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**RYDE ATHLETICS  
CENTRE INCORPORATED**



**INFORMATION BOOK  
JUNIORS' DIVISION  
2017-18 SEASON**

**[www.ryde-athletics.org.au](http://www.ryde-athletics.org.au)**

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## ***FOREWORD***

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Welcome back to those returning to the Centre, and welcome to those about to experience their first season of athletics.

This season is the 46<sup>th</sup> year of Little Athletics for Ryde.

It is also the 19<sup>th</sup> anniversary of the amalgamation of the Junior and Senior divisions of our Centre. As a club which offers continuity from the Junior to the Senior ranks of athletics, we look forward to a long association with all of our athletes and their families.

Whilst some information about Senior athletics is included in this book, it is designed primarily to assist the Junior athletes – hopefully it will answer any questions you have about the way the Centre operates, but please ask any Committee member for help or information if required.

Parents/guardians should be aware that registering their children as Little Athletes gives membership of the Junior division of the Centre to both the children and the parents/guardians, however, it is only the parents/guardians (maximum two) who have voting rights. **It is essential that the names of up to two parents/guardians are advised to us upon registration so that we may contact you to exercise your voting rights.**

The Juniors' season commences on the first Saturday in September each year and concludes with the NSW Little Athletics State Track and Field Championships held in March. It is a busy seven months of athletics during which we encourage team spirit at Ryde. To achieve this, all athletes, parents, guardians, relatives, and friends need to have a helpful and co-operative manner, a genuine interest in the activities of the club and the ability to deal fairly with others.

The success of Little Athletics is heavily dependent on its members. Parents, guardians, relatives and friends are required to administer, assist, officiate and coach the athletes at the Centre. Your active involvement is necessary for the benefit and development of all the children involved in athletics each week. More importantly, this involvement will add to the enjoyment of the sport for you and your children. We encourage all parents to get involved in coaching and officials courses which the LANSW conducts - please ask any Committee member if you would like to know more.

With your encouragement and support the Ryde Athletics Centre and all of its members can be assured of an enjoyable and rewarding season of athletics.

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<b>ABN:</b>	99 850 553 401
<b>Incorporation Number:</b>	INC9874328
<b>Public Officer:</b>	Ivana Hilder

## ***CENTRE COMMITTEES***

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### **JUNIORS**

PRESIDENT	Dave Sunderland
VICE PRESIDENT	Paul Simula
SECRETARY	Matt Ralph
ASSISTANT SECRETARY	Ivana Hilder
TREASURER	Claudia Smith
ASSISTANT TREASURER	<b>VACANT</b>
REGISTRAR	Jane Partridge
ASSISTANT REGISTRAR	Tonia Amy
AGE MANAGERS	Janine Bowtell
BBQ	<b>VACANT</b>
CANTEEN	Karen Dyer
CHAMPIONSHIPS	Tristan Tall
ASSISTANT CHAMPIONSHIPS	<b>VACANT</b>
COACHING CO-ORDINATOR	Jon Baker and Dani Zepeda
EQUIPMENT	Tristan Tall
ASSISTANT EQUIPMENT	<b>VACANT</b>
FIRST AID	Paul Simula and Cathy Tall
ASSISTANT FIRST AID	Matt Della Vedova
OFFICIALS	<b>VACANT</b>
ASSISTANT OFFICIALS	
PUBLICITY	Sandra Prizmic
ASSISTANT PUBLICITY	
RESULTS	Jessica Lowe
ASSISTANT RESULTS	Claudia Barbara
SOCIAL ACTIVITIES	<b>VACANT</b>
TRACK & FIELD	Dave Sunderland
ASSISTANT T&F Track	<b>VACANT</b>
ASSISTANT T&F Throws	Simon Bergfield
ASSISTANT T&F Throws	Julie Reynolds
ASSISTANT T&F Jumps	Tristan Tall
UNIFORMS	Andrea Coffin
DELEGATES	Andrew Wilson
	Mike Hilder

### **SENIORS**

PRESIDENT	Simon Bergfield
VICE PRESIDENT	Andrew Atkinson-Howatt
SECRETARY	Adrian Wade
TREASURER	Pete Davis
REGISTRAR	Ross Forster
RACE SECRETARY	Ross Forster
PUBLICITY	Louise Bergfield
ANSW DELEGATES	Simon Bergfield & Andrew Atkinson-Howatt
ANSW CO-DELEGATES	Betty Moore
NORTHERN ZONE DELEGATES	Andrew Atkinson-Howatt
COACHING CONVENORS	Ross Forster & Andrew Atkinson-Howatt
COMMITTEE MEMBERS	Katrina Arcus and Cathy Tall

## ***CENTRE DIRECTORS, PATRON & LIFE MEMBERS***

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### **CENTRE DIRECTORS**

Simon Bergfield  
Lynda Calder  
Ross Foster  
Ivana Hilder  
Stephen Plummer

### **CENTRE PATRON**

Betty Moore

### **LIFE MEMBERS:**

Sharon Aldridge	Margaret Atkinson	Andrew Atkinson-Howatt
Nancy Atterton	Louise Bergfield	Simon Bergfield
Bruce Brown	Graeme Cameron	Carl Casaclang
Margaret Chappell	Alain Corne	Diane Corne
Phil Cossell	Lynette Cox (née Hill)	Bob Crawford
Lorraine Crews (née Morgan)	Dorothy Cubban	Ron Daniel
Margaret Davies	Merv Davies	Sharon Dewar (née Read)
Roma Devjak	Vic Devjak	Will Devjak
Tony Fernandes	Miriam Fogliani (née Spitteler)	Ross Forster
Peter Graham	Warren Gray	Kurt Hansen
Andrew Jackson	Rachael Jackson (née Massey)	Keith Johnson
Kate Kelland	Adrienne Kinna (née Bouffler)	David Lewis
Anne Masing	Glen McCarthy	Suzette McFarlane (née Sames)
Yvonne Melene (née Godfrey)	John Mills	Roslyn Mitchell (née Cramp)
Betty Moore	Coral Read (née Hellyer)	Julie Reynolds
Judy Scott (née Murray)	Rita Shield	Gaye Shuttler (née Woolley)
Desleigh Spitteler	David Sunderland	Tristan Tall
Reg Tarte	Mary Thomas	Ian Trimble
Ruth Trimble	Glyn Whalan	Kay Williams
Colleen Wilson (née Hill)		

***All members of the Ryde Athletics Centre Committees are volunteers who have, or have had, children competing at the Centre.***

***If you:***

- ***would like to fill a committee position or become an assistant committee member;***
- ***have suggestions for the Centre;***
- ***have a service or skill that can help our sport and our athletes; and/or***
- ***would like to sponsor our Centre...***  
***...then we would be very keen to talk to you!***

***Please contact any of the current Committee members if you can help.***

## 2017-18 SEASON CALENDAR OF EVENTS

Code	LANSW	Little Athletics NSW
	ANSW	Athletics NSW
	SOPAC	Sydney Olympic Park Athletic Centre (Homebush)

*NB. Except for the long weekend in October and our scheduled Christmas break, we compete throughout the season during school holidays and the Australia day weekend. Please visit the ANSW website for the Seniors' Competition Calendar.*

### 2017

<b>SEPTEMBER</b>	2	JUNIORS' Season and Trial Period Commence. No Points Modified Week 1 orientation for parents and athletes.
	9	Trial period ceases – athletes wishing to convert to full membership must complete the process before end of competition today. No Points Modified Week 2 orientation for parents and athletes.
	<b>30</b>	<b>NO COMPETITION – LONG WEEKEND.</b>
<b>OCTOBER</b>	12-15	NSW All Schools Multi Championships (High School Students) – SOPAC
	18-19	NSWPSSA (Primary School Students) – SOPAC.
	21	JUNIORS' Committee meeting after Saturday competition.
	25	LANSW Trans-Tasman applications close.
<b>NOVEMBER</b>	4-5	ANSW State Relays – SOPAC
	12	SENIOR's Club Championship Day 1 - Dunbar Park
	18	LANSW State Relays – SOPAC – selected U8 to U11 athletes <b>no competition at Dunbar Park on this weekend.</b>
	19	LANSW State Relays – SOPAC – selected U12 to U17 athletes.
<b>DECEMBER</b>	2-3	ANSW Combined Event Championships - SOPAC
	3-9	SSA Track and Field Championships South Australia
	8-11	Australian All-schools Athletics Championships – SA selected athletes only
	9-10	LANSW North Met Zone Carnival – Barton Park, North Parramatta. (Selected athletes U7 to U17 – <b>no competition at Dunbar Park on this weekend</b> ).
	16	JUNIORS' last week before Christmas break (with a special visitor!).
	16-17	LANSW Zone Carnival wet weather backup – Barton Park, North Parramatta.
	16	JUNIORS' Committee Meeting after Saturday competition.

### 2018

<b>JANUARY</b>	4-16	Trans-Tasman Meets – New Zealand (selected U11 & U12 athletes).
	13	JUNIORS' Season recommences after Christmas break.
	20	JUNIORS' committee meeting after Saturday competition.
	27	Ryde Multi-Event Championships – Dunbar Park (replaces normal competition).
	28	Ryde Seniors' Club Championships Day 2 – Dunbar Park.
<b>FEBRUARY</b>	9-11	ANSW Juniors' State Championships – SOPAC.
	9	JUNIORS' committee meeting after Saturday competition.
	17-18	LANSW Region 5 Championships – Narrabeen (U8 to U17 athletes who qualify from Zone). <b>No competition at Dunbar Park on this weekend.</b>
<b>MARCH</b>	3-4	LANSW State Multi Event – Jubilee Park Wagga Wagga.
	10	JUNIORS' Last day of Competition Points.
	10	JUNIORS' Committee Meeting after Saturday competition
	14-18	Australian Junior Championships SOPAC
	17	JUNIORS' Fun Day and Age Group Trophies – Dunbar Park TBC.
	23-25	LANSW State Championships – SOPAC <b>NB</b> starts Fri. night (U9 to U17 athletes who qualify from Regions). Modified Program, no points may be held at Dunbar TBC.
<b>APRIL</b>	4	JUNIORS' Committee Meeting.
<b>MAY</b>	2	JUNIORS' Committee Meeting.
	20	AGM and Major Awards Presentation Day
<b>JUNE</b>	6	JUNIORS' Committee Meeting.
	18	ANSW / LANSW State Road Walks – Penrith.
<b>JULY</b>	2	ANSW / LANSW State Cross Country – Rydalmere..
	4	JUNIORS' Committee Meeting.
<b>AUGUST</b>	1	Online registrations open for the 2018-19 season.
	26	2018-19 Collection Day – 10am to 2pm at Dunbar Park. Finalise registrations, collect numbers, buy uniforms. In the event of wet weather, venue will be moved. Please check our website on the morning for any updates.

# ***JUNIORS' INFORMATION***

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## **ASSISTANCE FROM PARENTS**

It is important that the Juniors' program at the Centre is as enjoyable and as well run as possible for our children. Each week, more than 150 events are conducted and over 2000 individual results are entered into the Centre's computer.

