

Toowong Harriers Inc

Little Athletics Centre Handbook 2023-24



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](#) and [Little Athletics Queensland](#) websites.



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2. 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.

The 2023/24 Season is the 41st year Toowong Harriers has been competing as a Little Athletics Centre. This is a wonderful achievement and we look forward to surging towards our 50th year, coinciding with the 2032 Brisbane Olympics.

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

David Webster.

CENTRE MANAGER
DAVID WEBSTER

Contact:

manager@toowongharriers.org.au



3. 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 *	David Webster	manager@toowongharriers.org.au
Secretary *	Kim Shields	secretary@toowongharriers.org.au
Treasurer *	Jon Wood	treasurer@toowongharriers.org.au
Assistant Centre Manager	VACANT	
Communications Officer	Ben Wallace	comms@toowongharriers.org.au
Facilities & Grounds Officer	Darren Aldridge	facilities@toowongharriers.org.au
Coaching Coordinator	Sally Geagea	coaching@toowongharriers.org.au
Team Manager	Ben Wallace	teammanager@toowongharriers.org.au
Recordings Officers	Karina Groom Donnae Fowler	recording@toowongharriers.org.au
Senior QA Co-ordinator	Wayne Adams	seniors@toowongharriers.org.au
Committee Members	Bruce Jones	
	Darryn Bryant	
	Adam Scott	
	Chris Scott	
	Darren Aldridge	
	Trudy Lennox	
	Scott Miers	
Support Roles (non-committee positions)		
Officials Coordinator	Sally Geagea	officials@toowongharriers.org.au
Registrations Officer	Kris Hacker	registration@toowongharriers.org.au
Program Officer	Tessa Morrison	program@toowongharriers.org.au
Race Technology Officer	VACANT	admin@toowongharriers.org.au
Canteen Coordinator	Helen Webster	canteen@toowongharriers.org.au
Uniforms Officer	Vanessa Renton	uniforms@toowongharriers.org.au
Grants Coordinator	Lauren Aldridge	grants@toowongharriers.org.au
Equipment Officer	VACANT	equipment@toowongharriers.org.au
Grounds Officer	Peter Kolb	grounds@toowongharriers.org.au
Winter Coordinator	VACANT	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



4. 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](#) . 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.



5. 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. This year we are trialling a distribution of jobs to a given age group on a rotational basis. Each age group will have a co-ordinator that will oversee the sign-up to volunteer roles where they are required. Additionally, they will ensure fair distribution of the load among parents. Duty rosters will be made available in 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) 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, 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 2024 when 10 volunteer sessions per family have been completed for the season. Please refer to the [Parent Participation Deposit Refunds](#) 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) will be able to provide you with more information. Alternatively, one of our committee members will response to your enquiry (enquiries@toowongharriers.org.au).



6. Parent Participation Deposit Refunds

The family deposit of \$100 is refunded at completion of the season (approx. May 2024) if:

- A parent/carer takes on a committee role throughout the season; or
- 10 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 10 meets, the committee and children would greatly appreciate it. No doubt, it will sometimes be required to ensure meets run smoothly.

7. 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.

8. COVID-19

There are currently no COVID-19 restrictions to community sport outlined by the State Government. Athletes and spectators do not have to be double-vaccinated to attend community sport.

For members who have tested positive to COVID or are a close contact for someone who has tested positive, home isolation is an effective way of reducing the spread.

Queensland Health strongly recommends that you stay at home and isolate until you no longer have respiratory symptoms and that you have gone without fever for 24hrs, without using paracetamol or ibuprofen.



9. Registration

Children must be over five and under 17 years of age on the 31st December 2023 to be eligible for registration for the 2023-24 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.

**REGISTRATIONS
KRIS HACKER**

Contact:

registration@toowongharriers.org.au

The LAQ current season fees are:

- U6 (born 2018) \$135.00
- U7/U8 (2016/2017) \$190.00
(Includes regional relay and championship entry fees)
- U9 - U17 (2007 - 2015) \$220.00
- Tiny Tot (see [Tiny Tots](#) section) \$60.00
- Family Participation Deposit* \$100.00
(per family)

*Deposits are refundable if 10 volunteer sessions per family are completed in the season. Please refer to the [Parent Participation Deposit Refunds](#) section for further information.

The senior club (QA) membership for 23/24, running from 1st October through to 30th September 2024 will be \$48 club fee + a nominal \$12 (QA base membership) fee. This covers the years membership, access to club training equipment and facilities on set days throughout the Summer season and Thursday night general / middle distance / XC conditioning training all year. Also covered is entry into both the QA Relay Championships and Qld XC Relay Championships. 23/24 registered LAQ athletes wishing to compete in the QA season are eligible for a \$25 discount (\$48 to \$23).

