



2015-2016 Centre Handbook

www.moorabbinlac.com.au

G.R. Bricker Reserve
Rowans Road
MOORABBIN

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WELCOME

PRESIDENT'S WELCOME

Welcome back to MLAC for our 2015/16 season. A very warm welcome to all our new families. We hope you find the centre friendly and encourage you and your children to get as much out of your time here as you can.

There have been some exciting developments over the winter break in areas of track / facility funding, coaches and equipment as we strive to better the centre and improve your experience at Moorabbin. Keep an eye on your email, website and centre info for more news. Each year I take aim at a particular area I feel we need to improve and this year sadly, the message is the same as last years'. It is the area of 'parental support'.

SPECIAL NOTE TO PARENTS...MLAC is not a child minding service or a 'drop off centre' for your child. ***A parent or carer must be present during competition.*** We need you to help us run competition nights...it's that simple...that is how this centre works and it cannot work without your help.

Be involved, leave your phone in the car and enjoy your children's efforts. They'll love you for it.

Each year we try and assist families in learning the basics of measuring, recording and even correct technique to ensure all age groups have adequate support. This year we will be running a special night on the first scheduled training night Wednesday October 7 to help you learn the basics. We cannot emphasize enough how important this session will be and hope it is well supported.

Please be mindful to encourage your child to participate in ALL events regardless of their ability. We always reinforce the message that your children run against their own personal clock and jump and throw against their own personal tape measures. Little Athletics is about being ***your*** best.

Finally, we have built quite a reputation in recent times at both Regional and State events. I urge you to encourage your children to continue to support these important events. This is where your children get a real taste for healthy structured competition at a higher level. The events are well run and are an extremely worthwhile experience.

Good luck to all our athletes as we look forward to a great season. For competition nights please be prepared and on time.

Kind regards

Andrew Robinson, President MLAC₄

MOORABBIN LITTLE ATHLETICS CENTRE

COMMITTEE 2015/2016

Name	Position	Phone Number
Andrew Robinson	President	0449 082 213
Helen Green	Vice President	0428 888 292
Joanne Spencer	Secretary	0431 269 265
Michelle Jackson	Treasurer	0407 097 614
Lisa-Maree Robinson	Registrar	0409 354 881
Chris Sharp	Competition Manager & Team Manager	0421 768 534
Craig Baikie	Coaching Coordinator	0403 303 933
Libby Mason	Website Manager	
Rod Rizzi	Duty Roster Manager	0424 910 268
Jill Cook	Canteen & BBQ Manager	
Gordon Fode	Equipment Manager	
Adam Gibson	Sponsorship	0412 769 219
Don Marshall	General Committee	
Shiva Pillai	General Committee	
Steven Coulson	General Committee	

Email us via moorabbin@lavic.com.au

MOORABBIN LITTLE ATHLETICS CENTRE
- LIFE MEMBERS –

Marcella Spillane

Don Marshall (2012/13)

Glenys Stewart

Andrew Robinson (2013/14)

Peter Ryan

Lisa-Maree Robinson (2013/14)

Peter Hayes

Alex Marshall (2014/15)

Magda Morehouse

Tim Berriman

Maureen Clynes

Marrisa Harris

John Boomgardt

Margaret Berriman

Ian Morehouse

Greg Miller

John Mahony

Darryl Hunt

Darren Rogers

Lex Johnson

Lorraine Learmonth

Moorabbin Little Athletics Centre – COMPETITION DATES 2015/2016

30 September 2015	MEMBER'S PACK COLLECTION - 4.00 pm – 7.00 pm
2 October 2015	Competition Night - 5.45 pm – 6.45 pm <i>(revised program as no daylight saving)</i>
7 October 2015	First Training Night 5.00 pm - 6.00 pm
9 October 2015	Competition Night – 5.45 pm – 7.30 pm
October 2015	Training - 5.00 pm - 6.00 pm
16 October 2015	Jetstar Round, Competition night – 5.45 pm – 7.30 pm
21 October 2015	Training - 5.00 pm - 6.00 pm
23 October 2015	Competition Night – 5.45 pm – 7.30 pm
28 October 2015	Training - 5.00 pm - 6.00 pm
30 October 2015	Competition Night – 5.45 pm – 7.30 pm
4 November 2015	Training - 5.00 pm - 6.00 pm
6 November 2015	Competition Night – 5.45 pm – 7.30 pm
11 November 2015	Training - 5.00 pm - 6.00 pm
13 November 2015	Competition Night – 5.45 pm – 7.30 pm
15 November 2015	Mentone Relays
18 November 2015	Training - 5.00 pm - 6.00 pm
20 November 2015	Competition Night – 5.45 pm – 7.30 pm
21 November 2015	Region Relays
25 November 2015	Training - 5.00 pm - 6.00 pm
27 November 2015	Competition Night – 5.45 pm – 7.30 pm
2 December 2015	Training - 5.00 pm - 6.00 pm
4 December 2015	Competition Night – 5.45 pm – 7.30 pm
9 December 2015	Training - 5.00 pm - 6.00 pm
11 December 2015	Competition Night – 5.45 pm – 7.30 pm
12 December 2015	State Relay Championships – Albert Park
16 December 2015	Training - 5.00 pm - 6.00 pm
18 December 2015	Competition Night – 5.45 pm – 7.30 pm CHRISTMAS BREAK-UP PARTY /School Holidays
22 January 2016	Competition Night – 5.45 pm – 7.30 pm
27 January 2016	Training - 5.00 pm - 6.00 pm
29 January 2016	Competition Night – 5.45 pm – 7.30 pm
30 January 2016	State Multi Event Championships – Bendigo
31 January 2016	State Multi Event Championships – Bendigo
3 February 2016	Training - 5.00 pm - 6.00 pm
5 February 2016	Competition Night – 5.45 pm – 7.30 pm
10 February 2016	Training - 5.00 pm - 6.00 pm
12 February 2016	CENTRE CHAMPIONSHIPS/PB NIGHT – 5.00 pm – 8.00 pm
17 February 2016	Training - 5.00 pm - 6.00 pm
19 February 2016	No Competition/ Regional Championships
20 February 2016	Region Track and Field
21 February 2016	Region Track and Field
24 February 2016	Training - 5.00 pm - 6.00 pm
26 February 2016	Competition Night – 5.45 pm – 7.30 pm
2 March 2016	Training - 5.00 pm - 6.00 pm
4 March 2016	Competition Night – 5.45 pm – 7.30 pm
9 March 2016	Training - 5.00 pm - 6.00 pm
11 March 2016	Competition Night – 5.45 pm – 7.30 pm
16 March 2016	Training - 5.00 pm - 6.00 pm (State athletes only)
19 March 2016	State Track & Field Championships – Lakeside Stadium
20 March 2016	State Track & Field Championships – Lakeside Stadium

MOORABBIN LITTLE ATHLETICS CENTRE UNIFORM POLICY - IMPORTANT

As with most sporting codes, wearing the correct uniform for competition is an important requirement. Every child **must wear** the Centre T-Shirt, singlet or crop top with the Moorabbin logo.