For this to happen we need everyone's help. The Centre is not a child minding centre, **does not take any responsibility for looking after children** and insists that a parent/guardian must be present at Dunbar Park at all times during events and training sessions. Parents/guardians are required to do everything in the Centre and all committee members, age managers and coaches are parents, relatives or friends that have, or have had, children at the centre. There are no paid employees. If you have not already volunteered for a specific position in the Centre (Committee, Age Manager, Coach, etc) please report to the Officer for Officials when you arrive, to offer assistance during the morning's program.

To ensure that you are insured whilst on the ground during competition, **it is essential that all volunteers sign on at the Volunteers' Sign-On Table**. The sign-on table can be found at the entrance to the track & field area at the northern end of the ground. If you are new to athletics, let the Officer for Officials know this and you will be allocated an easy task (like raking the sand pit, putting the high jump bar back up or something similar). People who volunteer to work in the canteen or BBQ must sign the book in the canteen. Age Managers must sign-on with the Officer for Age Managers at the table at the entrance to the competition field. Sign-on is on a first come first served basis. If there is a particular job that you enjoy doing, make sure you get it by signing on first!

As the equipment must be moved onto, and removed from, the field each week, extra assistance from everyone will help to ensure that events start and finish on time.

Remember, there are dozens of jobs available for parents – indoors, outdoors, data entry, canteen and BBQ, recording, judging, timing, helping to organise the children for their events. You will not be working alone and you will have plenty of helpers and support if everybody makes their contribution!

In the interests of safety, please note that children are not to act as officials unless absolutely necessary and then only at the discretion of the Track and/or Field Officials.

***All our Junior club events are held at Dunbar Park, Sobraon Road, Marsfield on Saturday mornings from 8 a.m. When the events finish depends entirely on the level of participation by athletes and the help provided by parents each week.***

***Other events available for Junior athletes (Zone, Region, State, other centres' carnivals etc) may be held at other grounds and may commence at different times. These will be advertised on the club notice board when appropriate. Parent help is also required at these carnivals.***

## **REGISTRATION**

Fees are charged at the commencement of each season and **are not refundable**. A portion of the fees is sent to the Little Athletics NSW (LANSW) to cover the Centre membership fee and to provide everyone with insurance. The balance is a Centre fee for ground hire, maintenance of equipment, etc.

No athlete is permitted to compete at the Centre unless they are a full member of the Centre, a visitor from another centre or a registered trialist.

## **DUAL REGISTRATION WITH SENIORS**

Little Athletics registered in the u12 to u17 age groups can also represent our Seniors' Division. Similarly, athletes who join our Senior Division who are 16 or younger as at the 30<sup>th</sup> September can also represent our Juniors' Division.

There is no additional cost for dual registration between the two divisions of Ryde.

## **WET WEATHER**

In the event of the cancellation of a meeting, we will **update our website by 8am** on the morning of the cancellation. Due to the low impact nature of athletics and the excellent drainage system at the track, Council usually gives us permission to make the decision about conducting events at Dunbar Park. We will only cancel competition if the track is deemed unsafe to conduct any events. We may use the wet weather program if necessary. If you are unsure about morning competition, it is worthwhile making the trip to the ground as it is likely to be usable.

## **NEWSLETTER**

The Centre's newsletter 'Footprint' is emailed to each family and is also posted on our website.

## **NOTICE BOARDS & WEBSITE UPDATES**

Information is displayed on the notice boards each Saturday Morning. Please check these each week so that you are up to date with Centre information. Late notices are also placed on our website.

# ***JUNIORS' INFORMATION***

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## **FIRST AID**

All accidents/injuries **must** be reported to the Centre's First Aid Officer, generally located near the club house in a green First Aid tent. **Please take the First Aid Officer to the injured person. DO NOT MOVE THE INJURED PERSON FROM THE ACCIDENT SITE.**

An entry must be made in the accidents and injuries register by the First Aid Officer for each occurrence

Asthma sufferers should use, if required, inhalers prior to an event. Inhalers may be carried on the person but must not be held in the hand during an event.

## **LOST PROPERTY**

Any property that is found on the ground should be given to a committee member. If there is a name on the article, the committee member will attempt to return it to its owner; otherwise it will be placed in the lost property bin. Any valuable lost property is to be retained by a committee member and reported immediately to the President. Valuable lost property is not to be placed in the lost property bin. Any unclaimed items in the lost property bin at the end of the season will be donated to charity.

## **TRACK & FIELD AREA**

No person is allowed on the track and field area unless they are an athlete, an officer of the club or an official that has signed-on with the Officer for Officials. **In particular, extreme care must be exercised by everyone when passing near the throwing areas for the shot put, discus and javelin.** See the back page of this booklet to understand where these throwing areas are situated. Discus events are held in the discus cages (1 and 5), shot put is held from the concrete shot put circles (2, 3, 4, 6, 7) and the javelin is held at the end of the morning in the centre of the field.

When moving around the field, care must be taken not to interfere with any event that is taking place. Look along the track when crossing and do not cross the path of long, triple or high jump run-ups. Do not obstruct the view between the timekeepers and race starters.

## **CODES OF BEHAVIOUR**

The Codes of Behaviour for Parents, Coaches and Athletes, as published by Little Athletics NSW, apply at Dunbar Park and all other Little Athletics events. Please read them in on the LANSW website. Failing to abide by those codes may result in disciplinary action being taken.

## **COMPETITION RULES**

Some of the rules of competition are listed below.

A full set of competition and event specific rules is available from the LANSW website. Shoes must be worn to compete in all events.

1. Athletes in the Under 6-10 age groups inclusive must not wear spikes or use starting blocks.
2. If spikes are used, they must be carried by hand to the marshalling area for that event and removed immediately after the event is finished and carried by hand from the track. If this is not adhered to, then athletes risk their spikes being confiscated for the remainder of the day's competition.
3. Field areas are dangerous so athletes must not touch equipment unless they are instructed to do so. Athletes and officials must be aware of the throwing sectors and take caution if moving near throwing events.
4. All events will be conducted under the rules of the International Association of Athletic Federations or as amended by Little Athletics NSW.
5. Only officials and athletes may enter the track or field area. Anyone wishing to act as an official must sign on at the officials' table.
6. Any athlete or volunteer misbehaving or conducting himself or herself in any way prejudicial to the performance of others may be suspended from competition by a member of the Executive Committee or the Track & Field Officer, Throws Officer, Track Officer, Jumps Officer or High Jump Officer.
7. Athletes are not to climb onto the throwing cage or high jump mats. The swings and other nearby playground equipment are out of bounds to all athletes.

## **CANTEEN & BBQ**

The canteen and BBQ are both very dangerous areas. The canteen has sharp knives and boiling water for making tea and coffee and the BBQ has a hot plate. Children under 14 years of age must not be in the canteen or helping on the BBQ near the hot plate.

## **COACHES & OFFICIALS**

The club continually needs volunteers to become accredited as Official and Coaches and we will pay for course attendance for those coaches who commit to two seasons of coaching at our Centre. Please see the President for further details about this incentive. Coaches are required on Tuesday and/or Wednesday after school as well as the Saturday competition. Officials are required for Saturday competition and other LANSW carnivals. Anyone interested in learning to be an accredited coach or official should talk to the President or the Officer for Officials.



# ***SENIORS' INFORMATION***

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## **INTRODUCTION**

The Seniors' Division of Ryde Athletics Centre is affiliated with Athletics NSW (ANSW) and offers competition for all levels of athletes from 11 years to Veterans. The Centre is based at Dunbar Park, Sobraon Road, Marsfield.

## **TRAINING**

Training is offered by fully qualified coaches in Track and Field. You do not need to be experienced to train, you just need an interest in keeping fit, or enjoying the social activities.

Training is held on Monday, Tuesday and Thursday afternoons after school and continues until about 6.30pm to 7pm or later depending on daylight saving. In addition Sunday morning training is available from 10am.

## **COMPETITION**

For older athletes, an athletics program is offered on Saturday morning at Dunbar Park alongside the Junior competition, run to Juniors' specifications.

Summer competition is also available from September to March at Rotary Athletic Field on the corner of Mowbray Road and the Epping Road from 12.30pm Saturday. A full program of events is held for all ages over a two-week period. Athletes can enter as many events as they like or they can choose to specialise.

A higher level of competition is conducted at the Sydney Athletic Centre at Homebush and other venues, also on Saturday afternoons from 12 noon. Full details of ANSW competitions can be found on their website.

## **UNIFORM**

The same uniform is used for Juniors and Seniors.

Women: Centre Crop Top or Singlet  
(Red, White & Blue)  
Black Shorts or Bike Shorts

Men: Centre Singlet (Red, White & Blue)  
Black Shorts or Bike Shorts.

When competing as a Ryde Senior, your ANSW registration numbers must be attached to the front and back of the competition singlet or top.

## **REGISTRATION**

To compete with Seniors, you will need to register with the Senior Division of Ryde Athletics Centre. For the latest fee structure please contact one of our Registrars.

Ryde athletes who join our Senior Division who are 16 or younger as at the 30<sup>th</sup> September can also represent our Juniors' Division.

Junior registered athletes, aged 11 years and over at 30<sup>th</sup> September, can also represent our Seniors' Division. This is an excellent way for our older juniors to gain more athletics experience and we encourage interested athletes to consider dual registration with Ryde Seniors.

There is no additional cost for dual registration between the two divisions of Ryde.

For further information contact **Ross Forster, on 9801 4407.**

## **SOCIAL ACTIVITIES**

The Senior Division organises various fund raising activities, which include:

CITY TO SURF – Volunteer helpers.  
SYDNEY MARATHON – Volunteer helpers.  
TRIVIA NIGHT - This is our main social function, open to all members, family and friends.

These fund raising activities are held to keep the Senior Division viable. We use the funds raised to purchase equipment and assist athletes in their travel costs to National Championships.

The success of the Senior Division is due to a small number of volunteers. We would welcome the participation of any athletes and families in assisting us to achieve the above.

## **CONTACT**

For all information relating to the Seniors' Division, please contact Ross Forster on 9801 4407.

# ***CENTRE UNIFORM***

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## **UNIFORM REQUIREMENTS FOR JUNIORS**

Athletes (with the exception of Tots) must compete in the Ryde Centre uniform each Saturday at Dunbar Park Marsfield, at Little Athletics (LANSW) competition events, and if dual registered, at Athletics NSW events.

All uniform items can be purchased on Collection Day or during Saturday morning competition at the Dunbar Park club house.

Girls: Unisex Centre T-shirt, Singlet or Crop Top.  
Black shorts or bike shorts.  
Boys: Unisex Centre T-shirt or Singlet. Black running shorts with no visible logos.

### **The Registration Number:**

The athlete's individual registration number, issued at registration, is to be sewn onto the **front** of the Centre T-shirt, singlet, or crop top for the u11s and younger with sponsor's logo and red border fully visible.

The u12s and older will have two numbers issued by Athletics NSW. One number needs to be sewn onto the front of the top used for LANSW competitions. The second number needs to be attached to the back of the top used for Athletics NSW events. If Ryde is both your Juniors and Seniors club, then this will be the same top.

### **The Sponsors Badge:**

The Jetstar badge is no longer required and does not have to be on the shirt. If a new sponsor's badge is provided then it must be sewn onto the front right hand side of the Centre top, above the registration number.

