



Queanbeyan Little Athletics Centre Handbook 2009–10

SEASON COMMENCES
Saturday, 19 September 2009
Under 6 athletes commence 17 October 2009

Family, Fun and Fitness

Little Athletics is a sport for children aged between 5 (at 30 March 2010) and less than 17 years (at 1 October 2009).

Queanbeyan Little Athletics Centre (QLAC), also known as Queanbeyan Lightning, is all about

Family - parents assisting with activities

Fun - the emphasis is on individual improvement rather than winning

and

Fitness - the athletes are involved in a range of activities to improve their fitness.

QLAC is affiliated with the ACT Little Athletics Association (ACTLAA) which means QLAC athletes Under 8 and up can compete against other clubs in the ACT region at major events to gain more experience or just to meet up with other athletes.

This handbook provides information about how QLAC operates during the season. Keep it handy for reference during the season.

Training

Training will be available on Monday and Wednesday afternoons at Wright Park from 4.30pm to 5.30pm (approx). Monday afternoons will be throws training only. Sessions will commence from Monday 19 October. Please check the notice boards for updates. It is a requirement that all athletes must have a parent in attendance at all training sessions. This is a great opportunity for parents to learn how to help their child in competition and how to assist at the events. Parents must also ensure that their children are well behaved during the sessions so that all athletes can achieve the most they can from these sessions. To assist with the purchase of training equipment, a gold coin donation is requested at each session. Parents will also be asked to fill in a medical form prior to commencing the first session.

What's new this season?

- Under 6s & 7s can no longer compete at ACTLAA events (i.e. Multi, Regionals and ACT Champs) and U6s cannot compete in the Relay Carnival. This will be extended to U8 athletes next year for ACTLAA carnivals and U7 for the Relay Carnival.
- All athletes must wear a QLAC Competition shirt on all competition days.
- A slight change to the program with boys and girls to compete in the same track events each week.

2009–10 COMMITTEE

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Vice-President	Joseph Ware 62979216
Secretary	Marnie McPherson 0434141714 marmac@comcen.com.au
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Age Group Manager Co-ordinator	Greg Garner 0448891078 ggarner@netspace.net.au
Chief Recorder	Joylene Cole 0409383638 cole351@bigpond.com

QLAC wishes to thank our major sponsor



Questions?

If at any time you have questions or comments about QLAC, please speak to any of the committee at Saturday morning competition or phone our President, Ken Hopkins on 6297 2634 or 0401 298 565 or by email kglhopkins@yahoo.com.au. Questions can also be sent to info@qlac.org.au. Also remember to visit our website www.qlac.org.au for information on upcoming events.

If your contact detail change, please inform our registrar at registrar@qlac.org.au or see Caroline Kelly on competition days.

Correspondence Address:
PO BOX 1131 QUEANBEYAN NSW 2620

Help us make the decisions

QLAC committee meetings are held the 3rd Tuesday of every month at the Queanbeyan Bowling Club, Crawford St, 7pm. Everyone is welcome!

If you have any suggestions, ideas, comments, etc that may assist in the overall enjoyment and smooth operation of the Club, please voice your opinions to committee members or come to one of our meetings.

Contents

Uniforms	3
Footwear	3
Keeping you informed	3
Saturday morning routine	4
Map of Wright Park	5
QLAC Carnival	6
On Track for Under 6s	6
Safety around the field	7
Parents – how you can help	8
Field Events	9
Shot put	9
Discus	9
Turbojav	10
Javelin	11
Long Jump	12
Triple jump	12
High jump	13
Track events	13
Hurdles	13
Race walk	14
Improvement patches	15
QLAC Records	16
Selection Guidelines for ACT Teams	20
Presentation day	21
Major club awards	21
Age Group awards	22
Other competitions and carnivals	23
ACTLAA Multi-event Carnival	23
ACTLAA Relay Carnival	23
ACTLAA Regional Championships	23
ACT State Championships	23
Queanbeyan Junior Gift	23
QLAC 2009-10 Calendar	24

All information in this handbook is to be used as a guide only and is subject to change. Full competition rules and guides can be found from our website.

Uniforms

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. Our uniform shop is stocked with most items, but crop tops and bike shorts do require ordering. Payment must accompany any order. Uniforms are available for purchase on all Saturday competition mornings, from the back of the canteen. Full payment of all orders is required at the time of ordering. If possible, please put orders in ASAP as it takes a couple of weeks for items to be made.

At registration each athlete will be given two cloth numbers, these are very important. The patches are to be sewn or pinned onto the QLAC competition shirt. The small patch refers to the athlete's age group and should be sewn onto the top right hand side of their shirt. The large patch is your ACT Little Athletics Association (ACTLAA) 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. It is suggested that three sides of the registration number be sewn onto the shirt leaving the top open for the athlete to hold their tickets until they can be put in a more secure place. The IGA sponsors badge should also be sewn on the shirt above the QLAC logo.



Footwear

Athletes competing in all ACTLAA 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 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.

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.

Uniform Pricelist

Bottle green/white competition shirts	
Sizes: 8-18 kids	\$20.00
Adult sizes: by order only	\$24.00
Bottle green/white polo shirts for parents by order only	\$25.00
Bottle green bucket hats with embroidered club logo	\$15.00
Sizes: Small, Small/Medium, Large/X-large	
Cotton lycra crop tops - racer back style - white with bottle green side panels.	\$25.00
All kids and adults sizes (by order only)	
Bottle green/white lycra hair scrunchies	\$4.00

Some additional items such as shorts in limited size ranges are also available for purchase.

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 find out what events your child will be competing in each week.

Our Communications Officer will from time to time send out relevant information via e-mail. Please ensure your e-mail address is kept up-to-date with our registrar (registrar@qlac.org.au).

Records and achievements are recognised in our club newsletter, Track Attack, and the Queanbeyan Age. At times however, some athletes may be inadvertently overlooked. If this occurs, please advise us by sending an e-mail to info@qlac.org.au.

Also at Wright Park there is a noticeboard near the announcer's tent for changes to the program and another board near the canteen for upcoming events. It is a good idea to check both noticeboards each competition day for last minute changes.

If your child participates in athletics or related sports carnivals and experiences individual or team success, please notify info@qlac.org.au for inclusion in the Club Newsletter and Queanbeyan Age.

We are very lucky to receive very good coverage of Saturday morning competition from the photographer for the Queanbeyan Age. Photographs that appear in the paper may be purchased from the Queanbeyan Age office in Monaro St.

Saturday morning routine

Athletes will compete in all events over a two week period as per the program below. Please see the calendar at the back of this Handbook for the week in which program will run.

The order that events will be run will be placed on the notice board each Saturday morning. This program may change depending on the weather conditions and the state of the track. Events such as high jump and hurdles cannot take place if the grass is too slippery.

If it is raining on the morning, please see the News page of our website to see if the meet is cancelled. We also try to have cancellations broadcast on radio

stations QBYN FM 96.7, FM104.7, FM106.3, 2CC or 666 ABC.

Athletes are to compete in their own age group but where numbers are small the Officials may combine age groups, particularly for the longer events.

Competition commences at 8.30am for all athletes. It is advisable to arrive before this time in order to warm-up prior to competition.

Our aim is to have all events completed as close as possible to 12 noon. However, this depends on the number of athletes competing and the assistance we receive from parents.

