

**RUNNING THROWING JUMPING**

**ENFIELD  
LITTLE  
ATHLETICS  
CENTRE**



**PROGRAM**

**2011/2012 Season**

ST ALBANS RESERVE

Chester Avenue

CLEARVIEW

[www.enfieldlac.org](http://www.enfieldlac.org)

**GREAT FOR FUN AND FITNESS**

**ENFIELD LITTLE ATHLETICS CENTRE**  
**P.O. Box 132, Greenacres SA 5086**

**MISSION STATEMENT OF AUSTRALIAN LITTLE ATHLETICS**

“TO DEVELOP CHILDREN OF ALL ABILITIES BY PROMOTING POSITIVE ATTITUDES AND A HEALTHY LIFESTYLE THROUGH FAMILY AND COMMUNITY INVOLVEMENT IN ATHLETIC ACTIVITIES”

**COMMITTEE 2011-2012**

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<b>COMMITTEE MEMBER</b>	Brenton Hobby	0421 993 509
<b>COMMITTEE MEMBER</b>	Peter Williams	0433 187 336
<b>COMMITTEE MEMBER</b>		

New committee members are always welcome and required.

**[www.enfieldlac.org](http://www.enfieldlac.org)**

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## **CHILD SAFETY**

It is a condition of registration that a parent or caregiver be in attendance and assist in the running of the program if their child/children are present. This requirement is imposed on the club for insurance and liability reasons. Families that do not meet this requirement will not be permitted to participate in the program.

A further requirement is that the club must be informed of any medical condition, or any underlying medical condition, of a participating child which could be adversely affected by outdoor activity e.g. asthma and hay fever. It is the responsibility of the parent / caregiver to ensure that the chaperone is clearly informed of this condition and that they be in close proximity should a medical emergency occur.

Furthermore, it is the responsibility of the parent / caregiver to ensure the safety of their child during bathroom visits. A clear procedure should be established between the caregiver / parent and child with respect to bathroom visits so the child does not visit the bathroom on their own.

While Enfield committee members and people fulfilling other key positions are required to have a police clearance certificate, membership of club is open to the public and we ask that all members be vigilant and report any incidents that may impact on child safety.

## **PARENTAL ASSISTANCE**

Little Athletics is not just for children, it needs the active participation of parents as well. Parents are expected to offer their services in some way. Tasks include starting, timing, marking, measuring, raking, recording and chaperoning.

No previous experience is needed. Children like to see their parents participating and parents get a better appreciation of their children's accomplishments if they are involved directly. Your assistance in setting up/packing away equipment is essential for the smooth running of the club. See the calendar at the centre of the Green Book for the dates when you will be expected to assist in the set-up and pack-up.

If you are interested in finding out more about the rules and regulations, the SALAA Officials Club runs courses at various times, and the club will pay your fees so you can learn the rules of each event in more detail. See a committee member if you are interested in attending a course.

The canteen and barbecue are important fund raisers for the club. The profits from these activities help us to keep the joining fees low. It is expected that the parents/caregivers of each family do at least one shift in the season. A schedule will be provided early on in the season. Please check the roster to see when you are on duty.

## **KIDSAFE**

It is recommended that volunteers involved in Little Athletics refer to:  
[www.playbytherules.net.au](http://www.playbytherules.net.au)

## **CODE OF BEHAVIOUR**

Everyone at Little Athletics is expected to maintain high standards of behaviour. A copy of the full SALAA Codes of Behaviour should be in your family "showbag" (please ask if you need another copy).

## SUNSMART POLICY

Enfield Little Athletics actively encourages members to be 'Sunsmart' at meetings, training and competitions (local, regional, state and national). A copy of the Sunsmart Policy is available from the Secretary.

