



**Revesby Workers'
Little Athletics Centre**

**2024-25
SEASON
HANDBOOK**

ABN 82 845 071 638

www.revesbylac.org.au

Sponsored by Revesby Workers' Club



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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”

OUR CENTRE

The Revesby Workers’ Little Athletics Centre is run by a volunteer 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.

SPONSORS



Revesby Workers’ Club

WELCOME

Welcome to the 2024-25 Little Athletics season at Revesby Workers' Little Athletics Centre (RWLAC).

This is an exciting season for our Centre as we return to our new home at Kelso North. This is also an exciting season for me as I step into the role of President, and I aim to ensure that each athlete leaves the grounds with a smile on their face and is happy to return next week. This season is an Olympic year, and we anticipate another record in terms of registration numbers. To ensure each athlete has the best experience:

- We have capped the registration numbers for each age group to ensure the groups are manageable.
- Our 3-week program has been reviewed and changed based on our learnings from last season.
- We commit to reviewing the program after the first 3 weeks of competition, aiming to improve any major holdups or logistical issues.

Our aim is to encourage athletes to participate and improve their skills within their own abilities, whilst creating friendships. Athletes love to run, jump and throw and have a good time with their friends. At Little Athletics the emphasis is on being your best. Please do not ever lose sight of this!

We are a Centre of volunteers. We only exist because of the hard work that many people put in. Throughout the season, many of you will have the opportunity to assist in various ways. I ask you to please come forward and offer your help as it is the only way we can continue to build and run our successful Little Athletics Centre. Please note: it is a requirement that all athletes have a parent or nominated guardian at the grounds at all times.

We have a Centre website, www.revesbylac.org.au and a newsletter that will keep you up to date with things 'around the track'. Our website will be the main source of information for our members. It contains all the information you need to know about our Centre. We also have a Facebook page, please check this regularly for information and updates. Important week by week information is also sent out by email and you should check this regularly, including your spam folder as sometimes emails end up in the wrong place. If you have not received an email within 3 weeks of the season starting, please reach out to us, so we can double check your email address.

If at any stage during the season you have any questions or queries please don't hesitate to come and see me or anyone from the committee, we will be more than happy to assist you.

See you on Friday night!

Erin Austin
President
RWLAC

COMMITTEE

Position	Name	Email	Mobile
President	Erin Austin	president@revesbylac.org.au	0404 120 088
Vice President	Stuart McGraw	revesbyworkerslac@gmail.com	
Secretary	Jackie Bottrill	secretary@revesbylac.org.au	
Treasurer	Carolyn Poole	treasurer@revesbylac.org.au	
Registrars	Siobhan Mackenzie Glynis Warner	registrar@revesbylac.org.au	
Records & Ranking	Bree McGraw	revesbyworkerslac@gmail.com	
Publicity Officer	Stuart McGraw	revesbyworkerslac@gmail.com	
Uniform Officer	Belinda Delacour- Batch	uniforms@revesbylac.org.au	0419 283 728
Canteen Manager	Rebecca Taylor		
Equipment Officer	Mitchell Wise		
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	Christine Butters	bjcmbutters@yahoo.com.au	0413 886 431
General Committee	Christopher Batch Sara Brennan Luke Glas Carmel Hanna Bao Ho Carissa Sharpe Bridie Treloar Maria Xafellis		
Revesby Workers Club Liaison Director	TBA		

The Executive Committee is the President, Vice President, Secretary, Treasurer and Registrars

LIFE MEMBERS

Year	Member
1995-1996	John Rodwell
1998-1999	Wal Kelleway
1999-2000	Kevin Channells, Sue Channells, Michael Irwin* (Dec)
2000-2001	Vince Nevin
2004-2005	Barry Butters
2007-2008	Christine Butters
2009-2010	Frank Scott
2016-2017	Mike Korremans, Sharon Korremans, Rebecca Taylor
2020-2021	Mikaela North
2023-2024	Erin Austin, Jackie Bottrill, Peter Bottrill, Anthony Tahhan

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 **Friday 6th September** at 6:00 pm. The first week will be an orientation and instruction week. Our Friday night recorded competition will commence on Friday 13th September.

On the Orientation night (6th September) 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 5:30 pm- 6:00 pm each Friday until the October school holidays.

FRIDAY NIGHT EVENTS

This season all 6's, 7's and 8's athletes will commence promptly at 6:00 pm going directly to a field event. All other athletes (9's – 17's) will commence events at 6:30 pm. Some events (3km, 1500m and walks) will start at 6:00 pm for older athletes and these will be indicated in the season program.

