



**Revesby Workers'
Little Athletics Centre**

**2020 - 2021
SEASON
HANDBOOK**

ABN 82 845 071 638

www.revesbylac.org.au

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MISSION STATEMENT

"Revesby Workers' Little Athletics Centre promotes fun, fitness and skills development in a friendly competitive environment while encouraging family participation, community spirit and values"

WELCOME

Welcome to the 2020/2021 season. The Revesby Workers' Little Athletics Centre is pleased to welcome new and returning members. The Centre is run by a volunteer Executive Council ("the committee"). The Centre caters for athletes of all abilities in a friendly and supportive environment. We pride ourselves on our high level of parent participation in the running of the Centre's program and we look forward to working with you over the season to provide a full and successful program for every athlete. Every athlete must be accompanied by a parent, guardian or responsible adult when at the ground.

SPONSORS



Revesby Workers' Club

EXECUTIVE COMMITTEE

Position	Name	Email	Mobile
President	Christine Butters	president@revesbylac.org.au	0413 886 431
Vice President	Erin Austin		0404 120 088
Secretary	Jackie Bottrill	secretary@revesbylac.org.au	
Treasurer	Les Rolls	treasurer@revesbylac.org.au	
Registrar	Mikaela Butters	registrar@revesbylac.org.au	0434 024 762
Records & Ranking	Bree McGraw	recording@revesbylac.org.au	
Publicity Officer	Stuart McGraw	publicity@revesbylac.org.au	
Uniform Officers	Leanne Thompson Louise Anthony	uniforms@revesbylac.org.au	0414 912 340
Canteen Manager	Rebecca Taylor		
Equipment Officer	Wayne Hunter		
Championships Officer	Belinda Delacour-Batch	championships@revesbylac.org.au	0419 283 728
Coaching Officer	Peter Bottrill	coaching@revesbylac.org.au	0407 904 146
Officer for Officials			
General Committee	Christopher Batch Phoebe Bottrill Luke Glas Richard Newton Anthony Tahhan Mitchell Wise		
Revesby Workers Club Liaison Director	John Rodwell		0449 733 830

LIFE MEMBERS

Year	Member
1995/1996	John Rodwell
1998/1999	Wal Kelleway
1999/2000	Kevin Channells
1999/2000	Sue Channells
1999/2000	Michael Irwin* (Dec)
2000/2001	Vince Nevin
2004/2005	Barry Butters
2007/2008	Christine Butters
2009/2010	Frank Scott
2016/2017	Rebecca Taylor, Sharon Korremans, Mike Korremans

PATRONS

Alan Ashton RWC Patron
Daryl Melham RWC President

HONORARY AUDITOR

Wal Kelleway

GENERAL INFORMATION**FIRST NIGHT OF THE SEASON**

We will commence this year on **Saturday 12th September 2020** at 2pm. We will run three Saturday afternoon sessions for those able to attend. They will be recorded but no points will be allocated. We will then commence Friday night recorded competition on Friday 9th October at 6pm. Due to the changes brought about by Covid-19 and the delay in winter sport finishing the format changed for this year only. The Saturday afternoon sessions are ideal for all athletes both new and returning. We will use the opportunity to teach skills to both athletes and parents. Parents will be taught how to use timing and starting equipment as well as being shown how to record results and understand the rules for each event. **NB: Uniform sales and registrations will be available from 1.30pm until 2pm each of the three Saturdays.**

FRIDAY NIGHT EVENTS

It is our aim to commence events promptly at 6.30 pm. Some events start at 6.10pm for older athletes. To enable this to happen please ensure you are at the ground by 6 pm for adults to scan the QR attendance code and athletes to meet their age manager and get their attendance recorded. Any parent who is able to get to the grounds by 5pm is more than welcome to assist us with setup. Age managers, starters, track recorders and event managers need to be ready at 6.00 pm. Parents who have signed up for a parent duty also need to be present and have their helpers vest and be at the event by 6.20pm ready for the athletes to commence competition. (Refer to the '*PARENT & ATHLETE PARTICIPATION & RESPONSIBILITIES*' and the '*ROSTER SYSTEM* for *PARENT HELPERS*' sections.)