## IMPORTANT EVENTS

- **Competition venues** – Home meetings are held at St Albans Reserve, Chester Avenue, Clearview on Sunday mornings commencing with a warm-up at 9.15am and finishing at approximately 12 noon, depending on the age group and program. Occasional Friday night twilight meets are held commencing at 6.00pm.
- **Central Metro Regional Games** will be hosted by West Lakes and Districts (Alan Iverson Reserve, Port Adelaide) on Sunday 13<sup>th</sup> November. It is a chance for athletes to compete against others from a variety of clubs in a relaxed atmosphere. Parents, be prepared to volunteer to measure/time as all the clubs will be allocated a roster of jobs.
- **N.E. Challenge** will be hosted by Campbelltown (Paradise Primary School, George Street, Paradise) on Sunday 20<sup>th</sup> November 2011, at 9.15. This is a meet where Magill, Campbelltown, Ingle Farm and Enfield athletes compete at events on a program for points and the winning club wins the shield. A confirmed program will be available closer to the day.
- **State Relay Championships** will be held at Santos Stadium for U9–U17 athletes on Sunday 4<sup>th</sup> December 2011.

Teams are chosen for:

4 x 100m relays for each age group

4 x 200m U9 – U11

4 x 400m U12 – U17 from performances in club meets.

Field teams for each age group may be entered if there are enough athletes wanting to compete.

Track relay teams take precedence over field teams. The club expects the four fastest athletes over each distance competing on Relay Day to compete in that track team. Selections will be based on best teams for the club, not individuals. Parents will need to help with timing and chaperoning. Mums' and Dads' 100m teams can also be entered.

- **Christmas Break-up** is on Sunday 18<sup>th</sup> December 2011 with a shorter program to allow time for some fun games after a visit from a special person.
- **Personal Best Day** will be held at Santos Stadium on Sunday, 22<sup>nd</sup> January 2012. It gives all athletes (except Tiny Tots) the chance to compete at the best facilities in the state. They choose 5 or 6 events depending on age, including track and field, and compete to do their best. They do not necessarily run with their own age group and the way the day is run means it is best to be prepared to take your time so the children aren't rushing from one event to another or they may not be able to achieve their 'personal best'. N.B. Nominations are not required for this day. Parents are required to assist with timing etc.
- **Reciprocal visits with the Hills Club** are an annual event. On Sunday 5<sup>th</sup> February 2012 we will be visiting the Hills Club (Heathfield High School Oval, Longwood Road, Heathfield) starting at 9.30 am.

- **Multi-event Championship** will be held at Santos Stadium on Sunday, 26<sup>th</sup> February 2012. This is an event for U9–U17 athletes involving five events with points gained for each performance being tallied, with the top three athletes winning medals. Entries close 2<sup>nd</sup> February 2012.
- **Improvers' Day** – for those athletes not involved in State champs, to compete for medals with athletes from other clubs in our area. This event is usually held one week prior to State Championships. Details will be provided closer to the time.
- **State Individual Championships** will be held at Santos Stadium on Saturday 24<sup>th</sup> & Sunday 25<sup>th</sup> March 2012. This involves U9–U17 athletes who have reached qualifying standards at least twice during the season. Qualifying standards are issued to all eligible athletes upon registration. Each athlete may enter only 5 events. To be eligible an athlete is required to be registered before the end of 2011 and compete in at least half of the available meets. Entries close 1<sup>st</sup> March 2012. Parental assistance is required on the day. **(Our Club is given events & times that must be filled – first in first choice of times).**
- **Cross Country** The registration fees include the cross country season which starts in May 2012. Typically the season includes twelve meets and depending on the age group athletes run distances between 400m and 3000m. The program is open to all Little Athletic clubs and is run on Sundays at various venues around Adelaide. Enfield Little Athletics plan to host one of these events on 15<sup>th</sup> July 2012. Details will be provided closer to the event.

## COACHING

Coaching will be held on Wednesdays between 5.00 pm and 6.00pm. Kym Miller is our club coach and he will be present to guide athletes through a season of planned activities.

Please stay with your child for the session as parental assistance is essential. Kym is a great coach, but he can't do it on his own!

## ENFIELD HARRIERS CLUB

For older athletes wanting to continue with athletics, the Little Athletics Centre is affiliated to the Enfield Harriers Athletics Club. The Harriers club has many state and national champions within their ranks. Claire Woods represented Australia in the 20km walk at the Beijing 2008 Olympics. There are no Harriers' joining fees for Enfield Little Athletics members aged 14 years or less.