Program A

U6	On Track	200m	50m	B: Discus G: Shot Put	B: Long Jump G: Turbo		
U7		100m	200m	50m	B: Discus G: Shot Put	B: Long Jump G: Turbo	
U8		100m	200m	50m	B: Discus G: Shot Put	B: Long Jump G: Turbo	
U9	Walk	100m	200m	800m	B: Discus G: Shot Put	B: Long Jump G: Turbo	
U10	Walk	100m	200m	800m	B: Discus G: Shot Put	B: Long Jump G: Turbo	B: High Jump
U11	Walk	100m	200m	800m	B: Discus G: Shot Put	B: Long Jump G: Javelin	B: High Jump G: Triple Jump
U12	Walk	100m	200m	800m	B: Discus G: Shot Put	B: Long Jump G: Javelin	B: High Jump G: Triple Jump
U13-U17	Walk	100m	200m	800m	B: Discus G: Shot Put	B: Long Jump G: Javelin	B: High Jump G: Triple Jump

Program B

U6	On Track	70m	100m	B: Shot Put G: Discus	B: Turbo G: Long Jump		
U7	Hurdles	70m	100m	B: Shot Put G: Discus	B: Turbo G: Long Jump		
U8	Hurdles	70m	100m	B: Shot Put G: Discus	B: Turbo G: Long Jump		
U9	Hurdles	70m	400m	B: Shot Put G: Discus	B: Turbo G: Long Jump	B: High Jump G: High Jump	
U10	1500m	Hurdles	70m	400m	B: Shot Put G: Discus	B: Turbo G: Long Jump	G: High Jump
U11	1500m	Hurdles		400m	B: Shot Put G: Discus	B: Javelin G: Long Jump	B: Triple Jump G: High Jump
U12	1500m	Hurdles		400m	B: Shot Put G: Discus	B: Javelin G: Long Jump	B: Triple Jump G: High Jump
U13-U17	1500m	Hurdles	200m Hurdles	400m	B: Shot Put G: Discus	B: Javelin G: Long Jump	B: Triple Jump G: High Jump

Where to go at Wright Park

Different coloured flags (red, yellow, purple, blue, orange, green) are placed around Wright Park to indicate where athletes assemble for a particular event. Announcements via the loud speaker system are made throughout the morning calling athletes to a particular flag to meet their Age Group manager for the next event (for example, under 9 girls to the red flag for the 50m). Two calls are made 5 minutes apart, after which the event will commence.

Marshalling to the flags is as follows:

Red flag - short distance races, hurdles, younger ages shot put

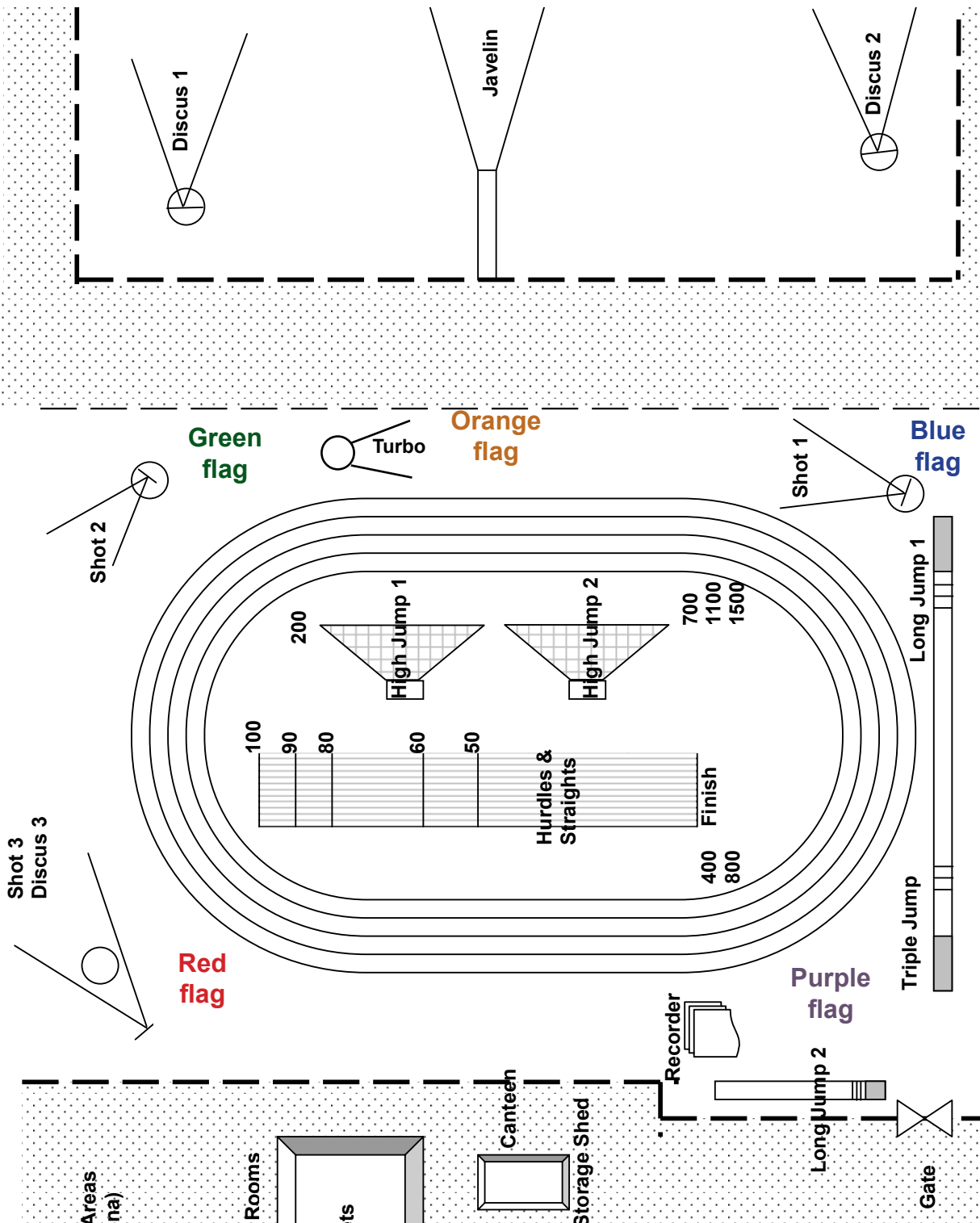
Purple flag - 400m, 800m, triple jump, long jump for younger age groups

Blue flag - longer distance runs, shot put, meeting place for discus, long jump for older age groups

Orange flag - turbo jav for younger age groups, meeting place for high jump and javelin

Green flag - shot put, meeting place for discus

WRIGHT PARK ATHLETICS FIELD - QUEANBEYAN



Competitions in January

Two twilight competition evenings are proposed to be held on Saturday January 9 & 16 with events commencing at 5pm and concluding at approximately 8pm. Details will be confirmed closer to the end of the year.

Relay events

Relay races are not part of the regular events program but are 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

We will again be holding a formal competition for Queanbeyan athletes over the Saturdays 6 and 13 March 2010. This will allow all athletes to experience competition conditions especially those athletes not entering the Northside Regional Championships. All events will be run under ACTLAA rules with heats and a final conducted for running events and qualifying rounds for throwing events. Ribbons will be awarded to 1st, 2nd and 3rd place getters in each event.

On Track for Under 6s

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 intimately involved in assisting with the activities. This program does not start until 17 October 2009.

Record of performance

At the end of each event athletes will receive a ticket showing their performance in that event. These should be pasted into the Achievement Book that was provided at registration. The Achievement Book allows the athlete to monitor their performances.

For track events, athletes need to take their ticket to the recording table where the time is recorded in the results book. The athlete retains the ticket for their own recording. Athletes do not need to take their tickets for field events to the recording table as the results are recorded on the Field Event Recording Sheet.

Code of behaviour/ethics for 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.

Safety around the running track

Please treat the track like a busy road, look before you cross and do not let little ones 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. In addition, spectators are not allowed within 20m of the finish line, as crowding near this area makes the job of the timekeepers more difficult. Timekeepers need to be able to see the starter, so please do not stand too close to the track and avoid standing in areas between these officials.

Safety 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. Remember we are dealing with children learning these events so some throws can be rather unpredictable. Keep yourself and small children clear of the entire area when an event is in progress.

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.

Sun smart Policy

The ACT Little Athletics Association 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, ACTLAA will model and promote sun protective behaviours to its members.

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 practising the Slip, Slop, Slap "SunSmart" behaviours during general sponsorship/grant activities.

Smoke Free Policy

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 will model SmokeFree behaviours to its members.

We will:

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

Alcohol

ACTLAA 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 ACTLAA. For the purposes of this policy, activity includes but is not limited to Centre organised competition, Centre or ACTLAA managed carnivals or championship events, regular coaching sessions, coaching clinics, education clinics, 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 ACTLAA Code of Behaviour, and subject to disciplinary action by the ACTLAA Board of Management where the activity is organised by ACTLAA and by the member's centre for other activities.

Non-medically prescribed drugs

ACTLAA 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 ACTLAA forum. The use of drugs at ACTLAA sanctioned activity, as defined under alcohol, shall be deemed to be a serious breach of the ACTLAA Code of Behaviour. Any person found to be using drugs or under the influence of drugs during the conducting of ACTLAA 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.

