



# 2023-24 Handbook



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# SPONSORS

We are very grateful to have the support of a variety of local sponsors and supporters. They give us the opportunity to deliver equipment and facilities to a high standard, providing our little athletes with the best chance to develop to their sporting potential.

We have a host of generous sponsors and supporters of the Bendigo Little Athletics Centre that are all mentioned below.

Support local people and local business. Support of sponsors and providing just the opportunity to do business with you is all we ask.



McKean  
McGregor

# CENTRE DETAILS

Centre Name	Bendigo Little Athletics Centre	
Address	Bendigo Regional Athletics Centre 86 Retreat Road Flora Hill Victoria 3550	
Email Address	<a href="mailto:gm.athsbendigo@gmail.com">gm.athsbendigo@gmail.com</a>	
Web Address	<a href="http://www.athleticsbendigo.org.au">www.athleticsbendigo.org.au</a>	
Phone Number	GM 0448 549 505	President 0488 397 070
Centre Number	2	

## Committee Details

President	Mick Seymour
Vice President	
Secretary	Tim Dean
Treasurer	Corey Mulqueen
Registrar Results	Andrea Smith & Nat Penna
Coaching Coordinator	Peter Clarke
Child Safety Officer	Andrea Smith
On-track Coordinator	Megan Wilson & Caitlin Evans
Multi Class Liaison	Lauren Wagner

### General Committee

Corey Mulqueen, Peter Clarke, Katrina Evans, Lauren Wagner, Cameron Penna, Natasha Penna, Kristie Beaton, Sharyn Sheldon, Duncan Fells, Lynda Wilson, Siobhan Thompson (General Manager)

The Committee meets monthly. New Committee members are welcome. Please contact the President if you are interested in joining.

# PRESIDENT'S MESSAGE

Welcome one and all to the 23/24 season of Little Athletics. It's always a pleasure to see so many excited young faces attending on the weekend, meeting old friends, and making new ones. The spectacle of junior athletics is fascinating to behold. From a young On Track U/6er having their first go at events to the more senior participants honing their abilities in their preferred events as they become more advanced. The joy these kids experience as they compete with their age groups is special, from the time they get dressed up in the mandatory Bendigo uniform, to lining up for their first race, to getting the training required to build technique, to beating their personal bests is a truly wonderful thing to be a part of.

As we raise our centre from strength to strength following the pandemic, the dedicated committee members work hard all week behind the scenes. Doing their utmost to make sure that the kid's events, both weekends and the special carnivals (regionals and states) go off without a hitch. We will be working especially hard this season to make sure that every child can participate, with a new role, Multi-class Liaison joining the committee.

As usual with any community sport, whether it be Parent, Grandparent, Carer, Uncle or Aunt or even a family friend, volunteers are the lifeblood of our centre. They help each week by taking on the role of age group manager, measuring, and collecting implements as well as general support of proceedings. We cannot operate without help from every member of these groups, so please step forward to help your child's experience at Littles go smoothly.

To those who are new, don't be afraid to seek out committee members in the blue and gold shirts to ask questions about proceedings and events to help your experience go smoothly. Please join us on what could become a lifelong journey through athletics for the children.

Yours faithfully in athletic participation

Mick Seymour

President, Bendigo Little Athletics.

# **LITTLE ATHLETICS VICTORIA**

Little Athletics is based on a philosophy of Family, Fun and Fitness. It is more than a sport. Family involvement is of the ultimate importance. Parents are encouraged to volunteer in a wide range of activities and share in a variety of experiences with their children.

Little Athletics Victoria (LAVic) provides education, organisation and co-operation of all aspects of Little Athletics. LAVic has 104 affiliated centres in 7 regions throughout the Country and Metropolitan areas. Bendigo is in the Northern Country Region. Other centres in our region include Albury, Benalla, Castlemaine, Echuca, Kilmore, Kyabram, Kyneton, Lavington / Jindera, Mansfield, Murrundindi, Rochester, Seymour, Shepparton, Wangaratta, Wodonga, Woodend, Yarrawonga / Mulwala.

Registration during this season also gives members eligibility to compete at Victorian Little Athletics Cross Country Events in 2023/24.

The Bendigo Little Athletics Centre is part of Little Athletics Victoria (LAVic) and as such must abide by the directions and decisions of Little Athletics Victoria.

Please note that in line with the directions of Little Athletics Victoria parent/guardians must always remain at the centre and provide active supervision of their children.

# ATHLETICS BENDIGO



Athletics Bendigo was incorporated in January 2016. The Bendigo Little Athletics Centre and the Bendigo Region Athletics Clubs (refer page 40) are the stakeholders of Athletics Bendigo.

The key objectives of Athletics Bendigo are:

- Provide lifelong athletics related opportunities and a pathway from Little Athletics to Bendigo Region Athletics.
- Administer and govern athletics and its facilities in Bendigo for the benefit equally of Little Athletics and affiliated clubs of Athletics Bendigo and for the wider athletics community in the Bendigo Region.

Contact details: Siobhan Thompson

E: [gm.athsbendigo@gmail.com](mailto:gm.athsbendigo@gmail.com)

P: 0448 549 505

# GETTING STARTED

Little Athletics in Bendigo involves a range of track and field events catering for children of all abilities and is held Saturday mornings. A group warm up starts at 8:15 with competition starting at 8:30am (and the occasional Friday night 5:00pm) from October to March. Refer to competition calendar and program on pages 9, 10 & 11.

Under 6 children participate in the “On Track” program which involves a fun, modified, age-appropriate program. For more detail refer to “On Track” section on page 8.

Training sessions with Coaches are held on Wednesday evenings between 4:30pm to 5:30pm for any Little Athletes that wish to attend. These sessions commence on the first Wednesday after the commencement of competition. Refer page 18.

You will have received this handbook and a registration chest patch. All athletes are required to wear the registration chest patch during competition days as part of the uniform. Without the chest patch track events results cannot be recorded. The athlete should also be wearing appropriate footwear, sun protection including hat and sunscreen and Centre Uniform for competition and athletics events.

The Bendigo Little Athletics Centre is a voluntary organisation relying on parental assistance in tasks including managing age groups, organising race starts, recording results, setting up and moving equipment and assisting in the canteen.

Our centre uses various methods of communication to keep you informed and involved - Centre website, Centre Facebook page, emails & Team App.





# ON TRACK – Under 6s

**Coordinators: Megan Wilson  
and Caitlin Evans**



“On Track” is a skilled based program that aims to provide Under 6 children with fun activities, simple instructions for skill development and enjoyment. The program has been implemented at most Victorian Centres.



## The On Track Levels

Level 1: Fundamental Motor Skills

Level 2: Fundamental Athletic Skills

Level 3: Transitional Athletic Skills

The athletes participate in the games, activities, drills and competitions that will help them develop their athletic skills needed for doing all the events. Track events the children will be basing their skill development around are: - 70m, 100m, and 200m, and field events of Long Jump, Discus and Shot Put. On Track is also about providing the younger athlete with more action, variety of activities and added opportunity to learn athletics. On Track for Under 6's is all about Bendigo's Little Athletics motto FAMILY, FUN and FITNESS.

Please note that results for the On Track athletes are not published on Results HQ.

# 2023-24 SEASON CALENDAR

Each week the kids compete in different track & field events. The program number (1,2 or 3) refers to which events will be done on that day. Please refer to the Competition Program for details. During Championship Rounds kids earn points towards end of year awards. For more details refer to Centre & Special Awards on pages 19-21.

The calendar also provides important dates for other Little Athletic events around the state that your kids might like to participate in. For more details refer to "Special Events" from page 30.

OCTOBER	Description	Program No.	Venue	Start from
Friday 6 <sup>th</sup>	First day U10 – U17	Program 1 & induction	B.R.A.C.	5:00 pm
Saturday 7 <sup>th</sup>	First day U6 – U9	Program 1 & induction	B.R.A.C.	8:15 am
Saturday 14 <sup>th</sup>	Centre Competition & Trial Athletes	Program 2	B.R.A.C.	8:15 am
Saturday 21 <sup>st</sup>	Centre Competition & Trial Athletes	Program 3	B.R.A.C.	8:15 am
Saturday 28 <sup>th</sup>	Centre Competition	Program 1	B.R.A.C.	8:15 am
NOVEMBER	Description	Program No.	Venue	Start from
Saturday 4 <sup>th</sup>	Centre Competition	Program 2	B.R.A.C.	8:15 am
Saturday 11 <sup>th</sup>	Centre Competition	Program 3	B.R.A.C.	8:15 am
Saturday 18 <sup>th</sup>	<b>Regional Relays - U9-U16, Bendigo</b>			
Saturday 25 <sup>th</sup>	Centre Track & Field Championships	Program 1	B.R.A.C.	8:15 am
DECEMBER	Description	Program No.	Venue	Start from
Saturday 2 <sup>nd</sup>	Centre Competition	Program 2	B.R.A.C.	8:15 am
Saturday 9 <sup>th</sup>	Bendigo Combined Events		B.R.A.C.	8:15 am
Friday 15 <sup>th</sup>	Centre Competition Xmas break up	Program 3	B.R.A.C.	5:00 pm
Saturday 16 <sup>th</sup>	<b>State Relays U9-U16, Lakeside</b>	<b>No Bendigo Competition</b>		
JANUARY	Description	Program No.	Venue	Start from
Friday 19 <sup>th</sup>	Centre Competition	Program 1	B.R.A.C.	5:00 pm
Sat 20 <sup>th</sup> & Sun 21 <sup>st</sup>	<b>State Combined Events – Lakeside</b>	<b>No Bendigo Competition</b>		
FEBRUARY	Description	Program No.	Venue	Start from
Saturday 3 <sup>rd</sup>	Centre Track & Field Championships	Program 2	B.R.A.C.	8:15am
Sat 10 <sup>th</sup> & Sun 11 <sup>th</sup>	<b>Regional T&amp;F Championships U9-U16, Shepparton</b>	<b>No Bendigo Competition</b>		
Saturday 17 <sup>th</sup>	Centre Track & Field Championships	Program 3	B.R.A.C.	8:15 am
Saturday 24 <sup>th</sup>	Centre Competition	Program 1	B.R.A.C.	8:15 am
MARCH	Description	Program No.	Venue	Start from
Saturday 2 <sup>nd</sup>	Centre Competition RCH Fundraiser	Program 2	B.R.A.C.	8:15 am
Sat 9 <sup>th</sup> & Sun 10 <sup>th</sup>	<b>LAVic State T&amp;F Championships U9-U16, Casey Fields</b>	<b>No Bendigo Competition</b>		
Saturday 16 <sup>th</sup>	Centre Competition	Program 3	B.R.A.C.	8:15 am
Friday 22 <sup>nd</sup>	Presentation Day B.R.A.C.			5:00 pm