## UNIFORMS

All registered athletes must wear the approved centre uniform:

Green/black and white polo shirt and black shorts [either black bike pants or athletic shorts]

Shirt: \$30.00 sizes 4-14, \$35 sizes small-xl Hat: \$11.00

The Association does not allow long, baggy shorts, compression clothing (skins) or **any emblems**.

*Athletes will be disqualified at Association events for having the wrong shorts, so buy wisely!*

Wearing of club hats is compulsory for U9 and above.

The wearing of shoes is compulsory and association rules specify that they must be worn at all championships. Spikes are allowed for U12–U17 for all events except non-laned running. Grass spikes are not allowed at Santos Stadium.

Correct club uniform must be worn to claim club records or to enter any state event.

Polo shirts and hats can be ordered through the club, but shorts need to be purchased from any retail outlet – but remember the rules!

**Note: - Club Uniform to be worn as per the SUNSMART POLICY.**

## **WET WEATHER POLICY**

If it is raining on the day of a home meeting, it will be at the discretion of the committee to cancel or continue with the designated program. Consideration will be given to the state of the field and the safety of the competitors. A shortened program may be introduced. When and if possible an update on the program will be provided on the club's website.

## **HOT WEATHER POLICY**

In the event of the forecast temperature to be 36°C or higher by the Bureau of Meteorology in the 4.00pm bulletin on Tuesday, the Wednesday coaching session will be cancelled.

When temperatures are forecast to be in the high 30's programs will be shortened or modified as deemed necessary by the committee members.

When the temperature is forecast to be 38°C or higher by the Bureau of Meteorology in the 4.00pm bulletin on Saturday the meet will be cancelled. The forecast can be accessed via <http://www.bom.gov.au> shortly after 4pm and will be included in evening radio and television bulletins.

SALAA events will have a modified hot weather program if the temperature forecast by the Bureau of Meteorology as published at 11.30am on the day prior to the competition is 36°C or above. The forecast can be accessed via <http://www.bom.gov.au> shortly after 11.30am and will be included in ABC radio & news bulletins between 12noon and 4.00pm.

## **AWARDS**

ELAC supports the following incentives to motivate athletes to both attend club meetings and to perform their best throughout the season.

### **TINY TOTS RIBBONS**

The Ribbon Award system provides an ongoing incentive for the Tiny Tots to regularly attend meets. They are presented at club meetings once the athlete fulfils the following requirements.

<b>Yellow Ribbon</b>	4 meetings
<b>Red Ribbon</b>	8 meetings
<b>Green Ribbon</b>	12 meetings

### **PARTICIPATION AWARD**

Each athlete that registers for the season receives a Participation trophy at Presentation Day (Tiny Tots to U17).

## **IMPROVEMENT AWARDS CERTIFICATES**

These certificates are presented regularly to the athletes at club meetings and are achieved by reaching various levels of points. Each athlete receives 1 point for attendance (if half of the events at a meet are attempted) and 1 point for a Personal Best performance (not for an equal PB).

Awards are:

<b>Bronze</b>	20 points
<b>Silver</b>	30 points
<b>Gold</b>	40 points
<b>Diamond</b>	50 points

## **AGE GROUP MEDALS**

Gold, silver and bronze medals are presented in each age group at Presentation Day. Calculations are based on Improvement Points and not on elite performances. More than 13 meets must be attended to be eligible for the medal. Points earned at SALAA sanctioned events, such as Personal Best Day, contribute to the calculations of the award.

## **EVENT TROPHIES**

Several *Most Improved* trophies are awarded for various events at Presentation Day. The winner is decided by a formula which takes into consideration personal best performances and elite performances (state championship qualifying times, club records and state records). To be eligible for a trophy an athlete is required to have improved in an event at least 4 times during the season.

Once an athlete has been chosen for a Most Improved Trophy in one event, they will not be eligible for a second trophy.

Season 2010/11 **Most Improved** athletes were:

PIT JUMP	Deanna Smart and Luis Lawrie-Lattanzio
HIGH JUMP	Jack Fowler
HURDLES	Maddison Tremelling and Aiden Majcen
SPRINTS	Jade Anderson and Mpoyi Mutanda
DISTANCE	Erin Lukas and Matthew Thompson
WALKS	N/A
THROWS	Chantelle Fava and James Ellis
JAVELIN	Olivia McGuinness

## **BEST ALL-ROUND TROPHY**

The Best all-round trophy is awarded to the male and female athletes who exhibit the best performance over all events. The award takes into consideration the athlete's performance in the Multi-event, the number of events they qualified for in the State Championships and their performance at State Championships.