On some Friday nights throughout the season there are no events held due to holidays and Championship events. Please refer to the '*SEASON CALENDAR*' at the end of this handbook.

REGISTRATION FEES

	Registration Fees
1 athlete	\$115.00
2 athletes	\$220.00
3 athletes	\$315.00
4 athletes	\$400.00

All new registrations must produce one of the following when registering as proof of age; original Birth Certificate, Hospital Blue Book or Passport. Athletes must be siblings/step siblings in one family to be eligible for multi athlete pricing structure.

INSURANCE

Athletes and officials are covered by insurance taken out by the Little Athletics NSW (LANSW). For insurance purposes, it is important that all parents sign on in the age group folders. All parents rostered on to assist must also sign on the parent roster. Any incidents should be reported to the canteen.

CONDUCT

The committee reserves the right to remove an athlete from competition if the athlete's behaviour is deemed to be dangerous or disruptive to other athletes or to the running of the nightly program. Refer to the section on '*PARENT & ATHLETE PARTICIPATION & RESPONSIBILITIES*'.

CANTEEN FACILITIES

The Centre operates a canteen on each competition night. Hot foods, drinks, snacks, tea/coffee and lollies are available. A barbecue also operates. All profits go to the Centre.

AGE MANAGERS

One or two Age Managers are appointed for each boys' age group and each girls' age group at the start of the season. (Groups with small numbers will only have one age manager and some of the older age groups may share a manager between the boys and girls depending on numbers). Due to changes around Covid-19 restrictions they will be responsible for checking athlete attendance for their relevant age group, for marshalling athletes and for ensuring athletes practice hand hygiene and social distancing as much as possible. Age Managers are an athletes/parents first point of contact if you have any questions. Should you wish to volunteer for this role in an age group please indicate when you register your child or let one of the Committee members know soon after. Some age groups are combined if the numbers are not large and thus an age manager in these groups would be responsible for the combined age groups and ensuring they **stay together and compete together**. **All Age Managers will be required to provide a valid Working With Children Check** And send details to president@revesbylac.org.au.

They will also need to complete an online Covid-19 Infection Control Course: <https://covid-19training.gov.au/login>

and submit the certificate to the secretary@revesbylac.org.au prior to assuming the role of Age manager

WEEKLY RESULTS

Families will be given a family logon for Results HQ which is the recording program we use. You will be able to view your child's results as soon as they are available by going to the website <https://www.resultshq.com.au>

CENTRE NEWSLETTER

A Centre newsletter will be produced regularly during the season to keep all athletes up to date with Centre news. It also provides information about LANSW Championships, gala events held at other Little Athletics centres, coaching camps and officials courses. If you have any suggestions for items to include in the newsletter please contact the Centre's Publicity Officer. The Newsletter will be available on the website and a limited number are printed and available at the Centre.

CENTRE NOTICEBOARD

The Centre noticeboard is where information and entry forms for championship events, gala days, coaching camps and courses is pinned. The noticeboard is placed near the announcing table each Friday night. It is recommended that everyone check the noticeboard on a regular basis.

CENTRE RECORDS

Centre records for all ages and events are kept at the Clubhouse and are also accessible on Results HQ. These records are updated during the season as records are broken and verified. Centre Record Certificates are presented at the end of the season for all new records set. New records may only be set on centre competition nights.

CENTRE POLICIES

A full copy of Centre policies, including the Awards Policy is kept in the Clubhouse and are also accessible on our website. If you have any questions please speak to a committee member. To be eligible for end of season awards athletes must compete in **at least 60%** of timetabled events including three competition nights after the Christmas break and parents (guardians) must nominate for and complete at least 7 nights of duties throughout the season.

CENTRE WEBSITE

The centre's website address is www.revesbylac.org.au. The website contains the same information that is in this handbook plus newsletters and historical items.

