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PRESIDENT'S MESSAGE

IT'S OUR 35TH SEASON!

Welcome to another milestone year at Chelsea Little Athletics Centre – our 35th season. To all the returning athletes from past seasons, Welcome Back! And to our brand new athletes joining Chelsea for the first time, Welcome and please make yourself known to as many other athletes as possible. And a very warm Welcome to all our Parents and friends, without you all joining in there would be no Centre or competition for the Athletes. I would like to thank all the members of this season's Centre and Club committees who were elected at the completion of last season. It was especially pleasing to see the numbers increase in the Centre General Committee, an indication of the interest and enthusiasm of a number of parents and friends

Little Athletics' motto is **FAMILY, FUN and FITNESS**. At Chelsea we try very hard to meet these aims. We hope you will achieve this by sharing friendships, by participating in healthy exercise and by achieving success through friendly competition. This success should be judged by the extent to which you improve your skills and personal performance, by doing your best. Our Centre emphasises **PERSONAL BESTS** by rewarding ***STARS*** to athletes who improve their performances, therefore the only person you are competing against is yourself. To recognise and encourage this, any athlete achieving five Personal Bests in one Program will receive a Certificate of Recognition along with a free drink and hot dog from our canteen. Additionally, weekly Personal Best achievements of three or more will be published in one or both of the local newspapers and displayed on the notice board each week.

Parents are an essential part of our sport. By signing the Register of Ordinary Members you have become members of our Centre and of the Victorian Little Athletics Association. We ask that you actively assist in the many tasks necessary to run our Centre and our Clubs. Without extensive involvement from parents and other volunteers there would be no Chelsea Little Athletics Centre. **Events cannot commence or run to our time schedule if there are not enough officials and assistants to run them.**

At Chelsea we abide by a **CODE of ETHICS** formulated by the Victorian Little Athletics Association. This code emphasises the need to encourage our athletes in all their endeavours, and to always accept the decision of the official or referee. We want to show that good sports people are good students and are physically and mentally alert. We place the welfare and development of individual athletes above win and loss records.

We remind you that the Association and our Centre supports Heart Health and that Edithvale Reserve is a healthy, smoke free sporting environment.

This season presents some sizable challenges to us all. We are faced with the prospect of our Track being severely affected by the State-wide water restrictions. In conjunction with the City of Kingston and VLAA, the Centre Committee will do everything possible to ensure that our season suffers as little disruption as possible. Additionally, the large increases in insurance premiums that have affected other sports in recent times are now also affecting Little Athletics at both the VLAA and local Centre level. Despite this, I still believe that Little Athletics offers the best value for money of any junior sport available today. The Committee has reviewed our costs and charges to keep the cost to families as low as possible.

There is a wealth of information in this Handbook so please take a few minutes to read through it carefully and be aware of the contents. Please do not hesitate to contact me, or any member of our Centre Committee or Club Executives to ask questions or to offer constructive criticism.

I thank you for joining or returning to our Centre and sincerely hope that your time with us will be long, enjoyable and successful.

Good luck to you all!

Alan Senior
PRESIDENT

CLUB POLO SHIRTS

CENTRE TRACK SUITS

CENTRE UNIFORMS

Polo shirts will again be available for this season. They are available in the three club colours and are of very good quality. Any one new to the Chelsea Centre can see them any time out on the track.

The Centre Track Suits have proven very popular and are available again this year.

The clothing comes in sizes to suit all - children and adults alike.

PRICES

<i>Children's Shirts</i>		<i>6 yrs to 16 yrs</i>		<i>\$15</i>
<i>Adults' Shirts</i>	<i>Sizes</i>	<i>14 to 24</i>		<i>\$20</i>
<i>Track Suits</i>	<i>Children</i>	<i>\$55</i>	<i>Adults</i>	<i>\$80</i>
<i>Centre Singlet</i>				<i>\$15</i>
<i>Centre Polo Shirt</i>				<i>\$25</i>

You can order any clothing through Centre Committee Member and Uniform Co-Ordinator Sue Davis.

Some orders may take a few weeks for delivery depending on stock on hand.

CENTRE COMMITTEE & LIFE MEMBERS

CHELSEA LITTLE ATHLETICS CENTRE

CENTRE NUMBER 60

***CENTRE COLOURS - YELLOW, WHITE, RED & BLACK SINGLET
BLACK SHORTS / SPORTS BRIEFS***

CENTRE COMMITTEE 2002/2003

PRESIDENT	Alan Senior seniora@optushome.com.au	Tel: 9772 8970
VICE PRESIDENT	Ken Smith smithy49@msn.com	Tel: 9786 9535
SECRETARY	Julie Saville julie.saville@bigpond.com.au	Tel: 9772 5291
TREASURER	Sylvia Macgregor sheezbadd@optusnet.com.au	Tel: 9772 0793
COMMITTEE MEMBERS	Susanne Ferguson Ross Dibbs rdibbs@amcal.com.au Sue Davis suedavis@optusnet.com.au Liz Scammell carliz88@yahoo.com.au Elaine Simpson Peter Crawford Carlo Ballerini cballerini@vtown.com.au John Edwards EDWARDSMARINE@AOL.COM Bronwyn Simpson bronsim@optusnet.com.au	Tel: 9772 9582 Tel: 9772 3853 Tel: 9512 0052 Tel: 9772 3440 Tel: 9773 1016 Tel: 9512 0082 Tel: 9580 2739 Tel: 9580 1648 Tel: 9776 0610

LIFE MEMBERS OF THE CHELSEA CENTRE

Mr Jim Rankin	Mr John Van Echteld
Mr Peter Richardson	Mr Lindsay Best
Mr Brian Gray	Mr Ian Brown
Mr John Ellem	Mr Frank Sullivan
Mr Doug Gittens	Mrs Ann Riley
Mr Paul Riley	Mrs Faye Cornwill
Mrs Carol Butterfield	Mr Greg Butterfield
Mr Ian Dornom	Mr Steve Downie
Mr Trevor Sasman	Mr Mark Thomas
Mrs Ros MacInnes	Mr Terry Clark

CLUB COLOURS AND COMMITTEES

CHELSEA LITTLE ATHLETICS CENTRE 2002 - 2003

ROADRUNNERS

Yellow T-Shirt, Black Shorts/Sports Briefs

Presidents

Susie Johnston
kilauea_pele@msn.com
5 Lysander Court
CHELSEA HEIGHTS 3196
Tel: 9773 0719

Ken Smith
smithy49@msn.com
18 Seabrook Way
SEAFORD 3198
Tel: 9786 9535

Committee

Carlo Ballerini Jane Benfold
Steve Murray Sylvia Macgregor

REDBACKS

Red T-Shirt, Black Shorts/Sports Briefs

President

Jane Farmer
happynut@alphalink.com.au
19 Yackatooon Avenue,
ASPENDALE 3195
Tel. 9580 5463

Secretary

Barry York
Tel: 9772 7604

Committee

Christine Brown John Edwards
Walter Johansson Mim Phillips

PANTHERS

White T-Shirt, Black Shorts/Sports Briefs

President

Michael Stock
18 Keith Avenue
EDITHVALE 3196
Tel. 9776 1331

Secretary

Tine Meade
Tel. 9772 4084

Committee

Peter Crawford Elaine Simpson
Anne Roberts Anne Mellett

Full page advertisement

CALENDAR FOR SEASON 2003/2004

OCTOBER 2003

Sat	4th	Program 3
Sun	5 th	Starters Course – hosted by Chelsea
Sat	11th	Program 1
Fri	17th	Spirit of Victoria Meeting – <u>hosted by Sandringham</u> (U12 – Inters)
Sat	18th	Program 2
Sat	25th	Program 3
Sun	26th	Mentone Invitation Relays (U9 – U15)

NOVEMBER 2003

Sat	1st	Program 1
Sat	8th	Program 3
Sat	15 th	Program 2
Sun	16th	Regional Relay Championships – venue to be confirmed (U9-15)
Fri/Sat/Sun	21st/22nd/23rd	SMR Coaching Camp – Shoreham (U10 – U15)
Sat	22nd	Program 3
Fri	28th	Spirit of Victoria Meeting – <u>hosted by Moorabbin</u> (U12 – Inters)
Sat	29 th	Program 1

DECEMBER 2003

Fri	5 th	Program 2 (<u>Twilight meeting</u>)
Sun	7th	State Relay Championships - Olympic Park (U9 - U15)
Sat	13th	Program 1 and Christmas Break Up Party - Special Visitor