Please note closing dates for entries into special events are listed below.

ENTRIES OPEN	ENTRIES CLOSE	SPECIAL EVENT ENTRIES
19 <sup>th</sup> October	30 <sup>th</sup> October 2023	Regional Relays U9-U16, Bendigo
17 <sup>th</sup> November	14 <sup>th</sup> December 2023	State Combined Events, Lakeside
15 <sup>th</sup> December	22 <sup>nd</sup> January 2024	Regional Track & Field Carnival U9-U16, Shepparton

# COMPETITION PROGRAM

Program	Under 6 Girls	Under 6 Boys
1	On Track, SP, 70m	On Track, SP, 70m
2	On Track, Discus, 100m	On Track, Discus, 100m
3	On Track, LJ, 200m	On Track, LJ, 200m
	Under 7 Girls	Under 7 Boys
1	60mH, 70m, Discus, <b>Jumps (T)</b>	60mH, 70m, Discus, <b>Jumps (T)</b>
2	100m, 300m, LJ, <b>Throws (T)</b>	100m, 300m, LJ, <b>Throws (T)</b>
3	70m, 200m, SP, <b>Hurdle (T)</b>	70m, 200m, SP, <b>Hurdle (T)</b>
	Under 8 Girls	Under 8 Boys
1	60mH, 70m, Discus, <b>HJ (T)</b>	60mH, 70m, Discus, <b>HJ (T)</b>
2	70m, 100m, 400m, LJ, <b>Walk(T)</b>	70m, 100m, 400m, LJ, <b>Walk(T)</b>
3	60mH, 100m, 200m, SP	60mH, 100m, 200m, SP
	Under 9 Girls	Under 9 Boys
1	60mH, 70m, 800m, LJ, Discus	60mH, 70m, 800m, HJ, SP
2	70m, 100m, 400m, 700mWalk	70m, 100m, 400m, 700mWalk
3	60mH, 100m, 200m, HJ, SP	60mH, 100m, 200m, LJ, Discus
	Under 10 Girls	Under 10 Boys
1	60mH, 70m, 800m, LJ, SP	60mH, 70m, 800m, Discus, <b>TJ (T)</b>
2	100m, 400m, 1100mWalk, HJ, Discus	100m, 400m, 1100mWalk, HJ, SP
3	60mH, 100m, 200m, <b>TJ (T), Jav (T)</b>	60mH, 100m, 200m, LJ, <b>Jav (T)</b>
	Under 11 Girls	Under 11 Boys
1	80mH, 100m, 800m, HJ, Discus	80mH, 100m, 800m, LJ, SP
2	100m, 400m, 1100mWalk, LJ, SP	100m, 400m, 1100mWalk, TJ, Discus
3	80mH, 200m, 1500m, TJ, Jav	80mH, 200m, 1500m, HJ, Jav
	Under 12 Girls	Under 12 Boys
1	80mH, 100m, 800m, HJ, SP	80mH, 100m, 800m, LJ, SP
2	100m, 400m, 1500mWalk, LJ, Discus	100m, 400m, 1500mWalk, TJ, Jav
3	80mH, 200m, 1500m, TJ, Jav	80mH, 200m, 1500m, HJ, Discus
	Under 13 Girls	Under 13 Boys
1	200mH, 100m, 800m, LJ, SP	200mH, 100m, 800m, HJ, SP
2	100m, 400m, 1500mWalk, TJ, Jav	100m, 400m, 1500mWalk, LJ, Discus
3	80mH, 200m, 1500m, HJ, Discus	80mH, 200m, 1500m, TJ, Jav
	Under 14 Girls	Under 14 Boys
1	200mH, 100m, 800m, TJ, Discus	200mH, 100m, 800m, TJ, Discus
2	100m, 400m, 1500mWalk, HJ, SP	100m, 400m, 1500mWalk, HJ, SP
3	80mH, 200m, 1500m, LJ, Jav	90mH, 200m, 1500m, LJ, Jav

## COMPETITION PROGRAM - Continued

	Under 15, 16 and 17 Girls	Under 15, 16 & 17 Boys
1	300mH, 100m, 800m, TJ, Disc	300mH, 100m, 800m, TJ, Disc
2	100m, 400m, 1500mWalk, SP, HJ	100m, 400m, 1500mWalk, SP, HJ
3	90mH (U17 100mH), 200m, 1500m, LJ, Jav	100mH (U17 110mH), 200m, 1500m, LJ, Jav

### Legend:

SP – Shot Put

LJ – Long Jump

TJ - Triple Jump

HJ – High Jump

Jav - Javelin

(T) – Technical Events

### Technical Events

Technical Events are held on competition days if timing permits. They are designed to give athletes an introduction to events in which they will be participating for the first time during the following year. Although results from these events do not contribute to the end of year awards, athletes are strongly encouraged to participate in the technical events conducted (subject to availability of coaches) for the:

- Under 7 age group (throws, hurdles, jumps)
- Under 8 age group (high jump, walk)
- Under 10 age group (triple jump, javelin)

Parents are also encouraged to attend these sessions.

# PARENTAL ASSISTANCE

Every parent is an important part of Little Athletics. Parents have an essential role to play because without your help, events and programs cannot be run.

Parental involvement also has an enormous positive impact on our kids. Ranging from increased and sustained participation when we show interest in their sport, to leading the way and showing that we are prepared to roll up our sleeves and learn something new through volunteering.

Please note that parent/guardians must always remain at the centre and provide active supervision of their children.

## How to get involved?

There are many ways to assist our Little Athletics Centre. This includes assistance with:

- age group manager;
- conducting and assisting with events;
- canteen duty;
- selling of uniforms;
- inputting of results;
- setting up events prior to commencement of competition day;
- collecting and packing up equipment at completion of competition day;
- becoming an official or coach;
- committee member.

These roles are not difficult, and help is always available to explain what is required.

All volunteers must wear appropriate closed toed shoes.

**Please help in any way you can.**



# **PARENTAL ASSISTANCE (cont.)**

## **Team / Age Group Managers**

Each age group has a parent Age Group Manager on each competition day.

The Age Group Manager is responsible for leading their age group to each event and overseeing the running of the event, including making sure athletes compete safely and being responsible for the measurement and recording of results.

Age Group Managers wear a fluorescent vest with the age group number on the back.

In the event of any misconduct, Age Group Managers may ask the children to leave the event and return to their parents/guardian.

## **Conducting Events**

All events require the assistance of parents to be able to be conducted. Examples of assistance are:

### **UNDER 6 “ON TRACK”**

- Assist the On Track Co-Ordinator;
- Setting up the special equipment;
- Helping to organize children into their groups;
- Watch your children have fun and develop new skills;
- Participate in the activities.

### **Track Events (Running, hurdles, walking)**

- Marshalling athletes at start of race and assist in lane placement;
- Setting up hurdles and replacing fallen hurdles;
- Allocating and collecting bibs used for walking events;
- Marshalling athletes following completion of race;
- Scanning of registration patches following completion of race.

### Jumping Events (High Jump)

- Marshalling athletes while waiting to compete;
- Picking the bar up if an athlete knocks it off;
- Raising the bar after all athletes have finished at a particular height;
- Recording height jumped and writing out result tickets.

### Jumping Events (Long Jump, Triple Jump)

- Marshalling athletes while waiting to compete;
- Managing the take off mat (U7 to U10) - placing and smoothing sand, moving to positions;
- Judging - whether take off foot behind front of mat or board, hop / step / jump;
- Spiking – marking the landing spot closest to take off;
- Measuring the jump;
- Raking the pit after each jump;
- Recording distance jumped and writing out result tickets.

