

SEASON 2012/2013

(Subject to Change)

SEPTEMBER				PROG
23	9:15	1 Home		5
30	9:15	2 Home		1
OCTOBER				PROG
7	9:15	3 Home		2
14	9:15	4 Home	(BRING A FRIEND DAY)	3
21	9:15	5 Home		4
28	9:15	6 Home		1
NOVEMBER				PROG
4	9:15	7 Regional Games – Ingle Farm LA Golding Oval, Redhill Road		TBA
11	9:15	8 Home		2
18	9:15	9 Home		3
Hosting Eastern Districts LAC Visit				
25	9:15	10 Home		5
30	6:30	11 Home Oval	(Friday Night)	4
DECEMBER				PROG
2	9:00	12 IGA State Relay Championships Santos Stadium (U/9 TO U/17)		
9	9:15	13 Home		6
16	9:15	14 Home	(XMAS Breakup Fun and Games)	1



JANUARY				PROG	
4	6:30pm	15 Away- Golden Grove LAC Tilley Reserve, Hancock Road		TBA	
13	09:15	16 Home		2	
14-18		Holiday Coaching Clinic – Santos Stadium (Open to U10-U17 Athletes U9 on days 4and 5)			
20	9:00	17 ‘Be Active’ Personal Best Day SANTOS Stadium (Open to all age groups)			
27	9:15	18 Home		6	
(Last day to submit Multi event Champs forms)					
FEBRUARY				PROG	
3	9:15	19 Northern Region Open Day Munno Para hosting at Kooranowa Reserve, Vincent Road		TBA	
10	9:15	20 Home		OPEN	
17	9:15	21 Home		4	
22	6:30	22 Home	(Friday Night)	1	
(Hosting Golden Grove visit & last day for SIC forms)					
24	09:00	23 McDonalds Multi Event Championships (U/9-U/17) SANTOS Stadium			
MARCH				PROG	
3	9:15	24 Home		2	
10	9:15	25 Home		3	
17	9:00	26 Improvers Games- Elizabeth LAC		TBA	
23/24	9:00	27 BE ACTIVE STATE INDIVIDUAL CHAMPIONSHIPS SANTOS Stadium (Qualifying period 1 st Sept 2012 to 29 th February 2013)			
APRIL				PROG	
6	4:00	AGM, End of Season Break-up and Trophy Presentations			



For all your sportswear needs Ph-8359 6200

PROGRAMS 1, 2 & 3 FOR HOME MEETINGS

	U6		U7		U8		U9		U10		U11		U12		U13		U14/15		U16/17	
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
PROG 1	H/3 50m SP3 100m	SP3 50m H/3 100m	70m L/2 DISC2	DISC2 70m L/3 100m	H/2 70m SP2 100m 800m	SP2 70m H/2 100m 800m	200m H/2 100m SP2 800m	200m SP2 100m H/2 800m	200m L/1 100m 800m DISC1	DISC1 200m L/1 100m 800m	L/1 200m DISC1 100m	DISC1 200m L/1 100m 800m	200m TJ SP1 100m 800m	200m TJ SP1 100m 800m	200H* TJ 200m H/1 100m	200H* TJ 200m H/1 100m	200H* TJ 200m H/1 100m	200H* TJ 200m H/1 100m	200H* TJ 200m H/1 100m	200H* TJ 200m H/1 100m
PROG 2	70m L/3 200m DISC2	L/3 70m DISC2 200m	60H H/3 SP3 200m	60H H/3 SP3 200m	60H L/2 DISC2 200m 400m	60H L/2 DISC2 200m 400m	DISC2 60H 400m L/2 200m 1100W/1100W	L/2 60H 400m 200m 1100W/1100W	400m TJ 400m 60H SP2 H/2 1500m/1500m	400m TJ 60H SP2 H/2 1500m/1500m	400m SP1 60H H/1 TJ SP1 1500W/1500W	400m SP1 60H H/1 TJ SP1 1500W/1500W	H/1 400m L/1 80H L/1 90/100H 1500W/1500W	H/1 400m L/1 80H L/1 90/100H 1500W/1500W	DISC1 400m SP1 400m H/1 1500m/1500m	DISC1 400m SP1 400m H/1 1500m/1500m	DISC1 400m SP1 400m H/1 1500m/1500m	DISC1 400m SP1 400m H/1 1500m/1500m	DISC1 400m SP1 400m H/1 1500m/1500m	DISC1 400m SP1 400m H/1 1500m/1500m
PROG 3	SP3 100m H/3 50m	H/3 100m SP3 50m	DISC2 100m L/3 DISC2	DISC2 100m L/3 DISC2	H/2 100m SP3 70m	H/2 100m SP3 70m	800m SP2 100m L/2 H/2	800m SP2 100m L/2 H/2	100m DISC1 100m L/1 200m 800m	100m DISC1 100m L/1 200m 800m	100m L/1 DISC1 200m 800m	100m L/1 DISC1 200m 800m	SP1 TJ 100m 200m SP1 800m	SP1 TJ 100m 200m SP1 800m	200H* H/1 100m H/1 100m	200H* H/1 100m H/1 100m	200H* H/1 100m H/1 100m	200H* H/1 100m H/1 100m	200H* H/1 100m H/1 100m	200H* H/1 100m H/1 100m

AWARDS SYSTEM

All children will receive a certificate for participation at the end of the season, showing the child's best performance for each event contested. Tiny Tots will receive a Medal, Certificate of Participation and an achievement award voucher

U6 to U8: Receive a Gold, Silver or Bronze Medal depending on the number of points scored during the season. For U6 to U8 Age Groups, two Improvers Trophies will be awarded to each age group.

