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Tea Tree Gully Athletics Centre Inc.



1985.86

SUMMER PROGRAMME

ALLAN CRASH **DOYLE** REPAIRS

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MANAGER
ALLAN DOYLE
A.H. 356 0468

CENTRE BEST PERFORMANCE CERTIFICATES

Children who equal or better the previous Centre Best Performance at an Official meeting on the T.T.G.L.A.C. Programme are presented with a certificate in recognition of this achievement. New C.B.P. certificates will be presented at the next home meeting where possible. Centre Best Performances are displayed on the record board.

TEA TREE GULLY ATTENDANCE CERTIFICATES

Attendance points are awarded throughout the season one for each meeting. At the end of the season the points are totalled. Children who have dropped 2 points or less throughout the season are awarded an Attendance Certificate.

(An attendance point may be awarded if the recorder is notified in writing when a child is unable to compete due to illness or injury) .

REGULATION FOR T.T.G. LITTLE ATHLETICS CHAMPIONSHIPS

To be eligible to receive awards at T.T.G. Centre Championships and Presentation Night children must be registered and have competed in at least 60% of possible meetings since their registration (excluding meetings requiring selection e.g. State Relays).

PLEASE NOTE - For the purpose of T.T.G. Championships children who have registered with the Centre in the previous season will be expected to re-register no later than November 15th, 1985.

The Publicity and Promotions Committee would like to thank our advertisers and all those who have contributed information to this programme. Alterations and additional information will be published in the Gully Runner later in the season.

PLEASE KEEP THIS PROGRAMME HANDY FOR REFERENCE THROUGHOUT THE 1985/86 SEASON.

TEA TREE GULLY ATHLETICS CENTRE INC.

P.O. Box 43,
St. Agnes, 5091.

Bulkana Oval,
Spring Crescent,
Banksia Park.

CENTRE MANAGEMENT COMMITTEE

President	Mr. Laurie O'Connell	264 4681
Secretary	Mr. Paul Green	263 2005
Treasurer	Mr. John Longwood	251 1149
Education officer	Mr. Jeff Page	337 9571
Fundraising Officer	Mr. David Parrott	263 0397
Social Secretary	Mrs. Cheryl Sturtzel	264 7043
Publicity & Promotions	Mr. Paul Korczak	336 4750
Grounds & Equipment	Mr. Keith Ballenger	264 0330

SENIOR SUB-COMMITTEE

President	Mr. Roy Barber	264 0636
Secretary	Mr. Tony Davis	251 3214
Registrar	Mrs. Kath Matthews	265 3130
Recorder	Mrs. Delia Turner	251 3946
Team Manager		
Social Rep.	Mrs. Helen Hunter	251 3823
Publicity & Promotions	Mrs. Janet Moyes	251 1812

LITTLE ATHLETICS SUB-COMMITTEE

President	Mrs. Loralie Dunn	261 6174
Secretary	Mrs. Joy Page	337 9571
Competitions Officer	Mr. Fred Semmler	337 9550
Recorder	Mrs Mary Lampard	266 0503
Registrar	Mr. Graham Hawke	263 8793
Team manager	Mr. John Graham	263 2224
Officials Officer	Mr. Lou Annesse	263 8685
Social Rep.	Mrs. Trina Cossey	263 4019
Publicity & Promotions	Mr. Greg Potter	263 7509
Grounds & Equipment	Mr. Rene Attard	251 3552

There are also 3 other Sub-Committees:-
Fundraising, Social, Development and Publicity which forms the T.T.G.A.C.

Club Room Bookings Officer : Ray Tedore 263 3368

ATHLETICS IN TEA TREE GULLY

Tea Tree Gully Athletics Centre began in November 1972 with the formation of a Little Athletics Club. As our little athletes began to graduate, a Senior Group was formed to enable them to continue with athletics in their own area and in 1978 the two groups became an incorporated body. These two sections have their own separate competitions, under the control of the S.A. Little Athletics Association and the Athletics Association Of S.A. respectively. They share the same training grounds, facilities and management.

SENIOR ATHLETES

Our Centre has a growing senior group which caters for athletes from 15 years of age to Veterans. Competition is held at Olympic Sports Field, Kensington during the summer season. In winter, Cross Country meetings are held at various venues throughout the metropolitan area.