Shorts should be plain black running shorts or plain black “bicycle shorts”. Knee-length basketball or board shorts are unacceptable as they can increase the danger of an athlete falling when competing in athletics events, particularly, sprinting, hurdling and jumping. Pockets are not allowed on the shorts.

The T-Shirt, singlet or crop-top must be worn with the chest patch provided once you register with the Centre. The Chest Patch is designed to be pinned to the T-Shirt. Athletes not wearing the correct uniform will be unable to compete.

PLEASE NOTE THE CENTRE UNIFORM MUST BE WORN EACH AND EVERY DAY THE CENTRE OPERATES. IT SHOULD HAVE THE CHEST PATCH ATTACHED TO IT AT ALL TIMES. DUE TO THE NEW TIME RECORDING SYSTEM, TRACK RESULTS WILL NOT BE RECORDED IF AN ATHLETE IS NOT WEARING THEIR CHEST PATCH

FINANCIAL PENALTIES FROM LITTLE ATHLETICS VICTORIA NOW APPLY TO THE CENTRE IF ATHLETES ARE FOUND NOT WEARING THEIR PATCHES

New chest patches will be provided if the original is lost or damaged with a replacement fee of \$5.

Centre T Shirts, singlets and crop tops are available for purchase. Plain black shorts can be purchased at any department store.

The Centre’s SunSmart Policy encourages all children to wear a suitable SunSmart Hat and an “overshirt” (in the form of a T-Shirt, Polo Shirt or Long Sleeve Shirt) over the Uniform up until the time of competing in an event.



TECHNIQUE TRAINING FOR ALL

U8 – U15 ATHLETES

ALL ABILITIES WELCOME

EVERY WEDNESDAY 5.00PM – 6.00PM

at G.R. Bricker Reserve

"ON TRACK" PROGRAM



The Victorian Little Athletics Association has introduced an exciting initiative in athletics, the On Track program. Little Athletics is committed to giving children the best opportunities to experience and to enjoy athletics.

By providing young athletes with a quality mix of skill development, plenty of practice and appropriate age level competition, children will enjoy even more their time in athletics and develop their skills across the athletic spectrum of track and field events.

What is On Track?

On Track - An Athletics Skills Program, is a progressive skills based program that aims to provide children with **more:**

- activity
- instruction
- skill development
- enjoyment

Currently this modified event program is aimed at the U6 Age group.

Coaches have attended training courses and have been provided with training manuals to run On Track at their Centres.

They participate in the games, activities, drills and competitions that will help them develop their athletic skills needed for doing all the Events.

On Track is also about providing the younger children with more action, variety of activities and added opportunity to learn athletics.



On Track To The Future

The Little Athletics On Track Program offers guidance and direction for parents, coaches and those responsible for Little Athletics at the grass roots level in providing a complete athletics program for its younger members.

WEIGHTS & TECHNICAL DETAILS

Hurdle Heights & Distances

60 metres - 6 flights of hurdles

Age	Height
U9	45cm
U10 - 11	60cm
U12	68cm
U13 - 15	76cm

80 metres - 9 flights of hurdles

Age	Height
U9	45cm
U10 - 11	60cm
U12	68cm
U13	76cm
U14 Girls	76cm

90 metres - 9 flights of hurdles

Under 14 Boys & 15 Girls - 76cm

100 metres - 10 flights of hurdles

Under 15 Boys - 76cm

250 metres - Under 11 & 12

6 flights of hurdles, 35 metres apart, 35 metres to the first hurdle 60cm high

300 metres - Under 13, 14 & 15

7 flights of hurdles, 35 metres apart, 50 metres to the first hurdle.
68cm high

Discus Weights

Boys	Weight	Girls	Weight
U6 - 8	350g	U6 - 8	350g
U9 - 10	500g	U9 - 10	500g
U11 - 12	750g	U11 - 13	750g
U13 - 15	1kg	U14 - 15	1kg

Shotput Weights

Boys	Weight	Girls	Weight
U6 - 7	1kg	U6 - 7	1kg
U8	1.5kg	U8	1.5kg
U9 - 11	2kg	U9 - 12	2kg
U12 - 13	3kg	U13 - 15	3kg
U14 - 15	4kg		

Javelin

Boys	Weight	Girls	Weight
U11 - 12	400g	U11 - 14	400g
U13 - U15	600g	U15 - 16	500g
U16	700g		



CENTRE AWARDS

End of Season Awards

Age Group Champion

The Champion boy and girl in each age group shall be the athlete who has out-performed across 5 evenly-weighted event categories (sprints, middle distance, hurdles, jumps and throws) over the course of the season. Points for each event are calculated from the MLAC Excellence Awards Scoring Formulas. To be eligible for this award, an athlete is required to compete in a minimum of 75% of the “point-scoring” events offered. A trophy is presented to the champion athlete and the runner-up boy and girl in each age group.

Age Group Participation / Personal Best Awards

In all “point-scoring” events offered by the Centre, athletes receive 1, 2 or 3 points per event attempted:

- 1 point for attempting the event but not achieving a PB; or
- 2 points for attempting the event and achieving an equal PB; or
- 3 points for attempting the event and achieving a new PB

The award winner shall be the boy OR girl in each age group with the highest cumulative points total over the whole season. An athlete who has received an Age Group Champion or Runner-Up award shall be ineligible for an Age Group Participation/PB award.

Gold and Silver Participation / Personal Best Awards

A gold award is presented to both the Senior and Junior athlete with the highest cumulative Participation/PB points total over the season across the whole Centre. A silver award is presented to the runner-up in both the Junior and Senior category. All athletes are eligible for these awards but if the Gold or Silver award winner is also the relevant Age Group Participation/PB Award winner, this award shall substitute for the winning athletes’ relevant Age Group Participation/PB Award.

Tim Berriman Encouragement Award

Presented to one boy and girl in each age group who has not received an Age Group Champion or Runner-Up award or an Age-Group Participation / PB Award or a Gold / Silver Participation / PB Award

Pre-requisite: minimum 50% of available attendances including 4 post-Christmas meets.

John Lamb Trophy

A perpetual trophy donated by John Lamb for a MLAC Little Athlete who has been at Moorabbin for a minimum of 3 years (thus eligible age groups are Under 9 – 15). This Award is presented to the athlete who best exemplifies the ethos of Little Athletics.

Centre Participation Awards

All children not receiving one of the above end-of-season awards will be individually recognised for successfully completing the summer season.

Pre-requisite: Participation in minimum of four competition days after Christmas.

New Records

All record breakers receive a recognition certificate from the Centre acknowledging their achievement.

NB: New field records must be re-measured by a member of the Centre Executive before they can be recognised.



