



## AWARDS POLICY

All athletes are eligible for awards providing they compete in 60 % of available competition events. This must include the equivalent of three nights competition (10 competition events) after the Christmas holiday break. Eg **U6-U8** – 9 events, **U9-U11** – 12 events and **U12-U17** – 15 events. (This calculation may be altered depending on the number of nights able to run competition after the Christmas break)

### Age Champion & Runner-Up

The following point score system is used to determine the male and female Age Champion and Runner-Up in each age group. Points are awarded in the following manner on competition recording nights only:

1st in each weekly event receives	5 points
2nd in each weekly event receives	4 points
3rd in each weekly event receives	3 points
4th in each weekly event receives	2 points
All other participants receives	1 point

*Definition: 1st refers to the fastest time in running events and the greatest distance in jumping and throwing events. These results are calculated across the age group, not for a particular heat or group.*

Rules governing the Age Champion and Runner-Up awards:

- At the end of the season points from all competition recording nights are totalled and the athlete with the most points receives the award for Age Champion and the athlete with the second highest point score received the Runner-Up award.
- If two or more athletes gain an equal number of highest points for an age group, then each athlete with that total number of points receives the award for Age Champion.
- If two or more athletes receive the award of Age Champion then no Runner-Up award is presented for that age group.

### Encouragement Award

Points will be awarded in the same manner as for Age Champion.

An Encouragement Award will go to the boy and girl with the third highest score in each age group.

### Most Improved Trophy

A point is awarded every time an athlete improves his/her performance in an event, compared to their previous performances. Points are only awarded on competition recording nights.

The boy and girl in each age group with the most points at the end of the season wins a trophy for Most Improved.

*Note: Age Champion, Runner-up and Encouragement Award winners may also receive the participation award, but are not eligible for the Most Improved Award.*

Rules governing the Most Improved Trophy:

- At the end of the season points from all competition recording nights are totalled and the athlete with the most points received the Most Improved Award.
- If two or more athletes gain an equal number of highest points for an age group, then each athlete with that total number of points received the Most Improved Award.

## **Participation Trophy**

A point is awarded every time an athlete competes in an event on a competition recording night. This award encourages children to compete in all events. The male and female athlete in each age group with the most points at the end of the season wins this award.

To gain a participation point an athlete must make a reasonable attempt to participate in an event.

A reasonable attempt by an athlete is defined as *an athlete who is medically fit to compete at an event and commences the event with the intention of completing it.*

The Committee (comprising at least three members) reserves the right to exclude an athlete from participating in an event, who, in their opinion is not medically fit to compete.

*Note: All athletes are eligible to win the Participation award irrespective of whether they have won another award.*

Rules governing the Participation Trophy:

- At the end of the season points for participating in all available events from competition recording nights are totalled and the athlete with the most points receives the Participation award.
- If two or more athletes gain an equal number of highest points for an age group, then each athlete with that total number of points receives the Participation Trophy

Any athlete who is competing in Region or State Multis or State Championships and would otherwise be able to compete at the Centre competition will be awarded participation points for all the events in that athlete's age group run on that Friday night that they are absent due to the conflicting competition.

## **Under 6 Age group Special trophies**

All under 6 athletes who do not qualify for any of the above trophies shall be presented with a generic trophy recognising their efforts in the Under 6 age group. These trophies will not have individual athlete names on them, only the age group and season.

## **Personal Best Certificates**

Certificates will be awarded to athletes based on the number of Personal Best performances tallied over all recorded events throughout the current season. In all events the first result recorded will not count as a personal best.

- Bronze Certificates will be awarded to athletes who achieve between 10 and 19 personal bests.
- Silver Certificates will be awarded to athletes who achieve between 20 and 29 personal bests.
- Gold Certificates will be awarded to athletes who achieve over 30 personal bests.

All children will be eligible for these awards irrespective of any other awards they may have received.

