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Warragul Little Athletics Centre

2018 – 2019 Season

Geoff Watt Reserve
Burke Street, Warragul Vic 3820
PO Box 996, Warragul Vic 3820

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Welcome...

Welcome everyone to the 2018-19 season of athletics hosted by the Warragul Little Athletics Centre.

This is our 50th year of providing athletics for the children and families of Warragul. We look forward to a great season ahead and continuing our proud tradition. We hope that everyone will join us in some special fun activities as well as our athletics events.

Saturday 13th October 2018 is 'Bring a friend Day' where we encourage everyone to spread the word and invite along any friends or families with children, that would like to try athletics. This is a fantastic opportunity for any children aged between 5–15yrs to try the various athletics programmes, for free, before signing up.

We encourage everyone to participate, including parents, to help our athletics competition days run smoothly and be enjoyable for all. Active involvement by parents can take many forms, including coaching, officiating or coordinating of events.

If you are unsure of anything or have further enquiries please feel free to approach a Committee Member, who are easily recognisable in green committee polo shirts.

To all our athletes and families, participate, have fun and let's hope to see lots of personal best records broken this year.

'Little Athletics- Family Fun and Fitness'

Committee Members 2018-19

Position	Name	Phone
President	Tara Wilson	0419 368 204
Co-President	Lisa Aubrey	
Vice-President	Sue Lawry	0417 551 869
Secretary	Christina Boughey	0403 760 829
Treasurer	Heather Ferguson	03 5626 6211
Track & Field Recorder	Sue Lawry	0418 261 513
Registrar	Fiona Saltmarsh	0418 589 855
Canteen Manager	Kristy Mitchell	0421 238 537
Uniform Officer	Jenny Eury	0429 017 459
Grounds Keeper	Vaughan Cumiskey	0400 306 160
Equipment Officers	Vaughan / Jason	
On Track Co-ordinator	Phoebe Eury	

Life Members

Keith Robbins (dec) Ron Lucardie (dec).Daryl Bridger
 Dee Christensen Maureen McMillan Liz Coad
 Debbie HodgeGrant Gibb Pam Dawson
 Jenny StrattanJeanette Griffin May Eydems
 John Griffin Jan Mills Megan Davis
 Janis OtterspoorWayne Seear

Warragul Life membership is awarded when the following criteria is met: A minimum of 10 years involvement in the running of Little Aths at Centre Level. Of which time is spent on the committee, and or dedicated involvement in the weekly running of Little Aths. Nominations must be received by the Secretary before the end of season to be considered for this prestigious award.

2018/19 Season – Rule Changes

The following rule changes come into effect at the beginning of the 2018-19 summer Track & Field season and apply to all levels of competition from Centre to State. These changes have been approved by Little Athletics Australia and LaVic.

Age Group Change:

For season 2018-19 it is the athlete's age as of December 31st 2018 that will determine the age group that they compete in.

Weight Changes:

For season 2018-19 the following weight changes apply.

Discuss: Under 11 Boys – was 750g **now 500g**
Under 11 Girls – was 750g **now 500g**
Under 13 Boys – was 1kg **now 750g**

Shot Put: Under 12 Boys – was 3kg **now 2kg**

Hurdles: Under 12's – change from 60m **to 80m Hurdles, number of hurdles increase from 6 to 9.**

High Jump:

Under 9 and 10 athletes are only allowed to perform the scissor technique for a valid high jump. This is a requirement at all levels of competition.

Competition Uniforms:

The meaning of a competition uniform has been extended to include both the tops and shorts. Shorts for competition must be black with no pockets and can be either, plain (no logos) or printed with official LaVic logo (available from the centre).

“ON TRACK” – A Coaching Tool

Our On-Track program is targeted at our potentially great young athletes among us. These athletes are divided into two age groups U/6 and U/7. To participate in On-Track our athletes need to be at least 5 years old.

It is a well-researched fact that children learn through play, and that is what On-Track is all about.

We provide fun activities that the children and parents can participate in, these establish the basic skills needed for Little Athletics.

At the beginning of the season the program starts with basic gross motor skills, then progresses through the season to more complex athletic skills.

The program we offer is 60 minutes. By using an extensive range of fun activities and games, we teach the children and parents the correct techniques of Little Athletics events.

It is vital that when your child participates in On-Track that you, the parent (carer) participate as well.