### Throwing Events (Discus, Shot Put, Javelin)

- Marshalling athletes while waiting to compete;
- Watching that the thrower doesn't cross over the ring / run up line;
- Spiking – marking where the shot /discus / javelin lands inside the sector;
- Pulling the tape through the ring centre so the throw can be measured;
- Reading the distance from inner edge of the ring to the spiked mark;
- Recording the distance thrown and writing out result tickets;
- Retrieving the shot/discus/javelin and returning it to the ring;
- Learning how to judge a fair put so you can judge the event.

**Please help in any way you can.**

## Become an Official or Coach

If you find that you really enjoy being hands on with the kids, you might like to consider doing some training courses.

Little Athletics Victoria offers education and training courses throughout the year. These include various:

- coaching courses, workshops and handouts;
- official's courses, seminars and handbooks.

Locally you may contact Siobhan Thompson @ [gm.athsbendigo@gmail.com](mailto:gm.athsbendigo@gmail.com)

Details are available on [www.lavic.com.au](http://www.lavic.com.au) – Education and Training. Participation will be supported by our centre.





# UNIFORMS

All little Athletes are required to wear the centre uniform which is made up of centre t-shirt/singlet/crop top, with black shorts. **The correct uniform is compulsory.**

The Centre top is required to have a Coles Logo patch on the right-hand side above the LAVic Logo. These patches are supplied by the centre at the start of season.

Shorts must be either Little Aths branded or plain black with no branding.

The uniform is also required to be worn for all LAVic championship events including Regionals, State Titles in Relays and Track & Field & Multis. Appropriate footwear is compulsory for all athletes in all events.



## Prices of Uniform

- \$33 Singlets
- \$25 Shorts & Bike Shorts
- \$35 T-Shirt
- \$35** Crop Top

## Second Hand Uniform

Limited second hand uniform items are available for purchase with proceeds going to the Royal Childrens Hospital fundraiser. We encourage families to pass on uniforms to friends and family or donate them back to Aths Bendigo to sell. Track shoes can also be donated.

## Remember to be Sun Smart!!

Sunscreen, hats, drink water and find some shade when not competing.

# Wearing of Chest Patch

Little Athletics Victoria requires all athletes to wear the provided chest patch at all times for all Centre activities. This is a safety, procedural and sponsorship requirement. The patch is to be worn as part of the uniform in order to compete.

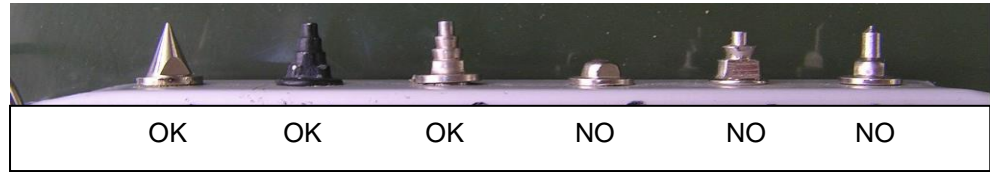
The patch contains the athletics' individual membership number/barcode which enables results to be recorded for the athlete and entered into the results database. No track event times will be recorded if patch not worn.

A charge of \$2 will apply for a replacement patch. Note: patches are not washable.

# Wearing Spikes

For some age groups spikes are permitted. Please see table below. Only spikes known as conical, or Christmas tree are permitted for track events and must not be longer than 9mm. High Jump and Javelin spikes must not exceed 9mm and may only be worn to these events.

Age Groups	Track Events	Field Events	Relays	Cross-Country	Road Relays
U6-U10	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed
U11, U12	All events run entirely in lanes	All events jump & Javelin	All events	No spike shoes allowed	No spike shoes allowed
U13, & above	All events except Race Walks	All events jump & Javelin	All events	No spike shoes allowed	No spike shoes allowed



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# COACHING AND TRAINING

## Coaching Coordinator: Peter Clarke

Little Athletics Bendigo has organised training sessions during the season on Wednesdays from 4:30pm to 5:30pm commence on the first Wednesday after the commencement of competition.

The objective is to ensure children are learning and having fun. The athletes will rotate through 2 different events each week.

Subject to attendance numbers and ages, athletes will be placed into groups according to their skill development levels to ensure that the athlete is not overwhelmed or bored. This structure will provide the opportunity for all athletes to be mentored and coached.

Specialised high jump training with Peter Clarke will be held on Thursday evenings from 5:00pm to 6:30pm for age groups under 9 and up, offering scissor kick and Fosbury flop, training will commence in mid-September.

Athletes may also consider participating in more specialised training sessions with one of the coaches. These are held on different days & times.

Please direct any questions to Siobhan Thompson via email @ [gm.athsbendigo@gmail.com](mailto:gm.athsbendigo@gmail.com).



LAVic also arranges coaching clinics/days that are held throughout the season. Check the Bendigo Little Athletics and the Little Athletics Victoria web sites for event details.

# CENTRE & SPECIAL AWARDS

There are a number of awards presented at the end of the season to celebrate the achievements of the athletes and volunteer helpers.

## Attendance Award

The Attendance Award will be presented to every athlete who competes in all regular competition days. Where a particular age group does not have an athlete who has competed in all competition days an award will be awarded to the highest attendee. Multiple winners in each age group are acceptable.

## Most Improved (PB) Award

The Most Improved Award will be awarded to the athlete/athletes in their age group who have accumulated the most personal bests for the season. If there is a tie in personal bests, two (or more trophies) may be awarded.

## Under 6 “On track Athletes”

In accordance with the “On Track” philosophy, U6 athletes will each be presented with a ribbon by the On Track Coordinator on Presentation Day.



## **Championship Rounds**

Championship Rounds are an event category system to recognise the best performing athletes for every age group and gender. There are 3 Championship rounds throughout the season, one for each program.

Points are awarded for the best time/distance recorded across the age group in each event. 7 points are awarded for first place, 6 for second, 5 for third, 4 for fourth, 3 for fifth, 2 for sixth and 1 for every other competitor who participates in the event.

## **Under 16/17 Awards**

As well as being entitled to the regular age group season awards U16/17 athletes have their last year at Little Athletics acknowledged by;

- Age Group banner listing all Under 16 athletes
- LAVic Certificates to those registered for 7 years+
- Sportsmanship Award presented to the U16/17 athlete who best displays excellent sportsmanship, participation, commitment and enthusiasm.

## **Perpetual Y.C.W. Encouragement Award**

The perpetual Y.C.W. encouragement/good sports trophy is to be awarded to a deserving BLAC boy and girl each year. The award is in recognition of the many years of support that the Y.C.W. athletics club provided to the development of young athletes through the Little Athletics program. This was achieved by encouraging young athletes to:

- Give it a go (do every event)
- Try your hardest every week
- Help your mates
- Be involved in the club
- Be proud of your achievements

These are the values used when awarding these trophies.

# AWARDS (cont.)

## Merit Award

A prestigious Centre award, the Merit Award is presented to a person/persons who has contributed significantly to the improvement and progress of the Bendigo Centre.

## Appreciation Award

A token of appreciation will be presented to any person deemed to have made a valuable contribution during the year.

## Service Award

A Service Award will be presented to a person/persons who have been involved with the Bendigo Little Athletics Centre over many years.

## Tracy Wilson Award

This award is in honour of the late Tracy Wilson and all he represented as a valued member of Bendigo Little Athletics and the Little Athletics state-wide community.

Tracy was always keen to encourage each and every child to do their best. "Give it a Crack" was one of his favourite sayings, and would be heard most weeks, encouraging an athlete to give it their best shot, no matter what their ability might be.

This was a bloke who always just got in there and did what needed to be done so the kids could get out there for "Family Fun & Fitness", the catchcry of Little Aths. He stood for everything that volunteering is about.

### **"Volunteerism builds community"**

The award is presented to the person whose volunteerism best reflects Tracy's dedication and enthusiasm.



# RESULTS & PERSONAL BESTS

Results for each week's events are recorded and available online for each athlete at [www.resultshq.com.au](http://www.resultshq.com.au)

Times for track events are recorded electronically on finishing. Bar codes are manually scanned and the times are immediately uploaded. Heights and distances for field events are measured and recorded manually and input on the day of competition. Note: no track event times will be recorded if patch with barcode is not worn.

The ResultsHQ website includes all the results recorded and various statistics for the athlete for the season. To access results and print result tickets:

- Enter [www.resultshq.com.au/login](http://www.resultshq.com.au/login)
- Your username is your registered email address
- Your password will be your IMG Username from when registering online. If you have forgotten your Username please follow the prompts on the ResultsHQ log in page.





# PHOTOS & DIGITAL MEDIA

Here are some of our favourite photographs from the 2022/23 season. If you do not want your child photographed, please speak to Lynda or one of the Committee Members.

Don't forget to like our Facebook page and check the website frequently for news updates and photos at <https://www.facebook.com/AthleticsBendigo/> or [www.athleticsbendigo.org.au](http://www.athleticsbendigo.org.au)







# EQUIPMENT SPECIFICATIONS

Current specifications at the time of printing booklet. Refer to [www.lavic.com.au/competition/rules-and-regulations/](http://www.lavic.com.au/competition/rules-and-regulations/)

## Throwing Implements Specifications



### THROWING IMPLEMENTS SPECIFICATIONS Season 2023-2024

#### BOYS

Age Group	Maximum Weight Shot Put	Maximum Weight Discus	Maximum Weight Javelin
U6	1kg	350g	Vortex
U7	1kg	350g	Vortex
U8	1.5kg	500g	Vortex/Turbo Jav
U9	2kg	500g	Vortex/Turbo Jav
U10	2kg	500g	Vortex/Turbo Jav
U11	2kg	500g	400g
U12	2kg	750g	400g
U13	3kg	750g	600g
U14	3kg	1kg	600g
U15	4kg	1kg	700g
U16	4kg	1kg	700g
U17	5kg	1.5kg	700g

Vortex is the preferred development event for Javelin.

