



**Revesby Workers'
Little Athletics Centre**

**2026-27
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"

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. Your family is now part of our athletics family. We look forward to welcoming you back or getting to know you. We acknowledge the help that each family provides to enable us to run our weekly program effectively for all of our athletes.

WELCOME

Welcome to the 2026-27 Little Athletics season at Revesby Workers' Little Athletics Centre (RWLAC).

This is an exciting season for our Centre as everyone prepares to return to 'Friday's at Kelso North'.

I have returned in the role of President and I have a wonderful committee supporting me. Our goals are the same, each week we want everyone who attends to leave with a smile and be happy to return next week. This season, the Commonwealth Games are on and Australia has some great athletes with more media attention being given to athletics. As part of the excitement from the Commonwealth Games we do expect more interest in athletics and more athletes registering. Our focus this season is still to ensure each athlete has the best experience and we will continue to:

- Cap the registration numbers for each age group to ensure the groups are manageable.
- Review our 3-week program to ensure it is still the 'best fit' for this season.
- Review the program after the first 3 weeks of competition, and throughout the season, 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 and having fun. 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!

Most importantly, we are a Centre of volunteers. We only exist because of the hard work that many people put in. This season, we will once again be asking all our parents/guardians to help. Please raise your hand and offer your help as it is the only way we can continue to build and run our successful Centre. It also makes our competition nights run much faster! Please note: it is a requirement that all athletes have a parent or nominated adult guardian at the grounds at all times.

We have a Centre website, www.revesbylac.org.au that will keep you up to date with things 'around the track'. Our website will be the main source of reference for our members. It contains all the information you need to know about our Centre. We also have a Facebook page and an Instagram page, please follow our pages to ensure you have regular information and updates. Important week by week information is also sent out each week 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 the email address you listed on Revsport.

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	info@revesbylac.org.au	0404 120 088
Vice President	Craig Sharpe	RWLAC@outlook.com.au	0412 313 180
Secretary	Jackie Bottrill	secretary@revesbylac.org.au	
Treasurer	Carolyn Poole	treasurer@revesbylac.org.au	
Registrars	Siobhan Mackenzie Glynis Warner	registrar@revesbylac.org.au	0418 414 745
Records & Rankings	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	Dan Brennan		
Equipment Officer	Craig Sharpe	RWLAC@outlook.com.au	0412 313 180
Championships Officers	Carissa Sharpe Sara Brennan	championships@revesbylac.org.au	0416 261 579
Coaching Officer	Bao Ho	baoho76@gmail.com	
Officer for Officials	Christine Butters	bjcmbutters@yahoo.com.au	0413 886 431
General Committee	Christopher Batch Luke Glas John Mellas Mitchell Wise		
Revesby Workers' Club Liaison Director	Christine Butters	christineb@rwc.org.au	0413 886 431

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*
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

*Deceased

PATRONS

Alan Ashton RWC Patron
Daryl Melham RWC Patron

AUDITOR

Finncorp Chartered Accountants

REGISTRATION INFORMATION

REGISTRATION AGES for 2026-27

Year of Birth	Age Group
2022	Tiny Tots
Little Athletics	
2021	6s
2020	7s
2019	8s
2018	9s
2017	10s
2016	11s
2015	12s

Year of Birth	Age Group
Junior Athletics	
2014	13s
2013	14s
2012	15s
2011	16s
2010	17s

REGISTRATION FEES

	Early bird (Registered in August)	Registration from 1 September
Tiny Tots	\$110.00 per athlete	\$110.00 per athlete
6s - 17s	\$170.00 per athlete	\$190.00 per athlete

Our Tiny Tots age group is open to athletes who turn 5 in 2027 (ie born in 2022) **AND** have an older sibling registered with our Centre.

All athletes registering with RWLAC for the first time must provide proof of age: original Birth Certificate, Passport, or Hospital Blue Book.

REGISTRATION FEES ARE NON-REFUNDABLE. For extreme circumstances, if a refund is approved by Little Athletics NSW, a \$20 administration fee will apply. No refunds will be approved if you have already competed and/or you have changed your mind.

UNIFORMS

Our Centre uniform must be worn by all athletes on each competition night and is compulsory at all Championship Events. **All patches** (registration number and age patch) **must be visible**. Athletes not wearing full uniform at Friday night competition will only receive participation points. Our uniform requirements can be viewed online: <https://www.revesbylac.org.au/uniforms/>

Our Centre uniform is as follows:

- RWLAC singlet OR RWLAC crop top **and**
- RWLAC shorts OR RWLAC tights OR plain black shorts / tights

Athletes may wear compression shorts/tights under their RWLAC shorts or tights, however they must be plain black and be above the knee.