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](#) section.



10. Centre Uniform

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

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.

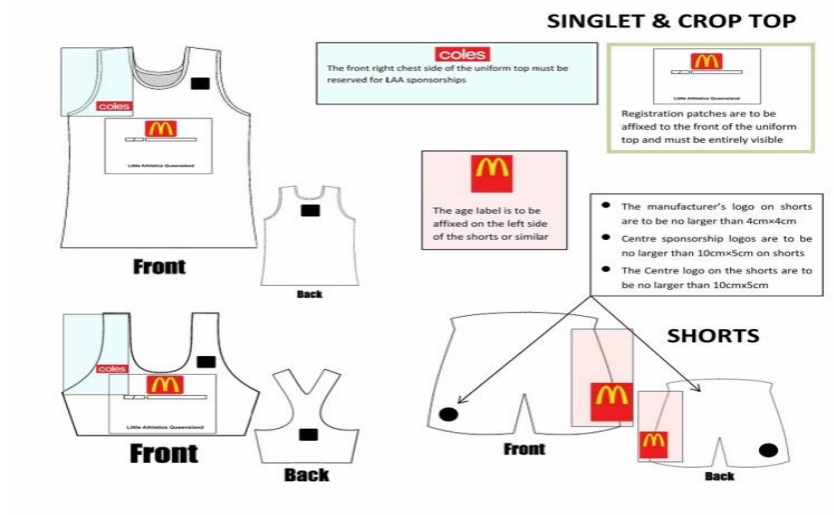
The uniform consists of the following items:

UNIFORM OFFICERS
VANESSA RENTON

Contact:
uniforms@toowongharriers.org.au



Top	Bottom
<p>For sun safety athletes should wear the centre uniform of a white polo shirt with royal blue sleeves. However, LAQ has now relaxed the age restriction for use of singlets and crop tops. Toowong will have limited stocks of smaller sizing in both singlets and crop tops this year. Orders will be reviewed for next season based on expressed interest through the uniform shop.</p> <p>Note: There are no age or gender requirements for the use of any uniform item.</p>	<p>Athletes are required to wear shorts, bike pants, racing briefs or compression garments in either royal blue (approved centre colour) or predominantly black.</p> <p>Walk events – all bottoms shall be above knee length</p> <p>All other events – Full length compression garments or tights MAY be worn</p>





11. 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.

TOOWONG HARRIERS: LITTLE ATHLETICS 2023/24 SEASON CALENDAR DRAFT_ SUBJECT TO CHANGE

Date	Event	Times	Location	Notes	Event Type
Sun 13 Aug	Registration pack and Uniform collection	3pm-4pm	Jack Cook Park		
Sat 26 Aug	Intro to Little Athletics Registrations/Uniforms	2pm-5pm	Jack Cook Park	New athletes/parents	**
Sat, 2 Sept	Afternoon Meet	3pm-6pm	Jack Cook Park		A
Sat, 9 Sept	Afternoon Meet	3pm-6pm	Jack Cook Park		A
Fri, 15 Sept	Evening Meet	6pm-9pm	Jack Cook Park		A
SCHOOL HOLIDAYS					
Sat, 7 Oct	Afternoon Meet	3pm-6pm	Jack Cook Park		AB
Fri, 13 Oct	Evening Meet	6pm-9pm	Jack Cook Park		AB
Sat, 21 Oct	Afternoon Meet	3pm-6pm	Jack Cook Park		AB
Fri, 27 Oct	Evening Meet	6pm-9pm	Jack Cook Park		AB
Sat, 28 Oct	Coles Summer Carnival	8am-5pm	State Athletics (Nathan)	U7+, Register via Results HQ	
Sat, 4 Nov	Afternoon Meet	3pm-6pm	Jack Cook Park		AB
Fri, 10 Nov	Relay Training Evening	6pm-9pm	Jack Cook Park		
Sun, 12 Nov	Regional Relay Day	8am – 3:30pm	UQ (St Lucia)	U7+ Registration incl.	
Sat, 18 Nov	Afternoon Meet	3pm-6pm	Jack Cook Park		AB
Fri, 24 Nov	Evening Meet	6pm-9pm	Jack Cook Park		AB
Sat, 2 Dec	Twilight Meet	4pm-7pm	Jack Cook Park	Christmas Party	A
Sat, 9 Dec	State Relay Champs	8am-5pm	State Athletics (Nathan)	U9+, Qualify at Regionals	
SCHOOL HOLIDAYS					
Sat, 20 Jan	Twilight Meet	4pm-7pm	Jack Cook Park		A
Thu, 25 Jan	Evening Meet	6pm-9pm	Jack Cook Park	*NOTE THURSDAY*	A
Fri, 2 Feb	Western Suburb Games	5:30pm-9pm	Centenary (TBC)	WSG date TBC	AB
Sat, 10 Feb	Regional Championships	8am – 4:30pm	UQ	U7+ Registration incl.	
Sun, 11 Feb		8am – 4:30pm	(St Lucia)		
Fri, 16 Feb	Evening Meet	6pm-9pm	Jack Cook Park		AB
Sat, 24 Feb	Centre Championships 1	3pm-6pm	Jack Cook Park		AB
Sat, 2 Mar	McDonalds Combined Event	8:20am – 4:30pm	State Athletics (Nathan)	U7+ multi event, Register via Results HQ	
Sun, 3 Mar					
Fri, 8 Mar	Centre Championships 2	6pm-9pm	Jack Cook Park		A
Sat, 16 Mar	Centre Championships 3	3pm-6pm	Jack Cook Park		A
Fri, 22 Mar	State Championships	3:30pm-9pm	State Athletics (Nathan)	U9+, Qualify at Regionals	
Sat, 23 Mar		8:30am-7:30pm			
Sun, 24 Mar		8:30am-4:30pm			
Sun, 14 Apr	Awards Presentation / Committee Nom's	3pm-5pm	Jack Cook Park	Date to be confirmed	

