

January 2019

From the President - State Individual Championships - Coles Round  
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## From the President - Rhonda O'Sign

Another very busy season of little athletics, where has the past three months gone !!

There is so much happening on the Little Athletics calendar over the next six weeks. This coming weekend is our Coles Round where we will see many athletes and Centres come along to the Centre dressed in many colourful outfits. Last year we saw a large variety of 'vegetables', mini chefs, shop fronts and super heroes. I can't wait to see this year's photos. Make sure you send your photos through to [president@taslittleathletics.com.au](mailto:president@taslittleathletics.com.au) to go in to the draw to win one of 20 Coles/Myer vouchers.

On the 16<sup>th</sup> February, athletes from around the State will take part in the JustWaste State Relay Championships; following which many Centres will head into their Centre Championships. State Individual Championships will be held in Hobart on the weekend of the 10<sup>th</sup> and 11<sup>th</sup> March, then on April 27<sup>th</sup> and 28<sup>th</sup>, Tasmania will host the National Little Athletics Championships at the Domain Athletics Centre. Athletes from around Australia will be visiting our beautiful State. Make sure you come along support the teams.

As always, the Board of Management and office staff has been extremely busy behind the scenes ensuring that our athletes and families have the best experiences from their participation in Little Athletics, and I take this opportunity to thank them prior to heading into our very busy end of season championships period.

This year we saw the introduction of a new trial program for Under 6 to Under 8 athletes – On Track. The On Track program focuses on the fundamental motor skills, all the way through to the athletic skills. Athletes in these age groups have large variations in their athletic abilities as their fundamental motor skills are developing at different rates. The key to On Track is that athletes develop one skill before moving onto the next skill. The program has been trialled by Centres throughout Australia this season, with excellent feedback from both athletes and parents. A full review will be conducted post season, and I anticipate On Track being rolled out nationally next year at all Little Athletics Centres. feedback.

I take this opportunity of wishing all athletes the very best for the rest of the Little Athletics Season.



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# State Individual Championships

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**Saturday 9th - Sunday 10 March 2019**  
**Domain Athletics Centre, Hobart**

Online entries are now open for the 2019 State Individual Championships, go to the entry portal (link below) and log in to register.

## **ENTRY PORTAL**

A few important points to note:

You will need your IMG log in details that you used to register at the start of the season. If you have forgotten these, please contact the office ([office@taslittleathletics.com.au](mailto:office@taslittleathletics.com.au) or 1300 888 713) for them to be re-sent to you.

- When you go in to select which events you wish to enter, you will only be able to select 1 event at a time. You will need to complete the details for the first event you wish to enter and then when you get to the "Entry Details" screen, you will then need to click on <Enter Additional Events> and then enter the next event (and continue to repeat this process for each event you wish to enter).
- If you don't have details of your two best performances for the season, these can be obtained from your local Centre (Centres may wish to run of a copy of the "athlete results by date" report in SLAM for each athlete).
- A list of which events are on each day of the State Individual Championships is available on Page 7 of your Information Manual.
- Conditions of entry are listed on Page 15 of your Information Manual.

Any questions regarding the online entry portal can be directed to the office on 1300 888 713 or at [office@taslittleathletics.com.au](mailto:office@taslittleathletics.com.au).

Any general questions regarding the event can be directed to the Competition Director on 0408 127 386 or [competition@taslittleathletics.com.au](mailto:competition@taslittleathletics.com.au).

**Entries close on Tuesday, 12 February 2019 at 12 noon.** No late entries will be accepted.

Regards

**Brett Johnstone**  
Competition Director





# coles Round

Saturday 2nd February  
All Centres

To celebrate our national partnership with Coles, Little Athletics Tasmania Centres will be hosting the Coles Round this weekend.

Athletes are encouraged to dress up in anything and everything representing Coles - the options are endless! Will we see fruit and vegetables? Grocery items? Or red and white super heroes?

