



A.C.T. LITTLE ATHLETICS ASSOCIATION INC.



2008-2009 ACT Little Athletics IGA State Championships

SATURDAY 21st March 2009

AND SUNDAY 22nd March 2009

AIS ATHLETIC FIELD, BRUCE

SATURDAY 21st and 22nd March 2009

AIS ATHLETIC FIELD, BRUCE

CARNIVAL MANAGEMENT

Carnival Manager: Michael Campbell

COMPETING CENTRES

Bega	BEGA	Dark green with gold
Belconnen Wests	BELC	Light blue with maroon
Calwell	CALW	Red with gold
Cooma	COOM	White with black
Corroboree	CORR	White with blue and gold
Ginninderra	GINN	Yellow and black
Goulburn Mulwaree	MULW	Aqua, maroon and white
Gungahlin	GUNG	White with red/black horizontal stripe
Jindabyne	JIND	Purple and green
Lanyon	LANY	Royal blue and aqua
Moruya	MORU	Maroon with gold
Queanbeyan Lightning	QUEA	White with bottle green
Tuggeranong	TUGG	Sky blue with gold
Weston Creek Redbacks	WEST	Red and black
Woden	WODE	Light green with gold
Yass	YASS	Black and grey marle

TIMETABLE (SATURDAY & SUNDAY)

7.00am	Gates open, set up commences. (1 – 2 persons per Centre required)
8.30am	Chief Officials and Centres Manager of Officials report to Officer of Officials
8.40am	All other Officials report to Officer of Officials
8:50am	First call for first events
9:00am	First gun

SMOKERS – PLEASE NOTE THAT SMOKING IS NOT ALLOWED IN THE COMPETITION AREA. ADDITIONALLY, SMOKING NEAR OTHER SPECTATORS IS INCONSIDERATE. PLEASE ACT RESPONSIBLY.



Proud Sponsors of A.C.T. Little Athletics

RULES OF COMPETITION

RC/1 General Rules of Competition

Authority	All events will be conducted under the rules of competition of the ACTLAA or the current IAAF Handbook. If no ACTLAA or IAAF rules exist local rules will apply.			
Footwear Policy	The wearing of footwear is mandatory at all ACTLAA sanctioned events			
Definition of spikes	"Spikes" are defined as footwear which have some sharp objects on or attached to the shoe (especially the sole). The objects may be metal or of some other rigid material. "Spikes" includes any shoe capable of taking spikes whether these spikes are fitted or removed. This includes the replacement of the spikes with blanks.			
Use of spikes	Age Group	Events	Grass Tracks	Bruce Facility
	U/7 & U/8	All events	NO SPIKES	NO SPIKES
	U/9 to U17	All laned Events, Javelin, Long Jump, High Jump and Triple Jump events	No longer than 9mm	Smooth Pyramid or 'Christmas tree' spikes, no longer than 7mm
When Spikes can be put on	For track events, the spikes may only be put on immediately prior to the start of the event and must be removed on completion of the event and while competitors are still in their lanes.			
Who are allowed to be on the Playing field?	Only officials and those competitors actually competing in an event are permitted into the competition area. On completion of an event, athletes must leave the competition area immediately Children of officials are not permitted in the competition area.			
On Field coaching	Athletes must not receive coaching from within the competition area whilst competing in an event. Athletes who receive coaching from within the competition area during an event may be disqualified. No person is permitted to offer advice to an athlete from within the competition area other than an official.			
Bad Weather	If the weather intervenes, the Carnival Manager and the Track or Field Referees have discretion to reschedule any event			
Merging events	The Carnival Manager and the Track or Field Referee have the discretion to merge age groups of the same sex into one event where numbers are low.			

Conduct of Events

Track events	Track events will take precedence over field events. Any competitor who leaves a field event to compete in a track event may return to the field event and complete his/her full complement of trials, with the exception of the High Jump. Should this involve only the single athlete, sufficient time two (2) minutes will be given between trials. In the High Jump, a competitor will return to the event at the height to which the bar has been raised to through normal competition.
Reporting for competition	Competitors will report direct to the first event of the day but thereafter to the designated marshalling area immediately after the first call for an event. Each event will receive two marshalling calls only, approximately five (5) minutes apart. Under no circumstances will marshalling calls be made for individual competitors.
Marshals	Competitors are to be escorted to the Marshalling or Event Area by a Centre official who is not to leave until the group of competitors are registered by the Marshal/Official. If a competitor is at another event, the Marshal is to be advised of the name of the missing competitor and what event they are at. Competitors are not to report to the Marshalling Area unless their event has been called.