Points in this age group are awarded for attendance, equalling personal best **performances**, improving personal bests and Centre Best **performances**.

U9 to U17: Athletes in these age groups may, according to points scored during the season, receive either a Gold, Silver or bronze medal. They will also be eligible for the Most Improved and Best All Round Athlete trophies.

Points in this age group are awarded for attendance, Personal Best (including equalling), event place points and centre best times.

Best all round trophies are awarded based around athletes competing in all disciplines to accrue points taken from the association achievement award.

Athletes must reach the minimum points level to receive a medal.

BEST CLUB PERSON: PERPETUAL TROPHY

Is awarded to, any Athletes from under U9 up to U17 in Cross Country Season and following on into the Summer Little Athletics Season.

Selection Criteria

- Attendance at Little Athletics meetings, including home and away meets, Association meetings (eg Relays, etc).
- General attitude and behaviour of the athletes as a Club representative/ambassador.

Trophies are also awarded for participating at the Cross Country Championships, to State Representatives, a Coaches Award (Male & Female) and a Presidents Award.

Please refer to our notice board for further information regarding the points system.

United Fasteners

**54 Cavan Road
 DRY CREEK SA 5094
 Tel: 8360 4622
 For all your Nuts/Bolts and
 Fixings Needs**

HALL FOR HIRE

The Tea Tree Gully Athletics Centre Hall Is
FOR HIRE at Reasonable Rates
 All Occasions
 For further info contact
 Leanne on 0413 683 798

PROGRAMS 4, 5, & 6 FOR HOME MEETINGS

PROGRAM	U6		U7		U8		U9		U10		U11		U12		U13		U14/15		U16/17		
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	
PROG 4	300M	300M	500M	500M	60H	60H	60H	60H	400M	400M	400M	400M	400M	400M	400M	400M	400M	400M	400M	400M	400M
	LJ3	DISC2	60H	HJ3	DISC2	LJ3	DISC2	LJ2	60H	60H	60H	60H	60H	60H	60H	60H	60H	60H	60H	60H	60H
	70m	70m	HJ3	SP3	HJ2	SP2	200M	200M	DISC2	200M	DISC2	200M	DISC2	200M	DISC2	200M	DISC2	200M	DISC2	200M	DISC2
	DISC2	LJ3	SP3	HJ3	LJ3	DISC2	400m	400m	DISC2	LJ2	DISC2	LJ2	DISC2	LJ2	DISC2	LJ2	DISC2	LJ2	DISC2	LJ2	DISC2
PROG 5	SP3	HJ3	DISC2	100m	100m	100m	100m	800m	800m	800m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m
	100m	100m	100m	LJ3	DISC2	LJ2	DISC2	DISC2	LJ2	DISC2	LJ2	DISC2	LJ2	DISC2	LJ2	DISC2	LJ2	DISC2	LJ2	DISC2	LJ2
	HJ3	SP3	LJ3	70m	SP2	HJ2	100m	100m	DISC2	200m	SP1	200m	DISC1	200m	TJ	200m	TJ	200m	LJ1	200m	LJ1
	50m	50m	70m	DISC2	70m	LJ2	70m	70m	200m	200m	800m	800m	800m	800m	800m	800m	800m	800m	800m	800m	800m
PROG 6	DISC2	LJ3	SP3	HJ3	SP2	HJ2	SP2	HJ2	LJ2	LJ2	100m	TJ	LJ1	200m	DISC1	200m	DISC1	200m	SP1	200m	SP1
	100m	100m	100m	100m	100m	100m	100m	100m	SP2	200m	TJ	DISC1	200m	SP1	100m	100m	100m	100m	100m	100m	100m
	LJ3	DISC2	70m	HJ3	HJ2	SP2	HJ2	SP2	200m	100m	200m	SP1	SP1	LJ1	DISC1	100m	TJ	200m	TJ	200m	TJ
	70m	70m	HJ3	SP3	DISC2	200m	200m	200m	LJ2	SP2	DISC1	800m	100m	100m	100m	100m	800m	800m	800m	800m	800m

Notes: 1. Additional events will be conducted where sufficient athletes request participation
 2. All programs are subject to change depending on weather and other circumstances
 * = Optional event

ASSOCIATION AND SPECIFIC EVENTS

“Skins” are not allowed to be worn at any Association events.

Regional Games – Will be hosted by Ingle Farm on 4th November 2012 at Golding Oval, Redhill Road

This is an Athletic meeting for the Association’s Northern Metropolitan Centres and provides an opportunity for athletes to participate against athletes from the following Centres: Salisbury, Salisbury East, Elizabeth, Golden Grove, and Munno Para. All Centres assist with officiating for the day. Regional Day Certificates and badges are provided to the athletes. Regional Day is for Under 6 to Under 17.