To ensure events get started on time please ensure you are at the ground by 6:00 pm to enable athletes to meet their age manager and get their attendance recorded. Age managers, starters, track recorders and event managers need to be ready at 6:00pm. Parents who have signed up for a parent duty on a field event (shot put, discus and long jump) need to be present and have their volunteer vest at the event by 5:55 pm ready for the athletes to commence competition. All other parent helpers need to be ready and at their event at 6:20 pm 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 school holidays and Championship events. Please refer to the 'SEASON CALENDAR' at the end of this handbook.

REGISTRATION FEES

	Early bird (Registered in August)	Registration from 1 September
Tiny Tots	\$100.00 per athlete	\$100.00 per athlete
6's - 17's	\$150.00 per athlete	\$170.00 per athlete

This season we are again running a Tiny Tots age group. **This is only open to athletes who turn 5 in 2025 (ie born in 2020) AND only if they have an older sibling registered with our Centre.**

All new registrations must produce one of the following when registering as proof of age; original Birth Certificate, Hospital Blue Book or Passport.

INSURANCE

Athletes and officials are covered by insurance taken out by Little Athletics NSW (LANSW). For insurance purposes, it is important that all parents sign on when they have opted for a rostered duty, or in the case of Age Managers they should sign the athlete attendance sheet. 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 will be operating a canteen on each competition night. Hot foods, drinks, snacks, tea/coffee and lollies will be available. A barbecue will also operate. All profits go to the Centre. Cash and EFTPOS payments are accepted.

CENTRE NOTICEBOARD

The Centre noticeboard is where information and entry forms for championship events, gala days, coaching camps and courses are pinned. It is recommended that everyone check the noticeboard on a regular basis.

AGE MANAGERS

Age Managers are appointed for each boys' age group and each girls' age group at the start of the season. The number of Age Managers will depend on both 1) the age of the athletes and 2) the number of athletes in the group. Age managers will be responsible for checking athlete attendance for their relevant age group, for marshalling athletes and assisting and encouraging athletes to participate. Age Managers are an athletes/parents first point of contact if you have any questions.

If you wish to volunteer to be an Age Manager, please contact the Officer for Officials who will advise you of the nomination process for all Age Managers for the 2024-25 season. All Age Managers will be required to provide a valid Working with Children Check.

We encourage any parent to volunteer to be an Age Manager, but we are adamant that all Age Managers must ensure they are always promoting our 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*" at every event and with every athlete in the age group.

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 athlete'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 and families 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 our Publicity Officer. The Newsletter will be available on the website and emailed to families. If you are not receiving emails from us, please let us know.

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 3 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 Little Athletics Centre' on Facebook, follow 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 athletes. We strongly recommend you join our Facebook page as this is where you will get any last-minute change details.

PARENT COMMUNICATION

Regular communication to our parents is made by email. Please check regularly and if not receiving emails check your spam folder. If no emails are being received, then please let our Secretary or President know by emailing us so we can ensure you are receiving all the communication necessary.

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 7:00 pm (no meeting is held in January 2025). The Annual General Meeting (AGM) will be held on Monday 12th May 2025. Parents and guardians are welcome to attend all meetings. We strongly encourage age managers to attend Committee meetings as your input is valued in the running of our Centre.

Committee meeting dates for 2024-25
Monday 9th September 2024
Monday 14th October 2024
Monday 11th November 2024
Monday 9th December 2024
Monday 10th February 2025
Monday 10th March 2025
Monday 7th April 2025
AGM Monday 12th May 2025 7:30pm

WET WEATHER

In the event of wet weather, a decision will be made on the running of competition by 5:00 pm. 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 during the season, time and weather permitting. In inclement weather events may be varied at the discretion of the committee after taking safety aspects into account.

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 when representing RWLAC. Athletes not wearing full uniform at Friday night competition will not be eligible for performance points for that night's competition. This will be enforced following the October school holidays.

Our Centre uniform is as follows:

Top:

- RWLAC singlet OR
- RWLAC crop top

Bottom:

- RWLAC shorts OR
- RWLAC tights

Plain black tights or compression shorts with black stitching may be worn **underneath** the RWLAC shorts or RWLAC tights. A plain white or neutral colour T-shirt may be worn underneath the RWLAC singlet or RWLAC crop top for sun protection or for warmth. All numbers and patches must be visible.

Athletes may wear jumpers/jackets over their uniforms in the colder months, however when competing (running, throwing or jumping) the jumper/jacket must be taken off. It can be put back on straight after the attempt is completed.