Field event Chiefs	Field Event Chiefs should make all athletes aware that they may seek the Field Events Referee's presence to adjudicate on the legitimacy of a throw or jump, but that no retroactive re-instatement of any attempt not observed by the Field Events Referee will be permitted.
Records	All Chief Officials are reminded that any records set need to be verified by the track or field referee as appropriate. For track events, where hand timing is used, this requires two watches on first place or three watches for an Australian Best Performance result. Where electronic timing is used, the track referee must sight the electronic result prior to verifying the record. For field events the appropriate mark etc needs still to be in place. The High Jump height needs to be verified by the Field Referee before the athlete commences the trial, and must be rechecked if the crossbar is dislodged before any subsequent trial commences.
Responsibility for Records	It is the responsibility of the Event Chief Official and the relevant referee to complete and countersign the correct paperwork recording newly achieved record, before the paperwork leaves the competition area.

Centre Responsibilities

Uniforms	All athletes must compete in their approved Centre Uniform, complete with current age patch and registration number. Any sponsorship on athlete's uniforms which conflicts with current ACTLAA sponsors must be covered prior to competition.
Responsibility for uniforms	It is the Centre's responsibility to ensure the completeness of an athlete's uniform. Any difficulties should be cleared with the Carnival Manager, who has been granted discretion on these matters, prior to the athlete's first event of the day
Team Managers	Each Centre must provide a Team Manager who is to report to the Officer of Officials on the day. The Team Manager is responsible for all aspects of the management of the Centre activities on the day.
Manager of Officials	Each Centre must provide a Manager of Officials who is to report to the Officer of Officials on the day. The Manager of Officials is responsible for ensuring that the required officials from the Centre are provided for the whole of the carnival.

Protests

First Step	Before a protest is lodged, in the first instance a verbal approach may be made by an athlete/ team manager to the official responsible for the decision.
Written protest	If not satisfied with the official's interpretation of the decision; the Track or Field Referee, as appropriate, must then be asked for a decision; if not satisfied with that decision a written protest may then be lodged with the Carnival Manager, by the Team Manager, to be adjudicated by the Jury of Appeal.
Timing of Protest	The protest must be lodged no more than thirty (30) minutes after the event result has been posted and be accompanied by a non refundable fee of \$50.00.
The Jury of Appeal	The Jury of Appeal will consist of the Carnival Manager, the Officer of Officials and the Referee who was not involved in the original decision.
Conflict of interest	If any of those were involved in the original decision, a replacement will be appointed to the Jury on the day for that appeal only by the Carnival Manager.

RC/5 RULES OF COMPETITION FOR THE ACT CHAMPIONSHIPS

Qualification	All competitors must be registered members of the ACTLAA and have qualified through the appropriate Regional Carnival
Invitation to under 13 athletes	The Competition & Technical Director, track and field referees must be informed of any athlete/s invited to compete in the carnival by the ALAC selectors prior to the start of competition.
Status of invited under 13's	The invitation to participate means that the athlete concerned cannot record a placing in the event and only participates to record a performance against their peers at the same time and location.

Starting Blocks	Starting Blocks may only be used by the U13 to U17 age groups. Only those Starting Blocks supplied by the AIS facilities staff may be used at the Bruce Athletics Field.
Lane draw	The lane draw and participation order for the field events will be as notified to all Centres by email.
Certification of personal implements	Competitors are not permitted to use their own throwing implements at the Championships.

