



Queanbeyan Little Athletics Centre 2015-16 Information Handbook

SEASON COMMENCES
Saturday, 17th October
8.30am at Wright Park

QUEANBEYAN LIGHTNING

Family, Fun and Fitness

Queanbeyan Little Athletics Centre (QLAC) is a parent-run club which runs Little Athletics sports for children aged between 5 (at 30 March 2016) and less than 17 years (at 30 September 2015).

Family	Parents assisting with activities
Fun	Emphasis is on individual improvement rather than winning
Fitness	Athletes are involved in a range of activities to improve their fitness

QLAC is also known as Queanbeyan Lightning, and we are affiliated with Little Athletics ACT (LAACT). This allows our athletes from Under 8 and up to compete in regional and state events for fun, experience and to meet up with other athletes.

This handbook provides information about how QLAC operates during the season. Please keep it handy for reference during the season – it is full of tips and even the records. Also see <http://littleathletics.com.au/Resources> for more extensive guides. *The information here should be treated as a guide and is subject to update.*

CONTACTS

President – Neil Roach
president@qlac.org.au, m:0404 491 663

Registrar – Georgina Miller
registrar@qlac.org.au

Please refer to the QLAC website for up to date information www.qlac.org.au

Other helpful websites:
www.actlaa.org.au, www.athleticsact.org.au
www.littleathletics.com.au

You can also “like us” on Facebook!
Queanbeyan Little Athletics Centre - QLAC



CONTENTS

Parents – you make it happen!	
General information	
Parent participation is vital	2
Saturday morning meets, meet programs	3
Year to Year age group event changes	5
Performance records	6
Special events and programs	7
Safety	8
On the field	9
Codes of behaviour	10
Health Policies	11
Individual events – guides	12
Sponsors	19
Records	20
Season Calendar	23



GOOGONG | belong

Parents – you make it happen!

Finishing the Saturday morning competition at a reasonable hour depends on assistance from parents. We use parent Age Marshalls for each age group and gender. This helps ensure events start on time and streamlines the operation of events. Training is provided and it is a great way to be involved with your child. If you are interested in being an Age Marshall please talk to our Age Group Manager coordinator. Please step up!

While we have Age Marshalls, they still need parent helpers at events to mark and measure the throws or jumps, rake the long jump pit, and carry out some crowd control. Parents enjoy being part of their child's activities and the children love to see Mum and Dad there supporting them and getting stuck in helping. This handbook has information on each event and how parents can assist at that event to make the competition run smoother and faster.

Saturdays: New Arrangements

This season there are new arrangements to keep everything flowing on the field:

We now have **staggered start times** – u6-u8 athletes to commence at 8:30am, u9-u17 athletes to commence at 9:30am.

U13-u17 athletes are encouraged to **register their interest in assisting the u6-u8 athletes** and age managers between 8:30am-9:30am .

This season we will not issue individual tickets but all results can be checked on the age marshal sheets, which will be uploaded to Results HQ for online access. Parents/Athletes who wish to write their own tickets can collect these from the Announcer's table and check the sheets.

An aggregated tally of personal bests per age group/sex will be introduced. The winning age group each week will receive a free ice-block each, the next week.

What to Wear?

The QLAC competition shirt is a white T-shirt or crop top with bottle green sleeves and neck trim. Other items in club colours, such as shorts and bike pants are also available. Uniforms will be on sale from 8.15am-9am only on registration days and Saturday morning meets * Prices are cost plus \$1.

Our uniform shop is stocked with most items. If an item needs ordering, payment must accompany the order. Orders can take several weeks to complete.

At registration each athlete will be given two cloth

numbers. **The large patch is your unique Little Athletics ACT (LAACT) registration number**, which is also used by QLAC for recording purposes. The large patch should be sewn or pinned across the middle of the athlete's shirt. The small patch refers to the athlete's age group and should be sewn onto the top right hand side of their shirt.

Athletes competing in any LAACT or QLAC carnival **MUST** have correct patches on their shirts, or they may not be able to compete.

Footwear

Athletes competing in all LAACT and Centre competitions **MUST** wear shoes. Age groups under 6 to under 8 will only be allowed to wear non-spiked running shoes. Shoes with flexible protrusions (some footy boots, for example) are not within the definition of spikes. Age groups under 9 to under 17 are allowed to wear "spikes" for all laned (track) events, javelin, high jump, long jump and triple jump events. Spikes are not permitted for unlaned events (800m, 1500m, walk), shot put and discus. For more on spikes see www.actlaa.org.au.

Financing our Centre

QLAC keeps registration fees as low as possible so that all children can take part, given that some 75% of fees goes directly for affiliation to LAACT, insurance and timekeeping software fees. To achieve this aim, additional funds are raised from a number of sources including sponsors and the canteen.

Keeping you informed

- QLAC has its own website where you can access up-to-date information on the club's activities. Please visit [www.qlac.org.au](http://www qlac.org.au) to find out what events your child will be competing in each week.
- Results are available in ResultsHQ.
- We send weekly emails with the week's program and special notices. Keep your e-mail address up-to-date with the registrar (registrar@qlac.org.au) and you won't miss out.
- At Wright Park there is a noticeboard near the announcer's tent. Check the noticeboard each competition day for last minute changes and upcoming events and activities.
- Particular records and achievements are often recognised in our email newsletter and the *Queanbeyan Age*. If an athlete has been inadvertently overlooked please advise us by sending an e-mail to info@qlac.org.au.
- The Queanbeyan Age photographer appears regularly at Wright Park.



Saturday Morning Meets

Competition commences on Saturday 17th October, at 8.30am for U6-u8 and 9.30 sharp for older groups. Athletes will compete in all events over a three week period as per the program. The events to be run will be placed on the notice board each Saturday morning, as well as being available via our club website at www qlac.org.au. This program may change depending on the weather conditions and the state of the track. Events such as high jump and hurdles will take place if the grass is assessed as wet and/or dangerous.

If it is raining on the morning, check the front page of the qlac.org.au website to see if the meet is cancelled. We will also email, but the system can have a lag before delivering. Cancellations may also be broadcast on FM104.7 and FM106.3. If a competition meet is cancelled, the competition program for that week will be used on the next week of competition. Please visit www qlac.org.au for all up to date information.

Athletes must compete in their own age group. With the approval of the Program Manager, age groups may be mixed as well as combining boys and girls. Arrive before your start time to gather in your age group and warm-up prior to competition so we can start you on time. Our aim is to have all events completed as close as possible to 11am, which will depend on the number of athletes competing and the assisting parents.



Canteen and BBQ

Proceeds from the canteen operations are essential in providing funds to purchase new equipment for the club. Each Saturday we need parents to run the canteen and cook on the BBQ. Please speak to one of our Committee members if you are able to assist.

The 3 Week Rotational Program

Week 1						
U6B		70m	200m		Discus (350g)	Turbo Javelin
U6G		70m	200m		Long Jump	Shot Put (1kg - blue)
U7B		70m	200m		Discus (350g)	Turbo Javelin
U7G		70m	200m		Long Jump	Shot Put (1kg - blue)
U8B		70m	200m		Discus (500g)	Turbo Javelin
U8G		70m	200m		Long Jump	Shot Put (1.5kg – yellow)
U9B		70m	200m		Discus (500g)	Turbo Javelin
U9G		70m	200m		Shot Put (2kg - orange)	Turbo Javelin
U10B	1500m	70m	200m		Discus (500g)	Long Jump
U10G	1500m	70m	200m		High Jump (Start 0.85m)	Turbo Javelin
U11B	1500m		200m	100m	Discus (750g)	Long Jump
U11G	1500m		200m	100m	High Jump (Start 0.95m)	Javelin (400g)
U12B	1500m		200m	100m	Discus (750g)	Long Jump
U12G	1500m		200m	100m	High Jump (Start 1.00m)	Javelin (400g)
U13B	1500m		200m	100m	Discus (1kg)	Long Jump
U13G	1500m		200m	100m	Discus (750g)	Long Jump
U14B	1500m		200m	100m	Discus (1kg)	Long Jump
U14G	1500m		200m	100m	Discus (1kg)	Long Jump
U15B	1500m		200m	100m	Discus (1kg)	Long Jump
U15G	1500m		200m	100m	Discus (1kg)	Long Jump
U16-17B	1500m		200m	100m	Discus (1kg & 1.5kg)	Long Jump
U16-17G	1500m		200m	100m	High Jump (Start 1.20m)	Javelin (500g)

Week 2						
U6B		50m	100m		Discus (350g)	Long Jump
U6G		50m	100m		Discus (350g)	Turbo Javelin
U7B		50m	100m		Discus (350g)	Long Jump
U7G		50m	100m		Discus (350g)	Turbo Javelin
U8B		50m	100m		Discus (500g)	Long Jump
U8G		50m	100m		Discus (500g)	Turbo Javelin
U9B	700 Walk		100m	400m	Long Jump	
U9G	700 Walk		100m	400m	Long Jump	
U10B	1100 Walk		100m	400m	Turbo Javelin	
U10G	1100 Walk		100m	400m	Shot Put (2kg - orange)	
U11B	1100 Walk		100m	400m	High Jump (Start 0.95m)	Javelin (400g)
U11G	1100 Walk		100m	400m	Shot Put (2kg - orange)	Triple Jump
U12B	1100 Walk		100m	400m	High Jump (Start 1.00m)	Javelin (400g)
U12G	1500 Walk		100m	400m	Shot Put (2kg - orange)	Triple Jump
U13B	1500 Walk		100m	400m	High Jump (Start 1.05m)	Javelin (600g)
U13G	1500 Walk		100m	400m	High Jump (Start 1.05m)	Javelin (400g)
U14B	1500 Walk		100m	400m	High Jump (Start 1.10m)	Javelin (600g)
U14G	1500 Walk		100m	400m	High Jump (Start 1.10m)	Javelin (500g)
U15B	1500 Walk		100m	400m	High Jump (Start 1.15m)	Javelin (700g)
U15G	1500 Walk		100m	400m	High Jump (Start 1.15m)	Javelin (500g)
U16-17B	1500 Walk		100m	400m	High Jump (Start 1.20m)	Javelin (700g)
U16-17G	1500 Walk		100m	400m	Shot Put (3 white & 4kg red)	Triple Jump