Children are unable to take part in On-Track unless they have their parent (carer) stay with them. The exception is when their parent (carer), is required at another age group with a sibling, or has made prior arrangements with the current committee before commencement of the daily program of events.

On-Track is a valuable resource, allowing your children to learn the fundamentals while they play with the new friends they will make.

Parents please remember:

- Having fun is the most important aspect of the children’s participation
- Encourage children, don’t push them
- Be proud when they try their best, regardless of the result
- Encourage them to learn new skills
- Focus on “having a go” and not just on winning or beating other children
- Smile, laugh and have fun yourself

START WITH ON-TRACK AND NEVER LOOK BACK

Season Calendar 2018 - 2019

DATE	EVENT	LOCATION
Sat 6 th Oct	Start of season – Opening Round	Warragul
Sat 13 th Oct	Normal Competition – ‘Bring a Friend Day’	Warragul
Sat 20 th Oct	Normal Competition	Warragul
Sat 27 th Oct	Normal Competition	Warragul
Sat 3 rd Nov	Normal Competition	Warragul
Sat 10 th Nov	Normal Competition	Warragul
17 th & 18 th Nov	LaVic Regional Relay Carnival	Various
Sat 24 th Nov	Normal Competition	Warragul
Sat 1 st Dec	Centre Multi-event Day	Warragul
Sat 8 th Dec	Normal Competition	Warragul
Sat 15 th Dec	Normal Competition (LaVic State Relay Championships)	Warragul / Lakeside
Sat 22 nd Dec	Normal Competition – 1 st half of season close	Warragul
2 nd & 3 rd Feb	LaVic State Multi-Event Competition	Lakeside Stadium
Sat 9 th Feb	Normal Competition	Warragul
16 th & 17 th Feb	LaVic Region Track & Field Championship	Various
Sat 23 rd Feb	Relayathon (Children’s hospital fundraiser)	Warragul
Sat 2 nd March	Normal Competition	Warragul
Sat 9 th March	Normal Competition	Warragul
16 th & 17 th March	Normal Competition (LaVic State Track & Field Championship)	Warragul / Casey Fields
Sat 23 rd March	Normal Competition	Warragul
Sat 30 th March	Championship Day	Warragul
Sun 28 th April	Presentation Day & AGM	Community Church

Courses parents may be interested in..

Starters course: A free course, for those who wish to take advantage of this it's a great way for parents to get involved at track level.

- Wednesday 17th October 2018 @ Berwick
- Sunday 21st October 2018 @ Traralgon

Introduction to Officiating Course: Designed to provide basics rules, regulations and skills required for the events running throughout our regular programme. A fantastic opportunity to gain the knowledge needed to support and encourage our athletes.

- Sunday 7th October 2018 @ Cranbourne
- Sunday 28th October 2018 @ Sale

On Track Workshop: Designed to provide basics rules, regulations and skills required for the events running throughout our regular programme. A fantastic opportunity to gain the knowledge needed to support and encourage our athletes.

- Tuesday 2nd October 2018 @ Lakeside Stadium
- Sunday 7th October 2018 @ Caulfield

Details on registration is available on the LaVic website under Education & Training, Coaching or Officials. <http://www.lavic.com.au/Education-Training>

Programs of Events

PROGRAM A

U6 Girls	U7 Girls	U8 Girls	U9 Girls	U10 Girls	U11 Girls	U12 Girls	U13- U16 Girls
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
On Track	On Track	HJ Scissor	LJ Pit 1	LJ Pit 2	DISC(2)	HJ Flop	U15-16 90H
SP(2)	SP(1)	Vortex	800M	DISC(1)	800M	80H	U13-14 80H
70M	Vortex	70M	HJ Scissor	800M	LJ Pit 2	800M	800M
	70M	SP(2)	100M	HJ Scissor	200M	LJ Pit 2	LJ Pit 1
	200M	200M	DISC(1)	100M	HJ Flop	200M	DISC(2)
							100M

U6 Boys	U7 Boys	U8 Boys	U9 Boys	U10 Boys	U11 Boys	U12 Boys	U13- U16 Boys
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
On Track	On Track	Vortex	DISC(1)	SP(1)	TJ	SP(2)	U15-16 100H
SP(2)	SP(1)	HJ Scissor	800M	TJ	800M	80H	U14 90H
70M	Vortex	70M	SP(1)	800M	SP(2)	800M	800M
	70M	SP(1)	100M	100M	200M	TJ	TJ
	200M	200M	LJ Pit 1	HJ Scissor	LJ Pit 2	200M	DISC(1)
							100M