Event Specifications

Starting for all events over 400m	In the 800m, 1500m and all walk events, pack starts will be used. Competitors may cross to the inside lanes as soon as practicable without causing interference to other competitors. The 800 Metres will start from a curved line marked at the Lane 1 start/finish position for the 400 Metres. The 700 and 1100 Metre Walks will start at the 1500 Metre start																
High Jump start heights	The starting heights in the High Jump for BOYS & GIRLS shall be:																
	<table border="1"> <thead> <tr> <th>U9</th> <th>U10</th> <th>U11</th> <th>U12</th> <th>U13</th> <th>U14</th> <th>U15</th> <th>U17</th> </tr> </thead> <tbody> <tr> <td>85cm</td> <td>95cm</td> <td>105cm</td> <td>115cm</td> <td>120cm</td> <td>125cm</td> <td>130cm</td> <td>135cm</td> </tr> </tbody> </table>	U9	U10	U11	U12	U13	U14	U15	U17	85cm	95cm	105cm	115cm	120cm	125cm	130cm	135cm
	U9	U10	U11	U12	U13	U14	U15	U17									
85cm	95cm	105cm	115cm	120cm	125cm	130cm	135cm										
High Jump rules	The following rules for High Jump shall apply:																
	A the bar shall rise in 5cm increments until there are six or less competitors left																
	B the bar shall then rise in 2cm increments until the placings have been decided																
	C where only one competitor remains, that competitor is entitled to continue jumping until he/she has failed a height on three attempts																
	D where only one competitor remains, that competitor has the right to determine the height to which the bar is raised																
Field event trials	In the Long Jump, Triple Jump, Shot Put, Discus and Javelin Events, each competitor will be entitled to three trials. After these, the top eight qualifiers shall be entitled to a further three trials. Where there are eight competitors or fewer, each competitor shall be allowed six trials. Each competitor shall be credited with the best of all their trials, including those achieved in deciding a tie for first place.																
Long Jump U7 to U9	The take-off area for the U7 to U9 age groups shall be 1 metre square In the U7 age group Long Jump, the front edge of the take-off area shall be 0.5 metres or less from the edge of the pit In the U8 to U9 age groups Long Jump, the leading edge of the take-off area shall be 1 metre from the edge of the pit.																
Long Jump U10 to U12	The take-off area for the U10 to U12 age groups shall be 1 metre wide by 0.50 metre (50cm) deep. In the U10 to U12 age groups Long Jump, the leading edge of the take-off area shall be 1 metre from the edge of the pit.																
Long Jump U13 to U17	The take-off area for the U13 to U17 age groups shall be 1 metre wide by 0.20 metre (20cm) deep. In the U13 to U17 age groups Long Jump, the leading edge of the take-off area shall be located not less than 1 metre from the edge of the pit																
Triple Jumps	For the U11 and U12 age groups Triple Jump, the take-off areas shall be located five, seven and nine metres from the edge of the pit (measured from the leading edge of the take-off area).																
	For the U13-U17 age groups Triple Jump, the take-off areas shall be located five, seven, nine and eleven metres from the edge of the pit (measured from the leading edge of the take-off area).																

SATURDAY 21 March 2009

FIELD	9.00am							
Shot(Area 4)	101 U15B 102 U17B	114 U14B	127 U13B	139 U9B				
Shot(Area 5)	103 U15G 104 U17G	115 U9G	128 U13G	140 U14G				
Discus(Area 3)	106 U10B	117 U12B	129 U8B	141 U11B				
Discus(Area 2)	107 U10G	118 U12G	130 U8G	142 U11G				
Discus(Area 1)	131 U7G	143 U7B						
Long(Area 4)	108 U13B	119 U13G	132 U12B	144 U12G	152 U15G 153 U17G			
Long(Area 1)	109 U9B	120 U8G	133 U9G	145 U8B				
Triple(Area 2)	110 U11B	121 U11G	134 U14B	146 U15B 147 U17B	154 U14G			
High(Area 2)	111 U14B	122 U15B 123 U17B	135 U10B	148 U12B				
High(Area 1)	112 U14G	124 U15G 125 U17G	136 U12G	149 U10G				
Javelin	113 U11G	126 U11B	137 U15B 138 U17B	150 U15G 151 U17G	155 U13G			

TRACK 9.00am

1500m Finals

201 U10G	202 U10B
203 U11G	204 U11B
205 U12G	206 U12B
207 U13G	208 U13B
209 U14G	210 U14B
211 U15G	212 U15B
213 U17G	214 U17B

400m Finals

239 U9G	240 U9B
241 U10G	242 U10B
243 U11G	244 U11B
245 U12G	246 U12B
247 U13G	248 U13B
249 U14G	250 U14B
251 U15G	252 U15B
253 U17G	254 U17B

100m Finals

215 U7G	216 U7B
217 U8G	218 U8B
219 U9G	220 U9B
221 U10G	222 U10B
223 U11G	224 U11B
225 U12G	226 U12B
227 U13G	228 U13B
229 U14G	230 U14B
231 U15G	232 U15B
233 U17G	234 U17B

60m Hurdles

255 U8G	256 U8B
257 U9G	258 U9B
259 U10G	260 U10B
261 U11G	262 U11B
263 U12G	264 U12B

Finals

50m Finals

235 U7G	236 U7B
237 U8G	238 U8B

Minimum rest time after event to next track event:

1500m	40	Minutes
100m	20	Minutes
50m	15	Minutes
400m	40	Minutes
60 Hurdles	15	Minutes

SUNDAY – 22 March 2009

FIELD	9.00am								
Shot(Area 4)	501	U10B	512	U8B	524	U12B	536	U11B	
Shot(Area 5)	502	U10G	513	U8G	525	U12G	537	U11G	
Shot (Area 1)					526	U7B	538	U7G	
Discus(Area 3)	503	U14B	514	U15B	527	U9B	539	U13B	
			515	U17B					
Discus(Area 2)	504	U9G	516	U14G	528	U15G	540	U13G	
					529	U17G			
Long(Area 4)	506	U14G	518	U11B	530	U11G	541	U14B	545 U15B
									546 U17B
Long(Area 1)	507	U7B	519	U7G	531	U10G	542	U10B	
Triple(Area 2)	508	U13B	520	U12G	532	U13G	543	U12B	547 U15G
									548 U17G
High(Area 2)	509	U9B	521	U13B	533	U11B			
High(Area 1)	510	U13G	522	U11G	534	U9G			
Javelin	511	U12G	523	U12B	535	U14B	544	U13B	549 U14G