#### GIRLS

Age Group	Maximum Weight Shot Put	Maximum Weight Discus	Maximum Weight Javelin
U6	1kg	350g	Vortex
U7	1kg	350g	Vortex
U8	1.5kg	500g	Vortex/Turbo Jav
U9	2kg	500g	Vortex/Turbo Jav
U10	2kg	500g	Vortex/Turbo Jav
U11	2kg	500g	400g
U12	2kg	750g	400g
U13	3kg	750g	400g
U14	3kg	1kg	400g
U15	3kg	1kg	500g
U16	3kg	1kg	500g
U17	3kg	1kg	500g

# EQUIPMENT SPECIFICATIONS

## Hurdle Heights & Distances



Little  
Athletics  
Victoria

### HURDLE SPECIFICATIONS SPRINT HURDLES – Season 2023-2024

BOYS & GIRLS

Age Group	Maximum Distance	Maximum Flights	Maximum Height of Hurdles	Distance to 1st Hurdle	Distance between Hurdles	Distance to Finish
U6	60m	*6	*20cm	N/A	N/A	N/A
U7	60m	*6	*30cm	N/A	N/A	N/A
U8	60m	*6	*45cm	N/A	N/A	N/A
U9	60m	6	45cm	12m	7m	13m
U10	60m	6	60cm	12m	7m	13m
U11	80m	9	60cm	12m	7m	12m
U12	80m	9	68cm	12m	7m	12m
U13	80m	9	76cm	12m	7m	12m
U14 Girls	80m	9	76cm	12m	7m	12m
U14 Boys	90m	9	76cm	13m	8m	13m
U15 Girls	90m	9	76cm	13m	8m	13m
U15 Boys	100m	10	76cm	13m	8.5m	10.5m
U16 Girls	90m	9	76cm	13m	8m	13m
U16 Boys	100m	10	76cm	13m	8.5m	10.5m
U17 Girls	100m	10	76cm	13m	8.5m	10.5m
U17 Boys	110m	10	76cm	13.72m	9.14m	14.02m

\*Mini hurdles are required for U6, U7 and U8 age groups, as the height and spacing is not the same as standard hurdles. It is recommended to use either 2 or 3 flights at either 20mts or 15mts spacings.

### LONG HURDLES – Season 2023-2024

BOYS & GIRLS

Age Group	Maximum Distance	Maximum Flights	Maximum Height of Hurdles	Distance to 1st Hurdle	Distance between Hurdles	Distance to Finish
U13	200m	5	68cm	20m	35m	40m
U14	200m	5	76cm	20m	35m	40m
U15	300m	7	76cm	50m	35m	40m
U16	300m	7	76cm	50m	35m	40m
U17	300m	7	76cm	50m	35m	40m

# EQUIPMENT SPECIFICATIONS

## Multi-Class Shop Put Specifications



Multi-Class Shot Put Specifications 2023-2024

LAVic Age	U9 / U10 / U11		U12		U13 & U14		U15		U16		U17	
Classification	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Hearing Impairment												
F01	2	2	2	2	3	3	4	3	4	3	5	3
Visually Impairment												
F11-13	2	2	2	2	3	3	4	3	4	3	5	3
Intellectual Impairment												
F20	2	2	2	2	3	3	4	3	4	3	5	3
F21	2	1	2	1	3	2	3	2	3	2	3	2
Physical Impairment												
F32 (Seated)	1	1	1	1	1	1	1	1	2	1	2	1
F33 (Seated)	1	1	1	1	2	1	2	2	2	2	2	2
F34 (Seated)	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2	3	2
F35	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2	3	2
F36	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2	3	2
F37	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2	4	2
F38	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2	4	2
Physical Impairment												
F40/41	1.5	1.5	1.5	1.5	2	2	3	2	3	2	3	2
Physical Impairment												
F42	2	2	2	2	3	3	4	3	4	3	5	3
F43/44	2	2	2	2	3	3	4	3	4	3	5	3
F45	2	2	2	2	3	3	4	3	4	3	5	3
F46	2	2	2	2	3	3	4	3	4	3	5	3
F61-64	2	2	2	2	3	3	4	3	4	3	5	3
F52	1.5	1.5	1.5	1.5	2	2	2	2	2	2	2	2
F53	1.5	1.5	1.5	1.5	2	2	2	2	2	2	2	2
F54	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2	3	2
F55	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2	3	2
F56	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2	3	2
F57	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2	3	2
Transplant												
F60	2	2	2	2	3	3	4	3	4	3	5	3

If the weight differs in a classification, the U9 & U10 are in the brackets

# EQUIPMENT SPECIFICATIONS

## Multi-Class Discuss Specifications



Multi-Class Discus Specifications 2023-2024

IAVic Age	U9		U10 & U11		U12		U13		U14		U15 & U16		U17	
Classification	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Hearing Impairment														
F01	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1.5kg	1kg
Visually Impairment														
F11-13	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1.5kg	1kg
Intellectual Impairment														
F20	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1.5kg	1kg
F21	500g	500g	500g	500g	750g	500g	750g	500g	1kg	750g	1kg	750g	1kg	750g
Physical Impairment														
F32 (Seated)	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F33 (Seated)	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F34 (Seated)	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F35	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F36	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F37	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F38	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	1kg	750g
Physical Impairment														
F40/41	500g	500g	500g	500g	500g	500g	750g	500g	750g	500g	1kg	750g	1kg	750g
Physical Impairment														
F42	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg
F43/44	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg
F45	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg
F46	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg
F61-64	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg
F51	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F52	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F53	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F54	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F55	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F56	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F57	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
Transplant														
F60	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1.5kg	1kg



# EQUIPMENT SPECIFICATIONS

## Multi-Class Javelin Specifications



### Multi-Class Javelin Specifications - 2023-2024

	U11		U12		U13		U14		U15		U16		U17	
Classification	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Hearing Impairment														
F01	400	400	400	400	600	400	600	400	700	500	700	500	700	500
Visually Impairment														
F11-13	400	400	400	400	600	400	600	400	700	500	700	500	700	500
Intellectual Impairment														
F20	400	400	400	400	600	400	600	400	700	500	700	500	700	500
F21	400	400	400	400	400	400	500	400	500	400	500	400	500	400
Physical Impairment														
F32 (Seated)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
F33 (Seated)	400	400	400	400	400	400	500	400	500	400	600	500	600	500
F34 (Seated)	400	400	400	400	400	400	500	400	500	400	600	500	600	500
F35	400	400	400	400	400	400	500	400	500	400	600	500	600	500
F36	400	400	400	400	400	400	500	400	500	400	600	500	600	500
F37	400	400	400	400	400	400	500	400	500	400	600	500	600	500
F38	400	400	400	400	400	400	500	400	500	400	700	500	700	500
Physical Impairment														
F40/41	400	400	400	400	400	400	400	400	400	400	600	400	600	400
Physical Impairment														
F42	400	400	400	400	500	400	600	400	600	400	700	500	700	500
F43/44	400	400	400	400	500	400	600	400	600	400	700	500	700	500
F45	400	400	400	400	500	400	600	400	600	400	600	500	600	500
F46	400	400	400	400	500	400	600	400	600	400	700	500	700	500
F51	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
F52	400	400	400	400	400	400	400	400	400	400	500	500	500	500
F53	400	400	400	400	400	400	400	400	400	400	500	500	500	500
F54	400	400	400	400	400	400	400	400	400	400	500	500	500	500
F55	400	400	400	400	400	400	400	400	400	400	500	500	500	500
F56	400	400	400	400	400	400	400	400	400	400	500	500	500	500
F57	400	400	400	400	400	400	500	400	500	400	600	500	600	500
F61-64	400	400	400	400	500	400	600	400	600	400	700	500	700	500
Transplant														
F60	400	400	400	400	600	400	600	400	700	500	700	500	700	500

\*All weights in grams (g).

## High Jump

The commencing heights for high jump are:

	GIRLS	BOYS
Under 9	0.70m	0.75m
Under 10	0.75m	0.80m
Under 11	0.85m	0.90m
Under 12	0.95m	1.00m
Under 13	1.00m	1.05m
Under 14	1.05m	1.10m
Under 15	1.10m	1.15m

- The bar will be raised by 5cm increments until there are 4 or less competitors remaining. The bar will then go up by 2 cm increments.
- Once a season best is known the athlete must start jumping no more than 20cm below their season best height.
- Under 9 & 10 athletes as per LAVic guidelines must use the Scissor Kick.



# SPECIAL EVENT INFORMATION

Throughout the course of the season, athletes from U9 to U16 can enter and compete in other events outside the local competition. These include:

- Regional and State Relay Championships
- Bendigo LAC Combined Event Day
- State Combined-Event Championships
- Regional Track & Field Carnival
- State Track & Field Championships (*Subject to qualification*)
- Region and State Cross Country Evens

## Regional and State Relay Championships

### Relay Co-ordinators – Lauren Wagner & Katrina Evans

The Regional & State Relay Championships are held for athletes from ages U9 – U17. All children from the centre are eligible to compete.