### **The Age Group Number:**

This is sewn on the **front left** hand side of the Centre T-shirt, singlet, or crop top above the registration number.

**Please note** that it is essential that each age and number patch be sewn on as one piece and all LANSW sponsorship logos remain visible (including red border). Failure to do so may result in disqualification at LANSW events and could also jeopardise sponsorship (an important factor in keeping membership costs to a minimum).

### **Foot Wear:**

It is compulsory that all athletes wear some form of footwear.

### **Running Spikes:**

Running shoes with spikes can only be worn by athletes u11 and older in track events run entirely in lanes, Long, High & Triple Jump and Javelin. Athletes u13 and older may also wear shoes with spikes in all other track events except walks. They are only to be worn while actually competing in an event and they **must be removed and carried by hand between events**, otherwise they may be confiscated for the remainder of the day. Spiked shoes must be removed

before leaving the track and must never be worn on the spectator side of the fence. Running shoes with the spikes removed are not permitted at any time. The maximum length spike permitted at Dunbar Park for Ryde Athletics Centre events is 9mm. **Grass spikes are not permitted on the tartan long jump run ups**. Athletes not wishing to change spike types between events should use tartan spikes. Sports stores can advise on appropriate spike lengths.

It is also recommended that hats be worn, sunscreen applied at regular intervals and a water bottle or spray be carried during competition.

## **FRONT**



### **AGE GROUP PATCH**

Age group patch attached to the front left hand side of the shirt or singlet.

### **REGISTRATION NUMBER**

Red border and sponsor **MUST** be visible. These are issued at Registration. They are unique to each athlete and not able to be duplicated if lost or damaged. **A fee of \$10 is charged for lost / damaged numbers.**

# **THE ACHIEVEMENT BOOK**

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## **ACHIEVEMENT PAGE**

All athletes registered with LANSW will have their own Achievement Page on the Ryde website.

The Achievement Page is used to keep the results of the athlete and to keep any certificates or awards achieved during the season. Result will be delivered to the achievement page after data entry is completed on any competition week that is a 'points week'. This is a great improvement to the results system this season, allowing quick access to the athlete's result data.

**NB You will not be able to access this results system until after the results have been entered at the conclusion of the first 'points' week – the first points week is the third week of competition, as we have two orientation weeks.**

## **ACHIEVEMENT PATCHES**

The number of levels required in a colour to achieve that colour patch is listed on the 'Athlete Achievement Levels' section of the website.

Visit our website, 'Login for Results' then open the 'Athlete Achievement Levels' section of the website. Compare the attained total with the required number of coloured levels to see whether the athlete has earned a centre Achievement Patch.

If the required level has been reached, **print the 'Athlete Achievement Levels' sheet** from the website which shows that the patch has been earned.

Bring the page to the track and put it in the Achievement page Box as soon as the athlete arrives at the track. During the morning, it will be checked and the appropriate Green, Yellow and/or Red Achievement Patches will be placed in an envelope attached to the page. Blue Achievement Patches are presented to the athlete on the track during the morning.

The patches are iron-on and can be placed on hats, towels, t-shirts etc, but **achievement patches cannot be placed on the uniform.**

## **MONTHLY MERIT AWARDS**

Just as the Achievement Page is designed to keep track of the athlete's improvement across the season, the monthly merit awards are designed to reward regular attendance and encourage improvement at every level. Merit awards are given out after every four weeks of competition. There are three types given; **track, field** and an **encouragement award** per age group. The method of selecting recipients is determined by a manual points system, calculated by the age

managers, where athletes receive one point for each event they have entered and completed, or attempted to complete, and an additional two points for improving their time or distance. These awards are presented before or during competition on the appropriate Saturday morning. As there are 20 age groups being presented, we ask that everyone arrives on time on Merit Award mornings which helps to ensure that all the children are ready to congratulate their fellow athletes or to collect any award they receive.

## **OTHER**

We also like to acknowledge the other athletics achievements of our Ryde athletes so as all members of our Centre can applaud the athletes' efforts. We ask that you let our Publicity Officer know of any schools or seniors results at State or National level so as we can announce these performances to our members on Saturday mornings.

**SATURDAY PROGRAM**

**DUNBAR PARK PROGRAM  
WEEK ONE**

**7:45am** - U10 to Seniors 1500m commences

**8:00am** - U14 to Seniors Discus commences

**8:15am** - All other athletes commence warm up in the centre of the field

**8:30am** - U6 to U9 first event commences.

<b>U6 BOYS</b>	LJ	70m	200m	SP	50m	100m	
<b>U6 GIRLS</b>	SP	70m	LJ	200m	50m	100m	
<b>U7 BOYS</b>	50m	Discus	LJ	70m	200m	SP	
<b>U7 GIRLS</b>	LJ	50m	70m	Discus	200m	SP	
<b>U8 BOYS</b>	700m *	200m	70m	SP	100m	LJ	
<b>U8 GIRLS</b>	700m	SP	100m	200m	LJ	70m	
<b>U9 BOYS</b>	70m *	100m	SP	400m	Discus	800m	
<b>U9 GIRLS</b>	70m	100m	Discus	200m	LJ	800m	
<b>U10 BOYS</b>	#	70m	200m	SP	400m	HJ	
<b>U10 GIRLS</b>	#	200m *	Discus	70m	400m	HJ	
<b>U11 BOYS</b>	#	SP	200m	Discus	100m	HJ	Javelin
<b>U11 GIRLS</b>	#	HJ	200m	TJ	400m	SP	Javelin
<b>U12 BOYS</b>	#	HJ	200m	TJ	400m	SP	Javelin
<b>U12 GIRLS</b>	#	LJ	TJ	200m	400m	Discus	Javelin
<b>U13 BOYS</b>	#	SP	200m	Discus	100m	400m	TJ Javelin
<b>U13 GIRLS</b>	#	LJ	200m	100m	Discus	400m	TJ Javelin
<b>U14 BOYS±</b>	#	Discus*	200m	TJ	100m	400m	HJ Javelin
<b>U14 GIRLS</b>	#	200m	100m	HJ	TJ	400m	SP Javelin
<b>U15 GIRLS</b>	#	200m	LJ	100m	SP	TJ	400m Javelin
<b>U15 Boys, U16, U17 Little As</b>	#	Discus±	SP	100m	400m	HJ	TJ Javelin

CODE: LJ = Long Jump

HJ = High Jump

TJ = Triple Jump

H = Hurdles

m = Metres

SP = Shot Put

**As numbers in an age group are unknown at the commencement of the season, this program is subject to changes.**

\* = First event in the area.

# = **1500m commences at 7.45am.** One race for **u10 to seniors**, girls and boys combined.

± = **Discus also commences at 8.00am.** Athletes wishing to compete in the Discus and the 1500m should register at the Discus before commencing 1500m and should return to the Discus when their 1500m is completed.

**NOTE:** Javelin available for athletes U11 and older, commencing when access to the centre of the field is available and safe.

# DUNBAR PARK PROGRAM WEEK TWO

**NB** 7:45am - U13 to Seniors 3000m commences  
 8:00am - U14G Discus commences  
           - U15 to U17 300m Hurdles commences  
 8:15am - All other athletes commence warm up in the centre of the field  
 8:30am - U6 to U12 first event commences

<b>U6 BOYS</b>		Discus	300m	70m	LJ	50m	100m
<b>U6 GIRLS</b>		LJ	300m	50m	70m	Discus	100m
<b>U7 BOYS</b>		500m *	LJ	70m	SP	100m	50m
<b>U7 GIRLS</b>		500m	SP	50m	100m	LJ	70m
<b>U8 BOYS</b>		60H	70m	Discus	100m	400m	SP
<b>U8 GIRLS</b>		60H *	70m	SP	100m	400m	Discus
<b>U9 BOYS</b>		LJ	60H	HJ	200m	100m	700mW
<b>U9 GIRLS</b>		SP	60H	100m	400m	HJ	700mW
<b>U10 BOYS</b>		Discus	60H	LJ	100m	800m	1100mW
<b>U10 GIRLS</b>		100m *	SP	60H	LJ	800m	1100mW
<b>U11 BOYS</b>		TJ	LJ	800m	60H	400m	1100mW
<b>U11 GIRLS</b>		LJ	100m	60H	800m	Discus	1100mW
<b>U12 BOYS</b>		100m	800m	Discus	60H	LJ	1500mW
<b>U12 GIRLS</b>		HJ	100m	60H	800m	SP	1500mW
<b>U13 BOYS</b>	#	200H	HJ	800m	80H	LJ	1500mW
<b>U13 GIRLS</b>	#	200H	SP	800m	80H	HJ	1500mW
<b>U14 BOYS</b>	#	200H	SP	800m	LJ	90H	1500mW
<b>U14 GIRLS</b>	#	Discus * ±	200H	800m	LJ	80H	1500mW
<b>U15 GIRLS</b>	#	300H*	Discus	HJ	800m	90H	1500mW
<b>U15 Boys,U16, U17 Little As</b>	#	300H	800m	200m	LJ	90H/ 100H/ 110H	1500mW

CODE: LJ = Long Jump  
 HJ = High Jump  
 TJ = Triple Jump  
 SP = Shot Put

H = Hurdles  
 m = Metres  
 W = Walk

**As numbers in an age group are unknown at the commencement of the season, this program is subject to changes.**

\* = First event in the area.

# = 3000m available at 7.45 am. One race for u13 to seniors, girls and boys combined.

± = U14 Girls Discus commences 8.00am. Athletes wishing to compete in the Discus and the 3000m should register at the Discus before commencing 3000m and should return to the Discus when their 3000m is completed.

# DUNBAR PARK PROGRAM “WET WEATHER” OPTION

**For Points, Attendance & Merit Morning Calculations**

Note that only five events have been listed. Spare time categories exist for additional events if weather and time allow. Age Managers should make requests for additional event(s) to the Officer for Track and Field and have these approved before commencing the event. Depending upon attendance, the grouping of some of these ages may be altered. Records achieved in events where ages and/or genders are combined will only be awarded if the event is normally contested in combined genders and/or ages. Separate races should be conducted if there is a likelihood of a record being broken. This program may be altered by the Committee to accommodate circumstances of the season, eg. If the wet weather program was required for two or more consecutive weeks, different events may be offered to provide variety for the athletes.

<b>U6 BOYS and GIRLS</b>	70m	200m	SP	100m	LJ	X Only 6 events allowed	X Only 6 events allowed
<b>U7 BOYS and GIRLS</b>	70m	200m	SP	100m	LJ	X Only 6 events allowed	X Only 6 events allowed
<b>U8 BOYS and GIRLS</b>	70m	200m	SP	100m	LJ	X Only 6 events allowed	X Only 6 events allowed
<b>U9 BOYS and GIRLS</b>	70m	200m	SP	100m	LJ	X Only 6 events allowed	X Only 6 events allowed
<b>U10 BOYS and GIRLS</b>	1500m #	LJ	400m	SP	100m	X Only 6 events allowed	X Only 6 events allowed
<b>U11 BOYS and GIRLS</b>	1500m #	LJ	400m	SP	100m	X Only 6 events allowed	X Only 6 events allowed
<b>U12 BOYS and GIRLS</b>	1500m #	LJ	400m	SP	100m	X Only 6 events allowed	X Only 6 events allowed
<b>U13 BOYS and GIRLS</b>	1500m #	SP	100m	LJ	400m		
<b>U14 BOYS and GIRLS</b>	1500m #	SP	100m	LJ	400m		
<b>U15, U17 Little As &amp; U18 Seniors</b>	1500m #	SP	100m	LJ	400m		

# = 1500m commences when the decision has been made to run the wet weather program. One race for u10 to seniors, girls and boys combined.