Week 3						
U6B			70m	100m	Shot Put (1kg - blue)	Turbo Javelin
U6G			70m	100m	Turbo Javelin	Shot Put (1kg - blue)
U7B		60 Hurdles		100m	Shot Put (1kg - blue)	Turbo Javelin
U7G		60 Hurdles		100m	Discus (350g)	Shot Put (1kg - blue)
U8B		60 Hurdles		100m	Shot Put (1.5kg - yellow)	Turbo Javelin
U8G		60 Hurdles		100m	Discus (500g)	Shot Put (1.5kg - yellow)
U9B	800m	60 Hurdles			Shot Put (2kg - orange)	High Jump
U9G	800m	60 Hurdles			Discus (500g)	High Jump
U10B	800m	60 Hurdles			Shot Put (2kg - orange)	High Jump
U10G	800m	60 Hurdles			Discus (500g)	Long Jump
U11B	800m	60 Hurdles			Shot Put (2kg - orange)	Triple Jump
U11G	800m	60 Hurdles			Discus (750g)	Long Jump
U12B	800m	60 Hurdles			Shot Put (3kg - white)	Triple Jump
U12G	800m	60 Hurdles			Discus (750g)	Long Jump
U13B	800m	80 Hurdles	200 Hurdles		Shot Put (3kg - white)	Triple Jump
U13G	800m	80 Hurdles	200 Hurdles		Discus (750g)	Long Jump
U14B	800m	80 Hurdles	200 Hurdles		Shot Put (3kg - white)	Triple Jump
U14G	800m	90 Hurdles	200 Hurdles		Discus (1kg)	Long Jump
U15B	800m	100 Hurdles	200 Hurdles		Shot Put (4kg - red)	Triple Jump
U15G	800m	90 Hurdles	200 Hurdles		Discus (1kg)	Long Jump
U16-17B	800m	100 Hurdles	200 Hurdles		Shot Put (4 red & 5kg green)	Triple Jump
U16-17G	800m	100 Hurdles	200 Hurdles		Discus (1kg)	Long Jump

What changes for our athletes in their new Age Groups?

- New** = New Event in this Age Group
✓ = Same Event, no change in this Age Group
X = Changed Event in this Age Group – Weight, distance, number and/or height of hurdles
Shaded = Not competed in this Age Group

NEW AGE GROUP	TRACK									JUMPS			THROWS			
	50m	70m	100m & 200m	400m & 800m	1500m	Hurdles 60 - 100m	Hurdles 200m	Walks	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Turbo Jav	
U6	New	New	New						New			New	New		New	
U7	✓	✓	✓			New			✓			✓	✓		✓	
U8	✓	✓	✓			✓			✓			X	X		✓	
U9		✓	✓	New		✓		New	✓	New		X	✓		✓	
U10		✓	✓	✓	New	X		X	✓	✓		✓	✓		X	
U11			✓	✓	✓	✓		✓	✓	✓	New	✓	X	New		
U12G			✓	✓	✓	X		X	✓	✓	✓	✓	✓	✓	✓	
U12B			✓	✓	✓	X		X	✓	✓	✓	X	✓	✓	✓	
U13G			✓	✓	✓	X	New	✓	✓	✓	✓	X	✓	✓		
U13B			✓	✓	✓	X	New	✓	✓	✓	✓	✓	X	X		
U14G			✓	✓	✓	✓	X	✓	✓	✓	✓	✓	X	X		
U14B			✓	✓	✓	X	X	✓	✓	✓	✓	✓	✓	✓		
U15G			✓	✓	✓	X	✓	✓	✓	✓	✓	✓	✓	✓		
U15B			✓	✓	✓	X	✓	✓	✓	✓	✓	X	✓	X		
U16G			✓	✓	✓	X	✓	✓	✓	✓	✓	X	✓	✓		
U16B			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
U17G			✓	✓	✓	X	✓	✓	✓	✓	✓	✓	✓	✓		
U17G			✓	✓	✓	✓	✓	✓	✓	✓	✓	X	X	X		

Performance Records

Your Little Athletes records are held in the ResultsHQ online system, which can be accessed from the home page of www.qlac.org.au.

At the end of each *field* event athletes will not receive a written ticket this season but all results will be logged on the Age Marshal's sheet and entered into ResultsHQ. For *track* events, athletes will have performance automatically recorded and uploaded to ResultsHQ. In the event of a timing system failure, manual timing will be provided to the Age Marshall who will record the time on the Track Event Recording Sheet for entering into ResultsHQ.

Improvement Points

Athletes will receive an improvement point each time they improve on their previous best performance in an event. Improvement points for all athletes are based on the best performance in the current season in all events. Improvement Points are calculated automatically in the ResultsHQ software and are available online.

Only performance at the normal Queanbeyan Centre competition will count for improvement points. For every 5 improvement points a patch is awarded.

5 points: **Red Patch**
10 Points: **White Patch**
15 Points: **Green Patch**
20 Points: **Blue Patch**
25 Points: **Gold Patch**
30+ Points: **Medal** which is announced and presented on QLAC Presentation Day.

The Chief Recorder and another committee member are able to review and amend an athlete's recorded performances where obvious discrepancies are apparent. If an athlete feels that an error has occurred in the recording of a particular event they should bring this to the attention of the Chief Recorder; however, experience has shown that the state of the track can make a large difference in the times an athlete can run a particular distance and hence large variations are not uncommon throughout the season.

Example of improvement points calculation

Week 1	100m	17.2s
	Discus	6.4m
Week 2	100m	17.7s
	Discus	6.3m
Week 3	100m	17.2s
	Discus	5.2m
Week 4	100m	17.1s
	Discus	6.5m

Improvement points are awarded for Week 4 because the time for the 100m is an improvement on the previous best time of 17.2s (Week 1,) and for discus the distance is an improvement on the previous best distance of 6.4m (Week 1). No improvement point is given for 100m in Week 3 as this equaled the previous best, but did not improve on it.



Special Events and Programs

Relay Events

Relay races are not part of the regular events program but may be added to the end of the morning's events prior to the ACT Little Athletics Relay Carnival. All athletes are encouraged to participate regardless of whether they intend to compete in the Relay Carnival. It adds a bit of fun to the day.

QLAC Carnival – Late January afternoon fun

QLAC will be holding a twilight carnival on the 23th January 2016 at Wright Park. Please check our website and noticeboards for up to date information.

On Track for Under 6 Athletes

For the first few weeks of the season, the Under 6s will compete as per the 3 week program of events. We hope to be able to offer an 'On Track' program in addition to the normal program of events. We envisage the 'On Track' as complementing the completion program.

The 'On Track' program operates for the Under 6 age group. This program is designed to develop basic athletics skills at a level appropriate for the physical development of younger children.

The basic approach to the season will be to teach the athletes the skills required for athletics, utilising modified games in a fun environment before introducing the actual athletic event. The events will be gradually introduced as the appropriate skills are developed. This is particularly important for field events, such as long jump or shot put, but it is also important for track events. The athletics events component of the Under 6 season will be treated the same as in other age groups. Under 6 athletes will receive improvement points based on their performances in the athletics events, and will qualify for improvement patches as the season progresses.

Please note that the On Track program cannot be successful unless parents are closely involved in assisting with the activities.

Training

There will be no Wednesday training by QLAC due to a shortage of coaches, but please contact the ACT Little Athletics Office to enquire on (02) 6247 1296. That is a benefit of our affiliation.

Other Competitions & Carnivals

Athletes in the Under 9 age groups and older can compete at LAACT carnivals and championships and are encouraged to participate. QLAC has won some of these championships just on participation alone and we would like to continue this tradition. Just give it a go! Correct uniform must be worn, with registration number and age group clearly shown.

A number of carnivals and competitions are also held by other Centres. Athlete nominations are generally coordinated by QLAC, which will announce the events on the field and in emails. Responsibility for nominating and forwarding any entrance fees to carnival organisers will be the responsibility of parents/athletes.

PARENT COMMITMENT It is expected that all parents who have children participating in carnivals will commit to a minimum of two hours assistance as either an official or volunteer at some stage during competition days. Please bear this in mind when your junior athlete is nominating for an event. If you are a little hesitant due to a lack of knowledge please don't worry as there is always someone there to help you and non-technical roles are available.

LAACT Multi-Event Carnival

This competition is similar to the heptathlon and decathlon at the Olympics (but a little less demanding!). Athletes in the U8-U17 age groups are eligible to compete. Competitors enter 4 or 5 events depending on age group, with points awarded according to performances. The overall point score winners (1st, 2nd and 3rd) will be recognised. The carnival will be held on **Sunday 8 November 2015**.