Athletes can compete in a maximum of four (4) team events in one of the following events:

- 4 x 100m (Male/Female/Mixed)
- 4 x 200m (Male/Female/Mixed)
- Medley (Mixed Age, Male/Female)

**McKean  
McGregor**





Athletes can compete in single sex/mixed sex or mixed aged teams.

- Mixed sex team is made up of 2 girls and 2 boys.
- Mixed aged team consists of 1 athlete from each age group. The age break up for this event is:  
U9 – U12, U13 – U15 (a 2<sup>nd</sup> U13 makes the team 4)

The Medley events consist of the following legs: To be advised during season.



**REGIONAL RELAY CHAMPIONSHIPS**  
**Saturday 18<sup>th</sup> November 2023 – Bendigo**  
**Entries Close Monday 30<sup>th</sup> October 2023**

**STATE RELAY CHAMPIONSHIPS**  
**Saturday 16<sup>th</sup> December**  
**Lakeside Stadium, Albert Park**

## RELAYS CONTINUED:

Athletes interested in competing in relays can complete a registration of interest form to place their names on lists for selection in a team.

Selection of relay teams will be made with consideration given to the following:

- Athletes must be available for both Region & State Relay days.
- Attendance at training.
- Past performances and current performances, with the 4<sup>th</sup> fastest eligible athletes selected in the A team.
- Numbers of athletes available in each age group, with the possibility of B teams and mixed gender teams.
- Where possible every athlete will be given at least two runs.
- To compete at the State Relays, you must have been on the team sheet for the Region Relays.

Emergencies will only be named if numbers permit.

Failure to respect their decision will result in the removal of the athlete/athletes from the team.

The Relay Co-Ordinator/s will organise the team entries. Once numbers have been confirmed and teams selected, we will be seeking parents to volunteer to be team managers. This will involve coordination of training sessions and management of your team on competition days. Assistance will be provided by the relay coordinators.

Athletes selected in the team will require their parents to assist in a duty roster at both Regional and State events.

**NOTE:** Athletes will only be eligible for State Relay Championships if their team qualifies at the Regional Relay Championships.

# Bendigo LAC Combined Event Day

## Saturday 9<sup>th</sup> December 2023

Athletes will compete in a maximum of five disciplines based on the state combined event schedule, see tables below. Points are allocated according to the level of performance achieved in each of the events based on Alberta Youth Scoring Table.

Please note:

- Athletes are only eligible for awards if they have attempted each event and full centre uniform is worn (including chest patch).
- Presentation of awards will be on the day, time permitting or at the end of season Presentation Day.

Boys Events										
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15/16/17
100m	X	X	X	X	X	X	X	X	X	X
300/400m		X	X							
800m				X	X	X	X	X	X	X
60mH		X	X	X	X					
80mH						X	X	X		
90mH									X	
100mH										X(U17 110mH)
Long Jump	X	X	X	X	X	X	X	X	X	X
Discus	X	X	X	X	X	X	X	X	X	X

Girl Events										
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15/16/17
100m	X	X	X	X	X	X	X			
200m								X	X	X
800m				X	X	X	X	X	X	X
60mH		X	X	X	X					
80mH						X	X	X	X	
90mH										X (U17 100mH)
Long Jump	X	X	X	X	X	X	X	X	X	X
Shot Put	X	X	X	X	X	X	X	X	X	X

# State Combined Event Championships

All registered athletes in U9 – U16 are eligible to compete at the State Combined Event Championships (formerly known as the Multi-Event). The Event will consist of between five and seven separate disciplines.

NOTE: This is a self-enter event and not coordinated through the centre, and as such there are no qualification requirements.

Age group	Day	Compete On
U9, U10, U13, Multi Class	Day 1	Saturday 20 <sup>th</sup> January
U11 - U12	Day 2	Sunday 21 <sup>st</sup> January
U14 – U17	Both	Sat 20 <sup>th</sup> and Sun 21 <sup>st</sup> January

Events consisting of five disciplines will be held on one day. Events consisting of more than five disciplines will be held on two consecutive days. The following tables outline the disciplines for each age group and the day the discipline will be held.

**State Combined Events**  
Lakeside Stadium, Melbourne  
**Saturday 20<sup>th</sup> & Sunday 21<sup>st</sup> January 2024**  
**Entries close – Thursday 14<sup>th</sup> December 2023**



# State Combined Event Championships

## Event Grid

Boys

Discipline	Age Group								
	U9	U10	U11	U12	U13	U14	U15	U16	U17
100m	Sat	Sat	Sun	Sun	Sat	Sat	Sun	Sun	Sun
800m	Sat	Sat	Sun	Sun	Sat	Sun	Sun	Sun	Sun
60mH	Sat	Sat							
80mH			Sun	Sun	Sat				
90mH						Sat			
100mH							Sat	Sat	
110mH									Sat
High Jump						Sun	Sun	Sun	Sun
Long Jump	Sat	Sat	Sun	Sun	Sat	Sun	Sat	Sat	Sat
Discus	Sat	Sat	Sun	Sun	Sat	Sat	Sat	Sat	Sat
Javelin							Sun	Sun	Sun

Girls

Discipline	Age Group								
	U9	U10	U11	U12	U13	U14	U15	U16	U17
100m	Sat	Sat	Sun	Sun	Sat				
200m						Sat	Sat	Sat	Sat
800m	Sat	Sat	Sun	Sun	Sat	Sun	Sun	Sun	Sun
60mH	Sat	Sat							
80mH			Sun	Sun	Sat	Sun			
90mH							Sat	Sat	
100mH									Sat
High Jump						Sat	Sat	Sat	Sat
Long Jump	Sat	Sat	Sun	Sun	Sat	Sun	Sun	Sun	Sun
Shot Put	Sat	Sat	Sun	Sun	Sat	Sat	Sat	Sat	Sat
Javelin							Sun	Sun	Sun

Multi-Class

Discipline	Age Group		
	U9 - U10	U11 - U12	U13 - U17
100m	Sat	Sat	Sat
400m	Sat	Sat	Sat
Long Jump	Sat	Sat	Sat
Shot Put	Girls – Sat	Girls – Sat	Girls - Sat
Discus	Boys – Sat	Boys – Sat	Boys - Sat

<https://lavic/event/22-23-state-combined-events-championships/>

# Regional Track & Field Carnival

All registered athletes in U9 – U16 are eligible to compete in the Northern Country Regional Track & Field Championships. Athletes can participate in up to maximum of five (5) events and competition is held over 2 days.

NOTE: This is a self-enter event and not coordinated through the Centre.

Further information is available here:

<https://lavic.com.au/competition/competition-types/>

## ELIGIBILITY CRITERIA

Athletes who intend competing in Regional Track & Field Championships must have participated in a minimum of **four** normal Centre Competitions prior to the close of entries, regardless of the event.

### Regional Track & Field Championships

Shepparton

**Saturday 10<sup>th</sup> & Sunday 11<sup>th</sup> February 2023**

**Entries close – Monday 22<sup>nd</sup> January 2024**





# State Track & Field Championships

Athletes who compete and qualify through the Regional Track & Field Championships can progress to the State Track and Field Championships. Winners of each regional event automatically qualify for the State Championships. The next best performances across the state may also progress to meet field sizes.

**NOTE:** This is a qualification event and cannot be entered directly by athletes. Progression is via the Regional Track & Field Championships only.

Further information is available here:

<https://lavic.com.au/competition/competition-types/>

**State Track & Field Championships**  
**Saturday 9<sup>th</sup> & Sunday 10<sup>th</sup> March 2024**  
Casey Fields, Cranbourne





# Royal Children's Hospital Fundraiser

2<sup>nd</sup> March 2023



LAVic supports the Royal Children's Hospital and as part of this a statewide fund raiser is undertaken annually.

The Bendigo Little Athletics Centre will conduct a gold coin entry day to raise money for the Royal Children's Hospital on a date still to be determined. Donations will be sought from all in attendance.



Like us on Facebook

<https://www.facebook.com/AthleticsBendigo/>

## **Junior Development Squad (JDS)**



The Junior Development Squad is a program aimed at giving our talented athletes a little more in terms of coaching, education, competition and a sense of accomplishment.

Athletes must qualify for the Squad by achieving athletic results that better set performance criteria.

The squad is open to all registered athletes from U12 to U16 who meet the performance criteria. Scheduled from mid-October to late February, the program consists of numerous activities including coaching days, coaching camp, education sessions, role model sessions with elite athletes and a presentation ceremony.

**For further details, please contact Centre President**

## **Australian Little Athletics Championships**

The ALAC (Australian Little Athletics Championships) is a two-day event held every year with all States and Territories to be represented this year.

The ALAC encompasses the Australian Teams Championships for Under 13 athletes and the Australian Combined Event Championships for Under 15 athletes.

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

All athletes are selected by their State Association. Individual entries are not permitted. The State Associations nominate the events that an athlete will contest with a view to obtaining the best results for the team. Each Association can enter a maximum of two competitors in each individual event

and one relay team in each relay. No athlete may compete in more than five events, which includes a relay.

