BOYS

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

(VBP) - Victorian Best Performance

## ALTERNATE VENUE RECORDS

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

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

### BOYS

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



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

## GIRLS

Age Group	Name	Club	Event	Record	Year
U6	D. Burns	Golden Plains	70 M	13.64	2003/04
U7	D. Henderson	Bell Park	70 M	12.75	2003/04
U10	S. Cunningham	Golden Plains	60 M Hurdles	11.38	2003/04
U10	S. Cunningham	Golden Plains	100 M	15.73	2003/04
U11	J. Towers	Golden Plains	100 M	14.66	2018/19
U11	C. Leslie-Hughes	Golden Plains	Discus (500g)	20.54	2018/19
U12	T. Rollo	Corio	Javelin	33.21	2003/04
U12	C. Boxer	Golden Plains	Shot Put (2kg)	8.65	2018/19
U13	C. Charles	Corio West	200 M Hurdles	23.94	2018/19
U14	A. Boxer	Golden Plains	Javelin (400g)	30.57	2018/19
U15	N. Debeljuh	St Thomas	Shot put	12.7	2003/04
U15	N. Debeljuh	St Thomas	Discus	40.2	2003/04



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

Present your claim to Records & Rankings with verification.

## GIRLS

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

# CORIO CENTRE OUTSIDE RECORDS - GIRLS

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



# CORIO CENTRE OUTSIDE RECORDS - GIRLS

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

## CORIO CENTRE OUTSIDE RECORDS - GIRLS

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

(VBP) - Victorian Best Performance



# VICTORIAN BEST PERFORMANCES

As of September 2019

<u>BOYS</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>
70m	9.82	9.69	9.44	8.84				
100m	13.64	13.44	13.04	12.14	11.68	11.31	11.06	11.41
200m	28.10	28.11	26.75	25.33	23.34	22.63	22.06	22.58
400m	1:04.6	1:02.28	59.78	55.57	53.69	52.05	49.91	53.29
800m	2:30.07	2:23.29	2:18.89	2:10.26	2:05.50	1:59.45	1:55.95	2:02.10
1500m			4:39.68	4:36.45	4:21.10	4:13.45	4:09.68	4:16.48
60m H	9.89	10.02	9.46	9.12				
80m H	13.05	13.18	12.55	12.44	12.13			
90m / 100m H						12.21	13.11	13.21
200m H					26.42	25.34		
300m H							40.06	38.51
700m W	3:37.83							
1100m W		5:09.12	5:19.82					
1500m W				6:58.71	6:54.87	6:14.48	6:14.99	6:02.82
HIGH JUMP	1.30	1.30	1.59	1.67	1.80	1.90	2.00	1.96
LONG JUMP	4.55	4.91	4.80	5.50	6.02	6.44	6.98	6.39
TRIPLE JUMP	9.46	10.08	10.17	11.6	12.65	13.31	13.85	13.69
SHOT PUT	9.96	11.86	13.43	13.81	16.79	16.82	18.31	15.38
DISCUS	35.12	39.3	44.16	48.8	49.90	60.52	64.54	52.13
JAVELIN			36.04	49.68	52.66	57.02	55.41	51.35
MULTI-EVENT	1275pts	14050pts	1423pts	1681pts	1908pts	2693pts	5078pts	4478pts

# VICTORIAN BEST PERFORMANCES

As of September 2019

<u>GIRLS</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>
70m	10.36	10.04	9.52	9.17				
100m	14.14	13.84	13.24	12.64	12.40	12.20	12.14	12.80
200m	30.34	28.74	27.34	26.24	25.63	24.95	24.77	24.96
400m	1.07.93	1.05.66	59.97	59.33	57.89	56.36	55.68	57.24
800m	2.39.80	2.29.65	2.23.13	2.17.66	2.14.58	2.12.79	2.13.00	2:18.19
1500m			4.52.02	4.43.85	4.36.73	4.39.27	4.34.31	4:49.31
60m H	10.37	10.32	9.81	9.41				
80m H	13.54	13.78	12.86	12.78	12.17	11.87		
90m H							12.95	13.69
200m H					28.47	28.38		
300m H							44.66	47.51
700m W	3.37.17							
1100m W		5.30.0	5.30.23					
1500m W				6.53.19	6.44.36	6.40.15	6.29.19	7:02.80
HIGH JUMP	1.14	1.19	1.50	1.60	1.68	1.73	1.80	1.63
LONG JUMP	4.2	4.51	4.84	5.38	5.63	5.68	5.8	5.31
TRIPLE JUMP	8.86	9.71	10.10	11.14	12.09	12.19	12.43	10.69
SHOT PUT	9.63	11.75	12.68	15.01	13.17	15.63	15.56	14.51
DISCUS	32.01	37.05	36.33	43.82	44.54	44.05	46	40.31
JAVELIN			30.82	35.81	43.33	46.09	41.99	37.61
MULTI-EVENT	902pts	1139pts	1436pts	1594pts	1733pts	2256pts	4525pts	4227pts