NOTES:

A – Meet open to Open age athletes (must be Toowong Harriers QA member) - \$6/meet. Open age compete with U15+ athletes.

B - Points count for Laurie Baartz (improvement) Awards

** Intro to Little Athletics days are scheduled primarily for new athletes to try an assortment of events and for younger athletes to receive instruction in new events. Purchasing of uniforms and registration queries.

*** Further Detail on the Competitive Events (highlighted in grey) can be found on the Little Athletics Queensland website.

Competitors (U7+) **must** advise the Team Manager of nominated events (or withdrawal) by the following closing dates:

- Regional Relays – Sat 22 October, 2023
- Regional Championships – Sat 20 January, 2024

TOOWONG GIFT 3,000M – DATE STILL TO BE CONFIRMED.



12. 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 Saturday 26th 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](#) 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 Centenary is hosting the event on Friday 2nd February, 2024.



Regional Relays

Regional Relays will be held on Sunday 12th November 2023 at UQ, Saint Lucia. Toowong Harriers will host the event this year and we would like to see as many of our athletes as possible attending.

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:

Age Group	Events				
U7	4 x 70m	4 x 100m	Long Jump	Discus	
U8	4 x 70m	4 x 100m	Long Jump	Shot Put	
U9	4 x 100m	4 x 200m	High Jump	Shot Put	Discus
U10	4 x 100m	4 x 200m	High Jump	Long Jump	Shot Put
U11	4 x 100m	Swedish Relay	Long Jump	Shot Put	Discus
U12	4 x 100m	Swedish Relay	High Jump	Long Jump	Discus
U13	4 x 100m	Medley Relay	Long Jump	Shot Put	Discus
U14	4 x 100m	Medley Relay	High Jump	Long Jump	Shot Put
U15	4 x 100m	Swedish Relay	High Jump	Long Jump	Discus
U16	4 x 100m	Swedish Relay	Long Jump	Shot Put	Discus
U17	4 x 100m	Swedish Relay	Long Jump	Shot Put	Discus

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) 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, 21st October 2023.

U7 and U8 athletes receive participation medals.

Please refer to the [LAQ website](#) 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 9th December 2023 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) should be advised immediately.

TEAM MANAGER
BEN WALLACE

Contact:
teammanager@toowongharriers.org.au



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](#) for further information.

Nomination Fee: Included in Toowong Harriers membership fees.

Coles Spring Carnival

The Coles Spring Carnival will be held on Saturday the 23rd September 2023 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](#) for further information.

Register via [Results HQ](#).

Registration Close: 9am Monday, 11th September 2023.

Nomination Fees: \$20 per athlete.

Coles Summer Carnival

The Coles Summer Carnival will be held on Saturday 28th October 2023 at the 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](#) for further information.

Register via [Results HQ](#).

Registration Close: 9am Monday 9th October 2023.

Nomination Fee: \$20 per athlete.



McDonald's Combined Event Championships

The McDonald's Combined Event Championships will be held over the weekend of the 2nd and 3rd March 2024 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:

- Eligible U9 – U12 athletes may nominate for one (1) combined event.
- Eligible U13 – U17 athletes may select more than one combined event, provided the two combined events selected are programmed on different days.
 - U13's and U14's may nominate for the Pentathlon and one Triathlon, or only two Triathlons.
 - U15's – U17's may nominate for two Triathlons or the Heptathlon.

Please refer to the [LAQ website](#) for further information.

Register via [Results HQ](#).