LAACT Relay Carnival

Athletes in the U7-U17 age groups are eligible to compete. This carnival involves two relay events plus two field events (one jump and one throw) per age group team. Note that this is the only carnival that we compete in as a Club throughout the year, and there is a perpetual trophy for the Club with the highest point score. We actively encourage and would like to see a team formed for each age group. The Relay Carnival will be held on **Sunday 13th December 2015**.

LAACT Regional Championships

This carnival provides an opportunity for QLAC athletes to compete against athletes from other centres. QLAC athletes compete in the Northside Championships, which includes the clubs on the north side of the ACT. This event is also used to determine qualifiers for the ACT State Championships. Only athletes U9 and up are eligible to compete. Northside Regional Championships will be held on the weekend of **Saturday 27th February 2016**. We hope that our athletes will chose to compete at Regionals and give themselves the opportunity of qualifying for the ACT State Championships. And a club trophy is awarded and participating QLAC athletes can earn points towards this trophy.

LAACT State Championships

The best athletes from each of the two Regional Championships qualify to compete at the ACT State Championships which will be held at the AIS facility in BRUCE over the weekend of **19th March 2016**. For laned track events (up to 400m) the best four (4) athletes from the two Regional Championships qualify for the State Championships and compete in a straight final. For unlaned track events and all field events, the best six (6) athletes from the two Regional Championships qualify for the State Championships. Straight finals will be held for the track events with qualifying rounds held for the field events.

Queanbeyan Junior Gift 21/22 November 2015

The Saturday meet for this weekend is at the Queanbeyan Gift. Qualifying and handicapping details are managed by NSW Athletics. Details were not available at the time of publication but will be publicised when available. The Queanbeyan Junior Gift is a fun event where prize money may be given to the three best athletes in each division.

Regular competition may not be held on the weekends of the Regional or State Carnivals: check the website.

Safety

Around the running track

Please treat the track like a busy road: look before you cross and do not let small children wander around unsupervised. We ask that all athletes and spectators walk around the outside of the track to get to an event on the other side. Stay away more than 5m of the finish line, as crowding near this area makes the job of the timekeepers more difficult and runners need to see clear space for running. Timekeepers need to be able to see the starter, so please do not stand too close to the track and avoid standing near these officials.

Around throwing events

Areas around these events are clearly marked and it is essential that everyone takes great care to obey rules set by the officials running the events. Keep yourself and small children clear of the entire area when an event is in progress. Children are learning these events so some throws can be rather unpredictable.

First Aid

A First Aid kit for minor injuries is available at the announcing tent. All injuries should be reported to the officials at the recording table and recorded in the injury register. Our First Aid Officers are on hand to assist with any injuries.

Guides for each event are available online and on the field. Check <http://www.actlaa.org.au/Education-Training/Basic-Techniques> and <http://www.actlaa.org.au/Education-Training/Event-Fact-Sheets>

On the Field

Track Events

Track events encompass all running events plus hurdles and race walk. Track events take precedence over field events: this means that if an age group is at long jump, for example, when their race is called, they must leave long jump and marshal for their race. At the end of the race, athletes are then to return to their long jump event. For track events, the Age Group Manager will sort the athletes into lanes for the start of each race. Where numbers in an age group are small, boys and girls may compete in the same track event or age groups may be combined (provided the events specifications are the same).

A starter gun is used to commence the race. A false start is signalled by two shots in quick succession. At LAACT competitions, an athlete is only allowed one false start; however, at QLAC athletes will be allowed more than one false start at the discretion of the Starter.

Starting Blocks

Starting blocks are mainly to be used by the under 13 to under 17 age groups who have attended block training and been approved to use the blocks. It is the athlete's responsibility to ensure blocks are available for their event should they wish to use them.

In recognition that younger athletes who qualify for NSW school based athletics championships must use blocks, younger athletes at QLAC may use starting blocks if they also attend QLAC-arranged training sessions to obtain their block licence.

Spikes

Spikes are defined as any athletic shoe that has the ability to take metal spikes or with sharp plastic or rigid protrusions. The shoe is still regarded as a spike even if the metal spikes have been removed. "Rigid protrusions" includes materials such as metal, plastic or compounds that are capable of penetrating or marking the skin of an athlete. On grass tracks the maximum length of the spikes allowable is 9mm. On synthetic tracks the maximum length allowable is 7mm for track events and a maximum of 9mm for javelin and high jump. Christmas tree or pyramid spikes are the *only* ones allowed when at the A.I.S. More detail on spikes can be found at www.actlaa.org.au.

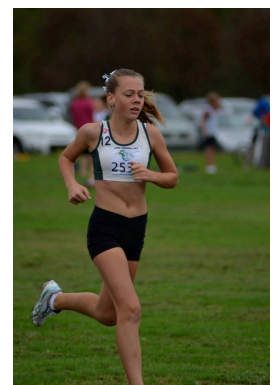
Time Keeping

Track events are electronically gated, but a manual backup is required in case of issue – and in case there is a record, when confirmation is required. If you have some free time, please come out to the finish line and offer assistance. It is easier if two parents are available to assist with this task. Timekeeping is straight forward and it provides a great opportunity to be up close to the athletes, encouraging them to achieve their personal best.

Timing commences when you see the smoke from the gun not when you hear the bang. Press Stop when the *torso* of the athlete you are timing crosses the finish line. Keep your eyes on your athlete so that you can write down their registration number on the ticket. After all athletes have completed the race, the athletes are to return to the finish line and be in the lane in which they ran. The Age Marshall takes them over to the timing tent. Note: if a more usual stopwatch is used it will record the time to two (2) decimal places. This is rounded up or down e.g. if the time is 12.41 or 12.48, the time to write is 12.5. Only when the athlete records a time of 12.40 or lower will the recorded time be 12.4.



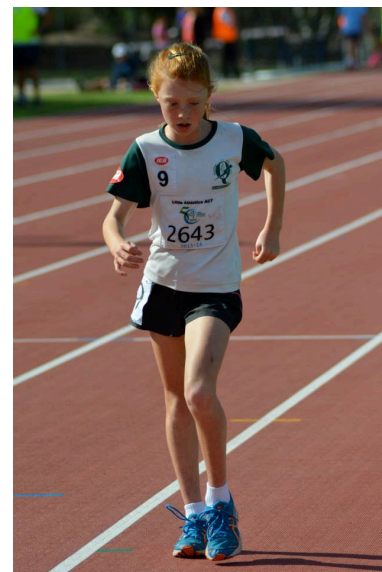
Jerrabomberra Village



Codes of Behaviour

Athletes

- Compete for the fun of it. Be a good sport and a keen yet friendly competitor.
- Play by the rules. The rules of competition ensure a safe and equal footing for all competitors.
- Never argue with the volunteers running events. Be respectful and obedient to all volunteers. Without them we would not have a competition. To hear 'thank you' means a lot to our helpers.
- Be a good sport. Cheer other athletes when they perform and try to shake hands with your fellow competitors at the end of an event.
- Never put down another person. Do not ridicule others either in their performance or personal appearance.
- Never threaten or use violence against another person. Verbal abuse/provocation of athletes, volunteers or spectators is not acceptable.
- Listen for your events to be called. Be quick to your marshalling area. This makes it a lot easier for volunteers to get your events underway as quickly as possible.
- Wear your Club colours with pride. When you wear your uniform you represent Queanbeyan and the Association. Be proud of who you are.



Parents

- REMEMBER children participate in sport for their enjoyment and not yours.
- ENCOURAGE children to participate, do not force them.
- FOCUS on the child's efforts and performance rather than winning or losing.
- INFLUENCE children to always play by the rules and to settle disagreements without resorting to hostility, violence or abuse.
- NEVER ridicule or yell abuse at a child for making a mistake or not winning at competition.
- NEVER threaten or use violence against another person. Verbal abuse/provocation of athletes, volunteers or spectators is not acceptable.
- RESPECT officials' decisions and teach children to do likewise.
- SHOW appreciation and join in as a volunteer. Without them your child would not be able to compete.
- RESPECT the rights, dignity and worth of everyone regardless of their gender, ability and cultural or religious background.
- APPLAUD the performance and efforts of all athletes.

Spectators

- Spectators attending LAACT sanctioned activities, which may include weekly competition at Centres, Carnivals or coaching and education clinics or like activities, are to adhere to the following codes of behaviour:
- Remember that children participate in Little Athletics activities for fun and are not participating for the entertainment of spectators only, nor are they miniature professionals;
- Applaud good performances and efforts from each child. Congratulate all participants upon their performance regardless of the event outcome;
- Respect the official's decisions – if there is a disagreement, follow the appropriate procedure in order to question the decision and teach the children to do likewise;
- Never ridicule or scold a child for making a mistake during competition – positive comments are motivation.
- Condemn the use of violence in any form, be it from spectators, parents, relatives, coaches, officials or athletes;
- Show respect for each participant – without them there would be no activities to share;
- Demonstrate appropriate social behaviour by not harassing children, coaches or officials, and by not smoking on the Programme (as defined by the relevant Competition Manager) or being intoxicated;
- Avoid using bad language.

