Toowong Harriers Inc

Little Athletics Centre Handbook 2022-23



Little Athletics meetings are conducted throughout Queensland, and in all States of Australia.

Little Athletics in Queensland is run by:  
Little Athletics Queensland (LAQ),   
Queensland Sport & Athletics Centre,   
Level 3, Cnr Mains & Kessels Road,   
NATHAN QLD 4111

You can find out more about the Association, other Centres and Australian Little Athletics (ALA) via the [Little Athletics Australia](https://littleathletics.com.au/) and [Little Athletics Queensland](https://laq.org.au/) websites.

Table of Contents

2. Welcome and Introduction 3

3. Toowong Harriers Inc Management Committee 4

4. Code of Conduct 6

5. Parent Information 7

6. Parent Participation Deposit Refunds 8

7. Child Supervision Policy 8

8. COVID-19 8

9. Registration 9

10. Centre Uniform 10

11. Season Calendar 11

12. Types of Meetings 12

13. Nominations 18

14. Coaching 19

15. Program of Events 22

16. Grounds 23

17. Equipment 24

18. Officials 25

19. Rules and Qualifications 27

20. Footwear 28

21. Insurance 29

22. Sunsafe Policy 29

23. Non-Smoking Policy 29

24. Young Athletes/Tiny Tots 30

25. Multiclass Athletes 30

26. Centre Records 31

27. Trophies and Awards 32

28. Sponsorship and Publicity 37

29. Social and Fundraising 37

30. Grants 38

31. Canteen 38

32. Senior Athletics 38

33. Life Members 39

34. Competition Venue Addresses 39

35. Centre Best Performances 41

36. Centre Sponsors and Supporters 50

# Welcome and Introduction

On behalf of the Toowong Harriers Inc Committee,  
 I would like to welcome all new and returning   
athletes and their families for another season of **Fun, Family** and **Fitness** at Toowong Harriers Little Athletics Centre.

Centre Manager

Trudy Lennox

Contact:  
manager@toowongharriers.org.au

The 2022/23 Season is the 40th year Toowong Harriers has been competing as a Little Athletics Centre. This is a wonderful milestone and we will look to celebrate it as a club over the course of the year.

This is my 10th year with the club (7th as an Exec Committee member) and this year my children will be in U16, U13 and U8 age groups. Our family has enjoyed immensely our time with Toowong Harriers and we think that our club offers a wonderful sense of belonging to all members and their families.

Little Athletics is a sport designed for children aged five to seventeen. They are encouraged to participate in all disciplines with each Centre meeting offering a balance of events i.e. running, jumping and throwing. This emphasis on full participation provides every opportunity for young athletes to develop balance, stamina, strength, coordination and self-control. Little Athletics is about encouraging each and every athlete to better their own previous best performances.

We welcome athletes with a disability and look forward to working with families to ensure that the benefits and joy of athletics is available to all.

In order to help bridge the gap between junior and senior athletics, our weekly Little Athletics meets will be available to open aged Toowong Harriers Members (must be QA registered). We hope our membership take advantage of this opportunity to compete regularly, in a local and social environment.

Little Athletics is about having **Fun** with friends. Athletes are grouped in ages and many relationships are developed with others away from their regular circle of school friends. It is about the **Family** playing together and growing strong together. The timekeepers, the judges, the long jump officials are all mums and dads just like you and I. Many have no previous experience, but we cannot run our weekly meets without parental involvement and I encourage you all to have a go. You might consider gaining qualifications for coaching or sitting for officials gradings, every little bit helps our athletes.

Little Athletics is a wonderful breeding ground for children as they develop their general **Fitness** in a safe and healthy sport. Athletics involves training sessions, warm-up sessions, coaching clinics and much encouragement and guidance from committed and caring parents. Little Athletics helps with children’s confidence, resilience and coordination, and this strong base assists our children as they pursue future success in athletics, other sports and life in general.

Please read this handbook carefully as it contains most of the information you will need for the season ahead. You will receive regular news and updates that will provide further details for upcoming events, and updated performances of athletes. You can also find more information on the club’s website and Facebook page.

I look forward to assisting where I can to ensure that all athletes and families enjoy the season ahead.

Centre Manager

Trudy Lennox

# Toowong Harriers Inc Management Committee

Everyone is welcome to attend our committee meetings which are held on the 3rd Thursday of each month, starting at 7.15pm at the clubhouse. We would love to see you there.

The executive committee positions are marked with an asterisk. The committee roles broadly cover our main administrative and operational functions whereas the support roles generally support one or more of the committee roles

|  |  |  |
| --- | --- | --- |
| **Committee Roles** | | |
| **Position** | **Incumbent** | **Email Address** |
| **President \*** | Ross Anderson | president@toowongharriers.org.au |
| **Centre Manager \*** | Trudy Lennox | manager@toowongharriers.org.au |
| **Secretary \*** | Karen Lee | [secretary@toowongharriers.org.au](mailto:secretary@toowongharriers.org.au) |
| **Treasurer \*** | Jon Wood | treasurer@toowongharriers.org.au |
| **Assistant Centre Manager** | VACANT | comms@toowongharriers.org.au |
| **Communications Officer** | VACANT | comms@toowongharriers.org.au |
| **Facilities & Grounds Officer** | VACANT |  |
| **Coaching Coordinator** | Sally Geagea | coaching@toowongharriers.org.au |
| **Team Manager** | Ben Wallace | teammanager@toowongharriers.org.au |
| **Recordings Officer** | Sarah Moore | recording@toowongharriers.org.au |
| **Senior QA Co-ordinator** | Wayne Adams | [seniors@toowongharriers.org.au](mailto:seniors@toowongharriers.org.au) |
| **Committee Members** | Bruce Jones |  |
|  | Darryn Bryant |
|  | Adam Scott |
|  | Chris Scott |
|  | Darren Aldridge |
|  | Doug Logan |
|  | Kris Hacker |
|  | Helen Webster |
| **Support Roles (non-committee positions)** | | |
| **Officials Coordinator** | Sally Geagea | [officials@toowongharriers.org.au](mailto:officials@toowongharriers.org.au) |
| **Registrations Officer** | Kris Hacker | registration@toowongharriers.org.au |
| **Program Officer** | Tessa Morrison | program@toowongharriers.org.au |
| **Race Technology Officer** | Doug Logan | admin@toowongharriers.org.au |
| **Canteen Coordinator** | Helen Webster | canteen@toowongharriers.org.au |
| **Uniforms Officer** | Jody Tregidgo/Vanessa Renton | uniforms@toowongharriers.org.au |
| **Grants Coordinator** | Lauren Aldridge | grants@toowongharriers.org.au |
| **Equipment Officer** | Darren Aldridge | equipment@toowongharriers.org.au |
| **Grounds Officer** | Peter Kolb/David Webster | [grounds@toowongharriers.org.au](mailto:grounds@toowongharriers.org.au) |
| **Winter Coordinator** | Bruce Jones | winter@toowongharriers.org.au |

Competition Venue:  
Jack Cook Memorial Park  
66 Indooroopilly Road   
TARINGA QLD 4068

Postal Address:  
Toowong Harriers Inc   
PO Box 938   
TOOWONG QLD 4066

ABN: 96 100 365 471

# [http://bowrallittleathletics.org.au/wp-content/uploads/2014/05/LA_AUS_H_CORP_RGB.jpg-web.jpg](http://www.laq.org.au/)Code of Conduct

Little Athletics Australia has outlined a Code of Behaviour, which it hopes will serve as a guide to the organisation and participation of parents and children within the Little Athletics Movement.

Parents, coaches and officials, by example of behaviour, hold an enormous influence over the youth of the community.

Participation of children and adults in Little Athletics should be associated with conduct that conforms with the aims and objectives of the Little Athletics Movement, as exemplified by the points outlined in the table below.

The Code is aimed at establishing an ‘across the board’ pattern of behaviour that should be considered of paramount importance to all parents, coaches, and officials, and indeed athletes, under the ideals and philosophies outlined in the aims and objectives of Little Athletics Australia. A full copy of the Code can be found on the Little Athletics website at <http://laq.org.au/Resources/Policies-and-Plans>.

We also adopt Little Athletics’ [Zero Tolerance Policy](https://laq.org.au/wp-content/uploads/sites/5/2021/03/Zero-Tolerance-Policy.pdf) . Our committee will not hesitate to enact this policy in the rare instance we need to. It is very important to us that each and every child and adult participating in our program can do so safely and in a supportive environment. Bullying or unsportsmanlike behaviour is not accepted at our Centre.

If Little Athletics is to be enjoyed by all for the benefit of **Family, Fun, and Fitness** (to which we might add **Friendship**), then the co-operation and assistance of all parents, coaches and officials is of primary importance.

|  |  |
| --- | --- |
| DO NOT | Criticise children in front of spectators. Rather, reserve constructive criticism for expression in private. |
| ACCEPT | Decisions of all officials or referees as being fair and called to the best of their ability. |
| DO NOT | Criticise opposing athletes or supporters by word or gestures. |
| SET | A good example by your own personal appearance. If you are a smoker, please note that it is Queensland Legislation that smoking is not permitted on the Arena (track & Field) during any Little Athletics competition, including Centre Meetings. |
| MAKE | Every athletics competition meeting serve as a training ground  for life and as a basis for good mental and physical health. |
| EMPHASISE | That good sports people are good students and are both physically and mentally alert. |
| PLACE | The welfare and development of the individual child above win and loss records. |

# Parent Information

A warm welcome to all of our new and returning families.

At Toowong Harriers we pride ourselves on the supportive environment we offer. On the track and in the field, we aim to offer an inclusive and accepting environment which encourages children to be their best. We ask that all parents and supporters are encouraging of all our athletes and help our children to do the same.

During the season, all information will be shared on the Team App. It is really important that all families have access to this App to stay informed about the following:

* Meet information, including volunteer signup.
* Coaching sessions, including signup.

Keep an eye on the news section as this is where we will post important updates, including any cancellations due to weather.

Little Athletics relies on volunteers. Our weekly meets and regular coaching sessions cannot run without parents/family members assisting. In particular, each week we need assistance in setting up and putting away the equipment. We also need to fill all track and field officialling roles. There is a Duty Roster option within Team App to enable you to register for a role.

If you are unsure about volunteering, please don’t be shy, come and see us at the official's desk. Sally our official's coordinator ([officials@toowongharriers.org.au](mailto:officials@toowongharriers.org.au)) will be available to answer any of your questions. The official's desk can generally be found in the tent adjacent the clubhouse and is easily spotted by the line of volunteers getting their names recorded! Alternatively, Trudy our centre manager or any committee member are always available to answer your questions.

To thank you for volunteering, the family deposit portion of your fees will be refunded in approx. May 2023 when 12 volunteer sessions per family have been completed for the season. Please refer to the [Parent Participation Deposit Refunds](#_Parent_Participation_Deposit) section for further information.

If time gets away on you as it tends to do and you did not preregister a role, please make your way to Sally to see what roles are vacant.

It is important that volunteers officiating at events know what they are doing and convey this to the athletes. All the rules are provided in the folders located at each field event. Alternatively, don’t be afraid to ask one of our committee members. We are always willing to provide assistance.

The Australian Athletics Officials’ Education Scheme offers Level 1 Officiating courses online (free of charge) for all athletic events. Level 1 is the basic grading level aimed at officials wishing to officiate to a local club/centre/school level. We would love to see some of our parents take the opportunity to become accredited in a couple of events. Each course takes about 1 hour. Our coaching coordinator ([coaching@toowongharriers.org.au](mailto:coaching@toowongharriers.org.au)) or centre manager ([manager@toowongharriers.org.au](mailto:manager@toowongharriers.org.au)) will be able to provide you with more information.

# Parent Participation Deposit Refunds

The family deposit of $100 is refunded at completion of the season (approx. May 2023) if:

* A parent/carer takes on a committee role throughout the season; or
* 12 volunteer sessions per family are completed for the season. It is important to ensure your volunteer session/role is correctly recorded so please make your way to our official's coordinator before the meet starts so your attendance can be recorded. This is regardless of using Team App to register for a volunteer session/role as we require a signature to know you actually turned up! Our official's coordinator can generally be found in the tent adjacent the clubhouse and is easily spotted by the line of volunteers.

We encourage and welcome parental assistance for as much as your family is able to assist and if you are able to assist at more than 12 meets, the committee and children would greatly appreciate it. No doubt, it will sometimes be required to ensure meets run smoothly.

# Child Supervision Policy

It is centre policy that all athletes participating in centre meets and training sessions must have a parent/guardian present at the venue for the duration of the meet/session. This is for safety reasons should your child become injured or fall ill. It is also in the case of the meet/session ending early due to a weather event and on some occasions an age group may finish earlier than scheduled. In this case it places an unfair burden on the age marshals and volunteers to care for children until they are collected.