TRACK

9.00am

1500m Walks

Finals

601 U17G
603 U15G
605 U14G
607 U13G
609 U12G

602 U17B
604 U15B
606 U14B
608 U13B
610 U12B

1100m Walks

Finals

611 U11G
613 U10G

612 U11B
614 U10B

700m Walks

Finals

615 U9G

616 U9B

70m

(concurrent with walks – 9am)

617 U10G
619 U9G
621 U8G
623 U7G

618 U10B
620 U9B
622 U8B
624 U7B

80m Hurdles

Finals

625 U13G
627 U14G

626 U13B

90m Hurdles

Finals

629 U15G

628 U14B

100m Hurdles

Finals

631 U17G

630 U15B
632 U17B

800m

Finals

633 U9G
635 U10G
637 U11G
639 U12G
641 U13G
643 U14G
645 U15G
647 U17G

634 U9B
636 U10B
638 U11B
640 U12B
642 U13B
644 U14B
646 U15B
648 U17B

200m

Finals

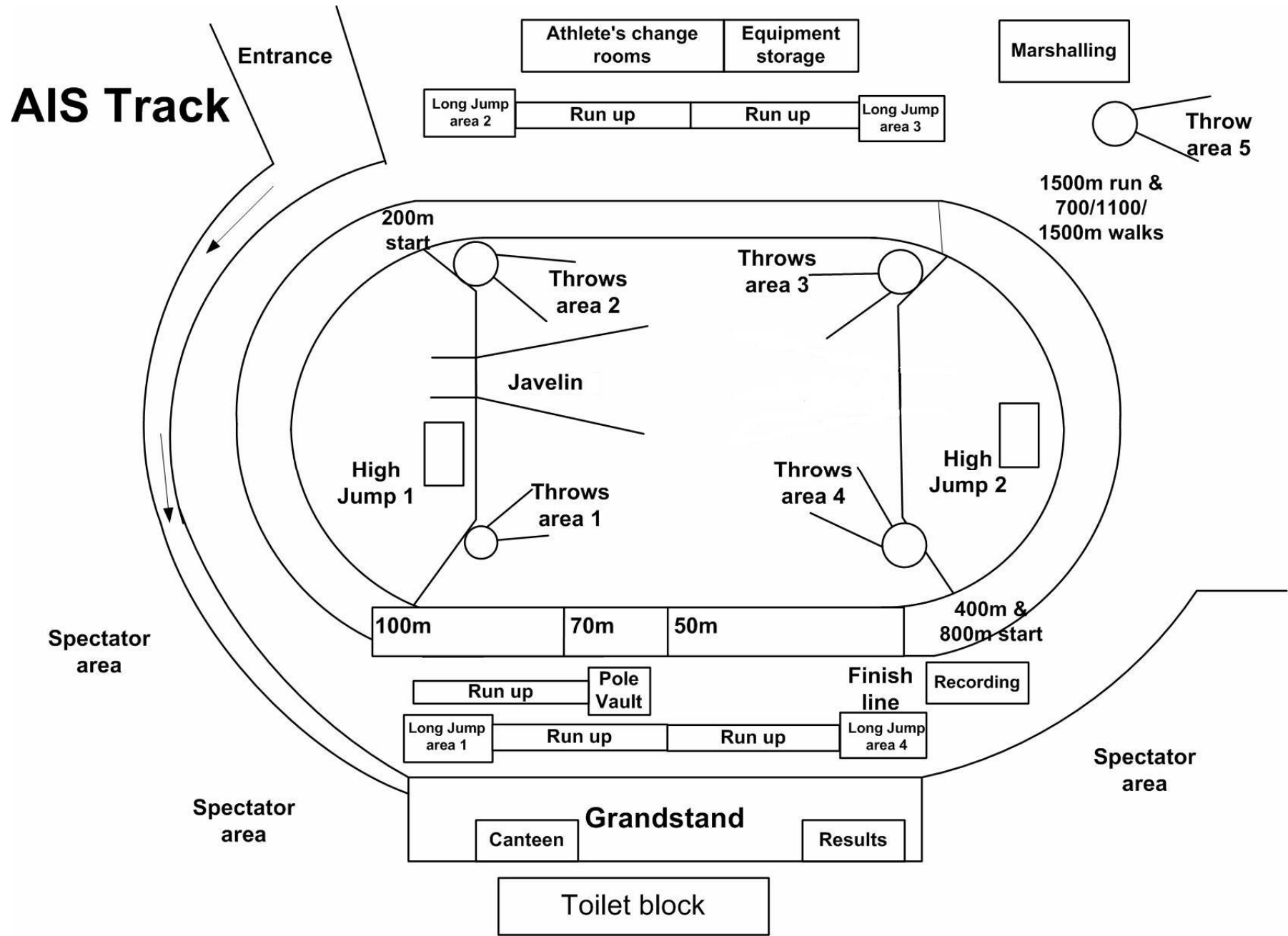
655P U10G
649 U7G
651 U8G
653 U9G
657 U11G
659 U12G
661 U13G
663 U14G
665 U15G
667 U17G
655F U10G