Thirteen meetings must be attended to be eligible. An athlete who is awarded the best All Round Trophy is not eligible to receive a Most Improved Trophy.

The **Best All Round** male and female athletes in 2010/11 were:

Oxford Katakasi and Abigail Mortimer.

### **ENCOURAGEMENT TROPHY**

This trophy is awarded to both a male and female athlete, who have shown courage in the face of some form of adversity or has shown above average dedication to the sport without being recognised by another award (medal or trophy). The award is subjective and at the discretion of the committee.

Aidan Delaney and Kimberly Nguyen received the encouragement trophy for season 2010/11.

### **CROSS COUNTRY TROPHY**

The Cross Country Trophy is awarded to the best male and female cross country athletes. To be eligible the athlete must compete in at least half of all SALAA organised cross country meetings. The winner of this trophy is awarded to the best placed athletes in the State Cross Country Championships.

Sebastian Lane and Olivia Tremelling received the Cross Country Trophy season 2009/10.

### **CLUB POLICY – LIFE MEMBERSHIP**

Life membership of Enfield Little Athletics Club will be awarded to an athlete or member of the community that has made an outstanding contribution to the club by giving service as an athlete, coach, committee member or by giving regular and committed contribution to the club. Twelve points must be earned by satisfying the following criteria:

1. Athlete: 1 point for each season.
2. Committee: 2.5 points for each year in an official position of president, secretary, treasurer, recorder or registrar.
3. Service to club: 1 point at the discretion of the committee.

Athletes or any member of the ELAC community can make nominations and need to be received by committee by the 1st of March of each year. Presentation of life membership will be presented to the recipient at the AGM or at the end of the season.

## PROGRAMS

Hurdles are to be completed as early as possible. No javelin before 10.30 am.

Program A						
U6	Discus	200m	High Jump	70m		
U7	60m Hurdles	High Jump	200m	Discus	50m	
U8	60m Hurdles	Long Jump	70m	Shot Put	200m	
U9	Long Jump	60m Hurdles	100m	Discus	800m	
U10	100m	60m Hurdles	Shot Put	Long Jump	800m	
U11	Long Jump	60m Hurdles	Discus	100m	800m	Vortex/Javelin
U12	Shot Put	High Jump	60m Hurdles	100m	800m	Javelin
U13-U17	Long Jump	200m Sprint or 200m Hurdle	Hurdles	Discus	800m	Javelin

Program B						
U6	50m	Shot Put	100m	Long Jump		
U7	70m	Long Jump	100m	Shot Put	500m	
U8	100m	High Jump	Discus	700m		
U9	200m	Shot Put	High Jump	70m		
U10	200m	High Jump	400m	Discus	1100m Walk	
U11	Shot Put	400m	High Jump	200m	Triple Jump	1100m Walk or 1500m Run
U12	Long Jump	400m	Triple Jump	1500m Walk or 1500 Run	Discus	200m
U13-U17	High Jump	400m	Triple Jump	1500m Walk or 1500 Run	Shot Put	100m

Program C						
U6	High Jump	300m	Shot Put	50m		
U7	60m Hurdle	Shot Put	200m	High Jump	70m	
U8	60m Hurdle	Discus	70m	Long Jump	50m	
U9	Long Jump	60m Hurdle	200m	Shot Put	800m	
U10	200m	60m Hurdle	Discus	High Jump	800m	
U11	Triple Jump	60m Hurdle	Shot Put	200m	800m	Vortex/Javelin
U12	Shot Put	Long Jump	60m Hurdle	200m	800m	Javelin
U13-U17	High Jump	200m Sprint or 200m Hurdle	Hurdles	Shot Put	800m	Javelin

Program D						
U6	Discus	100m	Long Jump	70m		
U7	50m	Discus	100m	Long Jump	500m	
U8	100m	Shot Put	200m	High Jump	700m	
U9	100m	High Jump	70m	Discus	400m	
U10	400m	Long Jump	100m	Shot Put	1100m Walk	
U11	400m	Discus	Long Jump	100m	High Jump	1100m Walk or 1500 Run
U12	High Jump	400m	Discus	100m	Triple Jump	1500m Walk or 1500 Run
U13-U17	Triple Jump	400m	Discus	Long Jump	100m	1500m Walk or 1500 Run

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## NOTES ON EVENTS

### SPRINTING

Always keep within the lanes in the sprint and hurdle events.