A plain white T-shirt may be worn by athletes underneath the singlet or crop top if needed.

Athletes may wear jumpers/jackets or achievement shirts e.g. 5 year service shirt over their uniforms, however these must be taken off when competing (running, throwing or jumping). It can be put straight back on after the attempt is completed. Athletes are required to be in full uniform with all patches visible when competing at each event.

Please note: any questions regarding the plain black uniform options must be made to the Uniform Officer or President. Athletes competing in Walks events must have their knees visible for judging purposes, and any clothing/bandages that cover 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 be in uniform and can wear a plain white t-shirt and plain shorts but must have their patches visible.

PATCHES

REGISTRATION NUMBER

The registration number **must** be displayed on the front of the singlet or crop top. **All athletes will be issued with one registration number which must be worn on the front of the singlet/ crop top when competing. Please note, if lost a \$10 replacement fee will apply. Athletes without a Registration Patch are deemed to be out of uniform.**

COLES AGE PATCH

The Age patch must be displayed on the top **RIGHT** side of the front of the singlet or crop top. If there is limited space, the red border on the registration patch may be covered by the Age patch. Please note that both the McDonalds logo and the athlete registration number must be visible and not covered in any way. If the age patch is lost a replacement fee may apply.

SHOES

A sports shoe or approved athletics shoe must be worn for every event. Athletes who wear other shoes e.g. dancing shoes, 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.

Athletes	Acceptable shoes	Events
6s – 10s	Sports shoes only	All events
11s & 12s	Sport shoes	All events
	Spikes	Laned events, long jump, triple jump, high jump & javelin
13s – 17s	Sports shoes	All events
	Spikes	All events except walks, discus and shot put

Spiked 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 NSW Athletics website: <https://www.nswathletics.org.au/events-page/rules-and-specifications->

Please note: Starting blocks are mandatory for any athlete who is using running spikes in laned events. All athletes who are using spikes (or may be considering using spikes) will be required to attend RWLAC 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.

Please note: Athletes in the 14s-17s are welcome to use starting blocks for laned events, even if they are not wearing spikes. Athletes in the 14s-17s must use starting blocks in laned events at Zone, Region and State even if they are not wearing spikes. Athletes using blocks (without spikes) must have their ‘block licence’.

FRIDAY NIGHTS AT KELSO NORTH

FIRST NIGHT OF THE SEASON

We will commence this year on **Friday 4th September** at 6pm. The first week will be our Orientation night. Our Friday night recorded competition will commence on Friday 11th September.

On the Orientation night (4th 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. Athlete results will not count towards season performances, however participation points will be recorded.

ARRIVAL TIMES

Athletes in the 6s, 7s and 8s are asked to arrive at 5:50pm for a 6pm start. All other athletes (9s – 17s) are asked to arrive at 6:15pm for a 6:30pm start. Some events (3km, 1500m and walks) will start at 6pm for older athletes and these will be indicated in the season program and on the weekly emails.

Parents who have signed up for duty, please ensure you arrive, have signed on and are at the event by:

- 4pm – for set up of track and field equipment
- 5:50pm – for shot put, discus and long/triple jump
- 5:55pm – for canteen and BBQ
- 6pm – for circular track and straight track / hurdles
- 6:15pm – for all other areas (javelin, high jump, results runner, results entry)

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.

AGE MANAGERS

Age Managers are appointed for each age group at the start of the season. The number of Age Managers will depend on both the age of the athletes and 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 all athletes to participate. Age Managers are an athletes/parents first point of contact if you have any questions. Age Managers wear pink or green vests, with their age group displayed on the back, so they are easily identifiable for athletes and families.

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 2026-27 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 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> Results HQ also has an app that is available for your phone.

PARENT HELPERS

We need many parent helpers each week to be able to run our weekly program. This season we will be running a roster app (Signup) whereby one parent/guardian from **each family must nominate to assist at an event at least 7 times in the season.** Families can select the dates and events that suit you best from the Signup App. A link to sign up will be emailed out each week. Please note, you must remain at the event until the event is finished for the night, and also assist in packing up that event. The duties available to families are:

- Track: Circular track helpers / Straight track data entry / Hurdles assistance
- Field: Shot put / Discus / Javelin / Long/triple jump / High Jump
- Set up duty – you need to be at Kelso at 4pm to assist with setting up equipment for the night
- Canteen - assisting with serving and assembling BBQ orders
- Results collection and data entry

We have event officials (wearing blue vests) at each event. The event officials will provide guidance to both parent helpers and athletes. We are always searching for event officials or parents who are interested in an event or wish to nominate regularly to help at an event. If this is something you would like, please speak to our Officer for Officials.