Should the program be reduced due to bad weather, the number of PB's required may be altered at the discretion of the Committee.

## **Personal Best Event Trophy**

A trophy will be awarded to each athlete who achieves a personal best in an individual event each time that event is held. The result from the first time an athlete does an event is their baseline and every subsequent performance when that event is held must be a personal best to achieve this certificate. eg if shotput is held for the U9 girls five times in the season, then an athlete in that age group must have recorded 4 personal bests in the shotput to be awarded a personal best event trophy.

## **Participation Certificates**

A Participation Certificate will be awarded to each registered athlete who competes in 60 % of available competition events. This must include 10 competition events after the Christmas holiday break.

## **Sprint Handicap Award**

Currently sponsored by McDonalds Padstow, the sprint handicap is run at a time in the season designated by the Committee and athletes from ages 8 up are eligible to contest the Handicap event. This is only awarded in seasons where the Sprint handicap is run.

The trophy is awarded to the athlete from any age group who wins the final sprint handicap race.

## **Multi Event Night Medals**

When a multi-event night is scheduled into the program in a season the medals shall be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each age group (boys and girls) based on the LANSW Multipoints scoring system. The medals shall be awarded at the first competition night held after the Multievent night. The points from this are not included in the points tally for participation or any other awards. Records broken on this night are not counted in the records tally for the Michael Irwin Awards

## **Club Event Champion**

The Club Event Champion will be awarded to an athlete in the U8 to U17 boys and girls age groups combined based on outstanding performance at Centre, Zone, Region and State level.

Athletes in U6 & U7 will not be eligible for event champion awards.

The awards sub-committee will select event champions for each event. They may not always be awarded in each category if no athlete fits the criteria of an outstanding performance.

Event Champion will be open to:

- Long Jump (u8 – u17)
- Triple Jump (u11 – u17)
- High Jump (u9 – u17)
- Shot put (u8 – u17)
- Discus (u8 – u17)
- Javelin (u13 – u17)
- Middle Distance (u9-u17 800m and 1500m combined)
- Long Distance (U13-u17 3000m)
- Sprints (u8 – u17 100m, 200m and 400m combined)
- Hurdles (u8 – u17: 60m, 80m, 90m and 100m only))
- Walks (u9 – u17:700m, 1100m, 1500m )

Should an athlete be deemed eligible for more than one of the above awards, only one trophy will be awarded (larger than that for athletes receiving one award) and it shall have all awards listed, eg. Club Event Champion 2014-15 in High Jump and Long Jump.

### **State Representatives**

All athletes selected to represent RWLAC at the State Championships will be presented with a Centre jacket or suitable alternative at the discretion of the general committee prior to the State Championships competition.

### **Regional Representatives**

All athletes selected to represent RWLAC at the Regional Championships will be presented with a memento prior to the regional competition.

### **State Multi Award**

This will be given to any athlete who achieves the highest to 10 placement in the State Multi Competition.

### **RWLAC Cross Country Championship**

RWLAC athletes will be encouraged to compete in this event run by Illawong Seniors.

The event internally is known as the RWLAC Cross Country Championship

Age Groups will be identified and all athletes from RWLAC competing will be presented with a medal. Any athlete who finishes first in their age group category shall be suitably recognised.

Athletes will need to enter themselves in the fun run, and pay any necessary entry fees.

The fun run will be held on a date and at a venue to be determined by Illawong Senior Athletics Club.

### **Five and Ten Year Service Awards**

Awards are presented to athletes who have completed five and ten consecutive years membership with RWLAC.

After 5 years: a Tee shirt;

After 10 years: a Football jersey/jacket (or similar) and certificate.

### **LAANSW Athlete Service Award**

A certificate is awarded by LAANSW to any U13-17 athlete who has completed a minimum ten years continuous registration with any LAANSW club - proof of registration with other clubs is required.