Whilst it is our preference for all parents/guardians to remain at the meet/ session, we recognise that this cannot always happen. If circumstances prevent you from remaining, you are asked to nominate a parent who is known to you and your child, who is remaining at the meet/session to act as a contact. Please complete the Child Supervision Register at the recording desk before leaving the venue.

In the event of a medical emergency involving your child, the age marshal is still responsible for looking after the rest of the children in their group and in most cases will not be able to fulfil the role of guardian.

# COVID-19

COVID-19 continues to be a risk in our community and the State Government COVID safe requirements that apply to community sport must be followed by all athletes, parents, guardians, and spectators at our fields.

The restrictions have not changed since August last year. The Government advice is still that there are no restrictions on outdoor sport which includes Little Athletics. This means that there is no requirement to use the Check In Queensland App or adhere to density requirements for neither spectators nor participants. Social distancing is also not required, but advisable, given the large number of cases in the community at present. Any Centre or Regional competitions can be conducted without a COVID plan and the organisers do not have to notify their local health office.

Athletes and spectators do not have to be double-vaccinated to attend community sport.

The Public Health Orders will need to be adhered to for isolation of people who have tested positive to COVID or are a close contact for someone who has tested positive. Isolation is required for a 7 day period and the person must have had no symptoms for at least 48 hours before leaving isolation. Full details on the isolation requirements can be found at <https://www.qld.gov.au/health>.

From our discussions with the Queensland Government, it is clear that they are determined to see sport delivered throughout the State with as minimal interruption as possible. This would be a welcome change after the last 2 years and Little Athletics Queensland fully supports this sentiment.

Our committee thanks all our members for their support and for following these rules and assisting with all the additional burden it puts on us all.

# Registration

Registrations

Kris Hacker

Contact:  
registration@toowongharriers.org.au

Children must be over five and under 17 yearsof age   
on the 31st December 2022to be eligible for registration   
for the 2022-23 season.

Only registered (and paid-up) children are permitted to participate in Little Athletics meetings with the exception of new members trying out at no more than two consecutive meetings. A form is required to be completed first.

The current season fees are:

* U6 (born 2017) $130.00  
  U7/U8 (2015/2016) $185.00  
  (Includes regional relay and championship entry fees)
* U9 - U17 (2006 - 2014) $215.00  
  (Includes regional relay and championship entry fees, optional QA dual membership for additional $45)
* Tiny Tot (see [Tiny Tots](#YoungAthletesTinyTots) section) $60.00  
  Family Participation Deposit\* $100.00  
  (per family)

\*Deposits are refundable if 12 volunteer sessions per family are completed in the season. Please refer to the [Parent Participation Deposit Refunds](#_Parent_Participation_Deposit) section for further information.

Trialists are required to register – the cost is $10 for 2 consecutive meets. This fee will come off the registration fee if the athlete decides to join.

Each athlete will be provided with a registration label and age label which must be sewn onto the centre uniform.

The instructions for the placement of the labels can be found in the [Center Uniform](#_Centre_Uniform) section.

# Centre Uniform

Athletes are required to wear the club uniform at all little athletics events.

Uniform Officers

Vanessa Renton/Jody Tregido

Contact:  
uniforms@toowongharriers.org.au

The uniform is available for purchase at the Introduction to Athletics days and all centre meets.

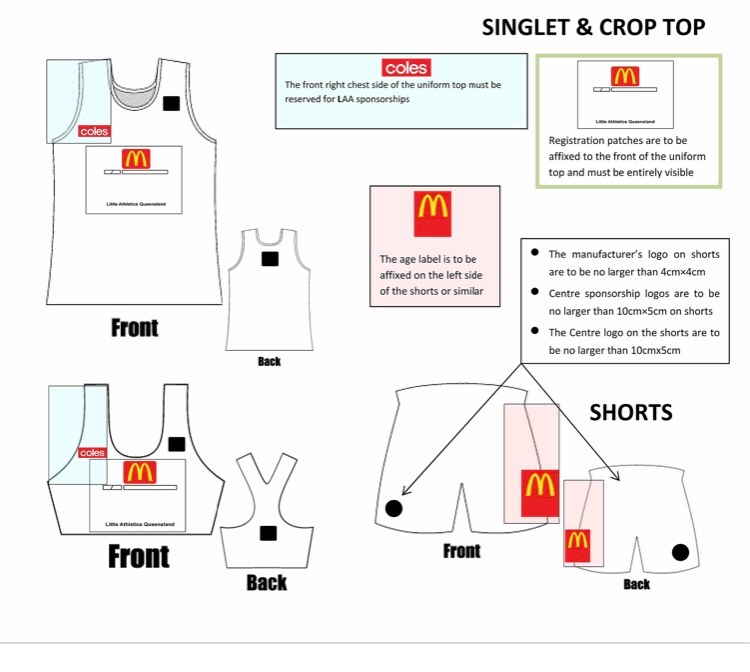
Please make use of the online shop. At the start of the season, your uniform will be packaged in the membership pack for easier collection.

Throughout the season, uniforms can also be purchased online and ready for collection at centre meets.

After registration, each athlete will be provided with a membership pack which includes an age label, registration number and sponsor's badge. The age label ***must*** be sewn on the left shirt sleeve, preferably on three sides only, thus forming a pocket where performance tickets can be stored. The registration number ***must*** be sewn on the front of the shirt and sponsor's badge on the sleeve or chest.

The uniform consists of the following items:

|  |  |
| --- | --- |
| Top | Botton |
| Boys and Girls - Athletes are required to wear the centre uniform of a white polo shirt with royal blue sleeves. | Boys - Royal blue shorts. Girls - Royal blue stretch runners or bike pants. |



Athletes in the U12 age groups and below must wear the full polo shirt at all times whereas athletes in the U13+ age groups may choose to wear the Singlet\* or Crop Top\* at centre meets and competitions. For athletes U13+, two shirt patches are available. One for a polo shirt and one for a crop/singlet which is a smaller size.

# Season Calendar

The season calendar is a selection of key shield meets, competitions and events that the club hosts and encourages members to support. There is no requirement for athletes to register for our centre meet. Just turn up on the day and have fun!

The calendar indicates which meets are considered when determining the various awards that form part of the Toowong Harriers Little Athletics Centre athletics season. Points are awarded according to the designation below.



# Types of Meetings

## Introduction to Athletics Day

These are non-competition events at the beginning of the season and are intended to introduce parents and athletes to Little Athletics procedures and rules. This year it will be held on the 27th August from   
2-5pm. All new athletes and parents should try to attend.

## Weekly Centre Meetings

Centre meets are conducted at Jack Cook Park, spread evenly between Friday evenings and Saturday afternoons. This is intentional to allow athletes who have other sporting commitments the opportunity to attend at least half of the meets. Please refer to the Season Calendar section for more information.

At Friday evening meets food is available from the canteen. Warm clothing is sometimes needed for evening meetings in September and October.

The meet commences with an update from our centre manager or president.

Athletes assemble in their age groups, carry out a warm-up routine and then take part in a scheduled program of five events (two field, usually three track; possibly some games or fitness circuits for the younger age groups) proceeding from event to event in the charge of age marshals. The weekly program varies each week so that each age group has a balanced frequency of events throughout the season.

Coaching sessions will not be held during the centre meets. Please refer to the [Coaching](#Coaching) section for more information.

## Centre Championships

The Centre Championship is held over the three final competition meets of the season and will include all events for each age group over the course of the championships.

Ribbons are awarded for first, second and third in each event, in each age group. Participation ribbons are awarded to all.

This will be the last opportunity for athletes to try to attain that elusive colour level and to earn points for the Centre Champion trophy!

## Additional Competitive Opportunities

### Western Suburb Games

The Western Suburbs Games, which involves Centenary, Kenmore and our centre, is held annually in February. The Western Suburbs compete for a perpetual Shield but the atmosphere is quite informal. This year Kenmore is hosting the event on Saturday the 18th February 2023.

### Regional Relays

Regional Relays will be held on Sunday the 6th November2022 at Bill Paterson Oval, Ipswich andwe like to see as many as possible of our athletes attending the Regional Relays.

Team manager

Ben Wallace

Contact:

teammanager@toowongharriers.org.au

Regional Relays provide an opportunity for athletes (U7 – U17) to compete in teams. We feel there is a need to foster a ‘team spirit’ in our athletes and relay events are often the only opportunity we have for competing in team events. Regional Relays is also a means for qualifying for the McDonald’s State Relay Championships.

Regional Relays include both track and field events. In field events, athletes compete in two-person teams in a selection of events, where the team score is the sum of the individual performances.

Regional Relay events include:



The Swedish relay consist of a 1,000m relay with 4 legs run in the following order: 100m/300m/ 200m/400m. The Medley relay is 1,600m, run in the following order: 200m/200m/400m/800m.

Athletes may compete in higher age groups and girls can compete in boys’ events, but no competitor can plan to compete in the same event in two age groups. Parents should note that this is an all-day event from 8:00am to 4:00pm.

Regional Relays will be postponed to TBA if washed out by heavy and continuous rain or thunderstorms.

Our team manager ([teammanager@toowongharriers.org.au](mailto:teammanager@toowongharriers.org.au)) is responsible for completing the team nominations. Each athlete may nominate to participate in a maximum of five events. Athletes must notify the centre if they are not available for Regional Relays by Saturday, 22nd October 2022.

U7 and U8 athletes receive participation medals.

Please refer to the [LAQ website](https://laq.org.au/competition/regional-competitions/) for further information.  
Nomination Fee: Included in Toowong Harriers membership fees.

### McDonald’s State Relay Championships

The first three placed teams in each event in the Regional Relays (except the U7 and U8) qualify to compete in the McDonald’s State Relay Championship held on Saturday the 3rd December 2022 at the State Athletics Facility, Nathan.

It is important that we try to keep the qualifying teams together if possible. In cases where qualifying athletes will be unavailable for the McDonald’s State Relay Championship, our team manager ([teammanager@toowongharriers.org.au](mailto:teammanager@toowongharriers.org.au)) should be advised immediately.

The McDonald’s State Relay Championship will be postponed only in extreme circumstances to a date to be advised.

Please refer to the [LAQ website](https://laq.org.au/mcdonalds-state-relay-championships/) for further information.  
Nomination Fee: Included in Toowong Harriers membership fees.

### Coles Spring Carnival

The Coles Spring Carnival will be held on Saturday the 24th September 2022 at Bundaberg Region Athletics Facility, Enid Ethel Drive, Bundaberg.

The Spring Carnival is open to all U7 – U17 LAQ registered athletes. The competition provides a means for athletes a chance to gain additional competition towards the end of or leading into the LAQ season and leading into the higher-level school competitions.

To foster team spirit, all athletes registered with a LAQ Centre, through their competing, will earn points towards the Competition’s Centre Weighted Points Trophy.

Spring Carnival 100m Gift Races are also included in the program. The first placed athletes in the U9 – U17 age groups are offered an opportunity to compete in a handicapped race using starting distances calculated on each competing athlete’s 100m times.

The main purpose of the day is for athletes of all abilities to have an enjoyable day’s competition and foster new friendships. Athletes can nominate for up to 5 events of their choice.

Please refer to the [LAQ website](https://laq.org.au/coles-spring-carnival/) for further information.  
Register via [Results HQ](https://resultshq.com.au/Login/Index).  
Registration Close: 9am Monday, 12th September 2022.  
Nomination Fees: $20 per athlete.

### Coles Summer Carnival

The Coles Summer Carnival will be held on Saturday the 22nd October 2022 at State Athletics Facility (SAF) Nathan, Brisbane.

This event aims to give all registered athletes in U7 – U17 age groups the opportunity to take part in a large-scale competition, without any of the pressures associated with a Championship. Additionally, it allows the athletes of the U13 age group to register performances that the State Team selectors may need to refer to later in the season when selecting the State Team.

The main purpose of the day is for athletes of all abilities to have an enjoyable day’s competition and foster new friendships. Athletes can nominate for up to 5 events of their choice.

Please refer to the [LAQ website](https://laq.org.au/coles-summer-carnival/) for further information.  
Register via [Results HQ](https://resultshq.com.au/Login/Index).  
Registration Close: 9am Monday, 10th October 2022.  
Nomination Fee: $20 per athlete.

### McDonald’s Combined Event Championships

The McDonald’s Combined Event Championships will be held over the weekend of the 4th and 5th March 2023 at State Athletics Facility (SAF) Nathan, Brisbane.

This Combined Event is for U9 – U17’s and offers participation for U7 – U8’s. The number of combined events per age group is a graduated increase to reduce undue pressure on younger athletes and encourage athlete’s development. A strong emphasis is on the participation of children in a wider range of events, rather than the early specialisation in one or two specific events.

Additionally, the State Team Selectors will refer to the U15 Heptathlon results when selecting athletes for the State Team. The Combined Event is considered one event; therefore, athletes failing to start or make a trial, in any of the set events of the Combined Event will not be allowed to take part in the remaining events per the LAQ Rules.