# VICTORIAN BEST RELAY 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>
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

<u>GIRLS</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>
4 x 100	1.00.24	58.68	55.54	52.74	50.58	49.5	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

MIXED SEX	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>
Medley A	2.16.61	2.08.65	2.03.39	1.56.38	1.51.36	1.46.70	1.40.39	
4 x 100	59.74	58.31	55.86	51.42	50.62	47.78	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.

# 2018/2019 TROPHY PRESENTATION LIST

## Age Group Champions

Champion

Runner Up

### GIRLS

U/6	Zoe Bowkett	Golden Plains	Kyrah Baulch	Bell Park
U/7	Madison Drayton	Lara	Summah Fursland	Bell Park
U/8	Amelia Field	Bell Park	Ruby Merchant-McKienan	Lara
U/9	Sienna Bilinski	Golden Plains	Emily Schwuch	Golden Plains
U/10	Alicia Thompson	Golden Plains	Cailin Walker	Lara
U/11	Chantelle Leslie-Hughes	Golden Plains	Jamison Towers	Golden Plains
U/12	Amali Burley	Lara	Jemilla Campbell	Lara
U/13	Caitlin Charles	Corio West	Kirra Robinson	Corio West
U/14	Lainey Hill	Corio West	Allie Todd	Corio South
U/15	Samantha Leslie-Hughes	Golden Plains	Ella Wilkin	Lara
U/16	Kelsea Gray	Lara	Tia Wilkin	Lara

Champion

Runner Up

### BOYS

U/6	Hugh Fairweather	Lara	Thomas Baskin	Bell Park
U/7	Jett Sheather	Lara	Jamison Christo	Lara
U/8	Kade Witney	Bell Park	Eli Hedley	Golden Plains
U/9	Max Mills	Golden Plains	Brody Langley	Golden Plains
U/10	Jarvis Burley	Lara	Oliver Day	Lara
U/11	William Charles	Corio West	Harry McDonough	Bell Park
U/12	Bailey Colville	Golden Plains	Giuseppe Posterino	Lara
U/13	Benjamin Day	Corio West	Reif Anderson	Lara
U/14	Sam Warelow	Golden Plains	Jack Warelow	Golden Plains
U/15	Patrick Sager	Golden Plains	Christopher Watson	Golden Plains

# 2018/2019 TROPHY PRESENTATION LIST

## GIRLS MOST CONSISTENT

CHAMPION

RUNNER UP

### SHORT TRACK

Caitlin Charles	Corio West	Lainey Hill	Corio West
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### LONG TRACK

Caitlin Charles	Corio West	Filomena Iannuzzi	Lara
-----------------	------------	-------------------	------

### HURDLES

Evie Matijevic	Golden Plains	Caitlin Charles	Corio West
----------------	---------------	-----------------	------------

### WALK

Caitlin Charles	Corio West	Sienna Bilinski	Golden Plains
-----------------	------------	-----------------	---------------

### JUMPS

Allie Todd	Corio West	Caitlin Charles	Corio West
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### THROWS

Adasha Boxer	Golden Plains	Chantelle Leslie-Hughes	Golden Plains
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# 2018/2019 TROPHY PRESENTATION LIST

## BOYS MOST CONSISTENT

CHAMPION

RUNNER UP

### SHORT TRACK

Sam Warelow	Golden Plains	Jack Warelow	Golden Plains
-------------	---------------	--------------	---------------

### LONG TRACK

Jack Warelow	Golden Plains	Sam Warelow	Golden Plains
--------------	---------------	-------------	---------------

### HURDLES

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

### WALK

Sam Warelow	Golden Plains	Jack Warelow	Golden Plains
-------------	---------------	--------------	---------------

### JUMPS

Patrick Sager	Golden Plains	Sam Warelow	Golden Plains
---------------	---------------	-------------	---------------

### THROWS

Darcy Giddings	Lara	Joshua Sanders	Lara
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### M. ROBINSON TOP WALK AWARD

Caitlin Charles	Corio West
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### D. ROBINSON WALK STYLE AWARD