FACEBOOK

Our centre has its own Facebook page where news and information is communicated to our community. We also use this platform to celebrate the achievements of our athletes and highlight upcoming events. To find us, search Revesby Workers LAC on Facebook, like our page and you will begin to receive notifications about our centre. You can also ask questions on our page and share the athletic achievements of your own children on here.

COMMITTEE MEETINGS

Revesby Workers' Little Athletics Centre Executive Committee conducts regular meetings each month to plan, organise and implement all facets of athletics and to conduct business associated with the running of the Centre. Meetings are held at Revesby Workers' Club, Tarro Avenue, Revesby and commence at 7.00pm. No meeting to be held in January 2021. The Annual General Meeting will be held on Monday 10th May 2021. Parents and guardians are welcome to attend all meetings. We strongly encourage all age managers/assistant age managers to attend Executive meetings as your input is valued in the running of our Centre.

Executive Committee meeting dates for 2020-2021
Monday 14th September 2020
Monday 12 th October 2020
Monday 9th November 2020
Monday 7th December 2020
Monday 8th February 2021
Monday 8 th March 2021
Monday 12 th April 2021
AGM Monday 10th May 2021 7.30pm

WET WEATHER

In the event of wet weather a decision will be made on the running of competition by 5pm. As soon as a decision is made this will be communicated via the website www.revesbylac.org.au or an email.

It will also be posted on our Facebook page. Should the competition be rained out, the competition scheduled for that night will be conducted at the end of the season, time and weather permitting. In inclement weather events may be varied at the discretion of the committee taking into account safety aspects.

UNIFORMS

Our Centre uniform has been approved by LANSW and must be worn by all athletes on each competition night and is compulsory at all Little Athletics NSW Championship Events.

Our Centre uniform is as follows:

Maroon and white singlet with maroon shorts, OR

Maroon and white singlet with maroon bike pants, OR

Maroon and white crop top with maroon bike pants.

Plain black bike pants or compression shorts with black stitching may be worn underneath the maroon shorts. A plain white or neutral colour T-shirt may be worn underneath the singlet top for sun protection or for warmth. All numbers & patches must be visible otherwise athlete will need to tuck tops in. The committee is currently investigating uniform options with a view to updating the Centre uniform for next season.

REGISTRATION NUMBER

Registration numbers **must** be displayed on the front of the singlet or crop top and **must have the border visible. All athletes will be issued with one registration number.**

Athletes from U12-U17 who wish to compete in senior competitions will need to register with Athletics NSW <https://www.nswathletics.org.au/get-involved/membership/> and nominate their preferred Senior Club (preferably Illawong Revesby Senior Athletics Club). They will then be issued with a separate registration number for senior competitions.

AGE PATCH

Age patches must be displayed on the top **LEFT** side on the front of the singlet **or** on the bottom **LEFT** side on the shorts or bike pants. All printing on the age patch must be visible.

Coles patches must be displayed on the top **RIGHT** side of the front of the singlet.

FOOTWEAR

Footwear is compulsory for all competitors in all events.

Spike shoes must not be worn in any Under 6 to Under 10 event.

Competitors in Under 11 to Under 12 age groups may wear spikes in events run entirely in lanes and also for Long Jump, Triple Jump, High Jump and Javelin.

Competitors in Under 13 to Under 17 age groups may wear spike shoes in all events except Walks.

Spike shoes must only be worn during the event and must be put on and taken off at each event. For information about spiked shoes please refer to the LANSW website as follows: <https://lansw.com.au/rules-of-competition/>

TRAINING

At the time of writing we currently have a level 3 middle distance coach and 2 level 2 Club coaches based at our Centre. Coaching sessions are \$2 each paid to the Centre. Athletes can also attend Illawong LAC at The Ridge (Barden Ridge) several evenings a week for instruction in several different athletic disciplines. We will be having coaching in middle distance running events on Tuesdays and Thursdays in September at 4.45pm (TBC). There will also be sprint training on Tuesdays at 4.45pm. Please enquire at the Centre for more information on these coaching session. Other coaching sessions will be notified as soon as they are known.