JANUARY 2004

Fri	2nd	Entries close – Chelsea Open Day
Sat	17th	Open Day Working Bee & Track Preparation - Parents and Officials – No Centre Competition
Sun	18th	CHELSEA OPEN DAY - ALL AGES (+Jumps & Throws Officials Course)
Mon	26th	Entries close – Regional Track & Field Championships
Sat	31st	Program 2

FEBRUARY 2004

Fri	6th	Spirit of Victoria Meeting – <u>hosted by Mentone</u> (U12 – Inters)
Sat	7th	Program 3
Sun	8th	U6-U8 Carnival - Westernport
Sat	14 th	No Centre Competition
Sat/Sun	14th/15th	Regional Track and Field Championships – venue to be confirmed (U9 - U15)
Sat	21st	Program 1
Fri	27th	Program 2 (<u>Twilight meeting</u>)
Sat/Sun	28th/29th	State Multi Event - Shepparton (U9 – U15)

MARCH 2004

Sat	6th	Program 3
Sat	13th	No Centre Competition
Sat/Sun	13th/14th	State Track and Field Championships – Olympic Park (U9 - U15)
Fri	19th	Chelsea Little Athletics Centre End-of-Season Fundraiser/Social Night
Sat	20th	No Centre Competition
Sun	21st	Medallion Day, Centre Presentations and AGM

APRIL 2004

Sat	10th	Cross Country Season commences (to be confirmed)
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OTHER EVENTS OF NOTE (Confirm Dates with Committee, see Notice Board during season)

Sun	30th	November	Springvale Open Day
Sun	11 th	January	Southern Peninsula Open Day
Sun	8th	February	Seaford Open Day, U6-U8 Carnival (hosted by Westrnport)

Full page advertisement

WEEKLY PROGRAM DETAILS

PROGRAM 1

U/6	On Track	50m			
U/7	On Track	50m	SP		
U/8	100m	50m	400m	DIS	LJ
U/9	100m	70m	400m	LJ	SP
U/10	100m	70m	400m	LJ	DIS
U/11	100m	70m	400m	HJ	LJ
U/12	100m	JAV	400m	HJ	LJ
U/13	100m	JAV	400m	TJ	SP
U/14	100m	JAV	400m	TJ	SP
U/15	100m	JAV	400m	TJ	SP
Inter Aths	100m	JAV	400m	TJ	SP

PROGRAM 2

U/6	On Track	LJ			
U/7	On Track	100m	DIS		
U/8	60mH	JAV	150m	SP	DIS
U/9	60mH	800m	LJ/TJ	HJ	DIS
U/10	60mH	800m	LJ/TJ	HJ	SP
U/11	60mH	800m	150m	TJ	DIS
U/12	60mH	800m	150m	TJ	SP
U/13	300mH	800m	150m	LJ	DIS
U/14	300mH	800m	150m	LJ	DIS
U/15	300mH	800m	150m	LJ	DIS
Inter Aths	300mH	800m	150m	LJ	DIS

PROGRAM 3

U/6	On Track	70m			
U/7	On Track	70m	LJ		
U/8	70m	81mH	200m	LJ	SP
U/9	JAV	81mH	200m	TJ	SP/DIS
U/10	JAV	81mH	200m	TJ	SP/DIS
U/11	JAV	81mH	200m	1500m	SP
U/12	70m	81mH	200m	1500m	DIS
U/13	70m	81mH	200m	1500m	HJ
U/14	70m	81/90mH	200m	1500m	HJ
U/15	70m	90/100mH	200m	1500m	HJ
Inter Aths	70m	90/100mH	200m	1500m	HJ

WHAT DO WE DO ON SATURDAY MORNINGS?

(Terms in CAPITALS are defined in following sections)

- 1 At 7.45 am a hardy band of Committee members and ROSTERED OFFICIALS begin to set up the equipment. Feel free to assist without being asked.
- 2 ROSTERED OFFICIALS, who need to be available at 8.30 am, are given their tasks and sent to their posts. First event for some is 8.45 am, so be on time.
- 3 Athletes wear their Club uniforms with their name tags displayed.
- 4 At 8.30 am we start our competition program with the all important warm up exercises. Announcements are also made and newsletters etc handed out, so be there and be alert.
- 5 To keep our programs running smoothly and on time we start some senior age group events at 8.45 am, after a separate warm up.
- 6 The running order of the day's program is shown on the whiteboard for all age groups.
- 7 The children are organised into their age groups or with the ON-TRACK CO-ORDINATOR (U/6, U/7), and sent to their starting events for a 9.00 am start.
- 8 Events are conducted under the COMPETITION RULES listed in a following section.
- 9 After finishing each event athletes receive a ticket showing their performance, and are given a STAR on the ticket if it is a new PERSONAL BEST. These event tickets can and should be put into each athlete's album or "STICKER BOOK". Our recording sheets are updated weekly to show each athlete's current PERSONAL BEST so that instant recognition and encouragement can be given at the event.
- 10 The recording sheets are input to our computer to:
 - record athletes' PERFORMANCES
 - highlight and update PERSONAL BESTS
 - highlight and update CENTRE RECORDS.
 - calculate INDIVIDUAL PERFORMANCE POINTS
 - calculate CLUB PERFORMANCE POINTS
- 11 As events are completed they are crossed off the whiteboard and announcements made over the Public Address to direct age groups to their next event.
- 12 We aim to finish each program by 12.30, after which many hands help to put away the equipment.
- 13 **Please parents, if you are not present all morning, don't be late picking up your child. This is particularly important if bad weather causes an early finish or cancellation. We cannot be responsible for children after competition finishes.**

WHAT DOES MEAN?

OFFICIALS & OFFICIALS' ROSTER

Little Athletics needs officials to run smoothly. Being an Official is not demanding and is an excellent way of helping and encouraging our children. It can also be a very social event for the Officials! Jobs range from measuring discus throws to raking the long jump pits, and include setting up equipment and recording results. There is something for everyone, and you are insured. To share the tasks fairly we establish a roster. Please do your best to be available and on time, or find a replacement if you are unavailable.

AGE GROUP CO-ORDINATORS

These are Officials who are in charge of one of the younger age groups (U/6 - U/8), to keep them together and at the correct event. We try to fill these on a season basis so the young ones know who their "mother/father hen" is.

COACHING

Training and coaching is not compulsory, **but** we like our Athletes to have some knowledge of basic skills for each event. It is all too easy to fall into incorrect techniques and so very hard to "unlearn" these and "re-learn" correct techniques later. As there is not much time on Saturday mornings, the Centre provides coaching by qualified coaches on most Sundays (10.00 am. - 12.00 noon) and some evenings. Full details are given during the season.

PERSONAL BEST *STARS*

Each time an athlete improves their own Personal Best performance they are rewarded with a **STAR** on the event ticket. At Chelsea we try to emphasise this aspect by concentrating not on where you may come, but how well you perform against your best. We have special **5 STAR** Awards for those fortunate enough to achieve 5 Personal Bests on one day. If an Athlete gains 3 or more Personal Bests on the one morning, their names and result are published in one or both of the local newspapers in recognition of their effort.

STICKER BOOKS

This is the term applied to the season recording book given to each athlete, which is provided for keeping event tickets ("sticking them in") and details of performances. Over time these become wonderful mementos. Sticker books are handed in to the Clubs at the end of the season and count towards end-of-season awards.

CENTRE RECORDS

These are the best recorded performances achieved by Chelsea Little Athletes at Centre competitions.

PERFORMANCE POINTS - INDIVIDUAL and CLUB

Each athlete's performance is rated against set Victorian standards and points awarded, with typically 50 points for an excellent performance and at least 25 points awarded for competing. These are tallied for end of year awards. The total points for each Club are divided by the number of events and number of athletes and added to the Club average Personal Best Performance to compare the Clubs and decide the Centre Shield.

SMR, VLAA

SMR is Southern Metropolitan Region, which is the next organisation level up from our Centre. It comprises 18 Centres from Brighton to Southern Peninsula (at Rosebud) to Pakenham. There are 3 other Metropolitan Regions and 4 Country Regions in the Victorian Little Athletics Association or VLAA.

WHAT DOES MEAN? (continued)

REGION HEATS and STATE CHAMPIONSHIPS

Competitions are conducted for Relays in the first half of the season and for individual Track and Field in the second half. Registered athletes in the Under 9 age groups upwards are eligible to enter. The Region Heats have often been held at Caulfield Centre's track at Murrumbeena and the State Finals at Olympic Park. The Relay heats this year will be held at Springvale.