Parents – how you can help

Finishing the Saturday morning competition at a reasonable hour depends on assistance from parents. We will have Age Group Managers 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 Group Manager, please talk to our age group manager coordinator Greg Garner.

While we have Age Group Managers, they still need helpers at events to mark and measure the throws or jumps, rake the long jump pit, and carry out some crowd control. Most assistants enjoy being part of their child's activities and the children love to see Mum and Dad there supporting them.

Over the next few pages of this handbook is information on each event and how parents can assist at that event to make the competition run smoother and faster.

Assistance at recording

Recording the athlete's results each competition day is an important task. Without this system we would not be able to calculate improvement points and determine end of season awards. We are seeking assistance from people to help out at the recording desk each competition day. If you have young children to supervise which makes helping out on the other activities difficult, then this is the job for you, as the kids can be beside you at the recording desk. This job involves recording the times that athletes achieve in the track events in the recording books, giving out the McDonald's Awards and awarding Improvement Patches.

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.

First Aid assistance

If you hold a first aid certificate and would like to assist with providing first aid to injured athletes on competition days, please see Ken at announcing or any committee member.

Code of behaviour/ethics for 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 to 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.

Code of behaviour for spectators

Spectators attending ACTLAA 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 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.

Field event guides

Shot put

A shot is a circular metal ball that athletes have to 'put' (pushing motion) as far as they can. The following are the weights of shot used by each age group.

U6 & U7	1 kg Blue
U8	1.5kg Yellow
U9–U11 & U12 Girls:	2kg Orange
U12–U13 Boys & U13–U15 Girls:	3kg White
U14–U15 Boys, & U16–U17 Girls:	4kg Red
U16–U17 Boys:	5kg Green

Each competitor can have up to three attempts depending on the time available. The athlete should stand side on with feet shoulder width apart. The shot should sit at the base of the fingers. The thumb and little finger rest around the sides of the shot and the three middle fingers are at the back. Sit the shot in the curve of the neck just behind or on the upper part of the jaw (not on the cheek or ear). To put the shot, keep the elbow up so that the hand does not drop during the put (does not allow the shot to come away from the neck). The put should end with the thumb pointing down and palm facing out.

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 ACTLAA throws are measured after each throw).

Basic rules

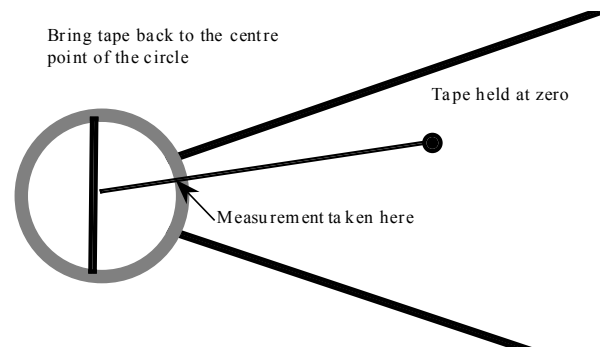
- The shot can only be put with one hand
- The shot cannot be thrown like a ball
- Athletes must commence the action from a stationary position inside the circle - meaning they cannot do a run up from outside the circle
- The athlete must not leave the circle until the shot has landed
- Athletes can enter the circle from any direction (front or back) but must exit from the back half of the circle.

A foul will be recorded if

- the shot lands on or outside the sector lines
- the hand drops away from the neck during the putting action
- the shot is put from behind the line of the shoulder
- the shot is thrown like a ball
- the athlete leaves the circle in an uncontrolled manner
- any part of the athlete's body touches the top (not the inside edge) of the stop board
- any part of the athlete's body touches the outside of the circle during the putting action
- the athlete walks out the front half of the circle

Measurement

Measurement is from the nearest edge of the landing mark of the shot to the inside of the stop board. The zero end of the tape goes out to where the shot lands. The tape needs to be pulled directly back through 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?

Two parents are required to assist, one to retrieve the shot after each put and place it at the edge of the circle ready for the next athlete and the other to place the markers to show where each shot fell. Waiting athletes should be kept well clear of the circle.

Discus

A discus is an implement in the shape of a plate that the athlete has to throw as far as they can. The discus can be made of rubber, wood and metal or plastic and metal. The following are the weights of shot used by each age group.

U6 & U7 Boys and Girls:	350g
U8 to U10 Boys & Girls:	500g
U11 & U12 Boys & Girls, U13 Girls:	750g
U13 to U15 Boys, U14 to U17 Girls:	1kg
U16 & 17 Boys:	1.5kg

Flat soled shoes are best for this event. Each competitor can have up to three attempts depending on the time available.

The following is the technique for throwing the discus, however, it takes time and practice to perfect it. As long as the athlete throws the discus in a safe manner, anything goes.

The athlete should stand side on to the throwing area with their feet shoulder width apart. If the athlete is right-handed, then the right side of their body should be towards the back of the circle, visa versa for left-handed athletes. The hand is spread over the discus with the pads of the fingers just over the edges. The thumb should gently rest at the back of the discus. The discus is released out of the front of the hand, off the index finger, with the arm being extended. The discus may be thrown underarm which is easier for younger athletes. The correct technique will however, achieve greater distances.

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 ACTLAA throws are measured after each throw).

Basic rules

- Athletes must commence the action from a stationary position inside the circle - meaning they cannot do a run up from outside the circle.
- The athlete must not leave the circle until the discus has landed.
- If the discus hits the cage, bounces off and lands inside the sector lines, this is not a foul.
- Athletes can enter the circle from any direction (front or back) but must exit from the back half of the circle.

A foul will be recorded if

- the discus lands on or outside the sector lines
- the athlete leaves the circle in an uncontrolled manner
- any part of the athlete touches the ground outside of the front of the circle during the throw
- the athlete walks out the front half of the circle

Measurement

Measurement is from the nearest edge of the landing mark of the discus to the inside edge of the circle. The zero end of the tape goes out to where the discus lands. The tape needs to be pulled directly back through 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?

Two parents are required to assist, the first to retrieve the discus after each throw and return it to the throwing circle (the discus is not to be thrown back to the cage) and the second to place markers to show where each discus fell.

Turbojav

Turbojav is designed as a step toward the introduction of javelin in Under 11s. As part of this process, the event is run with normal javelin rules, but with the lighter and safer turbojav. Please note that this event is not a competition event at ACT Little Athletics competitions.

Spikes are NOT to be worn for this event. Each competitor can have up to three attempts depending on the time available.

The turbojav must be held at the grip. The athlete should stand side on with the opposite foot to the throwing arm in front, with feet slightly wider than shoulder width apart. The turbojav is drawn back until the arm is close to being straight (without the elbow being locked). The turbojav should be parallel

to the shoulders with the tip pointing forward at eye level.

To begin the throw, turn the chest to the front and bring the throwing arm through, leading with the elbow (as if throwing a ball over the shoulder, not sidearm). At all times the turbojav is above shoulder height, with the tip pointing forward.

Beginners should throw from a standing start and can then progress to a controlled three to five steps.

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.

Basic rules

- The turbojav must be released from over the shoulder.
- The tip of the turbojav must strike the ground first.
- The athlete must leave the throwing area from behind the throwing arc.

A foul will be recorded if

- the turbojav is thrown underarm, slung or hurled
- the turbojav lands on or outside the sector lines
- the athlete touches the lines marking the runway during their throw
- the athlete crosses the throwing arc, marking the end of the runway, during the throw
- the athlete leaves the runway before the turbojav has landed
- the athlete turns their back to the landing area during the throw
- the turbojav does not land point first
- the athlete leaves the runway on or in front of the extension lines from the arc.

Measurement

Measurement is from where the tip of the javelin first strikes the ground to the inside edge of the runway arc. The zero end of the tape goes out to where the javelin lands. 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 Event Manager. 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.

Javelin

A javelin is a metal or fibreglass implement in the shape of a spear, which the athlete has to throw as far as they can. The following are the weights of javelin for each age group.

U11, U12 & U13 Girls	400g
U13 to U15 Boys, U14 to U17 Girls	600g
U16 & 17 Boys	700g

Spikes may be worn for this event. Each competitor can have up to three attempts depending on the time available.

There are three types of grip:

- Claw or V grip where the javelin is gripped between the index and middle finger
- 1st finger grip where the javelin is gripped between the first finger and the thumb
- 2nd finger grip where the javelin is gripped between the second finger and thumb.