The format is as follows:

* U7 – U8s athletes may nominate for the Triathlon (three (3) set events).
* U9 – U11s athletes may nominate for the Tetrathlon (four (4) set events).
* U12 – U14s athletes may nominate for the Pentathlon (five (5) set events).
* U15 – U17s athletes may nominate for the Heptathlon (seven (7) set events).
* U13 – U17s athletes may nominate for the Jumps Triathlon, Throw Triathlon or Track Triathlon (three (3) set events in each).

Please refer to the [LAQ website](https://laq.org.au/mcdonalds-combined-event-championships/) for further information.  
Register via [Results HQ](https://resultshq.com.au/Login/Index).  
Registration Close: TBA  
Nomination Fee: $20 per athlete.

### Regional Championships

Regional Championships will be held over the weekend of the 4th and 5th February 2023 at Bill Paterson Oval, Ipswich.

Regional Championships primarily provide friendly Regional Competition for all athletes in the U7 – U17 age groups. A maximum of five events may be entered by each athlete. No special qualifications are necessary and the usual spirit of having fun predominates.

Our centre is a part of the Metropolitan West Region. Currently there are six other centres in the region:

* Centenary
* Colleges
* Ipswich
* Kenmore
* Rosewood
* Souths

U9 – U17athletes competing who place 1st – 4th in their event may progress to the McDonald’s State Championships.

U7 and U8s, however, do not go on from the Regional level competition to compete in the State Championships. If the Regional Championships are washed out, they will be held the following week

Nominations will be accepted from athletes who have competed in four or more centre meets before the Christmas break. If athletes have not competed in at least four meets before the Christmas break, approval to nominate can be sought from the committee. Please email the centre manage at manager@toowongharriers.org.au with the details. Committee meetings are usually held on the third Thursday of each month so please ensure the email is received well before the nomination cut-off date.

Please refer to the [LAQ website](https://laq.org.au/competition/regional-competitions/) for further information.

Register via [Results HQ](https://resultshq.com.au/Login/Index).  
Registration Close: TBA  
Nomination Fee: Included in Toowong Harriers membership fees.

### McDonalds State Championships

The State Championships will be conducted over the 24th – 26th March 2023 at Townsville.

This event is the season climax for our more talented athletes who qualify via the Regional Championships.

The U13 State Team (26 athletes – 13 Boys and 13 Girls) is selected at these Championships. The performance of the U13’s at this event plays a significant part in their selection.

The location for State Championships is held in FNQ every four years. Our Centre offers an incentive and assistance to those who qualify for States. All athletes who attend States in FNQ will be provided with up to $250 to assist with travel costs for the event**.**

Please refer to the [LAQ website](https://laq.org.au/mcdonalds-state-championships/) for further information.

Nomination Fee: Included in Toowong Harriers membership fees.

Nominations:

* U9 – U17 athletes qualifying 1st – 4th from the Regional Championships can nominate.
* In additional to the above, U9 – U17 by competing at the Regional Championships and achieving a 'Qualifying Performance Level' also qualify and can nominate.

### Australian Little Athletics Championships

The Australian Little Athletics Championships (ALAC) will be held for selected athletes in the U13 and U15 age groups in April 2023. The ALAC encompasses the Australian Teams Championships for U13 athletes and the Australian Combined Event Championships for U15 athletes.

Although recognition is given to individual place-getters, the emphasis is on team performance and the main focus is on the team point scores.

The U13 team of 13 boys and 13 girls will be picked following the State Championships.

The ALAC is a teams competition, not an individual championship, so selection of team members is based on maximising team points. Team members are chosen on the basis of how many points they are likely to earn for the team, based on their performances at the State Championships and other Little Athletics meetings. LAQ produces a booklet titled ’State Team Selection Criteria and General Information’ which contains a table of point scores, based on average placing in past Australian Little Athletics Championships. Please contact the centre manager to borrow a copy of this.

To be eligible for team selection, outstanding performances in more than one event are usually required.

The U13 team events;

* Boys & Girls: 100m, 200m, 400m, 800m, 1500m, 80m hurdles, 200m hurdles, 1500m walk, 4 x 100m team relay, long jump, triple jump, high jump, shot put, discus and javelin.

The U15 team consists of three boys and three girls, who compete for points in a heptathlon;

* Under 15 Boys: 100m Hurdles, Discus, Long Jump, 100m, High Jump, Javelin, 800m
* Under 15 Girls: 90m Hurdles, Shot Put, High Jump, 200m, Javelin, Long Jump, 800m Two of the boys and two of the girls will also combine to form a 4 x 100m relay team.

The centre must also certify that each athlete selected (U13 and U15) has participated in at least 50 per cent of centre level meetings (or has a genuine reason for not complying).

Please refer to the [LAQ website](https://littleathletics.com.au/events/alac/) for further information.

## Other Club Opportunities

### Queensland Athletics (QA)

For athletes U12 – U17 a dual Little Athletics/Queensland Athletics membership is available.

QA run a series of meets from October until March. A small additional meet fee is payable. These meets are suitable for athletes looking for higher level competition.

More information is available on the [Queensland Athletics website](https://www.qldathletics.org.au/index.cfm/competition/).

### Distance and Cross-Country

Queensland Athletics (QA) run a cross country series during the early winter months of April to June. There are eight series events and Toowong Harriers usually hosts one race.

To compete at cross country events, you must be a QA member.

U12 and above Toowong Harriers athletes may wish to consider joining QA (at a reduced fee) for the winter season. Please refer to our [website](https://www.toowongharriers.org.au/cross-country) for more information or contact our president at [president@toowongharriers.org.au](mailto:president@toowongharriers.org.au).

### Toowong Gift (3000 metres)

The fifth annual Toowong Gift will be held on a date to be confirmed at Jack Cook Park. This event is a 3,000m track race open to all members, parents and friends and community. This is a Bronze Level Queensland Athletics event. Prizes will be awarded. We hope all families attend.

Events held will include:

* 1000m Junior Dash for children aged to 12 years
* 3000m Junior Gift – Youth category (U12-U17)
* 3000m Gift – Open Category
* 3000m Gift – Masters Category (35+)

Please refer to our [website](https://www.toowongharriers.org.au/toowong-gift) for more information.

Register via TBA  
Nomination Fee: TBA.

# Nominations

A number of meets and carnivals require athletes to nominate for particular events and pay the appropriate entry fee. For Season 2022-23 the events and dates are as follows:

Regional Relays and Regional Championships nominations are prepaid within your membership fee. Our team manager ([teammanager@toowongharriers.org.au](mailto:teammanager@toowongharriers.org.au)) is responsible for completing the team nominations.

|  |  |  |
| --- | --- | --- |
| **Carnival/Meeting** | **Event date** | **Nomination Due Date** |
| **Coles Spring Carnival** | 24 September 2022 | 12 September 2022 |
| **Coles Summer Carnival** | 22 October 2022 | 10 October 2022 |
| **Regional Relay Day (prepaid)** | 6 November 2022 | 22 October 2022 |
| **Regional Championships (prepaid)** | 4/5 February 2023 | 14 January 2023 |
| **McDonalds Combined Event (Multi)** | 4/5 March 2023 | 20 February 2023 |

All other carnivals (including Coles Summer Carnival and McDonald’s Combined Event), athletes/parents are responsible for their own nominations via ResultsHQ.

# Coaching

Toowong Harriers offer a range of coaching options to suit beginner, intermediate and more advanced athletes. Athletes who attend coaching often see vast improvements as they work on their technique.

Our offerings include:

* Tuesday coaching – athletics fundamentals – running/jumping/throwing.
* Tuesday specialist coaching – throws.
* Thursday coaching – middle distance running
* Sunday specialist coaching – various events as scheduled (note: Throws will be on Tuesday this year)
* Squad coaching – certain specialist events only (subject to coach availability)
* Athletic development and guidance for athletes progressing to Queensland Athletics competition as part of a pastoral care approach to athletic development and wellness.

Meet our coaches:

* Joanne Lane – Level 2 Club coach, Level 3 Performance Coach in Jumps, Sprints & Hurdles. Also Advanced in Throws, Jumps, Young Athletes & Multi Events.
* Lauren Somerville – Level 2 Club coach– Advanced in Sprints, Hurdles, Relays, Middle & Long Distance, and Jumps.
* Bruce Jones – Level 3 Performance Development Coach– Advanced in Cross Country, Middle & Long Distance.
* John Davis – Level 4 Senior IAAF Coach - Advanced in Long/Triple Jump, Steeple Chase, Middle & Long Distance.
* Ian Thompson - Level 4 Specialist Event Coach – Throws, Jumps, Sprints, Hurdles, Relays. Level 3 Advanced Group Coach, Athletes with disabilities.
* Jess Anderson -
* Sean Josey –Level 1 Community Athletics Coach – Cross Country, Middle Distance, junior coach.
* Acceleration Coaching team - & Agility Training.

All coaching sessions will be advertised on our [website](https://www.toowongharriers.org.au/coaching) and Team App. Please ensure that you sign up for the sessions to ensure your place. Many sessions will have limited places.

## In-Meet Coaching

Whilst Toowong Harriers no longer schedules ‘In-meet’ coaching, age marshals and event chiefs are encouraged to assist athletes with technique and feedback, particularly early in the season.

We encourage athletes to attend our coaching sessions to gain basic technique coaching for all events.

## Tuesday Coaching

On Tuesdays between 4:30pm – 6:00pm from the start of school term 4 and throughout the season, we intend to run coaching sessions at Jack Cook Park.

Between 4:30pm and 6:00pm we offer a variety of event coaching. For the first 6 weeks we plan to introduce each athlete to the basic techniques of all their events. The afternoon is divided into two sessions and athletes are divided into three age groups

* Junior – U7 & U8 (1 hr only)
* Intermediate – U9 & U10
* Senior – U11+

This is ‘Fundamental Skills Coaching’ and will include some general fitness, core-strength and flexibility activities. Improvement in these general areas will benefit all athletic and other sports performance and should also protect athletes from injury.

Weekday coaching is not compulsory to attend, however it is included as part of each athlete's registration fees. If the athlete is able to attend any or all coaching sessions, they will benefit from the skills and exercise provided.

In 2023, it is also planned to have Specialist Throws coaching for U9+ athletes who are serious about Throws and developing their technique further.

## Thursday Coaching

On Thursdays between 6:00pm – 7:00pm, middle distance running training is offered at Jack Cook Park. This session is open to both our Senior Club (QA), and Little Athletics Centre (LAQ) members as an all-ages session. Parents are encouraged to attend and run with their children. This squad is held all year and is a great way to build and maintain general cardio conditioning. Children from age 8 (U9+) can participate, with their parent supervising and assisting.

The focus of this session is endurance, fitness and interval work.

## Sunday Specialist Coaching and Open Club

From September 2022, Sunday mornings will be OPEN CLUB mornings. This means from 8:00am – 11:00am, our track and field (including equipment) will be available for all our members to use.

Members utilising this benefit are asked to act in a safe and responsible manner and must be competent in the event or apparatus undertaken, putting all equipment back where it was obtained from. An adult must be supervising at all times.

During the Little Athletics season, we will also hold ‘Specialist Coaching’ with qualified coaches on a number of Sundays. This will be targeted at athletes U9 and above and will be at a more advanced level, for those athletes looking to improve performance. We will endeavour to ensure specialist coaching is offered in each event at least once throughout the season. The cost for specialist coaching is included for U9+ members, though Senior Club members may attend training sessions for a nominal fee. Please contact the senior coordinator (seniors@toowongharriers.org.au) or coaching coordinator (coaching@toowongharriers.org.au) for further information.

This season we will be offering the option of our facilities to members for specialist squad training in a number of events pending the interest from members. These squad sessions are for older LAQ & QA club members (12yrs+) looking to focus regular training in a specific event e.g., High Jump, Hurdles etc. These maybe weekly or fortnightly depending on numbers (minimum of 4 athletes) and chosen training day or evening that best suits the coaches and members. These squad sessions will incur additional costs per session, nominally $10 per athlete. Further Information and interest should be sent to [coaching@toowongharriers.org.au](mailto:coaching@toowongharriers.org.au)

Sessions will be advertised on Team App and our website.

## Coaching - Expectations

When athletes attend our coaching session, please note the following code of conduct:

* Please sign your child in for coaching via the Toowong Harriers TeamApp. You MUST leave a contact mobile number.
* Parents/Guardians/Babysitters of athletes U12 years of age must remain on site, at Jack Cook Park. You may nominate another parent/adult whom your child knows to be responsible for your child, but this must be registered in the Toowong Harriers Team App at sign in.
* Please assist the coach to set up and put away the equipment, don’t just run off at the end.
* Please remember our coaches are mostly volunteers giving their personal time. We ask that children please respect this and come along prepared to participate, listen and try their hardest.
* Parents, if there are large groups of children (particularly early in the season), we would appreciate it greatly if you could offer to assist the coaches. Even if it is working on some drills with a small group of children whilst others are getting one on one instruction. We want the children to get as much out of these sessions as possible.
* Bullying behaviour is not tolerated at Little Athletics and we pride ourselves in being an inclusive centre for children of all abilities and backgrounds. Please celebrate the diversity of our athletes and the improvement and effort of all athletes with equal encouragement.
* Athletes who are misbehaving or acting inappropriately may be asked to sit out for 10 minutes if they are disrupting the session. Usually this will prove successful in re-gaining the child’s focus. We ask that you support us in this decision. However, where athletes show little/no interest in being in the coaching session the coach may ask the parent to take the athlete home.
* Remember, enjoy yourself and have fun! Improvement takes practice!