Please note: athletes competing in Walks events must have their knees visible, for judging purposes and any clothing that covers the knees must be removed. If an athlete is covering their knees for religious reasons, then the material covering the knee must be tight enabling the walks judges to confirm the athlete is performing the correct walks technique.

Tiny Tots do not need to have a uniform and can wear plain shorts, a plain t-shirt and joggers, but still need to have all numbers and patches visible.

REGISTRATION NUMBER

Registration numbers **must** be displayed on the front of the RWLAC singlet or RWLAC crop top and **must have the red border visible. All athletes will be issued with one registration number which should be worn on the front of the singlet at all Centre and LANSW competitions/Gala Days etc.**

AGE PATCH

Age patches must be displayed on the bottom **LEFT** side of either the RWLAC shorts/tights or RWLAC singlet/crop top. All printing on the age patch must be visible.

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

FOOTWEAR

Footwear is compulsory for all competitors in all events. A jogger/ sports/running type shoe or approved shoe must be worn for every event. Athletes who attend in other footwear e.g. dancing shoes, thongs, leather school shoes, football boots etc will not be able to participate due to athlete safety and injury prevention. If an athlete competes in inappropriate footwear, any injury that occurs is not the responsibility of the centre and may not be covered under the athlete insurance.

Spike shoes must not be worn by any athletes in the 6's, to 10's.

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

Competitors in 13's to 17's 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/>

Please note: Starting blocks are mandatory for any athlete who is using running spikes in laned events. We strongly encourage all athletes who are using spikes (or may be considering using spikes) to attend sprint training where they can practice and get advice from our coaches in using starting blocks. The athlete will be assessed and given a "block licence" following this assessment. This will ensure all athletes running in spikes know how to set up, use and compete with blocks. All athletes must receive a "block licence" before competing in spikes during Friday night competition.

TRAINING

At the time of writing, we currently have a Level 3 middle distance coach and two Level 2 Club coaches based at our Centre. Coaching sessions are \$5 per week payable at an athletes first session of the week. Athletes can also attend Illawong LAC at The Ridge (Barden Ridge) several evenings a week for instruction in several different athletic disciplines. This season we anticipate providing the following training sessions, available to all athletes U8 and above. Please note training sessions are inclusive to all athletes with the aim of each session being to help each athlete grow in confidence and improve their technique or stamina for the required event.

Training Event	Training Day and Time	Location of Training
Sprints Training (9's-17's)	Monday - 5:00 pm	Kelso North Oval
Middle Distance (9's-17's)	Thursday - 4:30 pm	Kelso North Oval
High Jump (8's-17's)	Day and time TBC	Kelso North Oval
Throws (9's-17's)	Friday - 5:30 pm	Kelso North Oval
Walks (8's-17's)	Sunday - 3:00 pm (weeks 1 & 2 only)	Kelso North Oval

Any changes to coaching sessions i.e. cancellations, weather announcements, time or location changes will be posted on our Facebook page.

OFFICIALS COACHING COURSES

Interested parents and guardians are encouraged to attend officials / coaching courses run by LANSW. For more information, please check the noticeboard, speak to our Coaching Officer or refer <https://lansw.com.au/coaching-education-workshops/> to find free online courses. There are also some very good easy to follow courses freely available to undertake online through the world athletics site: <https://elearning.worldathletics.org/>

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 (Signup) whereby one parent from each family must nominate to assist at an event **at least 7** times in the season (or more often if they wish). The adult must stay with the event nominated 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 event 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
- 5 Field Event Managers (Shot Put, Discus, Javelin, High Jump and Long/Triple Jump)
- 3 Extra Assistants (Announcing /Sign-on Table and 2 for Canteen/BBQ)
- 2 Data entry operators (entering results as they become available throughout the night)

A number of our key personnel are coming to the end of their time at Little Athletics so it is imperative that we have more parents willing to take on these key roles.

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 official 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 key 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 is also assistance required in the canteen, inputting data entry, at the BBQ each week and assisting in the setup of the grounds. To do setup you would need to be at the grounds at 4:00 pm and direction would be given by a committee member as to what is needed.

If you are not rostered or an Age Manager then you are welcome to watch from the spectator area and must not enter the competition area.

All parents doing a duty will be issued with a coloured vest for the night. This is to identify you as a rostered parent helper.

PARENT & ATHLETE PARTICIPATION & RESPONSIBILITIES

Athletes 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 they have reported to the age manager and had their name marked off. At any time, we may do a spot check on whether an athlete has a responsible adult at the grounds and should there not be one then the athlete will be sat aside from competition and the parent contacted.

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 will be required to take control of the athlete in question.