Training, under the supervision of several well qualified senior coaches is at Bulkana Oval. Coaching in all aspects of track and field competition is available. New members are always very welcome. Training is held on Tuesday and Thursday nights and Sunday mornings, for times please contact Mrs. Wendy Barber, phone 264 0636.

REGISTRATION FEES

Senior male & female	\$33.00
Under 20	29.00
Under 18	28.00
Under 16	26.00
Under 14	23.00
Officials	7.00

These fees cover all competition from April 1985 to April 1986.

Will all parents please familiarise themselves with the following rules:-

1. All competitors must wear suitable footwear. Spikes are permitted for U/12 - U/15's only as per Page 5.
2. Children must compete in their own age group.
3. Pacing is not permitted and may result in disqualification.
4. When track events require heats there will be no final. Ranking in heats will be strictly adhered to and final placings will be on recorded times. N.B. An exception to this rule is in the T.T.G. Championships whereby in the event of more than one child obtaining the same winning time in different heats all children with that time will take part in a run off to determine final placings. The better time recorded by the children in either race to be entered on their place certificate. In the event of a tie in the same heat for first place each child will be awarded first place.
5. Competitors must report to the official or their group leader at the beginning of each event. If not wishing to attempt the first or any subsequent height in the high jump, they must still report and remain at the event until eliminated. If a competitor is not available when called to jump/throw they will be called again at the end of the round or before the high jump bar is raised. If still not available they will miss the attempt for that round.
6. Age groups U/11-U15 must use the thick high jump landing mattress.
7. Both ends of the long jump pit may be used provided that one end is being used by an age group younger than U/11. This will require extra attention by the officials to ensure the pit is clear to jump.
8. At throwing events competitors and spectators must stand to the rear and at least 3 metres clear of the throwing circle, or outside the discus net where provided. U/12 - U/15 age groups must throw from discus area No. 1, i.e. the one with net and the thrower only is allowed inside the net during competition or practice.
9. At Association Events e.g. Relays, Little Athletes competing must be in correct centre uniform, including registration number.

SPECIAL EVENTS DAYS contd.....

STATE INDIVIDUAL CHAMPIONSHIPS

Although the emphasis in Little Athletics is on 'Fun and Fitness' for all children, the Association recognises that many athletes seek the opportunity to compete in their chosen events with children from throughout the State. The Association sets qualifying standards for all events in all age groups (Pages 10 & 11). Children must achieve these standards at least twice prior to nomination. Nominations must be received by the Association before 3.00pm Friday 14th February 1986.

NO LATE ENTRIES WILL BE ACCEPTED.

AUSTRALIAN TEAM CHAMPIONSHIPS

Each year a team of 22 children from the Under 12 age group is selected to represent our State against teams from the other States. This year the Championships will be held in Adelaide on 26th April 1986. In the past Tea Tree Gully has been represented in the State Team on several occasions. N.B. To be eligible for State Team Selection children must have registered before 15th Nov. 1985. On the same day An Invitation Quadathlon Championship will be held for U/14 & U/15 children, with at least 8 boys & girls competing from S.A. The events will be 100m, 800m, Long Jump & Discus.

SENIOR ATHLETES CONT..

UNIFORMS

Tea Tree Gully Athletics singlets are available from committee members, cost \$12.00. Maroon shorts for men and maroon running briefs for women are available at sports stores.

SUMMER COMPETITION PROGRAMME FOR A.A.S.A. ATHLETES

Pre Season Meets

- October 19 Salisbury Host Day - Rundle Reserve, Nylex Ave.,
Salisbury South.
Time to be advised.
- November 10 Flinders Host Day - Flinders University
Time to be advised.

INTER CLUB COMPETITION

Competition will commence on the weekend of November 16,17.,1985. Due to replacement of the Running Track at O.S.F. details of location and exact times are not available at the time of printing this programme. Details will be advised in the Gully Runner when they become available.

Continued on Page 4.....

SENIOR ATHLETES CONT....