Regardless of the type of grip, the javelin should be held diagonally across the palm.

The athlete should stand side on with the opposite foot to the throwing arm in front, with feet slightly wider than shoulder width apart. The javelin is drawn back until the arm is close to being straight (without the elbow being locked). The javelin should be parallel to the shoulders with the tip pointing forward at eye level.

To begin the throw, turn the chest to the front and bring the throwing arm through, leading with the elbow (as if throwing a ball over the shoulder, not sidearm). At all times the javelin is above shoulder height, with the tip pointing forward.

The run-up for beginners should be a controlled three to five steps.

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 ACTLAA throws are measured after each throw).

Basic rules

- The javelin must be released from over the shoulder.
- The tip of the javelin must strike the ground first.
- The javelin does not need to stick in the ground to be a valid throw.
- The athlete must leave the throwing area from behind the throwing arc.

A foul will be recorded if

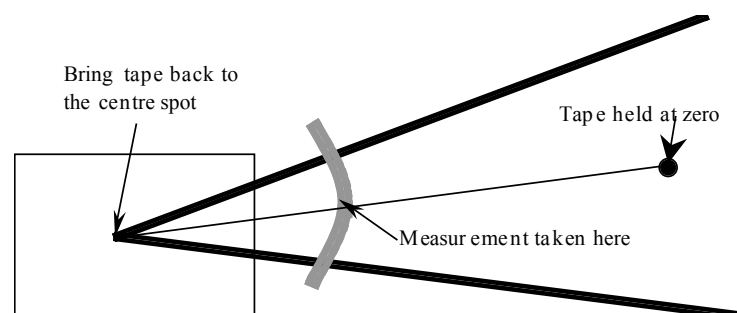
- the javelin is thrown underarm, slung or hurled
- the javelin lands on or outside the sector lines
- the athlete touches the lines marking the runway during their throw
- the athlete crosses the throwing arc, marking the end of the runway, during the throw
- the athlete leaves the runway before the javelin has landed
- the athlete turns their back to the landing area during the throw
- the javelin does not land point first
- the athlete leaves the runway on or in front of the extension lines from the arc.

Measurement

Measurement is from where the tip of the javelin first strikes the ground to the inside edge of the runway arc. The zero end of the tape goes out to where the javelin lands. The measuring tape is pulled straight back through the 8m point on the runway. 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?

Two parents are required, the first to retrieve the javelin after each throw and return it to the beginning of the runway, and the second to place markers to show where each javelin fell. A parent is also required to keep waiting athletes clear of the runway and path of the javelin.



Long jump

In long jump, athletes run up a track and jump from the take-off area into a pit of sand. Each athlete can have up to 3 attempts depending on the time available.

Take-off point

For U6 & 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 is set up 1m back from the edge of the pit and measures 1m x 1m.

For U10 to U12 the 'mat' of sand is set up 1m back from the edge of the pit and measures 1m x 1/2m .

For U13 to U17, the mat of sand is replaced by a 20cm wide white marking 1m back from the edge of the pit.

Run ups

An athlete can start from anywhere on the runway. A good guide for the length of the run-up is the athlete's age in strides plus or minus two strides. The aim is to be at maximum speed at the take off area.

A foul will be recorded if

- the athlete's foot goes over the front edge of the take-off area
- the athlete takes off from the board or mat with two feet
- the athlete after landing, walks back through the sand towards the take-off area
- any sort of somersault is used

Measurement

For U6 to U12, measurements are taken from the front of the foot imprint made in the take off area (sand mat) to the closest landing mark in the pit. 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 athlete takes off from behind the take-off area, measurement is taken from the back edge of the take-off area (sand mat) The measurement must be taken perpendicular to the take-off line or its extension.

For U13 to U17, regardless of whether the athlete takes off on or before the take-off area measurement is from the front of the take-off area to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.

The zero end of the tape is placed where the athlete lands. 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?

Three parents are required for this event to rake the pit after every 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

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. Athletes U11 and up compete in triple jump. Spikes may be worn. Each competitor can have up to 3 attempts depending on the time available.

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. However for U11 and U12 athletes a sand mat of 0.5m x 1m will be placed over the take off area. 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.

The athlete must inform the Official which board they will be taking off from before the start of their jump. They may change take-off points for any subsequent jump after informing the Official.

Run ups

An athlete can start from anywhere on the runway. A good guide for the length of the run-up is the athlete's age in strides plus or minus two strides. The aim is to be at maximum speed at the take off area.

A foul will be recorded if

- the athlete does not perform the hop, step, jump sequence
- the athlete does not finish the jump phase by landing in the pit
- The athlete's foot goes over the front edge of the take-off area
- the athlete takes off with two feet
- the athlete walks back through the sand towards the take-off area, after landing
- any sort of somersault is used

Measurement

For U11 & U12, measurements are taken from the front of the foot imprint made in the take off area (sand mat) to the closest landing mark in the pit. 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 athlete takes off from behind the take-off area, measurement is taken from the back edge of the take-off area (sand mat) The measurement must be taken perpendicular to the take-off line or its extension.

For U13 to U17, regardless of whether the athlete takes off on or before the take-off area measurement is from the front of the take-off area to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.

The zero end of the tape is placed where the athlete lands. 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?

Three parents are required for this event, one to rake the pit after every jump, and the others to hold the measuring tape at both ends for ensure accurate measurement.

High jump

Starting Heights

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

Spikes may be worn for this event. 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.

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.

Scissors

The scissor technique should be used by all beginning athletes. The athlete should start at an angle about 30 degrees to the bar, using an 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.

A foul will be recorded if

- the athlete takes off from two feet
- the athlete touches the landing area beyond the plane of the bar without clearing the bar

- the athlete knocks the bar off the supports. There is a common myth that if an athlete scrambles off the mat before the bar falls, then it is not a foul. This is incorrect. If the Chief Judge determines that the bar fell as a result of the athlete touching it on the way over, then it be a foul, regardless of where the athlete is when the bar eventually falls. It is up to the Chief Judge as to when they stop and steady a bar that is bouncing on the supports.

Measurement

The height is taken from the top of the bar as measured from the middle. The height is also checked at each end of the bar to ensure that it is level. Officials need to check the end heights every time the bar is raised and when someone is attempting a record.

The result of each jump is marked on the recording sheet. An '-' is used where the athlete did not attempt a height or has passed. A 'x' is used to indicate the athlete failed an attempt at the height. A 'o' is used to indicate the athlete was successful at the height.

How can parents help?

Two parents are required with this event to reposition the bar after each jump.

Track events

Hurdles

Hurdles is basically an extension of running. The first leg over the hurdle is called the 'lead leg' and the second leg over is called the 'trail leg'. To jump a hurdle the lead leg should go straight up (bent knee raised to chest), straight out (extend the leg over the hurdle), straight down over the hurdle (plant foot on the other side of the hurdle).

The trail leg should be lifted to the side with heel to bottom. Pull the knee around and through to the chest and then plant foot in the direction the athlete is running.

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

Age Group	Total Distance	No of Hurdles	Min. Height
U7, U8 & U9	60 Metres	6	45cm
U10 & U11	60 Metres	6	60cm
U12	60 Metres	6	68cm
U13 & U14 girls	80 Metres	9	76cm
U14 boys & U15 girls	90 Metres	9	76cm
U15 boys & U17	100 Metres	10	76cm
U13	200 Metres	5	68cm
U14 - U17	200 Metres	5	76cm

An athlete can be disqualified in hurdles if:

- in the opinion of the referee, an athlete deliberately knows down a hurdle by hand or foot
- an athlete interferes or impedes another athlete's performance
- an athlete goes under or around a hurdle
- an athlete jumps a hurdle not in their own lane.

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 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 field event.

Starting

For track events, the Age Group Manager will sort the athletes into lanes for the start of each race. The younger athletes will be encouraged to sit down in their lane groups while they wait for their race.

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

For all laned events (up to 400m), athletes line up one metre back from the start line. When ready, the starter will call them up to the line. The starter will then say 'on your marks'. This means the athlete should stand with feet shoulder width apart and place one foot forward pointing down the track. The starter will then say 'set' at which the athletes should bend at the hips and knees with the opposite arm forward to the leg that is forward. On 'go' the athlete drive arms and legs by stepping through with back foot first.

Athletes are then encouraged to run through the finish line to the cones which are placed a few metres past the finish. This way the athlete continues to power through the whole race.