Registration Close: Monday 20th February, 2024

Nomination Fee: \$20 per athlete.

Regional Championships

Regional Championships will be held over the weekend of the 10th and 11th February 2024 at UQ, Saint Lucia. Toowong Harriers will host the event this year.

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 – U17 athletes 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 manager 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](#) for further information.

Register via [Results HQ](#).

Registration Close: TBA

Nomination Fee: Included in Toowong Harriers membership fees.

McDonalds State Championships

The State Championships will be conducted over the 22nd – 24th March 2024 at the State Athletics Facility, Nathan.

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.

NB: The location for State Championships is held in FNQ every four years (next to be 2027). 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](#) 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 addition 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 2024. The ALAC encompasses the Australian Teams Championships for U13 athletes and the Australian Combined Event Championships for U15 athletes. The 2024 and 2025 ALAC will be take place in Adelaide.

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](#) 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 (see [registration](#) section). These meets are suitable for athletes looking for higher level competition.

More information is available on the [Queensland Athletics website](#).

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](#) for more information or contact our president at president@toowongharriers.org.au.

Toowong Gift (3000 metres)

The sixth 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](#) for more information.

Register via TBA

Nomination Fee: TBA.



13. Nominations

A number of meets and carnivals require athletes to nominate for particular events and pay the appropriate entry fee. For Season 2023-24 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) is responsible for completing the team nominations.

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

Carnival/Meeting	Event date	Nomination Due Date
Coles Spring Carnival	23 September 2023	11 September 2023
Coles Summer Carnival	28 October 2023	9 October 2023
Regional Relay Day (prepaid)	12 November 2023	21 October 2023
Regional Championships (prepaid)	10/11 February 2024	TBA
McDonalds Combined Event (Multi)	2/3 March 2024	TBA



14. 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.

**COACHING CO-ORDINATOR
SALLY GEAGEA**

Contact:

coaching@toowongharriers.org.au

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 – Level 1 Community Athletics Coach – Foundations of run, jump and throw.
- 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 Team App and on our [website](#). 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 4pm – 5.30pm from the start of school term 4 and throughout the season, we intend to run coaching sessions at Jack Cook Park.



The afternoon is divided into two 45 minute sessions and athletes are divided into three groups. The Tuesday sessions are focused on introducing athletes to the basic technique of all their events.

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.

Thursday Coaching

On Thursdays between 5pm – 6pm, jumps and throws will be offered in rotation as follows:

- Triple Jump – U11+
- Long Jump – U9+
- Javelin – U11+
- Discus – U9+
- Shot Put – U9+

These sessions will continue throughout the season based on level of attendance.

Middle distance training will take place from 6pm -7pm and continue throughout the year. This is open to both our Senior Club (QA), and Little Athletics Centre (LAQ) members (U9+). Parents are encouraged to attend and run with their children. This is a great way to build and maintain general cardio conditioning. The focus of this session is endurance, fitness and interval work.

Sunday Specialist Coaching

On Sundays between 7.30am – 10.30am, specialist coaching will be offered to our U9+ athletes. The athletes will generally be split into two groups of U9/U10 and U11+. The following events will be offered in rotation throughout the season:

7.30am – 8.30am

- Walks, approximately every fortnight

8.30am – 9.30am and 9.30am – 10.30am

- Hurdles – U9+
- Sprints – U9+
- Long Jump – U9+
- Triple Jump – U11+
- Scissor High Jump – U9/U10
- Fosbury Flop High Jump – U11+
- Javelin – U11+
- Discus – U9+
- Shot Put – U9+

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!



15. 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.

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.

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.

**PROGRAM OFFICER
TESSA MORRISON**

Contact:

program@toowongharriers.org.au

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	300m	C											
	400m			C	S	S	S	S	S	S	S	S	S
	500m		C										
	700m			C									
	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