**Never** look around to see where your opponents are, and always run **through (past)** the finish line.

Spikes are not allowed for 400m Relay runners except for the first runner who stays in their lane!

### HURDLES

	<u>Distance</u>	<u>Height</u>
U7–U9	60m	45cm
U10–U11	60m	60cm
U12	60m	68cm
U13–U14 G	80m	76cm
U14B and U15–U17G	90m	76cm
U15–U17 B	100m	76cm
U15–U17 G and B	200m	76cm

**NEVER RUN BACK THE WRONG WAY OVER THE HURDLES.**

### WALKING

IAAF rules define walking as a progression of steps, so taken that unbroken contact with the ground is maintained. At each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground. During the period of each step in which a foot is on the ground, the leg must be straightened at least for one moment, and in particular, the supporting leg must be straight in the vertically upright position.

Because of these rules, cautions and disqualifications can occur. **It must be emphasised that disqualifications in race walking are technical and not moral censures.**

Disqualifications at centre level enable walkers to work on their faults and hopefully avoid the same problems in championships.

Distances:

U10–U11	1100m
U12–U17	1500m

### HIGH JUMP

Each jumper is allowed three jumps at each height, dropping out after three consecutive failures. Two consecutive baulks are considered to be one failed attempt.

The bar is set at a height to ensure initial success. From then it is raised by 5 cm increments until 2 or 3 competitors are left, then they may choose to raise the bar by  $\geq 2$ cm.

Try and start on a different number each time so all athletes have a chance of PB's, for example .80 one week, .81 the next week, then .82 etc.

**\*Compulsory scissor jumps only for U8 and below.**

### **LONG JUMP and TRIPLE JUMP**

U6 – U12 use '½ metre square'.

U13 – U17 use take-off board of 200mm width.

The ½ metre square is placed with front edges 50cm from the pit.

All ages attempt the long jump, U11–U17 also do the triple jump.

All jumps are measured from the nearest break in the sand made by any part of the body or limbs to the take-off board or imprint of the athlete's foot in the ½ metre square. If the take-off is before the mat, the back of the mat is used as the measure.

**Triple jump must be a hop-step-jump sequence beginning behind the take-off and measured the same as for Long Jump.**

### **THROWING EVENTS**

The shot is put and the discus thrown from a circle.

A foul is called if any part of the athlete's foot goes outside of the front of the circle, or if they leave from the front of the circle, or if the shot or discus lands outside the throwing sector.

In the case of the shot, the ball must be put not thrown. That is, it must be put from the shoulder close to the neck and the hand must not go behind the line of the shoulders or drop away from the neck.

### **SHOT**

	<b>Weight</b>	<b>Colour code</b>
U6-U7	1 kg	Blue
U8	1.5 kg	Yellow
U9–U11B	2 kg	Orange
U9–U12G	2 kg	Orange
U12–U13B	3 kg	White
U13–U17G	3 kg	White
U14–U17B	4 kg	Red

## **DISCUS**

	<b>Weight</b>
U6–U7	50g
U8–U10	500g
U11–U13G	750g
U11–U12B	750g
U14–U17G	1 kg
U13–U17B	1 kg

## **JAVELIN**

	<b>Weight</b>
U12B	400g
U12–U13G	400g
U13–U17B	600g
U14–U17G	600g

***NEVER THROW DISCUS, SHOT OR JAVELIN BACK TO THE CIRCLE – ALWAYS CARRY THEM.***

***ALWAYS KEEP BEHIND THE THROWER AND DON'T THROW UNTIL YOU HAVE LOOKED TO SEE THAT THE SECTOR IS CLEAR.***

## **CLUB RECORDS**

Where it is thought that an athlete has broken a record it is important set procedure is followed if a record is to be ratified.