Athletes should then return to the finish line to be placed in finishing order and to receive their ticket. Tickets for all running events need to be presented to the Recording Tent for recording.

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 for their use. It is the athletes 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.

Place judging

While the athletes' times are recorded by the timing gates or the handheld multi-timer, assistance is required at the finishing line to judge the order of

the athletes as they finish the race. It is easier if two parents are available to assist with this task. At the end of the race, Place judges should have the athletes line up in the order in which they finished to be handed their ticket showing their time. Please listen to the announcer for when these assistants are required.

Time keeping

In the event that the time gates do not function properly, we require some time keepers at the finish line. Training on the use of the stopwatches will be provided each competition day. Time keepers need to stand on the outside of the track in line with the finishing line.

Timing commences when you see the smoke from the gun not when you hear the bang. Press the left hand button on the top of the stopwatch as the torso of each athlete crosses the line.

While the stopwatch will record the time to two (2) decimal places, for hand timing we round up, e.g. if the time is 12.41 or 12.48, the time to write on the ticket is 12.5. Only when the athlete records a time of 12.40 or lower will the recorded time be 12.4. This is different to the times off the timing gates which will be recorded to two decimal places.

Race walk

U9	700m
U10 & U11	1100m
U12 - U17	1500m

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. The athlete should keep their head and body tall, allowing the arms to swing while keeping the shoulders relaxed and low. The basic action of the walk is a heel-toe action. The athlete lands on their heel and rolls forward on to their toes. From the time the heel hits the ground to the time the foot passes underneath the body, the leg must be straight.

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 the vertical upright position (ie directly underneath the body).

At QLAC we are fortunate to have official judges attending competition days when the walk is run. These judges may caution competitors when they are in danger of failing to comply with the rules. Athletes are allowed unlimited cautions.

Judges may also deliver a warning when the rules have been broken. At ACTLAA 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 slow the athlete down then let them continue rather than disqualifying them from the competition.

Improvement patches

Athletes will receive an improvement point each time they improve on their previous best performance in an event on QLAC competition days. For returning athletes, improvement points will be based on the best performance in the previous season where event specifications are unchanged.

For new athletes, new events and where event specifications have changed, improvement points will be based on performances in the current season. In the following table □ indicates events where last seasons best performance will carry over to be the starting point for this season's improvements, X indicates the event specifications have changed from the previous age group, while New indicates it is a new event for the age group.

Only performance at the normal Queanbeyan Centre competition will count for improvement points. The last competition day to contribute to improvement points is Saturday 20 February 2010.

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.

Table for improvement points

Age Group	50m	70m	100m & 200m	400m & 800m	1500m	Hurdles*	Walks
U6	New	New	New				
U7	□	□	□			New	
U8	□	□	□			□	
U9		□	□	New		□	New
U10		□	□	□	New	X	X
U11			□	□	□	□	□
U12			□	□	□	X	X
U13			□	□	□	X	□
U14G			□	□	□	□	□
U14B			□	□	□	X	□
U15			□	□	□	X	□
U17G			□	□	□	X	□
U17B			□	□	□	□	□

Age Group	Long Jump	High	Triple	Shot	Discus	Javelin	Turbo
U6	New			New	New		New
U7	□			□	□		□
U8	□			X	X		□
U9	□	New		X	□		□
U10	□	□		□	□		□
U11	□	□	New	□	X	New	
U12G	□	□	□	□	□	□	
U12B	□	□	□	X	□	□	
U13G	□	□	□	X	□	□	
U13B	□	□	□	□	X	X	
U14G	□	□	□	□	X	X	
U14B	□	□	□	X	□	□	
U15G	□	□	□	□	□	□	
U15B	□	□	□	□	□	□	
U17G	□	□	□	X	□	□	
U17B	□	□	□	X	X	X	

* plus for Under 13 to 17 the 200m Hurdles will be available

QLAC RECORDS

Under 7 Girls				Under 7 Boys			
50m	Megan Kelly	8.7s	24-Nov-94	50m	Daniel Kite	8.4s	18-Dec-83
50m	Grace O'Rouke	8.7s	16-Feb-02	70m	Matthew Beckenham	11.2s	12-Mar-82
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	Christie Player	7m 7cm	17-Mar-90
Shot Put	Stephanie Hunt	6m 58cm	18-Mar-00	Discus	Daniel Desousa	17m 95cm	18-Mar-95
Discus	Jessica Baldwin	13m 25cm	7-Feb-04	Turbo Javelin	Scott Price	11m 50cm	24-Nov-01
Turbo Javelin	Kahli Jensen	9m 85cm	13-Mar-04				
Under 8 Girls				Under 8 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	Daniel Kite	14.9s	10-Mar-84
200m	Megan Kelly	31.8s	2-Mar-96	100m	Matthew Beckenham	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	Brooke Crampton	7m 3cm	6-Nov-91	Long Jump	Matthew Beckenham	4m 7cm	10-Mar-84
Discus	Brooke Crampton	16m 33cm	25-Jan-92	Shot Put	Christie Player	9m 47cm	16-Mar-91
Turbo Javelin	Andrea Thompson	11m 60cm	17-Feb-07	Discus	Toby Daniel	20m 80cm	29-Feb-92
				Turbo Javelin	Lachlan Squire	15m 48cm	1-Nov-08
Under 9 Girls				Under 9 Boys			
70m	Megan Kelly	10.7s	8-Mar-97	70m	Matthew Turner	10.0s	22-Nov-97
100m	Kristy Giteau	15.3s	10-Feb-90	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	Carla Fahey	4m 23.3s	26-Feb-94	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
60m Hurdles	Victoria Chard	11.0s	14-Feb-04	60m Hurdles	Grant Smith	10.5s	25-Nov-89
Long Jump	Megan Kelly	3m 94cm	8-Feb-97	Long Jump	Matthew Beckenham	4m 22cm	13-Oct-84
High Jump	Andrea Thompson	1m 16cm	1-Mar-08	High Jump	Matthew Kaye	1m 25cm	12-Mar-88
Shot Put	Carla Fahey	6m 60cm	5-Feb-94	Shot Put	Christie Player	8m 12cm	25-Jan-92
Discus	Brooke Crampton	18m 10cm	14-Nov-92	Discus	Christie Player	24m 87cm	30-Nov-91
Turbo Javelin	Casey Johnston	12m 98cm	12-Nov-05	Turbo Javelin	Ryan Longridge	16m 37cm	25-Mar-06
Under 10 Girls				Under 10 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	Carla Fahey	6m 50.8s	4-Feb-95	1100m Walk	Michael Zovko	6m 50.7s	12-Oct-96
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-95	Long Jump	Roger Kenworthy	4m 93cm	6-Dec-80