BOYS' RECORDS

50 metres

6	L Kennedy	2012/13	9.34	Moorabbin
7	M Bence	1991/92	8.80	Moor Hgts

70 metres

6	T Morehouse	1986/87	12.58	Chelt Nth
7	C Ellis	1971/72	11.30	St. Paul's
8	C Ellis	1972/73	10.20	St. Paul's
9	S Wightwick	1972/73	10.20	Chelt East
10	G Cowans	1986/87	9.50	Moor Hgts
11	G Cowans	1987/88	9.50	Moor Hgts
12	G Cowans	1988/89	9.10	Moor Hgts
13	M Masterson	1984/85	9.42	Moor Hgts
14	M Tracey	1986/87	9.16	Dingley
15	W Lamb	1987/88	8.65	Moor Hgts
	C Lewis	1993/94	8.65	Moor Hgts

100 metres

6	G Cocks	1982/83	17.60	Dingley
7	C Ellis	1971/72	15.80	St. Paul's
8	C Ellis	1972/73	15.20	St. Paul's
9	M Chadwick	1974/75	14.40	Eastleigh
	S Fenton	1976/77	14.40	St. Peter'
10	G Cowans	1986/87	13.50	Moor Hgts
11	D Bugalski	1982/83	13.55	Moor Hgts
12	T Thrupp	1975/76	13.00	Chelt Nth
13	A Spencer	2014/15	12.71	Moorabbin
14	M Tracey	1986/87	12.67	Dingley
15	W Lamb	1987/88	11.62	Moor Hgts

145 metres

6	T Morehouse	1986/87	25.66	Chelt Nth
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200 metres

6	L Kennedy	2012/13	40.38	Moorabbin
7	D McNamara	1972/73	34.40	St. Peter's
8	T Morehouse	1988/89	32.30	Chelt Nth
9	B O'Brien	2013/14	30.03	Moorabbin
10	B O'Brien	2014/15	28.87	Moorabbin
11	A Spencer	2012/13	27.53	Moorabbin
12	A Spencer	2013/14	25.75	Moorabbin
13	A Spencer	2014/15	25.11	Moorabbin
14	M Tracey	1986/87	25.69	Dingley
15	W Lamb	1987/88	24.48	Moor Hgts

300 metres

8	S Holmesby	1991/92	53.36	Chelt Nth
9	T Morehouse	1989/90	49.31	Chelt Nth
10	T Morehouse	1990/91	48.57	Chelt Nth

400 metres

9	D Bugalski	1980/81	1:09.80	Moor Hgts
10	B O'Brien	2014/15	1:04.49	Moorabbin
11	A Spencer	2012/13	59.78	Moorabbin*
12	A Spencer	2013/14	55.57	Moorabbin*
13	A Spencer	2014/15	53.76	Moorabbin
14	D Beckwith	1988/89	57.50	Moor Hgts
15	D Beckwith	1989/90	57.16	Moor Hgts

800 metres

9	R Howard	2013/14	2:36.77	Moorabbin
10	N Jackson	2012/13	2:29.84	Moorabbin
11	N Jackson	2013/14	2:22.97	Moorabbin
12	A Spencer	2013/14	2:10.26	Moorabbin**
13	A Spencer	2014/15	2:05.63	Moorabbin
14	L Bruton	2006/07	2:14.97	Moorabbin
15	C Lewis	1993/94	2:16.00	Moor Hgts

1500 metres

11	N Jackson	2013/14	4:50.96	Moorabbin
12	A Spencer	2013/14	4:50.60	Moorabbin
13	A Spencer	2014/15	4:17.12	Moorabbin**
14	L Bruton	2006/07	4:51.23	Moorabbin
15	W Lamb	1987/88	4:58.28	Moor Hgts

60m Hurdles

9	C Morehouse	1992/93	10.56	Chelt Nth
10	C Morehouse	1993/94	10.90	Chelt Nth
11	C Morehouse	1994/95	10.47	Chelt Nth
12	T Morehouse	1992/93	9.66	Chelt Nth
13	C Morehouse	1996/97	9.92	Chelt Nth
14	T Morehouse	1994/95	9.41	Chelt Nth
15	C Morehouse	1998/99	9.15	

80m Hurdles

9	B O'Brien	2013/14	13.76	Moorabbin
10	C Morehouse	1993/94	14.64	Chelt Nth
11	C Morehouse	1994/95	14.06	Chelt Nth
12	C Morehouse	1995/96	12.70	Chelt Nth
13	C Morehouse	1996/97	12.57	Chelt Nth

90m Hurdles

14	T Morehouse	1994/95	13.05	Chelt Nth
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100m Hurdles

15	C Morehouse	1998/99	14.34	Chelt Nth
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250m Hurdles

11	T Morehouse	1991/92	41.61	Chelt Nth
12	T Morehouse	1992/93	40.29	Chelt Nth

300m Hurdles

13	W Sharp	2014/15	45.60	Moorabbin
14	T Morehouse	1994/95	43.23	Chelt Nth
15	C Lewis	1993/94	41.26	Moor Hgts

High Jump

9	L Doherty	1989/90	1.24	St. Peter's
	L Wooller	2013/14	1.24	Moorabbin
10	L Doherty	1990/91	1.39	St. Peter's
11	P Thompson	2013/14	1.43	Moorabbin
12	L Thompson	2012/13	1.63	Moorabbin
13	L Thompson	2013/14	1.77	Moorabbin*
14	M Quinn	1998/99	1.55	
15	D Beckwith	1989/90	1.66	Moor Hgts

Long Jump Mat/Board

6	A Ghattas	1994/95	2.83	Chelt Nth
7	T Morehouse	1987/88	3.50	Chelt Nth
8	T Morehouse	1988/89	3.82	Chelt Nth
9	T Morehouse	1989/90	4.26	Chelt Nth
10	S Fenton	1977/78	4.53	St.Peter's
11	S Fenton	1978/79	4.85	St.Peter's
12	A Spencer	2013/14	5.06	Moorabbin
13	A Spencer	2014/15	5.25	Moorabbin
14	T Morehouse	1994/95	5.79	Chelt Nth
15	C Lewis	1993/94	5.76	Moor Hgts

Triple Jump Mat/Board

7	D Fisher	1983/84	7.04	Chelt Nth
8	T Morehouse	1988/89	7.99	Chelt Nth
9	T Morehouse	1989/90	9.04	Chelt Nth
10	S Fenton	1977/78	10.14	St.Peter's
11	S Fenton	1978/79	10.54	St.Peter's
12	S Fenton	1979/80	11.69	St.Peter's
13	T Morehouse	1993/94	10.70	Chelt Nth
14	T Morehouse	1994/95	11.99	Chelt Nth
15	C Lewis	1993/94	11.56	Moor Hgts

Shotput

6	M Wilson	1985/86	6.02	St.Peter's
7	J Hayes	1992/93	7.51	Moor Hgts
8	J Harris	1987/88	7.50	Chelt Nth
9	J Harris	1988/89	8.80	Chelt Nth
10	T Homewood	1980/81	10.25	Eastleigh
11	H El Shorbagy	2014/15	9.73	Moorabbin
12	T Homewood	1982/83	12.21	Eastleigh
13	P Peulich	1996/97	12.73	St.Peter's
14	P Peulich	1997/98	13.25	St Peter's
15	P Peulich	1998/99	15.36	