# Program of Events

Event programs are scheduled to ensure that all events for each age group are balanced, and that each event is offered at least four times in the season.

Program Officer

tessa morrison

Contact:  
program@toowongharriers.org.au

Athletes will participate in five events (taken from the table below) at each centre meet, consisting of a minimum of one sprint or hurdle event, one distance or walk event, one throw and one jump event.

The programs are designed to enable all athletes to complete all their events in the allocated time, with sufficient parent help.

Generally, the track runs almost continuously, sometimes with a distance event in the innermost lanes and concurrent sprints in the outer lanes or sprints on both straights. Similarly, field events must be run to schedule and the right stations - delays with one group can lead to a late finish for all.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Group | Event | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U16 | U17 |
| Hurdles | 60m | C | C | Z | S | S |  |  |  |  |  |  |  |
| 80m |  |  |  |  |  | S | S | S | Sg |  |  |  |
| 90m |  |  |  |  |  |  |  |  | Sb | Sg | Sg |  |
| 100m |  |  |  |  |  |  |  |  |  | Sb | Sb | Sg |
| 110m |  |  |  |  |  |  |  |  |  |  |  | Sb |
| 200m |  |  |  |  |  |  |  | S | S |  |  |  |
| 300m |  |  |  |  |  |  |  |  |  | S | S | S |
| Sprints | 50m | C | C |  |  |  |  |  |  |  |  |  |  |
| 70m | C | Z | Z | S | S |  |  |  |  |  |  |  |
| 100m | C | Z | Z | S | S | S | S | S | S | S | S | S |
| 200m | C | Z | Z | S | S | S | S | S | S | S | S | S |
| Distance | 400m |  |  | C | S | S | S | S | S | S | S | S | S |
| 800m |  |  |  | S | S | S | S | S | S | S | S | S |
| 1500m |  |  |  |  |  | S | S | S | S | S | S | S |
| Walks | 300m | C | C | C | C |  |  |  |  |  |  |  |  |
| 700m |  |  | C | S | C | C |  |  |  |  |  |  |
| 1100m |  |  |  |  | S | S | C | C | C | C | C | C |
| 1500m |  |  |  |  |  |  | S | S | S | S | S | S |
| Throws | Vortex | C | C | C | C | C |  |  |  |  |  |  |  |
| Discus | C | Z | Z | S | S | S | S | S | S | S | S | S |
| Shot Put | C | Z | Z | S | S | S | S | S | S | S | S | S |
| Javelin |  |  |  |  |  | S | S | S | S | S | S | S |
| Jumps | Long Jump | C | Z | Z | S | S | S | S | S | S | S | S | S |
| High Jump |  |  | C | S | S | S | S | S | S | S | S | S |
| Triple Jump |  |  |  |  |  | S | S | S | S | S | S | S |

S – Event conducted at all levels (Centre, Regional, and State) – LAA **Standard** events

Z – Event conducted at Centre and LAQ meetings only

C – Event conducted at Centre level only – LAQ **optional** events

b – Event for boys only

g – Event for girls only

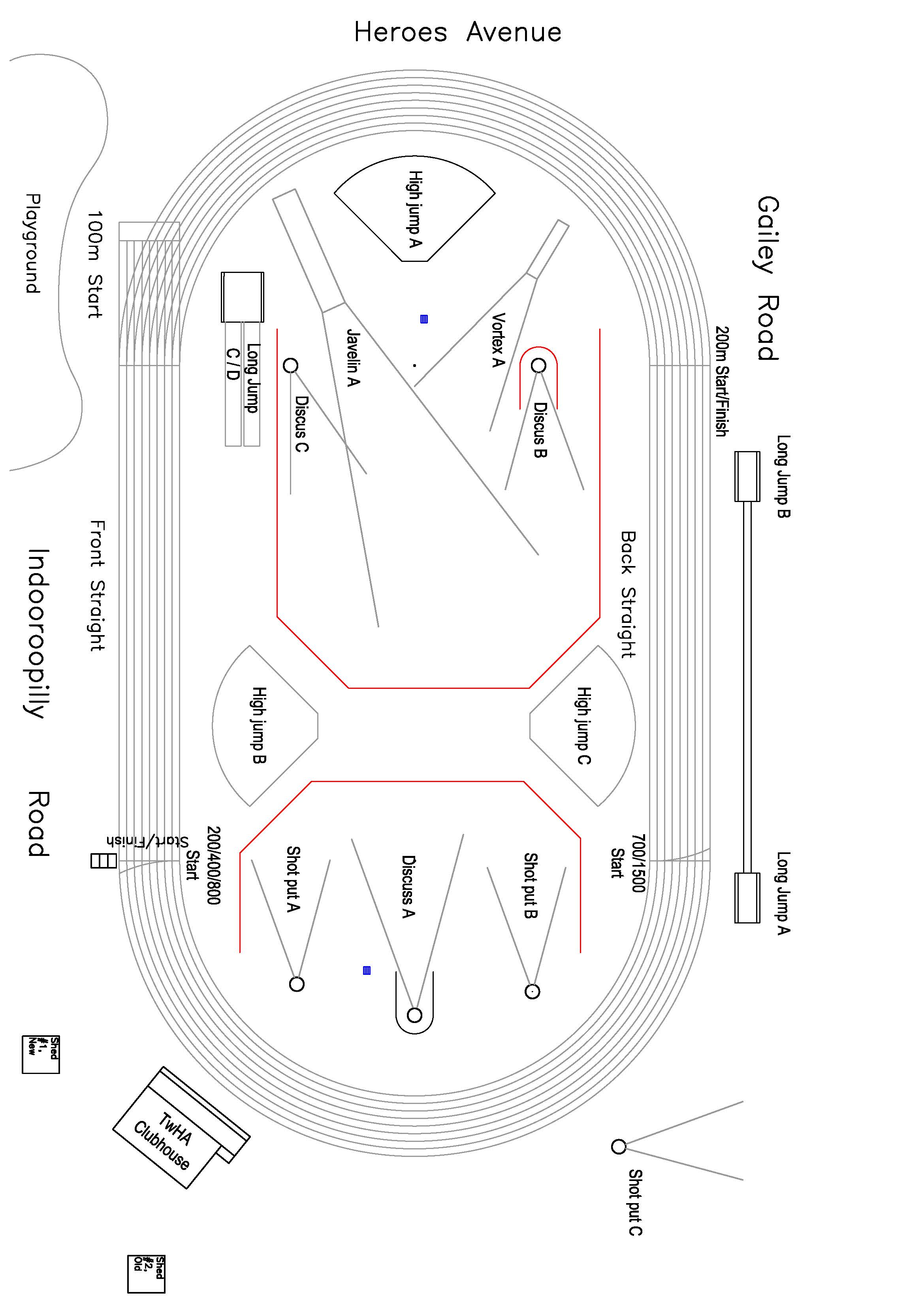
# Grounds

The map below shows the layout of the oval at Jack Cook Park, including start/finish locations and field event stations. All locations will be sign-posted during meets throughout the season.

Grounds Officer

Peter kolb

Contact:  
grounds@toowongharriers.org.au



# Equipment

The Toowong Harriers Athletics Centre has a full set of equipment, including triplicate sets of throwing items, a set of 80 four-height hurdles and four sets of high jump mats.

Equipment Officer

Darren Aldridge

Contact:  
equipment@toowongharriers.org.au

Specifications for hurdles and throws appear in the tables below.

Please ensure you return equipment to the sheds after each meet. If any equipment is broken or damaged, please contact our equipment officer.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **HURDLES** | | | | |
| **AGE** | **DISTANCE (M)** | **HEIGHT (CM)** | **RUN IN (M)** | **NO. @ SPACE** |
| 7 | 60 | 30 | 12 | 6 @ 7m |
| 8 | 60 | 45 | 12 | 6 @ 7m |
| 9 | 60 | 45 | 12 | 6 @ 7m |
| 10 | 60 | 60 | 12 | 6 @ 7m |
| 11 | 80 | 60 | 12 | 9 @ 7m |
| 12 | 80 | 68 | 12 | 9 @ 7m |
| 13, 14G | 80 | 76 | 12 | 9 @ 7m |
| 14B, 15-16G | 90 | 76 | 13 | 9 @ 8m |
| 15-16B, 17G | 100 | 76 | 13 | 10 @ 8.5m |
| 17B | 110 | 76 | 13.72 | 10 @ 9.14m |
| 13 | 200 | 68 | 20 | 5 @ 35m |
| 14 | 200 | 76 | 20 | 5 @ 35m |
| 15-17 | 300 | 76 | 50 | 7 @ 35m |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Girls | | | | Boys | | | |
| Age | Discus | Shot | Javelin | VORTEX | Discus | Shot | Javelin | VORTEX |
| 6,7 | 350g | 1kg (Blue) | n/a | 300g | 350g | 1 kg (Blue) | n/a | 300g |
| 8 | 500g | 1.5kg (Yellow) | n/a | 300g | 500g | 1.5kg (Yellow) | n/a | 300g |
| 9,10 | 500g | 2kg (Orange) | n/a | n/a | 500g | 2kg (Orange) | n/a | n/a |
| 11 | 500g | 2kg (Orange) | 400g | n/a | 500g | 2kg (Orange) | 400g | n/a |
| 12 | 750g | 2kg (Orange) | 400g | n/a | 750g | 2kg (Orange) | 400g | n/a |
| 13 | 750g | 3kg (White) | 400g | n/a | 750g | 3kg (White) | 600g | n/a |
| 14 | 1kg | 3kg (White) | 400g | n/a | 1kg | 3kg (White) | 600g | n/a |
| 15-16, 17G | 1kg | 3kg (White) | 500g | n/a | 1kg | 4kg (Red) | 700g | n/a |
| 17B |  |  |  |  | 1.5kg | 5kg (Green) | 700g | n/a |

# Officials

At our meets parents are the officials. Around 60 - 90 parents/officials are required to run centre meets to time. Parents/officials are also required whenever our centre participates in intercentre meetings and major competitions.

Officials Coordinator

Sally Geagea

Contact:  
officials@toowongharriers.org.au

Toowong Harriers strongly supports parents to complete formal qualifications as a Little Athletics Official. There are several types of Officials as follows:

|  |  |
| --- | --- |
| Managers: | These are committee members who manage the program. |
|  | Arena Manager, Program Officer, Officials Coordinator, Records Officer |

|  |  |
| --- | --- |
| Key Officials: | These are experienced and qualified centre members who control groups of events. |
|  | Track Referee, Chief Timekeeper, Chief Starter, Chief Place Judge, Chief Judge (Throws), Chief Judge (Jumps), Chief Judge (Walks) |

|  |  |
| --- | --- |
| Event Officials: | These are judges at individual events. The main requirement is a willingness to learn. Experience and qualifications will follow. |
|  | Timekeepers (7 Judges essential), Place Judges (Up to 8), Start/Finish Marshals (1 or 2), Throws Judges (Up to 6), Jumps Judges (Up to 6), Walks Judges (5), Assistant/Second Starter |

|  |  |
| --- | --- |
| Assistants | Assistants are needed at all field events (up to 2 at each) and at the start and finish lines for track events. We need your help—come and join in. |

|  |  |
| --- | --- |
| Age Marshals | Little Athletes proceed from event to event led by age marshals who also record performances at each field event. This also provides a good all round learning experience for new parents. |

## Volunteer Sign Up

Little Athletics relies on volunteers. Our weekly meets and regular coaching sessions cannot run without parents/family members assisting. In particular, each week we need assistance in setting up and putting away the equipment. We also need to fill all track and field officialling roles. There is a Duty Roster option within Team App to enable you to register for a role in the meet.

If you are unsure about volunteering, please don’t be shy; come and see us at the official's desk. Sally our official's coordinator ([officials@toowongharriers.org.au](mailto:officials@toowongharriers.org.au)) will be available to answer any of your questions. The official's desk can generally be found in the tent adjacent the clubhouse and is easily spotted by the line of volunteers getting their names recorded! Alternatively, Trudy our centre manager or any committee member are always available to answer your questions.

To thank you for volunteering, the family deposit portion of your fees will be refunded in approx. May 2023 when 12 volunteer sessions per family have been completed for the season. Please refer to the [Parent Participation Deposit Refunds](#_Parent_Participation_Deposit) section for further information.