Legend: SP – Shot Put, LJ – Long Jump, HJ – High Jump, TJ – Triple Jump, DISC - Discuss

PROGRAM B

U6 Girls	U7 Girls	U8 Girls	U9 Girls	U10 Girls	U11 Girls	U12 Girls	U13- U16 Girls
					JAVELIN	JAVELIN	JAVELIN
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
On Track	On Track	LJ Pit 2	Turbo	SP(1)	LJ(1)	HJ Flop	U13-16 300H
100M	100M	DISC(2)	TJ	400M	400M	400M	400M
SP(1)	DISC(1)	400M	400M	Turbo	SP(2)	TJ	SP(1)
70M	LJ(2)	SP(2)	SP(1)	TJ	100M	DISC(1)	100M
	70M	100M	70M	70M	TJ	100M	HJ Flop

U6 Boys	U7 Boys	U8 Boys	U9 Boys	U10 Boys	U11 Boys	U12 Boys	U13- U16 Boys
					JAVELIN	JAVELIN	JAVELIN
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
On Track	On Track	DISC(1)	TJ	HJ Scissor	SP(2)	DISC(2)	U13-16 300H
100M	100M	400M	Turbo	DISC(1)	HJ Flop	LJ(1)	SP(2)
SP(1)	DISC(1)	LJ Pit 1	400M	400M	400M	HJ Flop	400M
70M	LJ(2)	100M	100M	LJ Pit 1	DISC(2)	400M	HJ Flop
	70M	SP(1)	HJ Scissor	70M	100M	100M	100M

PROGRAM C

U6 Girls	U7 Girls	U8 Girls	U9 Girls	U10 Girls	U11 Girls	U12 Girls	U13- U16 Girls
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
On Track	On Track	700W	1100W	1100W	HJ Flop	TJ	LJ Pit 2
Vortex	HJ Scissor	DISC(2)	LJ Pit 2	LJ Pit 1	1500W	1500W	1500W
LJ Pit 1	70M	70M	SP(1)	DISC(1)	70M	SP(2)	DISC(2)
100M	SP(2)	LJ Pit 1	70M	HJ Scissor	DISC(1)	100M	TJ
	200M	100M	HJ Scissor	70M	TJ	DISC(1)	200M

U6 Boys	U7 Boys	U8 Boys	U9 Boys	U10 Boys	U11 Boys	U12 Boys	U13- U16 Boys
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
On Track	On Track	700W	1100W	1100W	DISC(2)	SP(1)	SP(2)
Vortex	HJ Scissor	SP(1)	DISC(1)	SP(2)	1500W	1500W	1500W
LJ Pit 1	70M	70M	HJ Scissor	Turbo	HJ Flop	TJ	LJ Pit 2
100M	SP(2)	LJ Pit 2	70M	70M	70M	HJ Flop	200M
	200M	200M	LJ Pit 1	LJ Pit 2	100M	100M	HJ Flop

PROGRAM D

U6 Girls	U7 Girls	U8 Girls	U9 Girls	U10 Girls	U11 Girls	U12 Girls	U13- U16 Girls
					JAVELIN	JAVELIN	JAVELIN
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
On Track	On Track	HJ Scissor	DISC(2)	60H	60H	LJ Pit 1	1500M
60H	60H	60H	60H	TJ	1500M	1500M	SP(1)
DISC(2)	DISC(1)	SP(1)	200M	200M	TJ	SP(2)	LJ Pit 2
100M	100M	100M	Turbo	SP(2)	200M	200M	200M
	LJ Pit 1	LJ Pit 1	100M	100M	SP(2)	100M	HJ Flop

U6 Boys	U7 Boys	U8 Boys	U9 Boys	U10 Boys	U11 Boys	U12 Boys	U13- U16 Boys
					JAVELIN	JAVELIN	JAVELIN
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
On Track	On Track	DISC(1)	Turbo	TJ	60H	LJ Pit 2	1500M
60H	60H	60H	60H	60H	1500M	1500M	LJ Pit 1
DISC(2)	DISC(1)	HJ Scissor	200M	200M	200M	DISC(2)	DISC(1)
100M	100M	100M	SP(1)	DISC(2)	LJ Pit 2	200M	200M
	LJ Pit 1	LJ Pit 2	100M	100M	100M	100M	TJ

CODE OF CONDUCT

Little Athletics Victoria (LaVic) expects all members to comply with the Code of Conduct. Appropriate action may be taken in the case of any breaches of the Code of Conduct.