Discus

6	A Nuske	1993/94	17.61	Moor Hgts
7	J Hayes	1992/93	18.74	Moor Hgts

8	T Hunt	1998/99	27.08	
9	M Young	1982/83	28.70	Eastleigh
10	K Healy	2014/15	35.28	Moorabbin
11	P Dillon	1979/80	30.68	Chelt Nth
12	T Homewood	1982/83	44.40	Eastleigh
13	P Peulich	1996/97	35.17	St.Peter's
14	P Peulich	1997/98	46.85	St.Peter's
15	P Peulich	1998/99	50.42	

Javelin

11	P Thompson	2013/14	27.97	Moorabbin
12	W Sharp	2013/14	30.78	Moorabbin
13	T Morehouse	1993/94	31.93	Chelt Nth
14	P Peulich	1997/98	36.49	St Peter's
15	P Peulich	1998/99	42.06	

Multi-Event

9	L Lawrence	2012/13	770	Moorabbin
10	N Jackson	2012/13	950	Moorabbin
11	A Spencer	2012/13	1376	Moorabbin
12	A.Spencer	2013/14	1746	Moorabbin*
13	A Spencer	2014/15	1881	Moorabbin
14	C Lewis	1992/93	3485	Moor Hgts***
15	C Lewis	1993/94	3853	Moor Hgts***

Notes

- * Denotes current Victorian Best Performance (VBP)
- ** Denotes current Australian Best Performance
- *** Old Scoring System (new system-Alberta Youth)

GIRLS' RECORDS

50 metres

6	T Miller	1992/93	9.71	Chelt Nth
7	C Grills	1990/91	8.88	St.Peter's

70 metres

6	S Dalton	1978/79	12.90	St.Cath's
7	K Donnell	1984/85	11.00	St.Cath's
8	T Harris	1985/86	10.85	Chelt Nth
9	K Young	1970/71	10.50	St.Cath's
	K Scanlon	1982/83	10.50	Dingley
10	K Young	1971/72	9.80	St.Cath's
11	K Young	1972/73	9.40	St.Cath's
12	K Young	1973/74	9.00	St.Cath's
13	S Laird	1993/94	9.51	Chelt Nth
14	T Harris	1991/92	9.70	Chelt Nth
15	S Dosen	1998/99	7.51	

100 metres

6	S Pullin	1984/85	18.63	St.Cath's
7	T Harris	1984/85	16.83	Chelt Nth
8	T Harris	1985/86	15.62	Chelt Nth
9	K Young	1970/71	14.40	St.Cath's
	T Harris	1986/87	14.40	Chelt Nth
10	K Young	1971/72	13.84	St.Cath's*
11	K Young	1972/73	13.24	St.Cath's*
12	K Young	1973/74	12.60	St.Cath's
13	S Dosen	1996/97	12.90	St.Peter's
14	T Harris	1991/92	13.06	Chelt Nth
15	F Morgan	1987/88	12.84	St.Peter's
	N Siebel	1991/92	12.84	Chelt Nth

200 metres

6	E Fode	2013/14	43.44	Moorabbin
7	T Miller	1993/94	35.83	Chelt Nth
8	R Williams	1985/86	33.19	Moor Hgts
9	J Creedon	1976/77	31.80	St.Peter's
	L Beardsley	1981/82	31.80	St.Cath's
10	K Young	1971/72	28.74	St Cath's*
11	C Pinto	2012/13	28.33	Moorabbin
12	K Young	1973/74	26.24	St.Cath's*
13	S Dosen	1996/97	27.10	St.Peter's
14	S Dosen	1997/98	26.27	St.Peter's
15	N Siebel	1991/92	27.04	Chelt Nth

300 metres

8	R Williams	1985/86	54.32	Moor Hgts
9	C Grills	1992/93	53.74	St.Peter's
10	S Furzer	1991/92	53.80	Moor Hgts

400 metres

9	S Jackson	2013/14	1:10.61	Moorabbin
10	C Pinto	2011/12	1:07.21	Moorabbin
11	C Pinto	2012/13	1:03.47	Moorabbin
12	C Pinto	2013/14	1:04.00	Moorabbin
13	C Pinto	2014/15	1:04.47	Moorabbin
14	E Rizzi	2014/15	1:05.09	Moorabbin
15	F Morgan	1987/88	1:05.17	St.Peter's

800 metres

9	S Jackson	2013/14	2:57.92	Moorabbin
10	S Jackson	2014/15	2:50.76	Moorabbin
11	B Anderson	1978/79	2:36.50	St.Cath's
12	B Anderson	1979/80	2:30.70	St.Cath's
13	E Rizzi	2013/14	2:30.64	Moorabbin
14	E Rizzi	2014/15	2:26.46	Moorabbin
15	M Lamb	1989/90	2:40.71	Moor Hgts

1500 metres

11	C Harris	1986/87	5:24.90	Moor Hgts
12	J Lockman	1978/79	5:12.70	St.Peter's
13	E Rizzi	2013/14	5:18.37	Moorabbin
14	E Rizzi	2014/15	5:13.67	Moorabbin
15	R Johnson	1989/90	5:41.75	Moorabbin

60m Hurdles

9	T Miller	1995/96	11.24	Chelt Nth
10	S Dosen	1993/94	10.84	St.Peter's
11	S Dosen	1994/95	9.95	St.Peter's
12	S Laird	1992/93	9.79	Chelt Nth
13	S Dosen	1996/97	9.84	St.Peter's
14	S Dosen	1997/98	10.25	St.Peter's
15	S Dosen	1998/99	9.71	

80m Hurdles

9	T Miller	1995/96	15.16	Chelt Nth
	M Ortell	1995/96	15.16	Chelt Nth
10	S Dosen	1993/94	14.76	St.Peter's
11	C Pinto	2012/13	12.97	Moorabbin
12	S Laird	1992/93	13.05	Chelt Nth
13	S Dosen	1996/97	12.70	St.Peter's
14	S Dosen	1997/98	13.26	St.Peter's

90m Hurdles

15	S Dosen	1998/99	13.48	
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250m Hurdles

11	S Dosen	1994/95	44.72	St.Peter's
12	G Davenport	1995/96	42.72	Chelt Nth

300m Hurdles

13	M Petoud	1991/92	51.16	St.Cath's
14	S Dosen	1997/98	46.59	St.Peter's
15	M Petoud	1993/94	51.49	St.Cath's

High Jump

8	B James	2006/07	1.10	Moorabbin
9	M Lamb	1983/84	1.17	Moor Hgts
10	C. Pinto	2011/12	1.28	Moorabbin
11	C. Pinto	2012/13	1.38	Moorabbin
12	K Scanlon	1985/86	1.39	Dingley
13	J Moore	1985/86	1.50	St.Cath's
14	J Moore	1986/87	1.48	St.Cath's
	S Baker	1984/85	1.48	St.Cath's
15	S Dosen	1998/99	1.50	