Although it is unlikely that hurdles, TJ, Discus, Javelin, Walks or HJ would be offered on these days, some of these could be programmed for later in the day should the weather become fine, the athletes be keen to contest the event (particularly if they have these events coming up at Region/State) and the parents be willing to set up and pack away the extra equipment.

**No events will be added unless the Committee deems that they can be conducted safely.**

## ***CHAMPIONSHIPS AND SPECIAL EVENTS***

<b>Event</b>	<b>Tot</b>	<b>U6</b>	<b>U7</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>
Saturday mornings at Dunbar Park	X	X	X	X	X	X	X	X
LANSW Zone			X	X	X	X	X	X
LANSW Region (must qualify)				X	X	X	X	X
LANSW State Championships (must qualify)					X	X	X	X
LANSW State Relays				X	X	X	X	X
LANSW State Multi & Cross Country (from u7) & Road Walks (from u9)			X	X	X	X	X	X
Ryde Games and 60m Dash		X	X	X	X	X	X	X
Trans-Tasman							X	X
Other athletic club carnivals (as advertised on the club notice board and/or LA website)		X	X	X	X	X	X	X

<b>Event</b>	<b>U 13</b>	<b>U 14</b>	<b>U 15</b>	<b>U 16</b>	<b>U 17</b>	<b>U 18</b>	<b>Open</b>	<b>VET</b>
Saturday mornings at Dunbar Park	X	X	X	#	X	X		
LANSW Zone	X	X	X	#	X			
LANSW Region (must qualify)	X	X	X	#	X			
LANSW State Championships (must qualify)	X	X	X	#	X			
LANSW State Relays	X	X	X	#	X			
LANSW State Multi, Cross Country & Road Walks	X	X	X	#	X			
Ryde Games and 60m Dash	X	X	X	#	X	X	X	X
Ryde Club Championship	X	X	X	X	X	X	X	X
Nthn. Zone Interclub Sat p.m. at Rotary (must register with Seniors)	X	X	X	X	X	X	X	X
ANSW Interclub (must register with Seniors)	X	X	X	X	X	X	X	X
NSW All Schools (High School only)	X	X	X	X	X	X		
Australian All Schools (must qualify)	X	X	X	X	X	X		
ANSW State Relays	X	X	X	X	X	X	X	X
Australian Open & Age Championships	X	X	X	X	X	X	X	X

**Key:** LANSW Little Athletics NSW (Juniors)  
 ANSW Athletics NSW (Seniors)  
 Age Groups: LANSW Age on 30<sup>th</sup> September  
 ANSW Age on 31<sup>st</sup> December  
 # As part of the combined Little Athletics U17 age group

A brief overview of some of these events follows. FAQ of the Zone Championships has also been included, as this competition will involve the greatest number of athletes.

Further information on all of these carnivals will be provided as they approach and more information can be obtained from the LANSW Website, Ryde website, Seniors' Committee Members, 'Footprint' Newsletters and Notices placed on our Noticeboards.

When most LANSW events are being held, Saturday morning athletics at Dunbar Park is usually conducted with a no points modified program. This decision is made based on the number of athletes attending the LANSW event and the reduced number of athletes and officials who are available to attend Dunbar.

When 'no points' weeks are held, no data is entered into the results system. Therefore, championship points, most improved PB points and performances towards achievement levels will not be recognised.

If in doubt, please ask for more information and listen to announcements on Saturday mornings during competition.

## CHAMPIONSHIPS AND SPECIAL EVENTS

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### RYDE MULTI-EVENT & 60 METRE DASH

These are held at Dunbar Park each year in conjunction with the Ryde Sports Foundation and Ryde Seniors' Division. The Games are a multi-event contest and athletes must compete in all events to have their points counted and to be eligible for a medal.

Medals are awarded to the first three place getters in each age group. Medals are also awarded to the place getters in the 60m Dash which is held on Fun Day at the end of the season.

### LANSW STATE RELAYS

The State relays are contested annually in November. They are held over two days and include mixed relays and field event relays, where points are awarded according to each athlete's achievement and a combined position is used to determine the final placings.

If chosen, please remember you are committing to a team. If you are unsure of your commitment, please declare yourself unavailable for selection.

Athletes u11 and younger who compete in the track relays are ineligible to compete in field relays. Representatives are selected for the relays based on their availability, interest in competing and their Centre performances. Usually a squad is selected four weeks prior to the relays. Baton changing practice is **compulsory** for all athletes selected for the track relays and sessions are held on Saturday mornings prior to normal Saturday competition.

Medals are presented to the first three finalist place getters and certificates are awarded to all finalists.

### LANSW ZONE CHAMPIONSHIPS

See the next page. Due to the large number of athletes involved in the Zone Competition, Saturday competition at Dunbar is **not held** on the weekend of the Zone Championships.

### LANSW REGION CHAMPIONSHIPS

The first six place getters in the finals at the Zone Championships in the u8-u17 age groups automatically proceed to the Region Championships. An additional four best finals performers from the two Zones in our Region will also progress to our Region Championships.

The first two place getters in the finals at the Region Championships in the u9-17 age groups

automatically proceed to the State Championships, and the next best eight performances from all Region carnivals across NSW will also proceed to the State Championships, although qualifying times must also be achieved for the 3000m run & 1500m walk. Medals are presented to the first three finalist place getters and certificates are awarded to all finalists.

### LANSW STATE TRACK & FIELD CHAMPIONSHIPS

Athletes in the u9-u17 age groups who qualify through the Region Carnivals will progress to the State Championships which are held in March each year. Medals are awarded to the first three place getters and certificates are awarded to all finalists.

### AUSTRALIAN TEAMS CHAMPIONSHIP

At the end of the State Championships, a team is selected to compete in the Australian Teams Championships. Teams from each State and the Northern Territory are selected with a team of up to 26 u13 girls and boys and three u15 girls and three u15 boys who contest a multi-event. The Championships are held in a different States each year.

### LANSW STATE MULTI-EVENT

Open to all centres within the State, age groups u7-u17. This event is held in March each year. There is no qualifying standard. Medals are awarded to the first three place getters in each age group. This event is used to select the u15 athletes who will compete at the Australian Teams Championship.

### LANSW STATE CROSS COUNTRY & ROAD WALKS

Open to all centres within the State, age groups u7-u17 for the cross country and u9-u17 for the walks. There is no qualifying standard. Medals are awarded to the first three place getters and certificates are awarded to first eight competitors and a patch to all competitors. This event is held in July each year.

### TRANS-TASMAN CHALLENGE

The Trans-Tasman Challenge originated in 1977, with a visit from 108 athletes from Auckland, New Zealand. Athletes from NSW returned the visit the following year. The hosting of the Challenge is shared by NSW and Auckland and is open to u11 & u12 athletes. Entries close in October and the Challenge is held in January.



## ***ZONE CARNIVAL***

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These FAQs are provided by the Zone Committee to provide preliminary information. At the time of printing this yearbook, the timetable had not been finalised.

### **When we receive the timetable we will place it on the Noticeboard at the track and post it on our website.**

You should only refer to the Northern Metropolitan Zone timetable when planning your events as it could be a different timetable from the general LA Zone timetable.

### **What is the Zone Carnival?**

- This carnival is the major event of the season for the Northern Metropolitan Zone. The centres in our Zone are Ryde, Northern Suburbs, North Rocks-Carlingford, Parramatta and Cherrybrook.
- This carnival is the gateway to Region, State and National Carnivals. Progression from one carnival to the next is determined solely by performance at these carnivals. Please note that LANSW **will not** consider outside performances, illness, special circumstances, misadventure or any other reason to progress an athlete outside of the carnival pathway.
- All Little athletes in the u7 to u17 age groups are encouraged to participate. It is a great opportunity for them to represent their Centre.
- All athletes u7 to u12 inclusive, can enter into a maximum of four individual events. U13 to u17 athletes can enter into a maximum of 6 individual events.
- Entry is further restricted in the younger age groups as only 5 athletes per centre can enter an event in the u7 to u12 age groups. There is no limit to the number of entrants from a centre in the u13s and older age groups.
- This means that athletes in age groups with large registration numbers may not gain entry to four events and/or may not gain entry to their first choice of events.
- The first three finalists in the u7s receive a medal and the top eight in all finals receive a Certificate.
- The top six competing finalists from u8s and older will also qualify for the Region Carnival held in February. The next best four finals performances from the zones in our region will also progress to Region Carnival.
- No late entries or substitutions are permitted on the day. Entries close around six weeks prior.

### **How does the Track and Field program work?**

- A list of events is published prior to the carnival. It is **not** necessarily the order of events, but a list to identify the events. Please note that Zone programs can differ from the Region and State programs. This should be considered when deciding on your choice of events.
- Some events on the program have a time next to them. **They are referred to as NTSB or “Not to Start Before” times. This is to indicate that the event will not take place prior to this time - it is not the starting time.**
- Two tracks (circular and straight) are run at the same time. This makes the track program run very quickly. At times it may appear nothing is being done to conduct track events but this is not the case. It is to allow Field events a chance to catch up and also provide some recovery time for the athletes before further track events are called.
- If two events for the same age group are called at the same time, DON'T PANIC. There is a Clash Manager who ensures any athletes entered in the two events will have the opportunity to compete in both.
- All events are announced twice over the PA system prior to being conducted.

### **Is there anything else about the Carnival we should know?**

- There will be waiting time between events so please be patient. There are around 1200 athletes competing in 300 track and field events.
- Cameras and mobile telephones are not permitted to be used inside the competition area. If there is an official photographer at the Carnival, they will be clearly identifiable.
- If you are assisting inside the competition area, you are not allowed to call out to the athletes.
- All the Officials are parents volunteering their time to help run the Carnival. If you feel that something is not right about the way competition has been conducted, please address these concerns **to your Team Manager only**, who will make enquiries on your behalf. Do not approach Officials directly as this can distract them from their duties.
- The Carnival usually commences at 8:30am on both days. Athletes marshal from 8.15am. The carnival is being conducted over two days and the track has lights which can be used if required.
- **Your help will be required. Please don't leave the job to someone else. There will be a job roster established in the weeks leading up to the carnival.**

# JUNIORS' ANNUAL AWARDS

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## TROPHIES AND AWARDS

To encourage attendance, improvement and effort, the Centre awards Monthly Merit Award Ribbons and Achievement Patches throughout the season – these are covered earlier in this book.

The Centre also awards trophies at the end of the season. There are Age Group Trophies, Most Improved Trophies, Age Champion Medals and Ribbons, Perpetual Trophies and Other Awards. Age Group Trophies, including Most Improved and Age Champion awards, are presented on the Fun Day.