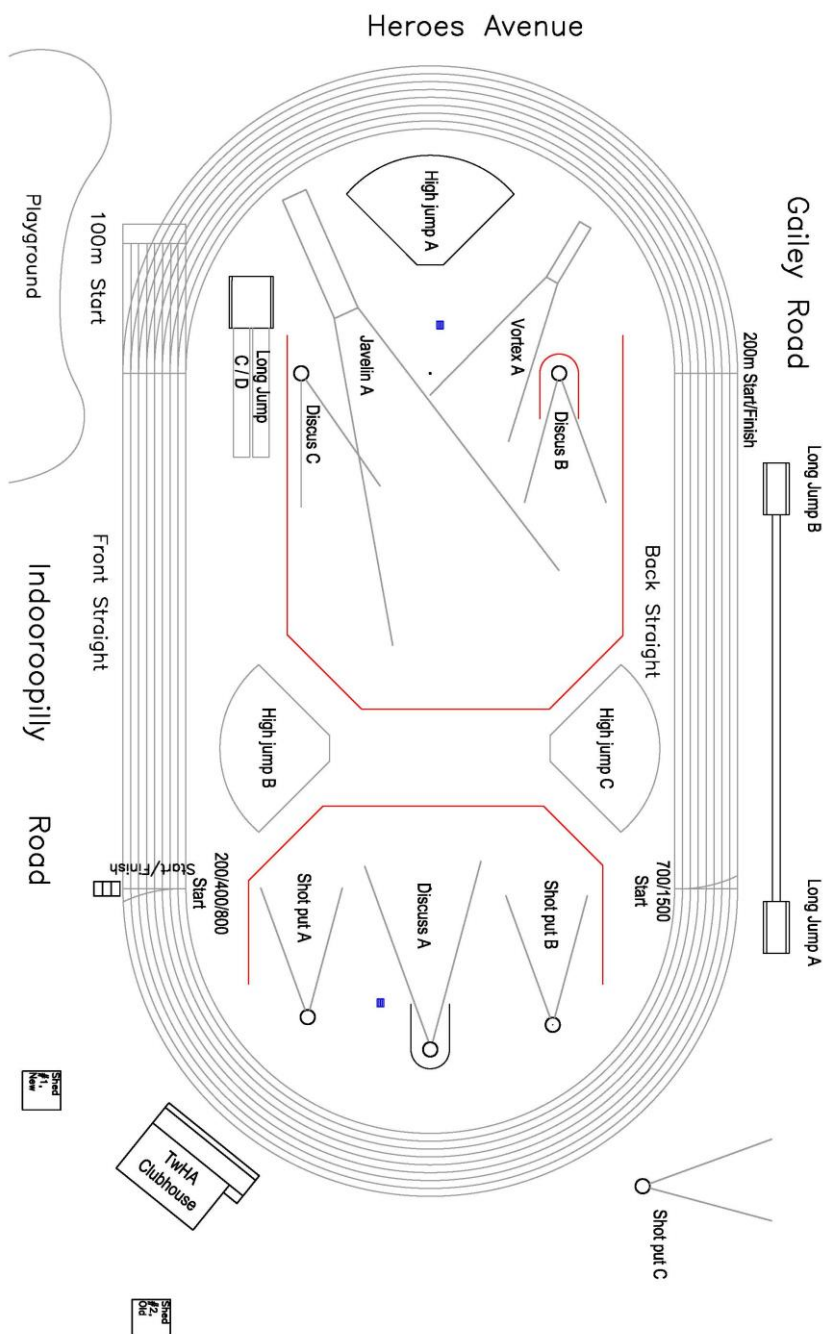
16. Grounds

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
DARREN ALDRIDGE**

Contact:

grounds@toowongharriers.org.au





17. 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.

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.

**EQUIPMENT OFFICER
VACANT**

Contact:
equipment@toowongharriers.org.au

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

Age	Girls				Boys			
	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



18. Officials

At our meets, parents are the officials. Around 90 officials are required to run centre meets to time. For the 2023-24 Little Athletics season, Toowong Harriers is trialling a new approach to fill the required volunteer spots each week.

OFFICIALS COORDINATOR SALLY GEAGEA

Contact:

officials@toowongharriers.org.au

1. This season each age group requires an **'Age Group Co-ordinator'** (similar to a team manager in team sports). The role of the Age Group Co-ordinator is to oversee that volunteer roles are filled for the activities their group has been assigned to throughout the season. The Age Group Co-ordinator will be provided with the phone numbers and email addresses of parents within their age group and most likely a WhatsApp group will be set up for ease of communication between parents. Please email officials@toowongharriers.org.au if you would like to be an Age Group Co-ordinator this season.

2. Each age group has been allocated to set up, pack up and canteen duty for 1 meet this season. The allocations are as follows:

	U6 Girls	U6 Boys	U7 Girls	U7 Boys	U8 Girls	U8 Boys	U9 Girls	U9 Boys	U10 Girls	U10 Boys	U11 Girls	U11 Boys	U12 Girls	U12 Boys	U13 Girls	U13 Boys	U14+ Girls	U14+ Boys
Set Up (8-10 volunteers)	Meet #12	Meet #13	Meet #14	CC #1	CC #2	CC #3		Meet #1	Meet #2	Meet #3	Meet #4	Meet #5	Meet #6	Meet #7	Meet #8	Meet #9	Meet #10	Meet #11
Pack Up (8-10 volunteers)	Meet #8	Meet #9	Meet #10	Meet #11	Meet #12	Meet #13	Meet #14	CC #1	CC #2	CC #3		Meet #1	Meet #2	Meet #3	Meet #4	Meet #5	Meet #6	Meet #7
Canteen (3 volunteers)	CC #1	CC #2	CC #3		Meet #1	Meet #2	Meet #3	Meet #4	Meet #5	Meet #6	Meet #7	Meet #8	Meet #9	Meet #10	Meet #11	Meet #12	Meet #13	Meet #14