Should the athlete's poor behavior continue, the parent 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 6:00 pm, events for 6's, 7's and 8's will start at 6:00 pm and events for 9's-17's will start at 6:30 pm. (When programmed the 3km for 13's-17's, 1500m for 11's-17's and Walks for 9's-17's will commence between 6:00-6:10 pm).**

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 the 9's-17's age group attendance for the athletes it is essential that everyone is available no later than 6:10 pm. Athletes will be called to the marshalling area at this time.

Events will begin at 6:30 pm regardless of attendance. Late arrivals will not be allowed to compete until they have reported to their Age Manager.

3. **A parent must assist with the running of events on a rostered basis (via the Signup app) 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 outer perimeter of the field event area and the outside of the fenced oval.**

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 can observe their athlete's performance from the spectator areas only. **Athletes will not be eligible for end of season awards if their parent has not completed at least 7 duty sessions in the season.** Some parents may choose to nominate as an age manager and will be expected to accompany their age group every week of competition.

Participation of parents will be monitored by the Officer for Officials and through the Signup 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.

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 and 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 available events including 3 competition nights** after the Christmas break **and parents (guardians) must complete at least 7** rostered duties throughout the season.

REGISTRATION AGES for 2024-25

Year of Birth	Age Group
2020	Tiny Tots
Little Athletics	
2019	6's
2018	7's
2017	8's
2016	9's
2015	10's
2014	11's
2013	12's

Year of Birth	Age Group
Junior Athletics	
2012	13's
2011	14's
2010	15's
2009	16's
2008	17's

LANSW / ANSW SPECIAL EVENTS

*Please note the information listed below is still being confirmed due to the Partnership, and while we have tried our best, this information may change or may not be accurate. All information regarding the Championships and the pathways for all RWLAC athletes to State Championships will be updated on our website, noticeboard and communicated to parents via email. Alternatively, please speak to our Championships Officer at any time if you have any queries.

VALOUR STATE RELAY CHAMPIONSHIPS

10th November (8's-12's) at Sydney Olympic Park Athletic Centre. **Teams by nomination at Centre level.**

STATE RELAY CHAMPIONSHIPS

16-17 November (13's-17's) at Sydney Olympic Park Athletic Centre. **Teams by nomination at Centre level.**

ZONE CHAMPIONSHIPS

Scheduled to be held at Port Hacking Athletics Track on **6th - 8th December 2024**. Entry will be by nomination through the Centre. This is open to athletes from 7's-17's. The Committee require that any athlete nominating to compete at Zone Championships **must have competed in at least 60% of centre competition nights** before the Zone Championships. Any athlete who does not meet this requirement will have their attendance reviewed by the Executive Committee. The Executive Committee will consider the attendance record along with other circumstances before making a decision on eligibility to compete at Zone Championships.

Please note: each club in our zone is only able to enter a maximum of 5 athletes per event. If more than 5 athletes in an age group nominate for an event, then the attendance along with the performance of each athlete will be taken into consideration when determining the 5 athletes who will participate.

REGION CHAMPIONSHIPS

Scheduled to be held at Illawong Athletics Track on **1st and 2nd February 2025**. Entry is via progression from Zone Championships. Athletes from 8's-17's.

NSW COMBINED CARNIVAL.

1st and 2nd March 2025 at Griffith Regional Sports Centre.

Entries (online only) <https://lansw.com.au/state-multi-event-championships/>.

The NSW Combined Championship is a 2-day event for athletes from all over NSW in the 7's to 17's 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 1st, 2nd and 3rd placegetters in each age group with all other competitors receiving a certificate.

NSW JUNIOR CHAMPIONSHIPS (13's -17's)

13-16 March 2025 at Sydney Olympic Park Athletic Centre. The State Championships is a 4-day event where qualifying athletes from all over NSW compete. This championship is for 13's-17's athletes, including multiclass athletes. Please note athletes in the 16's-17's entry to State is via direct entry.

LANSW HART SPORT STATE CHAMPIONSHIPS (9's -12's)

22-23 March 2025 at Sydney Olympic Park Athletic Centre. The State Championships is a 2-day event where qualifying athletes from all over the State compete. This championship is for 9's-12's athletes, including multiclass athletes.

For information on the above or any other LANSW and ANSW competitions please visit www.lansw.com.au or <https://www.nswathletics.org.au/events/list/> or speak to our Championships Officer.

THREE WEEK PROGRAM 2024-25

The following table shows all the events which may be run for each age group. The Centre weekly program will be determined once numbers are known in each age group and age group combinations are determined.