Little Athletics Victoria will ensure that all athletes, coaches, spectators, parents and officials are not prone to sexual abuse, neglect, physical or emotional abuse. They ensure that all persons are included, protected and not discriminated against in any manner. LaVic is registered as an Incorporated Association as protection for its Centres, Committees and Members.

Parents Code of Conduct:

- 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 children in setting realistic goals related to his/her own 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 judgement and honesty in public. Remember, officials give their time and effort for your child's involvement.
- Support all efforts to remove all 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, parents, coaches or officials, smoking on the arena or being intoxicated.
- Avoid the use of bad language.

Spectators Code of Conduct:

- Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators, 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 all participants, without them there would be no events.
- Demonstrate appropriate social behaviour by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- Avoid use of bad language.

Athletes Code of Conduct:

- Play by the rules and never argue with an official. If you disagree, ask your Team or Age Manager to deal with the matter.
- Control your temper. Verbal abuse of officials, coaches, parents 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 are 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 officials, coaches, club mates and other participants. Without them there would be no competition.
- Participate in Little Athletics for the "fun of it" and not to please parents.
- Avoid use of bad language.

CENTRE RULES

1. SATURDAY MORNING:

Warm ups start at **8.45am**, announcements and presentations at **9.00am**, followed by the first events. Each event is scheduled for approximately ½ an hour. U8-U16 athletes do 5 events. Under 6's do 3 events and under 7's do 4 events. We aim to finish by 11.30am to 12noon. U11-U16 who compete in Javelin in Programs B & D, warm-ups start at **7.45am**, Javelin starts at **8.00am**, then the normal events program.

2. VOLUNTEERS:

All parents are asked to volunteer in helping run the weekly athletics programs and associated activities.

3. AGE GROUPS:

Each age group is under the control of a Team Manager for the day. Team Managers are to ensure safe and suitable behaviour and report any accidents or incidents to the committee.

4. PARENTS LEAVING:

If a parent must leave the Centre for a short time during the morning, they must notify a committee member, clearly stating who the child/children's guardian is for that period of time and when they will return. Athletes without a parent or nominated carer present at the track will not be allowed to compete.

5. SMOKING/ALCOHOL:

All Little Athletics facilities and events are smoke and alcohol free.

6. FOOTWEAR:

Appropriate sporting footwear must be worn, by athletes, at all times.

7. RECORDS:

When a record is broken, two Committee members will re-measure the distance, or check the time keeper's clocks and sign appropriate T/F sheet. If this procedure is not followed the athlete could forfeit their record.

8. SPIKES/STARTING BLOCKS:

Spikes may be worn by U12-U14 competitors in laned events up to 400m and all hurdle events. They must be put on immediately before the start of each event, and removed immediately after the finish of the event. U15-U16, may wear spikes for 800m and 1500m events as well as the laned events. The U13-U16 age group may use starting blocks. U12 and downwards may use crouch start for the sprint events.

9. IDENTIFICATION TAGS:

Age group identification tags **must** be worn on tops for all Centre Meetings. ID tags will be supplied to all athletes. Additional ID tags are available for purchase from the canteen. Athletes not wearing ID tags may not be allowed to compete.

10. CHAMPIONSHIPS:

Competitors representing the Centre at **Region/State** Championships **must** wear the correct uniform - Warragul Centre top and black shorts (with no pockets).

11. CROSSING THE TRACK:

Do not cross the track in the front straight. Crossing is only permitted at the ends of the track, and only after checking that there are no events in progress.

Special Events

Little Athletics Victoria holds regular competitions at regional and state level. More information is available on the Little Athletics Victoria website at www.lavic.com.au.

Gippsland Regional Relay Championships

An athlete must be registered and have competed in at least three weeks of competition. You will receive an email regarding the details of this event, alternatively you can find the details of all special, regional and state events at www.lavic.com.au.

Gippsland Regional Track and Field Championships

An athlete must be registered and have competed in at least 50% of Centre competition by the closing date of entry. You will receive an email regarding the details of this event, alternatively you can find the details of all special regional and state events at www.lavic.com.au.

State Cross Country Championships will be held mid-year, once again details will be posted on the LAVic website.