All parents doing a duty will be issued with a parent helper vest for the night (orange or yellow). Any parents who are not helping and are not Age Managers must not enter the competition area but can watch from the spectator areas (behind the ropes/fence).

COMMUNICATION

Our primary communication method will be via email. A weekly email provides information on the Friday program, the link for parent duty signup, information regarding major competitions and other important information. If you are not receiving emails from us, please reach out. During the season, we will communicate via:

- Facebook – please follow us on Facebook or you can view our Facebook posts on our Revsport home page: <https://portal.revolutionise.com.au/rwlac>. Wet weather information is also communicated via Facebook.
- Instagram – please follow us on Instagram to celebrate athlete achievements and recent events at our Centre.
- Emails – a weekly email will be sent containing information for the coming Friday night.
- Notice board – The whiteboard outside the clubhouse will have championships and carnivals information, and reminders for upcoming events and key dates.
- Newsletter – This will be emailed to families during the season and provides additional news, information and tips for events.
- Website – Our website address is www.revesbylac.org.au. The website contains copies of all our policies, the season handbook and details on event records.
- Community WhatsApp – We are introducing WhatsApp groups this season, as an additional way to pass on any last minute information such as wet weather or where our tent is at Championship events.

RWLAC SOCIAL MEDIA

Facebook is our primary communication channel for updates about upcoming coaching sessions, important competition closing dates, and ground closures. We also use our page to celebrate athlete achievements, including Centre Records and competition results.

To ensure our social media reflects athletes representing RWLAC at competitions and recognises their achievements, posts relating to competition results and accomplishments will be limited to athletes who are representing RWLAC in competition events.

Follow our Facebook page to stay informed. We encourage you to like, comment on, and share our posts to help celebrate our athletes and keep our community connected.

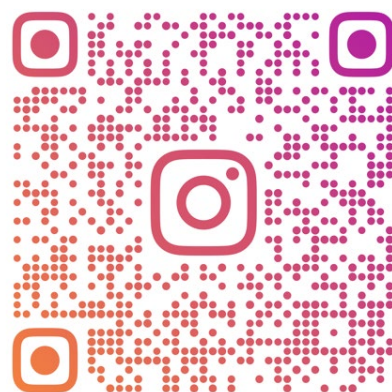
Instagram is our highlights reel, follow our stories to see our athlete achievements and recent events at our Centre. Follow us on Instagram and help support our athletes by liking our posts and stories, sharing our content, and tagging your friends.

Facebook



Revesby Workers Little Athletics Centre - Facebook

Instagram



REVESBYWORKERS_LITTLEATHLETICS

WET WEATHER

In the event of wet weather, a decision will be made on the running of the competition by 5pm. As soon as a decision is made this will be communicated via Facebook. If possible, an email will also be sent to families. Should the competition be rained out, the events scheduled for that night will be conducted later in the season, time and weather permitting. If due to weather an event is deemed to be too unsafe, it will, if possible, be rescheduled into a future week in the program.

COACHING / TRAINING

ATHLETE TRAINING SESSIONS

We currently have a Level 3 middle distance coach and four, Level 2 Club coaches based at our Centre. Coaching sessions are \$5 per week payable at an athlete's first session of the week. This season we anticipate providing the following training sessions, available to all athletes 8s-17s. Please note training sessions are inclusive to all athletes with the aim for these sessions 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 (9s-17s)	Monday – 6 pm	Kelso North Oval
Middle Distance (9s-17s)	Tuesday – 5 pm	Kelso North Oval
High Jump (8s-17s)	Friday – 5 pm	Kelso North
Throws (9s-17s)	TBC	Kelso North
Hurdles (8s-17s)	Friday – 5 pm	Kelso North Oval
Long/Triple Jump (9s-17s)	TBC	TBC Kelso North
Walks (8s-17s)	Sunday – 3 pm (weeks 1 & 2 only)	Kelso North Oval

Details of coaching sessions being held each week, including any cancellations, time or location changes, will be posted on our Facebook page.

OFFICIALS TRAINING COURSES

Parents/guardians interested in getting involved in coaching or as an event official are encouraged to attend training courses offered by LANSW, or complete the Local Athletics Basics (LAB) online training <https://lansw.etrainu.com/training/index.cfm?event=page.login> For more information, please speak to our Coaching Officer or our Officer for Officials.

AWARDS AND RECORDS

SUMMARY OF AWARDS

The majority of awards are presented at our RWLAC presentation evening at the end of the season. A full copy of the Awards Policy is available on our website. If you have any questions, please speak to our Records and Rankings Officer. 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.