Caitlin Charles	Corio West
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# 2018/2019 TROPHY PRESENTATION LIST

## EXECUTIVE AWARD

GIRL			BOY	
Hannah Day		Corio West	Hamish Leslie Hughes	Golden Plains

## LES CAMPBELL COACH AWARD

GIRL			BOY	
Chantelle Leslie-Hughes		Golden Plains	Hamish Liddell	Lara

## JACOB ALLINSON HIGH JUMP AWARD

Lachlan Schwuch	Golden Plains
-----------------	---------------

## PAUL TURNER SHORT TRACK AWARD

Jack Warelow	Golden Plains
--------------	---------------

## MOST PB AWARD

GIRLS			BOYS		
Mini			Mini		
Lylah Wilson	Bell Park	25 PBs	Zeth Wilson	Bell Park	29 PBs
Ruby Merchant-McKienan	Lara	25 PBs			
Junior			Junior		
Chantelle Leslie-Hughes	Golden Plains	36 PBs	Jesse Rabusin	Golden Plains	41 PBs
Senior			Senior		
Caitlin Charles	Corio West	37 PBs	Benjamin Day	Corio West	41 PBs
Lainey Hill	Corio West	37 PBs			

# 2018/2019 TROPHY PRESENTATION LIST

## ATHLETE OF THE YEAR

### GIRLS MINI ATHLETE OF THE YEAR

Madison Drayton

Lara

### GIRLS JUNIOR ATHLETE OF THE YEAR

Jamison Towers

Golden Plains

### GIRLS SENIOR ATHLETE OF THE YEAR

Caitlin Charles

Corio West

### BOYS MINI ATHLETE OF THE YEAR

Kade Witney

Bell Park

### BOYS JUNIOR ATHLETE OF THE YEAR

William Charles

Corio West

### BOYS SENIOR ATHLETE OF THE YEAR

Sam Warelow

Golden Plains

### TEN YEAR SERVICE AWARDS

Patrick Sager

Golden Plains

### CORIO LITTLE ATHLETICS CENTRE - LIFE MEMBER INDUCTEES

Kelvin Gray

Jean Trevarthen

Nicole Hill

Travis Trevarthen

Simon Hill

### PRESIDENTS AWARD

Danny Sparks Cousins

Narelle Campbell

Samantha Leslie Hughes

Skye Bilinski

# CROSS COUNTRY AWARDS 2019 SEASON

## GIRLS

## BOYS

Under 6      1<sup>st</sup>      Zoe Bowkett

Under 7      1<sup>st</sup>      Lilly Foggie

Under 8      1<sup>st</sup>      Eli Hedley  
                  2<sup>nd</sup>      Kobi Matheson  
                  3<sup>rd</sup>      Cody Peplinkhouse

Under 9      1<sup>st</sup>      Sienna Reid  
                  2<sup>nd</sup>      Sienna Bilinski  
                  3<sup>rd</sup>      Millie Hateley  
                  4<sup>th</sup>      Aylwen Campbell

Under 9      1<sup>st</sup>      Thomas Pell

Under 10     1<sup>st</sup>      Hamish Leslie-Hughes

Under 11     1<sup>st</sup>      Jamison Towers  
                  2<sup>nd</sup>      Chantelle Leslie-Hughes

Under 12     1<sup>st</sup>      Kaylia Hateley  
                  2<sup>nd</sup>      Jemilla Campbell  
                  3<sup>rd</sup>      Monique Leslie-Hughes

Under 12     1<sup>st</sup>      Jesse Rabusin

Under 13     1<sup>st</sup>      Eva Reid

Under 14     1<sup>st</sup>      Charlise Hateley

Under 14     1<sup>st</sup>      Sam Warelow  
                  2<sup>nd</sup>      Jack Warelow

Under 15     1<sup>st</sup>      Samantha Leslie-Hughes

Under 15     1<sup>st</sup>      Patrick Sager

# CROSS COUNTRY AWARDS 2019 SEASON

## BEST DISTANCE PERFORMANCES

### Girls

1000 Metres      Zoe Bowkett  
1500 Metres      Sienna Bilinski  
2000 Metres      Jamison Towers  
3000 Metres      Eva Reid

### Boys

1000 Metres      Eli Hedley  
1500 Metres      Hamish Leslie-Hughes  
2000 Metres      Jesse Rabusin  
3000 Metres      Jack Warelow

## ROCKERFELLER FAMILY ENDEAVOUR AWARD

Cody Pepplinkhouse

## LARKINS FAMILY ENDEAVOUR AWARD

Millie Hateley

## PARENT - KEEP ON RUNNING

Sharon Rabusin      Heather Parkinson      Desiree Leslie Hughes      Dee Hedley  
Michael Robinson