Long Jump Mat/Board

6	T Miller	1992/93	2.69	Chelt Nth
7	T Boyd	1975/76	3.19	Eastleigh
8	A Miron	1972/73	3.64	St.Peter's
9	M Klimes	1977/78	4.05	St.Cath's
10	J Farrell	1986/87	4.20	St.Peter's
11	J Farrell	1987/88	4.50	St.Peter's
12	R Burley	1973/74	4.82	Chelt East
13	S Dosen	1996/97	5.14	St.Peter's
14	S Dosen	1997/98	5.27	St.Peter's
15	S Dosen	1998/99	4.87	

Triple Jump Mat/Board

7	S Kumes	1977/78	6.36	St Cath's
8	T Miller	1994/95	7.32	Chelt Nth
9	K Farrell	1977/78	8.22	St.Peter's
10	L Beardsley	1982/83	9.37	St.Cath's
11	N Siebel	1987/88	9.33	Chelt Nth
12	G Davenport	1995/96	10.01	Chelt Nth
13	G Davenport	1996/97	10.45	Chelt Nth
14	S Dosen	1997/98	11.16	St.Peter's
15	S Dosen	1998/99	10.36	

Shotput

6	T Miller	1992/93	4.74	Chelt Nth
7	T Miller	1993/94	7.38	Chelt Nth
8	T Miller	1994/95	7.41	Chelt Nth
9	T Miller	1995/96	7.70	Chelt Nth
10	T Miller	1996/97	8.42	Chelt Nth
11	T Miller	1997/98	10.56	Chelt Nth
12	L McGannon	1998/99	11.58	
13	S Vernon	2001/02	12.58	
14	G Timewell	1992/93	11.49	Chelt Nth
15	L McGannon	2001/02	11.27	

Discus

6	T Miller	1992/93	14.38	Chelt Nth
7	T Miller	1993/94	17.12	Chelt Nth
8	T Miller	1994/95	19.63	Chelt Nth
9	T Miller	1995/96	25.06	Chelt Nth
10	T Miller	1996/97	29.46	Chelt Nth
11	T Miller	1997/98	28.86	Chelt Nth
12	T Miller	1998/99	33.58	
13	S Vernon	2001/02	40.75	
14	S Dosen	1997/98	33.68	St.Peter's
15	L McGannon	2001/02	35.76	

Javelin

11	D Harris	1998/99	15.26	
12	T Miller	1998/99	23.09	
13	T Miller	1999/00	31.02	
14	S Hayes	1994/95	25.56	Moor Hgts
15	S Hayes	1995/96	30.21	Moor Hgts (600g)
15	E-R Marshall	2011/12	24.28	Moorabbin (500g)

Multi-Event

9	S Jackson	2013/14	831	Moorabbin
10	S Jackson	2014/15	970	Moorabbin
11	C Pinto	2012/13	1301	Moorabbin*
12	C Pinto	2013/14	1246	Moorabbin
13	S Dosen	1996/97	3034	St.Peter's***
14	S Dosen	1997/98	3274	St.Peter's***
15	S Dosen	1998/99	2865	St Peters***

Notes

- * Denotes current Victorian Best Performance (VBP)
- ** Denotes current Australian Best Performance
- *** Old Scoring System (new system-Alberta Youth)

GENERAL INFORMATION

MOORABBIN LITTLE ATHLETICS CENTRE INCORPORATED

Moorabbin Little Athletics Centre provides weekly competition and a central contact for dealing with outside bodies e.g. Little Athletics Victoria, Kingston Council etc. Each Centre is allocated a number by Little Athletics Victoria. Our Centre Number is **68**. Moorabbin is one of over 110 Centres in Victoria and southern New South Wales.

LITTLE ATHLETICS VICTORIA (LAVic)

Little Athletics Victoria Inc. is the organisation providing State Championships, sponsors, information on child development in sport, coaching camps, insurance etc.

REGIONS

There are 7 Regions associated with LAVic; Moorabbin Little Athletics Centre is a member of the Southern Metropolitan Region (SMR). The Region provides a formal meeting between other Centres to allow an interchange of ideas.

CHAMPIONSHIPS

SMR conducts Regional Championships, on behalf of Little Athletics Victoria, in Track & Field, Relays and Cross-Country. Little Athletics Victoria conducts the State Track & Field Championships, State Multi Event Championships, State Relay Championships and State Cross-Country. Under 9 and above are eligible to compete in these events.

OPEN DAYS

A number of Centres from all over Victoria hold Open Days, which give children from most age groups opportunities for a friendly meeting and competition. They occur most weekends during the year from November to March. See the WWW.LAVIC.COM.AU for details.

RELAYS

During the first half of the summer season, Centres form teams of boys and girls from Under 9 – 15 to compete against other centres. Children must be available for Regional, as well as State Finals, to be considered for selection.

OFFICIALS/HELPERS

PARENTS - you and me - child supervisor, encourager, walking clothes hoists, tape measure handler, discus retriever, starter, results recorder and many more. Little Athletics cannot run without your support and assistance. All children perform so much better with parental support present.

Anyone can help in some way, eg, by holding a tape, or raking the sand in a sandpit, or putting the high jump bar back in place, or recording results.

All parents are expected to take turns in helping to run our weekly activities. Parents will also be rostered to assist with specific duties on a particular date throughout the season. Age Group Leaders are responsible for organising and encouraging parents to assist with the weekly running of events. Many hands make light work!

ROLE OF THE CENTRE

Each week the Centre provides all its members a weekly competition.

This weekly carnival is organised by a group of parents who have been elected as the Centre Executive. The Centre designs the program and timetable for each week. It organises and co-ordinates the activities with the many parent helpers (Volunteers like you and me).

Co-ordination of Centre affairs is essential if the competition is to be efficiently and successfully operated. A considerable amount of parental involvement is required. The Centre needs many helpers each week to organise children to events and at events, to assist in such tasks as timekeeping, starters, recorders, measurers, fetchers and athlete general supervision.

There are over 100,000 parents around Australia involved in Little Athletics each weekend.

The Centre supplies delegates to Regional and Association meetings, which includes the Annual State Conference.

CANTEEN and BBQ

The Canteen, and BBQ which is situated near the pavilion, is open every competition evening offering a range of delicious food, drinks and snacks. We encourage all parents and athletes to support the canteen as the profits go directly to your Centre!

SAFETY FIRST AT MOORABBIN

- **Do not leave children UNATTENDED in the Centre.** If you cannot be present on the day, arrange for another parent to look after your child.
- Children are not allowed to use field event venues or handle equipment unless supervised by an adult.
- Children are not allowed to retrieve throwing implements from the sectors. These must be retrieved and brought back - **NEVER THROWN** - by an adult
- Never walk across the Shotput area, Discus area or through the jumps run-ups when competition is under way. **ALWAYS WALK AROUND.**
- Equipment sheds are out of bounds to children
- Children are expected to remain within the ground during competition. They can only use the playground outside under the supervision of their parents.
- Children should wear sun hats and sunscreen/cream and drink plenty of water during outdoor activities. **SUNSCREEN IS AVAILABLE FOR FREE FROM THE PUMP IN THE CLUBROOMS.**
- Children and adults must not ride or travel on the equipment trailers.
- Only cross the track at the designated crossing points i.e. behind the 100m start and behind the finishing gates. Never cross the track once a race has commenced.
- Do not stand too close to the starter when a race is being started.
- Please ensure the Centre Coach and Registrar are aware of any special health issues.