These championships are run by volunteers and each Centre has to provide a certain number of officials to fulfil specific duties. **We remind parents that should your child decide to enter these competitions, you will be required to officiate on those days for a short time.**

BRING A FRIEND DAY

On this day athletes are asked to invite their friends to come and try our activities.

SMR CAMP

This is a coaching clinic held for U10's to U15's. The children always have great fun at these Camps and make a lot of new friends. Southern Metropolitan Region have organised this season's Camp to be held on the weekend of Friday 22nd November to Sunday 24th November at Shoreham. Entry forms are available from our Centre Secretary. All eligible athletes are strongly encouraged to attend. The cost is \$ 55.00. (Subject to amendment on advice from SMR).

CHELSEA OPEN DAY

Open Days are run for athletes of all age groups and from all Centres. We will hold our 23rd Annual Open Day on Sunday, 19th January 2003. Our Open Day has always been noted for its happy and relaxed atmosphere and good organisation. It is open to all registered Little Athletes from Victoria and interstate and we encourage all of our Chelsea Athletes to help make this another successful day.

MEDALLION DAY

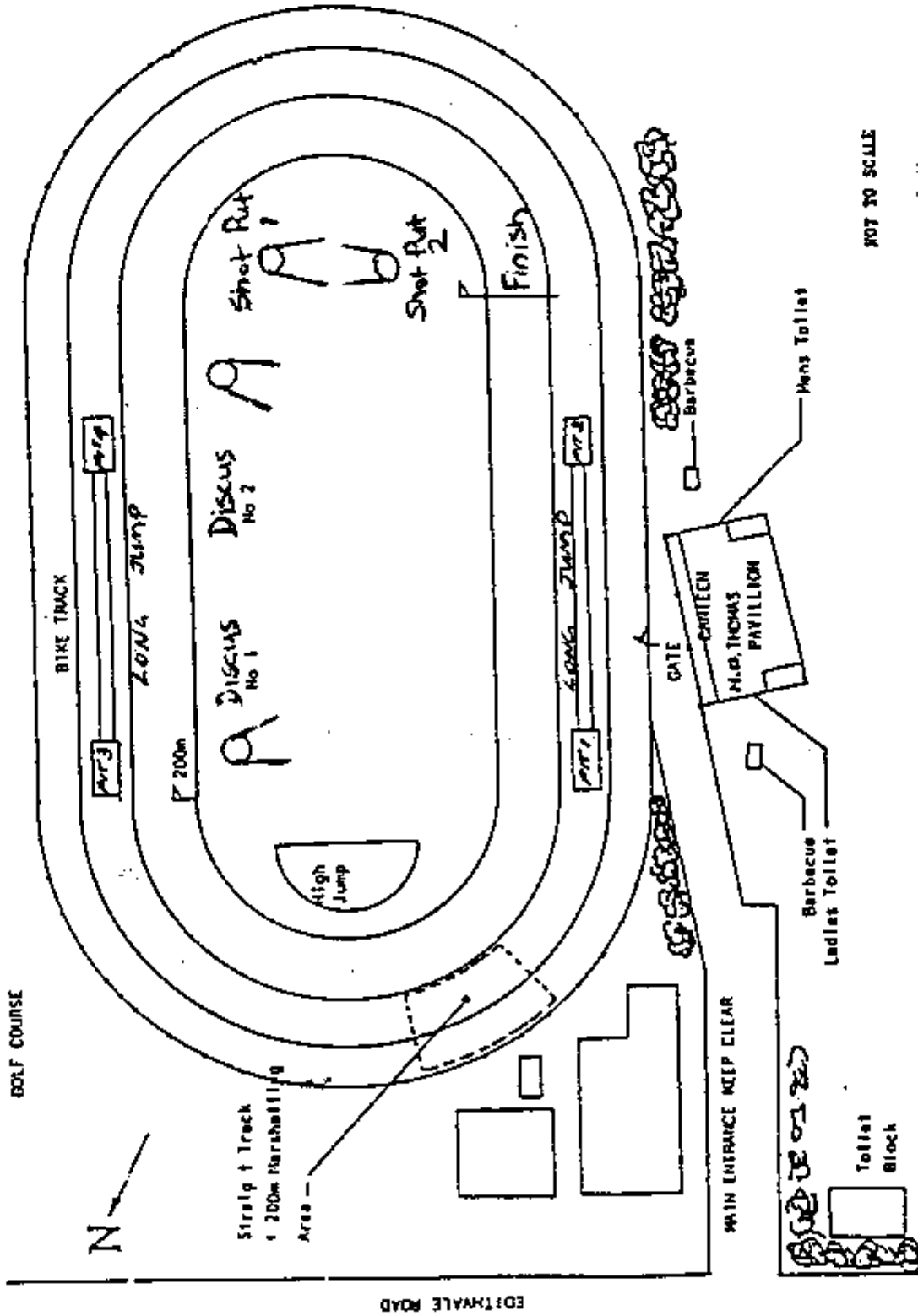
This is our last event for the season, after which we have our AGM and Centre Presentation. The programme is run as a Multi-Event. Each child will then be awarded a Bronze, Silver or Gold Medallion according to the levels of performance achieved.

END OF YEAR AWARDS

Centre trophies are awarded at the end of the season based on the number of points accumulated by the athletes during the season.

Club trophies are awarded at the end of the season at the discretion of the Club Committees and may be based on an entirely different system.

TRACK LAYOUT



COMPETITION RULES

GENERAL

1. **Officials** may send children off the arena for any undisciplined behaviour or bad language (NOT THAT WE EXPECT THIS TO EVER OCCUR).
2. **Spectators** and parents not acting in an official capacity should remain outside the grassed arena.
3. **Footwear.** Running shoes need to be worn for all events, including training sessions. **Spikes** may be worn by the U12's and upwards for laned track events and jumps only. For safety reasons spikes can only be put on at the starting line and must be taken off immediately after the race at the finish line, or at the jump venue. Athletes who do not follow these conditions will not be allowed to wear spikes for the remainder of the season.
4. Children **must** have their name and age group **clearly** displayed on their uniform using the name tag supplied when registering.
5. **Hurdles** commence at Under 8, and **high jump** and **triple jump** events at Under 9.
6. **Javelin** commences at Under 8, with Athletes using a lightweight plastic TurboJav until Under 10. Under 11's upwards use a real javelin.
7. **The Finish Line.** Competitors must cross the white line. Time is taken from the smoke of the gun or electronic flash until the athlete's **body** crosses the finish line.
8. **Lanes.** In all laned events (60m, 81m, 90/100m and 300m Hurdles, 50m, 70m, 100m, 150m, 200m and 400m) competitors must stay in their marked lanes, ie. between the marked lines.
9. **Coaches** for relay teams will be selected by the Centre Committee, based on nominations received.
10. **Selection of relay teams** will be based on Coach's assessment of relay requirements such as baton changing, participation and attendance at training as well as ability. **The Coach's decision will be final.**
11. **Banners or batons** won by relay teams remain the property of the Centre, but may be held by the respective coaches whilst they remain actively involved with the Centre.

SEE FOLLOWING PAGES FOR EVENT SPECIFIC RULES

INSTRUCTIONS FOR OFFICIALS

TIMEKEEPING

FUNCTION

- 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 either the Chief Timekeeper or with other Timekeepers.

RUNNING WATCH

- When timing distance or race walking events it is not necessary or practical to time each runner with an individual watch but it is required that 3 Timekeepers are used for recording of first place. One Timekeeper may use two watches and as the winner finishes, one watch is stopped for an accurate measurement of first place.
- The second watch is kept running and as each other runner crosses the line; times are called by the Timekeeper and recorded by a person standing with the Timekeeper.
- If 3 watches are on first place, the middle time is accepted as the correct time. If 2 watches are used, the slower time is accepted.

PRINTOUT STOPWATCH

- Where a printout stopwatch is used it is required to have two standard type stopwatches recording first place in case of a record.

DUTIES OF A CHIEF TIMEKEEPER

- Ensure that Timekeepers are placed in such a position that they:
 - (A) Know what place he/she is to time;
 - (B) Are in line with the finish line;
 - (C) Have a good view of all lanes; and
 - (D) Have a clear view of the starter.The above can be achieved by the use of an elevated stand at least 5 metres from the track.
- * *Place Judges are responsible for deciding places in a race - not Timekeepers.*

PLACE JUDGES

FUNCTION

- To determine the order in which the competitors pass the finish line.