IGA State Relay Championships – Sunday 2nd December 2012 at Santos Stadium

All Centres are eligible to participate at these Championships, which consist of both track relay and field relay events for athletes in the U9 – U17 age groups. Association policy requires Centres to field TRACK relay teams before FIELD relay teams. Four athletes are required to participate in TRACK RELAY events, which vary for each age group. Events comprise 4 x 100m, 4 x 200m, and 4 x 400m. Each Centre may only enter one team per event and athletes must wear correct Centre uniform, otherwise disqualification may result. Heats and finals are run for these events. FIELD RELAY comprises four events; Long Jump, High Jump, Shot Put and Discus. There are no finals in Field Relays. A combination of athletes may be entered;

- a) 3 athletes – one athlete in 2 events and the other two athletes do one event each;
- b) 2 athletes – EACH PARTICIPATE IN 2 EVENTS.

Team Selection Policy; Athletes best performances will be monitored by a sub-committee during the period up to and including 18th November 2012 and be selected to participate in the track relay. Further details will be provided. Athletes must be registered by 23rd November 2012 by the club to the association

RULES OF COMPETITION AND PROGRAM will be made available to parents and athletes who are selected for the Track and Field relays.

‘Be active’ Personal Best Day is on Sunday 20th January 2013) at Santos Stadium

Another opportunity for registered athletes of all age groups U6 – U17 to participate at the SANTOS Stadium against athletes from other Centres. Correct Centre uniform must be worn; otherwise the athlete will not be allowed to participate. Athletes from the U6 - U10 age groups can only compete in a maximum of 5 events and athletes from the U11 - U17 age groups can only compete in a maximum of 6 events. Athletes must be registered by 11th January 2013. A Tiny Tots event is also run at this meet.

COMPETITION RULES OF CONDUCT and PROGRAM are available on our website.

COACHES

Courses run by the Association and co-ordinated by our Centre allow interested persons the opportunity to become qualified in coaching.

It is essential for the development of our Athletes that our Centre has adequate coaching personnel for the current season and the future. Any interested person should contact a member of the Management Committee.

Coaching times and details are listed in this book.

PARENT’S CODE OF BEHAVIOUR

- Encourage children to participate in each event. However, if a child is not willing, do not force them.
- Focus on the child’s efforts and performance rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing the emphasis on winning. This is the principle of the associations’ philosophy of personal best.
- Teach children that an honest effort is as important as victory, so that the result of each competition is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at children for making a mistake or losing an event
- Remember children are involved in organised sports for their enjoyment, not yours.
- Remember that children learn best by example. Applaud good performances by all athletes.
- If you disagree with an official, raise the issue with the official during a break or after the competition. Do not question the official’s judgement and honesty in public. Remember, all officials give their time and effort freely for your child’s involvement.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Recognise the value and importance of volunteer coaches and officials. They give their time and resources freely to provide recreational activities for the children and deserve your support.

WHAT CAN I DO AS A PARENT?

Every parent/support person fits into the grand scheme. Without your help, this recreation would cease to exist for our children.

Parents, like our athletes, come in many shapes and sizes with all sorts of experience and talents that they usually don't even know they have!

Parent participation is vital to keep our Centre functioning. A roster is established for parents to assist with setting up, canteen. Please feel free to make yourself available for timekeeping, chaperoning and officiating.

OFFICIALS

Our Centre needs parents to act as officials during competition. Without officials there can be no competition. Parents need not be formally qualified; however, the opportunity to gain qualification exists through courses run by the Association.

Parents who become involved will participate in an essential and most rewarding role. Any result where an Athlete achieves a Centre Best must be witnessed and signed off by an Official. To cater for this it is recommended that each age group have at least one 'C' Grade Official. **Talk to a Committee member about becoming a 'C' Grade Official.**

CHAPERONES

Chaperones have the task of ensuring Athletes enjoy their activities in an organised and supportive atmosphere. Acting as a chaperone involves recording of performances and marshalling Athletes to events.

TIMEKEEPERS

Timekeepers have the task of measuring the elapsed time between the start and the finish of the race and determining the placings. Timing commences from the sight of smoke from the starting gun and concludes when any part of the Athletes torso (not head, arms or legs) crosses the finish line.

When timekeeping, times are rounded up to the next tenth of a second.

(e.g watch shows 10.18 seconds – recorded as 10.2 seconds or
watch shows 10.10 seconds – recorded as 10.1 seconds or
watch shows 10.11 seconds – recorded as 10.2 seconds)

Our Chief Timekeeper will provide advice and guidance to those parents who need assistance. Timekeeping means working in a team of 6 to 8 people and provides a great opportunity to meet and get to know other parents. Our club now has timing gates on the straight track to ease the burden on parents but assistance lining up respective age groups at start and finishing areas speed up the process.

ASSOCIATION AND SPECIFIC EVENTS

McDonalds Multi – Event Championships – Sunday 24th February 2013. (Entries Close: 27th Jan 2013)

Athletes must be registered by: 11th January 2013

These championships are also held at the SANTOS Stadium for the athletes in the U9 – U17 age groups. Each athlete must participate in five events as programmed by the Association with points being allocated according to performances. Medals will be awarded to the first three placegetters in each age group. Correct Centre uniform must be worn. RULES AND GENERAL INFORMATION, together with a PROGRAM will be made available to parents and athletes intending to participate.