# CROSS COUNTRY SEASON 2020

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 Doc 0420 277 199

TRY IT THIS YEAR – **IT'S** GREAT FUN



# SKILLS COACHING AT CORIO LITTLE ATHLETICS

Sprints, Hurdles and Jumps      4:00 pm – 5:00 pm  
Tuesday and Thursday

For further information contact Paul on 0402 319 281

High Jump      4:00 pm – 5:00 pm  
Tuesday (Big mat - U11 - U16)  
&  
Thursday (Small mat scissor kick U9 - U10)

For further information, contact Doc on 0420 277 199.

Throws      10:30am – 12:00pm  
Sunday

For further information, contact Chris Larkins on 0417 552 282

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

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

# CORIO CENTRE CHAMPIONSHIPS

21<sup>st</sup> March 2020

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 7<sup>th</sup> March 2020

*More information will be available in Feb 2020*

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



# Join

## Corio Athletics Club

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

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

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

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

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



# CORIO LITTLE ATHLETICS CENTRE

## SUPPORTERS



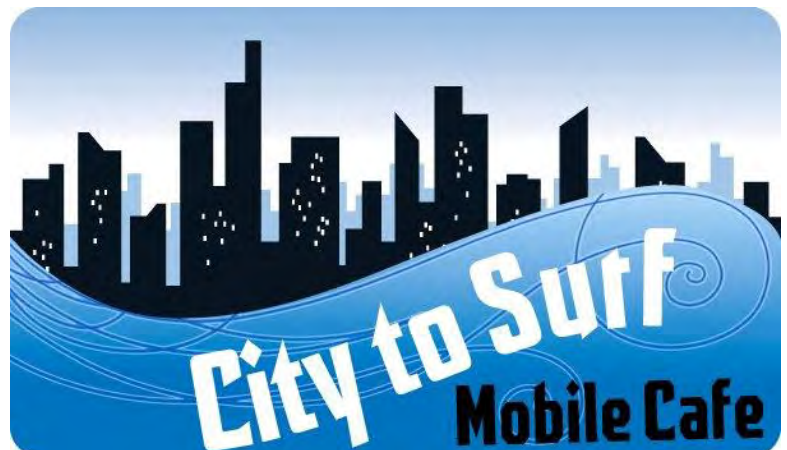
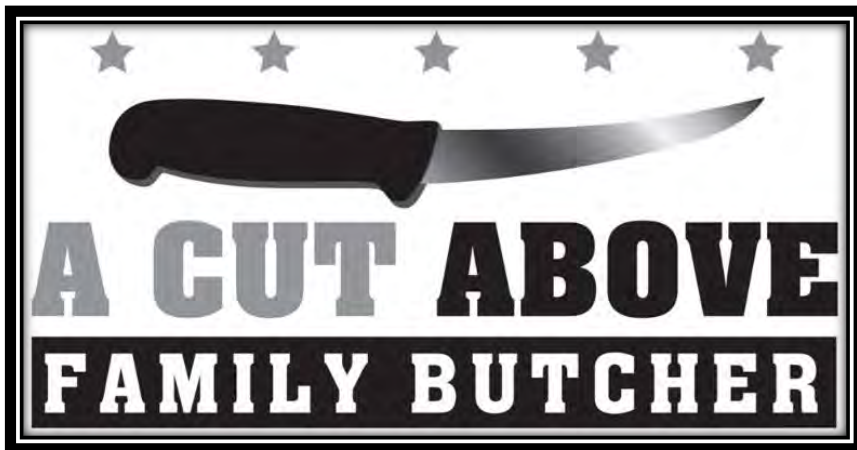
DRIVE THRU COFFEE

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.



**Corio  
Central**



# THANKING OUR PARTNERS IN SEASON 2019-20

## NATIONAL PARTNER

The logo for Coles, featuring the word "coles" in a bold, red, lowercase sans-serif font.

## GOLD PARTNER

The Subway logo, with "SUBWAY" in a bold, sans-serif font. The "S" is yellow with a left-pointing arrow, and the "Y" is green with a right-pointing arrow.

