

**Tea Tree Gully  
Athletics Centre Inc.**



**SUMMER PROGRAMME  
1988-89**

*MM IIII*



**Builders of Quality Homes**

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TEA TREE GULLY ATHLETICS CENTRE INC.

P.O. Box 43  
St. Agnes

Bulkana Oval,  
Spring Crescent  
Fanksia Park.

CENTRE BEST PERFORMANCE CERTIFICATES

Children who equal or better the previous Centre Best Performance at an Official meeting (except Personal Best Day) 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.

REGULATION FOR T.T.G. LITTLE ATHLETICS AWARDS

To be eligible to receive awards at T.T.G. Centre Presentation Night, children must be registered and have competed in at least 50% of possible programmed meetings for the season (excluding meetings requiring selection e.g. State Relays).

PLEASE NOTE - All children who have registered with the Centre in the previous season must re-register no later than November 15th 1988.

To be eligible for an attendance point, each athlete must compete in at least three events at each individual meeting.

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 1988/89 SEASON.

CENTRE MANAGEMENT COMMITTEE

President	Mr. John Lockwood	251 1149
Secretary	Vacant	
Treasurer	Mr. Trevor Symons	265 0860
Fundraising Officer	Mr. Geoff Ryan	263 3132
Publicity & Promotions	Mr. Bruce Ainslie	263 9293
Clubroom Management	Mr. Ian Todd	263 4285
Grounds & Equipment	Mr. Chris Parsons	251 4327

SENIOR SUB-COMMITTEE

President	Vacant	
Secretary	Mr. Dave Turner	251 3946
Recorder	Mrs. Delia Turner	251 3946
Registrar	Mr. David Porrott	263 0327
Team Manager	Mr. Mike Butcher	336 3251
Publicity & Promotions	Vacant	
Social Rep.	Mr. Terry Boswell	264 7751

LITTLE ATHLETICS SUB-COMMITTEE

President	Mr. Jeff Page	337 9571
Secretary	Mrs. Pat Todd	263 4285
Competitions Officer/ Team Manager	Mr. Brian Leach	263 3439
Recorder	Mrs. Toni Brundel (boys)	262 2185
	Mrs. Beryl Robertson (girls)	251 2153
Education Officer/ Officials Officer	Mr. Don Robertson	251 2153
Publicity & Promotions	Mr. Chris Johnson	264 1568
Social Rep.	Mr. Laurie Rundle	263 1237
Registrar	Mr. Rob Hawkes	264 3629

There are also 3 other sub-committees:-  
Fundraising, Social and Publicity & Promotions.

Canteen Coordinator	Vacant	
Club room bookings	Mr. Ian Todd	263 4285

## ATHLETICS IN TEA TREE GULLY

Tea Tree Gully Athletics Centre began in 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 CLUB INFORMATION

Welcome to Tea Tree Gully Athletics Centre, the club hopes you enjoy your involvement both athletically and socially.

Uniform running singlets are available from committee members and maroon shorts or running briefs make up our competition uniform which the Athletics Association require to be worn for all formal competition. Committee members can supply you with discount vouchers for the purchase of running shoes and other clothing. Training equipment is available at the clubrooms and equipment for competition is supplied at the competition venues.

Coaching assistance is offered by our club coaches for most events, if you are seeking help with any particular event please ask any one of the coaches and if we are not able to cater for your needs we will assist you to find the help you require.

Training times vary according to the individual coaches, however in the preseason period all coaches are in attendance at Bulkana Oval from 10.00am. on Sundays. The gymnasium is open for all club members use on Mon. evenings from 5.00pm-7.30pm., and Thurs.evenings from 5.00pm.-6.00pm.

## REGULATIONS FOR T.T.G. LITTLE ATHLETICS MEETINGS Home and Inter Centre.

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

1. All competitors must wear suitable footwear. Spikes are permitted for U12 - U/16's only.
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.
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-U/16 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 7 metres clear of the throwing circle, or outside the discus net where provided. U/12 - U/16 age groups must throw from discus area No.1 i.e. the end with the wire cage and the thrower only is allowed inside the cage during competitions or practice.
- At Association Events e.g. Meigs, Little Athletics competing must be in correct centre uniform, including registration number but excluding any other badges.