To be eligible for an **Age Group Trophy**, athletes must meet eligibility criteria. In summary, the trophies available for each age group are as follows. Each trophy is subject to the criteria (stc) listed below the table:

	<b>Commitment Trophy</b>	<b>Zone Trophy</b>	<b>Region Trophy</b>	<b>State Trophy</b>
<b>Tots</b>	Eligible stc	NA	NA	NA
<b>U6</b>	Eligible stc	NA	NA	NA
<b>U7</b>	Eligible stc	Eligible stc	NA	NA
<b>U8</b>	Eligible stc	Eligible stc	Eligible stc	NA
<b>U9-U17</b>	Eligible stc	Eligible stc	Eligible stc	Eligible stc

The **Commitment and Zone Trophies** are subject to attendance criteria. To receive one of these trophies, the athlete must have attended three-quarters of the total weeks of the season where competition points have been recorded, **and** they must also have attended at least two of the weeks after the Christmas break. Attendance is only recorded on normal points weeks and rained out weeks are eliminated from the total weeks counted for competition.

In some instances (eg. athlete illness or injury), and at the Age Manager's request, an athlete may be awarded an **Encouragement Trophy** if he/she is close to reaching the attendance criteria.

The **Region and State Trophies** are subject to age and qualification criteria. To receive a Region trophy, the athlete must qualify through to the Region Championships, ie. be u8 or older and compete in the final at Zone Carnival. To receive a State trophy, the athlete must qualify through to the State Championships, ie. be u9 or older and attain 1<sup>st</sup> or 2<sup>nd</sup> place in a final at the Region Carnival for automatic qualification, or achieve a 'next best eight' performance across the state to be added as an additional qualifier.

If an athlete does not satisfy one of these trophy criteria, they will be awarded an unnamed **Participation Medallion**.

Note that only the highest level trophy achieved by the athlete will be awarded. For example, an u9 athlete who attends all Saturday competitions, competes at Zone, qualifies to Region and then to State will only receive a State trophy.

A **Most Improved Trophy** is awarded for a boy and girl in each of the u6-u17 age groups, based upon improvement points as determined by the results system. Improvement points refer to how an athlete is performing compared to their own progress.

From the first points week of the season, every athlete's Personal Best (PB) is recorded in the computer records for each event. In each subsequent week to the base week, where points are awarded, the athlete's results are compared to their PB for each event. If a PB is equalled, then one improvement point is awarded. If a PB is beaten (to become the new PB), three improvement points are awarded. The Most Improved trophy is awarded to the athlete who has accumulated the most improvement points throughout the season but who is not first, second or third in the age championships.

The Centre also presents several **Other Awards** on Presentation Day. The first of these, the '**Trent Whalan True Blue Medal**' is awarded to any under 13,14,15, 16 or 17 athlete who attains blue levels in at least 14 of their 15 events. All events must be attempted.

The '**Steve Refenes Medal**' is awarded to any Ryde Little Athlete who sets a LANSW State Record or Australian Best Performance (ABP), either as an individual or as a member of team.

Any u15 or u17 athlete who has been with the Centre for a period of 5 consecutive years is awarded a '**Ryde Plaque**' by the Centre.

Any athlete who achieves 10 years continuous registration in LANSW receives an '**Athlete Service Award**' certificate from LANSW. These certificates can be obtained as soon as the athlete is eligible – eg. An u13 will be eligible if registered continuously with two years of Tots. The 10 years can be accumulated with centres other than Ryde. **Please see the Registrar during the season if you are entitled to one of these awards from LANSW.**

## ***JUNIORS' ANNUAL AWARDS***

The **Age Champions** are decided in the u6 to u17 age groups for boys and girls. Athletes placed 1<sup>st</sup> to 6<sup>th</sup> in u12s and below, and 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in u13s and above (as determined by our points system described below). These awards will be presented on our Fun Day.

Each competitor accrues points for the events in which they compete. All athletes can compete in up to six events per week. U13 to u17 age groups can compete in seven or eight events each week.

There are two points systems used in calculating these age group placings at the end of the season. These are the 'Placings/Competition Points' and 'Multipoints'. The Centre uses the LAD computer system which calculates these points as results are entered.

If an athlete competes at a LANSW or ANSW State or a LAA or AA National athletics event and misses a day's points competition at Ryde, to encourage attendance at such events, that athlete will be awarded average points for the days' competition missed. If a wet weather program is held at Ryde on a day when average points are awarded those points will be discounted due to the fewer events available to those competing at Dunbar Park. The discount will be calculated by obtaining the average points of the top six athletes of the relevant age group for both dry competition and wet weather competition and calculating the percentage difference between the two. This difference is the amount discounted.

### Placings/Competition Points

In each event, first place receives eight points, second place seven points, third place six points, and so on down to one point for eighth place. Every competitor also receives one point for competing. If only two athletes go in an event then first place gets eight points and second gets seven points, plus a point each for competing. It doesn't matter how good you are, if you compete you get points. This points system does not differentiate by how much one athlete performs relative to another.

### Multipoints

In the multipoint system, each event for each age group has a table of results (times or distances depending on the event type) and the number of points earned for that result. For example, the table for u11 boys' long jump will have an entry for all the distances that are possible for the age group, and each distance will have a number of points allocated to it. The longer the jump, the more points earned. There is a table for each age group/event combination. This points system does

differentiate by how much one athlete performs relative to another.

### Determining the Age Champions

The placings for each age group are calculated by averaging out both the Placings/Competition Points and the Multipoints. In our demonstration age group we have six athletes who have earned the following points:

<b>Athlete Number</b>	<b>Placings/Comp'n Points</b>	<b>Multi-points</b>
1	1364	3654
2	1277	3702
3	1439	4007
4	1043	2765
5	1597	4035
6	1165	2483

These points are then converted into 'Placings/Competition' percentages and 'Multipoint' percentages. This is achieved for each points system by dividing the number of points for each athlete by the total points for that points system. For example, the sum of the Placings/Competition points for the six athletes is 7885. The Placings/Competition percentage for athlete 1 is therefore  $1364/7885 \times 100 = 17.30\%$ . This is done for each athlete for both points systems to give the following:

<b>Ath. No</b>	<b>Placing/Comp'n Points</b>	<b>Multi-points</b>	<b>Placing/Comp'n %</b>	<b>Multi-points %</b>
1	1364	3654	17.30	17.70
2	1277	3702	16.20	17.93
3	1439	4007	18.25	19.41
4	1043	2765	13.23	13.39
5	1597	4035	20.25	19.54
6	1165	2483	14.77	12.03
Total	7885	20646		

Finally, the two percentages are averaged out by adding them together and dividing by two. This gives the following result and final positions:

<b>Ath. no</b>	<b>Placings / Comp'n %</b>	<b>Multi-points %</b>	<b>Avg</b>	<b>Pos</b>
1	17.30	17.70	17.50	3 <sup>rd</sup>
2	16.20	17.93	17.07	4 <sup>th</sup>
3	18.25	19.41	18.83	2 <sup>nd</sup>
4	13.23	13.39	13.31	6 <sup>th</sup>
5	20.25	19.54	19.90	1 <sup>st</sup>
6	14.77	12.03	13.40	5 <sup>th</sup>
Total	100	100	100	

## **JUNIORS' ANNUAL AWARDS**

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The following **Perpetual Trophies** might also be presented if the criteria have been met, subject to a very high standard of performance being achieved.

Factors that will be considered for all trophies are:

- attendance of the athlete at at least 50 per cent of the points competition weekends at Ryde Athletics;
- sportsmanlike behaviour of the athlete. Sportsmanlike behaviour means playing fair, following the rules, respecting the judgements of officials and treating opponents with respect; and
- whether the events have qualifying criteria.

### **SCULLION TROPHY**

Awarded to the winner of the Most Improved athlete in the u6 girl and the u6 boy age group.

### **U7S BEST PERFORMANCE AT ZONE**

Awarded for the best individual performance at the Zone carnival with the following order of merit:

1. Gold, silver or bronze medals achieved at Zone
2. If equal medals calculating on three points for gold, two points for silver and one point for bronze with the highest point being the winner

### **U8s BEST PERFORMANCE AT REGION**

Awarded for the best individual performance at the Region carnival with the following order of merit:

1. Gold, silver or bronze medals achieved at Region
2. If equal medals calculating on three points for gold, two points for silver and one point for bronze with the highest point being the winner

### **LOUISE TRIMBLE JUMPS TROPHY**

Awarded for the best individual jumps performance in achieving the most records broken at Ryde in:

1. 3 jumps disciplines;
2. 2 jumps disciplines;
3. 1 jump discipline.
4. the biggest percentage improvement over the previous record and the number of years since the previous record was set.

An additional factor to consider is the number of jump disciplines available to younger athletes.

### **BOB CRAWFORD THROWS TROPHY**

Awarded for the best individual throws performance in achieving the most records broken at Ryde in:

1. 3 throwing disciplines;
2. 2 throwing disciplines;
3. 1 throwing discipline.
4. the biggest percentage improvement over the previous record and the number of years since the previous record was set.
- 5.

Additional factors to consider:

- Number of throwing disciplines available to younger athletes; and
- Where implement/event specification changes occur, records broken need to be assessed against prior records achieved.

### **MERRYN ALDRIDGE SPRINTS TROPHY**

Awarded for the best individual sprint performance in a LANSW event in the following order of merit:

1. State performance
2. Regional performance
3. Zone performance
4. Records set at any LANSW event and at club level

### **BETTY MOORE HURDLES TROPHY**

Awarded for the best individual hurdles performance in a LANSW event in the following order of merit:

1. State performance
2. Regional performance
3. Zone performance
4. Records set at any LANSW event and at club level.

### **DAVID LEWIS MIDDLE DISTANCE TROPHY**

Awarded for the best individual middle distance performance in a LANSW event in the following order of merit:

1. State performance
2. Regional performance
3. Zone performance
4. Records set at any LANSW event and at club level.

### **THE LUKE ADAMS TROPHY**

**OUTSTANDING PERFORMANCE IN RACE WALKING**  
Awarded for the best individual race walking performance in a LANSW event the following order of merit:

1. State performances
2. Regional performance
3. Zone performance
4. Records set at any LANSW event and at club level.

# **JUNIORS' ANNUAL AWARDS**

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## **SHANNON ARNOTT SINGLE MOST OUTSTANDING PERFORMANCE**

Awarded to the best Single Performance at a LANSW event in the following order of merit:

1. National - gold, silver, bronze, finalist, competitor
2. State – gold, silver, bronze, finalist, competitor

## **LYN CRAWFORD ALL ROUND TROPHY & RYDE SPORTS FOUNDATION ALL ROUND TROPHY**

These two trophies have the same criteria. The Lyn Crawford Trophy is awarded to an athlete from the u7-u11 age groups; the Ryde Sports Foundation Trophy is awarded to an athlete from the u12-u17 age groups.