If time gets away on you as it tends to do and you did not preregister a role, please make your way to Sally to see what roles are vacant.

## Age Group Marshal

The role of age group marshals should not be underestimated. Their role is crucial in ensuring the orderly running of meetings.

Little Athletics Centres are judged as much by the behaviour of the competing children as by their athletic performances. Some rules to follow are:

* Children should walk in an orderly group with their marshals when proceeding to events.
* Running across the field is not permitted.
* Spikes must not be worn between events and the wearing of spikes, with or without blanks, for age groups U10 and below is not permitted.
* Children should remain in order, clear of the event, while waiting for their individual turn.
* For safety reasons, under no circumstances should any child play with spare discus, javelin or shot put equipment or cross the throwing sectors while events are in progress.
* If there is a delay before starting the next event, marshals should try to find something for the children to do.
  + For the little children, use the games leaflet provided.
  + For the older children, maybe coaching or exercises, if they are not amusing themselves productively.
* Children who continue to misbehave may be sent to a ‘sin-bin’ for one event. If their behaviour continues to be unsatisfactory, their parents may be asked to remove them from the meeting. Age marshals should speak to the centre manager or other committee members if there are concerns within their age group.

# Rules and Qualifications

Obtaining qualifications

The Centre is always in need of qualified officials. While it is appreciated that many parents and helpers want only to help out, we will be endeavouring during meetings to provide tuition in some of the more basic rules of competition. Multiple-choice examinations can be completed in order to receive formal qualifications as a Little Athletics official. Please contact our Centre Manager for more information.

Little Athletics competitions are conducted according to the Handbook of the IAAF (International Association Athletics Federation), except for:

## High Jump

For reasons of safety and technique development, the Fosbury Flop technique is not allowed for age groups below U11. A fair jump (for scissor technique) is therefore one where:

* The head of the athlete does not go over the bar before the leading foot (the foot closest to the bar at take off).
* The head of the athlete is not below the buttocks when the buttocks clear the bar.
* The athlete’s foot touches the landing area before any other part of the body.

## Walks

There are a number of administrative rules for judging walks which are peculiar to Little Athletics. Details can be provided on request from the chief walk judge.

## Long and Triple Jump

Age groups up to U10 use a half metre board for these events instead of the standard 20cm take-off board. The board is covered in sand so that jumps can be measured from the leading edge of the imprint made by the jumper in the sand. For triple jump, the board may be placed at 3, 5, 7, or 9 metres from the pit, at the discretion of the jumper.

Jumps for U11-17 age groups are measured from the front of the take-off board. They use a standard (20cm wide) take-off board when available.

## 800 Metre Track Events

These races will sometimes start from a massed start near the regular finish line, rather than in lanes as set out in the IAAF Handbook. Laned starts apply at LAQ carnivals.

## Starting Blocks

Starting blocks may be used by U11 - U17 athletes in laned events. However, an effective crouch start, with or without blocks, depends very much on core body strength, which is rarely developed until the early teens.

## Medley and Swedish Relay

The standard distance 4x400m relay for U11-U17 has been replaced by

* U13 & U14 - Medley Relay - mixed distance relay consisting of two legs of 200m, one of 400m and one of 800m.
* U11, U12, U15, U16, U17 - Swedish Relay - mixed distance relay consisting of 300m, 100m, 200m, 400m.

# Footwear

LAQ policy on footwear states that it is compulsory to wear shoes when competing in any Little Athletics event, at any venue. Also, the wearing of spike shoes, with or without blanks, is not permitted for age groups U10 and below. These athletes are best advised to wear appropriate lightweight footwear.

For the safety of all Toowong athletes and to avoid injuries (that may arise from broken glass, needle-stick etc.), it is imperative that we ensure full compliance with the footwear rule: no competing in bare feet.

Running spikes up to 7mm may be worn by age groups U11 and up in javelin, jumping and laned running events but only while actually competing. They must be removed immediately after the completion of each event (or at our centre, at the starting line, if necessary to retrieve shoes) and must be kept in a bag when not being worn.

Any athlete found wearing spikes between events risks being asked to leave. The LAQ spike shoe rules are shown in the following table:

|  |  |  |  |
| --- | --- | --- | --- |
| **Event/Age** | **U6-10** | **U11-12** | **U13-17** |
| Laned |  | SS | SS |
| Unlaned |  | SB | SS |
| Relays |  | SB | SS |
| Walks |  | SB | SB |
| HJ/LJ/TJ/Jav |  | SS | SS |

Blank = No spike shoes allowed

SS = Spike shoes with spikes

SB = Spike shoes with blanks or no spikes.

# Insurance

When you join Little Athletics, your registration includes a small insurance premium (around $5). This charge provides insurance not only for registered athletes, but also for all officials and voluntary workers.

The policy provides cover for all accidental injuries, which occur in any activities associated with Little Athletics, including travel to or from these activities.

For example, if you are involved in a car accident, or even if you trip and hurt yourself on the way to a Little Athletics meeting, you are covered.

Activities associated with Little Athletics include athletics meetings at Jack Cook Park and elsewhere, working bees, committee meetings and coaching (by centre coaches).

The policy provides both personal accident insurance and public liability insurance.

Thus you are covered by the personal accident policy if a centre member or athlete is injured, and by the public liability policy if you cause injury to, or damage the property of, a bystander when participating in any Little Athletics activity.

# Sunsafe Policy

While the dangers of exposure to the sun are well documented, they are to some extent unavoidable in outdoor sport. However, we can all endorse, adopt and implement practices designed to minimise our risk.

Please ensure that, for daytime activities, the members of your family participating are adequately protected with sunscreen (30+ or greater recommended), hats (preferably broad-brimmed or legionnaire style) and any other individual needs e.g. sunglasses. Adults are expected to set an example and be responsible for ensuring that the policy is followed.

When helping out at daytime meets, each age marshal or person controlling the results folder should check that their assigned group is adequately protected for the day’s conditions. Please note, sunscreen is available in the clubhouse (at no charge) should anyone forget to bring their own. Also, there are several trees in Jack Cook Park, which offer shade to athletes waiting to compete, and athletes should be encouraged to use it.

Remember, it is your responsibility to take adequate precautions.

# Non-Smoking Policy

Smoking has not been permitted at Little Athletics meetings since the Queensland Little Athletics 1999 State Conference.

From 1 September 2016, it is an offence under Queensland legislation to smoke at or near under-age organised sporting events.

# Young Athletes/Tiny Tots

In keeping with National Sports Policy, our younger athletes engage in a smaller range of events than the older athletes.

They may take part in organised games with a hint of athletic training between events. Some of these games are found in the LAQ publication *Play Training*. Also, the U6s may only participate at centre level meets (not Association, Regional or Multi-Event Days).

At this early stage, the emphasis is very much on play and fun rather than athletic prowess, although we do ensure they get sufficient aerobic exercise.

We provide a Tiny Tot Program (athletic activities but no measured performances, plus games) for siblings of registered athletes at all centre competition meetings.

# Multiclass Athletes

The centre will endeavour to cater for athletes with disabilities, following guidelines issued by Little Athletics Queensland, modifying procedures as necessary to ensure maximum safe participation.

They will usually be included with able bodied athletes of the same age group.

Families are encouraged to discuss with us their individual athlete’s disabilities and capabilities so we can optimise the experience.

# Centre Records

Throughout the season, incentive awards are made, as encouragement to those who do not always win their events and also as a means of goal-setting for the more talented athletes.

At selected intervals during the season, each athlete will be given a McDonald’s Award Card, with coloured stickers showing the level of achievement in each event (see below). These cards should be handed back at the next meeting for further updating as new cards are not provided.

The Green, Red, and Blue levels are generally based on data assembled by the Association and appear on the reverse side of the McDonald’s performance award cards.

When an athlete achieves a level in three event groups (e.g. all sprints, all throws, etc.) then an incentive award will be made in the form of McDonald’s product vouchers. These will also be given at the season end for attendance.

The Gold and Silver levels, calculated by this centre to divide the range between Blue levels and Australian Best Performances, also appear in our tables. The five levels form the basis of a number of end-of-season awards based on points awarded at centre meets in proportion to the level achieved in each event.

|  |  |  |
| --- | --- | --- |
| **Achievement Levels** | | |
| **1st Level** | Green | Most Little Athletes should achieve this |
| **2nd Level** | Red | Achievable by more than half |
| **3rd Level** | Blue | More difficult level |
| **4th Level** | Silver | Outstanding achievement |
| **5th Level** | Gold | Achieved only by an exceptional few |

# Trophies and Awards

## Mid Season Awards

### Progress Award

**Presented:**

* Fri 21st October – October Award (covering Meets 1-5)
* Sat 10th December – November Award (covering Meets 6-10)
* Fri 24th February – Summer Award (covering meets 11-15)

\*Subject to change – dependant on weather

**Reward:** Prize and certificate.

**Sponsor for 2022 Season:** IMPI Sportswear.

Awarded to the boy and girl who achieve the greatest number of improved performances (personal bests - PB's) over the four previous competition meets.

(per calendar and subject to change per meet availability).

**Notes:**

1. Personal Best - to achieve a personal best, a first performance is recorded as a base and an improvement is measured against that performance.
2. Venue - Jack Cook Park & Western Suburb Games meet (other venues excluded from PB calculation)
3. Results HQ calculates the PB performance for the selected time period.

Responsible person - Records Officer.

### Encouragement Award

**Presented:**

* Fri 21st October – October Award (covering Meets 1-5)
* Sat 10th December – November Award (covering Meets 6-10)
* Fri 10th February – Summer Award (covering meets 11-15)

\*Subject to change – dependant on weather

**Reward:** Prize and certificate

Awarded to two athletes whose contribution to the centre deserve special recognition.

**Notes:**

1. Centre Manager Award - Consideration about attitude, attendance, behaviour and embracing LA values.
2. Feedback is encouraged from LA Age Marshalls.
3. Venue - All venues (meets, training & external meets).

### McDonald's Award

**Presented:**

* Sat 10th December – November Award
* Fri 10th February – Summer Award

**Reward:** McDonald's voucher.

Level of achievement in event groups relevant to age group.

Green, Red & Blue.

**Notes:**

1. Achievement levels are published and are calculated from average performances attained by Qld LA's.
2. Green should be achievable by 95% of children. Red is a very good performance (65% of children) and Blue excellent performance (20% of children).
3. Athletes with a disability - who have not been able to meet achievement levels, may be awarded a Green Level Certificate.
4. Venue - All venues (centre & external meets).
5. Toowong Harries has calculated Gold and Silver Levels based on State and National Achievement levels.
6. To receive a McDonald's Achievement Level Award Certificate, an athlete must reach the relevant level in all events applicable to their age group in event groups.

## End of Season Awards

### Age Group Award

Awarded to the boy and girl with the highest aggregate points at the end of the season per each age group.

13+ age group are combined.

**Reward:** Medal; Gold 1st, Silver 2nd & Bronze 3rd

**Calculation:** For each event attempted the athlete is awarded points based on the achievement level.

**Points per** **event :**Published Performance Levels

* Participation 4
* Green Level 5
* Red Level 6
* Blue Level 7
* Silver Leve 8
* Gold Level 9

Progress points will be communicated to athletes throughout the season (in line with the progress awards).  
All meets can contribute to the points calculation. The final season points calculation will only include the top 15 meets for the athlete's FY21 season. The number of meets may be 'pro rata'd for loss of events ,ie meet cancelled due to weather (ie 75% of meets).  
The winner of each Age Group award is eligible for the Centre Champion Award.

### Centre Champion Award

Awarded to the boy and girl with the highest aggregate points at the end of the season.

**Reward:** Names inscribed on perpetual trophy and individual trophy.

**Calculation:** As per Age Champion Award.

### Personal Best Award

Awarded to the boy and girl with the highest number of PB's over the season per each age group.

13+ Age Group are combined.

**Reward:** Certificate.

**Calculation:**

1. Personal Best - to achieve a personal best - a first performance is recorded as a base and an improvement is measured against that performance.
2. Venue - Jack Cook Park & Western Suburb Games meet (other venues excluded from PB calculation).
3. The winner is the athlete withthe most number of PB's for the season. (Responsible person - Records Officer).

The winner of each Age Group award is eligible for the Most Improved Award.

### Most Improved Award

Awarded to the boy and girl with the highest number of PB's over the season.

**Reward:** Names inscribed on perpetual trophy and individual trophy.

**Calculation:** As per Age Group Personal Best Award.

### Outstanding Achievement Award

Awarded to athletes who achieve an exceptional performance level across all events.

**Reward:** Names inscribed on perpetual trophy and Individual Trophy.

**Calculation:**

1. Events include performances at all Little Athletic competitions (ie Jack Cook Park, Coles Carnivals, Regionals & States etc).
2. Best performance is recorded for each event and points are awarded based on the performance level achieved.