Inter Club Competition and special events will return to O.S.F. from the beginning of January 1986 as follows:-

January	3	Twilight P.B. Meet - Friday - (after the end of meeting special record attempts).
	6-11	National Blind Championships
	8	Twilight P.B. Meet - Wednesday
	10	Twilight P.B. Meet
	17	Twilight P.B. Meet
	19-27	National Paraplegic Games
	23	Twilight 6.30pm. State Relay Championships (Thursday) (Tuesday heats)
	25-26	State Decathlon/Heptathlon Championships
February	1/4	Interclub Competition
	8/11	Interclub Competition
	12	State Championships
	15/16	State Championships
	19	State Championships
	22/23	State Championships
	26	Interclub Finals
March	1	Interclub Finals
	2	Interclub Finals
	4/5/6	National Championships for Under 16 & Under 18. - Hobart, Tasmania.
	5	Interclub Finals
	13-16	National Championships - Adelaide.
	28-31	Veterans National Championships - Adelaide.
April	12/13	Schoolboys and Schoolgirls Championships

EXPLANATION OF SPECIAL EVENTS DAYS

IMPROVERS CHAMPIONSHIPS - Sunday, 9th March 1986.

An Improvers Championships is to be held at Golding Oval, Redhill Rd., Ingle Farm. Children who have qualified in 2 events for State Individual Championships are not eligible to compete. Children who have qualified for one event at State Individual may not compete in that particular event.

More details in a later Gully Runner.

STATE RELAY CHAMPIONSHIPS

One of the most exciting events is the State Relay Championships held at Olympic Sports Field. 'Individualism' is set aside on this day and 'Team Spirit' takes over. Teams are selected in each age group to represent the Centre after times recorded at earlier meetings are analysed.

PETER FULLAGER WALKS

The Peter Fullager Walks is a competition of walking events only for teams of children from each Little Athletic Centre. Children from each age group are encouraged to represent T.T.G. Centre against other Centres.

Peter Fullager Walks will be held this season at Bulkana Oval, Spring Crescent, Banksia Park on 16th February, 1986.

CROSS COUNTRY - WINTER SEASON

During the Winter months (May-August), a short Cross Country season is conducted. This normally consists of six or seven meetings, culminating with the running of the State Cross Country Championships.

INTRODUCTION TO LITTLE ATHLETICS

Little Athletics is an organisation for young people from 5-14 years which provides opportunity for them to develop talents in all forms of Track and Field Athletics. It is also an activity that the whole family can become involved in, the motto being 'Family Fun & Fitness'.

Little Athletics is designed to allow children to participate without the intense competition of other sports and yet allows for their natural competitive spirit. Personal improvement rather than winning is one of our fundamental aims and should be encouraged.

- - - - -

GENERAL INFORMATION

LOCATION

HOME meetings are held at Bulkana Oval, Spring Crescent, Banksia Park.

AWAY meetings are at address specified in the programme on page 7.

TIME

Children are asked to arrive at least 15 mins. prior to the start of all meetings to enable them to warm up. See programme on Page 7 & 8 for time and place of meeting.

AGE GROUPS

Children are placed in age groups according to their age on the 1st. October 1985.

UNIFORM

Maroon and blue athletics singlet with maroon shorts for boys and maroon runners for girls.

Singlets may be purchased at home meetings.

Footwear is compulsory, spikes are permitted in lane track and Jumping events for U/12-U15 athletes and if worn must be put on at the start and removed at the finish of the event.

REGISTRATION

Children must be registered to enable them to participate in any S.A. Little Athletic Association event.

All children who have registered with the Centre in the previous season must register by 15 November 1985 to be eligible for awards at T.T.G. Little Athletics Centre.

Under 12 children wishing to try for the State Team Selection must register by 15th November 1985.

FEEES

Registration fees are \$19.00 for the first child and \$9.00 each for subsequent children in the same family.

If a parent has already paid the Centre Membership Fee through the Senior Club the fee for the first child is \$9.00 (exception U6 children reduce above fees by \$2.00).

OFFICIALS AND GROUP LEADERS

To enable a meeting to commence we need a number of parents, older brothers and sisters etc. to offer their assistance for timekeeping, measuring and group leading (i.e. taking children from one event to another).

No previous experience is necessary, just a willingness to help is all that is asked.

CANCELLATION OF HOME MEETINGS

On days when the maximum temperature is forecast 38 degrees Celsius or above on Radio 5DN 9.00am. News, Home meetings will be cancelled with the exception of the T.T.G. Championships.