The Under 15 athletes are selected by their State Association.

If you any inquiries regarding selection please contact your State Association.

What events are contested?

Under 13 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.

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.

## **CENTRE POLICIES & PROCEDURES**

### **Insurance**

Insurance covering the Bendigo Little Athletics Centre and competing athletes is covered by the Australian Little Athletics Insurance Program arranged by Honan Insurance Group.

### **Policies**

Copies of all our policies are located on Athletics Bendigo website or the Little Athletics Victoria website of:

- Unfavourable Weather Policy
- Awards Policy
- Record Policy
- Healthy Food Policy
- Smoke Free Policy
- Sun Smart Policy
- Registration Policy
- Photo / Video policy
- Competition Policy
- Sports Injury Prevention Policy

- Child Protection Policy
- Occupational Health and Safety Policy

If you have any questions about policies, please contact Siobhan Thompson on [gm.athsbendigo@gmail.com](mailto:gm.athsbendigo@gmail.com).

## First Aid

- The designated first aid area is B.R.A.C. first aid room.
- All injuries must be reported to the First Aid Officer and documented.
- First Aid Officer is accredited and trained in First Aid.

## ADVERSE WEATHER

Bendigo Little Athletics Centre is fortunate to compete on an “all weather” track. Therefore, all efforts will be made to run competition in all weather.

It is the responsibility of parents to decide whether or not a child competes on any given day, whether it is hot, smoky or cold. Bendigo Little Athletics Centre does however reserve the right to cancel competition or events.

**Weather affected programs** will be declared by 7:30am for Saturday competition or 3pm for Friday competition. Attendance will not be counted towards the Attendance Award for that program. A full or modified program may still be run.

Where possible announcements regarding the **cancellation** of competition will be made at approximately 8am for Saturday competition or 4pm for Friday competition.

**Weather affected programs and cancellation announcements will be made on both the Website and Facebook.**

[www.athleticsbendigo.org.au](http://www.athleticsbendigo.org.au)

<https://www.facebook.com/AthleticsBendigo/>

**NOTE:** Athletes who compete on or turn up to compete on an “interrupted” competition day (where a weather affected announcement has not been issued), must ensure their attendance is recorded either with the age group manager or a committee member.



# TRANSITION FROM LITTLE ATHS

Athletics Bendigo has its affiliated clubs, which provides opportunities for athletes to participate with a club of their choice. The 4 affiliated clubs are:

- South Bendigo Athletics Club
- Eaglehawk Athletics Club
- Bendigo University Athletics Club
- Bendigo Harriers Athletics Club

Competition covers a wide range of abilities and ages from 11 to 85+. Events on the weekend are arranged so those with a similar ability compete against each other.

**To assist transition** into the older athletics it may be of interest of little athletes to know that 65% of athletes are aged between 11 and 18 that compete for clubs in the afternoon. Like Little Aths the objective is to have fun and do your own personal best, however you compete for your club as part of a team.

Details of contacts and how to join are on the Athletics Bendigo website:

<https://www.athleticsbendigo.org.au/clubs>

or Siobhan Thompson on [gm.athsbendigo@gmail.com](mailto:gm.athsbendigo@gmail.com).

During winter Athletics Bendigo clubs run competitions on Saturday afternoons & some Tuesday evenings.

For those athletes who would like to be involved in race walking please contact Bendigo Walkers - Paul Rance on 5442 6435.



# **CODES OF CONDUCT**

Bendigo Little Athletics Centre prides itself on adhering to the Code of Conduct policies which ensures that all athletes, officials, parents and spectators are treated with respect and consideration in a safe and enjoyable environment in the spirit of the LAVic philosophy of Fun, Family & Fitness.

The Code of Conduct reflects the LAVic safety plan recommendations that family involvement and parental supervision are important elements of safety. Please note that in line with this safety plan all athletes must have a parent or guardian present at the centre.

<http://www.lavic.com.au/Portals/43/Documents/LAVicCodeofConduct.pdf>

## **Little Athletics Code of Behaviour**

- Play by the rules.
- Never argue with an official. If you disagree, ask your Team Manager to deal with the matter.
- Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
- Work equally hard for yourself and/or your Centre. Your Centre's performance will benefit.
- Be a good sport. Applaud all good results whether they are by your Centre or by another Centre.
- Treat all athletes, as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- Co-operate with your coach, club mates and other participants. Without them there would be no competition.
- Participate in Little Athletics for the "fun of it" and not just to please parents and / or coaches.
- Avoid use of bad language.



# Parents' Code of Behaviour

- Encourage children to participate if they are interested. However, if a child is not willing, do not force him or her.
- Focus upon the child's efforts rather than the overall outcome of the event. This assists the children in setting realistic goals related to his/her own ability by reducing the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing an event.
- Remember children are involved in Little Athletics for their enjoyment, not yours.
- If you disagree with an official, raise the issue through the Age Group Manager or Committee member rather than questioning the official's judgment and honesty in public. Remember, most officials give their time and effort for your child's involvement.
- Support all efforts to remove all verbal and physical abuse at Little Athletics activities.
- Recognise the value and importance of being a volunteer official and/or coach. They give of their time and resources to provide recreational activities for the children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.
- Avoid use of bad language.
- A written warning may be issued if parents do not comply with the Code of Behaviour. Appropriate steps by Athletics Bendigo will then be taken.



# Spectators' Code of Behaviour

- Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators only, nor are they miniature professionals.
- Applaud good performances and efforts from each athlete. Congratulate all participants upon their performance regardless of the event outcome
- Encourage athletes to follow the rules and the official's decisions.
- Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach children to do likewise.
- Never ridicule or scold a child for making a mistake during a competition. Positive comments are motivational.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or athletes.
- Show respect for each participant. Without them there would be no events.
- Demonstrate appropriate social behaviour by not harassing athletes, parents, coaches or officials, smoking at the venue or being intoxicated.
- Avoid use of bad language.
- A written warning may be issued if spectators do not comply with the Code of Behaviour. This could result in banning from the centre.



# Officials' Code of Behaviour

- Be consistent, objective and courteous in calling all infractions.
- Compliment all participants on their efforts.
- Condemn unsporting behaviour and promote respect for all opponents.
- Ensure that the “spirit of the game” for children is not lost by using common sense and not over-emphasizing errors.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
- Publicly encourage rule changes, which will reinforce the principles of participation for fun and enjoyment.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
- Make a personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.
- Avoid use of bad language.



# BOYS CENTRE RECORDS

## 60m Hurdles

Under 7	Nicholas Dal Santo	12.06	1991
	Ned Anderson	12.06	2022/23
Under 8	Aaron Charity	11.11	1996/97
Under 9	Marcus Frankel	10.83	1994/95
Under 10	Scott Johnson	10.50	2012/13
Under 11	Zac Laffy	10.19	2006/07
Under 12	Joel Selwood	9.73	1999/00

## 80m Hurdles

Under 7	Adam Parry	16.43	1995/97
Under 8	Andrew Young	15.00	1995/97
Under 9	Kobi Hall	14.22	2012/13
Under 10	Scott Johnson	14.11	2012/13
Under 11	Felix Burgess	13.17	2022/23
Under 12	Fraser Symons	12.92	2012/13
Under 13	Joel Selwood	13.03	2000/01

## 90m Hurdles

Under 14	Fraser Symons	13.65	2014/15
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## 100m Hurdles

Under 15	Lachie Johnson	13.78	2014/15
Under 16	William Beaton	15.16	2020/21

## 200m Hurdles

Under 13	Liam Gay	30.17	2016/17
Under 14	Oliver Muggleton	29.86	2016/17

## 300m Hurdles

Under 13	Joel Selwood	44.52	2000/01
Under 14	Luke Padgham	42.29	2014/15
Under 15	Luke Padgham	40.84	2015/16
Under 16	Zackery Tickell	43.58	2020/21

# BOYS CENTRE RECORDS

## 70 Metres

Under 7	Justin Esposito	11.24	1980
Under 8	Matthew Sexton	11.04	1977
Under 9	S Brown	10.74	1985
Under 10	Andrew Arundell	10.16	1990
Under 11	Joshua Henthorn	10.05	2007/08
Under 12	T Payne	9.54	1974
Under 13	Lachlan Wood	8.83	2011/12
Under 14	Joshua Henthorn	9.12	2010/11
Under 15	Joshua Henthorn	7.93	2011/12

## 100 Metres

Under 7	Justin Esposito	16.24	1979/80
Under 8	Justin Esposito	15.44	1980/81
Under 9	Cameron Todd	14.64	1979/80
Under 10	Noel Dillon	14.34	1972
Under 11	Nicholas Dal Santo	13.92	1994/95
Under 12	Mitchell Stevens	13.30	2011/12
Under 13	Callum Healey	12.76	2002/03
Under 14	Lachlan Wood	12.27	2012/13
Under 15	Callum Healey	11.73	2004/05
Under 16	William Beaton	12.32	2020/21

## 200 Metres

Under 7	Zachary Perez	33.28	1990
Under 8	Justin Esposito	32.14	1980
	Glen Rea	32.14	1981
Under 9	Glen Rea	31.04	1981/82
Under 10	Kevin Mark	29.24	?
Under 11	Glen Rea/Glen Rogan	27.94	1984
Under 12	William Petersen	27.05	2020/21
Under 13	Callum Healey	26.06	2002/03
Under 14	Callum Healey	24.94	2003/04
Under 15	Joshua Henthorn	24.08	2012
Under 16	Zackery Tickell	25.43	2020/21