OFFICIALS COACHING COURSES

Interested parents and guardians are encouraged to attend officials / coaching courses run by LANSW. For more information please check the noticeboard or refer <https://lansw.com.au/coaching-education-workshops/>.

PARENT & ATHLETE PARTICIPATION & RESPONSIBILITIES

Children cannot be dropped off at RWLAC and left unattended. They must be accompanied by a responsible adult at all times.

(In this section, 'parent' means 'parent, guardian or nominated responsible adult' and 'centre' means 'Revesby Workers' Little Athletics Centre'.)

As a voluntary organisation, Revesby Workers' Little Athletics Centre is reliant on parent and guardian participation for the safe and efficient running of each night's program. There are no paid officials. We are all volunteers.

1. A parent must be in attendance while their athlete is competing

Should an athlete become ill or be injured, a person able to make decisions for the athlete must be available at the venue.

An athlete will only be allowed to compete when that athlete's parent (or responsible adult) has scanned the QR code for attendance and the child has reported to the age manager.

Should any athlete attend without a parent (or responsible adult), that athlete will be required to sit aside from competition until the adult responsible for that athlete reports to a Centre official and scans in.

Should the behaviour of any athlete be considered dangerous to other competitors or themselves or generally disruptive to the running of an event, a parent (*or responsible adult*) will be required to take control of the athlete in question.

Should the athlete's poor behavior continue, the parent (or responsible adult) would then be required to remove the athlete for the remainder of the evening's events.

2. Athletes and parents must arrive for competition evenings no later than 6:00pm, events will start at 6:30pm sharp. (Week 1 3000m for U13-U17 starts at 6.10pm, Week 2 1500m for U11-U17 starts at 6.10pm and Week 3 Walks will start at 6 pm for U9-U17)

To ensure that competition evenings do not run too late it is important that the program starts on time and runs smoothly.

In order to allow sufficient time for the marking of age group attendance for the athletes it is essential that everyone is available no later than 6:10pm. Athletes will be called to the marshalling area at this time.

Events will begin at 6:30pm sharp regardless of attendance. Late arrivals will not be allowed to compete until they have reported to the age manager and the athlete's parent has scanned in to the QR code for attendance.

3. A parent must assist with the running of events on a rostered basis and when not on roster must not be anywhere on the field of competition. The field of competition is the fenced oval and all the field event areas. The boundary of the spectator area will be the path leading to the field event area.

It is a requirement of Revesby Workers' Little Athletics Centre that at least one parent of a registered athlete assists in the running of events on at least 7 competition nights in the season. Each family will be able to choose their rostered nights and duties through an app called Signup. On the weeks when parents are not rostered to an event they are not able to follow the age group around due to the Covid-19 restrictions in place and must maintain social distancing in the spectator areas. **Athletes will not be eligible for end of season awards if their parent has not completed at 5 duty sessions in the season.** Some parents may choose to nominate as an age manager or assistant and will be expected to accompany their age group every week of competition.

Participation of parents will be monitored through the Sign up app..

Continual breaches of the above requirements may result in discontinuation of that athlete's membership and may put in jeopardy that athlete's eligibility for end of season awards. Such a decision will be at the discretion of the Revesby Workers Little Athletics Centre Committee.

4. The committee will decide on eligibility for participation points.

One participation point is awarded to each athlete for each event that they participate in. **Participation, for the purpose of awarding participation points, is defined by the Centre as “a serious attempt by an athlete to compete in an event in which that athlete is medically fit to compete”.**

This means that an athlete who is considered to have entered an event with no intention of making a reasonable attempt to compete **to their ability**, or who is too sick to compete, or who has an injury which would prevent them from making a serious attempt or who has an injury that would be badly aggravated by competing, will not receive a participation point for that event. The committee will decide on eligibility for participation points.