State Multi Event

You will receive an email regarding the details of this event, alternatively you can find the details of all special, regional and state events at www.lavic.com.au.

Multi Event day at Warragul Little Athletics Centre will be held on Saturday the 1st of December 2018. Athletes compete in five set events in which points are earned and tallied. To be eligible for Multi Event awards an athlete must be registered, have competed in at least 50% of events offered for the entire season and competed in all 5 events on the program. Awards for this event are presented at our Centre Presentation / AGM day.

Championship Day at Warragul Little Athletics Centre will be held on Saturday the 30th of March 2018 at the Geoff Watt Track, Warragul. Athletes nominate four events they wish to enter and an extra two events in case of timetable clashes. The committee checks this with the timetable for the day and attempts to give all athletes their first four preferences. Medals are awarded for all events for U9 - U16 athletes if there are two or more competitors or if the athlete is within a specified time or distance of their PB. To be eligible for Centre Championships an athlete must be registered and have completed and returned the official Warragul entry form. U6 – U8 athletes compete in a number of events based on skills learnt throughout the season, receiving ribbons and a medal by the end of the day.

Centre trophies, centre presentations

To be eligible for Centre Executive and Personal Best trophies an athlete must be registered and have competed in at least 50% of competition events for the entire season.

Centre Records

Record	Event	Date / Time	Athlete	Gender	Age (U)
2:28.06	800m	24-03-18	Timothy Ruddell	Male	16
1:02.55	400m	24-03-18	Timothy Ruddell	Male	16
16.13	100m Hurdles	24-03-18	Blake Davis	Male	16
4:25.65	700m Walk	17-03-18	Fraser Aubrey	Male	8
1:03.43	400m	10-03-18	Timothy Ruddell	Male	16
27.34	Javelin	24-02-18	Liam Cumiskey	Male	12
17.95	80m Hurdles	16-12-17	Sophie Rees	Female	8
27.58	Discus	18-11-17	Blake Davis	Male	16
5.00	Long Jump	28-10-17	Blake Davis	Male	16
7:57.46	1100m Walk	21-10-17	Tannah Orgill	Female	9
25.33	Discus	14-10-17	Blake Davis	Male	16
16.25	100m Hurdles	07-10-17	Blake Davis	Male	16
1.60	High Jump	07-10-17	Blake Davis	Male	16
5.00	Long Jump	07-10-17	Blake Davis	Male	16
18.99	80m Hurdles	07-10-17	Declan Lott	Male	8
10:53.75	1500m Walk	04-03-17	Zizi Pozzebon	Female	11
20.50	Javelin	25-02-17	Liam Cumiskey	Male	11
11.99	100m	11-02-17	Blake Davis	Male	15
8:26.12	1100m Walk	10-12-16	Elysia Dalton	Female	9
15.10	100m Hurdles	26-11-16	Blake Davis	Male	15
18.07	80m Hurdles	19-11-16	Tannah Orgill	Female	8
8:44.78	1100m Walk	29-10-16	Elysia Dalton	Female	9
11:03.43	1500m Walk	29-10-16	Zizi Pozzebon	Female	11
18.08	Javelin	05-03-16	Alex Kerr	Male	11
14.19	90m Hurdles	27-02-16	Blake Davis	Male	14
12:25.15	1500m Walk	13-02-16	Violette Thomas	Female	11
9:02.21	1100m Walk	13-02-16	Darcy Knowles	Female	9
10:26.02	1100m Walk	04-12-15	Angie Davis	Female	9
12:32.75	1500m Walk	04-12-15	Violette Thomas	Female	11
18.05	Javelin	21-03-15	Sarah Ruddell	Female	16
8.12	Shot Put	21-03-15	Victoria Lawry	Female	16
6.85	Triple Jump	07-02-15	Alixzander Tauru	Male	8
22.88	Discus	20-12-14	Victoria Lawry	Female	16
14.10	100m	20-12-14	Sarah Ruddell	Female	16
2:45.01	800m	20-12-14	Ella Spencer	Female	14
1.55	High Jump	22-11-14	Elly Radford	Female	14
7.99	Shot Put	18-10-14	Victoria Lawry	Female	16
1.53	High Jump	11-10-14	Elly Radford	Female	14
1.58	High Jump	22-03-14	T Siekman	Male	16
5:22.70	1500m	22-03-14	T Siekman	Male	16
5.95	Shot Put	22-03-14	R Ferguson	Female	8
1:07.61	400m	15-03-14	A Karlis	Male	16
1.51	High Jump	15-02-14	E Radford	Female	13
24.80	Discus	07-12-13	A Karlis	Male	16
1:06.20	400m	23-11-13	T Siekman	Male	16
22.29	Discus	16-11-13	J Earl	Female	16
5:38.20	1500m	02-11-13	T Siekman	Male	16