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. Children must achieve these standards at least twice prior to nomination. Nominations must be received by the Association before 3.00pm Thursday 16th February 1989.

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 Brisbane over Easter 1989. 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. 1988.

Our coaches, and relevant special interests are:-

Eric Matthews	- Throwing events	-	265 3130
Bob Blackmore	- Track events	-	263 9377
Dave Turner	- Jumping events	-	251 3946
Mike Butcher	- General events	-	336 3251

Please contact them for information on training times, and if you have joined their coaching group to let them know if you are unable to attend training or if you have any problems.

Competition Programmes - The Athletics Association makes a programme book available to each registered athlete and official, you will receive this with your registration numbers.

Social Functions are held for athletes, their families and friends throughout the summer and winter seasons, as per the following, (Dates to be advised).

Post Training Barbecue at Bulkana Oval - early in the Summer Season.

QUIZ NIGHT at clubrooms.

PRESENTATION NIGHT. This date will be confirmed later to ensure we do not clash with any major competition date.

Other functions will be arranged according to interest shown - let the committee members know what functions you would like to attend.

INTRODUCTION TO LITTLE ATHLETICS

Little Athletics is an organisation for young people from 5-15 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 and 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 addresses specified in the programme on page 6.

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 pg. 6 for time and place of meeting.

AGE GROUPS

Children are placed in age groups according to their age on the 1st. October 1988.

UNIFORM

Maroon and blue athletics singlet with maroon shorts for boys and maroon runners for girls. Singlets may be purchased at the centre at a cost of \$8-\$9.00. Footwear is compulsory, spikes are permitted in laned track and Jumping events for U/12-U/16 athletes and if worn must be put on at the start and removed at the finish of the event.

REGIONAL DAY (Northern Metro.)

On the 6th November 1988 a Regional Day will be held at Elizabeth L.A.C. with 5 competing clubs, comprising Salisbury East, Salisbury, Munna Para and T.T.G. Full details later in the year in the "Gully Runner".

STATE RELAY CHAMPIONSHIPS

One of the most exciting events is the State Relay Championships to be held at Olympic Sports Field, this year on Sunday 4th December, 1988. '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 recorder at earlier meetings are analysed.

PERSONAL BEST DAY

This is a further opportunity for all age groups to compete at Olympic Sports Field on Sunday 5th February, 1989 with athletes from 12 other centres. The children select their own events on the day but a number of age groups will compete together. For this reason, no State Best Performances or Centre Best Performances will be allowed, but participation does count for T.T.G. attendance points and for qualification for the State Individual Championships.

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 Woodville Little Athletic Centre, Gleneagles Res. Ailsa Av. Seaton on 26th February, 1989.

A Pentathlon Event for under 7 and 8 athletes will also be held on this day.

THE SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION INC.  
 1988 KMART 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	U/16
60mH	14.6	13.2	12.3	11.7	12.0	11.6				
90mH							17.3	19.0	19.1	19.5
70m	13.7	12.6	12.1	11.6						
100m	19.6	18.2	17.1	16.3	15.6	15.0	14.8	14.6	14.7	14.8
200m	43.0	39.2	37.2	34.8	33.5	32.1	31.4	31.1	31.1	32.0
400m					1.22	1.18	1.17	1.17	1.22	1.25
800m			3.25	3.15	3.05	3.00	3.05	3.10	3.15	3.20
1500m					6.48	6.30	6.40	6.40	6.50	6.50
800W			6.00	5.40	5.30	5.28	5.15			
1500W					11.00	10.20	10.20	10.20	10.30	10.30
S.P.	3.60	4.40	4.50	5.45	6.65	7.30	6.55	6.72	7.20	7.15
Disc	7.30	10.20	12.80	15.40	15.40	18.00	16.50	16.60	17.20	17.00
Jav					11.50	13.00	13.50	14.00	15.00	15.00
H.J.	0.81	0.92	1.00	1.08	1.15	1.23	1.28	1.28	1.30	1.30
L.J.	2.70	3.00	3.20	3.42	3.75	3.96	4.00	4.00	4.00	4.00
T.J.					7.72	8.40	8.55	8.60	8.90	8.90