Health Policies

SunSmart

Queanbeyan Little Athletics acknowledges that exposure to the sun's harmful UV rays can cause damage to the skin and eyes. As an organisation which seeks to enhance health, Queanbeyan Little Athletics encourages participants, staff and officials who are involved in outdoor activities to:

- Slip on a **shirt**, preferably a tight woven long-sleeved shirt with a collar;
- Slop on a **sunscreen**, which is SPF 15 or above, broad spectrum and water-resistant. Preferably, this should be applied 20 minutes prior to exposure and re-applied **every** 2 hours. Noses, lips and ears can be given additional protection with zinc cream;
- Slap on a wide brimmed or legionnaire style **hat** that protects the face, neck and ears;
- Wear a pair of **sunglasses** (that meet the Australian Standard AS 1067) to protect the eyes from the sun's rays.
- Encourage Coaches, Officials and staff to act as role models by practicing the Slip, Slop, Slap "SunSmart" behaviours during general sponsorship/grant activities.



Smoke Free

Queanbeyan Little Athletics acknowledges that smoking is detrimental to the development and maintenance of good health both for individuals and for the community. As an organisation which seeks to enhance health, Queanbeyan Little Athletics models Smoke Free behaviours to its members. We:

- ensure that all enclosed public places are Smoke Free in accordance with Government legislation;
- ensure that all eating areas are Smoke Free;
- ensure that our competition grounds are Smoke Free;
- ensure that all social functions (including athletics events, competitions, dinners, fundraising events and meetings) are Smoke Free;
- ensure that coaches, trainers, volunteers and officials refrain from smoking while acting in an official capacity;
- ensure that Smoke Free behaviour is incorporated into the code of behaviour for coaches, administrators and athletes.

Alcohol Free

LA ACT has a zero tolerance on the consumption of alcohol by participants, either in the morning prior to or during any competition or other activity sanctioned by LA ACT. For the purposes of this policy, activity includes but is not limited to Centre organised competition, Centre or LA ACT managed carnivals or championship events, regular coaching sessions, coaching clinics, education clinics, and public relations activities in public places, school visit programs and school development activities. The consumption of alcohol during the specified period shall be deemed to be a breach of the LA ACT Code of Behaviour and subject to disciplinary action by the LA ACT Board of Management where the activity is organised by LA ACT and by the member's centre for other activities.

Non-medically prescribed drugs

LA ACT has a zero tolerance on the use of drugs by participants whether they be for recreational or habitual purposes. Drugs in any shape or form are not to be brought to any LA ACT forum. The use of drugs at LA ACT sanctioned activity, as defined under Alcohol, shall be deemed to be a serious breach of the LA ACT Code of Behaviour. Any person found to be using drugs or under the influence of drugs during the conducting of LA ACT sanctioned activities may face expulsion, particularly where the incident places at risk members safety or the reputation of this Association. Note this policy does not apply to medically prescribed drugs.

Event Guides

Race Walk

U9	700m Walk
U10 – U11	1100m Walk
U12 – U17	1500m Walk

Race walking is a progression of steps so taken that unbroken contact with the ground is maintained at all times, as judged by the human eye. There are two main rules: *the Contact rule* states that during the period of each step, the advancing foot of the walker (heel first) must make contact with the ground before the rear foot leaves the ground; and *the Knee rule* which states that the advancing leg shall be straightened (ie not bent at the knee) from the moment of first contact with the ground until it is in the vertical upright position (ie directly underneath the body). At QLAC we are fortunate to have official judges attending walks meets. They may caution competitors when they are in danger of failing to

comply with the rules. At LAACT competitions, if three warnings are presented by the judges the athlete will be disqualified. At QLAC the judges are there to show the correct style and will generally slow the athlete down and let them continue.

Hurdles

The distance run and the number and height of the hurdles differs for each age group as follows:

Age Group	Distance	Hurdles	Height
U7-U9	60m	6	45cm
U10-U11	60m	6	60cm
U12	60m	6	68cm
U13G	80m	9	68cm
U13B & U14G	80m	9	76cm
U14B & U15G	90m	9	76cm
U15B	100m	9	76cm
U16-U17	100m	10	76cm
U13-U17	200m	5	76cm

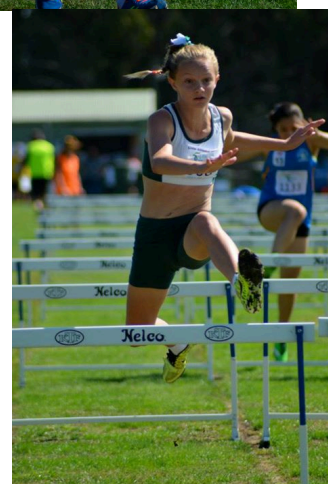
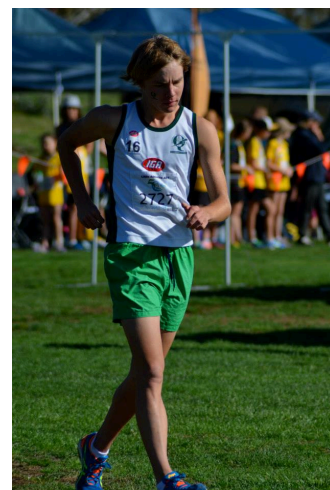
FIELD EVENTS

Shot Put

U6 & U7	1 kg (Blue)
U8	1.5kg (Yellow)
U9–U11, U12G	2kg (Orange)
U12-U14B, U13–U15G	3kg (White)
U15-16B, U16 & U17G	4kg (Red)
U17B	5kg (Green)

The Basics

Shoes must be worn. Each competitor can have up to three attempts. A competitor must commence the shot put from a stationary position inside the circle, e.g. any glide across the circle must commence with the athlete in a stationary position inside the circle. The shot must be put from the shoulder with one hand only. The shot must be held touching the neck or the chin and the hand shall not be dropped below this position during the put. The shot must land in the sector. On the line is out. If the shot



lands in the sector and then skids outside the sector it is a legal attempt. The competitor must not leave the circle until the shot has landed. The competitor must not touch the top of the stop board, or circle, or ground beyond the circle. The competitor must leave from the rear half of the circle.

Measurement

A marker is placed in the ground to mark the distance of each throw. If an athlete's subsequent attempt is further than the previous attempt, their marker is moved to the new mark. Measurement is only taken at the end of all three throws. (Note: at LAACT throws are sometimes measured after each throw). The throw is measured from the nearest mark made by the shot to the inside of the circumference of the circle, along a line from the landing point to the centre of the circle. All measurements are made to the nearest centimetre below the measured distance. E.g. both 4.351m and 4.358m are rounded down to 4.35m.

How can parents help?

This event runs smoother and faster with two parents assisting the Age Marshall. Parent assistance is required to retrieve the shot after each put and present it to the next athlete, and to place the markers to show where each shot fell.

Discus

U6 & U7	350g
U8 - U10	500g
U11 & U12, U13G	750g
U13 - U16B, U14 - U17G	1kg
U17B	1.5kg

The Basics

Shoes must be worn. Flat soled shoes are best for this event. Each competitor can have up to three attempts. A competitor must commence the discus throw from a stationary position inside the circle. Where an athlete uses a glide technique, the glide across the circle must commence with the athlete in a stationary position inside the circle. The discus must land in the sector. On the line is out. If the discus lands in the sector and then skids outside the sector it is a legal throw. The competitor must not leave the circle until the discus has landed. The competitor must not touch the top of the stop board, or circle, or ground beyond the circle. The competitor must leave from the rear half of the circle.

Measurement

A marker is placed in the ground to mark the distance of each throw. If an athlete's subsequent attempt is further than the previous attempt, their marker is moved to the new mark. Measurement is only taken at the end of all three throws. (Note: at LAACT throws are measured after each throw). The throw is measured from the nearest mark made by the discus to the inside of the circumference of the circle, along a line from the landing point to the centre of the circle. All measurements are made to the nearest centimetre below the measured distance. E.g. both 8.351m and 8.358m are rounded down to 8.35m.

How can parents help?

This event runs smoother and faster with two parents assisting the Age Marshall. Parent assistance is required to retrieve the discus after each throw and present it to the next athlete, and to place the markers to show where each discus fell.

Javelin

U11 & U12, U13G	400g
U14-U17G	500g
U13 - U14B	600g
U15 - 17B	700g

The Basics

Shoes or spikes must be worn. Each competitor can have up to three attempts. The javelin must be held at the grip. The javelin is thrown over the shoulder or upper part of the throwing arm and must not be slung or hurled.

In the course of their attempt, a competitor must not touch the lines which make up the boundary of the throwing area or the ground outside. The javelin must land within the sector. On the line is out. A fair throw is made when the judge considers that the tip of the javelin lands first. If the javelin lands in the sector and then skids out, it is a fair throw, and is measured from the point of first contact. The competitor must not leave the runway until the javelin has landed. When a competitor leaves the runway first contact with the parallel lines or the ground outside must be completely behind the arc at the top of the throwing area. Spikes can be worn for this event, but care must be taken to be safe.

Measurement

A marker is placed in the ground to mark the distance of each throw. If an athlete's subsequent attempt is further than the previous attempt, their marker is moved to the new mark. Measurement is only taken at the end of all three throws. (Note: at LAACT throws are measured after each throw). A throw is measured from the nearest mark made by the javelin to the inside edge of the arc, along a line from the landing point to the centre of the circle of the arc. All measurements are made to the nearest centimetre below the measured distance. E.g. both 12.351m and 12.358m are rounded down to 12.35m.

How can parents help?

This event runs smoother and faster with two parents assisting the Age Marshall. Parent assistance is required to retrieve the javelin after each throw and present it to the next athlete, and to place the markers to show where each javelin fell.