A WORD TO PARENTS

1. Do not force an unwilling child to participate in sports
2. Remember children are involved in organised sport for **THEIR** enjoyment, not yours.
3. Encourage your child to always compete by the rules.
4. Children should not be ridiculed or abused for making mistakes or losing a competition. An honest effort is just as important as victory. Help your child improve his/her results by concentrating on skill improvement.
5. Remember children learn best by example. Applaud good efforts by **ALL** children.
6. Do not publicly question officials' judgement and never their honesty, they are volunteer helpers and parents just like you. Without them and without your help there would be no competition for the children.
7. Recognise the value and importance of coaches. They have been engaged by the Centre to provide structured recreational activities for your child.
8. Always encourage good sportsmanship.

MOORABBIN COMPETITION RULES

1. Children aged 5, and under the age of 15 on the first day of October are eligible to compete.
2. No child may compete unless registered and wearing correct Centre uniform (registration label and T-shirt). Suitable footwear must be worn at all times.
3. If a program is not completed on the scheduled day, points are awarded only for events completed. Rescheduling events not completed will be at the discretion of the Centre Executive.
4. Spikes may be worn by U12 to U15 athletes for laned track events (400m or less), jumps and javelin only. The spikes must only be worn within the competition arena. The maximum length of spikes must not exceed 7mm.
5. No event may commence or continue unless officials are present.
6. Coaching is not permitted during Centre Championships or selected special Centre events.
7. Runners can have different places in a race but can have the same time. Times taken are by 100ths of a second at Centre competition. The finish line is crossed when the athlete's torso (neck to hips) crosses the finish line. Arms, legs and head do not count.
8. Runners must stay in their lanes (between the white lines) during laned events. Any jostling or obstructing another athlete shall be liable to disqualification. Pacing by non-competitors is not permitted in running events.
9. The Starter has entire control of the athletes on their marks, and is the sole judge of any fact connected with the start of a race. The words the Starter uses to start races up to and including 400 metres are, "On your marks", "Set" and when all athletes are steady, the starting gun is fired. "Set" is not used for individual races longer than 400 metres.
10. Athletes may attempt the high jump up to any 5 heights chosen at their discretion. Only 3 attempts at jumping the bar at a given height are allowed. 2 baulks will be recorded as an unsuccessful attempt.
11. A one (1) metre X 0.5 metre take off mat will be used in long and triple jump events for all children in the under 6 to under 12 groups and the twenty centimetre (0.2 metre) x 1.22 metre mat or equivalent marked area will be used for the under 13 to under 15 age groups. Measurement of each jump will be taken from the imprint of any part of the athlete's body which is nearest to the take-off point. If the athlete takes off before reaching the mat, the take-off point is taken as the edge of the mat furthest from the pit, except in the under 13 to under 15 age groups where the measurement will be made from the front of the take off area (nearest the pit).
12. Shotput or Discus throws are not completed until the competitor leaves the ring, then the throw is measured. The competitors must leave the ring from the rear half of the throwing circle. To be a valid throw, the shot must commence close to the chin, and the hand must not drop below this position, or behind the line of the shoulders. The shot put and discus must always be carried back to the ring, never thrown.
13. Moorabbin records are only recognised at our own Centre (excluding Open Days) or at Regional, State, or Australian Teams Championships run by Little Athletics. No record will apply unless a member of the Committee Executive checks the measurement.
14. Athletes competing in special Moorabbin competition days, events at other Centres, or Regional and State Championships must abide by the rules of those competitions.
15. Blocks can be used for the Under 12 and above age groups for and including all events up to 400 metres

EVENT INFORMATION AND INSTRUCTIONS FOR HELPERS

STARTER

The starter is responsible for starting track events and ensuring that they are started fairly.

The starter generally requires a starting device usually a starter's pistol and a whistle. The starter will stand in a position where it is possible to have a clear view of all competitors.

Starting Procedure

1. Athletes are warned by the starter's whistle the event is about to begin and to stand 2 metres behind the starting line.
2. The athletes are called to their marks with the starter using the command "On Your Marks". The starter ensures that no part of the body (fingers, feet, hands) is on or over the starting line.
3. When competitors are settled, the starter gives the command "Set" for all events up to and including 400 metres (this command is not used in events longer than 400m). All starters should then assume the set position.
4. Once all competitors are motionless, the starter fires the gun to begin the race.

It is compulsory for athletes from U12-15 to do a crouch start. Using the blocks will be optional.

NOTE: If a competitor is unsteady while in the set position, the starter may instruct athletes to stand up. If an athlete starts before the gun is fired, a false start is recorded and a second gun is fired to recall the competitors.

TIMEKEEPER

To measure the elapsed time between the start of a race and the finish.

Definitions

Start: At first sign of smoke from Starter's gun, or sound if smoke not visible. Also the flash of a gun can be used.

Finish: When any part of the runner's torso crosses the plane of the finish line.

Torso: That part of the body not including the head, neck, arms and legs.

Preparation

Get a watch and have a few practices starting, stopping and resetting it.

Clarify which race and what place you will be timing - and be alert.

Points to Watch

Hold the watch between the thumb and forefinger with forefinger on the button. The watch must always be held still. You should eliminate all waste motion.

With about 30 metres of the race still to run note the athlete you are timing and prepare to stop the watch. Do not anticipate the finish.

Always look at your watch prior to starting. Remember to reset watch to zero should a false start occur. Never reset your watch prior to agreement being reached with other helpers at the finish line.

Finishing Gates

At Moorabbin electronic timing is used with the starting pistol linked to the timing device. The electronic system produces a print out of completion times per lane. These times need to be transcribed onto an age group sheet and collated for the competition director.

Hand timing can also be used for the purposes of checking the accuracy of electronic equipment.

Please note athletes can have the same time and a different finishing order.

At least two officials are required to record results each week.

LONG JUMP

Equipment

Take-off mat or sand: U6-12: 1.22m x 0.5m
Take-off board or mat: U13 -15: 1.22m x 0.2m
Measuring Tape (20 metres)
Rake, Broom, Shovel, Bucket, Watering Can, Hand Brush, Spike.
Recording Sheets.
Chalk or Indicator Markers, Tape for run-up.

Preparation for Event

Ensure sandpit is level with run-up. Sand may need to be dampened if it is dry and broken up with rake if too hard.

Indicator Markers shall be distributed to all competitors to mark run-ups.

The front edge of the take-off mat should not be less than 500mm from the front edge of the pit.

Basic Rules

Each athlete is allowed a maximum of 3 trials.

To be a valid jump the athlete:

- must take-off from one foot;
- must place take-off foot on or behind the board/mat. If any part of foot is over front edge of board/mat then it is a foul.

No markers may be placed on runway but may be placed alongside runway. No markers in landing area or sand pit.