CENTRE RECORDS

Centre records for all ages and events are available on our website and are accessible on Results HQ. These records are updated during the season as records are broken and verified (on Results HQ). 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.

PARENT AND ATHLETE RESPONSIBILITIES

As a voluntary organisation, we are reliant on parent/guardian participation for the safe and efficient running of each night's program. **There are no paid officials/coaches/operators – everyone is a volunteer.**

A parent must be in attendance while their athlete is competing

Athletes cannot be dropped off at RWLAC and left unattended. Athletes must have a responsible adult present at all times.

This is to ensure if an athlete becomes ill or is injured, a person able to make decisions for the athlete is available at the venue. If an athlete has no responsible adult present, then the athlete will be removed from competition and a parent will be contacted.

If the behaviour of any athlete is considered dangerous to other competitors, themselves or generally disruptive to the running of an event, a parent will be required to take control of the athlete in question. If the athlete's poor behaviour continues, the parent would then be required to remove the athlete for the remainder of the evening's events.

All families must assist with the running of events by completing at least 7 rostered duties during the season.

It is a requirement of RWLAC that each family assists in the running of events by completing **at least 7 rostered duties** during competition nights in the season. Each family will be able to choose the nights they help and the event they help at through the Signup app. On the weeks when parents are not helping at an event, they can observe their athlete's performance from the spectator areas only. **Parents who are doing a duty must be at the event at the required time to ensure the event can start on time. Athletes will not be eligible for end of season awards if at least 7 parent duties are not completed 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 through the Signup app and by our Officer for Officials.

If the above parent duty requirements are not met, athletes will be ineligible for end of season awards. Discontinuation of the athlete's membership may also occur, at the discretion of the Committee.

LANSW / ANSW SPECIAL EVENTS

*Please note the information listed below is a small selection of the opportunities and championship events available to athletes. There are other events, gala days and scampers that are run by LANSW, ANSW and other centres. Details of these are promoted via Facebook, emails, newsletter, our noticeboard and on ResultsHQ. All information regarding the Championships pathways for all RWLAC athletes will be updated on our noticeboard and communicated to parents via email. Alternatively, please speak to our Championships Officers at any time if you have any queries.

STATE RELAY CHAMPIONSHIPS (8s-12s)

8 November (8s-12s) at Sydney Olympic Park Athletics Centre. **Teams by nomination and selection at Centre level.**

STATE RELAY CHAMPIONSHIPS (13s-17s)

15-17 November (13s-17s) at Sydney Olympic Park Athletics Centre. **Teams by nomination and selection at Centre level.**

ZONE CHAMPIONSHIPS (7s-17s)

Scheduled to be held at The Ridge Athletics Track, Barden Ridge on **11th - 13th December 2026**. Entry will be by nomination through the Centre. This is open to athletes from 7s-17s. Athletes nominating to compete at Zone Championships **must have competed in at least 60% of centre competition nights** before the Zone Championships. **Please note** that the athlete(s) family must have completed **at least 2** of their 7 required parent duties **before November** in order for their athlete to be eligible to participate at Zone.[^] It is also a requirement of Zone entry that families complete a parent duty at the Zone Championships.

Please note: currently each centre in our zone is only able to enter a maximum of 5 athletes per age group, 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 (8s-17s)

Scheduled to be held at Sylvania Waters Athletics Track on 12-14 February 2027. Entry is via progression from Zone Championships for athletes in the 8s-15s. Athletes in the 16s and 17s have direct entry to Region Championships. **Please note** that the athlete(s) family must have completed **at least 5** of their 7 required parent duties **before Region** in order for their athlete to participate at Region.[^] It is also a requirement of Region eligibility that families complete a parent duty at the Region Championships.

HART SPORT NSW COMBINED CARNIVAL. (7s-15s)

20-21 February 2027 at Barden Park Regional Athletics Centre, Dubbo

The NSW Combined Carnival is a 2-day event for athletes from all over NSW in the 7s to 15s 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.

TRELOAR SHIELD

Information regarding Treloar Shield, will be included on the weekly emails when available. Treloar is another pathway (besides Region) for athletes to use to qualify for State Championships. For more information, please speak to our Championships Officers.

NSW LITTLE ATHLETICS CHAMPIONSHIPS (9s -12s)

11-14 March 2027 at Sydney Olympic Park Athletic Centre. The State Championships is a 2-day event where qualifying athletes from all over NSW compete. This championship is for 9s-12s athletes, including multiclass athletes. Entry is via progression from Region Championships. Please note that athlete(s) family must have **completed all 7** of their required parent duties before State in order for their athlete to participate at State ^.