# BOYS CENTRE RECORDS

## 300 Metres

Under 7	Glen Rea	56.64	1980
Under 8	Nicholas Dal Santo	53.30	1991/92

## 400 Metres

Under 8	Matthew Higgs	1:19.91	2005/07
Under 9	Luke Rodda	1:10.77	1991
Under 10	Blake Pryse	1:07.28	2005/07
Under 11	Glen Rae-Rogan	1:04.24	1983
Under 12	Kieran Thompson	59.77	2007/08
Under 13	Ben Powell	57.29	2013/14
Under 14	Ben Powell	55.31	2014/15
Under 15	Luke Padgham	52.87	2015/16
Under 16	Zackery Tickell	55.26	2020/21

## 800 Metres

Under 9	Leigh Purtill	2:31.30	1968
Under 10	Blake Pryse	2:30.63	2005/06
Under 11	Kieran Thompson	2:27.35	2006/07
Under 12	Kieran Thompson	2:16.17	2007/08
Under 13	Ben Powell	2:15.48	2013/14
Under 14	Luke Padgham	2:07.39	2014/15
Under 15	Luke Padgham	2:04.43	2015/16
Under 16	Matthew Noden	2:13.21	2019/20

## 1500 Metres

Under 11	Steven Davies	5:01.30	1973
Under 12	Steven Davies	4:57.40	1974
Under 13	Kieran Thompson	4:38.11	2008/09
Under 14	Luke Padgham	4:31.16	2014/15
Under 15	Logan Tickell	4:26.82	2020/21
Under 16	Zackery Tickell	4:44.37	2020/21

## 700 Metres Walk

Under 9	Maurice Nihill	4:08.87	2017/18
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# BOYS CENTRE RECORDS

## 1100 Metres Walk

Under 9	Dane Heiden	6:11.14	2005/06
Under 10	Nathan Drummond	5:37.11	1995/96
Under 11	Tate McQueen	5:55.86	2022/23

## 1500 Metres Walk

Under 11	Evan Thompson	7:33.73	1995/96
Under 12	Evan Thompson	7:29.87	1996/97
Under 13	Evan Thompson	7:01.55	1997/98
Under 14	Evan Thompson	6:59.59	1998/99
Under 15	Evan Thompson	6:39.60	1999/00
Under 16	Zackery Tickell	9:07.93	2020/21

## High Jump

Under 9	Xavier Mulqueen	1.10	2020/21
Under 10	Thomas Fox	1.23	2018/19
Under 11	Blake Pryse	1.47	2006/07
Under 12	Blake Pryse	1.60	2007/08
Under 13	Blake Pryse	1.66	2008/09
Under 14	Blake Pryse	1.70	2009/10
Under 15	Jack Palfreyman	1.80	2007/08
Under 16	Connor Clarke	1.64	2020/21

## Long Jump

Under 7	Ashley Dixon	3.50	1997/98
Under 8	M Axburn	4.06	1971/72
Under 9	W Dixon	4.30	1971/72
Under 10	Cameron Todd	5.54	1981/82
Under 11	Ricky Nixon	4.82	1973/74
Under 12	Craig McNaughton	5.02	1981/82
Under 13	Callum Healey	5.39	2002/03
Under 14	Callum Healey	5.65	2003/04
Under 15	Callum Healey	6.02	2004/05
Under 16	Sebastyn Andrea	5.71	2020/21



# BOYS CENTRE RECORDS

## Triple Jump

Under 9	Craig McNaughton	8.76	1979/80
Under 10	Matthew Sexton	9.70	1979/80
Under 11	Ben Sexton	10.04	1983/84
Under 12	Matthew Sexton	10.69	1981/82
Under 13	Hunter Staples	11.00	2016/17
Under 14	Connor Sexton	11.91	2015/16
Under 15	Matthew Higgs	12.26	2012/13
Under 16	Jake Gavriliadis	12.02	2021/22

## Discus

Under 7	Philip Clayton	19.07	1998/99
Under 8	Unknown		
Under 9	Craig McNaughton	28.98	1979/80
Under 10	Timothy Driesen	35.60	1993/94
Under 11	Kai Norton	30.08	2019/20
Under 12	Callum Healey	44.44	2001/02
Under 13	Jake Gavriliadis	44.02	2018/19
Under 14	Timothy Driesen	48.60	1997/98
Under 15	Timothy Driesen	61.05	1998/99
Under 16	Jake Gavriliadis	56.22	2021/22

## Shot Put

Under 7	Stuart Timms	6.91	1997/98
Under 8	Christopher Wild	8.48	1991/92
Under 9	Callum Healey	8.53	1998/99
Under 10	Tim Lee	9.82	1979/80
Under 11	Connor Sexton	10.68	2012/13
Under 12	Jasper Seymour	11.92	2020/21
Under 13	Callum Healey	14.79	2002/03
Under 14 (3kg)	Kai Norton	15.81	2022/23
Under 15 (4kg)	Chris Browne	15.61	2012/13
Under 16 (4kg)	Jake Gavriliadis	14.76	2021/22

# BOYS CENTRE RECORDS

## Javelin

Under 11	Brayden Scanlon	31.72	2007/08
Under 12	Brayden Scanlon	35.83	2008/09
Under 13	Christopher Browne	36.47	2010/11
Under 14	Callum Healey	50.98	2003/04
Under 15 (600 gm)	Jack Palfreyman	51.64	2007/08
Under 15 (700 gm)	Jayden Day	38.07	2017/18
Under 16 (700gm)	Zackery Tickell	36.64	2020/21

# BOYS CENTRE RECORDS

## DELETED EVENTS

### High Jump - Flop

Under 9	A Holt	1.26	1979/80
	Jack Palfreyman	1.26	2001/02
Under 10	Jack Palfreyman	1.37	2002/03

### Discus

Under 11 (750g)	Timothy Driesen	36.88	1994/95
Under 13 (1kg)	Callum Healey	41.12	2002/03
Under 8 (350g)	Philip Clayton	30.15	1999/00

### Shot Put

Under 12 (3kg)	Cullum Healey	11.12	2001/02
Under 14 (4kg)	Timothy Driesen	15.07	1997/98

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# GIRLS CENTRE RECORDS

## 60m Hurdles

Under 7	Brigitte Dillon	11.98	2001/02
Under 8	Danielle Dillon	11.40	1999/00
Under 9	Imogen Sexton	10.57	2007/08
Under 10	Julia Smith	10.83	2000/01
Under 11	Brigitte Dillon	9.91	2005/06
Under 12	Brigitte Dillon	9.87	2006/07

## 80m Hurdles

Under 7	Brigitte Dillon	16.18	2001/02
Under 8	Danielle Dillon	15.49	1999/00
Under 9	Danielle Dillon	14.20	2000/01
Under 10	Danielle Dillon	13.97	2001/02
Under 11	Brigitte Dillon	13.10	2005/06
Under 12	Brigitte Dillon	13.21	2006/07
Under 13	Danielle Dillon	12.70	2004/05
Under 14	Danielle Dillon	11.87	2005/06

## 90m Hurdles

Under 15	Danielle Dillon	12.87	2006/07
Under 16	Caitlin Evans	14.37	2020/21

## 200m Hurdles

Under 13	Monique Gavriliadis	30.87	2016/17
Under 14	Monique Gavriliadis	31.05	2017/18

## 300m Hurdles

Under 13	Danielle Dillon	45.87	2004/05
Under 14	Danielle Dillon	43.85	2005/06
Under 15	Danielle Dillon	44.23	2006/07
Under 16	Caitlin Evans	47.94	2020/21



# GIRLS CENTRE RECORDS

## 70 Metres

Under 7	Danielle Dillon	11.80	1998/99
Under 8	Anna Sloan	10.94	1974
Under 9	Janine Marshall	10.34	TBA
Under 10	Danielle Dillon	10.18	2001/02
Under 11	Brigitte Dillon	10.11	2005/06
Under 12	Sophie Taylor	9.35	2006/07
Under 13	Sancia Carlile	9.49	2011/12
Under 14	Danielle Dillon	9.06	2005/06
Under 15	Sophie Taylor	8.88	2009/10

## 100 Metres

Under 7	Anna Sloan	16.74	1974
Under 8	Anna Sloan	15.44	1975
Under 9	Danielle Dillon	14.67	2000/01
Under 10	Audrey Cleeve	13.84	1994/95
Under 11	Brigitte Dillon	14.12	2005/06
Under 12	Sophie Taylor	12.91	2006/07
Under 13	Sophie Taylor	12.52	2007/08
Under 14	Sophie Taylor	12.50	2008/09
Under 15	Sophie Taylor	12.05	2009/10
Under 16	Caitlin Evans	13.38	2020/21

## 200 Metres

Under 7	Danielle Dillon	36.00	1998/99
Under 8	Kelly Bulger	33.24	1979
	Audrey Cleeve	33.24	1981
Under 9	Danielle Dillon	31.46	2000/01
Under 10	Danielle Dillon	30.79	2001/02
Under 11	Anna Sloan	29.84	1978
Under 12	Brigitte Healey	27.20	2006/07
Under 13	Sophie Taylor	26.36	2007/08
Under 14	Danielle Dillon	25.77	2005/06
Under 15	Danielle Dillon	25.74	2006/07
Under 16	Caitlin Evans	27.09	2020/21