If in running up to take-off an athlete passes the edge of the mat furthest from landing pit, it shall be called a trial even if the jump is not complete.

The run-up may not exceed 40 metres. If after completing the jump an athlete walks back through the landing area it is a 'no jump'.

In the course of landing an athlete must not touch the ground outside the landing area nearer to the take off point than the nearest break (imprint) in the landing area.

Measuring the Jump

Official selects break (imprint) made in sand by foot, hand, etc., which is closest to imprint made in take off mat by take-off foot. This point in the pit is marked by spike, the zero end of tape is held at the spike.

The tape is straightened so it lays over and in contact with imprint made by take-off foot in the take-off mat. The tape is drawn tight and the distance is measured to the nearest centimetre below distance jumped. For U13-15 athletes using a take-off board/mat the measurement must be taken perpendicular to the take-off line or its extension (i.e. straight back from the imprint in the sand).

The competitor who has the longest measured distance from all jumps recorded is the winner. In the event of a tie then a decision is made on the next best jump recorded.

If the athlete takes off before the take-off mat or board, then the jump shall be measured from the break in the sand to the back edge of the take-off mat or the front edge of the take-off board.

Officials Required

Two officials at take-off area. Tasks include watching for foul jumps, recording measurements (*see above for measuring the jump*).

Two officials at side of pit. Tasks include finding break (imprint) made in sand (*see above for measuring the jump*) and raking & levelling sand in pit.

One official for recording.

TRIPLE JUMP

Equipment

Take-off mat or sand: U8-12: 1.22m x 0.5m
Take-off board or mat U13-15: 1.22m x 0.2m
Measuring Tape (20 metres)
Rake, Broom, Shovel, Watering Can, Bucket, Hand Brush, Spike.
Recording Sheets.
Chalk or Indicator Markers, Tape for run-up.

Preparation for Event

Ensure sandpit is level with run-up. Sand may need to be dampened if it is dry.

Indicator markers shall be distributed to all competitors to mark run-ups. Take-off mats should be set at correct distance from sandpit.

Mat Placement

For State finals the take off area will be set-up as follows:

- U9-10 B&G = 6 metres
- U11 B&G, U12 G = 7 metres
- U12 B-U13 B&G = 8 metres
- U14-15 B&G = 9 metres

An athlete may change the position of their take-off once only, after the competition has commenced.

Basic Rules

Each athlete is allowed a maximum of 3 trials.

Definition of Triple Jump, consisting of three distinct sections.

1. **A Hop:** Athlete takes off and lands on the same foot as that from which they have taken off.
2. **A Step:** Athlete lands on the other foot (to that used on the hop).
3. **A Jump:** Athlete jumps from one foot and lands on one or both feet in the sandpit.

A foul jump is recorded if:

- Any part of the athlete's take-off foot protrudes over the front line, or side edge of the take-off mat or board.
- After completing a jump the athlete walks back through the pit.
- In the course of landing the athlete touches the ground outside the landing area nearer to the take-off point than the nearest break in the landing area made by the jump.

NB The trailing leg may make contact with the runway during the jump.

No markers may be placed on runway but can be used on the side. No markers may be placed closer to the pit than the take-off mat or in the sandpit.

If in running up to take-off an athlete passes the furthest edge of the mat, it will be called a trial and no jump even if the jump is not completed.

The run up may not exceed 40 metres. In the event an athlete should land in the pit on their step they should be allowed another trial after the position of the take-off mat is altered.

To be a valid jump the athlete must land in the pit.

Measuring the Jump

Official selects break (imprint) made in sand by foot, hand, etc., upon landing which is closest to imprint made in take-off mat by take-off foot. This point in the pit is marked by spike, the zero end of tape is held at the spike.

The tape is straightened so it lays over and in contact with imprint made by take-off foot in the take-off mat. The tape is drawn tight and the distance is measured to the nearest whole centimetre below distance jumped. For U13-15 athletes using a take-off board or mat, the measurement must be taken from the front edge of take-off board or mat perpendicular to the take-off line or its extension (i.e. straight back from the imprint in the sand).

If the athlete takes off before the take-off mat or board, then the jump shall be measured from the break in the sand to the back edge of the take-off mat or the front edge of the take-off board.

The competitor who has the longest measured distance from all jumps recorded is the winner. In the event of a tie then a decision is made based on the next best jump recorded.

Officials Required

Two officials at take-off area. Tasks include watching for foul jumps, recording measurements (*see above for measuring the jump*).

Two officials at side of pit. Tasks include finding break (imprint) made in sand (*see above for measuring the jump*) and raking & levelling sand in pit.

One official for recording.

HIGH JUMP

Equipment

2 x High Jump Stands.
Cross Bar (circular in cross section).
Measuring Stick or Tape.
Landing Bags (minimum of 60cm thick).

Before Competition

Chief Judge shall ensure that all aspects of landing area and run up are safe for athletes.

Ensure that the platforms that support the cross bar are facing the opposite upright.

Allow competitors a practice jump(s) to check their run up.

Set bar at correct starting height, measurement shall be checked with the measuring stick perpendicular to the ground of the lowest point of the cross bar and top of the bar, i.e. "middle of bar". Measure outer edges higher so middle of bar is correct height. The uprights and landing area should be designed so that there is a clearance of at least 100mm between them to avoid displacement of the cross-bar through a movement of the landing area causing contact with the uprights.

Instructions

The bar should be raised in 5cm increments until there are 6 competitors or less, then in increments of 2cm or increments not less than 2cm unanimously agreed to by remaining athletes. The final competitor may continue to jump, at height rises agreed with the Chief Judge, until the competitor has three successive failures.

An athlete may commence jumping at any height above the starting height. Three consecutive failures regardless of the height disqualifies the athlete.

An athlete may pass on his second or third trial at a particular height (after failing first or second time) and still jump at a subsequent height.

An athlete may approach the bar from any angle. An athlete must take-off from one foot only. Diving over the bar is not recommended.

If the bar falls after an athlete has landed and left the mat it MAY be considered a failure. It is the decision of the judge if the bar fell because it was touched by the athlete.

If the athlete touches the ground or equipment (including the landing area beyond the plane of the

uprights, either between or outside the uprights), with any part of the body and fails to complete a successful jump, it is considered a failure.

Determining the Results

The athlete who jumps the greatest height is the winner.

If there is a tie:

The athlete with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place. If the tie still remains, the athlete with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.

If the tie still remains:

i) If it concerns first place, the competitors tying shall have one more jump at that height at which they failed, and if no decision is reached the bar shall be lowered or raised to the heights which shall be announced by the Chief Judge of the event; they shall then attempt one jump at each height until the tie is decided.

ii) If it concerns any other place the competitors shall be awarded equal place in the competition.

Officials Required

Two officials to return the cross-bar to the supports.
One official to judge the jump and one official to record.

Safety

The uprights/posts may be moved during a competition only if the Chief Judge in consultation with the Arena Manager/Referee considers the take-off or landing ground has become unsuitable and dangerous. The uprights/posts may then be moved at the finish of the round.