DEFINITIONS

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.

Finish: A vertical plane running across all lanes,

Line: normally defined by a line marked on the ground and two vertical posts, one each side of the track.

Dead Heat: When the appropriate Judges agree that the

torso of two or more runners cross the line together.

NOTE: Equal times do not necessarily indicate a dead heat.

POSITIONING THE JUDGES

- They must be located in line with the finish line.
- They should all be located on the same side of the track.
- They should be elevated and no less than five metres from the track.

PRIORITY OF NOMINATION

- The minimum number of Judges for a sprint event is half the number of competitors with one Judge selecting 1st and 2nd, the next Judge 3rd and 4th and so on.

- Where there are a sufficient number of Judges:

(A) There should be one Judge more than the number of competitors;

(B) One Judge will place first across the line, the next Judge places second and checks first, the next places third and checks second and so on.

- If there is a disagreement (i.e. second and third claim the same competitor) the higher placed Judge has priority.

- Should such a situation arise the Chief Judge may ask other Judges to nominate and by a process of elimination determine which competitor is 'unclaimed'.

GENERAL NOTES

- The single function of Judges may vary depending on the type of meeting at which they are officiating:

Centre Meetings

Where an Official has a dual role of Judge and Timekeeper it is of prime importance that the Judge does not lose sight of their competitor until identity is clearly established.

Championship Meetings

Judges are required to nominate a single place. In this situation the number of the competitors is written down.

DUTIES OF A CHIEF JUDGE

- Detail requirements to each Judge, e.g. who they will judge.
- Position Judges (as detailed above).
- Explain 'Priority of Nomination'.
- Issue tickets or cards to Judges.
- Communicate with Chief 'Timekeeper when Judges are in position and ready.
- When separate Judges and Timekeepers are used the Chief Judge notifies the Track Referee when the Judges are ready.
- The Track Referee then notifies the Starter.
- **The Judges decision is final.**

LONG JUMP

EQUIPMENT

- Take-off mat or sand:
U6-8: 1.22m x 1 m
U9-12: 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.
- Place Tickets, Recording Sheets.
- Chalk or Indicator Markers, Tape for run-up.

PREPARATION FOR EVENT

- Ensure sand pit 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,
- 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 4 trials (3 for Multi Event).
- 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 takeoff 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.

RECORDING

Best performances should be circled or highlighted. . .
Ties are broken by referring to the next best jump.

Name	1st Trial	2nd Trial	3rd Trial	4th Trial	Best	Place
A	2.75*	NT	2.62	2.11	2.75	4
B	3.35	2.92	3.87*	3.01	3.87	2
C	2.65	2.35	2.75*	2.64	2.75	3
D	3.87*	3.35	3.03	3.12	3.87	1

NT = NO TRIAL / NO JUMP

TRIPLE JUMP

EQUIPMENT

- Take-off mat or sand: U6-8: 1.22m x 1 m
U9-12: 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.
- Place Tickets, Recording Sheets.
- Chalk or Indicator Markers, Tape for run-up.

PREPARATION FOR EVENT

- Ensure sand pit 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 sand pit.

MAT PLACEMENT

For State finals the take off area will be set-up as follows:
U9-10B&G = 6m; U11B&G+U12G = 7m; U12B+U13B&G = 8m; U14-15B&G -- 9m.

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 4 trials.
- Definition of Triple Jump, consisting of three distinct sections.
 - (A) A Hop: Athlete takes off and lands on the same foot as that from which they have taken off.
 - (B) A Step: Athlete lands on the other foot (to that used on the hop).
 - (C) A Jump: Athlete jumps from one foot and lands on one or both feet in the sand pit.
- A foul jump is recorded if:
 - (A) Any part of the athlete's take-off foot protrudes over the front line, or side edge of the take-off mat or board.
 - (B) After completing a jump the athlete walks back through the pit.
 - (C) 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.
N.B. 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 sand pit.
- 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 lies 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 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.

RECORDING

Best performances should be circled or highlighted.

- Ties are broken by referring to the next best jump.

Name	1st Trial	2nd Trial	3rd Trial	4th Trial	Best	Place
A	4.75*	NT	4.62	4.32	4.75	4
B	5.35	4.92	5.87*	5.21	5.87	2
C	4.65	4.35	4.75*	4.54	4.75	3
D	5.87*	5.35	5.03	5.26	5.87	1

NT = NO TRIAL / NO JUMP

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 the athlete touched it.
- If an athlete has 3 consecutive baulks, the failure will be recorded at the height of the bar at which the third baulk occurs.
- 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.

RECORDING

- 4 or O indicates the bar has been cleared.
7 indicates a failure.
- indicates did not jump or a pass.

DETERMINING THE RESULTS

1. The athlete who jumps the greatest height is the winner.
2. 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.

Name	1.05m	1.10m	1.15m	1.20m	1.25m	1.30m	1.33m	Total Failure	Position
A	-	x✓	✓	x✓	✓	xx✓	xxx	4	=2
B	✓	✓	✓	x-	x✓	xx✓	xxx	4	=2
C	✓	✓	x-	✓	xx✓	xx✓	xxx	5	4
D	✓	-	-	xx✓	xx✓	x✓	777	4	1

4 = Cleared 7 = Failed - = Did Not Jump

A, B, C and D all cleared 1.30 m and failed at 1.33 m.

OFFICIALS REQUIRED

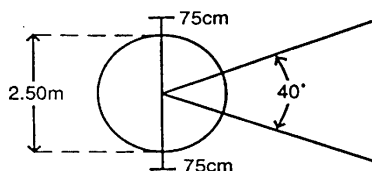
- Two officials to return the cross-bar to the supports.
- One official to judge the jump.
- One official to record.

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.

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.



- The circle is divided into halves as shown.

IMPLEMENT WEIGHTS

350gm U6-U8 Girls & Boys (recommended)

500gm U9-U10 Girls & Boys

750gm U11-U13 Girls & U11-U12 Boys

1kg U14-U15 Girls & U13-U15 Boys

EQUIPMENT

- Sector and circle clearly marked (as above)
- 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.
- Place Tickets: Record performance for each athlete
- 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 entitled to 4 trials (3 at Multi Event),
- 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 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 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 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,

RECORDING

Best performances should be circled or highlighted.

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

Name	1st Trial	2nd Trial	3rd Trial	4th Trial	Best	Place
A	14.75*	NT	14.62	14.21	14.75	4
B	15.35	14.92	15.87*	15.21	15.87	2
C	14.65	14.35	14.75*	14.22	14.75	3
D	15.87*	15.35	15.03	15.24	15.87	1

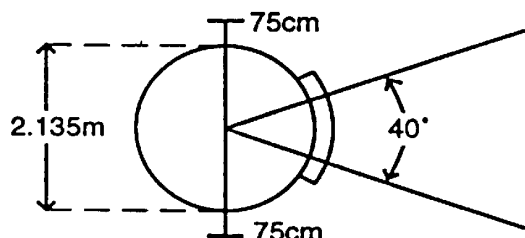
NT: NO TRIAL / NO THROW

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.

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.



- The circle is divided into halves as shown.
- A stop board 1.22m long, 100mm high and 114mm wide may be used.

IMPLEMENT WEIGHTS

1kg	U6-U7 Girls & Boys (recommended)
1.5kg	U8 Girls & Boys (recommended)
2kg	U9- U12 Girls & U9-U11 Boys
3kg	U13-U15 Girls & U12-U13 Boys
4kg	U14-U15 Boys

EQUIPMENT

- Shot Put Circle and Stop Board.
- Measuring Tape (20 metres).
- Shot (as above).
- Spike: To hold zero end of tape at mark (imprint).
- Place Tickets: Record performance for each athlete.
- Recording Sheets: For recording all performances at meeting.
- Cloth: To wipe and clean Shot.
- Broom: To clean inside surface of Shot Put Circle.

TO BE A VALID PUT

- Each athlete is entitled to four 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 tile 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 tile point where the tape crosses the inner edge of tile ring. Each measurement is to the nearest cm below the distance putted.
- Ties are broken by referring to tile 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.

RECORDING

Best performances should be circled or highlighted.