Under 10 Girls cont				Under 10 Boys cont			
High Jump	Jenny O'Malley	1m 29cm	25-Jan-86	High Jump	Matthew Kaye	1m 39cm	4-Mar-89
High Jump	Jenny O'Malley	1m 29cm	1-Mar-86	Shot Put	Patrick Prior	9m 16cm	12-Feb-05
Shot Put	Brooke Crampton	8m 12cm	5-Mar-94	Discus	Thomas Walter	29m 16cm	13-Feb-88
Discus	Brooke Crampton	26m 45cm	12-Mar-94	Turbo Jav	Scott Price	21m 75cm	26-Feb-05
Turbo Javelin	Casey Johnston	16m 64cm	11-Nov-06				
Under 11 Girls				Under 11 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	Annabel Laing	1m 9.0s	1-Nov-08	200m	Thomas Gorman	28.7s	6-Mar-89
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	2s 33.5s	10-Mar-90
1100m Walk	Emma Fahey	6m 2.7s	5-Feb-94	1500m	James Townsend	5m 13.8s	1-Mar-86
1500m Walk	Hayley Barry	8m 27.5s	29-Jan-93	1100m Walk	Thomas Hopkins	6m 29.0s	14-Mar-09
60m Hurdles	Megan Still	11.0s	12-Nov-83	60m Hurdles	Matthew Kaye	10.2s	10-Mar-90
60m Hurdles	Michelle Backhouse	11.0s	10-Mar-90	Long Jump	Matthew Beckenham	4m 68cm	21-Mar-87
Long Jump	Megan Kelly	4m 39cm	13-Mar-99	Triple Jump	Simon Langi	9m 66cm	4-Mar-89
Triple Jump	Erika Vrednbregt	9m 75cm	10-Mar-07	Triple Jump	Adam King	9m 66cm	14-Oct-89
High Jump	Lauren Cappello	1m 36cm	15-Mar-97	High Jump	Thomas Gorman	1m 43cm	6-Mar-99
Shot Put	Brooke Crampton	10m 1cm	26-Nov-94	Shot Put	Tim Woods	10m 60cm	2-Mar-96
Discus	Brooke Crampton	29m 40cm	18-Mar-95	Discus	Thomas Walter	26m 75cm	4-Mar-89
Javelin	Erika Vrednbregt	24m 36cm	3-Mar-07	Javelin	Thomas Gorman	32m 0cm	13-Mar-99
Under 12 Girls				Under 12 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	Jill Walker	4m 75cm	3-Nov-90	Triple Jump	Paul Utia	10m 66cm	2-Nov-02
Triple Jump	Erika Vrednbregt	10m 23cm	9-Feb-08	High Jump	Paul Utia	1m 52cm	16-Mar-91
High Jump	Catherine Cherry	1m 50cm	27-Feb-93	Shot Put	Adrian Day	10m 23cm	1-Apr-81
Shot Put	Brooke Crampton	11m 59cm	28-Oct-95	Discus	Thomas Walter	31m 19cm	20-Jan-90
Discus	Brooke Crampton	31m 47cm	17-Feb-96	Javelin	Simon McNally	32m 22cm	25-Feb-00
Javelin	Brooke Crampton	25m 8cm	9-Mar-96				
Under 13 Girls				Under 13 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	Lauren Cappello	1m 4.9s	13-Mar-99	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	Emma Fahey	8m 4.9s	16-Mar-96	1500m	Brett O'Malley	5m 11.1s	14-Mar-87
80m Hurdles	Megan Still	14.3s	15-Feb-86	1500m Walk	Matthew Giteau	7m 35.1s	12-Nov-94
200m Hurdles	Erika Vrednbregt	32.2s	14-Mar-09	80m Hurdles	Matthew Pietch	14.8s	27-Feb-88
Long Jump	Jaymie Fulton	5m 1cm	16-Mar-96	200m Hurdles	Samual Broomby	37.2s	14-Mar-09
Long Jump	Erika Vrednbregt	5m 1cm	10-Jan-09	Long Jump	Matthew Beckenham	5m 53cm	11-Feb-89
Triple Jump	Erika Vrednbregt	10m 93cm	14-Mar-09	Triple Jump	Matthew Beckenham	11m 85cm	25-Feb-89

Under 13 Girls cont				Under 13 Boys cont			
High Jump	Erika Vredembregt	1m 53cm	31 Jan-09	High Jump	Aaron Cherry	1m 58cm	15-Mar-92
Shot Put	Brooke Crampton	10m 99cm	8-Mar-97	Shot Put	Wade Ganzerla	11m 99cm	25-Mar-06
Discus	Brooke Crampton	35m 75cm	15-Mar-97	Discus	Christe Player	31m 43cm	16-Mar-96
Javelin	Sally Chapman	31m 41cm	7-Oct-00	Javelin	Jason McNally	29m 65cm	1-Mar-97
Under 14 Girls				Under 14 Boys			
100m	Stephanie Pollard	12.8s	27-Sept-08	100m	Matthew Beckenham	11.6s	25-Nov-89
200m	Stephanie Pollard	26.6s	25-Oct-08	200m	Patrick Elliott	24.3s	1-Feb-03
400m	Keira Doherty	1m 4.3s	10-Mar-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	Matthew Giteau	7m 47.6s	7-Oct-95
80m Hurdles	Stephanie Pollard	13.5s	25-Oct-08	90m Hurdles	Samir Banjavcic-Booker	12.8s	8-Feb-03
200m Hurdles	Stephanie Pollard	30.2s	14-Mar-09	200m Hurdles	Kieran Schmidt	31.7s	14-Mar-09
Long Jump	Jaymie Fulton	4m 94cm	26-Oct-96	Long Jump	Matthew Beckenham	6m 7cm	17-Mar-90
Triple Jump	Louise Carter	10m 32cm	14-Mar-87	High Jump	Aaron Cherry	1m 70cm	12-Dec-92
High Jump	Lauren Cappello	1m 53cm	16-Oct-99	High Jump	Chris Thom	1m 70cm	4-Mar-95
Shot Put	Sally Chapman	11m 29cm	18-Jan-02	Shot Put	Aaron Cherry	12m 90cm	7-Nov-92
Discus	Brooke Crampton	30m 31cm	8-Nov-97	Discus	Luke Martin	38m 55cm	2-Feb-91
Javelin	Sally Chapman	27m 42cm	11-Jan-02	Javelin	Jason McNally	43m 28cm	25-Oct-97
Under 15 Girls				Under 15 Boys			
100m	Carla Fahey	13.1s	12-Feb-00	100m	Matthew Beckenham	11.4s	13-Oct-90
200m	Lauren Cappello	27.3s	12-Jan-01	200m	Matthew Beckenham	24.3s	1-Dec-90
400m	Erin Lenon	1m 3.0s	18-Mar-95	200m	Patrick Elliott	24.3s	23-Jan-04
800m	Erin Lenon	2m 26.6s	22-Oct-94	400m	Matthew Beckenham	52.0s	3-Nov-90
1500m	Erin Lenon	5m 4.7s	18-Feb-95	800m	Luke Francombe	2m 15.9s	3-Feb-01
1500m Walk	Belinda Rakowski	7m 47.3s	26-Nov-88	1500m	Chris Puleston	4m 39.0s	17-Mar-90
90m Hurdles	Naomi Mynott	15.5s	8-Feb-97	1500m Walk	Ben Horne	7m 28.2s	14-Mar-98
200m Hurdles	Brooke West	32.5s	18-Oct-08	200m Hurdles	Ashley Rudd	33.9s	14-Feb-09
Long Jump	Belinda King	5m 4cm	16-Mar-96	100m Hurdles	Sean Preston	16.3s	25-Nov-00
Triple Jump	Yasmine Barry	10m 63cm	15-Mar-03	Long Jump	Matthew Beckenham	6m 12cm	3-Nov-90
High Jump	Naomi Mynott	1m 52cm	8-Feb-97	Triple Jump	Matthew Beckenham	12m 40cm	9-Feb-91
Shot Put	Sally Chapman	11m 62cm	15-Mar-03	High Jump	Aaron Cherry	1m 81cm	6-Nov-93
Discus	Sally Chapman	32m 17cm	22-Feb-03	Shot Put	Tim Woods	14m 41cm	4-Mar-00
Javelin	Sally Chapman	29m 48cm	19-Oct-02	Discus	Matthew Beckenham	42m 21cm	16-Feb-91
				Javelin	Mark Chapman	44m 3cm	7-Oct-00
Under 16 Girls				Under 16 Boys			
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	Erin Budnick	27.3s	1-Feb-03	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	Keira Doherty	2m 39.8s	14-Mar-09	1500m	Paul McSmith	4m 24.8s	16-Mar-02
1500m	Erin Budnick	5m 40.9s	1-Feb-03	1500m Walk	Paul McSmith	8m 28.1s	17-Nov-01
1500m Walk	Keira Doherty	9m 21.8s	20-Dec-08	100m Hurdles	Kane Williams	15.2s	19-Oct-02
100m Hurdles	Kassandra Henry	17.1s	14-Oct-06	200m Hurdles	Wade Ganzerla	31.4s	6-Dec-08
100m Hurdles	Kassandra Henry	17.1s	9-Dec-06	Long Jump	Rian Toyer	5m 52cm	1-Nov-03
200m Hurdles	Keira Doherty	30.7s	1-Nov-08	Triple Jump	Paul McSmith	11m 64cm	9-Mar-02
Long Jump	Carrie Cole	4m 86cm	2-Dec-06	High Jump	Wade Ganzerla	1m 69cm	6-Dec-08
Triple Jump	Carrie Cole	10m 33cm	9-Dec-06	Shot Put	Wade Ganzerla	12m 95cm	7-Mar-09
High Jump	Lauren Cappello	1m 55cm	27-Oct-01	Discus	Mark Chapman	34m 18cm	27-Oct-01
Shot Put	Laura Maher	8m 43cm	17-Feb-07	Javelin	Mark Chapman	51m 55cm	3-Nov-01
Discus	Sally Chapman	28m 3cm	20-Sep-03				
Javelin	Linley Jenkins	22m 7cm	03-Nov-07				