Turbo Javelin

Turbo Jav is designed as a step toward the introduction of standard javelin in Under 11s. Under 10s use a Long Tom Javelin to better prepare for the Javelin in U11s. As part of this process, the event will be run with normal javelin rules, but with the lighter and safer Turbo Jav.

The Basics

Shoes must be worn. Spikes are NOT to be worn for this event. Each competitor can have up to three attempts. The turbo jav must be held at the grip. The turbo jav is thrown over the shoulder or upper part of the throwing arm and must not be slung or hurled. In the course of their attempt, a competitor must not touch the lines which make up the boundary of the throwing area or the ground outside. The turbo jav must land within the sector. On the line is out. A fair throw is made when the judge considers that the tip of the turbo jav lands first. If the turbo jav lands in the sector and then skids out, it is a fair throw, and is measured from the point of first contact. The competitor must not leave the runway until the turbo jav has landed. When a competitor leaves the runway first contact with the parallel lines or the ground outside must be completely behind the arc at the top of the throwing area.

Measurement

A throw is measured from the nearest mark made by the turbo jav to the inside edge of the arc, along a line from the landing point to the centre of the circle of the arc (see diagram for javelin). If an athlete's subsequent throw is further than the previous attempt, their marker is moved to the new mark. Measure and record the final distance on the sheet provided. All measurements are made to the nearest centimetre below the measured distance. E.g. both 9.351m and 9.358m are rounded down to 9.35m.

How can parents help?

This event runs smoother and faster with two parents assisting the Age Marshall. Parent assistance is required to retrieve the turbo jav after each throw and present it to the next athlete, and to place the markers to show where each turbo jav fell.

Long Jump

In long jump, athletes run up a track and jump into a sandpit with measurements taken from the front of the foot landing in the take-off area to the back of the foot in the pit. Shoes must be worn, spikes can be worn from U9. Each athlete has up to 3 attempts.

Take-off Point

For U6 and U7 the take-off area starts 50cm from the edge of the pit. A 'mat' of sand measuring 1m x 1m is created for the athletes to use as a guide for where to take off. For U8 and U9 the 'mat' of sand remains at 1m x 1m but it is set up 1m back from the edge of the pit. For U10 to U12 the 'mat' of sand measures 1m x 0.5m. This 'mat' is to be 1m from the front edge of the mat to the start of the pit. This is the 'take-off area'. For U13 to U17, the mat of sand is replaced by a 20cm wide white line 1m back from the edge of the pit.

Failures

A jump is a failure if:

- Any part of the foot goes over the front edge of the take-off point, whether running up without jumping or in the act of jumping.
- The competitor touches the ground between the take-off area and the pit.
- After completing a jump the competitor walks back through the pit.

Measurement

For U6 to U12, measurements are taken from the front of the imprint made on the mat to the break in the sand in the pit that is nearest to the take-off mat. This break in the sand can be made by any part of the body. E.g. if the competitor falls at the end of the jump, this could be the elbow or hand rather than the foot. For U13 to U17, measurements are taken from the front of the take-off line to the break in the sand in the pit that is nearest to the take-off mat. This break in the sand can be made by any part of the body. E.g. if the competitor falls at the end of the jump, this could be the elbow or hand rather than the foot. If the competitor takes off from behind the take-off area, the jump is measured from the back edge of the take-off area. All measurements are made to the nearest centimetre below the measured distance e.g. both 2.351m and 2.358m are rounded down to 2.35m.

How can parents help?

This event runs smoother and faster with three parents assisting the Age Marshall. Parent assistance is required to rake the pit after each jump, brush the take-off area for age groups up to U12 and to hold the measuring tape at both ends for ensure accurate measurement.

Triple Jump

Athletes U11 and up compete in triple jump. Shoes or spikes must be worn. Each competitor can have up to 3 attempts. The triple jump consists of a hop, followed by a step (both of which land on the runway) and is completed by a jump that lands in the pit. A number of take-off lines are painted on the triple jump runway (at 3m, 5m, 7m and 9m from the pit). Competitors choose one of these lines as their take off point. For U11 and U12 age group the mat will be a 0.5m x 1m mat. In selecting the appropriate take-off line, the athlete needs to ensure that they land both the hop and step on the runway but complete the jump into the pit. As a guide, competitors should be consistently jumping 3m into the pit from their current take-off line before moving back to a new take-off line. From the new line they should be then jumping about 1m into the pit and should not risk landing on the runway or edge of the pit. e.g. if a competitor is jumping from the 5m line, they should be consistently jumping 8m before they attempt to use the 7m take off line.

Failures

A jump is a failure if:

- Any part of the foot goes over the leading edge of the nominated take-off line, whether running up without jumping or in the act of jumping.
- The competitor touches the ground between the take-off area and the pit other than in the normal hop and step phases, e.g. landing the jump on the runway is a failure.
- The competitor does not complete the hop, step and jump in that order.
- After completing a jump the competitor walks back through the pit.
- It is NOT a failure if a competitor touches the ground with the 'sleeping' foot, e.g. it is not a failure if the athlete takes off for the hop on their right foot, but the left foot brushes the runway before they land the hop.

Measurement

For U11 & U12 measurement is taken from the front of the imprint made on the sand mat, whereas for the

older age groups it is taken from the front of the nominated take-off line to the break in the sand in the pit that is nearest to the take-off line. This break in the sand can be made by any part of the body, e.g. if the competitor falls at the end of the jump, this could be the elbow or hand rather than the foot. If the competitor takes off from behind the take-off line, the jump is measured from the front edge of the take-off line.

How can parents help?

As per long jump.

High Jump

Age Group	Starting Height
U9	75cm
U10	85cm
U11	95cm
U12	100cm
U13	105cm
U14	110cm
U15	115cm
U16 & U17	120cm

The Basics

Shoes or spikes must be worn. Each competitor attempts to jump the bar in turn. Once an athlete clears a height they wait until the bar goes up to the next height while the remaining athletes have another attempt. If an athlete has three consecutive misses they are eliminated from the competition. A flexi-bar may be used for the first week of competition in the under 9 and under 10 age groups for the starting height only. Competitors have up to one minute from the time their name is called to complete their attempt. Usually the full time isn't required. However, it does allow competitors to have two (or possibly three) false starts. This won't be a failure provided they complete their attempt in the allocated time and as long as they don't touch the ground or mats beyond the uprights without first clearing the bar. When all competitors have completed their attempts at a height (either cleared or eliminated) the bar is raised by 5cm. When there are 6 or less competitors left in the event, the bar is raised by a minimum of 2cm. Competitors may pass at any height or forego an attempt and come back into the competition at a higher height. However should an athlete have three (3) consecutive misses, regardless of height, they are eliminated from the competition.

Safety

Junior ages should only attempt a scissors jump. The athletes should start at an angle about 30 degrees to the bar, use a 8-10 stride run-up. The closest leg goes over the bar first, the second leg follows (like a pair of scissors opening and closing.) The athlete's body should remain upright and they should aim to land on their feet or their bottom. The Flop is not encouraged, as it is hard to master and can lead to injuries for younger ages.

Failures

A jump is a failure if:

- After their jump attempt the bar does not remain on the supports because of the action of the competitor while jumping.
- The competitor touches the ground or the landing area beyond the uprights without first clearing the bar.
- The competitor takes off from two feet.
- When it is clear that the bar has been displaced by a force not associated with a competitor, e.g. a gust of wind, a new attempt will be awarded.

Measurement

The height is taken from the top of the bar as measured from the middle, rather than at the uprights.

How can parents help?

This event runs smoother and faster with two parents assisting the Age Marshall. Parent assistance is required to hold the upright supports and repositioning the bar after each jump.

Selection guidelines for the ACT Under 13 Team

Each year, the Australian Little Athletics Championships are held in one of the major cities. These are known as ALAC, and are open to athletes in the U13 groups. More information will be given out to all athletes in that age group. It is a great opportunity to nominate, and possibly be selected to compete in the ACT team. This will be held in Perth on Sunday 26th April 2015. The following criteria apply for the selection of U13 ALAC Teams representing the LAACT.

- Athletes must have completed, signed and returned, via their Club/Centre, the nomination form by the required date to be considered for selection.
- All athletes will be expected to qualify for and compete in the LAACT State Championships to be eligible for selection.
- The Selection Panel will have sole discretion on the selection of athletes to represent the ACT at the ALAC. The panel will consider, but not limit themselves to, the guidelines listed in the nomination form. These guidelines will be determined and updated annually, if required, by the Board and forwarded to all Centres.
- The Selection Panel will also have the right to exclude an athlete from the team up until the time of departure of the team for the ALAC, as a result of adverse reports from Team Managers, Team Coaches or Centres. Information will be given to athletes once received by QLAC.

Previous ACT U13 State Team Reps

2013-14	Caitlin Hanna, Zane Bijorac & Hannah McPherson
2012-13	Imogen Laing
2011-12	Emily Hopkins, Courtney Hopkins, Andrea Thompson & Brayden Cole
2010-11	Thomas Hopkins, Karina Hopkins, Cassie Hopkins, Annabel Laing & Jack Durr
2009-10	Kian Ballard-Manning, Callum Doherty & Kayla Sadler
2008-09	Ally Durr, Jessica McPherson & Erika Vredenbregt
2007-08	Stephanie Pollard & Keiran Schmidt
2006-07	Brooke West, Amy Jenkins, Emily McPherson & Ashley Rudd
2005-06	Wade Ganzerla
2003-04	Isabel McCormick & Laura Maher

Selection guidelines for the ACT Under 15 Multi-Event Team

The U15 Multi Event is also held at the same time and place as the ALAC. Information will be given to athletes in this age group as it is received from LAACT.