THE SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION INC.

1986 STATE INDIVIDUAL CHAMPIONSHIPS - QUALIFYING STANDARDS

GIRLS EVENTS

EVENT	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15
60m Hurdles	14.6	12.9	12.1	11.4	11.8	11.4	17.0	17.0	17.0
90m Hurdles									
70m	13.6	12.6	12.0	11.4					
100m	19.6	17.8	16.8	16.0	15.5	15.0	14.7	14.7	14.6
200m	42.7	38.7	36.7	34.5	33.0	31.8	31.4	31.4	31.0
400m				1.21.0	1.18.0	1.14.0	1.1.0	1.16.0	1.16.0
800m			3.20.0	3.15.0	3.05.0	2.55.0	3.00.0	3.00.0	3.00.0
1500m					6.45.0	6.20.0	6.20.0	6.20.0	6.20.0
400m Walk									
800m Walk			5.40.0	5.30.0	5.20.0	5.10.0	4.55.0		
1500m Walk					10.40.0	9.40.0	9.40.0	10.00.0	10.00.0
Shot Put	3.25m	3.60m	4.50m	5.60m	6.70m	7.30m	6.60m	6.75m	7.00m
Discus	7.50m	10.50m	12.90m	15.5m	15.50m	18.00m	16.50m	16.50m	16.50m
High Jump	0.81m	0.95m	1.00m	1.10	1.20m	1.25m	1.30m	1.35m	1.35m
Long Jump	2.50m	2.95m	3.20m	3.50m	3.75m	4.00m	4.00m	4.00m	4.00m
Triple Jump					7.90m	8.50m	8.50m	8.50m	8.50m

SHOULD THERE BE TOO MANY ENTRIES FOR A PARTICULAR EVENT, THE COMPETITION & TECHNICAL COMMITTEE MAY, AT THEIR DISCRETION, LIMIT FIELDS - PERFORMANCE ON ENTRY FORMS BEING USED TO ASSIST THEM IN THIS REGARD.

1986 STATE INDIVIDUAL CHAMPIONSHIPS - QUALIFYING STANDARDS

BOYS EVENTS

EVENT	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15
60m Hurdles	13.5	12.1	11.4	10.9	11.3	10.9	16.5	17.0	16.5
90m Hurdles									
70m	12.8	11.9	11.5	11.0					
100m	18.5	17.1	16.1	15.5	15.0	14.4	14.4	14.3	14.0
200m	40.2	36.7	34.7	33.3	32.0	30.7	30.5	30.5	30.0
400m				1.16.0	1.14.0	1.10.0	1.10.0	1.10.0	1.10.0
800m			3.10.0	2.55.0	2.50.0	2.45.0	2.40.0	2.40.0	2.40.0
1500m			5.50.0			5.40.0	5.35.0	6.00.0	6.00.0
400m Walk		2.50.0							
800m Walk		5.30.0	5.15.0	5.10.0	4.55.0	5.00.0			
1500m Walk			10.35.0	9.45.0	9.40.0	9.40.0	9.40.0	9.40.0	9.40.0
Shot Put	4.00m	4.65m	5.70m	6.70m	6.40m	7.10m	7.75m	6.60m	7.25m
Discus	11.00m	14.50m	18.20m	21.50m	20.30m	23.00m	20.50m	21.00m	22.00m
High Jump	0.88m	1.00m	1.10m	1.20m	1.25m	1.32m	1.35m	1.40m	1.40m
Long Jump	2.80m	3.20m	3.50m	3.70m	4.00m	4.20m	4.15m	4.20m	4.25m
Triple Jump			8.30m	8.75m	8.75m	8.75m	8.80m	8.80m	9.25m

SHOULD THERE BE TOO MANY ENTRIES FOR A PARTICULAR EVENT, THE COMPETITION & TECHNICAL COMMITTEE MAY, AT THEIR DISCRETION, LIMIT FIELDS - PERFORMANCES ON ENTRY FORMS BEING USED TO ASSIST THEM IN THIS REGARD.