# GIRLS CENTRE RECORDS

## 300 Metres

Under 7	Jennifer Frilay	58.94	1980
Under 8	Danielle Dillon	54.92	1999/00

## 400 Metres

Under 8	Kate Wilson	1:22.74	2016/17
Under 9	Sally Reynolds	1:13.34	1986
Under 10	Sarah Humphries	1:10.01	1997/98
Under 11	Brigitte Healey	1:07.79	2004/05
Under 12	Susan Rea	1:03.44	1981
Under 13	Brigitte Healey	58.93	2006/07
Under 14	Danielle Dillon	58.48	2005/06
Under 15	Brittany Eastman	57.61	2004/05
Under 16	Caitlin Evans	1:03.59	2020/21

## 800 Metres

Under 9	Kylie McLennan	2:46.83	1981
Under 10	Brigitte Healey	2:40.11	2003/04
Under 11	Elizabeth Geri	2:26.90	1979
Under 12	Sarah Humphries	2:25.20	1999/00
Under 13	Brigitte Healey	2:24.43	2006/07
Under 14	Brittany Eastman	2:20.12	2003/04
Under 15	Brittany Eastman	2:21.66	2004/05
Under 16	Phoebe Lonsdale	2:36.89	2020/21

## 1500 Metres

Under 11	Brigitte Healey	5:11.95	2004/05
Under 12	Brigitte Healey	5:05.57	2005/06
Under 13	Chelsea Tickell	5:13.71	2021/22
Under 14	Tullie Rowe	4:56.93	2017/18
Under 15	Madeline Evely	5:03.00	2009/10
Under 16	Phoebe Lonsdale	5:30.07	2019/20

## 700 Metres Walk

Under 9	Kate Wilson	4:17.10	2017/18
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# GIRLS CENTRE RECORDS

## 1100 Metres Walk

Under 9	Kate Sandford	6:13.85	1999/00
Under 10	Charlotte Edlin	5:37.55	2009/10
Under 11	Charlotte Murphy	5:58.30	2016/17

## 1500 Metres Walk

Under 11	Natalie Gleeson	7:19.29	1995/96
Under 12	Natalie Gleeson	7:10.38	1996/97
Under 13	Natalie Gleeson	7:17.28	1997/98
Under 14	Natalie Gleeson	7:09.26	1998/99
Under 15	Sibon Fuzzard	7:05.62	2003/04
Under 16	Amber Fox	9:15.46	2022/23

## High Jump

Under 9	Mila Childs	1.11	2020/21
Under 10	Ava Peters	1.24	2020/21
Under 11	Charlotte Sexton	1.43	2014/15
Under 12	Charlotte Sexton	1.50	2015/16
Under 13	Charlotte Sexton	1.55	2016/17
	Kate Wilson	1.55	2021/22
Under 14	Monique Gavriliadis	1.59	2017/18
Under 15	Madeline Lawson	1.60	2010/11
Under 16	Monique Gavriliadis	1.57	2019/20

## Long Jump

Under 7	Brigitte Dillon	3.11	2001/02
Under 8	Eleanor Valentine	3.90	1992/93
Under 9	Pamela Ahdore	3.97	1975/76
Under 10	Helen Sexton	4.31	1977/78
Under 11	Pamela Ahdore	4.56	1977/78
Under 12	Sophie Taylor	4.83	2006/07
Under 13	Sophie Taylor	5.19	2007/08
Under 14	Sophie Taylor	5.38	2008/09
Under 15	Kylie McLennan	5.37	1996/97
Under 16	Alyssa Beaton	4.90	2022/23

# GIRLS CENTRE RECORDS

## Triple Jump

Under 9	Anna Sloan	8.59	1975/76
Under 10	Anna Sloan	9.41	1976/77
Under 11	Sophie Taylor	9.92	2005/06
Under 12	Kelly Bulger	10.52	1982/83

Under 13	Sophie Taylor	11.12	2007/08
Under 14	Madeline Lawson	11.06	2009/10
Under 15	Madeline Lawson	11.48	2010/11
Under 16	Monique Gavriliadis	10.33	2019/20

## Discus

Under 7	Tanya Higgs	17.09	2000/01
Under 8	Unknown		
Under 9	Kristen O'Connor	24.90	1990/91
Under 10	Deanna Smith	29.80	1991/92
Under 11	Chelsea Tickell	19.17	2019/20
Under 12	Nicole Cullen	35.58	1984/85
Under 13	Bree Heiden	34.74	2013/14
Under 14	Bree Heiden	32.61	1992/93
Under 15	Belinda Palmer	36.84	1993/94
Under 16	Amber Fox	28.76	2022/23

## Shot Put

Under 7	Tazma Ferrie	5.51	2015/16
Under 8	Ilka Jakitsch	6.72	1992/93
Under 9	Sonia Ngawati	8.19	1995/96
Under 10	Deanna Smith	9.47	1990/91
Under 11	Susan Smith	10.40	1970/71
Under 12	G McNaughton	11.58	1978/79
Under 13	Bree Heiden	9.95	2013/14
Under 14	Bree Heiden	10.20	2014/15
Under 15	Belinda Palmer	11.68	1993/94
Under 16	Amber Fox	10.22	2022/23



### Javelin

Under 11	Tanya Higgs	21.71	2004/05
Under 12	Jorja Hill	30.90	2017/18
Under 13	Tanya Higgs	35.37	2006/07
Under 14	Bree Heiden	35.40	2014/15
Under 15	Tanya Higgs(600g)	33.15	2008/09
Under 16	Jorja Hill	32.44	2020/21

## **GIRLS CENTRE RECORDS**

### **DELETED EVENTS**

#### High Jump - Flop

Under 9	L van de Leest	1.19	2004/05
Under 10	Nicole Lonsdale	1.32	1983/84

#### Discus

Under 8 (350g)	Tanya Higgs	22.42	2001/02
Under 11 (750g)	Deanna Smith	29.90	1992/93

## **LIFE MEMBERS OF ATHS BENDIGO**

Frank Barr	Sharon Barr	Barbara Bryant
Corrine Bulger	Ray Bulger (dec)	Sally Conroy (dec)
Annette Curtis	Jim Dwyer (dec)	Tom Ernshaw
John Fawcett	Gary Frilay	Bill Higgs
Debbie Higgs	Brett Houlden	Gwendoline Kalms
Norman Kalms	Les Kupke (dec)	Kevin McNaughton
Maree Oldham	Eric Perkins (dec)	Heather Purtill
Paul Rance	Garnet Rodda	Bryce Selwood
Adrian Sexton	John Squires	Graham Wheelhouse
Peter White (dec)	Tracy Wilson (dec)	

# LITTLE ATHS VICTORIA PARTNERS

## THANKING OUR PARTNERS IN SEASON 2023-24

### NATIONAL PARTNER

The Coles logo is displayed in a large, bold, red sans-serif font.

### GOLD PARTNER



Commonwealth Bank

### OFFICIAL SUPPLIERS

The Altegra logo, with the word 'ALTEGRA' in bold black letters and '.COM.AU' in smaller blue letters below it.The Game Day Apparel logo, featuring a stylized 'G' and 'D' inside a circle, with 'GAME DAY' and 'APPAREL' below it.The Out There Branding logo, featuring a red diamond shape with 'OTB' inside, and 'OUT THERE' and 'BRANDING' below it.The Nordic Sport Australia logo, with 'NORDIC' and 'SPORT' in bold black letters, and 'AUSTRALIA' in orange letters below it.The Blackchrome logo, with the word 'Blackchrome' in a bold, italicized black font.The Energetic logo, featuring a stylized 'E' and 'N' inside a circle, with 'ENERGETIC' below it.The Timing Solutions logo, with 'timing' in a bold, italicized blue font, and 'SOLUTIONS' in smaller blue letters below it.

### SUPPORT PARTNERS

The Athletics Victoria logo, featuring a stylized 'V' with a star, and 'Athletics' and 'Victoria' below it.The Victoria State Government logo, featuring a stylized 'V' and 'G' inside a circle, with 'VICTORIA' and 'State Government' below it.The Gameday logo, featuring a stylized 'G' and 'D' inside a circle, with 'GAMEDAY' and 'powered by stackports' below it.The Team App logo, featuring a stylized 'T' and 'A' inside a circle, with 'TEAM APP' below it.The Cluey Learning logo, featuring a stylized 'C' and 'L' inside a circle, with 'CLUEY' and 'LEARNING' below it.The Powercor Australia logo, featuring a stylized 'P' and 'C' inside a circle, with 'Powercor' and 'AUSTRALIA' below it.

### DESIGNATED CHARITY

The Good Friday Appeal logo, featuring a stylized 'G' and 'F' inside a circle, with 'Proudly supporting' above it, 'good Friday' in a bold, italicized font, 'appeal' below it, and 'THE ROYAL CHILDREN'S HOSPITAL' in smaller letters at the bottom.

# CONTACT US

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Please feel free to email the centre if you have any query, request, suggestions or feedback.

## Little Athletics Victoria

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