Both trophies use the following criteria:

1. Attendance
2. Entering all events
3. Blue patch
4. Average point score
5. Results in age (1<sup>st</sup> & 2<sup>nd</sup>)
6. Attendance at carnivals
7. Demonstrated sportsmanship and enthusiasm

## **BEST RELAY PERFORMANCE**

This trophy will be awarded to the Ryde team that performs best at the LANSW State Relays.

Factors to consider are:

- Medal awarded gold, silver or bronze;
- Whether a record was set;
- The age of the record and how much it was improved by; and
- If no record was set the team that was closest to the record percentage wise.

## **EXCEPTIONAL EFFORT TROPHY**

Donated by the Lowe Family in 2009

Awarded to an athlete with a disability with consideration of the following:

1. Displaying enthusiasm and effort in the spirit of Little Athletics
2. Number of weeks attended
3. Number of events attempted (with due consideration given to the number of events available to the age group and the ability of the athlete to compete in all events)
4. Performance at a higher level
5. Contribution to the Club.

## **JULIE REYNOLDS**

### **SPIRIT OF RYDE ATHLETICS TROPHY**

Awarded to an athlete, parent or family within the club who has consistently demonstrated all of the following attributes:

1. Total commitment to participation
2. Unwavering fairness and sportsmanship

3. Volunteer services
4. A sense of fun

This award is decided based on nominations made to either Committee by any member of the Centre. If nominations are received from both divisions, then the executive committees of both will meet and decide the recipient.

Name/s of your nominee/s, with the reason for your nomination, should be given to any Committee member before the end of March.

## **ROSS FORSTER 440 RYDE CITY GIFT**

A handicap 440m race with one entrant selected from each age group by the age manager

## **JIM HULL HANDICAP RYDE CITY GIFT RACE**

A handicap 100m race with one entrant selected from each age group by the age manager.

## **2016-17 JUNIORS' ANNUAL AWARDS WINNERS**

As described earlier, the age champion is determined by using an average from two points systems for each event. Although athletes do not have to compete in all events, the more events they enter, the more points they accumulate.

<b><u>UNDER:</u></b>	<b><u>CHAMPION</u></b>	<b><u>RUNNER-UP</u></b>	<b><u>THIRD PLACE</u></b>	<b><u>MOST IMPROVED</u></b>
<b>6 Boys</b>	Billy Gurtner	Liam Marting	Callum Laurie	See Scullion Award
<b>7 Boys</b>	Luke Moscos	Rhys Chandler	Zahar Balian	Ben Finnane
<b>8 Boys</b>	Joshua Smith	James Woods	Benjamin Proszenko	Oliver Hengren
<b>9 Boys</b>	Christopher Moala	Lachlan Stitt	Axel Bruntsch	Ciaran Wilde
<b>10 Boys</b>	Owen Chandler	Andrew Kalos	Samuel Nikandrow	Benjamin Fanto
<b>11 Boys</b>	Ivan Prizmic	Max Merifield	Oliver Smith	Joshua Lillis
<b>12 Boys</b>	Jeremy Plummer	Benjamin Stevens	Jack Backer	Jai Schlederer
<b>13 Boys</b>	Savi Moala	Aston Hanna	Anthony Feng	Raef Skala
<b>14 Boys</b>	Samuel Galati	Joseph Kalachian	James Della Vedova	Jett Tall
<b>15 Boys</b>	Riley Leverett	James Bragg	William Stacey	Jordan Wood
<b>17 Boys</b>	Alexander Galati	Marko Prizmic	Daniel Bowtell	Cameron Pritchard

<b><u>UNDER:</u></b>	<b><u>CHAMPION</u></b>	<b><u>RUNNER-UP</u></b>	<b><u>THIRD PLACE</u></b>	<b><u>MOST IMPROVED</u></b>
<b>6 Girls</b>	Jacqueline Pawsey	Annalise Boland	Sienna Weatherburn	See Scullion Award
<b>7 Girls</b>	Chloe McGregor	Mataya Jabre	Emilia Webb	Eleni Raisia
<b>8 Girls</b>	Olivia Sidhu	Mahli Jabre	Ebony Klarich	Matilda Webb
<b>9 Girls</b>	Kristina Prizmic	Jasmine McAndrew	Zara Pawsey	Abbie Merifield
<b>10 Girls</b>	Georgia Phillips	Isabella Azizi	Lucy Proszenko	Valentina Kuruc
<b>11 Girls</b>	Natasha Fairhall	Ruby Worrell	Aliana Moala	Alannah Teo
<b>12 Girls</b>	Jesse Hartman	Mikayla Kelleher	Breanna Hartman	Sarah Partridge
<b>13 Girls</b>	Chiara Lillis	Adria McAndrew	Anastasia Lakic	Mia Mayhew
<b>14 Girls</b>	Portia Amy-Wilson	Alyssa Lowe	Rachel Fairhall	Sophie Boland
<b>15 Girls</b>	Emily Ralph	Lauren Hilder	Imogen Kenny	Bianca Coleman
<b>17 Girls</b>	Chloe Davis	Katrina Lyon	Hannah Tall	Leanne Tay

**The Trent Whalan True Blue Medal**

Portia Amy-Wilson

**The Steve Refenes Medal**

U14 Girls State Relay Jump Team who set the State Record in the jumps relay. Portia Amy-Wilson, Alyssa Lowe and Tarsha Wayne.

**RACI Plaque for Under 15 - Under 17 athletes who have attained five or more consecutive years of registration with the Centre**

Noah Hain, Lara Halmarick, Lauren Hilder, Connor Latham, Eleanor Plummer, Emily Ralph and Kelsey Cooper-Phillis

**LANSW Athlete Service Award for 10 years continuous registration in Little Athletics**

Noah Hain, Lara Halmarick, Lauren Hilder, Connor Latham, Eleanor Plummer, Emily Ralph, Kelsey Cooper-Phillis

**Club Captains** for the 2016-17 season were Chloe Davis and Justin Sunderland.

## ***2016-17 JUNIORS' ANNUAL AWARDS WINNERS***

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### **PERPETUAL AWARDS:**

**The Ryde Sports Foundation Trophy**  
"Outstanding All Round Performance  
in U12 - 17 Age Groups"

Portia Amy-Wilson

**The Lyn Crawford Trophy**  
"Outstanding All Round Performance  
in U7 - 11 Age Groups"

Joshua Smith

**The Scullion Awards**  
"Most Improved in U6 Age Group"

**Boys:** Xavier Mitchell  
**Girls:** Georgie Dykstra

**Louise Trimble Jumps Trophy**

Ben Nogajski

**Bob Crawford Throws Trophy**

Natasha Fairhall

**Merryn Aldridge Sprint Trophy**

Kelsey Cooper-Phillis

**Betty Moore Hurdles Trophy**

Samuel Galati

**David Lewis Middle Distance Trophy**

Adam Bruntsch

**Luke Adams Race Walking Trophy**

George Davis

**Shannon Arnott Single  
Most Outstanding Performance Trophy**

Benjamin Stevens

**Exceptional Effort Trophy**

Nathan Barbara

**Julie Reynolds Spirit of Ryde Athletics Trophy**

The Davis family

**Ross Forster 440 Ryde City Gift**

Adam Bruntsch

**Jim Hull Handicapped Ryde City Gift**

Savi Moala

## JUNIORS' RECORDS

Records require that certain criteria are met regarding the number of stopwatches, number of judges, supervision of the performance by event chiefs, etc. It is the responsibility of the athlete and the age manager to ensure that extra officials are aware and available prior to a record attempt. Officials must leave their stopwatches uncleared and leave field event result evidence intact, (ie. leave pegs in the ground/ do not smooth the pit or take-off board/do not touch the cleared HJ bar) until Committee can verify the performance and ensure that the record is valid. Once achieved, the result sheet must be signed by the verifying officer. Records can only be broken at Dunbar Park, and will only be considered during normal Saturday morning competition where points are awarded. Junior records in individual events cannot be set at Ryde Games Multi Event.

Records are only recognised while competing in the correct age group/gender, or in events which are combined by the Committee, eg. 3000m.

Please note that the above rules for records also apply more generally to recording season PBs.

Age	Event Name	Boys			Girls		
		Record	Holder	Date	Record	Holder	Date
U/6	50 Metre Run	8.7	Steven Ryan	9/02/85	9.4	Martine Corne	29/11/86
	70 Metre Run	12.0	David Smith	25/01/92	13.0	Fiona Mulrooney	6/03/82
	100 Metre Run	17.4	Steven Ryan	23/02/85	18.5	Vanessa Doherty	20/02/82
	200 Metre Run	38.4	Ross Boyd	4/12/82	40.6	Mikayla Mestousis	18/02/06
	400 Metre Run#	1-27.7	Todd Richardson	10/03/84	1-09.5	Georgia Burnett	28/02/98
	Pack Start **	1-08.2	Guy Lewis	7/02/98	59.8	Mikayla Mestousis	11/03/06
	Pack Start **	58.7	Justin Sunderland	25/02/06	2.87	Julie Hannington	12/03/83
	Long Jump	3.15	Daniel Brophy	20/09/80	4.60	Tippah Dwan	25/02/06
	Shot Put	6.55	James Ramm	14/02/04	4.44	Brianna Cook	30/11/96
	Tennis Ball#	6.48	Joshua Hyland	30/11/96	7.33	Fua Hausia	6/10/02
	Rocket#	14.64	Lloyd Parker	28/02/98	10.05	Tippah Dwan	14/01/06
	Discus	15.14	Oliver Hergren	7/03/15	4280	Chloe McGregor	23/01/16
	Multi Event	4106	Oliver Hergren	24/01/15			
	U/7	50 Metre Run	8.3	Steven Ryan	22/02/86	8.5	Jodie Boland
70 Metre Run		11.2	Paul Howard	21/10/79	11.8	Jodie Boland	3/11/79
100 Metre Run		15.4	David Ryan	14/03/81	16.9	Lea Nicoli	11/02/78
200 Metre Run		33.7	David Ryan	13/03/81	36.4	Fiona Mulrooney	12/02/83
Pack Start		1-43.4	Luke Moscos	11/3/17	1-52.4	Mikayla Mestousis	17/02/07
Long Jump		3.67	Paul Howard	24/02/80	3.31	Vanessa Doherty	15/01/83
Shot Put		9.39	Alan Menin	7/03/81	6.01	Natasha Fairhall	9/03/13
Discus		17.93	Alan Menin	28/01/81	18.33	Usha Ranjitkumar	1/12/01
Multi Event		4180	Lachlan Stitt	24/01/15	3720	Kristina Prizmic	24/01/15
U/8	70 Metre Run	10.8	Nathan Metcalfe	7/03/81	10.7	Rochelle Fernandes	23/02/85
	100 Metre Run	14.9	Steven Ryan	24/01/87	15.2	Rochelle Fernandes	9/02/85
	200 Metre Run	30.8	David Ryan	27/02/82	33.4	Elizabeth Cotton	10/03/84
	400 Metre Run	1-11.9	David Ryan	6/03/82	1-17.3	Fiona Mulrooney	3/03/84
	Pack Start **	2-32.1	Jackson Aldridge	18/03/00	2-42.6	Emmica Burnell-Jones	12/02/00
	Pack Start **	2-19.9	Harry Stevenson	20/3/10	2-24.7	Mikayla Mestousis	12/01/08
	60 Metre Hurdles	11.5	Jackson Aldridge	5/02/00	11.7	Emmica Burnell-Jones	5/02/00
		=	Ashton Gleeson	16/03/13			
	Long Jump	3.89	David Ryan	6/02/82	3.65	Kristine Nettle	17/12/83
	Shot Put	8.15	Jett Tall	12/03/11	6.68	Fua Hausia	17/01/04
	Discus	21.26	Jett Tall	12/02/11	19.40	Usha Ranjitkumar	18/01/03
	Multi Event	4171	Joep Rauge	24/01/15	3970	Isabella Azizi	24/01/15

\* Pre 2001/02 season

\*\* Post 2001/02 season (due to change of event specification)

#Event no longer contested.