BOYS EVENTS:

EVENT	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15	U/16
60mH	13.5	12.4	11.5	11.0	11.4	11.0				
90mH							16.7	18.1	18.1	18.1
70m	13.0	12.1	11.5	11.2						
100m	18.7	17.3	16.2	15.7	15.1	14.5	14.4	14.1	14.0	14.1
200m	40.4	37.2	34.9	33.6	32.2	31.0	30.5	30.0	29.1	29.3
400m					1.17	1.12	1.12	1.09	1.11	1.13
800m			3.05	2.55	2.50	2.48	2.55	2.50	2.50	2.52
1500m					6.00	5.55	6.00	5.55	5.50	5.50
800W			5.45	5.30	5.30	5.25	5.30			
1500W					11.00	10.30	10.20	10.20	10.20	10.20
S.P.	5.00	5.20	5.80	6.80	6.40	7.00	7.70	6.60	7.25	7.20
Disc	11.00	14.50	18.00	21.20	20.20	22.60	20.10	20.80	22.00	21.50
Jav					18.00	22.00	22.00	25.00	25.00	25.00
H.J.	0.88	0.98	1.10	1.20	1.25	1.32	1.40	1.38	1.42	1.40
L.J.	2.80	3.12	3.50	3.75	4.00	4.25	4.25	4.32	4.65	4.55
T.J.					8.25	8.75	9.00	9.00	9.20	9.20

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.

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 15th November 1988 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 1988

FRES

Registration fees are \$24.00 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 (\$15.00) through the Senior Club, the fee for the first child is \$9.00 (Exception U/6 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 Celcius or above on Radio 5DN 9.00am. News, Home meetings only will be cancelled.

T.T.G. LITTLE ATHLETICS - SUMMER MEETING PROGRAMME 1988/89

Programme

<u>SEPTEMBER 1988</u>		
✓ SUN 25th	1.00pm	HOME - Bulkana Oval (Come & Try Day)
<u>OCTOBER 1988</u>		
✓ SUN 2nd	1.00pm	HOME - Bulkana Oval 1
✓ SUN 9th	1.00pm	HOME - Bulkana Oval 2
SUN 16th	9.30am-2.00pm	HOME - Coaching Clinic
SUN 23rd	2.00pm	HOME - Bulkana Oval - BEQ 3
SUN 23rd	11.00am	HOME - Bulkana Oval - Westport visiting 4
SUN 30th	1.00pm	HOME - Bulkana Oval - Barossa Valley & Eastern Districts visiting 1
<u>NOVEMBER 1988</u>		
SUN 6th	9.30am	AWAY - Duncan Anderson Res., Mofflin Rd. Elizabeth - Northern Regional Day - BEQ
SAT. 12th	8.45am	AWAY - Salisbury, Creaser Pk. Parafield Gdns. 2
SUN 20th	1.00pm	HOME - Bulkana Oval 3
SUN 27th	1.00pm	HOME - Bulkana Oval 3
<u>DECEMBER 1988</u>		
SUN 4th	9.00am	AWAY - Olympic Sports Field, Kensington State Relay Championships
FRI. 9th	6.00pm	HOME - Bulkana Oval 1
SUN 18th	1.00pm	HOME - Bulkana Oval-Christmas Breakup
Dec.19th - Jan. 7th Christmas Break		
<u>JANUARY 1989</u>		
SUN 8th	1.00pm	HOME - Bulkana Oval 2
SUN 15th	1.00pm	HOME - Bulkana Oval Ingle Farm & Enfield visiting 3
FRI 20th	6.00pm	AWAY - Torrens Valley-Birdwood High Sched, Main St. Birdwood
SUN 29th	11.00am	HOME - Bulkana Oval- Elizabeth & Hills visiting - BEQ 4
<u>FEBRUARY 1989</u>		
SUN 5th	11.00am	AWAY - Olympic Sports Field Kensington Personal Best Meeting
FRI. 10th	6.00pm	AWAY - Westport-Cnr. Edwin St. & Military Rd. West Lakes Shore.
OR		
SUN 12th	1.00pm	HOME - Bulkana Oval 1
SUN 19th	1.00pm	HOME - Bulkana Oval 2
SUN 26th	9.00am	AWAY - Peter Fullager Walks - Woodville Gleneagles Res. Ailsa Ave. Seaton
<u>MARCH</u>		
SUN 5th	1.00pm	HOME - Bulkana Oval 3
SUN 12th	1.00pm	HOME - Bulkana Oval 4
SAT 18th & SUN 19th	9.00am	AWAY - State Individual Championships Olympic Sports field, Kensington