Under 17 Girls				Under 17 Boys			
100m	Erin Budnick	13.5s	13-Dec-03	100m	Paul McSmith	12.3s	9-Nov-02
200m	Erin Budnick	27.5s	28-Feb-04	200m	Mark Chapman	24.5s	7-Dec-02
400m	Erin Budnick	1m 4.7s	6-Mar-04	400m	Paul McSmith	54.6s	14-Dec-02
800m	Erin Budnick	2m 40.0s	8-Feb-03	800m	Paul McSmith	2m 7.7s	2-Feb-02
1500m	Erin Budnick	5m 40.9s	1-Feb-03	1500m	Paul McSmith	4m 24.8s	16-Mar-02
1500m Walk	Kylie Granter	10m 2.4s	11-Nov-02	1500m Walk	Paul McSmith	8m 28.1s	17-Nov-01
100m Hurdles	Erin Budnick	18.6s	18-Oct-03	100m Hurdles	Paul McSmith	17.4s	23-Feb-02
100m Hurdles	Erin Budnick	18.6s	6-Mar-04	100m Hurdles	Paul McSmith	17.4s	23-Feb-02
Long Jump	Carrie Cole	4m 61cm	24-Nov-07	200m Hurdles	Chisala Mulenga	29.7s	14-Mar-09
Triple Jump	Carrie Cole	10m 25cm	10-Nov-07	Long Jump	Paul McSmith	5m 54cm	30-Nov-02
High Jump	Lauren Cappello	1m 55cm	27-Oct-01	Triple Jump	Paul McSmith	11m 64cm	9-Mar-02
Shot Put	Telesha De Veau	8m 44cm	17-Feb-07	High Jump	Paul McSmith	1m 67cm	15-Dec-01
Discus	Sally Chapman	31m 14cm	20-Nov-04	Shot Put	Mark Chapman	12m 80cm	7-Dec-02
Javelin	Sally Chapman	33m 4cm	27-Nov-04	Discus	Mark Chapman	38m 64cm	2-Nov-02
				Javelin	Mark Chapman	51m 55cm	3-Nov-01

Financing our operations

QLAC is committed to keeping registration fees as low as possible so that all children can take part. To achieve this aim, additional funds are raised from a number of sources.

Profits from the canteen provides some essential funding. The club also runs a number of raffles during the season and is intending to undertake a chocolate drive at the start of the season.

QLAC also has two major sponsors: Transact and Canberra Investment Corporation (CIC) who have supported us for some years now. We thank them for their ongoing support.

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.

The trailer that carries most of our equipment was purchased with the assistance of Ken Hopkins, Wayne Goodall and Auto Body Care.

We are also intending to run a Trivia Night during the season. Parents are encouraged to form a table of 8 and come along for a fun night out. Children over the age of 10 can also be part of your table. More details will be made available closer to the date (usually in Feb/March). Donations for prizes and raffles are most welcome to ensure this evening is a success.

Athletes Foot

The Athletes Foot is also providing great discounts to QLAC members through their Club Fit program. For each \$500 spent in the store, you will be rewarded with a voucher for \$50. There is no time limit on when purchases should be made. The Athlete's Foot will also provide a percentage of sales back to QLAC. So please make your purchases through their stores in Belconnen, the Canberra Centre or Woden.

IGA

As part of an Australian Little Athletics agreement, we are fortunate to have SUPA IGA Karabar as a proud sponsor of QLAC. Recently we were presented with a cheque for \$3,500, 1st prize in the NSW/ACT 2008–09 docket competition. This competition will be held again this season and we will be participating again. Please help us by shopping at IGA Karabar and leaving your receipt in the boxes provided. These receipts are collected and tallied daily by committee members.

In addition, SUPA IGA have kindly donated snack packs to all registered athletes and will also be assisting with our BBQs on Saturdays throughout the season.



Selection guidelines for Under 13 ACT Team

The following criteria shall apply for the selection of U13 ALAC Teams representing the ACTLAA. Selections will be based on:

- 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 ACTLAA 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.
- Special consideration may be given to athletes who miss the Regional Championships and/or the ACTLAA State Championships through illness/injury (and have a medical certificate indicating they will be fit to compete at ALAC) or compelling reasons deemed appropriate by the Selection Panel. An athlete must present certificates and other supporting information to the Panel either prior to or on the day of the Regional or ACT State Championships.

Past ACTLA U13 State Team Reps

2008–09 Ally Durr, Jessica McPherson & Erika Vredembregt

2007–08 Stephanie Pollard & Keiran Schmidt

2006–07 Brooke West, Amy Jenkins, Emily McPherson & Ashley Rudd

2005–06 Wade Ganzerla & Keira Doherty

2003–04 Isabel McCormick & Laura Maher

Selection guidelines for Under 15 Multi-Event ACT Team

- 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 U15's 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:

(a) Athletes must have completed, signed and returned, via their Club/Centre, the nomination form by the required date to be considered for selection.

(b) All athletes will be expected to qualify for and compete in the ACTLAA 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.
- Special consideration may be given to athletes who miss the Regional Championships and/or the ACTLAA State Championships or the MEC Trials through illness/injury (and have a medical certificate indicating they will be fit to compete at ALAC) or compelling reasons deemed appropriate by the Selection Panel. An athlete must present certificates and other supporting information to the Panel either prior to or on the day of the Regional, ACT State Championships or the MEC

Past ACT U15 Team Multi Events Reps

2007–08 Wade Ganzerla

2005–06 Kassandra Henry

2003–04 Patrick Elliott & Samir Banjavcic-Booker

Selection guidelines for Under 14 ACT Australia Cup Team

Same as for Under 13

Past ACT U14 Team Australia Cup Reps

2008–09 Stephanie Pollard

2007–08 Ashly Rudd, Will Boyd, Kate Harris & Emily McPherson

If you have an U13, U14 or U15 athlete that may be interested in nominating for these teams, please see Marnie McPherson as soon as possible. Assisting with fundraising is a requirement if seeking any financial assistance from QLAC to attend the events.

Presentation day

At the end of the athletics season a QLAC Presentation Day will be held to present the Major Club awards and trophies and the Age Group awards. All athletes who do not receive a major age group award will receive a trophy in recognition of their efforts. Certificates from ACTLAA will also be presented to athletes provided they have competed after Christmas. The date and venue for the Presentation Day has not yet been set. Please visit our website for details towards the end of the season. The Presentation Day usually occurs in April.

To be eligible for awards, athletes must have competed in at least 50% of QLAC events.

Major club awards

Outstanding athletes at ACTLAA Championships

(2 Awards, 2 perpetual trophies)

These awards go to the boy and girl athletes with the best performances at the ACTLAA State Championships. This is to be determined by the total number of points the athlete gains at ACTLAA State Championships, plus an additional 17 points for each ACTLAA State Championship record that is set, divided by the maximum number of events permitted for the age group. The additional points for ACTLAA Championship Records will only be awarded if the ACTLAA record is equal to or better than the athlete's season best performance at QLAC competition.

Endeavour Award

(1 Award, 1 perpetual trophy)

This award goes to the U13–U17 athlete who was seen to be consistently trying their best and displayed cooperation in the spirit of Little Athletics.

Sportsmanship Award

(2 Awards, 2 perpetual trophies)

These awards go to one boy and one girl who displayed good sportsmanship at all times during the season.

TAB Encouragement Award

(2 Awards, 1 perpetual trophy)

These awards are for the encouragement of one boy and one girl in the U7–12 age groups who competes in most events, always tries their best but is not often a winner.

MH O'Rourke Most Improved Athlete Award

(2 Awards, 1 perpetual trophy)

The winners of this award will be the boy and girl with the highest aggregate percentage improvement for the season as indicated by the 'Improvement Score' calculation in the QLAC recording program.

Ken Crampton Memorial for Most Improved Thrower

In memory of one of our throwing coaches and a valued Life Member, this award goes to the athlete who has improved the most in throwing events.

Age Group Improvement Award

This award goes to the age group who achieves the highest average number of improvement points for the season. The winning age group will be determined by dividing the total number of improvement points achieved by the age group by the number of registered athletes in that age group.