- The selection trial for the ACT Team for the U15 Multi-event Championships should be conducted separately from the Regional and ACT Championships. This shall constitute the primary selection competition for U15s with the trial held over one day in February or early March depending on the calendar of events. The event sequence is to be the same as the Australian Little Athletics Multi-Events Championships, using the same points scoring system.
- In addition to the selection trial for the MEC the following selection criterion shall also apply:
- Athletes must have completed, signed and returned the nomination form by the required date to be considered for selection.
 - All athletes will be expected to qualify for and compete in the LAACT State Championships in order to be eligible for selection.
 - The Selection Panel will have sole discretion on the selection of athletes to represent the ACT at the ALAC. The panel will consider, but not limit themselves to, the guidelines listed in the nomination form. These guidelines will be determined and updated annually, if required, by the Board and forwarded to all Centres.
- The Selection Panel will also have the right to exclude an athlete from the team up until the time of departure of the team for the ALAC, as a result of adverse reports from Team Managers, Team Coaches or Centres.

Previous ACT U15 Team Reps

2013-14	Ben Cassie & Courtney Hopkins
2012-13	Thomas Hopkins & Annabel Laing
2009-10	Stephanie Pollard
2007-08	Wade Ganzerla
2005-06	Kassandra Henry
2003-04	Patrick Elliott & Samir Banjavcic-Booker

QLAC Awards

Age Group Champions

Age Group Champions will be determined by best performances at QLAC competitions in each event over the full season. Season best times/distances will be determined with the first place getter in each event receiving 4 points, the second best performance 3 points and the third best performance 2 points. All other athletes who competed in that event will receive 1 point. Points are totalled for all events over the season and an Age Group Champion is determined. Athletes need to have competed in a minimum of 50% of all events available to be eligible. The U16 and U17 age groups will be treated as an U17 age group for all age group awards. Separate records will be maintained for both Under 16 and Under 17 age groups. Where there are only a few athletes in an event, reduced points may be awarded.

Improvement Award

The Improvement Award goes to the boy and girl in each age group who has achieved the most improvement points for the season provided they have at least 10 improvement points or have competed in at least 50% of the total number of events conducted by QLAC for the age group during the season.

Participation Award

The Participation Award goes to the athlete who competed in the most events on QLAC competition days provided they competed in at least 50% of the total number of events conducted by QLAC for the age group during the season. Calculation for the Award will be based on official records so it is important that athletes have all performances recorded.

Precedence of Age Group Awards

An individual athlete can only win one of the Age Group Awards. If an athlete qualifies for more than one of these Awards, precedence will be given to Age Group Champion, followed by the Achievement Award. In such cases, the next eligible athlete for the second award will receive the trophy. There may be joint winners for some awards.

Our Sponsors

Jetstar is the major sponsor of Little Athletics Australia.



Googong Investments is the major sponsor of QLAC and has supported the club for nine years. Googong Investments have been major sponsors of the Queanbeyan Little Athletics Club for several years and they are eager to continue their support well into the future. As the developers behind the new township of Googong, they are genuinely committed to the region and to the support of junior athletics. This is great news for our club to have such a wonderful sponsor on board for many seasons to come. They are also known as CIC – Canberra Investment Corporation. QLAC is exploring future athletic options in the Googong Township and have an ongoing dialogue with Googong Investments.



The Runners Shop Canberra, a sponsor organised by LAACT, is also providing great discounts to QLAC member



Several local businesses support us through reduced costs, funds and direct assistance. Some of those companies are listed below. We thank them all for their ongoing support and ask that you consider them for business.

NRGise is an ACT/NSW electrical contracting company that is Queanbeyan based and owned.



TLE Electrical, a nationwide subsidiary of MM Electrical Merchandising.



Molonglo Building & Investigation Services (MBIS)

A reputable ACT based, Queanbeyan owned company, **Molonglo Building & Investigation Services** is owned by a recent QLAC president.

Copperhead Printing makes our uniforms and helps to keep costs down



Jerrabomberra Village

Queanbeyan City Council

QLAC would also like to acknowledge the support of Queanbeyan City Council in providing and maintaining Wright Park for the use of our athletes and to run competitions and carnivals. Money from fundraising is primarily used to help financially assist athletes selected in the ACT team for ALAC or MEC. If you would like to assist with fundraising please contact our President.

QLAC Records as at April 2015

U7 GIRLS				U7 BOYS			
50m	Megan Kelly	8.7s	26-Nov-94	50m	Daniel Kite	8.4s	18-Dec-82
50m	Grace O'Rourke	8.7s	16-Feb-02	70m	Matthew Beckenham	11.2s	12-Mar-83
50m	Victoria Chard	8.7s	23-Feb-02	100m	Matthew Beckenham	16.3s	13-Nov-82
70m	Megan Kelly	11.7s	22-Oct-94	100m	Brent Kite	16.3s	14-Nov-87
100m	Megan Kelly	17.0s	13-Jan-95	200m	Thomas Gorman	34.5s	13-Jan-95
200m	Megan Kelly	35.6s	4-Feb-95	60m Hurdles	Ian Main	11.8s	10-Mar-90
60m Hurdles	Angela Wisby	12.2s	10-Mar-90	Long Jump	Matthew Beckenham	3m 72cm	12-Mar-83
Long Jump	Victoria Chard	3m 10cm	16-Mar-02	Shot Put 1Kg	Christie Player	7m 7cm	17-Mar-90
Shot Put 1Kg	Stephanie Hunt	6m 58cm	18-Mar-00	Discus 350g	Daniel Desousa	17m 95cm	18-Mar-95
Discus 350g	Jessica Baldwin	13m 25cm	7-Feb-04	TurboJav	Brayden Verran	13m 41cm	15-Mar-14
TurboJav	Kahli Jensen	9m 85cm	13-Mar-04				
U8 GIRLS				U8 BOYS			
50m	Victoria Chard	8.0s	23-Nov-02	50m	Simon Hopkins	7.8s	18-Nov-89
70m	Victoria Chard	11.1s	14-Dec-02	70m	Daniel Kite	10.6s	10-Mar-84
100m	Victoria Chard	15.6s	23-Nov-02	100m	Matthew Beckenham	14.9s	10-Mar-84
200m	Megan Kelly	31.8s	2-Mar-96	100m	Daniel Kite	14.9s	10-Mar-84
60m Hurdles	Victoria Chard	11.6s	19-Oct-02	200m	Thomas Gorman	31.0s	2-Mar-96
Long Jump	Megan Kelly	3m 85cm	16-Dec-95	60m Hurdles	Simon Hopkins	11.3s	10-Mar-90
Shot Put 1.5Kg	Brooke Crampton	7m 3cm	6-Nov-91	Long Jump	Hamish Kilpatrick-Ware	4m 65cm	19-Feb-11
Discus 500g	Brooke Crampton	16m 33cm	25-Jan-92	Shot Put 1.5Kg	Christie Player	9m 47cm	16-Mar-91
TurboJav	Andrea Thompson	11m 60cm	17-Feb-07	Discus 500g	Toby Daniel	20m 80cm	29-Feb-92
				TurboJav	Stephan Ficovic	16m 45cm	5-Dec-09
U9 GIRLS				U9 BOYS			
70m	Megan Kelly	10.7s	8-Mar-97	70m	Matthew Turner	10.0s	22-Nov-97
100m	Imogen Laing	15.1s	31-Jan-09	100m	Daniel Kite	14.2s	8-Dec-84
200m	Megan Kelly	31.2s	1-Mar-97	200m	Matthew Beckenham	30.9s	1-Dec-84
400m	Imogen Laing	1m 15.1s	31-Jan-09	400m	Brendon McDonnell	1m 9.6s	14-Mar-87
800m	Erin Lenon	3m 0.3s	25-Feb-89	800m	Thomas Gorman	2m 40.5s	30-Nov-96
700m Walk	Skyla Robinson McEvoy	4m 21.18s	14-Dec-13	1500m	Thomas Renshaw	5m 54.5s	6-Feb-82
60m Hurdles	Victoria Chard	11.0s	18-Oct-03	700m Walk	Michael Zovko	4m 22.3s	16-Dec-95
Long Jump	Megan Kelly	3m 94cm	8-Feb-97	60m Hurdles	Grant Smith	10.5s	25-Nov-89
High Jump	Andrea Thompson	1m 16cm	1-Mar-08	Long Jump	Matthew Beckenham	4m 22cm	13-Oct-84
Shot Put 2Kg	Carla Fahey	6m 60cm	5-Feb-94	High Jump	Matthew Kaye	1m 25cm	12-Mar-88
Discus 500g	Brooke Crampton	18m 10cm	14-Nov-92	Shot Put 2Kg	Christie Player	8m 12cm	25-Jan-92
TurboJav	Casey Johnston	12m 98cm	12-Nov-05	Discus 500g	Christie Player	24m 87cm	30-Nov-91
				TurboJav	Lachlan Squire	21m 25cm	13-Mar-10
U10 GIRLS				U10 BOYS			
70m	Kristy Giteau	9.3s	9-Mar-91	70m	Peter Coleborne	9.7s	9-Mar-91
100m	Kayla Sadler	14.9s	2-Dec-06	100m	Matthew Beckenham	13.8s	26-Oct-85
200m	Megan Kelly	31.1s	14-Feb-98	200m	Robert McLean	29.4s	10-Mar-01
400m	Annabel Laing	1m 12.4s	16-Feb-08	400m	Robert McLean	1m 7.0s	10-Feb-01
800m	Erin Lenon	2m 46.3s	16-Dec-89	800m	Simon Langi	2m 37.2s	9-Mar-88
1500m	Erin Lenon	5m 35.8s	17-Mar-90	1500m	Robert Walter	5m 24.2s	1-Mar-86
1100m Walk	Imogen Laing	6m 40.2s	28-Nov-09	1100m Walk	Jordan Kelly	6m 20.5s	12-Dec-09
60m Hurdles	Angela Rakowski	10.1s	28-Oct-89	60m Hurdles	Mark Asbock	10.2s	20-Dec-86
Long Jump	Megan Kelly	4m 40cm	14-Feb-98	Long Jump	Roger Kenworthy	4m 93cm	6-Dec-80
High Jump	Jenny O'Malley	1m 29cm	25-Jan-86	High Jump	Matthew Kaye	1m 39cm	4-Mar-89
Shot Put 2Kg	Brooke Crampton	8m 12cm	5-Mar-94	Shot Put 2Kg	Zane Marolt	9m 83cm	5-Dec-09
Discus 500g	Brooke Crampton	26m 45cm	12-Mar-94	Discus 500g	Thomas Walter	29m 16cm	13-Feb-88
TurboJav	Casey Johnston	16m 64cm	11-Nov-06	TurboJav	Scott Price	21m 75cm	26-Feb-05
Long Tom Javelin	Hannah McPherson	10m23cm	6-Nov-10	Long Tom Javelin	Lachlan Squire	15m76cm	27-Nov-10
U11 GIRLS				U11 BOYS			
100m	Stephanie Pollard	14.0s	18-Mar-06	100m	Daniel Kite	13.1s	21-Mar-87
200m	Megan Kelly	29.2s	11-Dec-98	100m	Simon Fahey	13.1s	11-Dec-89
400m	Annabelle Laing	1m 0.9s	1-Nov-08	200m	Thomas Gorman	28.7s	6-Mar-99
800m	Emma Fahey	2m 41.4s	6-Nov-93	400m	Thomas Gorman	1m 5.7s	27-Feb-99
1500m	Emma Fahey	5m 32.3s	16-Oct-93	800m	Adam King	2m 33.5s	10-Mar-90
1100m Walk	Emma Fahey	6m 2.7s	5-Feb-94	1500m	James Townsend	5m 13.8s	1-Mar-86
60m Hurdles	Megan Still	11.0s	12-Nov-83	1100m Walk	Thomas Hopkins	6m 29.0s	14-Mar-09
60m Hurdles	Michelle Backhouse	11.0s	10-Mar-90	60m Hurdles	Matthew Kaye	10.2s	10-Mar-90
Long Jump	Megan Kelly	4m 39cm	13-Mar-99	Long Jump	Matthew Beckenham	4m 68cm	21-Mar-87
Triple Jump	Erika Vredendregt	9m 75cm	10-Mar-07	Triple Jump	Simon Langi	9m 66cm	4-Mar-89
High Jump	Lauren Cappello	1m 36cm	15-Mar-97	Triple Jump	Adam King	9m 66cm	14-Oct-89
Shot Put 2Kg	Brooke Crampton	10m 1cm	26-Nov-94	High Jump	Thomas Gorman	1m 43cm	6-Mar-99
Discus 750g	Brooke Crampton	29m 40cm	18-Mar-95	Shot Put 2Kg	Tim Woods	10m 60cm	2-Mar-96
Javelin 400g	Erika Vredendregt	24m 36cm	3-Mar-07	Discus 750g	Thomas Walter	26m 75cm	4-Mar-89
				Javelin 400g	Thomas Gordon	32m 00cm	13-Mar-99