3. The older age groups have been allocated to specific tracks and field events and it is that age groups responsibility to provide enough volunteers for the meets they have been allocated. The allocations are as follows:

	U9 Girls	U9 Boys	U10 Girls	U10 Boys	U11 Girls	U11 Boys	U12 Girls	U12 Boys	U13 Girls	U13 Boys	U14+ Girls	U14+ Boys
Javelin (2 volunteers)									Meet #1	Meet #2	Meet #3	Meet #4
Chief									Meet #5	Meet #6	Meet #7	Meet #8
Assistant									Meet #9	Meet #10	Meet #11	Meet #12
									Meet #13	Meet #14	CC #1	CC #2
									CC#3			
HJ Flop (2 volunteers)									Meet #4	Meet #1	Meet #2	Meet #3
Chief									Meet #8	Meet #5	Meet #6	Meet #7
Assistant									Meet #12	Meet #9	Meet #10	Meet #11
									CC #2	Meet #13	Meet #14	CC #1
									CC#3			
Front Straight (6 volunteers)					Meet #1	Meet #2	Meet #3	Meet #4				
Timing Chief					Meet #5	Meet #6	Meet #7	Meet #8				
Timing Assistant					Meet #9	Meet #10	Meet #11	Meet #12				
Starter					Meet #13	Meet #14	CC #1	CC #2				
Starter Marshal #1					CC#3							
Starter Marshal #2												
End Marshal												
Back Straight (6 volunteers)	Meet #2	Meet #1	Meet #3	Meet #3								
Timing Chief	Meet #6	Meet #5	Meet #7	Meet #7								
Timing Assistant	Meet #10	Meet #9	Meet #11	Meet #11								
Starter	Meet #14	Meet #13	CC #1	CC #1								
Starter Marshal #1		CC#3										
Starter Marshal #2												
End Marshal												
Hurdles (2 volunteers)									Meet #1	Meet #2	Meet #4	Meet #5
Hurdles Chief									Meet #7	Meet #8	Meet #10	Meet #11
Hurdles Assistant									Meet #13	Meet #14	CC #1	CC #2
Distance (3 volunteers)	Meet #1	Meet #2	Meet #4	Meet #5								
Timing Chief	Meet #7	Meet #8	Meet #10	Meet #11								
Starter	Meet #13	Meet #14	CC #1	CC #2								
Finish Marshal												
Walks (6 volunteers)					Meet #3	Meet #6	Meet #9	Meet #12				
Chief Judge					CC #3							
Starter/Judge												
Judge #1												
Judge #2												
Timer												
Finish Marshal												



4. Age marshals are required for each a group. The role of the age marshal is to move the athletes from event to event and at field events, instruct the athletes, collect and return shot puts/discuses, rack the long jump pit, move the high jump bar, measure throws/jumps and record results. The number of age marshals required for each group are as follows:
- Tiny Tots – 2 age marshals (no results recording required)
 - U6 groups – 3 age marshals
 - U7 groups – 3 age marshals
 - U8 groups – 3 age marshals
 - U9 groups – 2 age marshals
 - U10 groups – 2 age marshals
 - U11 groups – 2 age marshals
 - U12 groups – 2 age marshals
 - U13 groups – 1 age marshal
 - U14+ groups – 1 age marshal

If a particular age group is large enough to warrant splitting into 2 groups each week (ie U11 boys group 1 and U11 boys group 2) double the number of age marshals listed above will be required.

The role of the age group marshal 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.

A duty roster will be added to the Stack Team App the week leading up to the meet. The Age Group Co-ordinators will liaise with the parents in their age group to ensure all required volunteering positions are filled for the week and entered into the duty roster on the Stack Team App.



When you arrive for your volunteering session, please present to the officials desk to have your name sign off.

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) 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, David 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 2024 when 10 volunteer sessions per family have been completed for the season. Please refer to the Parent Participation Deposit Refunds section for further information.



19. Rules and Qualifications

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.

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.



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.

20. 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.



21. 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.

22. 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.

23. 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.





24. 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.

25. 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.



26. Centre Records

Centre Best Performances are a 'best performance' by a TWH Little Athlete at any Little Athletics Competition, regardless of venue. The recorded event must be a 'blue level' McDonald's achievement level or higher to be recorded. Note – achievement levels are reviewed annually by Little Athletics, so there can be some discretion to award a record for a 'high red level'.

Process:

a) Centre Meet

Field event – recording paperwork completed by age marshal and ratified by arena manager/ appropriate committee member.