## ***JUNIORS' RECORDS***

Age	Event Name	<u>Boys</u>			<u>Girls</u>		
		Record	Holder	Date	Record	Holder	Date
<b>U/9</b>	70 Metre Run	10.3	Jordan Metcalfe	17/09/11	10.9	Mikayla Mestousis	7/03/09
	100 Metre Run	14.3	Grant Duddle	1/03/80	14.9	Rachael Massey	15/12/84
	200 Metre Run	30.0	Grant Duddle	1/03/80	31.1	Rachael Massey	2/03/85
	400 Metre Run	1-08.0	Grant Duddle	23/02/80	1-14.3	Fiona Mulrooney	26/01/85
	800 Metre Run	2-33.1	Grant Duddle	9/02/80	2-45.6	Megan Cotton	9/02/85
	700m Walk	4-12.9	Matthew Thomas	6/03/99	4-14.2	Abbie Merifield	11/03/17
	800 Metre Walk#	5-10.2	Michael Lower	11/02/95	4-41.7	Megan Cotton	23/02/85
	60 Metre Hurdles	10.2	John Pearce	4/03/00	10.6	Emmica Burnell-Jones	24/02/01
	Long Jump	4.30	Kelly Radcliffe	5/12/81	4.29	Kathy Lawson	19/11/83
	High Jump	1.24	Jope Rauqe	6/02/16	1.22	Leanne Sheridan	26/01/80
	Shot Put	10.05	Alan Menin	12/02/83	8.12	Samantha Solomona	14/03/98
	Discus	28.88	Alan Menin	6/11/82	24.39	Usha Ranjithkumar	4/02/04
	Multi Event	3645	Ivan Prizmic	25/01/15	4081	Georgia Phillips	23/01/16
	<b>U/10</b>	70 Metre Run	10.2	John Pearce	30/09/00	10.2	Brooke Jenkins
		=	Jackson Aldridge	10/11/01			
		=	Ben Nogajski	12/03/11			
		=	Jordan Metcalfe	15/12/12			
100 Metre Run		13.7	Craig Birdsall	10/10/92	14.0	Rochelle Fernandes	29/11/86
200 Metre Run		28.7	David Ryan	10/03/84	29.9	Rachael Massey	23/11/85
400 Metre Run		1-06.6	Michael Todd	23/02/02	1-09.6	Fiona Mulrooney	1/03/86
800 Metre Run		2-32.9	Steve Refenes	5/10/79	2-42.7	Fiona Mulrooney	1/03/86
1500 Metre Run		5-02.0	Steve Refenes	9/02/80	5-31.4	Fiona Mulrooney	22/02/86
800 Metre Walk#		4-10.2	Dylan Schofield	27/02/88	4-15.8	Brooke Wheatley	27/02/88
1100 Metre Walk		6-22.7	Thomas Metherell	16/03/02	6-50.1	Sarah Kelland	23/02/08
60 Metre Hurdles		10.5	John Pearce	28/10/00	11.1	Nina Osada-Phornsiri	23/02/08
Long Jump		4.84	Terry Hulme	25/10/80	4.46	Jodie Boland	5/03/83
High Jump		1.35	Ivan Prizmic	20/02/16	1.30	Zoe Latham	9/01/10
Shot Put		12.07	Alan Menin	28/01/84	8.71	Chiara Lillis	30/11/13
Discus		34.76	Alan Menin	21/01/84	26.41	Natasha Fairhall	20/02/16
Multi Event	3873	Jeremy Plummer	24/01/15	3907	Natasha Fairhall	23/01/16	
<b>U/11</b>	100 Metre Run	13.6	Ben Nogajski	11/02/12	13.9	Rachael Massey	11/10/86
	200 Metre Run	26.4	Kelly Radcliffe	21/11/83	29.3	Lisa Farmer	28/11/92
	400 Metre Run	1-04.0	Steve Refenes	27/02/81	1-08.1	Zoe Latham	12/03/11
	800 Metre Run	2-26.8	David Forster	6/03/82	2-36.8	Joanne Pride	23/03/85
	1500 Metre Run	4-53.4	Steve Refenes	27/02/81	5-22.3	Kylie Millar	3/03/84
	1100 Metre Walk	6-35.0	George Davis	15/03/14	6-37.4	Sarah Kelland	28/02/09
	1500 Metre	8-28.3	Steven Stanley	8/11/80	9-	Alison Webster	12/11/94
	60 Metre Hurdles	9.7	John Pearce	2/03/02	10.3	Lauren Allen	2/03/96
	Long Jump	4.85	Kurt Milner	13/12/86	4.56	Jodie Boland	17/12/83
	High Jump	1.48	Andrew Fitzgerald	22/11/97	1.37	Nina Osada-Phornsiri	6/12/08
	Triple Jump	10.05	Matthew Williams	25/11/89	9.31	Louise Trimble	29/02/92
		^10.28	Jett Tall	26/10/13			
	Shot Put	10.57	Franco Kmet	25/11/95	10.91	Tanisha Hardy	20/02/10
	Discus	32.60	Darren Pitchfork	6/02/82	24.66	Natasha Fairhall	12/11/16
	Javelin	20.93	Jeremy Plummer	19/9/15	20.75	Natasha Fairhall	22/10/16
	Multi Event	4084	Adam Bruntsch	24/01/15	4178	Chiara Lillis	24/01/15

#Event no longer contested.

^ Without the take-off mat.

## JUNIORS' RECORDS

Age	Event Name	Boys			Girls		
		Record	Holder	Date	Record	Holder	Date
U/12	100 Metre Run	13.1	Todd Milner	9/11/85	13.5	Jamie Casaclang	24/02/01
	200 Metre Run	27.4	Zan Kukucka	27/02/88	28.2	Jamie Casaclang	03/03/01
		=	Todd Milner	27/02/86			
	400 Metre Run	1-03.2	David Forster	12/03/83	1-06.1	Jamie Casaclang	
	800 Metre Run	2-19.4	Steve Refenes	13/03/82	2-31.4	Joanne Pride	7/12/85
	1500 Metre Run	4-47.8	Michael Todd	14/02/04	5-16.5	Kylie Millar	8/12/84
	1500 Metre Walk	8-10.0	John Graham	1/10/90	8-21.5	Yolanda Hearne	8/11/80
	60 Metre Hurdles	9.7	Brett Jovanovich	4/03/00	10.2	Brooke Matheson	10/03/12
		=	John Pearce	16/11/02			
	Long Jump	5.08	David Forster	12/03/83	4.71	Margaret Gault	9/11/91
	High Jump	1.52	Andrew Fitzgerald	6/02/99	1.47	Nina Osada-Phornsiri	13/02/10
		=	Stuart Williams	18/10/08			
	Triple Jump	10.78	John Pearce	9/11/02	10.10	Kathy Lawson	8/11/86
	Shot Put	11.52	Alan Menin	30/11/85	11.43	Chiara Lillis	26/09/15
	Discus	40.70	Darren Pitchfork	21/01/84	32.00	Chiara Lillis	30/01/16
	Javelin	28.62	Joshua Arcus	14/03/15	25.57	Chiara Lillis	17/10/15
	Multi Event	3938	Benjamin Stevens	28/01/17	3995	Chiara Lillis	23/01/16
U/13	100 Metre Run	12.7	Matthew Crooks	25/10/97	12.9	Rochelle Fernandes	
		=	Sam Hain	19/11/11			23/09/89
	200 Metre Run	26.1	Matthew Crooks	27/09/97	27.1	Jamie Casaclang	1/12/01
	400 Metre Run	1-01.8	Michael Johnson	16/03/96	1-02.6	Jamie Casaclang	23/02/02
	800 Metre Run	2-20.0	Michael Todd	22/01/05	2-29.7	Tara Vance	18/11/06
	1500 Metre Run	4-38.7	Michael Todd	06/11/04	5-28.6	Paulina Peters	27/09/08
	3000 Metre Run	10-12.9	Michael Todd	13/11/04	11-46.8	Georgia Arcus	11/03/17
	1500 Metre Walk	7-55.9	Ben Farley	14/03/87	8-42.7	Sarah Kelland	5/03/11
	80 Metre Hurdles	12.6	John Pearce	15/11/03	13.7	Katrina Lyon	30/11/13
		=	Sam Galati	27/02/16			
	90 Metre Hurdles	#15.0	Brian Chappell	27/02/93	#15.8	Kylie Hannington	28/02/87
	200 Metre Hurdles	28.2	Timothy Spencer	12/12/98	31.2	Alyssa Lowe	27/02/16
	Long Jump	5.56	Todd Milner	13/12/86	4.96	Portia Amy-Wilson	5/12/15
	High Jump	1.58	Ben Nogajski	30/11/13	1.50	Nina Osada-Phornsiri	29/01/11
	Triple Jump	11.28	Scott Rowe	29/10/83	10.28	Louise Trimble	26/02/94
	Shot Put	14.52	Franco Kmet	31/01/98	10.97	Chiara Lillis	24/09/16
	Discus	41.48	Franco Kmet	24/01/98	31.72	Kavitaa Ranjitkumar	15/01/05
Javelin	33.52	Franco Kmet	10/01/97	29.67	Julia Kelland	22/02/14	
Multi Event	2930	Sam Galati	23/01/16	3807	Alyssa Lowe	23/01/16	
U/14	100 Metre Run	12.1	Nikita Marokakis	7/12/02	12.9	Jamie Casaclang	28/09/02
	200 Metre Run	24.9	Matthew Crooks	17/10/98	26.9	Jamie Casaclang	23/11/02
	400 Metre Run	58.6	Harrison Wade	7/12/13	1-02.1	Tara Vance	1/03/08
	800 Metre Run	2-12.4	Harrison Wade	1/03/14	2-30.1	Nicola Bowtell	27/10/12
	1500 Metre Run	4-29.8	Harrison Wade	22/02/14	5-26.6	Alana Kavanagh	22/10/16
	3000 Metre Run	9-43.4	Harrison Wade	18/01/14	11-56.2	Zara Nicholas	13/03/10
	1500 Metre Walk	8-31.1	George Davis	24/09/16	8-25.4	Sarah Kelland	10/03/12
	80 Metre Hurdles				13.36	Alyssa Lowe	15/10/16
	90 Metre Hurdles	13.1	John Pearce	27/11/04	#15.2	Cassie Anguita	29/11/86
	200 Metre Hurdles	27.8	Craig Birdsall	25/01/97	30.06	Alyssa Lowe	24/09/16
	Long Jump	5.73	Ben Cooper	9/12/06	5.08	Nina Osada-Phornsiri	10/09/11
	High Jump	1.75	Ben Nogajski	28/02/15	1.55	Sachi Kayama	19/09/09
					=	Nina Osada-Phornsiri	17/09/11
	Triple Jump	12.48	Cameron Pappas	19/12/09	10.79	Alyssa Lowe	23/10/16
					Portia Amy-Wilson	17/12/16	

**Under 14 records continue on the next page.**

#Event no longer contested.