U12 GIRLS				U12 BOYS			
100m	Stephanie Pollard	13.6s	16-Dec-06	100m	Daniel Kite	12.9s	14-Nov-87
200m	Stephanie Pollard	27.9s	2-Dec-06	200m	Daniel Kite	27.7s	19-Mar-88
400m	Lauren Cappello	1m 5.4s	14-Mar-98	400m	Matthew Beckenham	1m 2.0s	5-Mar-88
800m	Emma Fahey	2m 34.1s	11-Feb-95	800m	Matthew Beckenham	2m 33.9s	6-Feb-88
1500m	Emma Fahey	5m 21.9s	18-Feb-95	1500m	James Townsend	5m 8.8s	14-Mar-87
1500m Walk	Kristy Giteau	8m 14.1s	27-Feb-93	1500m Walk	Matthew Giteau	7m 46.4s	26-Feb-94
60m Hurdles	Michelle Backhouse	10.4s	27-Oct-90	60m Hurdles	Matthew Beckenham	9.2s	27-Feb-88
60m Hurdles	Kiri-Leigh Baker	10.4s	27-Oct-90	Long Jump	Matthew Beckenham	5m 6cm	19-Mar-88
Long Jump	Andrea Thompson	4m 81cm	27-Nov-10	Triple Jump	Paul Utia	10m 66cm	2-Nov-02
Triple Jump	Erika Vredenbregt	10m 23cm	9-Feb-08	High Jump	Paul Utia	1m 52cm	16-Mar-91
High Jump	Catherine Cherry	1m 50cm	27-Feb-93	Shot 3Kg	Adrian Day	10m 23cm	1-Apr-81
Shot Put 2Kg	Brooke Crampton	11m 59cm	28-Oct-95	Discus 750g	Thomas Walter	31m 19cm	20-Jan-90
Discus 750g	Brooke Crampton	31m 47cm	17-Feb-96	Javelin 400g	Simon McNally	32m 22cm	5-Feb-00
Javelin 400g	Brooke Crampton	25m 8cm	9-Mar-96				
U13 GIRLS				U13 BOYS			
100m	Megan Kelly	13.2s	7-Oct-00	100m	Matthew Beckenham	12.4s	5-Nov-88
200m	Megan Kelly	27.7s	9-Dec-00	100m	Luke Pentony	12.4s	10-Feb-90
400m	Annabel Laing	1m 3.8s	5 Mar-10	200m	Drew Buckley	25.8s	7-Dec-02
800m	Emma Fahey	2m 31.5s	7-Feb-96	400m	Matthew Beckenham	57.1s	4-Mar-89
1500m	Hayley Barry	5m 19.8s	18-Feb-95	800m	Matthew Beckenham	2m 18.8s	25-Feb-89
1500m Walk	Karina Hopkins	7m48.6s	29-Jan-10	1500m	Brett O'Malley	5m 11.1s	14-Mar-87
80m Hurdles	Megan Still	14.3s	15-Feb-86	1500m Walk	Zane Bijorac	6m 23.4s	22-Feb-14
200m Hurdles	Andrea Thompson	30.5s	10-Mar-12	80m Hurdles	Zachary Robb	14.77s	08-Nov-14
Long Jump	Andrea Thompson	5m 24cm	10-Mar-12	200m Hurdles	Zachary Robb	30.9s	21-Feb-15
Triple Jump	Erika Vredenbregt	10m 70cm	17-Jan-09	Long Jump	Matthew Beckenham	5m 53cm	11-Feb-89
High Jump	Erika Vredenbregt	1m 53cm	31-Jan-09	Triple Jump	Matthew Beckenham	11m 85cm	25-Feb-89
Shot 3Kg	Brooke Crampton	10m 99cm	8-Mar-97	High Jump	Aaron Cherry	1m 58cm	15-Mar-92
Discus 750g	Brooke Crampton	35m 75cm	15-Mar-97	Shot 3Kg	Wade Ganzerla	11m 99cm	25-Mar-06
Javelin 400g	Sally Chapman	31m 41cm	7-Oct-00	Discus 1Kg	Christie Player	31m 43cm	16-Mar-96
				Javelin 600g	Jason McNally	29m 65cm	1-Mar-97
U14 GIRLS				U14 BOYS			
100m	Stephanie Pollard	12.6s	15-Nov-08	100m	Matthew Beckenham	11.6s	25-Nov-89
200m	Stephanie Pollard	26.2s	17-Jan-09	200m	Patrick Elliott	24.3s	1-Feb-03
400m	Brooke West	1m 3.9s	15-Dec-07	400m	Matthew Beckenham	54.5s	13-Jan-90
800m	Hayley Barry	2m 28.4s	4-Nov-95	800m	Matthew Beckenham	2m 15.4s	10-Mar-90
1500m	Hayley Barry	5m 6.0s	2-Mar-96	1500m	Ben Sharpe	4m 49.6s	1-Mar-97
1500m Walk	Kristy Giteau	7m 35.1s	12-Nov-94	1500m Walk	Thomas Hopkins	7m 27.1s	22-Oct-11
80m Hurdles	Stephanie Pollard	13.5s	25-Oct-08	90m Hurdles	Samir Banjavcic-Booker	12.8s	8-Feb-03
200m Hurdles	Annabel Laing	30.2s	10-Mar-12	200m Hurdles	Benjamin Cassie	28.8s	24-Nov-12
Long Jump	Andrea Thompson	5m 36cm	15-Dec-12	Long Jump	Matthew Beckenham	6m 7cm	17-Mar-90
Triple Jump	Caitlin Hanna	10m 78cm	14-Feb-15	Triple Jump	Matthew Beckenham	12m 27cm	12-Mar-90
High Jump	Lauren Cappello	1m 53cm	16-Oct-99	High Jump	Aaron Cherry	1m 70cm	12-Dec-92
Shot 3Kg	Sally Chapman	11m 29cm	18-Jan-02	High Jump	Chris Thompson	1m 70cm	4-Mar-95
Discus 1Kg	Brooke Crampton	30m 31cm	8-Nov-97	Shot 3Kg	Brett Murray	9m 40cm	21-Feb-15
Javelin 600g	Sally Chapman	27m 42cm	11-Jan-02	Shot 4Kg	Aaron Cherry	12m 90cm	7-Nov-92
Javelin 400g	Hannah McPherson	20m 50cm	07-Mar-15	Discus 1Kg	Luke Martin	38m 55cm	2-Feb-91
				Javelin 600g	Jason McNally	43m 28cm	25-Oct-97
U15 GIRLS				U15 BOYS			
100m	Carla Fahey	13.1s	12-Feb-00	100m	Matthew Beckenham	11.4s	13-Oct-90
100m	Stephanie Pollard	13.1s	21-Nov-09	200m	Matthew Beckenham	24.3s	1-Dec-90
200m	Andrea Thompson	26.28s	09-Nov-13	200m	Patrick Elliott	24.3s	23-Jan-04
400m	Erin Lenon	1m 3.0s	18-Mar-95	400m	Matthew Beckenham	52.0s	3-Nov-90
800m	Erin Lenon	2m 26.6s	22-Oct-94	800m	Luke Francombe	2m 15.9s	3-Feb-01
1500m	Erin Lenon	5m 4.7s	18-Feb-95	1500m	Chris Puleston	4m 39.0s	17-Mar-90
1500m Walk	Belinda Rakowski	7m 47.3s	26-Nov-88	1500m Walk	Thomas Hopkins	7m 8.0s	17-Nov-12
90m Hurdles	Stephanie Pollard	14.9s	19-Dec-09	100m Hurdles	Sean Preston	16.3s	25-Nov-00
200m Hurdles	Imogen Laing	29.28s	09-Nov-13	200m Hurdles	Thomas Hopkins	29.5s	16-Feb-13
Long Jump	Belinda King	5m 4cm	16-Mar-96	Long Jump	Matthew Beckenham	6m 12cm	3-Nov-90
Triple Jump	Yasmine Barry	10m 63cm	15-Mar-03	Triple Jump	Matthew Beckenham	12m 40cm	9-Feb-91
High Jump	Stephanie Pollard	1m 56cm	19-Dec-09	High Jump	Aaron Cherry	1m 81cm	6-Nov-93
Shot 3Kg	Sally Chapman	11m 62cm	15-Mar-03	Shot 4Kg	Tim Woods	14m 41cm	4-Mar-00
Discus 1Kg	Sally Chapman	32m 17cm	22-Feb-03	Discus 1Kg	Matthew Beckenham	42m 21cm	16-Feb-91
Javelin 600g	Sally Chapman	29m 48cm	19-Oct-02	Javelin 600g	Mark Chapman	44m 3cm	7-Oct-00
Javelin 500g	Casey Johnston	25m20cm	12-Nov-11	Javelin 700g	Sebastian Palombi	20m 81m	14-Feb-15