PROGRAMME 1

U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15	U/16
70m	70m	70m	70m	70m	60m	60m	90m	90m	90m	90m
100m	200m	200m	100m	100m	200m	200m	200m	200m	200m	200m
Shot	Disc	Disc	800m	800m	800m	800m	800m	800m	800m	800m
LJ	HJ	HJ	Shot	Shot	Disc	Disc	Shot	Disc	Shot	Shot
			LJ	LJ	HJ	HJ	TJ	HJ	TJ	TJ
					TJ	TJ	JAV	TJ	JAV	JAV

PROGRAMME 2

U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15	U/16
60m	60m	60m	60m	60m	100m	100m	100m	100m	100m	100m
100m	100m	100m	200m	200m	400m	400m	400m	400m	400m	400m
Disc	Shot	Shot	Disc	HJ	Shot	Shot	Disc	Shot	Disc	Disc
HJ	LJ	LJ	HJ	Disc	LJ	LJ	HJ	LJ	HJ	HJ
	*400w*	*400w*	800w	800w	1500w	1500w	LJ	1500w	LJ	LJ
					JAV	JAV	1500w	JAV	1500w	1500w

\* Practice walks only\*

PROGRAMME 3

U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15	U/16
70m	70m	70m	70m	70m	60m	60m	90m	90m	90m	90m
100m	100m	100m	100m	100m	200m	200m	200m	200m	200m	200m
Shot	Disc	Disc	800m	800m	1500m	1500m	1500m	1500m	1500m	1500m
LJJ	HJ	HJ	Shot	LJ	Disc	Disc	Shot	Disc	Shot	Shot
			LJ	Shot	HJ	HJ	TJ	HJ	TJ	TJ
					TJ	TJ	JAV	TJ	JAV	JAV

PROGRAMME 4

U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15	U/16
60m	60m	60m	60m	60m	100m	100m	100m	100m	100m	100m
70m	200m	200m	200m	200m	400m	400m	400m	400m	400m	400m
Disc	Shot	Shot	Disc	Disc	Shot	Shot	Disc	Shot	Disc	Disc
HJ	LJ	LJ	HJ	HJ	LJ	LJ	HJ	LJ	HJ	HJ
			800w	800w	JAV	JAV	LJ	JAV	LJ	LJ
					800w	800w	800w	::	::	::

:: = 800m, 1500m or 1500w

CROSS COUNTRY (winter) PROGRAMME 1989

From May to August a short cross country season is conducted, culminating with the running of the State Cross Country Championships. Our centre is currently holding both the boys and the girls cross country shields.

DATE

VENUE

7/5/89	- Munno Para - Central District Rugby Club, Uley Rd., Elizabeth Downs.
14/5/89	- Tea Tree Gully - Bulkana Oval
21/5/89	- Riverland - undecided
4/6/89	- Moorunga - Wilfred Taylor Reserve, Moorunga
11/6/89	- Torrens Valley - Lobethal
18/6/89	- Campbelltown - Wadmore Park, Maryvale Rd. Athelstone
25/6/89	- Barossa Valley - Bethany Reserve (Bethany) Tanunda
16/7/89	- undecided
30/7/89	- Salisbury East - Carisbrooke Res. Main North Road.
6/8/89	- State Championships - Wadmore Park, Maryvale Road, Athelstone