Chaperones or volunteers, on becoming aware that a Centre record may have been achieved must not reset timing equipment, move measuring markers or disturb jump pits. A SALAA accredited official must be sought; a committee member should be able to advise which officials are available.

The official will then verify measurements and further verify that any equipment used is correct for the athlete's age group and gender. The official will then provide a report to the committee which shall, at their discretion ratify the record at a subsequent committee meeting.

The following pages list records achieved until season 2011/12.

EVENT		G / B	G / B
U N D E R  6	40m	C.Osland / S.Subramaniam, S.Giatrakos, L. Lawrie- Latanzio	8.2 / 7.7
	50m	O Tremelling / S Ellis	10.3 / 11.2
	70m	J.McKinnon / A.Marafiote	13.4 / 12.7
	100m	C.Osland / R. Meldrum	18.7 / 18.5
	200m	G.Kain / P.Buhagiar	37.9 / 41.2
	300m	O Tremelling / S Ellis	1:36.8 / 1:22.4
	60mH	C.Mussared / ?	14.0 / ?
	200mW	C.Osland / S.Giatrakos	1.23.5 / 1.21.6
	SP	E Tonkin / L. Lawrie- Latanzio	5.14 / 6.20
	Disc	E Tonkin / A.Allen	10.46 / 17.31
	LJ	C.Osland / A.Haldneby	2.71 / 2.86
	HJ	T Andray, J Warrior / R. Meldrum	0.85 / 0.95

EVENT		G / B	G / B
U N D E R  7	40m	K.Shierlaw / M.Nariniecki	7.5 / 7.2
	50m	S Blackwood / Z Gillard	9.6 / 9.4
	70m	G.Kain / J.Semmler	12.1 / 11.6
	100m	G.Kain / J.Semmler	17.4 / 16.7
	200m	M.Hollitt / J.Semmler	37.8 / 34.6
	500m	M Tremelling / A Goulter	2:12.2 / 2:05.2
	60mH	G.Kain, M.Hollitt / A.Allen, D.Billet	12.5 / 12.3
	400mW	D.Hollitt / A.Casey	2.26.9 / 2.29.0
	SP	T.Simmons / S.Alberton	5.61 / 8.05
	Disc	B.Harris / A.Marafiote	12.78 / 18.02
	LJ	G.Kain / J.Semmler	3.14 / 3.51
	HJ	M.Hollitt / A.Allen	1.04 / 1.08

<b>EVENT</b>	<b>G / B</b>	<b>G / B</b>	
<b>U N D E R 8</b>	40m	K Shierlaw, K Clement / T Osland, J Serotzki	7.2 / 7.0
	50m	J Warrior / B Fountain, T Lekkas	10.0 / 9.2
	70m	J Buhagiar / J Semmler	11.1 / 10.9
	100m	C Butler-Bowden / J Semmler	16.2 / 15.2
	200m	M Rice / J Semmler	34.8 / 32.3
	500m	K Clement / T Osland	2:00.0 / 1:47.2
	700m	J Warrior / L Saint	3:07.0 / 2:50.0
	60mH	M Rice / S Timoshanko	11.8 / 11.1
	400mW	E Shute / F Gavini	2:13.3 / 2:08.0
	SP	M Hollitt / S Alberton	5.45 / 8.35
	Disc	T Simmons / M Semmler	21.12 / 23.82
	LJ	G Kain / T Ramanumanu	3.44 / 3.94
	HJ	M Hollitt / A Allen, B McKinnon, J Semmler	1.12 / 1.13

<b>EVENT</b>	<b>G / B</b>	<b>G / B</b>	
<b>U N D E R 9</b>	70m	M Rice / B Keane	11.0 / 8.6
	100m	M Rice, S Craig, E Shierlaw / A Allen	15.7 / 14.5
	200m	S Craig / A Allen	32.2 / 30.7
	400m	D Smart / L Lawrie- Lattanzio	1:41.0 / 1:18.0
	800m	K Montgomery / S Timoshanko	2:55.8 / 2:48.0
	60mH	C George, S Prior / A Hackett	11.0 / 10.3
	700mW	K Shierlaw / T Osland	4:28.6 / 4:00.1
	SP	D Vial / B McKinnon	6.87 / 8.34
	Disc	T Simmons / J Semmler	22.04 / 27.94
	LJ	K Shierlaw / J Semmler	3.74 / 4.07
	HJ	K Montgomery, K Konecny / A Allen	1.21 / 1.36