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

Name	1st Trial	2nd Trial	3rd Trial	4th Trial	Best	Place
A	4.75*	NT	4.62	4.21	4.75	4
B	5.35	4.92	5.87*	5.21	5.87	2
C	4.65	4.35	4.75*	4.22	4.75	3
D	5.87*	5.35	5.03	5.24	5.87	1

NT = NO TRIAL / NO THROW

SAFETY

- Everyone should stand **behind** the Putter and the sector should be clear.
- The Shot should be CARRIED back to the circle - **never thrown.**

CENTRE RESULTS

CLUB PREMIERSHIP SHIELD

<u>Season</u>	<u>Premier Club</u>	<u>Runner up</u>	<u>Third</u>
1969/70	Aspendale	Edithvale	Rockets
1970/71	Aspendale	Rockets	Edithvale
1971/72	Aspendale	Rockets	Edithvale
1972/73	Aspendale	Rockets	Roadrunners
1973/74	Aspendale	Roadrunners	Edithvale
1974/75	Aspendale	Edithvale	Rockets
1975/76	Aspendale	Edithvale	Roadrunners
1976/77	Aspendale	Edithvale	Roadrunners
1977/78	Aspendale	Edithvale	Roadrunners
1978/79	Aspendale	Roadrunners	Edithvale
1979/80	Aspendale	Edithvale	Roadrunners
1980/81	Roadrunners	Aspendale	Edithvale
1981/82	Aspendale	Roadrunners	Edithvale
1982/83	Aspendale	Roadrunners	Edithvale
1983/84	Roadrunners	Aspendale	Edithvale
1984/85	Aspendale	Roadrunners	Edithvale
1985/86	Roadrunners	Aspendale	Edithvale
1986/87	Aspendale	Edithvale	Roadrunners
1987/88	Aspendale	Edithvale	Roadrunners
1988/89	Aspendale	Roadrunners	Edithvale
1989/90	Aspendale	Roadrunners	Edithvale
1990/91	Aspendale	Roadrunners	Edithvale
1991/92	Roadrunners	Aspendale	Panthers
1992/93	Roadrunners	Aspendale	Panthers
1993/94	Roadrunners	Redbacks	Panthers
1994/95	Panthers	Roadrunners	Redbacks
1995/96	Redbacks	Panthers	Roadrunners
1996/97	Redbacks	Panthers	Roadrunners
1997/98	Redbacks	Roadrunners	Panthers
1998/99	Redbacks	Roadrunners	Panthers
1999/00	Redbacks	Roadrunners	Panthers
2000/01	Redbacks	Roadrunners	Panthers
2001/02	Redbacks	Roadrunners	Panthers
2002/03	Roadrunners	Panthers	Redbacks

CENTRE CHAMPIONS

<u>Season</u>	<u>Boys</u>	<u>Girls</u>
1969/70	K. Greenwood	D. Gail
1970/71	Peter Bresnanhan	Cathy Pert
1971/72	Andrew Sinclair	Melindy David
1972/73	Glen Philby	Mandy Davidson
1973/74	Kevin Naismith	Melindy David
1974/75	Kevin Naismith	Mandy Davidson
1975/76	Rohan David	Mandy Davidson
1976/77	Steven Gray	Kylie Meighan
1977/78	Sean Gray	Lindy Essing
1978/79	Steven Gray	Katie Nelson
1979/80	Craig Best	Katie Nelson
1980/81	Andrew Casey	Alicia Gray
1981/82	Brett Callaghan	Alicia Gray
1982/83	Brett Callaghan	Alicia Gray
1983/84	Brett Callaghan	Heidi Weiland
1984/85	Brett Callaghan	M. Deane-Freeman
1985/86	Travis Hopgood	Jemima Butterfield
1986/87	Brock Fletcher and Steven Connolly	Louise Macklin and Jemima Butterfield
1987/88	Brock Fletcher and Christian Gionis	Fiona Harris
1988/89	Brendon Bride	Melissa Cordy
1989/90	Mark Occhipinti	Melissa Cordy
1990/91	Brendon Bride	Melissa Cordy
1991/92	Chris Ascuncion	Fiona Harris
1992/93	Adam Cagney	Fiona Harris
1993/94	Ryan Green	Marisa Butterfield
1994/95	Mark Occhipinti	Marisa Butterfield
1995/96	Ryan Green	Marisa Butterfield
1996/97	Laurence Angwin	Marisa Butterfield
1997/98	Laurence Angwin	Samantha Clark
1998/99	Matthew Douglas	Carly Chapman
1999/00	Thomas Senior	Rachael Evans
2000/01	Thomas Senior	Emily Johnston
2001/02	Luke Smith	Ruby Holten
2002/03	Luke Smith	Emily Johnston

JUNIOR CHAMPIONS

1986/87	Martin Watts	Catherine Jamieson
1987/88	Mark Occhipinti	Shanen Gittens, Melissa Cordy and Belinda Gray
1988/89	Mark Occhipinti	Marisa Butterfield
1989/90	Lucas Georgiadis	Kelly Bartling
1990/91	Ryan Green	Katie MacInnes
1991/92	Ryan Green	Katie MacInnes
1992/93	Ryan Green	Katrina Iles
1993/94	Damien Lee	Katrina Iles
1994/95	Damien Lee	Lauren Blunt
1995/96	Timothy Yeowart	Samantha Clark
1996/97	Ryan Campbell	Carly Jennings
1997/98	Rick Scammell	Rachael Evans
1998/99	Matthew Clifford	Emily Johnston
1999/00	Matthew Johansson	Emily Johnston
2000/01	Dylan Shiel	Megan Rosenbrock

The Little Athletics motto is
**“FAMILY, FUN and
FITNESS”.**

With your help, Chelsea Centre provides all three.

2002/03 CENTRE TROPHIES

THE JOHN ELLEM AWARD

(For the Most Improved Athlete, measured by number of Personal Best "Stars")

1 st	Monique Meade – Panthers	43 PB's
2 nd	Luke Smith – Roadrunners	37 PB's
3 rd	Thomas Senior – Roadrunners	36 PB's

AGE CHAMPIONS

	GIRLS	BOYS
U8	Caitlin Ridgway	Daniel Clough
U9	Monique Meade	Jordan Ballerini
U10	Kate Senior	Dylan Weickhardt
U11	Emily Johnston	Luke Smith
U12	Helena Hall	Thomas Senior
U13	Katherine Watts	Craig Radford
U14	Laura York	Andrew Fyans
U15	Laura Heyne	

CENTRE CHAMPIONS

Emily Johnston Luke Smith

PRESIDENT'S TROPHY

Mim Phillips - Redbacks

RECOGNITION PLAQUES

2002/03 CLUB TROPHIES

PANTHERS

AGE CHAMPIONS

U/8	Sean Campitelli	Rhiannon Hemingway
U/9	Sean Hendricks	Monique Meade
U/10	Dylan Weickhardt	Stephanie Saville
U/11	Jeffrey Jambu	Joharna Piltz
U/12	Dean Lonsdale	Afton Harrington
U/13	Christopher Williams	Dominique Britter
U/14	Kane Simpson	
U/15		Laura Heyne

CLUB CHAMPIONS

Dylan Weickhardt Monique Meade

PRESIDENT'S TROPHY

Allan Roberts

ROADRUNNERS

AGE CHAMPIONS

U/8	Daniel Clough	Caitlin Ridgway
U/9	Jordan Ballerini	Fiona Browne
U/10	Jon Bannister	Kate Senior
U/11	Luke Smith	Emily Johnston
U/12	Thomas Senior	Emma Murray
U/13		Katherine Watts
U/14		Kellie Ferguson
U/15		

CLUB CHAMPIONS

Luke Smith Emily Johnston

PRESIDENT'S TROPHY

Justin Thompson

REDBACKS

AGE CHAMPIONS

U/8	James Brown	Jessica Kent
U/9	Calvin Young	Skye Farmer
U/10	Ray Keighley	Madison MacInnes
U/11	Matthew Johansson	Stephanie McCarthy
U/12	Michael Young	Helena Hall
U/13	Craig Radford	Lisa Pace
U/14	Andrew Fyans	Laura York
U/15		

CLUB CHAMPIONS

Michael Young Helena Hall

PRESIDENT'S TROPHY

Skye Farmer

2003/2004 JUNIOR DEVELOPMENT SQUAD

The Junior Development Squad (JDS) is a program aimed at giving our talented athletes a little more in terms of coaching, education, competition and a sense of accomplishment. Athletes must qualify for the squad by achieving athletic results that better a set performance criteria.