650 U7B
652 U8B
654 U9B
656 U10B
658 U11B
660 U12B
662 U13B
664 U14B
666 U15B
668 U17B

Minimum rest time after event until next track event:

70m 15 Minutes
80 Hurdles 15 Minutes
90 hurdles 25 Minutes
100 hurdles 30 Minutes
800m 40 Minutes
200m 30 Minutes

Minimum time between walks and 800m: 60 Minutes



ACT State Championship Records

		Under 6 Girls				Under 6 Boys			
50 Metres		V. Chard (Que)	8.86s/E	03/01		J. Lloyd (Que)	9.36s/E	03/04	
70 Metres		V. Chard (Que)	12.43s/E	03/01		J. Knight (Bel)	12.69s/E	03/02	
100 Metres		V. Chard (Que)	17.98s/E	03/01		J. Warren (Cor)	18.24s/E	03/03	
200 Metres		V. Chard (Que)	38.61s/E	03/01		D. Akehurst (Wes)	38.30s/E	03/01	
Long Jump		M. Bateman (Coo)	2.81m	03/05		J. Warren (Cor)	2.94m	03/03	
Shot Put	1kg	M. Lane (Wod)	3.81m	03/03	1kg	A. Meek (Bel)	5.93m	03/01	
Discus	350g	A. Haridemos (Cor)	9.79m	03/02	350g	A. Meek (Bel)	15.51m	03/01	
		Under 7 Girls				Under 7 Boys			
50 Metres		J. Rosewarn-Daws (Bel)	8.74s/S	03/91		L. Prebble (Bel)	8.54s/S	03/92	
70 Metres		A. Coddington (Bel)	11.74s/S	03/96		T. Gorman (Que)	8.54s/S	03/95	
100 Metres		J. Rosewarn-Daws (Bel)	16.44s/S	03/91		S. Mceachin (Gin)	11.34s/S	03/89	
200 Metres		J. Rosewarn-Daws (Bel)	34.14s/S	03/91		L. Prebble (Bel)	16.04s/S	03/92	
Long Jump		M. Kelly (Que)	3.32m	03/95		T. Gorman (Que)	33.64s/S	03/95	
Shot Put	1kg	L. Cooper (Gin)	6.29m	03/90	1kg	S. McEachin (Gin)	3.49m	03/89	
Discus	350g	K. Britt (Gin)	17.58m	03/90	350g	K. Kouparitsas (Cor)	8.85m	03/94	
						A. Meek (Bel)	20.90m	03/02	
		Under 8 Girls				Under 8 Boys			
50 Metres		G. O'rourke (Wod)	8.10s/S	03/03		J. Pilliner (Gin)	8.04s/S	03/91	
70 Metres		K. Mcdonald (Bel)	11.04s/S	03/90		L. Pentony (Que)	10.74s/S	03/85	
100 Metres		G. O'rourke (Wod)	15.59s/E	03/03		L. Roberts (Bel)	10.74s/S	03/88	
200 Metres		M. Prebble (Bel)	32.34s/S	03/91		R. Williams (Wes)	10.74s/S	03/92	
Hurdles	60M	V. Chard (Que)	11.45s/E	03/03	60M	N. Donlan (Cor)	14.74s/S	03/87	
Long Jump		M. Kelly (Que)	4.07m	03/96		T. Gorman (Que)	30.74s/S	03/96	
Shot Put	1.5kg	N. Hamson (Wod)	6.92m	03/00	1.5kg	J. Tsekenis (Wes)	11.52s/E	03/05	