### **U17 Leaving Gift**

Every u17 athlete who has competed in the U17 age group and is finishing Little Athletics will receive an embroidered towel or suitable alternative as a farewell gift.

## Joan Carroll Memorial Volunteer Award

The original Joan Carroll Award was given to athletes for record breaking performances. As at Season 2014-15 this award has been retired and the Award has been renamed the Joan Carroll Memorial Volunteer Award. This award is presented to a Centre volunteer who has been deemed to have given exceptional service to the Centre in the current season.(eg. an age manager, event manager or any other volunteer) This award should not be presented to Life members. Nominations for this award will be considered by the Committee in February each year.

## Michael Irwin Award for Athletic Excellence

This award is based on a points system taking into account participation and results from Zone through to State competitions as well as ground records for the current season. The leading three points scorers are nominated for this award and the Committee votes on the nominations.

Points are awarded as follows:

Achievement	Points Awarded
Centre Record	1pt (but a record can only be broken once by the same athlete, further 'breaks' to be viewed as improvements)
2 <sup>nd</sup> or 3 <sup>rd</sup> place Zone	2 pts (max 8)
1 <sup>st</sup> place Zone	4 pts (max 16)
Zone record	5 pts
Region 4 <sup>th</sup> -8 <sup>th</sup> place	3 pts (max 12)
Region 2 <sup>nd</sup> or 3 <sup>rd</sup>	5 pts (max 20)
Region 1st	7 pts (max 28)
Region record	8 pts
State 4 <sup>th</sup> -8 <sup>th</sup> place	5 pts (max 20)
State 2 <sup>nd</sup> or 3 <sup>rd</sup>	7 pts (max 28)
State 1st	10 pts (max 40)
State record	15pts
Australian best	25 pts

## Honour Board

The Honour Board recognises those athletes winning medals at the State Championships and is presented when the results are known (preferably at Presentation Night)

Special Note : With the exception of the Honour Board, all awards are presented at the Annual Presentation night. The Honour Board may be presented then also if timing permits between State Championships and Presentation Night. The Michael Irwin Award may be held over if there is any athlete competing at the Australian Championships who may be a contender for this award. This is at the discretion of the Committee.

## Miscellaneous Awards

McDonalds sponsorship of LANSW comes with a pile of McDonalds achievement certificates U6-U8 for 2 PB's on a night, U9-U11 3 PB's on a night and U12-U17 4 PB's on a night and have the age manager's randomly distribute the rest especially in the U6-U11 age groups.

## SUMMARY OF AWARDS

Award	Age Groups Awarded to
Age Champion	u6 to u17, boys and girls
Runner Up	u6 to u17, boys and girls
Encouragement Award	u6 to u17, boys and girls
Most Improved Trophy	u6 to u17, boys and girls
Participation Trophy	u6 to u17, boys and girls
Under 6 Age group Trophy	All U6 athletes who do not win any of the above trophies
Personal Best Certificates	u6 to u17, boys and girls
Personal Best Event Trophy	u6 to u17, boys and girls
Participation Certificate	u6 to u17, boys and girls
Sprint Handicap Award (when held)	u8 to u17 boys and girls
Multi-event Night Medals (when held)	u6 to u17, boys and girls
Club Event Champion	u8 to u17, boy or girl (see criteria)
State Representatives	u9 to u17, boys and girls
Regional Representatives	u8 to u17, boys and girls
State Multi Event Award	u7 to u17, boy or girl
RWLAC Cross Country Championship	u6 to u17, boys and girls
5 Year Service	u10 and over, boys and girls
10 Year Service	u15 to u17, boys and girls
LAANSW Athlete Service Award	u13 to u17 boys and girls
U17 Leaving Gift	u17, boys and girls
Joan Carroll Memorial Volunteer Award	Nominated volunteer
Michael Irwin Award for Athletic Excellence	u9 to u17, boys and girls
Honour Board	u9 to u17, boy and girls

August 2014