The squad is open to all registered athletes from U/12 to U/15 that meet the performance criteria. Ranging from mid October to late February, the program consists of numerous activities including coaching days, alternate coaching sessions, coaching camp, education sessions, role model sessions with elite athletes and a presentation ceremony.

Full details are available on the VLAA web site at:

<http://www.vlaa.asn.au/JuniorDevelopment.htm>

ON-TRACK

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's to U8's. At Chelsea Little Athletics Centre, we are aiming to run On-Track for the Under 6 and Under 7 age groups.

The program has been implemented gradually over the last 3 years at selected Centres. Parents and coaches have attended training courses and have been provided with training manuals to run On Track at their Centres.

The On Track Levels

On Track is an athletics skills and modified event program for the U6's to U8's. Children start at:

- Level 1 (Little Blues) doing Fundamental Motor Skills
- Level 2 (Rockhoppers): Fundamental Athletic Skills and then onto
- Level 3 (Kings): Transitional Athletic Skills.

Full details are available on the VLAA web site at:

<http://www.vlaa.asn.au/on%20track.htm>

CHELSEA CENTRE RECORDS

BOYS

BOYS U6

50m	T. Hopgood	RR	9.40	81
70m	T. Hopgood	RR	13.20	81
100m	B. Gately	A	19.10	84
	M. Watts	A	19.10	85
	J. Tilley	E	19.10	86
150m	D. Shiel	A	30.37	98/99
400mW	A. Dalrymple	E	2:47.10	81
Shot Put	J. Tilley	E	5.39m	86
Discus	D. Costanzo	RR	14.03m	80
Long Jump	C. Liddell	E	2.78m	83
	M. Watts	A	2.78m	85

BOYS U7

50m	T. Senior	RR	8.51	97/98
70m	M. Ockerby	A	11.20	74
100m	K. Naismith	A	16.30	72
150m	R. Green	RR	26.76	91/92
200m	B. Callaghan	A	35.30	81
60m H	D. Costello	E	12.10	79
81m H	J. Norton	RR	18.09	92/93
90m H	B. Adams	E	19.60	88
400mW	M. Aylen	A	2:31.10	78
Shot Put	C. Liddell	E	7.06m	84
Discus	C. Liddell	E	20.30m	84
Long Jump	K. Naismith	A	3.48m	72
Javelin (Turbo)	Z. Graham	A	11.65m	01/02

BOYS U8

50m	M. Occhipinti	RR	8.30	89
70m	K. Naismith	A	11.00	73
100m	A. Mathers	RR	15.40	72
150m	M. Occhipinti	RR	24.40	89
200m	D. Gill	A	33.60	77
400m	K. Naismith	A	1:15.80	73
60m H	A. Sinclair	RR	10.90	71
81m H	D. Shiel	A	16.66	00/01
90m H	J. Dowling	RR	17.80	88
700mW	A. Snowden	RR	4:12.20	81
Shot Put	M. Johansson	A	7.34m	99/00
Discus	K. Meehan	P	25.26m	94/95
Long Jump	K. Naismith	A	3.68m	73
Javelin (Turbo)	P. Gamble	RR	13.79m	01/02

CHELSEA CENTRE RECORDS

BOYS U9

70m	A. Mathers	RR		10.10		74
100m	R. Carey	RR		15.10		71
150m	M. Occhipinti	RR		23.50		90
200m	W. Killender	RR		29.70		70/71
	D. Eden	RR		29.70		70/71
400m	I. Sykes	RR		1:14.00		72
800m	S. Gray	A		2:39.00		76
60mH	T. Downie	A		9.50		90
81mH	L. Taylor	A		14.62		92/93
90mH	B. Fletcher	A		15.90		87
1100mW	C. Riley	A		6:47.00		87
Shot Put	M. Johansson	A		8.38m		00/01
Discus	K. Meehan	P		26.01m		95/96
Long Jump	B. Callaghan	A		4.05m		83
Triple Jump	B. Callaghan	A		8.69m		83
High Jump	G. Philby	E		1.28m		72
Javelin (Turbo)	C. Douglas	P		19.33m		01/02

BOYS U10

70m	S. Mathers	RR		10.00		72
100m	B. Callaghan	A		14.50		84
150m	M. Jackson	RR		23.20		90
200m	S. Imer	RR		29.90		73
400m	B. Callaghan	A		1:08.60		84
800m	A. Best	A		2:34.00		77
60m H	B. Callaghan	A		9.70		84
81m H	S. Gaertner	A		15.47		99/00
90m H	M. Whitelaw	RR		15.10		86
1100mW	M. Jamieson	A		6:28.10		87
Shot Put	G. Deas	E		9.26m		74
Discus	K. Meehan	P		31.92m		96/97
Long Jump	S. Gray	A		4.58m		77
Triple Jump	B. Callaghan	A		9.28m		84
High Jump	G. Philby	E		1.38m		74
Javelin (Turbo)	L. Smith	RR		23.89m		01/02

BOYS U11

70m	J. Quinn	RR		9.40		85
100m	J. Quinn	RR		13.10		85
150m	B. Jackson	RR		21.41		92/93
200m	B. Callaghan	A		28.30		85
400m	B. Callaghan	A		1:01.40		85
800m	B. Dick	E		2:33.20		86
1500m	T. Johnston	RR		5:15.20		90/91
60m H	B. Callaghan	A		9.70		85
81m H	R. Bernaudo	RR		14.48		96/97
90m H	B. Callaghan	A		14.90		85
1500mW	S. Brown	RR		8:06.90		83
Shot Put	M. Johansson	A		10.52m		02/03
Discus	E. Mathieson	E		32.40m		80
Long Jump	S. Gray	A		4.88m		78
Triple Jump	B. Callaghan	A		10.57m		85
High Jump	G. Philby	E		1.49m		74
Javelin	L. Smith	RR		33.70m		02/03

CHELSEA CENTRE RECORDS

BOYS U12

70m	J. Quinn	RR	9.20	86
100m	J. Quinn	RR	13.10	86
150m	M. Jackson	RR	21.28	91/92
200m	J. Quinn	RR	28.40	86
400m	J. Quinn	RR	1:01.90	86
800m	B. Dick	E	2:32.90	87
1500m	R. Elphingstone	RR	5:05.00	71
60m H	B. Callaghan	A	9.50	86
81m H	D. Sparks	RR	13.73	94/95
90m H	B. Callaghan	A	14.10	86
1500mW	P. Dick	E	7:35.20	87
Shot Put	J. Quinn	RR	10.18m	86
Discus	Kallai Meehan	P	31.36m	98/99
Long Jump	S. Gray	A	5.11m	79
Triple Jump	J. Quinn	RR	10.56m	75
High Jump	G. Philby	E	1.57m	75
Javelin	M. Rourke	A	27.06m	01/02

BOYS U13

70m	M. Occhipinti	RR	9.53	93/94
100m	B. Callaghan	A	13.00	87
150m	C. Ascuncion	RR	19.83	91/92
200m	C. Ascuncion	RR	26.31	91/92
400m	B. Bride	RR	1:02.30	89/90
800m	C. Perrett	P	2:26.97	95/96
1500m	C. Perrett	P	5:05.01	95/96
60m H	B. Callaghan	A	9.40	87
81m H	D. Sparks	RR	14.01	95/96
90m H	C. Ascuncion	RR	14.76	91/92
300m H	L. Angwin	RR	49.66	95/96
1500mW	S. Brown	RR	8:21.30	84
Shot Put	J. Harris	RR	11.03m	93/94
Discus	J. Harris	RR	32.07m	93/94
Long Jump	C. Ascuncion	RR	5.21m	91/92
Triple Jump	C. Ascuncion	RR	11.27m	91/92
High Jump	T. Downie	A	1.60m	93/94
Javelin	K. Simpson	P	18.60m	01/02

CHELSEA CENTRE RECORDS

BOYS U14

70m	M. Occhipinti	RR	9.10	94/95
100m	M. Occhipinti	RR	12.70	94/95
150m	R. Holt	RR	18.90	90/91
200m	M. Occhipinti	RR	25.68	94/95
400m	B. Bride	RR	1:00.10	89/90
800m	B. Bride	RR	2:23.90	89/90
1500m	C. Perrett	P	5:02.75	96/97
60m H	B. Bride	RR	9.80	89/90
90m H	M. Occhipinti	RR	14.26	94/95
300m H	L. Angwin	RR	44.94	96/97
1500mW	S. Irish	RR	8:33.20	88
Shot Put	J. Harris	RR	13.19m	94/95
Discus	J. Harris	RR	39.56m	94/95
Long Jump	M. Occhipinti	RR	5.40m	94/95
Triple Jump	L. Angwin	RR	11.59m	96/97
High Jump	L. Angwin	RR	1.68m	96/97
Javelin	K. Simpson	P	18.05m	02/03