<b>EVENT</b>	<b>G / B</b>	<b>G / B</b>	
<b>U N D E R  10</b>	70m	S Prior / T Rebeiro	10.4 / 10.0
	100m	S McAleer / T Rebeiro	14.6 / 14.3
	200m	L Richardson / T Rebeiro, R Semmler	30.0 / 30.0
	400m	L Richardson / R Semmler	1:09.9 / 1:05.9
	800m	K Montgomery / S Petrony	2:45.4 / 2:31.5
	60mH	L McAleer / M Cleland	11.4 / 10.7
	1100mW	P Hooper / T Osland	6:46.8 / 6:17.2
	SP	D Vial / D Billett	8.47 / 9.61
	Disc	T Simmons / M Semmler	24.96 / 35.94
	LJ	S Prior / J Semmler	4.38 / 4.39
	HJ	A Kain / A Anderson	1.31 / 1.45
	TJ	K Clement / P Rose	8.51 / 9.12

<b>EVENT</b>	<b>G / B</b>	<b>G / B</b>	
<b>U N D E R  11</b>	100m	A Boddington, L McAleer, L Neoh / M Cleland	14.3 / 13.8
	200m	A Boddington / M Cleland, M Vartuli	29.5 / 28.7
	400m	L Richardson / R Semmler	1:06.0 / 1:03.1
	800m	S Craig / R Semmler	2:31.3 / 2:24.4
	1500m	S Craig / R Semmler	5:17.9 / 4:51.4
	60mH	J Buhagiar, S Prior / M Lange	10.2 / 10.1
	1100mW	P Hooper / T Osland	5:54.4 / 5:58.0
	SP	D Vial / P Beevor	10.28 / 10.29
	Disc	C Damen / D Cook	25.27 / 30.52
	Jav	C Ward / M Cleland	22.56 / 26.98
	LJ	H Long / P Harford	4.60 / 4.93
	HJ	M Konecny, K Montgomery / S Giatrakos, G Kavanagh	1.38 / 1.45
	TJ	K Montgomery / N Franchini	9.28 / 9.90

EVENT		G / B	G / B
U N D E R  12	100m	J Frewin / M Tran	12.9 / 13.2
	200m	J Frewin / M Tran	26.3 / 26.1
	400m	J Frewin / R Semmler	1:01.7 / 1:01.2
	800m	S Craig / M Tran	2:23.5 / 2:18.1
	1500m	S Craig / R Semmler	5:01.0 / 4:40.4
	60mH	H Long / A Giles	9.4 / 9.9
	1500mW	M Shute / T Dibbens	7:47.9 / 7:31.9
	SP	D Vial / T Serotzki	11.90 / 10.25
	Disc	D Vial / M Semmler	28.20 / 33.40
	Jav	K Shierlaw / T Serotzki	29.08 / 36.07
	LJ	H Long / S Apostilidis	4.94 / 5.12
	HJ	M Konecny / G Kavanagh	1.43 / 1.60
	TJ	H Long / B Jaric	10.10 / 10.70

EVENT		G / B	G / B
U N D E R  13	100m	A Noack / S Narayan	12.4 / 12.2
	200m	L Richardson / S Narayan	27.4 / 25.5
	400m	S Thomas / I Sammells	1:00.6 / 58.5
	800m	S Craig / K Russell	2:23.7 / 2:16.9
	1500m	A Jarmain / K Russell	4:58.4 / 4:42.9
	80mH	K Clement / M Cleland	13.1 / 12.6
	1500mW	M Shute / C Rogers	7:52.6 / 8:27.5
	SP	D Vial / S Narayan	11.52 / 13.63
	Disc	A Smallwood-Simpson / T Serotzki	35.98 / 35.21
	Jav	S Jaric / T Serotzki	35.01 / 41.17
	LJ	C Hewetson / M Norodom	4.86 / 5.73
	HJ	M Konecny / S Giatrakos	1.54 / 1.75
	TJ	C Potts / S Narayan	10.48 / 11.62