NSW JUNIOR STATE CHAMPIONSHIPS (13s -17s)

18-21 March 2027 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 13s-17s athletes, including multiclass athletes. Entry is via progression from Region Championships for athletes in the 13s-15s. Athletes in the 16s and 17s have direct entry to State. Please note that athlete(s) family must have **completed all 7** of the required parent duties before State in order for their athlete to participate at State ^.

For information on the above or any other LANSW/ANSW competitions please visit <https://www.nswathletics.org.au/> or speak to our Championships Officers.

^ Any athlete who does not meet these requirements (either minimum attendance or the required number of parent duties not fulfilled) will have their entry reviewed by the Executive Committee. The Executive Committee will consider the attendance record and number of parent duties completed along with other circumstances before making a decision on the eligibility of the athlete to compete at Zone / Region / State Championships.

GOVERNANCE**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. Any incidents should be reported to a committee member in the scorer's room.

CENTRE POLICIES

A full copy of Centre policies, including the Awards Policy are 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 parent duties throughout the season.

COMMITTEE MEETINGS

The Committee hold a meeting each month to plan, organise and discuss the running of the Centre. Meetings are held at Revesby Workers' Club, Tarro Avenue, Revesby and commence at 7:30pm (no meeting is held in January 2027). The Annual General Meeting (AGM) is anticipated to be held on Monday 12th May 2027. Parents/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 2026-27
Monday 14th September 2026
Monday 12th October 2026
Monday 9th November 2026
Monday 14th December 2026
Monday 8th February 2027*
Monday 8th March 2027*
Monday 12th April 2027*
AGM Monday 10th May 2027 7:30pm*

*TBC

THREE WEEK PROGRAM 2026-27

The following table shows all the events that are programmed 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	6s	7s	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 G	90m G	100m G	100m G
								90m B	100m B	100m B	110m B	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	1.5kg B
											1kg G	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	700g B	700g B	700g B	700g B
								400g G	500g G	500g G	500g G	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 5:30pm.

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

** We offer skill development in turbo javelin for all our 10s athletes.

CENTRE SEASON CALENDAR

Date	Event	Notes	Details
21 & 28 August 2026	Registration / uniform collection		Kelso North 6:30pm – 8pm
4 September 2026	Orientation Night	Events run but no recordings	
11 September 2026	Competition	1st Recording	
18 September 2026	Competition	2nd recording	
25 September 2026	Competition	3rd Recording	
2 October 2026	School holidays	Long Weekend	No Athletics
9 October 2026	Competition	4th Recording	
16 October 2026	Competition	5th Recording	
23 October 2026	Competition	6th Recording	
30 October 2026	Competition	7th Recording	
6 November 2026	Competition	8th Recording	
8 November 2026	State Relay Championships (8s-12s)	SOPA	Entry via EOI and Team selection
13 November 2026	Competition	9th Recording	Coles Community Round
13-15 November 2026	State Relay Championships (13s-17s)	SOPA	Entry via EOI and Team selection
20 November 2026	Competition	10th Recording	
27 November 2026	Competition	11th Recording	
4 December 2026	Competition	12th Recording	Christmas night
11 December 2026	No competition	No competition due to Zone	No Athletics
11-13 December 2026	Zone Championships (7s -17s)		The Ridge Athletics Track, Barden Ridge
12 December – 7 January 2027	No Events		Christmas & New Year break
8 January 2027	Competition	13th Recording	
15 January 2027	Competition	14th Recording	
22 January 2027	Competition	15th Recording	
29 January 2027	Competition	16th Recording	
5 February 2027	Competition	17th Recording	
12 February 2027	Competition	18th Recording	TBC closer to the date
12-14 February 2027	Region Competition (8s-17s)	Qualification from Zone	Sylvania Waters Athletics Track
19 February 2027	Competition	19th Recording	
20-21 February 2027	Hart Sport NSW Combined Carnival (7s-15s)	Entry online (opens December/January)	Barden Park Regional Athletics Centre, Dubbo
26 February 2027	Competition	20th Recording	
5 March 2027	Competition	21st Recording	
11-14 March 2027	NSW Little Athletics State Championships (9s-12s)		SOPAC
12 March 2027	Competition	Catch up week	
18-21 March 2027	NSW Junior State Championships (13s-17s)		SOPAC
19 March 2027	Fun night	No formal events	
25 April 2027	ANZAC Day	ANZAC Day march	Revesby Workers Club
30 April 2027	Presentation Night		Revesby Workers Club

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 emails and the website.