BOYS U15

70m	B. Bride	RR	8.70	90/91
100m	B. Bride	RR	12.40	90/91
150m	M. Occhipinti	RR	18.11	95/96
200m	B. Bride	RR	25.10	90/91
400m	B. Bride	RR	56.30	90/91
800m	N. Brennan	A	2:15.99	93/94
1500m	N. Brennan	A	4:58.91	93/94
60m H	L. Harris	E	9.60	89/90
90m H	B. Bride	RR	14.20	90/91
100m H	L. Angwin	RR	15.86	97/98
300m H	T. Vo	A	45.11	94/95
1500mW	S. Bown	E	7:49.00	89/90
Shot Put	M. Bown	P	12.90m	93
Shot Put 4 kg	J. Harris	RR	13.32m	95/96
Discus	C. Ascuncion	RR	32.02m	93
Discus 1 kg	J. Harris	RR	42.82m	95/96
Long Jump	L. Angwin	RR	5.67m	97/98
Triple Jump	L. Angwin	RR	12.35m	97/98
High Jump	L. Angwin	RR	1.82m	97/98
Javelin	J. Douglas	A	22.11m	01/02

CHELSEA CENTRE RECORDS

BOYS U16 (no longer contested)

70m	B. Bride	RR	8.89	91/92
100m	B. Bride	RR	12.27	91/92
150m	B. Bride	RR	19.30	91/92
200m	B. Bride	RR	25.29	91/92
400m	B. Bride	RR	57.18	91/92
800m	B. Bride	RR	2:21.00	91/92
1500m	B. Bride	RR	5:13.23	91/92
90m H	B. Bride	RR	14.77	91/92
300m H	B. Bride	RR	42.80	91/92
1500mW	R. Gittens	A	9:59.00	91/92
Shot Put	B. Bride	RR	11.37m	91/92
Discus	R. Gittens	A	28.62m	91/92
Long Jump	B. Bride	RR	5.10m	91/92
Triple Jump	B. Bride	RR	10.62m	91/92
High Jump	L. Hines	RR	1.48m	91/92

BOYS - INTER ATHS

70m	B. Bride	RR	8.89	91/92
100m	B. Bride	RR	12.27	91/92
150m	T. Sullivan	RR	18.33	92/93
200m	B. Bride	RR	25.29	91/92
400m	B. Bride	RR	57.18	91/92
800m	B. Bride	RR	2:21.00	91/92
1500m	L. Angwin	RR	5:03.80	98/99
90mH	L. Occhipinti	RR	14.59	95/96
100mH	L. Occhipinti	RR	15.34	95/96
300m H	B. Bride	RR	42.80	91/92
1500mW	S. Bown	P	8:31.72	92/93
Shot Put	J. Harris	RR	13.32m	96/97
Discus	J. Harris	RR	42.66m	96/97
Long Jump	L. Angwin	RR	5.77m	98/99
Triple Jump	L. Angwin	RR	12.70m	98/99
High Jump	L. Angwin	RR	1.85m	98/99

CHELSEA CENTRE RECORDS

GIRLS

GIRLS U6

50m	M. Storan	P	9.57	95/96
70m	C. Jamieson	A	13.60	84/85
	B. Harding	A	13.60	87
100m	C. Jamieson	A	19.50	84/85
150m	C. MacInnes	A	30.01	94/95
200m	P. Leeds	RR	42.20	82
400mW	A. Hudgson	A	2:54.36	91/92
Shot Put	L. Blunt	P	4.64m	92/93
Discus	L. Blunt	P	11.95m	92/93
Long Jump	C. Jamieson	A	2.99m	84/85

GIRLS U7

50m	T. Webb	E	9.10	80
	C. Jamieson	A	9.10	85/86
70m	M. Davidson	A	11.60	70
100m	M. Davidson	A	16.60	70
150m	K. Iles	P	28.06	93/94
	E. Johnston	RR	28.06	98/99
200m	P. Leeds	RR	37.80	83
60mH	L. Davis	A	12.80	71
81mH	E. Johnston	RR	18.50	98/99
90mH	C. Jamieson	A	20.00	85/86
400mW	A. Mitchell	E	2:32.00	79
Shot Put	J. Dugdale	P	5.37m	95/96
Discus	L. Blunt	P	13.94m	93/94
Long Jump	C. Jamieson	A	3.26m	85/86
Javelin(Turbo)	N. Deacon	P	7.35m	01/02

GIRLS U8

50m	A. Gray	A	8.50	81
70m	M. Davidson	A	11.40	71
100m	M. Davidson	A	15.60	71
150m	M. Rosenbrock	A	25.50	00/01
200m	M. Davidson	A	34.30	71
400m	S. Clark	A	1:21.86	95/96
60mH	N. Clerke	E	11.30	79
81mH	K Storan	P	16.32	98/99
90mH	C. Jamieson	A	18.80	86/87
700mW	C. Jamieson	A	4:41.60	86/87
Shot Put	K. Aburrow	A	6.39m	85/86
Discus	L. Blunt	P	17.59m	94/95
Long Jump	A. Gray	A	3.45m	81
Javelin (Turbo)	C. Ridgway	RR	9.80m	02/03

CHELSEA CENTRE RECORDS

GIRLS U9

70m	M. Davis	RR	10.30	71
100m	M. Davidson	A	15.40	72
150m	S. Kilby	E	25.90	90/91
200m	J. Bourne	RR	32.90	79
400m	A. Gray	A	1:17.10	82
800m	K. Mohr	RR	2:56.90	73
60mH	L. Jellie	E	10.80	73
81mH	R. Evans	RR	15.29	99/00
90mH	J. Butterfield	E	16.40	85/86
1100mW	C. Prosser	A	6:28.10	84
Shot Put	J. Pinsent	A	6.20m	72
Discus	L. Blunt	P	19.41m	95/96
Long Jump	K. Webb	E	3.70m	80
Triple Jump	A. Gray	A	8.35m	82
High Jump	C. Joycey	A	1.10m	80
	K. Lambert	A	1.10m	82
	F. Harris	RR	1.10m	86/87
	M. Cordy	A	1.10m	88/89
	R. Deacon	P	1.10m	01/02
Javelin (Turbo)	R. Holten	A	12.67m	01/02

GIRLS U10

70m	M. Davis	RR	10.30	72
	K. Rymer	E	10.30	72
	A. Ockerby	A	10.30	72
100m	M. Davidson	A	14.50	73
150m	B. Gray	A	23.70	89/90
200m	M. Davis	RR	29.50	72
400m	A. Gray	A	1:12.10	83
800m	C. Prosser	A	2:52.20	84/85
60mH	J. Egan	E	10.00	81
81mH	R. Evans	RR	16.12	00/01
90mH	F. Harris	RR	15.90	87/88
1100mW	C. Prosser	A	6:10.10	84/85
Shot Put	Y. Parker	RR	7.06m	81
Discus	E. Murray	RR	22.95m	00/01
Long Jump	A. Gray	A	4.05m	83
Triple Jump	A. Gray	A	9.00m	83
High Jump	J. Dugdale	P	1.24m	98/99
Javelin (Turbo)	E. Johnston	RR	17.50m	01/02

GIRLS U11

70m	A. Gray	A	10.10	84
100m	J. Dalton	A	13.24	96/97
150m	T. Fletcher	A	22.66	94/95
200m	K. Rymer	E	31.30	73
400m	A. Gray	A	1:10.40	84
800m	C. Prosser	A	2:45.00	85/86
1500m	J. Franken	RR	5:36.20	83
60mH	A. Gray	A	10.30	84
81mH	A. Hibberd	A	15.12	93/94
90mH	F. Harris	RR	17.00	88/89
1500mW	S. Alexander	A	8:27.06	99/00

CHELSEA CENTRE RECORDS

GIRLS U11 continued

Shot Put	Y. Parker	RR	9.00m	82
Discus	J. Iles	P	23.21m	94/95
Long Jump	A. Gray	A	4.44m	84
Triple Jump	A. Gray	A	10.00m	84
High Jump	C. Joycey	A	1.33m	82
Javelin	E. Johnston	RR	21.76m	02/03