One Centre will win a \$300 Coles voucher and individuals can win one of 20 \$100 Vouchers. Prizes will be drawn on Saturday 9th March during our State Individual Championships.

The COLES Round does not affect your regular competition, it's simply a bit of extra fun for the day







**Saturday 16th February 2019**  
**Northern Tasmania Athletics, Launceston**

Entry to the JustWaste State Relay Championships is through your Little Athletics Centre. Entry dates for each Centre varies, please contact your Centre if you wish to participate in the Relays.

- U8 - U15 4 x 100m
- U9 - U15 4 x 200m
- U9 - U15 Swedish Relay
- U6 - U7 Shuttle Relay\*
- U6 - U8 Long Jump\*

*\*Note: Shuttle Relays & Long Jump are non Championship events.*

Entry is \$8.00 per athlete, per event or \$20.00 per athlete if all three relays are entered. There is no charge to enter the Shuttle Relay & Long Jump.

***Little Athletics Tasmania welcomes JustWaste aboard as the naming rights sponsor for the State Relay Championships for 2019. JustWaste is an award winning waste consultancy business based in Launceston, offering state wide service.***

**justWASTE**  
CONSULTING





# State Multi Event Championships



The State Multi Event Championships were held in Penguin on Saturday 19 - Sunday 20th January.

Over 200 representing 16 Centres participated in the event, which was held in Penguin for the first time. Little Athletics Tasmania would like to extend our thanks to all Officials and volunteers who assisted in the delivery of the event, and a special thanks to the Burnie Little Athletics Centre for their support of the event and to Chris Eldershaw ([Pics by Chris - Facebook](#)) for taking photos.,

Full results from the State Multi Event can be found [HERE](#).

Three State Records were broken and two new records were established at the event. Chelsea Scolyer BNE (U13), Bianca Anderson SL (U14) & Max Brideson HD (U15) broke records in their age groups while Xavier Davie SL(U11) and Mac Wilcox SL (U13) established new records following a change to implement specifications at the start of the season.

*\*Records are subject to ratification*

A full list of athletes who have broken records so far this season is available on the following page.



# RECORD BREAKERS

Congratulations to the following athletes who have broken existing State Records or established new records due to a change of specifications at the State events held so far this season.

*Note: The records listed are subject to ratification*

## State Records Set 2018-19 Season

Age Group	Event	Athlete	Centre	Old Record	New Record
U15 Boys	1500m Walk	Will Robertson	CLA	6:53.3	6:11.5
U11 Girls	Discus	Arielle Cannell	HD	New Specs	25.82
U11 Boys	Discus	Archie Devine	CLA	New Specs	26.63
U13 Boys	Discus	Elliott Findlay	SL	New Specs	31.06
U12 Boys	Shot Put	Lochlan Harris	SL	New Specs	9.40
U13 Girls	200m	Chelsea Scolyer	BNE	25.9	25.6
U11 Boys	Discus	Archie Devine	CLA	26.63	29.22
U11 Boys	Long Jump	Isaac Dixon	CLA	4.58	4.76
U11 Boys	Multi-Event	Xavier Davie	SL	New Specs	2720
U13 Boys	Multi-Event	Mac Wilcox	SL	New Specs	3310
U13 Girls	Multi-Event	Chelsea Scolyer	BNE	3534	3804
U14 Girls	Multi-Event	Bianca Anderson	SL	3764	3783
U15 Boys	Multi-Event	Max Brideson	HD	3760	3984

\*NB: For "New Events" – New Records listed above are the best result achieved at an LATas event up to and including 31/12/18.

## Change In Qualifying Standard – Under 10 Girls Discus

The weights/specifications for 4 throwing events (Under 12 Boys Shot Put, Under 11 Boys Discus, Under 13 Boys Discus and Under 11 Girls Discus) were changed at the start of the current season. In each case, athletes in those age groups now throw a lighter implement than that age group did in previous seasons. For the Under 11 Girls Discus this means they have a Qualifying mark (14.50m) that is 50cm easier than the Under 10 Girls mark (15.00m) even though they use the same weight. Rather than increase the Under 11 Qualifying mark mid-season (which the Board considers unfair), to remove that discrepancy we have decided to reduce the Under 10 Girls Discus Qualifying Standard from 15.00m to 14.50m.