Discus	500g	K. Britt (Gin)	18.70m	03/91	500g	N. Donlan (Cor)	4.01m	03/87	
						K. Kouparitsas (Cor)	9.27m	03/95	
						K. Reilly (Cal)	23.85m	03/08	
		Under 9 Girls				Under 9 Boys			
70 Metres		A. Coddington (Bel)	10.64s/E	03/98		R. Williams (Wes)	10.34ss	03/93	
100 Metres		G. O'Rourke (Wed)	14.45s/E	03/04		D. Kelly (Cor)	14.34s/S	03/87	
200 Metres		M. Kelly (Que)	30.04s/E	03/97		L. Johnson (Wes)	30.14s/S	03/90	
400 Metres		M. Prebble (Bel)	1:07.94s/S	03/92		T. Gorman (Que)	30.14s/S	03/97	
800 Metres		D. Wilson (Cal)	2:44.99s/E	03/98		D. Wilson (Cal)	1:07.03s/E	03/02	
Walk	700M	N. Wagstaff (Bel)	3:29.94s/S	03/92	700M	B. Ellwood (Wes)	2:36.64s/S	03/85	
Hurdles	60M	V. Chard (Que)	10.58s/E	03/04	60M	J. Wagstaff (Bel)	3:45.44s/S	03/95	
Long Jump		M. Kelly (Que)	4.19m	03/97		R. Turnbull (Gin)	10.59s/E	03/98	
High Jump		J. Ringland (Beg)	1.22m	03/95		T. Gorman (Que)	4.37m	03/97	
Shot Put	2kg	S. Riley (Eri)	7.25m	03/93	2kg	B. Coutts (Gin)	1.29m	03/88	
Discus	500g	S. Riley (Eri)	26.48m	03/93	500g	M. Mclay (Tug)	9.34m	03/97	
						M. Mclay (Tug)	28.82m	03/97	
		Under 10 Girls				Under 10 Boys			
70 Metres		J. Leflay Schrooder (Wod)	10.06s/E	03/00		R. Mclean (Que)	10.03s/E	03/01	
100 Metres		M. Beals (Wod)	14.14s/E	03/03		N. Donlan (Cor)	13.64s/S	03/89	
200 Metres		M. Prebble (Bel)	29.54s/S	03/93		D. Kite (Que)	27.74s/S	03/86	
400 Metres		H. Wortley (Coo)	1:08.41s/E	03/03		A. Davis (Bel)	1:04.90s/E	03/03	
800 Metres		A. Ellwood (Wes)	2:34.64s/S	03/88		S. Hayes (Tug)	2:23.44s/S	03/91	
1500 Metres		N. Torley (Tug)	5:19.99s/E	03/07		S. Langi (Que)	5:09.04s/S	03/88	
Walk	1100M	J. Hosking (Tug)	5:53.34s/S	03/98	1100M	M. Hosking (Tug)	5:50.64s/S	03/96	
Hurdles	60M	C. Jamieson (Beg)	10.41s/E	03/04	60M	M. Bailes (Wod)	10.44s/S	03/99	
Long Jump		H. Kennedy (Cor)	4.40m	03/90		M. Beckenham (Que)	4.69m	03/86	
High Jump		C. Jamieson (Beg)	1.32m	03/04		N. Bahnsen (Gin)	1.43m	03/97	
Shot Put	2kg	G. Price (Coo)	8.40m	03/89	2kg	K. Kouparitsas (Tug)	10.64m	03/97	
Discus	500g	S. Riley (Lan)	26.80m	03/94	500g	T. Martin (Tug)	32.52m	03/90	