## JUNIORS' RECORDS

Age	Event Name	Boys			Girls		
		Record	Holder	Date	Record	Holder	Date
<b>U/14 cont.</b>	Shot Put	14.49	Ben Nogajski	7/03/15	11.48	Maddy Bergfield	6/02/10
		#14.74	Franco Kmet	7/11/98			
	Discus	44.68	Franco Kmet	14/11/98	32.04	Maddy Bergfield	31/10/09
	Javelin	41.98	Franco Kmet	7/11/98	34.67	Chloe Davis	11/01/14
					#27.00	Maddy Bergfield	19/12/09
	Multi Event	4006	Ben Nogajski	24/01/15	3613	Sophie Hunter	24/01/15
<b>U/15</b>	100 Metre Run	11.6	Len Pearce	4/03/06	12.7	Merryn Aldridge	9/11/96
	200 Metre Run	23.8	Craig Birdsall	8/11/97	26.2	Merryn Aldridge	26/10/96
	400 Metre Run	53.3	Matthew Crooks	12/02/00	1-00.9	Tara Vance	7/03/09
	800 Metre Run	2-08.3	Harrison Wade	18/10/14	2-25.9	Jamie Casaclang	07/02/04
	1500 Metre Run	4-30.3	Harrison Wade	29/11/14	5-05.7	Kate Spencer	21/11/09
	3000 Metre Run	9-47.7	Harrison Wade	4/10/14	10-49.2	Kate Spencer	31/10/09
	1500 Metre Walk	8-33.1	Brendan Allsopp	13/03/04	8-05.1	Sarah Kelland	16/03/13
	90 Metre Hurdles				13.9	Rachel Neylan	16/11/96
	100 Metre Hurdles	13.5	Craig Birdsall	14/03/98			
	200 Metre Hurdles	#25.4	John Pearce	11/03/06	#29.5	Shannon Arnott	26/01/02
	300 metre hurdles				58.0	Emily Ralph	24/09/16
	Long Jump	6.16	Len Pearce	11/03/06	5.11	Sachi Kayama	16/10/10
	High Jump	1.80	John Sheehan	12/02/00	1.56	Sachi Kayama	22/01/11
	Triple Jump	13.53	Len Pearce	4/03/06	10.67	Hannah Walters	18/03/00
	Shot Put	14.90	Franco Kmet	20/11/99	12.08	Maddy Bergfield	9/10/10
	Discus	47.83	Franco Kmet	27/11/99	34.59	Maddy Bergfield	18/09/10
	Javelin	33.46	Nathan Harrison	29/11/14	32.37	Chloe Davis	17/01/15
		#48.38	Lloyd Parker	03/02/07	#31.08	Maddy Bergfield	5/02/11
		3642	Justin Sunderland	24/01/15	3315	Amy Court	24/01/15
	<b>U/17</b>	100 Metre Run	11.4	Antonio Galati	15/09/12	13.0	Sachi Kayama
200 Metre Run		23.4	Antonio Galati	15/03/14	26.8	Sachi Kayama	22/09/12
400 Metre Run		54.0	Ed Penrose	7/12/13	1-02.0	Nicola Bowtell	28/02/15
800 Metre Run		2-06.3	James Bergfield	29/01/11	2-23.7	Georgia Winkcup	30/11/13
1500 Metre Run		4-28.2	James Bergfield	5/02/11	4-49.3	Kate Spencer	25/02/12
3000 Metre Run		9-59.5	James Bergfield	2/10/10	10-22.7	Kate Spencer	28/01/12
1500 Metre Walk		7-58.4	Brenton Mooney	22/09/12	8-18.2	Sarah Kelland	1/03/14
100 Metre Hurdles					16.78	Katrina Lyon	24/09/16
110 Metre Hurdles		15.2	Jackson Kang	24/09/11			
200 Metre Hurdles		#26.8	Josh Speed	18/09/10	#30.9	Nicola Bowtell	19/12/15
300 metre hurdles		44.0	Daniel Bowtell	03/12/16	52.0	Katrina Lyon	15/10/16
Long Jump		6.70	Ben Cox	29/01/11	5.40	Sachi Kayama	6/10/12
High Jump		1.85	Ben Nogajski	26/11/16	1.55	Veronika Jukic	5/10/13
					=	Bethany Thom	19/10/13
Triple Jump		14.23	Ben Cox	22/01/11	10.70	Kathleen Tay	6/12/08
Shot Put		13.98	Anthony Overton	8/03/14	12.85	Maddy Bergfield	12/01/13
					#10.04	Maddy Bergfield	3/09/11
Discus		41.33	Anthony Overton	8/03/14	40.76	Maddy Bergfield	9/03/13
Javelin		51.49	Lloyd Parker	28/02/09	34.40	Chloe Davis	17/09/16
					#29.94	Maddy Bergfield	3/09/11
	4081	Nicholas Purcell	24/01/15	3968	Nicola Bowtell	24/01/15	

Weight changes in 2014-15: 14B Shot Put down from 4kg to 3kg; 14G Javelin down from 600g to 400g. 15&17G Javelin down from 600g to 500g; 15B Javelin up from 600g to 700g; 17G Shot Put down from 4kg to 3kg.

#Event no longer contested.

## ***JUNIORS' RECORDS***

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Records were established for the under 17 age group in the 2010-11 season, based on performances recorded since the inclusion of this age group in Little Athletics in 2008-09. The under 17 age group is a two year age group and combines u16 and u17 athletes.

## **RYDE ATHLETICS CENTRE INC.**

### **MID-WEEK COACHING PROGRAM**

Mid-week coaching is available to registered Ryde athletes, **under 6s and older**. It is here that athletes can learn the skills and techniques of track and field events from our coaches, as well as participate in a general fitness program. These sessions are not compulsory and athletes may come as often as they wish.

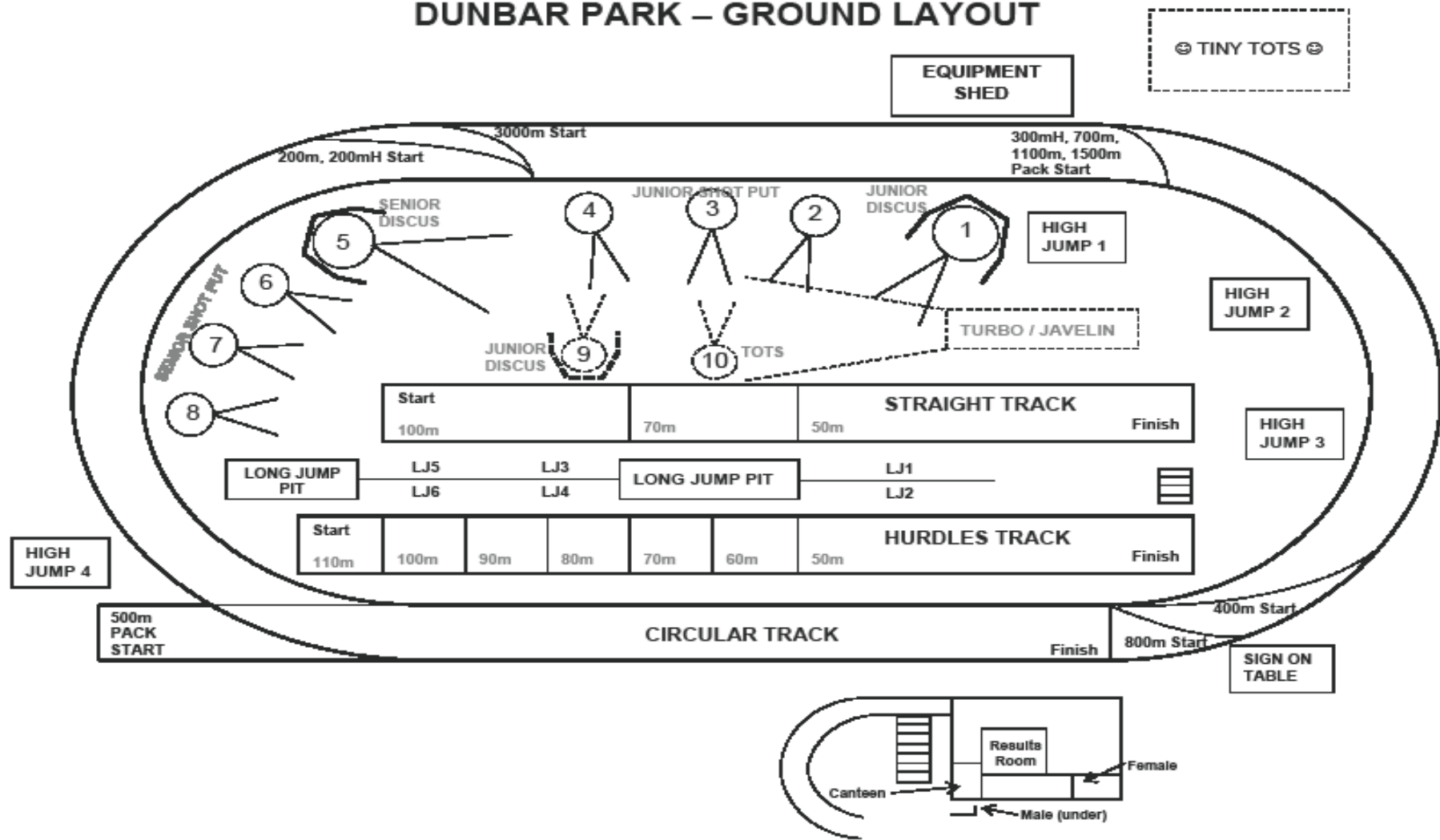
Training is held at Dunbar Park, commencing around the middle of September on Wednesdays from 4.30pm. After daylight saving commences the times are 4.30pm for shot put and discus and 5.30pm for all other events.

When the season commences, please listen for announcements on Saturday mornings, and refer to our website, notice board and "Footprint" (our periodic newsletter) for more details.

Please note that our coaches are very happy to help the athletes improve but a **parent or guardian must attend training to supervise their child/ren, assist with the training activities and help set up and pack away**. Any assistance parents may wish to offer at training sessions to assist the coaches would be greatly appreciated.

We are also very keen to hear from any parents who have an interest in becoming a coach. Please see our website for contact details and let us know if you can assist with, or have an interest in, coaching our Ryde athletes.

# DUNBAR PARK – GROUND LAYOUT



Start	70m	50m	Finish
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**STRAIGHT TRACK**

LONG JUMP PIT	LJ5	LJ3	LONG JUMP PIT	LJ1
	LJ6	LJ4		LJ2

Start	110m	100m	90m	80m	70m	60m	50m	Finish
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**HURDLES TRACK**