U16 GIRLS				U16 BOYS			
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100m	Kassandra Henry	13.2s	23-Sep-06	100m	Kane Williams	12.0s	15-Feb-03
100m	Keira Doherty	13.2s	15-Nov-08	200m	Kane Williams	24.3s	15-Feb-03
200m	Andrea Thompson	26.05s	25-Oct-14	400m	Kane Williams	53.5s	14-Dec-02
400m	Emily Glover	1m 2.2s	30-Nov-02	800m	Paul McSmith	2m 7.7s	2-Feb-02
800m	Erinn Budnick	2m 40.0s	8-Feb-03	1500m	Paul McSmith	4m 24.8s	16-Mar-02
1500m	Erinn Budnick	5m 40.9s	1-Feb-03	1500m Walk	Tristan Kilpatrick	8m 27.9s	09-Oct-10
1500m Walk	Karina Hopkins	8m 48.75s	14-Dec-13	100m Hurdles	Benjamin Cassie	15.16s	29-Nov-14
100m Hurdles	Andrea Thompson	17.1s	08-Nov-14	200m Hurdles	Benjamin Cassie	27.22s	08-Nov-14
100m Hurdles	Kassandra Henry	17.1s	14-Oct-06	Long Jump	Benjamin Cassie	5m 61cm	15-Nov-14
200m Hurdles	Keira Doherty	30.7s	01-Nov-08	Triple Jump	Daniel Reid	11m 74cm	23-Jan-10
Long Jump	Andrea Thompson	5m 50cm	08-Nov-14	High Jump	Wade Ganzerla	1m 69cm	6-Dec-08
Triple Jump	Carrie Cole	10m 33cm	9-Dec-06	Shot 4kg	Benjamin Cassie	10m 10cm	08-Nov-14
High Jump	Lauren Cappello	1m 55cm	27-Oct-01	Shot 5Kg	Mark Chapman	11m 89cm	9-Mar-02
Shot 4Kg	Laura Maher	8m 43cm	17-Feb-07	Discus 1Kg	Benjamin Cassie	35m 86cm	07-Feb-15
Shot 3kg	Jessica McPherson	8m 6cm	12-Nov-11	Discus 1.5Kg	Mark Chapman	34m 18cm	27-Oct-01
Discus 1Kg	Sally Chapman	28m 3cm	20-Sep-03	Javelin 700g	Mark Chapman	51m 55cm	3-Nov-01
Javelin 600g	Linley Jenkins	22m 7cm	3-Nov-07				
Javelin 500g	Andrea Thompson	26m 62cm	08-Nov-14				
U17 GIRLS				U17 BOYS			
100m	Erinn Budnick	13.5s	13-Dec-03	100m	Paul McSmith	12.3s	9-Nov-02
200m	Erinn Budnick	27.5s	28-Feb-04	200m	Mark Chapman	24.5s	7-Dec-02
400m	Erinn Budnick	1m 4.7s	6-Mar-04	400m	Paul McSmith	54.6s	14-Dec-02
800m	Erinn Budnick	2m 40.0s	8-Feb-03	800m	Paul McSmith	2m 7.7s	2-Feb-02
1500m	Erinn Budnick	5m 40.9s	1-Feb-03	1500m	Paul McSmith	4m 24.8s	16-Mar-02
1500m Walk	Linley Jenkins	9m 41.4s	6-Dec-08	1500m Walk	Paul McSmith	8m 28.1s	17-Nov-01
100m Hurdles	Keira Doherty	18.0s	13-Mar-10	100m Hurdles	Paul McSmith	17.4s	23-Feb-02
200m Hurdles	Keira Doherty	32.0s	24-Oct-09	200m Hurdles	Joel Mortlock	28.2s	30-Oct-10
Long Jump	Keira Doherty	4m 70cm	19-Dec-09	Long Jump	Daniel Reid	5m 58cm	06-Nov-10
Triple Jump	Carrie Cole	10m 25cm	10-Nov-07	Triple Jump	Daniel Reid	12m12cm	05-Mar-10
High Jump	Lauren Cappello	1m 55cm	27-Oct-01	High Jump	Paul McSmith	1m 67cm	15-Dec-01
Shot 4Kg	Teleshay De Veau	8m 44cm	17-Feb-07	Shot 5Kg	Wade Ganzerla	13m 99cm	19-Dec-09
Shot 3Kg	Jessica McPherson	8m 18cm	16-Mar-23	Discus 1.5Kg	Mark Chapman	38m 64cm	2-Nov-02
Discus 1Kg	Sally Chapman	31m 14cm	20-Nov-04	Javelin 700g	Mark Chapman	51m55cm	3-Nov-01
Javelin 600g	Sally Chapman	33m 4cm	27-Nov-04				
Javelin 500g	Jessica McPherson	17m 43cm	10-Nov-12				



Season Captains Andrea Thompson and Ben Cassie

Season Event Calendar

Saturday 1 September	Registrations open online	Program
5-Sep-15	Registration afternoon at Wright Park 12 - 4pm	
13-Sep-15	Registration afternoon at Wright Park 12 - 4pm	
17-Oct-15	Come And Try Day (using a shortened week 1 program)	
24-Oct-15	First Full meet	Week 1
31-Oct-15	Normal meet	Week 2
7-Nov-15	Normal meet	Week 3
8-11-2015	ACTLAA 2014 Multi Event Carnival	
14-Nov-15	Normal meet	Week 1
21-Nov-15	<u>Queanbeyan Gift Days (QLAC at The Gift not Wright Park)</u>	
28-Nov-15	Normal meet	Week 2
5-Dec-15	Normal meet	Week 3
12-Dec-15	Normal meet	Week 1
13-Dec-15	ACTLAA relay Carnival	
19-Dec-15	Last meet for 2015	Week 2
23-Jan-16	Twilight Carnival (special event program tba)	
30-Jan-16	First meet for 2016	Week 3
6-Feb-16	Normal meet	Week 1
13-Feb-16	Normal meet	Week 2
20-Feb-16	Normal meet	Week 3
27-Feb-16	ACTLAA Regional Championships - Northside at Charnwood	
5-Mar-16	Normal meet	Week 1
12-Mar-16	Last meet for 2016	Week 2
19-Mar-16	ACTLAA State Championships – no QLAC meet	
26-Mar-16	Easter Saturday - no meet	
2-Apr-16	Fun morning and presentations	No competition





Keep up to date – check our website for all the latest information
www.qlac.org.au