TRACK	6's	7's	8's	9's	10's	11's	12's	13's	14's	15's	16's	17's
50 metres	✓	✓										
70 metres	✓	✓	✓	✓	✓							
100 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 metres	✓ Pack Start	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 metres			✓ Pack Start	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pack Start	300m	500m	700m									
800 metres				✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m						✓	✓	✓	✓	✓	✓	✓
3000m								✓	✓	✓	✓	✓
Race Walk				700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m	1500m
Hurdles			60m	60m	60m	80m	80m	80m G 90m B	90m G 100m B	90m G 100m B	100m G 110m B**	100m G 110m B**
200m Hurdles								✓				
300m Hurdles									✓	✓		
400m Hurdles											✓	✓
Relay Jnr												
4 x 100m				✓	✓	✓	✓					
Relay Snr												
4 x 100m								✓	✓	✓	✓	✓
FIELD												
Scissor High Jump			*	✓	✓							
High Jump						✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump						✓	✓	✓	✓	✓	✓	✓
Discus	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1.5kg B 1kg G	1.5kg B 1kg G
Shot Put	500g	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	4kg B	4kg B	5kg B	5kg B
	Pink	Blue	Yellow	Orange	Orange	Orange	Orange	White	Red	Red	Green	Green
									3kg G	3kg G	3kg G	3kg G
									White	White	White	White
Javelin						400g	400g	600g B 400g G	700g B 500g G	700g B 500g G	700g B 500g G	700g B 500g G
Total # Events	8 Events	8 Events	9 Events	11 Events	11 Events	13 Events	13 Events	15 Events	15 Events	15 Events	15 Events	15 Events

Tiny Tots will be run as a skills-based program prior to the Centre competition each week. They will commence at 5:30 pm.

* We offer skill development in scissors high jump for all our 8's athletes.

** Our track is too small to safely allow 110m hurdles (16's boys and 17's boys) to be run. We have approval from LANSW to run these events as 100m for our Friday night competitions.

CENTRE SEASON CALENDAR

DATE	EVENT	NOTES	DETAILS
23 August & 30 August 2024	Registration pack collection		Kelso North from 6:30 pm – 8 pm
6 September 2024	Orientation Night		No official recording
13 September 2024	Competition	1st Recording	
20 September 2024	Competition	2nd Recording	
27 September 2024	Competition	3rd Recording	
4 October 2024	School holidays	Long weekend	No Little Athletics
11 October 2024	School holidays		No Little Athletics
18 October 2024	Competition	4th Recording	
25 October 2024	Competition	5th Recording	
1 November 2024	Competition	6th Recording	
8 November 2024	Competition	7th Recording	
10 November 2024	Valour State Relay Championships (8's-12's)	SOPAC	Entry by Team Selection at Centre level
15 November 2024	Competition	8th Recording	
16-17 November 2024	State Relay Championships (13's-17's)	SOPAC	Entry by Team Selection at Centre level
22 November 2024	Competition	9th Recording	
29 November 2024	Competition	10th Recording	
6-8 December 2024	Southern Met Zone	Competition by entry Port Hacking Athletics Track	No Little Athletics
13 December 2024	Competition	11th Recording	
14 December 2024 – 9 January 2025	No Events		Christmas & New Year Break
10 January 2025	Competition	12th Recording	
17 January 2025	Competition	13th Recording	
24 January 2024	Competition	14th Recording	
31 January 2024	Competition	15th Recording	
1-2 February 2025	Region 8 Championships	Illawong Athletics Track	Those athletes who qualify from Zone championships
7 February 2025	Competition	16th Recording	
14 February 2025	Competition	17th Recording	
21 February 2025	Competition	18th Recording	
28 February 2025	Competition	19th Recording	
1-2 March 2025	NSW Combined Carnival	Griffith Regional Sports Centre, Griffith	Entry online via LANSW (Entries open December 2024)
7 March 2025	Competition	20th Recording	
13-16 March 2025	NSW Junior Championships (13's-17's)	SOPAC	Those athletes who qualify or nominate through direct entry
14 March 2025	Competition	21st Recording	
21 March 2025	Fun Night	No formal events	A fun night for all athletes
22-23 March 2025	NSW HART Sport State Championships (9's-12's)	SOPAC	Those athletes who qualify from Region Championships
11 April 2025	Presentation Night	ALL	Venue TBC
25 April 2025	ANZAC Day march & service @ RWC	All athletes & parents	Annual event attended by all sporting bodies.

Please note, while we aim to have the above as accurate as possible, it is still subject to change at the Committee's discretion. Any changes will be notified through the website.