Record	Event	Date / Time	Athlete	Gender	Age (U)
1.57	High Jump	02-11-13	T Siekman	Male	16
1:15.50	400m	12-10-13	A Karlis	Male	16
7.79	Shot Put	12-10-13	J Earl	Female	16
1.56	High Jump	05-10-13	T Siekman	Male	16
9.56	Shot Put	17-11-12	J Earl	Female	15
14.40	100m	10-11-12	R Williams	Female	16
5:27.70	1500m	17-03-12	B Radford	Female	15
1.35	High Jump	17-03-12	E Radford	Female	11
15.10	80m Hurdles	17-03-12	E Radford	Female	11
24.73	Discus	10-03-12	D Black-Otterspool	Male	16
1.43	High Jump	17-12-11	T Gardner	Female	14
2:43.90	800m	12-11-11	B Radford	Female	15
2:45.10	800m	26-03-11	B Radford	Female	14
5:39.70	1500m	26-03-11	B Radford	Female	14
10.50	Triple Jump	26-03-11	E Fraser	Female	15
1.55	High Jump	04-12-10	E Fraser	Female	15
5:59.00	1500m	06-11-10	B Radford	Female	14
6:10.90	1500m	20-02-10	M O'Reilly	Female	16
4:58.40	700m Walk	13-02-10	G Radford	Female	8
4:53.40	700m Walk	13-02-10	J Charles	Male	8
20.97	Discus	06-02-10	M O'Reilly	Female	16
11.25	Shot Put	06-02-10	F Leahy	Male	13
6:11.00	1500m	12-12-09	M O'Reilly	Female	16
20.40	Discus	21-11-09	M O'Reilly	Female	16
7.53	Shot Put	31-10-09	E Polman-Short	Female	16
19.99	Discus	24-10-09	M O'Reilly	Female	16
7.15	Shot Put	10-10-09	E Polman-Short	Female	16
6.35	Shot Put	31-03-09	B Tress	Female	16
9.21	Triple Jump	31-03-09	A Hibbs	Female	16
5.41	Long Jump	31-03-09	R Buttner	Male	15
4.66	Long Jump	31-03-09	M Boland	Male	16
14.50	100m	31-03-09	A Hibbs	Female	16
4:36.90	1500m	31-03-09	D Jackson	Male	15
6:11.80	1500m	31-03-09	A Hibbs	Female	16
20.64	Javelin	31-03-09	K Charles	Female	15
11.18	Javelin	31-03-09	B Tress	Female	16
16.80	Discus	31-03-09	A Hibbs	Female	16
17.50	Discus	31-03-09	K Broadway	Female	9
17.00	90m Hurdles	31-03-09	A Hibbs	Female	16
15.40	100m Hurdles	31-03-09	R Buttner	Male	15
56.50	300m Hurdles	31-03-09	A Hibbs	Female	16
4.37	Long Jump	31-03-09	A Hibbs	Female	16
30.50	200m	31-03-09	A Hibbs	Female	16
1.39	High Jump	31-03-09	A Hibbs	Female	16
2:49.00	800m	31-03-09	A Hibbs	Female	16
2:10.70	800m	31-03-09	D Jackson	Male	15
1.74	High Jump	31-03-09	R Buttner	Male	15
1.47	High Jump	31-03-09	M Boland	Male	16
10:25.60	1500m Walk	31-03-09	A Hibbs	Female	16

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Warragul Little Athletics would like to thank the following companies for their valued support in the 2018 / 2019 season, our 50th anniversary year.

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Seasons Results

Use the table below to record your child's results from each event across the course of the 2018 - 2019 little athletics season.

Week	Event 1	Event 2	Event 3	Event 4	Event 5
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					

Personal Bests:

Event 1:

Event 2:

Event 3:

Event 4:

Event 5:

Event 6:

Child Safe Sport

Our club is committed to child safety and we...

- ✔ Have zero tolerance for child abuse
- ✔ Have systems in place to protect children
- ✔ Support and respect children with a disability and children from diverse cultures



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