Note that this change is "backdated" to the start of the season (so any marks between 14.50m and 14.99m set this season now count as a "Qualifier"). If you have any questions regarding this change, please contact the Competition Director Brett Johnstone via email at [competition@taslittleathletics.com.au](mailto:competition@taslittleathletics.com.au)





# NOMINATIONS



## State Team Nominations

Online nominations are now open for the 2019 State Teams for the Australian Little Athletics Championships to be held in Hobart from the 27th - 28th April 2019.

Age Eligibility: U13 Team - Athletes born between 1st October 2005 – 31st December 2006

U15 Multi-Event Team - Athletes born between 1st October 2003 - 31st December 2004

Additional information including selection criteria can be found [HERE](#)

Click the links below to nominate.

[2019 U13 State Team](#) - [2019 U15 Multi-Event Team](#)

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## State Team - Information

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A team camp will be held at Camp Clayton on Saturday 30th - Sunday 31st March 2019.

Selected athletes are expected to attend this camp, the fees for which are included in the State Team Levy.

In addition to the camp there will be a series of training sessions held at both the Northern Tasmania Athletics Centre in Launceston and the Domain Athletics Centre in Hobart. Athletes are expected to attend these sessions, with the final training session on the 20th April (Easter Saturday) being compulsory as we will be issuing uniform at this time.

Team Managers for the 2019 State Team

Brett Gillow, Kay Knee (North) & Tracy Canham (South)

Team Coaches - Wim Vaessen (North) & Brett Johnstone (South)

For further information please contact the Little Athletics Tasmania Office at [office@taslittleathletics.com.au](mailto:office@taslittleathletics.com.au)



## Rule Changes 2018-2019 Season

The following rules and specification changes will come into effect in the 2018-2019 season;

**Event Specification Changes:** The following events have been modified at a National level:

- Under 11 (Boys and Girls) Discus – will now use 500g Discus (was 750g)
- Under 13 Boys Discus – will now use 750g Discus (was 1kg)
- Under 12 Boys Shot Put – will now use 2kg Shot Put (was 3kg)
- Under 10 (Boys and Girls) 1500m – this event can no longer be offered at any level of competition

**Event Rule and Qualification Changes:** The following rules will change following amendment at either IAAF or National level:

- **4 x 100m Relay** – Instead of a 10m acceleration zone and 20m changeover zone at each change, there will simply be a 30m changeover zone (baton can be exchanged anywhere inside that 30m zone).
- **Field Events** (where there are 3 or more athletes) – athletes will now have 30 seconds to complete their trial once given the “all clear” to start (was 60 seconds).
- **Under 14 Girls Javelin** – “Qualifier” has been extended from 18.50m to 22.00m (this is mainly due to the change mid-last season from 500g to 400g Javelin).

*If you have any queries regarding the above changes please contact the Little Athletics Tasmania office on 1300 888 713*



### State Event Calendar 2018-2019

Northern Centre Challenge	Saturday 3rd November 2018	Northern Athletics Centre, Launceston
Southern Centre Challenge	Sunday 4th November 2018	Domain Athletics Centre, Hobart
Southern All State Meet	Saturday 1st December 2018	Domain Athletics Centre, Hobart
Northern All State Meet	Saturday 15th December 2018	Northern Athletics Centre, Launceston
State Multi-Event Championships <i>*Day 1 U13 - U15 only</i>	Day 1 - Saturday 19th January 2019 Day 2 - Sunday 20th January 2019	Dial Sports Complex, Penguin
State Relay Championships	Saturday 16th February 2019	Northern Athletics Centre, Launceston
State Individual Championships	Saturday 9th March to Sunday 10th March 2019	Domain Athletics Centre, Hobart