ACT State Championship Records (continued)

		Under 11 Girls				Under 11 Boys			
100 Metres		S. Pollard (Que)	13.63s/S	03/06		N. Donlan (Cor)	13.34s/S	03/90	
200 Metres		C. Taylor (Wod)	28.30s/E	03/01		D. Kelly (Bel)	27.24s/S	03/90	
						N. Donlan (Cor)	27.24s/S	03/90	
400 Metres		H. Wartley (Coo)	1:02.74s/S	03/04		A. Davis (Bel)	1:01.68s/E	03/04	
800 Metres		B. Reilly (Cal)	2:26.45/S	03/08		D. Wilson (Cal)	2:26.42s/E	03/04	
1500 Metres		N. Torley (Wes)	5:02.11s/S	03/08		M. Wain (Bel)	5:01.54s/S	03/93	
Walk	1100M	T. Smith (Bel)	5:32.34s/S	03/95	1100M	M. Hosking (Tug)	5:40.09s/E	03/97	
Hurdles	60M	A. Coddington (Bel)	10.13s/E	03/00	60M	R. Mclean (Wes)	10.16s/E	03/02	
Long Jump		J. Henry (Gin)	4.65m	03/88		A. Deck (Wod)	5.01m	03/89	
Triple Jump		E. Prince (Wod)	9.66m	03/06		R. Mclean (Wes)	9.84m	03/02	
High Jump		S. Davis (Belc)	1.43m	03/06		N. Bahnsen (Gin)	1.52m	03/98	
Shot Put	2kg	M. Fleming (Cal)	10.55m	03/02	2kg	K. Kouparitsas (Tug)	12.47m	03/98	
Discus	750g	S. Riley (Lan)	27.36m	03/95	750g	T. Martin (Tug)	35.54m	03/91	
Javelin	400g	E. Vredenbregt (Que)	26.68m	03/07	400g	H. Schofield (Cor)	32.84m	03/98	
		Under 12 Girls				Under 12 Boys			
100 Metres		A. Coddington (Bel)	13.09s/E	03/01		S. Sheppard (Gin)	12.73s/E	03/00	
200 Metres		A. Coddington (Bel)	26.63s/E	03/01		S. Sheppard (Gin)	26.07s/E	03/00	
400 Metres		Z. Buckmann (Que)	1:00.36s/E	03/01		C. Stevens (Tug)	59.49s/E	03/00	
800 Metres		Z. Buckmann (Que)	2:25.80s/E	03/01		J. Chalker (Cor)	2:21.74s/S	03/86	
1500 Metres		A. Rugendyke (Bel)	5:05.80s/E	03/97		N. Brown (Bel)	4:48.34s/S	03/85	
Walk	1500M	T. Smith (Bel)	7:26.94s/S	03/96	1500M	G. Vogler (Gin)	7:04.74s/S	03/87	
Hurdles	60M	A. Flanagan (Cor)	10.14s/E	03/04	60M	C. Stevens (Tug)	9.86s/E	03/00	
Long Jump		E. Vredenbregt (Que)	4.97m	03/08		N. Donlan (Cor)	5.20m	03/91	
Triple Jump		A. Coddington (Bel)	10.47m	03/01		M. Beckenham (Que)	10.79m	03/88	
High Jump		E. Vredenbregt (Que)	1.56m	03/08		S. Crowe (Bel)	1.57m	03/96	
Shot Put	2kg	S. Read (Cor)	12.17m	03/87	3kg	G. Mace (Gin)	12.19m	03/88	
Discus	750g	S. Read (Cor)	35.20m	03/87	750g	T. Martin (Tug)	42.14m	03/92	
Javelin	400g	K. Clarke (Beg)	30.55m	03/02	400g	T. Martin (Tug)	39.90m	03/92	
		Under 13 Girls				Under 13 Boys			
100 Metres		A. Coddington (Bel)	12.74s/E	03/02		S. Sheppard (Gin)	11.99s/E	03/01	
200 Metres		A. Coddington (Bel)	26.62s/E	03/02		S. Sheppard (Gin)	23.92s/E	03/01	
400 Metres		Z. Buckmann (Wod)	58.84s/E	03/02		M. Beckenham (Que)	55.24s/S	03/89	
800 Metres		A. Neumaier (Wod)	2:17.83s/E	03/00		G. Davidson (Wes)	2:09.74s/S	03/96	
1500 Metres		A. Neumaier (Wod)	4:44.48s/E	03/00		C. Williams (Cal)	4:37.44s/S	03/99	
Walk	1500M	T. Smith (Bel)	7:21.00s/E	03/97	1500M	J. Plested (Bel)	6:39.84s/S	03/92	
Hurdles	80M	R. Higgins (Tug)	13.34s/S	03/86	80M	J. Reis (Gin)	12.95s/E	03/01	
Long Jump		E. Prince (Wod)	5.16m	03/08		M. Beckenham (Que)	5.82m	03/89	
Triple Jump		C. Wild Taylor	11.10m	03/05		M. Beckenham (Que)	11.79m	03/89	
High Jump		C. Jamieson (Beg)	1.60m	03/07		R. Walker (Bel)	1.63m	03/93	
						S. Gill (Tug)	1.63m	03/99	
						T. Knight (Mor)	1.63m	03/04	
						T. Madsen (Cor)	1.63m	03/06	
Shot Put	3kg	M. Fleming (Cal)	11.47m	03/04	3kg	G. Mace (Gin)	17.02m	03/89	
Discus	750g	S. Riley (Lan)	35.36m	03/97	1kg	T. Martin (Tug)	44.92m	03/93	
Javelin	400g	K. Clarke (Beg)	35.41m	03/03	600g	K. Kouparitsas (Cor)	38.70m	03/00	

ACT State Championship Records (continued)