State Team (U13 & U15 only ?????)

To be eligible for the state team you must be registered and compete at club level regularly. A booklet is available upon registration; if you do not have one please ask.

Improvers Games: Location Elizabeth LAC – Sunday 11th March 2013

(Registration Cut Off: 31st December 2012, Entries Close: 17th March 2013)

Athletes who are not eligible to compete in any more than 1 event at the State Individual Championships can compete at the Improvers Games. U6-8 athletes may compete in a set program of 5 events while U9-17 athletes may select their own events. For U9-17 athletes, only events with sufficient entries will be conducted. Rules, programs and further information will be made available closer to the date of the Improvers Games. A Tiny Tot session is usually held at this event. This depends on the host Centre.

'Be Active' State Individual Championships

Saturday 23rd and Sunday 24th March 2013.

(Entries Close – 28th Feb 2013 at 3:00 pm.)

(Registration Cut Off: 31st December 2012.)

Qualification Period: 1st September 2012 to 1st March 2013.

To participate at these championships at the SANTOS Stadium requires athletes to have reached the qualifying standard twice during the season. Only registered athletes in the U9 – U17 age group are eligible to participate. Athletes may enter a maximum of 5 events. RULES AND GENERAL INFORMATION, together with a PROGRAM will be made available to parents and athletes intending to participate.

2012 BE ACTIVE STATE INDIVIDUAL CHAMPIONSHIPS

QUALIFYING STANARDS - BOYS EVENTS

Event	9/B	10/B	11/B	12/B	13/B	14/B	15/B	16/B	17/B
70m	11.7								
100m	16.5	16.0	15.4	14.7	14.5	14.3	14.1	14.2	14.2
200m	36.4	34.5	32.9	31.2	30.5	30.3	29.5	29.5	29.5
400m	1.25	1.22.0	1.18.0	1.16.0	1.13.0	1.13.0	1.19	1.17.0	1.17.0
800m	3.12.0	3.05.0	3.00.0	2.55.0	2.50.0	2.55.0	3.05	3.00.0	3.00.0
1500m		6.20.0	6.20.0	6.05.0	6.10.0	6.15.0	6.20.0	6.20.0	6.20.0
Hurdles	12.3	12.6	12.0	12.0	17.6	18.9	23.0	22.0	22.0
200m Hurdles							37.0	37.0	37.0
Walks		8.30.0	8.00.0	11.00.0	11.00.0	11.00.0	10.30.0	10.30.0	10.30.0
Shot Put	5.70	6.70	7.30	7.05	7.80	6.75	7.15	7.15	7.15
Discus	17.00	19.00	19.00	21.00	20.10	21.00	22.60	22.60	22.60
Long Jump	3.35	3.55	3.90	4.05	4.20	4.35	4.50	4.55	4.55
Triple Jump			8.00	8.50	8.85	8.85	9.20	9.20	9.20
High Jump	1.10	1.18	1.25	1.32	1.36	1.36	1.32	1.38	1.38
Javelin				23.00	21.00	21.00	22.50	23.00	23.00

WEIGHTS

Shot:

U6 to U7 Boys and Girls - 1kg (size of 2kg)
 U8 Boys and Girls - 1.5kg (size of 2kg)
 U9 to U11 Boys - 2kgs
 U9 to U12 Girls - 2kgs
 U12 to U14 Boys - 3kgs
 U13 to U17 Girls - 3kgs
 U15 to U16 Boys - 4kgs
 U17 Boys - 5kgs

Colour Code

Blue
 Yellow
 Orange
 Orange
 White
 White
 Red
 Green

Discus:

U6 to U7 Boys and Girls
 U8 to U10 Boys and Girls
 U11 to U12 Boys and Girls and U13 Girls
 U13 to U16 Boys and U14 to U17 Girls
 U17 Boys

350gms
 500gms
 750gms
 1kg
 1.5kg

Javelin:

U12 Boys and Girls U12 to U14 Girls
 U15 to U17 Girls
 U13 and 14 Boys
 U15 to U17 Boys

400gms
 500gms
 600gms
 700gms

SAFETY

NEVER throw or roll implements back from the sector, **ALWAYS** carry them and **NEVER** stand close to the circle when an athlete is throwing.



DAVALAN CONCRETE

For all concrete requirements
 call 82400122 or
 Lou - 0403 464 301

ASSOCIATION MEDAL WINNERS 2010/2011

STATE RELAY CHAMPIONSHIPS

U9 Girls	4x100m	Bronze
	4x200m	Silver
U0 Boys	4x100m	Bronze
	4x200m	Bronze
U11 Boys	4x200m	Bronze
	Field Relay	Bronze
U12 Girls	4x100m	Silver
	4x400m	Bronze
U12 Boys	4x100m	Gold
	4x400m	Gold
U15 Girls	Field	Silver
Dads	4x100m	Silver