* 5 Points Gold Level
* 4 Points Silver Level
* 3 Points Blue Level
* 2 Points Red Level
* 1 Points Green Level

1. A trophy is awarded to all little athletes who achieve an average pint score of more than 3.00 over all events for their age-group.

Note: Athletes will receive ‘0’ points for events not attempted/ completed and this is included when calculating the average.

### Commitment Award

Awarded to the boy and girl to reward participation, improvement, club spirit and sportsmanship over the whole season.

*The Centre Champion winner is not eligible for this award*.

**Reward:**  Council award $50 gift voucher.

**Calculation:**

1. A point for each centre meet attended.
2. A point for each event completed during the season.
3. A point for each PB achieved (per personal best award calculation).
4. Regional Relay Participation (10 points for attendance).
5. Regional Events (10 points for attendance).
6. Little Athletic State Carnival attendance ie Coles Summer / Spring / Combined Carnivals (5 points for attendance).
7. Feedback from Age Marshalls, Officials and Coaches.

Responsible person – Centre Manager & Records Officer

### Laurie Baartz Memorial Trophy

Athlete with highest points per Baartz Trophy Calculation. Open to boys and girls of all age groups. Nominated for potential State Award

**Reward:**  Certificate.

**Calculation:**

1. Based on personal achievements over a range of events:  
   Sprints & Hurdles/ Middle Distance & Walks / Throws / Jumps.
2. Meets are designated as ‘Baartz Meets’ in the calendar 10 meets are used in the calculation.
3. Points are to be awarded for exceeding personal bests on the basis of one point per event group per nominated week ie a maximum of four (4) points per athlete per nominated week. The point for a particular group can be scored for any event within the group however only one (1) point per group per nominated week can be scored. The number of nominated weeks is ten (10) therefore the maximum number of points is 40.

Refer LAQ Handbook for additional information about award calculation.

### George Harvey Award (Optional)

Centre nominated athlete who is thought to exemplify the ideals of the movement.

**Reward:**  Certificate & State-wide award.

**Required Attributes:**

* Leadership
* Respect
* Perseverance
* Sportsmanship
* Enthusiasm
* Ambassador for little athletics, proud of his/her involvement in the sport and have promoted it amongst his/her peers.

# Sponsorship and Publicity

This centre benefits from three levels of sponsorship: National, State, and Local. National and State sponsors this year include Coles, McDonalds, Nordic Sport and the Queensland Government. At centre level we are proudly supported by Julian Simmons, former MP Member for Ryan (Federal), Michael Berkman MP Member for Maiwar (State), Brisbane City Council – Cllrs. James Mackay & Peter Matic.

Publications Officer

VACANT

Contact:  
publications@toowongharriers.org.au

Each season, this centre is fortunate enough to obtain sponsorship from a number of local businesses. This year we have been supported by Chemist Warehouse – Toowong, The Athlete’s Foot – Indooroopilly, Rebel – Indooroopilly, Impi Sportswear and Rock Trade Industries.

Please show your appreciation by preferring their products and services. Acknowledgment of further support will be made in newsletters. Please contact the publications officer or treasurer if you can help with funding.

## Press

This centre receives some coverage through the Quest Community Newspapers local press. Look for news about the centre in the South-West News and the Westside News. The support given to us by Quest is acknowledged with thanks.

## Centre Newsletters

The centre publishes several newsletters throughout the season. Please contact our centre manager at manager@toowongharriers.org.au if you have photos or stories to contribute.

# Social and Fundraising

Treasurer

Jon wood

Contact:  
treasurer@toowongharriers.org.au

As a non-profit organisation, Toowong Harriers Inc requires more than just your annual subscription fees to keep running.

There is also the possibility of raffles, sweet sales or other fundraising activities throughout the season. If you would like to help out with any fundraising activities or ideas, please contact our treasurer at [treasurer@toowongharriers.org.au](file:///C:/Users/engin/Downloads/treasurer@toowongharriers.org.au).

# Grants

In 2021/22 our centre benefited from the following grant:

grants coordinator

lauren aldridge

Contact:  
grants@toowongharriers.org.au

* $5 000 – Coles Community Grant which was put towards the automatic timing gates.

If you see any grant opportunities, please contact our grants coordinator at [grants@toowongharriers.org.au](file:///C:/Users/engin/Downloads/grants@toowongharriers.org.au).

# Canteen

We will continue to provide catering options at Jack Cook Park meets even though we cannot use the kitchen which was damaged in the 2022 rain event. A BBQ will be held on Friday nights so don’t rush through an early meal or go hungry at the meet. Come and support the centre. All monies raised go back into the club!

Canteen COORDINATOR

Helen WebsTer

Contact:  
canteen@toowongharriers.org.au

During the season Coles will continue to donate bananas for all of our centre meets.

# Senior Athletics

Toowong Harriers Athletics Club, established in 1894, is proudly Queensland’s first athletics club and one of Australia’s oldest with an impressive line of State and National representatives across a very broad range of events through to international level competitors at Commonwealth and Olympic games levels.

Seniors/QA Coordinator

Wayne adams

Contact:  
seniors@toowongharriers.org.au

In 2015, Toowong Harriers Amateur Athletic Club and Toowong Harriers Little Athletics amalgamated to form Toowong Harriers Inc.

Jack Cook Park is named in honour of the late Jack Cook, who was president of the club for many years. Our club looks forward to being the custodian of Jack Cook Park and providing access to athletics for participants of all ages.

Our club has over 400 Little Athletics Queensland athletes competing from September through to March every year, and 120 Open and Masters athletes competing across a myriad of events and team relays throughout the year.

For more information, please contact the seniors' coordinators on [seniors@toowongharriers.org.au](mailto:seniors@toowongharriers.org.au)

# Life Members

Life Membership is an honour bestowed through unanimously endorsement of club upon a individual club members who have demonstrated exceptional service, contribution and dedication to the Toowong Harriers Athletics Club over a long and consistent period on time.

This is through the provision of measurable benefits to the club and its members in preserving the highest standards of athletic pursuits in competition, officiating, coaching and or committee representation. Examples of criteria below that may qualify a member to Life Status, but are not limited to these, to be unanimously endorsed by the club.

* This may be demonstrated through a minimum 15years of club membership
* Has served on the club committee for a minimum of 10 years, or 8 years in an accountable role or Executive position.

A written nomination for Life membership can be made by any member, at any time, and must be received by the club secretary ([secretary@toowongharriers.org.au](mailto:secretary@toowongharriers.org.au)) prior to the monthly committee meeting before the AGM.

Our LAQ centre has awarded two life memberships for long and meritorious service:

* Neal Ashkanasy, who helped to establish the centre with his wife Linda, was centre manager from 1983 to 1990, covering the duties of at least 3 of the current committee positions, coaching and officiating throughout.
* Rik Hedge was centre manager from 1991 to 1995, and was program officer from 1989 to 2017, covering other positions when necessary.

Both Neal and Rik immersed themselves in the running of the centre and have set the tradition of high standards and credibility, which we continue to strive for today.

Neal was made a life member in 1993. He served for 4 years as finance director on the LAQ Board.

Rik was made a life member in 1999 and retired in 2018 after 30 years tireless service to the centre. He is currently a State Team Selector for LAQ.

# Competition Venue Addresses

## Jack Cook Park

Jack Cook Park

66 Indooroopilly Road

TARINGA QLD 4068

## The University of Queensland Athletics

Sir Fred Schonnell Drive

ST LUCIA QLD 4067

## Bill Paterson Oval

Lion Street

IPSWICH QLD 4300

## Queensland Sport & Athletics Centre (QSAC/State Athletic Facility)

Cnr Mains & Kessels Road

NATHAN QLD 4111

## Kenmore Little Athletics

Kenmore State High School

Dumbarton Drive

KENMORE QLD 4069

## Centenary Little Athletics

Jindalee Recreation Reserve

Wongaburra Street

JINDALEE QLD 4074

# 

# Centre Best Performances

(Best performance, blue level or better, by a TWH Little Athlete at any Little Athletics Competition, regardless of venue)

**GIRLS BOYS**

**60m Hurdle**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U6 | Madeleine Wallace | 14.0 | 2021 | U6 | Landon Doyle | 14.9 | 2022 |
| U7 | Madeleine Wallace | 12.6 | 2022 | U7 | Jude Van Tonder | 12.5 | 2022 |
|  | Amelie McLennan | 13.7 | 2017 |  |  |  |  |
|  | Gracie Hefner | 13.7 | 2018 |  |  |  |  |
| U8 | Charlotte Caslick | 11.9 | 2003 | U8 | A-J. Brimson | 11.4 | 2006 |
|  |  |  |  |  | Joey Davis | 11.4 | 2006 |
| U9 | Lauren Rowney | 10.8 | 1998 | U9 | Trent McArdle | 10.2 | 1996 |
| U10 | Kathryn McCormack | 10.9 | 1994 | U10 | Francis Otto | 10.5 | 1995 |
|  |  |  |  |  | Oscar Sullivan | 10.5 | 2011 |
| U11 | Cassie Bailey | 10.1 | 2006 | U11 | Cedric Dubler | 9.8 | 2006 |
| U12 | Lara Ulasowski | 10.2 | 1999 | U12 | Jack Clancy | 9.6 | 1998 |
|  | Eloise Grigg | 10.2 | 2019 |  |  |  |  |

**80m Hurdle**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U11 | Charlotte Wallace | 14.7 | 2021 | U11 | Felix Birchall | 14.02 | 2021 |
| U12 | Aurelia Boyd | 15.08 | 2021 | U12 | Felix Birchall | 13.0 | 2022 |
| U13 | Lara Ulasowski | 13.3 | 2000 | U13 | Andrew Cameron | 12.8 | 1994 |
| U14 | Virginia Trad | 13.3 | 2005 |  |  |  |  |

**90m Hurdle**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | U14 | | Andrew Cameron | 13.0 | 1995 |
| U15 | Virginia Trad | 13.5 | 2006 |  |  | |  |  |
| U16 | Isabella Grigg | 14.9 | 2017 |  |  | |  |  |

**100m Hurdle**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | U15 | Tom Toro | 14.1 | 1999 |
|  |  |  |  | U16 | Duncan Scott | 15.3 | 2007 |
| U17 | Hannah Sheehan | 18.677 | 20222 |  |  |  |  |

**110m Hurdle**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | U17 | Thomas Bryant | 17.71 | 2022 |

**200m Hurdle**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U13 | Virginia Trad | 31.0 | 2004 | U13 | Andrew Cameron | 28.1 | 1994 |
| U14 | Virginia Trad | 29.6 | 2005 | U14 | Andrew Cameron | 26.9 | 1995 |
|  | Emily First | 29.6 | 2009 |  |  |  |  |

**300m Hurdle**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U15 | Eloise Grigg | 46.9 | 2022 | U15 | Jonathan Riese | 51.0 | 2021 |
| U16 | Isabella Grigg | 53.4 | 2017 | U16 | Gus Grigg | 48.4 | 2019 |
|  |  |  |  | U17 | Thomas Bryant | 46.24 | 2022 |

**GIRLS BOYS**

**50m**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U6 | Anna Nicklin | 9.9 | 2000 | U6 | Joey Davis | 9.2 | 2004 |
| U7 | Sophie Scott | 8.8 | 2003 | U7 | Joe Jenkins | 8.9 | 2003 |
| U8 | Sophie Scott | 8.3 | 2004 | U8 | A Brimson | 8.3 | 2006 |

**70m**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U6 | Sophie Scott | 13.2 | 2002 | U6 | Dane McArdle | 12.7 | 1998 |
|  | Laura Buttner | 13.2 | 2010 |  |  |  |  |
| U7 | Charlotte Davis | 12.1 | 2001 | U7 | Clint Devereaux | 11.7 | 1991 |
| U8 | Sophie Moore | 11.2 | 2016 | U8 | Timothy Williams | 11.1 | 1990 |
| U9 | Rachel Millwood | 10.9 | 1997 | U9 | Hamish Jackson | 10.3 | 1996 |
|  | Sophie Moore | 10.9 | 2017 |  |  |  |  |
| U10 Rebecca | Rebecca Moore | 10.5 | 1991 | U10 | Shaun Molenda | 10.0 | 1991 |
|  | Courtney Schirmer | 10.5 | 2000 |  |  |  |  |
|  | Lily Neill | 10.5 | 2016 |  |  |  |  |
| U11 Kathryn | Kathryn Jukes | 10.3 | 2009 | U11 | Jack Seawright | 9.9 | 2008 |
|  |  |  |  |  | Paddy Cunningham | 9.9 | 2013 |
| U12 | Kathryn Jukes | 10.2 | 2010 | U12 | Callum Grady | 9.6 | 2006 |