T.T.G. LITTLE ATHLETICS - SUMMER COMPETITION PROGRAMME

October '85

Programme

Sun. 6th	1.00pm.	Home	-	Bulkana Oval	1
Sun 13th	1.00pm.	Home	-	Bulkana Oval	2
Sun 20th	9.30am.	Away	-	Munno Para, Cooromowa Res., Vincent St., Smithfield Plains.	
Sun 27th	11.30am.	Home	-	Ingle Farm visiting. BBQ	3

Nov. '85

Sun. 3rd	1.00pm.	Home	-	Bulkana Oval	4
Sun.10th	11.30am	Home	-	Salisbury visiting. BBQ	2
Sun.17th	1.00pm	Home	-	Bulkana Oval	2
Sun.24th	1.00pm	Home	-	Bulkana Oval	3

Dec. '85

Sun. 1st	1.00pm	Home	-	Bulkana Oval	4
Sun. 8th	10.30am	O.S.F.	-	Kensington, Relay Champs.	
Sun.15th	1.00pm	Home	-	Bulkana Oval	1
Sun.22nd	-	Sun.5th Jan.	-	inclusive - Xmas break	

Continued on Page 8

T.T.G. LITTLE ATHLETICS-SUMMER COMPETITION PROGRAMME

Cont.....

Jan. '86

		<u>Programme</u>
Sun. 12th 1.00pm	Home Munno Para & Eliz. visiting.	2
Sun. 19th 1.00pm	Home Enfield & Para Hills "	3
Sun. 26th 1.00pm	Home Bulkana Oval	4

Feb. '86

Sat. 1st	Away Salis. East, Rundle Rd. Salis Stn.
Sun. 2nd 9.30am	Away Elizabeth
Sun. 9th	O.S.F. Kensington Northern Zone Qualifying Day.
Sun. 16th 10.00am	Peter Fullager Walks-Bulkana Oval
Sun. 23rd 9.30am	Away Ingle Farm, Golding Oval, Redhill Road.

March '86

Sun. 2nd 12.30am	Home T.T.G. Champs. Day 1 BBQ Tea.
Sat. 8th 9.00am	Away Salis. Creaser Park Reserve, Blyth Ave, Parafield Gardens.
Sun. 9th	Improvers Champs. Ingle Farm.
Sun. 16th 12.30am	Home T.T.G. Champs Day 2 BBQ. Tea.
Sat. 22nd & Sun. 23rd	O.S.F. Kensington, State Individuals.

PROGRAMME OF EVENTS FOR HOME MEETINGS 1985/86

Programme 1

U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15
70m	70m	70m	70m	70m	60H	60H	90H	90H	90H
100m	200m	200m	100m	200m	200m	200m	200m	200m	200m
Disc	Shot	Shot	200m	800m	800m	800m	800m	800m	800m
HJ	LJ	LJ	Disc	Disc	Shot	Shot	Disc	Shot	Disc
			HJ	HJ	LJ	LJ	HJ	LJ	HJ
					*	*	LJ		LJ

* 800 Walk or 1500 Walk

Programme 2

U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15
60H	60H	60H	60H	60H	100m	100m	100m	100m	100m
100m	100m	100m	800m	100m	400m	400m	400m	400m	400m
Shot	Disc	Disc	Shot	400m	Disc	Disc	Shot	Disc	Shot
LJ	HJ	HJ	LJ	Shot	HJ	HJ	TJ	HJ	TJ
		400W		LJ	1500W	1500W	1500W	TJ	1500W
					TJ	TJ			

Programme 3

U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15
70m	70m	70m	70m	70m	60H	60H	90H	90H	90H
100m	100m	100m	100m	100m	200m	200m	200m	200m	200m
Disc	Shot	Shot	200m	200m	1500m	1500m	1500m	1500m	1500m
HJ	LJ	LJ	Disc	Disc	Shot	Shot	Disc	Shot	Disc
			HJ	HJ	LJ	LJ	HJ	LJ	HJ
							LJ		LJ

Programme 4

U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15
60H	60H	60H	60H	60H	100m	100m	100m	100m	100m
70m	200m	200m	800m	400m	400m	400m	400m	400m	400m
Shot	Disc	Disc	Shot	Shot	Disc	Disc	Shot	Disc	Shot
LJ	HJ	HJ	LJ	LJ	HJ	HJ	TJ	HJ	TJ
			800W	800W	TJ	TJ	800W	TJ	1500W
					800W	800W			

Programme subject to alteration