MULTIEVENT CHAMPIONSHIPS

Under 9 Girls	Emilaya Ellis	Silver
	Kyla Stear	Bronze
Under 10 Girls	Rachel Gill	Bronze
Under 11 Boys	Ryan Parker	Gold
Under 12 Girls	Maya Lange	Silver
Under 12 Boys	Nick Marshall	Silver
Under 14 Boys	Sam Ciappina	Gold

CROSS COUNTRY MEDAL WINNERS

Boys Team Shield: Flinders
Girls Team Shield: Flinders

U15 Boys	Cam Rudge	Bronze
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BASIC RULES FOR EVENTS

Shot Put

- Each athlete is allowed 3 throws
- The athlete may enter the circle from any direction but must leave from the rear half.
- The shot must be put from the shoulder with one hand only. When the athlete takes a stance to begin the put, the shot (ball) shall touch or be in close proximity to the neck or chin. The hand must not drop below this position during the action of putting (pushing)
- The shot must not be taken behind the line of the shoulders.
- The shot must land so that the point of impact is completely within the inner edges of the lines marking the sector.
- A foul is recorded if any part of the body touches the ground outside the circle or the top of the ring or stopboard.
- Measurement is made from the inside edge of the stopboard to the nearest point of the mark made by the shot.
- Measurement is taken to the nearest centimetre below.

Javelin

- This event is available for only U12 to U17 groups.
- Each athlete is allowed 3 throws.
- The javelin must be held at the grip with the hand in contact with the grip
- The javelin must be thrown over the shoulder or upper part of the throwing arm and must not be slung or hurled – no round arm throws. (Elbow should come through first with the hand coming through above the shoulder or hand).
- The tip of the javelin must hit the ground before any other part of the javelin body, with the point of impact inside the sector lines to be recorded as a valid throw.
- Measurement is made by drawing a tape from the point where the javelin first touches the ground to the point marking the centre of the radius of the throwing arc.
- Measurements are made to the nearest centimetre below, taken at the inside of the arc line.

NOTES ON VARIOUS EVENTS

SPRINTING

Always keep within the lanes in sprint and hurdle events. Never look around to see where your opponents are, and always run THROUGH the finish line.

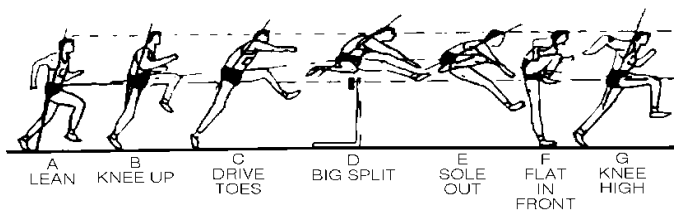
HURDLES

- Athletes must stay in their lanes.
- Athletes trailing their foot or leg alongside any hurdle in an adjoining lane will be disqualified.
- Athletes who deliberately knock down a hurdle with hand or foot will be disqualified

Age	Distance	Flights	Height	Run In	Between	Run Out
U7B&G	60m	6	45cm	12m	7m	13m
U8B&G	60m	6	45cm	12m	7m	13m
U9B&G	60m	6	45cm	12m	7m	13m
U10B&G	60m	6	60cm	12m	7m	13m
U11B&G	60m	6	60cm	12m	7m	13m
U12B&G	60m	6	68cm	12m	7m	13m
U13B&G	80m	9	76cm	12m	7m	12m
U14G	80m	9	76cm	12m	7m	12m
U14B	90m	9	76cm	13m	8m	13m
U15-17G	90m	9	76cm	13m	8m	13m
U15-17B	100m	10	76cm	13m	8.5m	10.5m
U15-17B&G	200m	5	76cm	20m	35m	40m

SAFETY

Never run back the wrong way over the hurdles.



2012 BE ACTIVE STATE INDIVIDUAL CHAMPIONSHIPS

QUALIFYING STANDARDS - GIRLS EVENTS

Event	9/G	10/G	11/G	12/G	13/G	14/G	15/G	16/G	17/G
70m	12.4								
100m	17.4	16.5	15.9	15.3	14.9	15.2	15.8	15.8	15.8
200m	38.5	36.1	34.2	32.7	32.0	32.3	34.0	34.0	34.0
400m	1.33	1.28.0	1.23.0	1.20.0	1.19.0	1.25.0	1.35.0	1.35.0	1.35.0
800m	3.32.0	3.25.0	3.18.0	3.12.0	3.10.0	3.30.0	3.50.0	3.50.0	3.50.0
1500m			7.10.0	6.55.0	7.00.0	7.15.0	8.00.0	8.00.0	8.00.0
Hurdles	13.0	13.3	12.6	12.8	18.0	18.3	22.0	22.0	22.0
200m Hurdles							46.0	46.0	46.0
Walks		8.30.0	8.00.0	11.00.0	11.00.0	11.00.0	10.30.0	10.30.0	10.30.0
Shot Put	4.65	5.45	6.30	7.30	6.40	6.60	6.50	6.50	6.50
Discus	12.50	14.50	15.00	17.50	18.10	16.40	16.00	16.00	16.00
Long Jump	3.05	3.35	3.50	3.85	3.95	3.92	3.60	3.60	3.60
Triple Jump			7.40	8.00	8.20	8.35	8.25	8.25	8.25
High Jump	1.01	1.11	1.17	1.23	1.27	1.24	1.18	1.18	1.18
Javelin				13.50	14.10	14.00	13.00	13.00	13.00

BASIC RULES FOR EVENTS

Triple Jump

- This event is only available for U11 to U17 age groups.
- The triple jump consists of a hop, step and jump. The hop shall be made so that the athlete lands on the same foot as that from which he/she has taken off; in the step the athlete will land on the other foot and subsequently the jump is performed.
- The jump must land in the pit. Landing on the runway is a foul.
- The take off mat is set at various distances (from the pit) for different athletes.