**100m**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U6 | Bree-Arne McArdle | 19.3 | 1996 | U6 | James Waterman | 18.7 | 1995 |
| U7 | Mary Tiffin | 17.4 | 1986 | U7 | William Bannah | 16.2 | 1985 |
|  | Isabelle McCarthy | 17.4 | 2021 |  |  |  |  |
|  | Tara Ryan | 17.4 | 2021 |  |  |  |  |
| U8 | Cassidy.Jackson-Carroll | 16.1 | 1987 | U8 | Tim Garrett | 14.6 | 1992 |
|  | Bree-Arne McArdle | 16.1 | 1998 |  |  |  |  |
| U9 | Rebecca Moore | 15.2 | 1990 | U9 | Clint Devereaux | 14.4 | 1993 |
|  | Loren Rowney | 15.2 | 1998 |  |  |  |  |
| U10 | Meg Charlton | 14.6 | 2005 | U10 | Matthew Crooke | 14.2 | 1985 |
|  |  |  |  |  | Max Newstead | 14.2 | 2001 |
|  |  |  |  |  | Callum Grady | 14.2 | 2004 |
|  |  |  |  |  | Sam Vaughan | 14.2 | 2005 |
| U11 | Jackie Bayliss | 14.1 | 1987 | U11 | Jack Clancy | 13.6 | 1997 |
|  | Charlotte Caslick | 14.1 | 2006 |  |  |  |  |
| U12 | Nina White | 13.3 | 1990 | U12 | Jack Clancy | 12.6 | 1998 |
| U13 | Erica Jones | 12.6 | 1995 | U13 | Jack Clancy | 12.4 | 1999 |
| U14 | Jackie Bayliss | 12.7 | 1990 | U14 | Jack Clancy | 11.5 | 2000 |
|  | Anais Dewilde | 12.7 | 2017 |  |  |  |  |
| U15 | Virginia Trad | 12.7 | 2006 | U15 | Jack Clancy | 11.9 | 2001 |
| U16 | Imelda Middleton | 13.3 | 2017 | U16 | Duncan Scott | 11.7 | 2007 |
| U17 | Olivia Boyd | 13.7 | 2021 |  |  |  |  |

**GIRLS BOYS**

**200m**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U6 | Bree-Arne McArdle | 42.1 | 1996 | U6 | Sam Vaughan | 41.1 | 2001 |
| U7 | Mary Tiffin | 37.3 | 1986 | U7 | Daniel Mulvihill | 34.3 | 1989 |
| U8 | Bree-Arne McArdle | 33.9 | 1998 | U8 | Daniel Heckenberg | 32.4 | 1985 |
| U9 | Sophie Moore | 32.2 | 2017 | U9 | Chidozie.Uruakpa | 30.5 | 1997 |
| U10 | Rebecca Moore | 30.1 | 1991 | U10 | Sam Vaughan | 29.1 | 2005 |
|  | Bree-Arne McArdle | 30.1 | 2000 |  |  |  |  |
| U11 | Nina White | 29.1 | 1989 | U11 | Kristian Abandowitz | 28.4 | 1986 |
| U12 | Nina White | 27.6 | 1990 | U12 | Jack Clancy | 26.3 | 1998 |
| U13 | Erica Jones | 26.5 | 1995 | U13 | Jack Clancy | 25.3 | 1999 |
| U14 | Jackie Bayliss | 26.0 | 1990 | U14 | Jack Clancy | 24.6 | 2000 |
| U15 | Virginia Trad | 25.9 | 2006 | U15 | Duncan Scott | 24.6 | 2006 |
| U16 | Imelda Middleton | 27.7 | 2017 | U16 | Duncan Scott | 24.9 | 2007 |
|  |  |  |  |  | Nicholas Yem | 24.9 | 2016 |
| U17 | Olivia Boyd | 28.21 | 2021 |  |  |  |  |

**400m**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U8 | Bree-Arne McArdle | 1:20.0 | 1998 | U8 | Clint Devereaux | 1:17.5 | 1992 |
| U9 | Bree-Arne McArdle | 1:14.1 | 1999 | U9 | Shawn Ashkanasy | 1:09.2 | 1985 |
| U10 | Bree-Arne McArdle | 1:08.5 | 2000 | U10 | Sam Vaughan | 1:06.0 | 2005 |
| U11 | Bree-Arne McArdle | 1:03.7 | 2001 | U11 | Shawn Ashkanasy | 1:04.4 | 1987 |
| U12 | Jackie Bayliss | 1:03.3 | 1988 | U12 | Samuel Anderson | 1:00.50 | 2021 |
| U13 | Jackie Bayliss | 1:00.5 | 1989 | U13 | Jack Clancy | 57.0 | 1999 |
| U14 | Jackie Bayliss | 1:02.5 | 1990 | U14 | Jack Clancy | 55.8 | 2000 |
| U15 | Susan Holden | 1:02.9 | 1991 | U15 | Peter Shanks | 54.8 | 1992 |
| U16 | Olivia Boyd | 1:04.7 | 2020 | U16 | Zac Tully | 58.3 | 2007 |
| U17 | Olivia Boyd | 1:01.66 | 2021 | U17 | Thomas Bryant | 1:01.00 | 2022 |

**800m**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U9 | Loren Rowney | 2:48.2 | 1998 | U9 | Raphael Jadin | 2:39.5 | 1988 |
| U10 | Bree-Arne McArdle | 2:39.3 | 2000 | U10 | Evan Wilkes | 2:34.4 | 1987 |
| U11 | Bree-Arne McArdle | 2:29.6 | 2001 | U11 | Benjamin Ganko | 2:25.3 | 2012 |
| U12 | Tenille Morrissey | 2:30.8 | 1989 | U12 | Shawn Ashkanasy | 2:18.2 | 1988 |
| U13 | Emma-Kate Watt | 2:25.3 | 2017 | U13 | Evan Wilkes | 2:15.0 | 1990 |
| U14 | Emma Hossack | 2:20.1 | 2017 | U14 | Peter Shanks | 2:12.1 | 1991 |
| U15 | Emma Hossack | 2:21.2 | 2018 | U15 | Peter Shanks | 2:06.1 | 1992 |
| U16 | Olivia Boyd | 2:32.9 | 2020 | U16 | Thomas Bryant | 2:30.78 | 2021 |
| U17 | Olivia Boyd | 2:17.67 | 2021 | U17 | Thomas Bryant | 2:20.2 | 2022 |

**1500m**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U11 | Bree-Arne McArdle | 5:13.4 | 2001 | U11 | Benjamin Ganko | 4:47.8 | 2012 |
| U12 | Tenille Morrissey | 5:02.3 | 1989 | U12 | Shawn Ashkanasy | 4:51.0 | 1988 |
| U13 | Emma-Kate Watt | 5:03.5 | 2017 | U13 | James Turnbull | 4:36.7 | 1994 |
| U14 | Emma Hossack | 4:45.9 | 2017 | U14 | Patrick Cornwell | 4:32.0 | 1987 |
| U15 | Emma Hossack | 4:54.5 | 2018 | U15 | Conrad Hoskin | 4:23.8 | 1991 |
| U16 | Olivia Boyd | 5:29.8 | 2020 | U16 | Zac Tully | 5:12.1 | 2007 |
| U17 | Olivia Boyd | 4:49.66 | 2021 | U17 | Thomas Bryant | 5:12.3 | 2022 |

**GIRLS BOYS**

**300m Walk**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U6 | Katrina Riese | 2:07.5 | 2004 | U6 | Nilsen Berquier | 1:59.5 | 1994 |
| U7 | Jane Mulvihill | 1:39.2 | 1991 | U7 | Timbi Poon | 1:43.4 | 1993 |
| U8 | Kristina Kedwell | 1:29.4 | 1993 | U8 | William Armstrong | 1:33.5 | 1991 |
| U9 | Sophie Rose | 1:27.9 | 1992 | U9 | Geoff Martin | 1:23.3 | 1994 |

**700m Walk**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U8\* | Andie Ganter | 5:12.9 | 2020 | U8\* | Alex Sanders | 5:19.3 | 2020 |
| U9 | Sophie Rose | 3:39.4 | 1992 | U9 | Geoff Martin | 3:30.5 | 1994 |
| U10 | Katrina Riese | 3:56.6 | 2008 | U10 | William Armstrong | 3:27.6 | 1993 |
| U11 | Rebecca Teahen | 3:44.5 | 2018 | U11 | Geoff Martin | 3:26.7 | 1996 |
| U12 | Sarah Bitomsky | 3:38.5 | 1994 | U12 | Oliver Zuk | 3:11.2 | 1993 |
| U13 | Kate Sanford | 3:22.8 | 2004 | U13 | Oliver Zuk | 3:02.4 | 1994 |
| U14 | Roxy Schmidt | 3:10.7 | 1998 | U14 | Oliver Zuk | 2:58.4 | 1995 |
| U15 | Roxy Schmidt | 2:57.4 | 1999 | U15 | William Armstrong | 2:53.5 | 1998 |
| U16 | Mikaela Woodward | 3:18.8 | 2015 |  |  |  |  |

**1100m Walk**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U10 | Zoe Renton | 6:07.25 | 2021 | U10 | Geoff Martin | 5:42.6 | 1995 |
| U11 | Rebecca Teahen | 5:38.0 | 2018 | U11 | Geoff Martin | 5:51.7 | 1996 |

**1500m Walk**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U12 | Rebecca Teahen | 7:55.6 | 2019 | U12 | Oliver Zuk | 7:21.3 | 1993 |
| U13 | Kate Sanford | 7:29.2 | 2004 | U13 | Oliver Zuk | 6:53.3 | 1994 |
| U14 | Rebecca Teahen | 7:05.39 | 2021 | U14 | Oliver Zuk | 7:12.5 | 1995 |
| U15 | Roxy Schmidt | 6:55.3 | 1999 | U15 | William Armstrong | 6:45.6 | 1998 |
| U16 | Mikaela Woodward | 7:45.4 | 2015 |  |  |  |  |
| U17 | Hannah Sheehan | 10:26.5 | 2022 | U17 | Thomas Bryant | 10:01.6 | 2022 |

**Shot Put**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U6 | Emily Ryan | 4.78 | 2012 | U6 | Luke Donaldson | 5.32 | 2000 |
| U7 | Sophie Scott | 5.39 | 2003 | U7 | Jamie Lowndes | 8.55 | 1987 |
| U8 | Jade Somerville | 5.92 | 2012 | U8 | Kiran Henry | 7.30 | 1994 |
|  |  |  |  |  | Max Newstead | 7.30 | 1999 |
| U9 | Wasie Toolis | 7.47 | 2004 | U9 | Jack Clayton | 8.00 | 2008 |
| U10 | Wasie Toolis | 8.92 | 2005 | U10 | Oscar Sullivan | 10.90 | 2011 |
| U11 | Wasie Toolis | 10.56 | 2006 | U11 | Oscar Sullivan | 12.72 | 2012 |
| U12 | Joanne Lane | 12.56 | 1989 | U12 | Ryan MacGillivray | 10.44 | 2022 |
| U13 | Wasie Toolis | 10.66 | 2008 | U13 | Adam Curnock | 12.48 | 1988 |
| U14 | Alison Lever | 11.68 | 1987 | U14 | Harry Cohen | 12.10 | 2022 |
| U15 | Erica Sitcheff | 13.40 | 2017 | U15 | Augustine Otto | 12.80 | 2000 |
| U16 | Lillian Kolb | 10.28 | 2019 | U16 | Zac Tully | 13.34 | 2007 |
| U17 | Min Heo | 9.85 | 2017 |  |  |  |  |

**GIRLS BOYS**

**Discus**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U6 | Sophie Ulcoq | 10.94 | 2002 | U6 | Luke Donaldson | 14.64 | 2000 |
| U7 | Susan Hedge | 14.34 | 1992 | U7 | Luke Donaldson | 19.80 | 2001 |
| U8 | Sophie Rose | 14.74 | 1991 | U8 | Max Newstead | 24.86 | 1999 |
|  | Bridget Seawright | 14.74 | 2007 |  |  |  |  |
| U9 | Kate Woodhouse | 19.24 | 2004 | U9 | Gareth Estwick | 26.70 | 1987 |
| U10 | Jovana Ilic | 24.50 | 2019 | U10 | Oscar Sullivan | 33.40 | 2011 |
| U11 | Wasie Toolis | 27.82 | 2006 | U11 | Tim Winterflood | 29.02 | 1999 |
| U12 | Wasie Toolis | 36.08 | 2007 | U12 | Tim Winterflood | 37.78 | 2000 |
| U13 | Wasie Toolis | 39.02 | 2008 | U13 | Tim Winterflood | 42.44 | 2001 |
| U14 | Alison Lever | 35.22 | 1987 | U14 | Tim Winterflood | 44.00 | 2002 |
| U15 | Lillian Kolb | 33.39 | 2018 | U15 | Andrew French | 56.70 | 2006 |
| U16 | Lillian Kolb | 31.07 | 2019 | U16 | Kuzivakwashe Harwood | 34.53 | 2022 |
| U17 | Hannah Sheehan | 22.29 | 2022 |  |  |  |  |