GIRLS U12

70m	K. Rymer	E	9.70	74
	M. Davis	RR	9.70	74
100m	M. Davis	RR	13.70	74
150m	T. Fletcher	A	21.66	95/96
200m	M. Cordy	A	29.46	91/92
400m	A. Gray	A	1:06.70	85
800m	K. Kilpatrick	A	2:41.00	79
1500m	C. Prosser	A	5:29.30	87
60mH	K. Kilpatrick	A	9.70	79
81mH	C Chapman	A	13.84	97/98
90mH	A. Gray	A	15.30	85
1500mW	J. Sullivan	RR	8:25.00	84
Shot Put	M. Davis	RR	9.68m	74
Discus	M. Davis	RR	31.30m	74
Long Jump	A. Gray	A	4.74m	85
Triple Jump	A. Gray	A	10.59m	85
High Jump	J Dalton	A	1.42m	97/98
Javelin	E. Murray	RR	18.27m	02/03

GIRLS U13

70m	J. Dalrymple	E	9.90	84
100m	A. Gray	A	13.90	86
150m	C. Chapman	A	20.71	98/99
200m	C. Chapman	A	28.51	98/99
400m	K. Thompson	A	1:00.00	79
800m	M. Butterfield	P	2:39.83	94/95
1500m	E. Cordy	A	5:39.70	86
60mH	A. Gray	A	9.90	86
81mH	M. Butterfield	P	14.46	94/95
90mH	A. Gray	A	14.70	86
300mH	M. Butterfield	P	50.70	94/95
1500mW	S. Prosser	A	8:15.10	85
Shot Put	C. Van Buren	E	9.24m	84
Discus	J. Iles	P	30.97m	96/97
Long Jump	A. Gray	A	5.06m	86
Triple Jump	A. Gray	A	11.10m	86
High Jump	J. Dalton	A	1.44m	98/99
Javelin	L. York	A	13.79m	01/02

CHELSEA CENTRE RECORDS

GIRLS U14

70m	T Fletcher	A	9.62	97/98
100m	T Fletcher	A	13.60	97/98
150m	A. Gray	A	20.60	87
200m	A. Gray	A	27.70	87
400m	M. Butterfield	P	1:03.58	95/96
800m	N. Riley	A	2:34.50	90/91
1500m	E. Cordy	A	5:39.50	87
60mH	E. Cordy	A	9.60	87
81mH	M. Butterfield	P	13.73	95/96
90mH	K. Scanlon	A	14.70	88
300mH	M. Butterfield	P	49.83	95/96
1500mW	K. Brown	RR	8:09.40	84
Shot Put	H. Weiland	E	10.72m	85
Discus	J Iles	P	27.50m	97/98
Long Jump	A. Gray	A	5.20m	87
Triple Jump	A. Gray	A	11.42m	87
High Jump	F. Harris	RR	1.53m	91/92
Javelin	J. Nowak	RR	16.06m	01/02

GIRLS U15

70m	E. Cordy	A	9.50	88
100m	T. Fletcher	A	13.24	98/99
150m	T. Fletcher	A	19.72	98/99
200m	T. Fletcher	A	27.59	98/99
400m	N. Riley	A	1:04.48	91/92
800m	M. Butterfield	P	2:33.94	96/97
1500m	E. Cordy	A	5:22.30	88
60mH	E. Cordy	A	9.80	88
90mH	E. Cordy	A	14.20	88
300mH	M. Butterfield	P	48.71	96/97
1500mW	E. Dornom	A	8:41.94	94/95
Shot Put	P. Froling	E	9.05m	85
Discus	J. Iles	P	27.54m	98/99
Long Jump	A. Gray	A	5.26m	88
Triple Jump	A. Gray	A	11.30m	88
High Jump	B. Meades	A	1.53m	91/92
Javelin				

GIRLS - INTER

70m	M Butterfield	P	9.72	97/98
100m	N. Riley	A	14.07	92/93
150m	M Butterfield	P	20.93	97/98
200m	M Butterfield	P	28.60	97/98
400m	N. Riley	A	1:07.18	92/93
800m	E. Dornom	A	2:47.97	95/96
1500m	H Clarke	S	5:53.69	97/98
90mH	N. Riley	A	15.81	92/93
300mH	M Butterfield	P	50.21	97/98
1500mW	E. Dornom	A	8:30.95	96/97
Shot Put	N. Riley	A	8.70m	92/93
Discus	N. Riley	A	24.89m	92/93
Long Jump	M Butterfield	P	4.50m	97/98
Triple Jump	N. Riley	A	9.41m	92/93
High Jump	M Butterfield	P	1.40m	97/98

SUNSMART POLICY

This SunSmart policy was implemented on September 1st 1996.

The health of our members is of primary concern for the Chelsea Little Athletics Centre. Australia has the highest rate of skin cancer in the world, with two out of three people experiencing some form of skin cancer during their lifetime. It is acknowledged that skin cancer is a preventable disease and that the Chelsea Little Athletics Centre has implemented a preventative strategy including the following actions

1. Wherever possible competition and training shall be scheduled outside the hours of 11.00 a.m. to 3.00 p.m. (daylight savings time).
2. The Centre will maximise the use of natural shade provided by buildings and trees.
3. Portable shade will be provided at all field event venues and in the track marshalling areas.
4. Individuals shall be encouraged to bring their own shade structures to all outdoor Centre and Region activities.
5. Officials and athletes shall promote the wearing of sun protective clothing.
This will include:
 - Shirts with long sleeves and a collar.
 - Wide brimmed or legionnaires hats.
 - Sunglasses.
6. Athletes shall be encouraged to wear hats and sunglasses while competing. SPF15+ or higher sunscreens will be promoted and provided by the Centre. Athletes and officials will be reminded to apply sunscreen prior to activity during peak UV periods.
7. The Centre canteen will have sunscreen available for sale.
8. The Centre will provide skin cancer educational sessions to increase awareness of this health issue.
9. Event programs, newsletters and public announcements will be used to maintain awareness and promote sun protective behaviour.
10. Centre Executive members, coaches and officials will act as SunSmart role models.

The sun protective policy shall be reviewed annually to ensure that it remains current and practical.

NUTRITION POLICY

This nutrition policy was implemented on September 1st 1996.

Healthy eating is a vital part of good health. Lifestyle diseases such as cardiovascular disease, certain cancers, non-insulin dependent diabetes and obesity are all associated with the food we eat. These diseases are major causes of death in Victoria.

The Chelsea Little Athletics Centre acknowledges that healthy eating can have an impact on health status and that the provision of healthy foods will contribute to better health for all.

The Chelsea Little Athletics Centre is committed to ensuring that

1. The Centre canteen will provide a variety of healthy food choices.
2. Healthy food choices will be available at all events.
3. Healthy eating and the role of food in relation to health will be promoted in Centre publications.

This policy will be reviewed annually to ensure that it remains relevant to the needs of the Centre.

SMOKING POLICY

This Smoke-free policy was implemented on September 1st 1996.

1. Cigarettes shall not be sold at any venue used by the Chelsea Little Athletics Centre.
2. Executive members, coaches and officials shall not smoke in public when representing the Centre.
3. All Centre meetings will be smoke-free.
4. Edithvale Recreational Reserve is smoke-free. Smokers are advised to use the grass area in the park, behind the equipment shed.
5. The Centre shall supply and have available Quit smoking literature for members and supporters.
6. Reference will be made to the smoke-free policy in all Centre publications and on Centre letterhead.
7. All visitors shall be encouraged to observe this policy.

CODE OF ETHICS

Parents, coaches and officials by example of behaviour, have an enormous influence on our children. All adult participants in Little Athletics should form an accepted pattern of behaviour based on the following ideals.

1. Do not criticise children in front of others, but offer constructive criticism in private.
2. Do not criticise opposing athletes or supporters by word or gesture.
3. Accept decisions made by officials as being fair and called to the best of their ability.
4. Set a good example by your own personal appearance and actions.
5. Make every athletics meeting serve as a training ground for life and as a basis for good mental and physical health.
6. Place the welfare and development of the individual child above the need to win.
7. Do read and put into practice the relevant sections of the "Code of Conduct" leaflet which is available from your Club Team Manager.
8. Support the VicHealth policies outlined in this Handbook.

If Little Athletics is to be enjoyed by all in the spirit of "Family, Fun and Fitness" then the co-operation of all parents, coaches and officials is of primary importance.