ROSTER SYSTEM for PARENT HELPERS

The athletics programme cannot run without a large amount of parental assistance from week to week. This season we will be running a roster app whereby one parent from each family must nominate to assist at an event at least five times in the season. They must stay with that event until completed for the evening and assist with packing up of that event.

We also require at least 15 people each week to fill the key positions of track and field officials and assistants. Having these key positions filled with regular and experienced people should help to get the events underway on time and also maintain order and consistency. The duties are:

- 3 Track Starters
- 3 Track Recorders
- 4 Field Event Managers (Shot Put, Discus/Javelin, High Jump and Long/Triple Jump)
- 3 Extra Assistants (Announcing /Sign-on Table & 2 for Canteen/bbq)
- 2 Data entry operators (entering results as they become available throughout the night)

Should you wish to undertake one of these key roles please let a Committee member know at sign on or on the first night. Any parent can complete a Level 1 judging certificate for one of these key roles and we will be promoting this throughout the season.

All other parents who are not Age Managers and do not have one of the above positions are required to nominate on the Signup App to assist at an event. You will be needed as timekeepers for some track events and to assist with measuring, retrieving and recording, etc. at all field events. There may also be assistance required in the Canteen, in Data entry and at the BBQ each week. If you are not rostered or an age manager then you are welcome watch from the spectator area and must not enter the competition area.

All families will be issued with a coloured vest and we ask that you bring this when you have nominated to do a rostered duty.

SUMMARY OF AWARDS

The majority of awards are presented at a presentation evening at the end of the season. A full copy of the Awards Policy is kept in the Clubhouse. If you have any questions please speak to a committee member. To be eligible for end of season awards athletes must compete in at least 60% of available events including three competition nights after the Christmas break and parents (guardians) must complete at least 5 rostered duties throughout the season.

REGISTRATION AGES for 2020/2021

Month	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Jan	17	17	15	14	13	12	11	10	9	8	7	6
Feb	17	17	15	14	13	12	11	10	9	8	7	6
Mar	17	17	15	14	13	12	11	10	9	8	7	6
Apr	17	17	15	14	13	12	11	10	9	8	7	6
May	17	17	15	14	13	12	11	10	9	8	7	6
Jun	17	17	15	14	13	12	11	10	9	8	7	6
Jul	17	17	15	14	13	12	11	10	9	8	7	6
Aug	17	17	15	14	13	12	11	10	9	8	7	6
Sep	17	17	15	14	13	12	11	10	9	8	7	6
Oct	17	17	15	14	13	12	11	10	9	8	7	6
Nov	17	17	15	14	13	12	11	10	9	8	7	6
Dec	17	17	15	14	13	12	11	10	9	8	7	6

LANSW SPECIAL EVENTS

STATE RELAY CHAMPIONSHIPS **have been cancelled for 2020-21 season due to COVID-19 restrictions**

ZONE CHAMPIONSHIPS **To be confirmed**

11th-13th December 2020 at Sylvania Waters Athletics Field. To be confirmed.

There will be a limited number of events on Friday 11th from 6 pm and then the remainder of the Carnival will run over Saturday and Sunday.

(Nominations: **Closing date 6.11.20 at the Centre**) The cost to enter the Zone championships is \$15 per athlete as well as a \$20 per family roster bond (refunded when parents have completed their rostered duty at Zone/Region/State as required).

The Zone Championships is a two & 1/2 days event where athletes from the seven centres in our Zone compete against each other. This championship is for **U7 to U17** athletes, including those with disabilities.

The other centres in our Zone are: Bundeena, Illawong, St George, Sutherland, Port Hacking and Helensburgh.

An athlete may nominate up to four events to compete in. (U7-U11) or up to six events (U12-U17).

Finalists receive a Zone Certificate. Qualifying athletes from **U8 to U17** proceed to the Region Championships.

U7 placegetters are awarded medals as they do not compete beyond this level of competition.