## OFFICIAL SUPPLIERS



## SUPPORT PARTNERS



## DESIGNATED CHARITY

Proudly supporting



good  
Friday  
appeal  
THE ROYAL CHILDREN'S HOSPITAL



Photograph taken by  
Neville Wright

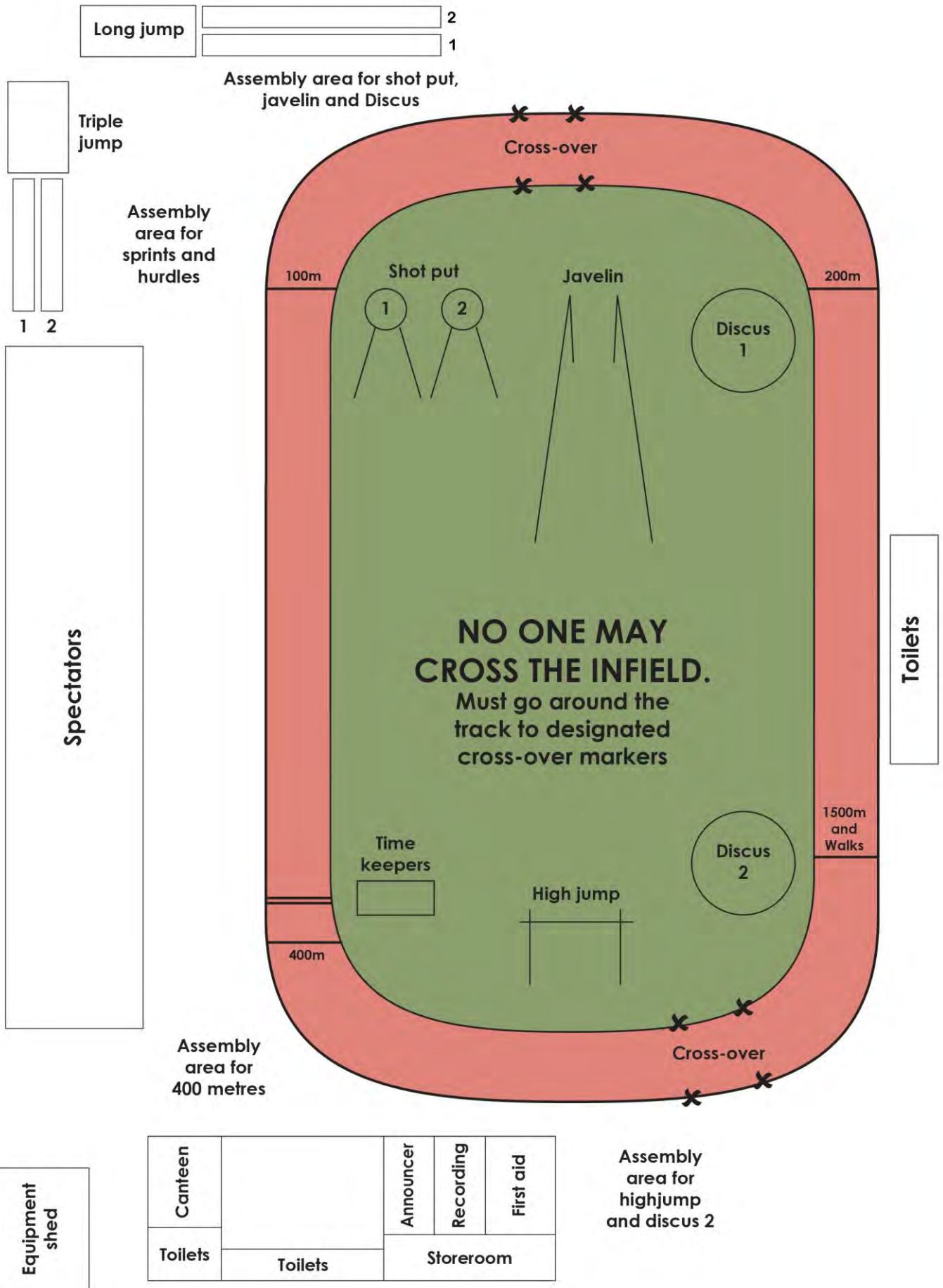
If you would like to see additions/changes/enhancements to the  
Corio Little Athletics annual handbook,  
please put your ideas in writing and pass onto the  
Centre Secretary for consideration for future editions.

Proudly Printed by the Gordon

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

# NOTES / AUTOGRAPHS

# LAYOUT OF THE CORIO LITTLE ATHLETICS CENTRE



Corio Little Athletics Centre  
THANKS OUR COMMUNITY PARTNERS

GOLD PARTNER



***Avalon Airport***  
*Flying made easy*

SILVER PARTNERS

*CURRENTLY SEEKING SILVER PARTNERS*

BRONZE PARTNERS

**Gforce**  
Employment Solutions