The landing area should be maintained in a safe condition. If a number of small bags are used then it should be ensured that there are no gaps.

SHOT PUT

The shot is 'Put' from a circle into a sector of 40°. The inside diameter of the circle is 2.135m. All lines used to mark the circle and sector are 5cm wide.

A stop board 1.22m long, 100mm high and 114mm wide may be used.

Equipment

Shot Put Circle and Stop Board.

Measuring Tape (20 metres).

Shot (as above).

Spike: To hold zero end of tape at mark (imprint).

Recording Sheets

Cloth: To wipe and clean Shot.

Broom: To clean inside surface of Shot Put Circle.

To be a Valid Put

Each athlete is allowed a maximum of 3 trials.

The Put must be commenced from a stationary position.

The competitor may enter the circle from any direction (but preferably from the rear half) but must leave from the REAR HALF of the circle.

The athlete must not leave the circle until the shot has landed.

The athlete must not touch the top of the circle or stop board, or the ground outside the circle during the trial with any part of their body. They may touch the inside edge of the stop board.

The Shot must land so that the point of impact is within the inner edges of the lines marking the sector.

The Shot shall be Put from the shoulder with one hand only. At the start of the trial the Shot shall touch the jaw line, close to the ear and shall not be dropped below this position during the action of putting.

The Shot must not be brought from behind the line of the shoulders.

The athlete may, during the course of each trial, stop and place the Shot down in the ring and then recommence the attempt again, providing that this occurs only once in any one trial, and that no other infringement has occurred.

Method of Measurement

Officials select the edge of the imprint mark made by the Shot closest to the ring when landing. The selected point is marked by a spike and the zero end of the tape is held at this spike.

The tape is drawn tight and back through the centre of the circle. The distance is measured at the point where the tape crosses the inner edge of the ring. Each measurement is to the nearest cm below the distance putted. Ties are broken by referring to the next best throw.

Officials Required

Two officials at throwing circle. Tasks include watching for foul throws, recording measurements and pulling the end of the tape through centre of the circle.

One official at side of sector. Tasks include finding and marking the point of impact of the implement and returning the shot to the circle.

One official for recording.

Safety

Everyone should stand behind the Putter and the sector should be clear.

The Shot should be CARRIED back to the circle never thrown.

DISCUS

The discus is thrown from a circle into a sector of 40'. The inside diameter of the circle is 2.50m. All lines used to mark the circle and sector are 5cm wide.

Measuring Tape (50 metres).

Discus (as above).

Spike: To hold zero end of tape at the nearest edge of the mark made by the discus.

Recording Sheet: For recording all performances at meeting.

Cloth: To wipe and clean Discus.

Broom: To clean inside surface of Discus Ring.

To be a Valid Throw

Each athlete is allowed a maximum of 3 trials.

The Throw must be commenced from a stationary position. The competitor must not leave the circle until the discus has landed.

The competitor must not touch the top of the circle or the ground outside the circle during the trial with any part of their body. They are allowed to touch the inside of the ring.

The Discus must land so that the imprint mark is within the inner edges of the lines marking the sector.

The athlete may, during the course of each trial, stop and place the Discus down in the ring and then recommence the attempt again, providing that this occurs only once in any one trial, and that no other infringement has occurred.

Method of Measurement

Officials select the edge of the imprint mark made by the Discus closest to the ring when landing. The selected point is marked by a spike and the zero end of the tape is held at this spike.

The tape is drawn tight and through the centre of the circle. The distance is measured at the point where the tape crosses the inner edge of the ring.

Each measurement is to the nearest cm below the distance thrown unless the reading is a whole centimetre.

Ties are broken, by referring to the next best throw.

Officials Required

Two officials at throwing circle. Tasks include watching for foul throws, recording measurements and pulling the end of the tape back through centre of the circle.

One official at side of sector. Tasks include finding and marking the point of impact of the implement and returning the discus to the circle. One official for recording.

Safety

Everyone should stand behind the thrower and the safety cage and the sector should be clear.

The Discus should be CARRIED back to the circle never thrown. No one should stand on the right side of a right-handed thrower attempting to turn and vice-versa.

JAVELIN

A javelin is a form of spear and as such is a lethal weapon, which **can be deflected by gusts of wind**. Officials in the field must watch carefully because as the javelin comes toward them it may appear to be a smaller object than it is.

Runway

The length of the runway should be 30-36.5m and the width 4m with lines 5cm wide. The "arc" line should be 7cm in width.

Markers can only be used at the side of runway.

Sector

The landing sector shall be marked with white lines 5cm wide, such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc, and the parallel lines marking the runway and intersect at the centre of the circle at which the arc is part. The sector is thus 28.95'.

Equipment

Measuring Tape (60 metres).

Javelin (as above).

Spike: To hold zero end of tape at mark (imprint).

Recording Sheets: For recording all performances at meeting.

Cloth: To wipe and clean Javelin.

Broom: To sweep runway clear.

To be a Valid Throw

Each athlete is allowed a maximum of 3 trials.

The javelin must be held at the grip and should be thrown over the shoulder or upper part of the throwing arm, and must never be slung or hurled. Non-orthodox styles are not permitted

At no time during the throw, until the javelin has been discharged into the air, may the competitor turn completely around, so that their back is toward the throwing arc.

For a valid throw the tip of the javelin must fall within the inner edges of the landing sector.

A throw shall be valid only if the tip of the metal head strikes the ground before any other part of the javelin. The javelin does not have to stick in, but marking is easier if it does. When a javelin descends at a very low angle with the ground it may bounce shortly before producing what looked likely to be a fair landing. This must be carefully watched to see if the point impacts first.

implement has touched the ground. When leaving the runway the first contact with the parallel lines or the ground outside the runway must be completely behind the white lines of the arc at right angles to the parallel lines.

The athlete may, during the course of each trial, stop and place the Javelin down inside or outside the runway, leave the runway, then return to begin a fresh trial, providing that this occurs only once in any one trial, and that no other infringement has occurred.

Method of Measurement

The measurement of each throw shall be made from where the tip of the metal head first strikes the ground to the inside edge of the arc along a line from the point of landing to the centre of the circle of which the arc is part.

The tape must be straightened and pulled tight. The distance is measured at the point where the tape crosses the inner edge of the arc. Each measurement is to the nearest whole cm below the distance thrown unless the reading is a whole cm.

Officials Required

Two officials at throwing arc. Tasks include watching for foul throws, recording measurements and pulling the end of the tape through centre of the circle of which the arc is part.

One official at side of sector. Tasks include finding and marking the point of impact of the implement and returning the javelin. At least one official for recording.

Safety

Everyone should stand should be clear.

The Javelin should be CARRIED back - never thrown.

The competitor must not leave the runway until

PERSONAL BEST PERFORMANCES

Long Jump	
Triple Jump	
High Jump	
Shotput	
Discus	
50 metres	
70 metres	
100 metres	
200 metres	
300 metres	
400 metres	
800 metres	
1500 metres	
60m Hurdles	
80/90/100m Hurdles	
Javelin	

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