Track – Results sensibility checked.

Results HQ will list new centre best performances. The Recording Officer should review the records after each meet. Performances meeting the criteria should be sent to President & Centre Manager for approval.

b) External Little A Meets

Recording Officer should review if any centre records have been broken at external Little A meets (Relays and Other events). Update and accept these records in Results HQ.

End of Season

- a) End of Season Awards Day – all record holders are acknowledged at annual awards day and presented with a certificate.
- b) Centre Best Performances Summary is updated and sent to the Secretary for publication.



27. Trophies and Awards

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.

Mid Season Awards

Progress Award

Presented:

- Sat 21st October – October Award (covering Meets 1-5)
- Fri 24 November – November Award (covering Meets 6-9)
- Fri 16 February – Summer Award (covering meets 10-14)

*Subject to change – dependant on weather

Reward: Prize and certificate.

Sponsor for 2024 Season: IMPI Sportswear.

Awarded to the boy and girl who achieve the greatest number of improved performances (personal bests - PB's) over the agreed 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:

- Sat 21st October – October Award (covering Meets 1-5)
- Fri 24 November – November Award (covering Meets 6-9)
- Sat 16 February – Summer Award (covering meets 10-14)

*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 Marshals.
3. Venue - All venues (meets, training & external meets).



McDonald's Award

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

Presented:

- Sat 24th November – November Award
- Sat 3rd February – Summer Award

Reward: McDonald's voucher.

*Dependant on parent helpers – to write up cards for age groups

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. Venue - All venues (centre & external meets).
4. Toowong Harriers has calculated Gold and Silver Levels based on State and National Achievement levels.
5. 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. At the end of the season all athletes eligible for green level.
6. Athletes with a disability/special requirements - can work with club to set achievement levels suited to their athlete to encourage performance.



End of Season Awards

All Athletes

Reward: Issued to all athletes including Tiny Tots who attend the centre and confirm they will collect their award at the end of the season

Participation Medal – Engraved with Child's name, Age Group and year

Athlete's Season Best Performance Record (includes external LA carnivals)

McDonald's Achievement Card – Final Achievement Level for season

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 groups 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 Level 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 13 meets for the athlete's FY24 season (based on planned 18 meets). 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 Championship 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 with the 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
3. A trophy is awarded to all little athletes who achieve an average point 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. Regional Relay Participation (10 points for attendance).
4. Regional Events (10 points for attendance).
5. Little Athletic State Carnival attendance ie Coles Summer / Spring / Combined Carnivals (5 points for attendance).
6. 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.



28. Communication

Communication

Official communication for upcoming events and results will be provided through the Team App, Facebook (Toowong Harriers) and Toowong Harriers website (toowongharriers.org.au).

For information, results and announcements extending to XC season and events outside the LAQ season, the 'Team Toowong Harriers' Facebook page is also recommended.

**COMMUNICATIONS
OFFICER
BEN WALLACE**

Contact:

comms@toowongharriers.org.au

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 communications officer at comms@toowongharriers.org.au if you have photos or stories to contribute.

29. Social and Fundraising

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.

**TREASURER
JON WOOD**

Contact:

treasurer@toowongharriers.org.au



30. Grants

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

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

If you see any grant opportunities, please contact our grants coordinator.

**GRANTS COORDINATOR
LAUREN ALDRIDGE**

Contact:

grants@toowongharriers.org.au

31. Canteen

We will continue to provide catering options at Jack Cook Park meets even though there will be some disruption upon commencement of the clubhouse renovation. This may mean that there are some limitations on hot food, when electricity supplies are interrupted. A BBQ will continue to 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!

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

**CANTEEN COORDINATOR
HELEN WEBSTER**

Contact:

canteen@toowongharriers.org.au

32. 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.

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 500 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. Fees for senior members are outlined in the [registration](#) section above.

For more information, please contact the seniors' coordinators.

**SENIORS/QA COORDINATOR
WAYNE ADAMS**

Contact:

seniors@toowongharriers.org.au



33. Life Members

Life Membership is an honour bestowed through unanimous endorsement by the club upon an individual club member who has 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 15 years 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) 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.