REGION CHAMPIONSHIPS **To be confirmed**

6th and 7th February 2021 at Sylvania Waters Athletics Field. To be confirmed..

The Region Championships is a two day event where qualifying athletes from the various Zone Championships compete. This championship is for **U8 to U17** athletes, including those with disabilities.

Multiclass athletes must compete at Region to qualify for State. These athletes will nominate for Region through LANSW website. All finalists receive a Region certificate. Qualifying athletes from **U9 to U17** proceed to the State Championships. **U8** placegetters are awarded medals as they do not compete beyond this level of competition. The Centre pays entry fees for all Region participants.

STATE MULTI-EVENT CHAMPIONSHIPS. **To be confirmed**

The 2021 State Multi-Event Carnival will be held in a regional area on Saturday 6th March & Sunday 7th March 2021. To be confirmed.

Entries (online only) <https://lansw.com.au/state-multi-event-championships/> Closing date with LANSW Wednesday 10th February

The State Multi-Event Championship is a two day event for athletes from all over NSW in the U7 to U17 age groups.

All athletes in the same age group compete in the same events and receive points for their performances. After all the events are completed, the points are totalled to determine the placegetters.

Medals are awarded to the first three placegetters in each age group with all other competitors receiving a certificate.

STATE CHAMPIONSHIPS **To be confirmed**

20th-21st March 2021 at Sydney Olympic Park Athletic Centre. The State Championships is a two day event where qualifying athletes from the various Region Championships compete. This championship is for **U9 to U17** athletes, including multiclass athletes.

Medals are awarded to 1st, 2nd and 3rd placegetters. Finalists receive a State certificate. Qualifying athletes from U13 and selected U15 athletes proceed to the Australian Championships.

STATE ROAD WALK CHAMPIONSHIPS

Date and Venue to be advised. Usually June 2021

The Road Walk events are for U9 to U17 athletes.

STATE CROSS COUNTRY CHAMPIONSHIPS

Date and Venue to be advised. Usually July or August 2021.

The Cross Country event is for athletes U7-U17.

Please read the centre newsletter or check the noticeboard for more details of all events.

Also refer to www.lansw.com.au

THREE WEEK PROGRAM 2020-2021 (To be confirmed depending on registration numbers)

WEEK 1

Ages	6:00 Events*				
6		On Track	70M	On Track	
7		100M	On Track	Discus	
8		60M Hurdles	Shotput	700M	
9		60M Hurdles	Long Jump	200M	Shot Put
10		200M	60M Hurdles	High Jump	800M
11		High Jump	80M Hurdles	Discus	800M
12		Shotput	80M Hurdles	800M	Long Jump
Snr Girls	3000M	Discus	200M	High Jump	Short Hurdles
Snr Boys	3000M	Javelin	200M	Long Jump	Short Hurdles

WEEK 2

Ages	6:00 Events				
6		On Track	Discus	On Track	
7		500M	On Track	50M	Shotput
8		70M	200M	Long Jump	400M
9		High Jump	70M	100M	400M
10		Long Jump	70M	Discus	100M
11	1500M	Long Jump	200M	Shotput	
12	1500M	200M	Javelin	High Jump	
Snr Girls	1500M	Long Hurdles	Shotput	400M	Long Jump
Snr Boys	1500M	Long Hurdles	High Jump	400M	Shot Put

WEEK 3

Ages	6:00 Events				
6		On Track	Shotput	On Track	
7		200M	On Track	70M	Long Jump
8		Discus	100M	HJ (Skills)	
9	700M Walk	Discus	100M	800M	
10	1100M Walk	100M	Shotput	400M	
11	1100M Walk	Triple Jump	100M	400M	Javelin
12	1500M Walk	400M	Triple Jump	100M	Discus
Snr Girls	1500M Walk	Javelin	100M	Triple Jump	800M
Snr Boys	1500M Walk	100M	Triple Jump	800M	Discus