		Under 14 Girls				Under 14 Boys			
100 Metres		A. Blackburn (Wod)	12.69s/E	03/03		S. Sheppard (Gin)	11.59s/E	03/02	
						W. Mcnamara (Mul)	11.59s/E	03/07	
200 Metres		M. Sherd (Gin)	25.96s/E	03/98		S. Sheppard (Gin)	22.82s/E	03/02	
400 Metres		H. Wortley (Coo)	59.89s/S	03/07		W. Mcnamara (Mul)	53.50s/E	03/07	
800 Metres		E. Pluck (Tug)	2:17.65s/E	03/04		B. McPherson (Beg)	2:07.44s/E	03/05	
1500 Metres		E. Pluck (Tug)	4:54.01s/E	03/04		B. McPherson (Beg)	4:25.55s/E	03/05	
Walk	1500M	J. Strangman (Gin)	7:09.64s/S	03/90	1500M	W. Mcewen (Gin)	6:46.74s/S	03/92	
Hurdles	80M	C. Jamieson (Beg)	12.69s/E	03/08	90M	J. Reis (Gin)	12.78s/E	03/02	
Long Jump		C. Jamieson (Beg)	5.24m	03/08		S. Spinks (Tug)	5.93m	03/98	
Triple Jump		C. Jamieson (Beg)	10.83m	03/08		J. Sievers (Wes)	12.05m	03/87	
High Jump		C. Jamieson (Beg)	1.70m	03/08		B. Halliday (Cal)	1.80m	03/95	
Shot Put	3kg	A. Butler (Tug)	11.15m	03/87	4kg	G. Mace (Gin)	15.55m	03/90	
Discus	1kg	A. Butler (Tug)	37.42m	03/87	1kg	T. Martin (Tug)	52.44m	03/94	
Javelin	600g	K. Clarke (Beg)	33.33m	03/04	600g	T. Martin (Tug)	47.88m	03/94	
		Under 15 Girls				Under 15 Boys			
100 Metres		A. Blackburn (Boo)	12.58s/E	03/04		P. Elliott (Que)	11.59s/E	03/04	
200 Metres		M. Breen (Tug)	25.64s/E	03/05		W. McNamara (Mulw)	23.62s/E	03/08	
400 Metres		A. Blackburn (Boo)	56.61s/E	03/04		M. Fahey (Lany)	52.39s/E	03/00	
800 Metres		A. Neumaier (Wod)	2:15.02s/E	03/02		C. Tucker (Tug)	1:58.94s/S	03/94	
1500 Metres		A. Neumaier (Wod)	4:50.97s/E	03/02		B. Mcpherson (Beg)	4:17.63s/S	03/06	
Walk	1500M	M. Stapper (Bel)	6:57.04s/S	03/94	1500M	B. Reading (Gin)	6:41.70s/E	03/04	
Hurdles	90M	J. Sutcliffe (Cal)	13.95s/E	03/01	100M	D. Kelly (Bel)	13.64s/S	03/94	
Long Jump		N. Burgess (Coo)	5.52m	03/07		B. Wood (Wod)	6.39m	03/95	
Triple Jump		N. Burgess (Coo)	11.33m	03/07		G. Brookman (Wod)	12.60m	03/94	
High Jump		J. Rose (Bel)	1.68m	03/90		C. Thompson (Que)	1.87m	03/96	
Shot Put	3kg	M. Fleming (Cal)	11.47m	03/06	4kg	W. Ganzerla (Que)	14.30m	03/08	
Discus	1kg	C. Blyton (Coo)	35.84m	03/91	1kg	C. Oakley (Cal)	51.52m	03/95	
Javelin	600g	K. Clarke	37.01m	03/05	600g	T. Woods (Que)	53.77m	03/00	
		Under 17 Girls				Under 17 Boys			
100 Metres		E. Budnick (Que)	12.96s/E	03/04		N. Lalliard (Lan)	11.60s/E	03/04	
200 Metres		E. Budnick (Que)	26.65s/E	03/03		K. Cranston (Mulw)	23.64s/E	03/08	
400 Metres		L. Winterflood (Beg)	1:02.18s/E	03/07		K. Williams (Que)	52.59s/E	03/03	
800 Metres		L. Winterflood (Beg)	2:27.40s/E	03/07		M. De Smeth (Cal)	2:08.32s/E	03/05	
1500 Metres		L. Winterflood (Beg)	5:06.78s/E	03/07		M. Johnsen (Mor)	4:26.85s/E	03/04	
Walk	1500M	C. Worrall (Wes)	7:42.37s/E	03/05	1500M	M. Carter (Lan)	8:20.64s/E	03/05	
Hurdles	100M	N. Burgess (Coo)	16.30s/E	03/08	100M	J. Parsons (Bel)	13.50s/E	03/06	
Long Jump		N. Burgess (Coo)	5.10m	03/08		K. Cranston (Mulw)	6.24m	03/08	
Triple Jump		N. Burgess (Coo)	10.60m	03/08		B. Apps (Mul)	12.23m	03/04	
High Jump		M. Knight(Moru)	1.55m	03/05		K. Cranston (Mulw)	1.79m	03/08	
Shot Put	4kg	J. Wozniak (Wod)	9.63m	03/06	5kg	M. Parsons (Bel)	12.95m	03/04	
Discus	1kg	S. Morgan (Mul)	29.48m	03/07	1.5kg	M. Chapman (Que)	38.06m	03/03	
Javelin	600g	J. Wozniak (Wod)	24.07m	03/06	700g	K. Cranston (Mulw)	52.95m	03/08	