Discus

- Each athlete is allowed 3 throws
- The athlete may enter the circle from any direction but must leave from the rear half.
- The discus must fall completely within the inner edges of the lines marking the sector.
- A foul is recorded if any part of the body touches the ground outside the circle or the top of the ring or stopboard.
- Measurement is made from the nearest point of the mark made by the fall of the discus, to the circumference of the circle.
- Measurement is taken to the nearest centimetre below.

Discus Weights

350gm U6, U7 Boys & Girls
 500gm U8, U9, U10 Boys & Girls
 750gm U11, U12 Boys & Girls, U13 Girls
 1kg U13, U14-17 Boys & Girls



ASSOCIATION MEDAL WINNERS 2010/2011

STATE INDIVIDUAL CHAMPIONSHIPS

- U9 Girls **Kyla Stear**: 800m-Gold, Discus – Bronze
Emilaya Ellis: Long Jump-Bronze
- U10 Girls **Rachel Gill**: 100m-Gold,200m-Gold, 400m-Silver, 60mH-Silver
- U10 Boys **Finley Allen**: 100m-Gold, 200m-Gold
Ryan Marshall: HJ-Gold, 60mH-Bronze
- U11 Boys **Ryan Parker**: TJ – Silver, 400m-Bronze
Thomas Norbury: HJ-Silver
Thomas Hams: Shot Put-Bronze
- U12 Girls **Laura Kennedy**: 100m – Gold, 200m-Gold
Maya Lange: Long Jump-Silver, 60mH-Bronze, 100m-Bronze
- U12 Boys **Aiden Gibbs**: TJ – Gold, Shot Put-Gold
Jake Adey: Javelin-Gold
Connor Lawlor: HJ-Silver
Nick Marshall:HJ-Bronze
Liam Gil: 200m-Bronze
- U14 Girls **Amy Mclatchie**: 100m –Silver, 200m –Gold,
- U14 Boys **Sam Ciappina**: LJ – Gold, TJ – Gold, 100m- Silver, 200- Silver
Nick Pepaj: HJ-Bronze, Shot Put-Bronze 90mH-Bronze
Aaron Norbury: Shot Put-Silver
- U15 Boys **Cam Rudge**: HJ- Silver, TJ-Bronze



Centre Best Performances
as at 1 September 2011

BOYS EVENTS	6/B	7/B	8/B	9/B	10/B	11/B	12/B	13/B	14/B	15/B	16/B	17/B
EVENT	9.4											
50m												
70m	12.5	11.2	10.6	10.2	9.7							
100m	18.2	16.3	15.2	14.3	14.2	13.7	12.8	12.4	11.8	11.3	11.2	11.1
200m	39	33.7	31.2	29.7	29.1	27.5	26.2	25.8	24.4	23.4	23.3	22.9
300m	1.01.2											
400m					1:06.6	1:02.9	58.8	55.4	54.3	52.6	53.7	53.3
500m		1:53.3	1:43.3									
700m			3:04.8									
800m				2:39.8	2:33.2	2:22.1	2:13.4	2:14.2	2:12.8	2:03.9	2:05.5	2:08.3
1500m						4:58.5	4:41.3	4:39.0	4:31.4	4:23.2	4:23.1	4:49.0
Hurdles			12.7	11.8	10.4	10.9	9.8	9.9	12.8	12.9	13.5	12.9
200m Hurdles									27.8	25.4	25.7	25.1
Walks	1:24.2	2:25.0	2:10.6	4:10.1	6:07.7	5:33.7	7:26.9	7:19.9	6:58.8	6:51.6	6:17.0	8:15.1
Long Jump	2.99	3.72	4.17	4.37	4.58	5.04	5.31	5.60	5.85	6.58	6.28	6.39
Triple Jump					8.80	10.24	10.95	11.98	12.37	13.28	13.10	12.51
High Jump	0.95	1.10	1.23	1.30	1.43	1.52	1.56	1.79	1.94	1.87	1.78	1.85
Discuss	14.69	18.36	22.8	27.54	31.46	37.02	45.72	41.82	44.4	50.04	48.26	50.47
Shot Put	5.51	8.00	7.84	7.87	10.10	10.01	12.22	13.69	12.59	13.93	14.35	14.28
Javelin						30.56	37.72	35.80	40.08	44.70	44.89	48.95