EVENT		G / B	G / B
U N D E R  14	100m	S Thomas / S Narayan	12.7 / 11.8
	200m	S Thomas / I Sammells	26.7 / 24.3
	400m	S Thomas / I Sammells	1:00.2 / 54.4
	800m	S Thomas / K Russell	2:31.6 / 2:13.7
	1500m	L Petherick / K Russell	5:07.4 / 4:49.4
	80-90mH	K Clement / S Narayan	13.2 / 12.6
	1500mW	C Thomas / S Mader	8:01.0 / 8:15.3
	SP	D Vial / S Narayan	12.14 / 13.10
	Disc	D Vial / S Narayan	31.38 / 42.74
	Jav	S Jaric / T Serotzki	34.91 / 48.24
	LJ	A Bierer / S Narayan	5.05 / 6.53
	HJ	K Shierlaw / S Giatrakos	1.58 / 1.82
	TJ	C Tkalec / S Apostilidis	11.18 / 12.53

EVENT		G / B	G / B
U N D E R  15	100m	S Thomas / S Narayan	12.6 / 11.4
	200m	S Thomas / S Narayan	25.5 / 23.4
	400m	S Thomas / M Cleland	57.3 / 53.5
	800m	S Thomas / JM Patfull	2:28.2 / 2:11.0
	1500m	L Petherick / A Saint	4:56.0 / 4:28.0
	90-100mH	S Thomas / S Narayan	14.4 / 14.0
	200mH	A Wiseman / K Russell	28.6 / 27.2
	1500mW	C Woods / T Davey	7:23.9 / 7:16.6
	SP	D Vial / S Narayan	12.36 / 13.92
	Disc	D Vial / S Narayan	33.78 / 45.49
	Jav	K Shierlaw / S Narayan	37.84 / 49.39
	LJ	M O'Riley, S Thomas / S Narayan	5.20 / 6.50
	HJ	K Montgomery / G Kavanagh	1.60 / 1.82
TJ	M O'Riley / S Narayan	10.94 / 12.76	

EVENT		G / B	G / B
<b>U N D E R  16</b>	100m	K Forster / S Narayan	13.7 / 11.8
	200m	K Forster / S Mader	29.9 / 24.1
	400m	L Dreyer / S Mader	1:12.5 / 55.8
	800m	L Dreyer / K Pilch	2:45.9 / 2:13.6
	1500m	L Dreyer / K Pilch	5:34.3 / 4:48.1
	90-100mH	K Forster, C Ward / S Narayan	16.2 / 14.0
	200mH	C Ward / S Mader	33.9 / 29.4
	1500mW	L Dreyer / T Davey	8:22.5 / 6:52.8
	SP	K Shierlaw / S Narayan	10.97 / 14.87
	Disc	C Ward / S Narayan, W Pilch	29.26 / 43.37
	Jav	K Shierlaw / S Narayan	36.39 / 50.59
	LJ	K Forster / S Narayan	4.82 / 5.94
	HJ	K Shierlaw / K Dockerill, S Narayan	1.60 / 1.70
	TJ	M Rose / S Mader	9.95 / 11.95

EVENT		G / B	G / B
<b>U N D E R  17</b>	100m	L Dreyer, M Rose / K Pilch	14.4 / 12.5
	200m	M Rose / K Pilch	31.8 / 24.7
	400m	L Dreyer, M Rose / K Pilch	1:08.6 / 55.2
	800m	L Dreyer / K Pilch	2:28.8 / 2:11.7
	1500m	L Dreyer, M Rose / K Pilch	6:01.4 / 5:07.1
	90-100mH	L Dreyer, M Rose / K Pilch	18.3 / 16.0
	200mH	M Rose / D Cleland	35.5 / 29.5
	1500mW	L Dreyer, M Rose / D Cleland	8:16.4 / 8:08.0
	SP	A Hodby / W Pilch	8.38 / 12.59
	Disc	A Hodby / W Pilch	24.74 / 35.85
	Jav	A Hodby / W Pilch	24.09 / 43.56
	LJ	M Rose / D Cleland	4.48 / 4.99
	HJ	M Rose / K Pilch	1.40 / 1.65
	TJ	M Rose / W Pilch	9.72 / 10.56

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