- This program is subject to modification depending on registered numbers in each age group however all athletes will compete in all events listed over the three week period.
- This season we are very grateful to once again have the assistance of some of our past parents to judge the walks. To facilitate the smooth running of this event walks will be run at 6.10 pm on the week three night and there will be three races, a 700m, 1100m and 1500m with age groups combining within these distances. We encourage any athletes intending to enter the walks at Zone championships or any serious about the walks event to compete in this.
- We will also run the 1500m & 3000m at 6.10pm on their respective weeks.
- (NR) = Non Recording Event – Any events marked as Non-recording are run to give the athletes some exposure and coaching in these events and athletes are encouraged to participate in these events.
- Athletes will be given a participation point only if they participate in the event. A recording sheet will be provided to record participation but results will not be recorded in our system.
- Highlighted Events will not be recorded until after the September school holidays so we have had an opportunity to instruct them. Recording sheets will be printed for these events and athletes will gain a participation point for attempting them.
- On-Track sessions are designed to teach the younger athletes skills to facilitate their ability to compete in the various events.
- The Program for the Under 6 and Under 7 athletes will be modified at the beginning of the season to incorporate ON TRACK skills sessions. As the season progresses we will add in more recorded events for these athletes. Athletes will receive participation points for all scheduled events they participate in including those non-recorded events and On Track Sessions from October onwards.
- Events may be varied at the discretion of the committee.

Please Check the Centre Noticeboard for updated Weekly Program sheets as these may change once registration numbers are known.

CENTRE SEASON CALENDAR

DATE	DAY	EVENT	NOTES	DETAILS
12.9.20	Saturday	Competition	1st Recording	No points allocated
19.9.20	Saturday	Competition	2nd Recording	No points allocated
26.9.20	Saturday	Competition	3rd Recording	No points allocated
2.10.20	Friday	School holidays	Long weekend	No Little Athletics
9.10.20	Friday	Competition	4 th Recording	
16.10.20	Friday	Competition	5 th Recording	
23.10.20	Friday	Competition	6 th Recording	
30.10.20	Friday	Competition	7 th Recording	
6.11.20	Friday	Competition	8 th Recording	ZONE NOMINATIONS close
13.11.20	Friday	Competition	9 th Recording	
20.11.20	Friday	Competition	10 th Recording	
27.11.20	Friday	Competition	11 th Recording	
4.12.20	Friday	Competition	12 th Recording	
11-13.12.20	Friday-Sunday	Zone Championships at Sylvania	Nominations U7 – U18	Closing Date At the Centre 6.11.20
18.12.20	Friday	Competition	13 th Recording	
25-12.2020-8.1.2021		No Events		Christmas & New Year Break
15.1.21	Friday	Competition	14 th Recording	
22.1.21	Friday	Competition	15 th Recording	
29.1.21	Friday	Competition	16 th Recording	
5-7.2.21 TBC	Saturday-Sunday	Region Championships At Sylvania	Zone Qualifiers U8-U18	By qualification from Zone
12.2.21	Friday	Competition	17 th Recording	
19.2.21	Friday	Competition	18 th Recording	
26.2.21	Friday	Competition	19 th Recording	
5.3.21	Friday	Competition	20 th Recording	
6-7.3.21	Saturday-Sunday	State Combined Event Carnival TBC	U7-U18	Entry online at LANSW Closes 10.2.21 TBC
12.3.21	Friday	Competition	21 st Recording	Recording TBC Last Night
20-21.3.21	Friday-Sunday	State Championships at Homebush	Region Qualifiers U9 – U18	By qualification from Region
26.3.21	Friday	Presentation Night TBC	ALL	Venue TBA
25.4.2021	Saturday	ANZAC DAY MARCH & SERVICE Revesby Workers' Club	All athletes & parents	RWC Annual ANZAC day event attended by all sporting bodies.
TBA	Sunday	State Cross Country & Road Walks	U7-U18 Cross Country U9-U18 Walks	TBA

The Season Calendar is subject to change at the Committee's discretion. Any changes will be notified via website.