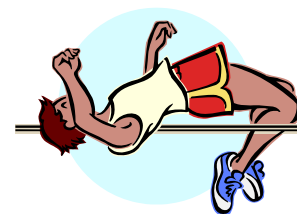
BASIC RULES FOR EVENTS

Long Jump

- Each athlete is allowed 3 jumps
- U6 – U12 athletes jump from a mat, half painted white (foul area) and half black. U13- U17 athletes jump from a mat with a white line (board) painted across the mat
- The jump is measured from the mark in the sand made by the athlete nearest to the take off point. Measurements are made to the nearest centimetre below.
- U6 – U12 athletes take –off point – toe imprint on the mat
- If an athlete takes off from behind the mat, the measurement is made from the back edge of the mat.
- U13 –U17 athletes take off point – edge of the board (white line) nearest the pit.
- A foul is recorded if any part of the athlete’s toe protrudes over the front of the mat or board

High Jump

- Each athlete is allowed 3 attempts at each height.
- An athlete ceases jumping when 3 consecutive failures are recorded. Each athlete is able to record at least one successful jump.
- Athletes may commence jumping at any height.
- Athletes may pass at any height, but cannot pass after a baulk.
- The height of the bar increases in 5cm increments until one athlete is left. The last athlete may select the height the bar is to be raised (Minimum 2cm intervals)
- A foul is recorded if (1) the athlete dislodges the bar, (2) the athlete jumps from two feet or (3) the athlete has two consecutive baulks.
- If the horizontal bar is touched in the process of jumping, the jump is not passed until the official is satisfied, that it will not subsequently fall as a result of the jump.
- **Athletes in the U6 to U8 age groups must only jump using a scissor technique, landing in either a standing or sitting position. Athletes will be fouled for attempting any form of ‘flop’.**



BASIC RULES FOR EVENTS

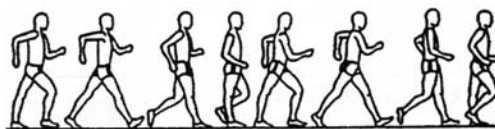
Walking

IAAF rules define race walking as a progression of steps, so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

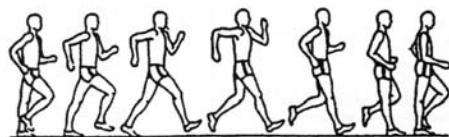
Because of these rules, cautions and disqualifications can occur. It must be emphasised that disqualifications in race walking are TECHNICAL and not MORAL censures. The walker is not being punished for cheating. Disqualifications at centre levels enable walkers to work on their faults and hopefully avoid disqualification in championships.

Walking Distances are:

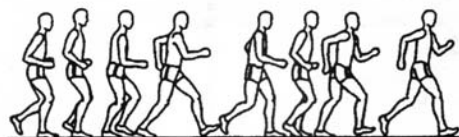
Under 10 and 11 1100 metres
Under 12 and 17 1500 metres



Correct Technique



Loss of Contact



Bent Knee

Centre Best Performances as at 1 September 2011

EVENT	GIRLS EVENTS																
	6/G	7/G	8/G	9/G	10/G	11/G	12/G	13/G	14/G	15/G	16/G	17/G					
50m	9.3																
70m	12	11.3	10.9	10.5	10.1												
100m	17.5	16.4	15.2	14.8	14.2	13.8	13.3	12.8	12.5	12.2	13	12.8					
200m	40.1	34.1	33	31.9	29.4	28.9	27.4	26.7	26.2	25.8	27	26.9					
300m	1.09.9																
400m					1:05.8	1:07.3	1:02.0	1:01.1	1:00.1	58	1:01.7	1:02.6					
500m		2:11.8	1:44.9														
700m			3:07.0														
800m				2:52.0	2:34.8	2:36.0	2:27.0	2:19.7	2:29.1	2:18.0	2:29.9	2:28.5					
1500m						5:23.0	5:03.7	4:59.4	5:12.5	5:09.9	5:21.7	5:17.7					
Hurdles		12.9	11.8	10.9	10.7	10.3	9.7	13.2	12.5	13.5	14.6	14.1					
200m Hurdles										28.8	29.9	28.8					
Walks	1:29.1	2:12.6	2:04.9	4:13.0	6:21.0	6:22.5	7:28.3	6:58.2	7:20.0	6:58.3	7:53.4	7:06.0					
Long Jump	2.88	3.37	3.81	3.97	4.46	4.74	4.97	5.21	5.49	5.45	5.45	4.88					
Triple Jump					9.10	10.27	10.37	10.84	11.40	11.26	11.59	10.80					
High Jump	0.86	1.00	1.14	1.23	1.35	1.42	1.56	1.68	1.70	1.70	1.50	1.60					
Discuss	10.58	13.32	20.02	24.3	26.66	26.2	29.56	34.74	32.88	34.26	25.81	28.59					
Shot Put	5.14	5.92	5.54	6.97	9.15	10.58	11.78	11.1	11.52	11.73	10.49	10.50					
Javelin						24.46	30.78	33.84	31.08	32.84	32.06	31.47					

SOME BASIC COACHING & SAFETY HINTS FOR LITTLE ATHLETES

ADULT COACHES

Remember you are coaching children who are smaller, weaker, and younger than yourselves. Also take into account the vast difference in development and co-ordination levels of the children.