McDonalds Club Award

(1 Award, 1 perpetual trophy)

The McDonald's Club Award is given to the U13-U17 athlete who has contributed most to the club both on and off the field. Factors to be considered include at Queanbeyan competition and ACTLAA carnivals, particularly the Relay Carnival; being helpful and cooperative at events; providing general assistance and displaying a commitment to Little Athletics. Attendance on 50% of competition days is required not participation in 50% of events as per other awards.

Matty B's Terrific Trainer Award

Presented to the athlete who shows regular attendance, cooperation, endeavour and sportsmanship at training sessions.

Improvement Medallions

Medallions are presented to athletes who achieved 30 or more personal best performances during the season.

2008–09 Season winners

Outstanding athletes: Stephanie Pollard and Jordan Kelly

Endeavour Award: Tristan Kilpatrick

Sportsmanship Award: Erika Vredembregt and Brayden Cole

McDonald's Club Award: Alex Walsh

TAB Encouragement Award: Tammy Hope and Kian Ballard Manning

MH O'Rourke Most Improved Athlete: Charlotte Garner and Matthew Redpath

Ken Crampton Memorial: Thomas Hopkins

Age Group Improvement Award: Under 11 Boys

Matty B's Terrific Trainer Award: Charlotte Garner

30 PB Medallions: Charlotte Garner, Jordan Kelly, Thomas Hopkins and Blake Christofersen

Age Group awards

Age Group Champions

Age Group Champions will be determined by 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 and an Age Group Champion determined.

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 Achievement 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 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 computer 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.

2008–09 Season winners

Age group	Age Champion	Improvement	Participation
U6G	Keeley Farinazzo	Alexandra Whitby	Ellen Squire
U7G	Anita Manning	Stephanie Hope	Claire Anderson
U8G	Madelyne Hardie	Alexie Boulton	Hannah McPherson
U9G	Imogen Laing	Charlotte Garner	Victoria Zardo
U10G	Andrea Thompson	Kate Woods	Courtney Hopkins/Emily Hopkins
U11G	Annabel Laing	Lillian Maroney	Cassandra Hopkins/Karina Hopkins
U12G	Kayla Sadler/ Rebecca Luttrell	Tammy Hope	Jessie Callan
U13G	Erika Vredenbregt	Lizzie Read	Tahlia Christofersen
U14G	Stephanie Pollard	Chileshe Mulenga	Bethany Ganzerla
U15G	Annie Harper	Emily McPherson	Lucy Welch
U16/17G	Keira Doherty	Alice Welch	
U6B	Jackson Gilbert	Travis Kelly	Jason Kelly
U7B	Patrick Burns	Caleb Walk	Riley Thompson
U8B	Lachlan Squire	Jackson Burns	Joshua Callan
U9B	Jordan Kelly	Jack Vredenbregt	James Hardie
U10B	Brayden Cole	Daniel Felizzi	Michael Zardo
U11B	Kade Abbott	Thomas Hopkins/ Blake Christofersen	Ben Christou
U12B	David Robinson	Nathan Hope/Callum Doherty	Travis Elliot
U13B	Stephen Rees	Jack Woods	Samuel Broomby
U14B	Kieran Schmidt	Fergus Longbottom	Nathan Lloyd/Tristan Kilpatrick
U15B	Joel Mortlock	Ashley Rudd	
U16/17B	Wade Ganzerla	Alex Walsh	

Other competitions and carnivals

Athletes in the under 7 age groups and older can compete at ACTLAA carnivals and championships and are encouraged to participate. QLAC has won most 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 held by other Centres. While U16-17 athletes can compete at ACTLAA carnivals, they cannot compete in carnivals conducted by centres affiliated with NSW Little Athletics e.g. Cowra. However we encourage athletes up to U15 to compete in these events.

QLAC coordinates the nominations for ACTLAA carnivals and the Queanbeyan Junior Gift. For the other carnivals, QLAC will provide information through announcements and flyers on the noticeboard, but responsibility for nominating and forwarding any entrance fees to carnival organisers will be the responsibility of parents/athletes.

All parents whose children are participating will be called upon to officiate at some stage of the day. Please bear this in mind when your child 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.

ACTLAA Multi-event Carnival

This competition is similar to the heptathlon and decathlon at the Olympics (but a little less demanding!). Competitors enter 4 or 5 events depending on age group, with points awarded according to performances. As well as the overall point score winner, placegetters in each event are also recognised. The carnival will be held on **Sunday 9 November 2008**.

ACTLAA Relay Carnival

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. For the 2009-10 season the Relay Carnival will be held on **Sunday 6 December 2009**.

ACTLAA 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.

Northside Regional Championships will be held on the weekend of **27 & 28 February 2010** at Wright Park. U7 to U9 athletes may enter up to 5 events, U10 to U14 athletes up to 6 events and U15 to U17 athletes up to 7 events.

We hope that our athletes will chose to compete at Regionals and give themselves the opportunity of qualifying for the ACT State Championships. In addition, a club trophy is also awarded and by all QLAC athletes will earn points towards this trophy. Nominations for Regionals will be taken up until Saturday, 13 February 2010.

Regular competition will not be held on the weekends of the Regional or State Carnivals.

ACTLAA 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 over the weekend of **20 and 21 March 2010**. For laned track events (up to 400m) the best four (4) athletes from the two Regional Championships will 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 will 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

The Queanbeyan Junior Gift is a 100m handicap event where prize money may be given to the three best athletes in each division. All finalists will receive a medallion. Handicapping is based on qualifying times and is designed to allow younger athletes to be competitive with older athletes by allowing them to run a shorter distance.

The Queanbeyan Junior Gift is open to ALL registered athletes. There are three divisions: Mini for U6 to U8 athletes, Junior for U9 to U11 athletes and Senior for U12 to U17 athletes.

Qualifying heats for the Gift will be held at Wright Park on **21 November 2009**, while the semi finals and finals will be held at Town Park on the afternoon of **5 December 2009**. The times that QLAC provides to the Gift handicapper will be the season best times for the athletes who qualify for the semi-finals.

The number of semi-final qualifiers from each age group will be based on the proportion of heat competitors from the age group, with the qualifiers being determined on the order across the finish line in the heats. For example, if an age group has 20% of the competitors in the heats, that age group will be allocated 20% of the places in the semi finals. There are 16 places in each of the divisions. A nomination form stating that the athlete is available for the semi finals and finals should they qualify, needs to be completed and signed by a parent.

QLAC 2009-10 CALENDAR

Please check on www.qlac.org.au for latest dates

2009

		Program
19 Sept (Sat)	QLAC Competition commences Wright Park	short program
26 Sept (Sat)	QLAC Competition	short program
17 Oct (Sat)	QLAC Competition	A
24 Oct (Sat)	QLAC Competition	B
31 Oct (Sat)	QLAC Competition	A
7 Nov (Sat)	QLAC Competition & Queanbeyan Gift Heats	B
8 Nov (Sun)	ACTLAA Multi Event Carnival AIS Athletics Field	
14 Nov (Sat)	QLAC Competition	A
21 Nov (Sat)	QLAC Competition & Queanbeyan Gift heats	B
28 Nov (Sat)	QLAC Competition	A
5 Dec (Sat)	QLAC Competition	B
5 Dec (Sat)	Queanbeyan Gift semis & finals (Town Park)	
6 Dec (Sun)	ACTLAA Relay Carnival at A.I.S. Athletics Field	
12 Dec (Sat)	QLAC Competition	A
19 Dec (Sat)	Last QLAC competition before Christmas	B

2010

9 Jan (Sat)	QLAC Twilight competition Wright Park 5pm	short program
16 Jan (Sat)	Woden/Weston Carnival	
23 Jan (Sat)	QLAC Twilight competition Wright Park 5pm	short program
6 Feb (Sat)	QLAC Competition	A
13 Feb (Sat)	QLAC Competition	B
14 Feb (Sun)	Lanyon Carnival	
20 Feb (Sat)	Final QLAC regular competition day	A
27 & 28 Feb (Sat-Sun)	ACTLAA Northside Regional Championships (Wright Park) no regular QLAC competition	
6 March (Sat)	QLAC Carnival	A
13 Mar (Sat)	QLAC Carnival	B
20-21 March (Sat-Sun)	ACTLAA State Championships (AIS Athletics Field) no regular QLAC competition	
XX April	Presentation Day QLAC - details to be confirmed	