**Javelin**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U11 | Wasie Toolis | 27.00 | 2006 | U11 | Augustine Otto | 33.34 | 1996 |
| U12 | Wasie Toolis | 35.24 | 2007 | U12 | Thomas Scott | 38.56 | 2022 |
| U13 | Wasie Toolis | 47.19 | 2008 | U13 | Nilsen Berquier | 38.78 | 2001 |
| U14 | Ashleigh.Sitcheff | 46.23 | 2017 | U14 | Andrew Fittell | 48.72 | 1987 |
| U15 | Erica Sitcheff | 42.53 | 2017 | U15 | Liam Sheehan | 37.35 | 2022 |
| U16 | Lillian Kolb | 31.07 | 2019 | U16 | Joshua Watt | 48.74 | 2017 |
| U17 | Hannah Sheehan | 31.01 | 2022 |  |  |  |  |

**Vortex**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U6 | Madeleine Wallace | 9.82 | 2021 | U6 | Owen Trenton | 16.81 | 2022 |
| U7 | Sophie Nolan | 11.98 | 2022 | U7 | Conor Geagea | 18.46 | 2022 |
| U8 | Ava Schweizer | 18.66 | 2021 | U8 | Charlie Bryant | 26.20 | 2018 |
| U9 | Zoe Renton | 19.65 | 2020 | U9 | Justin Fowler | 31.85 | 2022 |
| U10 | Emma Sheehan | 23.17 | 2019 |  |  |  |  |
|  |  |  |  | U11 | Thomas Scott | 36.60 | 2020 |

**High Jump**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U8 | Sarah Taylor | 1.02 | 2010 | U8 | James Gurn | 1.10 | 1991 |
| U9 | Alice Nicklin | 1.14 | 1999 | U9 | James Gurn | 1.25 | 1992 |
|  | Annabel Ryan | 1.14 | 2010 |  |  |  |  |
| U10 | Claire Patterson | 1.24 | 1985 | U10 | James Gurn | 1.30 | 1993 |
| U11 | Alison O'Dwyer | 1.31 | 1992 | U11 | Duncan Scott | 1.38 | 2002 |
|  |  |  |  | U11 | Joshua Fowler | 1.38 | 2022 |
| U12 | Joanne Lane | 1.51 | 1989 | U12 | Shaun Clough | 1.55 | 1987 |
|  |  |  |  |  | James Gurn | 1.55 | 1995 |
| U13 | Mya Thomas | 1.57 | 2016 | U13 | Samuel Anderson | 1.64 | 2022 |
| U14 | N Barker | 1.65 | 2017 | U14 | Henry Bryan | 1.78 | 2001 |
| U15 | Zara Leembruggen | 1.65 | 2016 | U15 | Henry Bryan | 1.75 | 2002 |
| U16 | Isabella Grigg | 1.45 | 2017 | U16 | Charlie Irving | 1.78 | 2020 |

**GIRLS BOYS**

**Long Jump**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U6 | Anna Nicklin | 2.57 | 2000 | U6 | Levi Paige | 2.80 | 2015 |
| U7 | Mary Tiffin | 3.14 | 1986 | U7 | Max Newstead | 3.38 | 1998 |
| U8 | Cassidy.Jackson-Carroll | 3.41 | 1987 | U8 | Daniel Heckenberg | 3.90 | 1985 |
| U9 | Lauren Rowney | 3.77 | 1998 | U9 | Max Newstead | 4.31 | 2000 |
| U10 | Bree-Arne McArdle | 4.24 | 2000 | U10 | Ben Hogan | 4.63 | 1991 |
| U11 | Jackie Bayliss | 4.52 | 1987 | U11 | Max Newstead | 4.70 | 2002 |
| U12 | Nina White | 5.22 | 1990 | U12 | Jack Clancy | 5.32 | 1998 |
| U13 | Harriet Lawrence | 5.13 | 2005 | U13 | Tim Winterflood | 5.50 | 2001 |
| U14 | Jackie Bayliss | 5.08 | 1990 | U14 | Jack Clancy | 5.83 | 2000 |
| U15 | Jackie Bayliss | 5.10 | 1991 | U15 | Santi Chimyong | 5.88 | 1991 |
| U16 | Imelda Middleton | 4.50 | 2017 | U16 | Duncan Scott | 5.56 | 2007 |

**Triple Jump**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| U11 | Nina White | 9.52 | 1989 | U11 | Max Newstead | 9.66 | 2002 |
| U12 | Jackie Bayliss | 10.80 | 1988 | U12 | Max Newstead | 10.87 | 2003 |
| U13 | Harriet Lawrence | 11.15 | 2005 | U13 | Dominic Trad | 10.97 | 2005 |
| U14 | Eloise Grigg | 10.55 | 2021 | U14 | Dominic Trad | 11.97 | 2006 |
| U15 | Jackie Bayliss | 10.72 | 1991 | U15 | Tom Toro | 11.99 | 1999 |
| U16 | Isabella Grigg | 9.33 | 2017 | U16 | Duncan Scott | 11.91 | 2007 |
| U17 | Olivia Boyd | 9.54 | 2021 |  |  |  |  |

**BEST RELAY PERFORMANCES**

**4x70m Shuttle**

U7B 52.1 1992 Lachlan Boyle, Hamish Jackson, Leif Lyons, John Toro

U7G 55.9 1992 Alana Dempsey, Cassidy Herps, Jennifer Martin, Bryony Willis

U8B 48.1 1989 Richard Halliday, Ryan Hansford, Daniel Mulvihill, Timothy Williams

48.1 1998 Nicholas Muggeridge, Max Newstead, Nick Northcott, Sam Williams

U8G 50.4 1987 Stephanie Ellis, Anna Guerney, Kate Mulvihill, Phoebe Papas

**4x100m Shuttle**

U7B 1:14.6 1998 Alexander Burko, Dane McArdle, Alexander Pattison, Duncan Scott

U7G 1:20.4 2002 Gillian Angliss, Johanna Davie, Sophie Scott, Sophie Ulcoq

U8B 1:09.6 1998 Nicholas Muggeridge, Max Newstead, Nick Northcott, Sam Williams

1:09.6 2000 Tom Barnes, Nick Connolly, William Read, Tom Vaughan

U8G 1:13.8 1997 Sarah Atley, Alice Nicklin, Alice Turnbull, Sarah Wilson

**Mixed 4x70m**

U8 56.55 2022 Elise Smith, Chloe Gower, Pippa Donaghy, Sophie Nolan

**4x100m Circ.**

U9B 1:02.1 1996 Kyle Beard, Martin Jacobson, Chidozie Uruakpa, Tim Winterflood

U9G 1:06.5 1989 Natalie Aldous, Rebecca Moore, Lauren Richards, Elizabeth Wallace

U10B 58.2 1993 Adrian Constantine, Clint Devereaux, Tim Garrett, Nick Haug

U10G 1:01.3 1987 Nadine McMillan, Maria Nearhos, Tanya Richards, Nina White

1:01.3 2005 Cassie Bailey, Charlotte Caslick, Meg Charlton, Emily First

U11B 56.9 2005 Corey Brown, Callum Grady, Tom Harvey, Dan Winter

U11G 59.6 2000 Bree-Arne McArdle, Alice Nicklin, Courtney Schirmer, Sarah Wilson

U12B 54.9 2021 Lucas Anderson, Daniel Antonio, Thomas Froget Penaranda, Samuel Anderson

U12G 57.5 2005 Charlotte Davis, Alice First, Laura Sharpe, Chiaki Takahashi

U13B 52.6 2006 Charlie Brimson, Callum Grady, Andreas Ruggieri, Aaron Sands

U13G 52.85 2020 Sophie Moore, Isabelle Palmer, Kya Horridge, Eloise Grigg

U14B 52.2 1988 Angus Algie, Barry-Jay Cook, Tim Lawson, Jerome Sarris

U14G 54.9 1999 Alice Duniam, Matilda Gunn, Emily Malcolm, Bridget O’Shea

U15B 49.4 1989 Ian Bohn, Barry-Jay Cook, Tim Lawson, Jerome Sarris

U15G 54.5 1990 Jackie Bayliss, Christine Egan, Susan Holden, Stephanie West

U16B 58.39 2020 Angus Lee(U13), Olivia Boyd(U16), Hannah Sheehan(U15), Cameron Dubbeldam(U14)

U16G 58.4 2015 Jacinta Cowin(U14), Kelly Johnston, Constanza Mezzano(U14), Maddison Wood(U15)

**Mixed 4x100m**

U81:24.07 2022 Elise Smith, Chloe Gower, Pippa Donaghy, Amelia McCarthy

**Combined 4x100m**

U9-U121:02.42 2022 Ruth Howlett, Archie Harrison, Charlotte Wallace, Benjamin Cohen

U13-U1754.70 2022 Thomas Crespy-Worth, Olivia Heinemann, Hannah Sheehan, Daon Choi

**4x200m**

U9B 2:13.4 1996 Louis Dodgson, Martin Jacobson, Chidozie Uruakpa, Tim Winterflood

U9G 2:22.1 1998 Bree-Arne McArdle, Alice Nicklin, Alice Turnbull, Rachel Willims

U10B 2:06.1 1993 Adrian Constantine, Clint Devereaux, Tim Garrett, Nick Haug

U10G 2:10.5 1987 Nadine McMillan, Maria Nearhos, Tanya Richards, Nina White

**4xSwedish (100m, 200m, 300m,400m) Partially replaced 4xMedley from 2018**

U11B 2:50.79 2021 Luke Aldridge, Felix Birchall, Harry Hill, Oliver Waters

U11G 2:56.52 2022 Barbara Froget Penaranda, Eloise Singer, Brooke Tregidgo, Sienna Pearsall

U12B\* 2:35.32 2021 Lucas Anderson, Daniel Antonio, Thomas Froget Penaranda, Samuel Anderson

U12G 2:47.45 2021 Layla Pennisi, Giselle Singer, Isabelle Mortensen, Emily Boyd

U13B/G & U14B/G No records recorded

U15B 2:34.27 2020 Jonathan Riese, Thomas Bryant, Cameron Dubbeldam, Noah Cowley

U15G 2:38.33 2022 MacKenzie King, Sophie Scott, Rebecca Teahen, Eloise Grigg

U16B 2:54.12 2021 Thomas Bryant, Hannah Sheehan, Cameron Dubbeldam, Liam Sheehan

U16G 2:47.7 2020 Lucinda Freeman, Olivia Boyd, Ruby Logan, Hannah Sheehan

**Combined Swedish**

U9-U12 3:23.63 2022 Lucy Hensley, Taylor Baart, Phoebe Dwyer, Alexandra Vanner

U13-U17 2:18.14 2022 Kuzivakwashe Harwood, Thomas Crespy-Worth, Harry Cohen, Daon Choi

**4xMedley (200m,200m,400m,800m)**

U11B 4:56.63 2012 B Ganko, H McNally, K Sullivan, O Sullivan

U11G 4:55.5 2000 Bree-Arne McArdle, Alice Nicklin, C Schirmer, S Wilson

U12B 5:02.76 2017 Xavier Kolb, Alexander Webster, Nicolas Muir, Max Wilson

U12G 5:10.13 2015 *Team details to be updated*

U13B 4:33.45 2011 T Cavanagh, C Lehane, D Radford-Smith, J Radford-Smith

U13G 4:42.89 2020 Eliza Hoyling, Sophie Moore, Isabelle Palmer, Kya Horridge

U14B 4:41.78 2019 Thomas Bryant, Lauren Guppy, Alexander Webster, Xavier Kolb

U14G 4:29.37 2017 Emma Crowhurst, Emma Hossack, Anais Dewilde, Lillan Kolb

U15B 5:45.79 2016 Kay Shin, Caitlin Miller, Maddison Wood, Chloe Haughey(mixed race)

U15G 4:25.75 2018 Lillian Kolb, Ashleigh Sticheff, Emma Hossack, Emma Crowhurst

U16B No records recorded

U16G 4:59.59 2016 Min Heo, Kelly Johnston, Jessica O’Reilly, Maddison Wood

U17B 4:40.53 2017 Nicolas Yem, Joshua Watt, Chloe Haughey, Naomi Barker

U17G No records recorded

**4x400m to 1999 - (to review historical records for U11G/U12B/U12G)**

U11B 4.36.6 1995 N McVeigh, G Martin, A Otto, F Otto

U13B 4:17.7 1990 Joel Boogers, Robert Gooley, Mark Jones, Mark West

U13G 4:23.4 1989 Joanne Lane, Sarah McEvoy, Dana Morrissey, Tenille Morrissey

U14B 4:08.1 1988 Barry-Jay Cook, Tim Lawson, Jerome Sarris, Daniel White

U14G 4:27.4 1989 Jackie Bayliss, Megan Goudie, Emily Moore, Adria White

\*State Best Performance

# Centre Sponsors and Supporters

Toowong Harriers Little Athletics Centre would like to gratefully acknowledge the generous supporters.