34. 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



35. 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	Zac Fowler	14.5	2023
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	Eloise Grigg	14.4	2023				
100m Hurdle							
				U15	Tom Toro	14.1	1999
				U16	Duncan Scott	15.3	2007
U17	Hannah Sheehan	18.67	2022				
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	Daon Choi	47.06	2023
U16	Annika Jensen	50.16	2023	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	Indianna Baart	10.69	2023	U9	Hamish Jackson	10.3	1996
U10	Rebecca Moore	10.5	1991	U10	Shaun Molenda	10.0	1991
	Courtney Schirmer	10.5	2000		Tom Kaighin	9.98	2023
	Lily Neill	10.5	2016				
U11	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				

U6 300m / U7 500m/ U8 700m

U6	Florence Turnbull	1.22.5	2023	U6	Zac Fowler	1.19.9	2023
U7	Nina Meyers	2.03.7	2023	U7	Elias Mahony	2.07.0	2023
U8	Madeleine Wallace	2.48.7	2023	U8	Samuel Warren	2.49.6	2023

**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	Anton Mugaba	29.88	2023
U10	Rebecca Moore	30.1	1991	U10	Sam Vaughan	29.1	2005
	Bree-Arne McArdle	30.1	2000		Tom Kaighin	29.01	2023
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	Daon Choi	24.2	2023
U16	Annika Jensen	27.11	2023	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	Samuel Anderson	54.35	2023
U15	Susan Holden	1:02.9	1991	U15	Daon Choi	54.22	2023
U16	Annika Jensen	59.9	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	Celine Lekieffre	2:22.2	2023	U16	Thomas Bryant	2:30.78	2021
U17	Olivia Boyd	2:17.67	2021	U17	Thomas Bryant	2:20.2	2022

1500m

U11	Juliana Stander	5:08.3	2023	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	Celine Lekieffre	5:02.1	2023	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	Rebecca Teahen	7:27.95	2023	U16	Liam Sheehan	9:31.20	2023
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
				U8	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	U17	Kuzivakwashe Harwood	32.23	2023

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	Thomas Scott	41.74	2023
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	Frankie Kuchler	12.77	2023	U7	Conor Geagea	18.46	2022
U8	Ava Schweizer	18.66	2021	U8	Conor Geagea	26.25	2023
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	Annika Jensen	1.50	2023	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	Annika Jensen	4.91	2023	U16	Oliver Verbiest	5.73	2023

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	Daon Choi	12.03	2023
U16	Maya Thompson	9.61	2023	U16	Oliver Verbiest	12.46	2023
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
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4x100m Circ.

U9B	1:02.1	1996	Kyle Beard, Martin Jacobson, Chidozie Uruakpa, Tim Winterflood
U9G	1:04.69	2023	Indianna Baart, Chloe Gower, Isabelle McCarthy, Tara Ryan
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	51.56	2023	Dahoon Choi, Thomas Crespy-Worth, Thomas Froget Penaranda, Marius Mony
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	55.85	2023	Annika Jensen, Celine Lekieffre, Sophie Scott, Rebecca Teahen

**Mixed 4x100m**

U8 1:24.07 2022 Elise Smith, Chloe Gower, Pippa Donaghy, Amelia McCarthy

Combined 4x100m

U9-U10 1:12.42 2023 James Eadie(U9), Audrey Goh (U10), Luca Lancelot (U9), Aston Mahony (U9)
U11-U13 58.15 2023 Luke Aldridge(U13), Barbara Froget Pendranda(U12), Charlotte Wallace(U13),
Oliver Waters (U13)
U9-U12 1:02.42 2022 Ruth Howlett, Archie Harrison, Charlotte Wallace, Benjamin Cohen
U14-U17 47.67 2023 Daon Choi (U15), Nevaan Dias (U15), Cillian Verbiest (U16), Oliver Verbiest (U16)

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

U9B 3:12.85 2023 Leo Baradel, Luca Lancelot, Aston Mahony, Anton Mugaba
U9G 3:10.62 2023 Indianna Baart, Chloe Gower, Isabelle McCarthy, Tara Ryan
U10B 2:56.31 2023 Hugh Donaghy, Harrison Groom, Justin Fowler, Tom Kaighin
U10G 3 :09.63 2023 Alexandria Anthony, Samara De Alwis, Grace Sarah Dixon, Sanela Kandangomuwe
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 & U14G No records recorded
U14B 2:27.56 2023 Dahoon Choi, Thomas Crespy-Worth, Thomas Froget Penaranda, Marius Mony
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 2:40.91 2023 Annika Jensen, Celine Lekieffre, Sophie Scott, Rebecca Teahen

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	4:49.44	2023	Lily Barnett, Sienna Pearsall, Zoe Renton, Brooke Tregidgo
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

Combined Medley

U11-U13	5:07.79	2023	Advay Bhargava, Mateo Carrigan, Barbara Froget Penaranda, Harry Hill
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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



36. Centre Sponsors and Supporters

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.

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 president (president@toowongharriers.org.au) or treasurer (treasurer@toowong.org.au) if you can help with funding.

At centre level we are proudly supported by James Mackay (Councillor for Brisbane City Council ward of Walter Taylor), Michael Berkman MP Member for Maiwar (State) and Peter Matic (Councillor for Brisbane City Council ward of Paddington).

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