ATHLETES

1. Always warm-up with light exercises and a slow jog before competing. This allows your muscles to warm-up and stretch so you don't injure yourself.
2. For SPRINTS you must stay in your lane. Never look at the starter while waiting for the gun to go off. Never look around to see where the other athletes are. Looking back will slow you down and may cause you to run out of your lane. Always run through the finish line. Do not slow down until you are past the finish line. Always wear shoes. There may be bees, prickles etc. on the ground, and for the hurdles your shoes will protect your feet if you happen to knock over a hurdle with your feet.
3. When running the LONGER DISTANCES do not start off very fast as this may wear you out and you could have trouble breathing properly. It is better to start slow and gradually build up speed as the race progresses. Deep breathing, long strides and a good swinging arm action will help you to finish.
4. In all THROWING EVENTS (discus, shot put and javelin) always make sure you stay behind the circle or runway while someone else is throwing and when it is your turn always make sure no-one is in front of you. For the discus, 2 or 3 warm-up swings is plenty. More than this will only make your arm tired and you will not be able to throw as far. For the javelin, a short 5 or 7 step run-up is sufficient. If throwing the javelin for the first time it is best for you to do a standing throw. Never hurl the javelin or try to throw it from around the side of your body. This will cause injuries to your elbow. Slow motion practice of the correct technique using a short stick or rod will help you to develop a proper throwing action.

WEATHER POLICY

Wednesday Training Sessions

If the temperature at 4pm as reported by the Bureau of Meteorology is 35°C or above training will be cancelled

Friday Twilight Meets

If the temperature at 4pm as reported by the Bureau of Meteorology is 37°C or above, the meet will be modified according to the conditions. For example all middle distance events will be cancelled and the total number of events reduced to three.

Any modifications will be made at the discretion of the Committee.

Sunday Meets

If the temperature forecast by the Bureau of Meteorology at 5:00pm on Saturday is 37°C or above the meet will begin at 8:45am. The warm-up will begin at 8:30am.

Any Javelin event will be cancelled at the discretion of the Committee..

If the temperature on the Sunday morning reaches 35 degrees then the meet will be run as a modified meet. Long Distance events and Javelin will not be run and the Committee will determine which events continue.

What if it's raining??

For wet weather we will attempt to hold a meet, at the discretion of the Committee, although some events will be cancelled for safety reasons, such as High Jump and Hurdles.

Any decision to cancel a Sunday morning Home Meet due to rain will be made by the Committee at 9am on the Sunday morning.

SENIOR ATHLETICS COMMITTEE 11-12

President
Secretary
Uniforms
Team Manager (Male)
Team Manager (Female)
General Committee

COMPETITION

The senior club currently fields teams in summer and winter A.S.A. competitions. Both the senior club and Little Athletics through the Tea Tree Gully Athletics Centre continue to promote healthy recreational activities in the district.

Competition is open to all athletes (but usually those aged 11 and over) and during the summer is held at Mile End Sporting Facility on Saturday afternoons for the usual track and field events. In winter, Cross Country events are held at various venues throughout the metropolitan area.

TRAINING/COACHING

Times vary according to the individual coaches.

Our coaches and relevant special interests are:

Pat Todd Jumps8263 4285

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

FARMHOUSE BAKERY
Cnr Grand Junction and North
East Rd's Ph 8264 3579
For all your bakery needs.

5. In LONG and TRIPLE JUMP make sure you have a good pair of shoes with plenty of padding to protect your heels. Do not jump without your shoes on as the pit may have hidden dangerous obstacles in it such as glass, sea-shell pieces, sticks etc. Some athletes find the triple jump (hop, step and jump) hard to do.

Here is a simple practice method for Triple Jump:

1. Stand on one foot (the foot you take off from when doing long jump)
2. Take a big hop so you are still on the same foot.
3. Swing the other foot through and land on it (the step). Note the foot you hopped with should be in the air.
4. Bend your knee, push off the ground and land on both feet. You are now in the pit having just done the jump. Practice this frequently and when you feel you have it all together draw a square to represent a mat and start with a few running steps so that you hit the mat with the foot you are going to hop with.
6. For the HIGH JUMP again shoes are important as you may clip the bar with your feet as you jump. To learn how to high jump it is best to start with the scissors action (scissor jump is compulsory for all U6, U7 and U8 athletes). This action teaches you to lift off the ground rather than to throw yourself over the bar without lifting first.
7. For SHOT PUT, to improve your action style, stand in front of your bedroom mirror for a few minutes each day and using a tennis ball put your hand next to your chin so that your fingers lightly brush your cheek. Bring your elbow up level with your shoulder and push your hands towards the mirror keeping your elbow up.
To practice the side twisting action, stand side-on to the mirror and as you twist towards the mirror repeat the above steps.

2013 CROSS COUNTRY SEASON

- The **2013** McDonalds Cross Country program has not yet been released. Keep an eye out for this. It will be able to be accessed on our website.
- Tea Tree Gully is hosting a round of the **2013** Cross Country program which will be held at Bulkana Oval, Spring Crescent Banksia Park on a date to be announced.

Guidelines

- Registering for the summer season also enables Little Athletes to participate in Cross Country events.
- Entry Fee - \$1 (Championships \$2).
- FOOTWEAR is compulsory - spikes **NOT** permitted.
- Competitors must report, with their entry fee, to the starting line fifteen minutes prior to the advertised starting time for their event.
- All Competitors will receive a Certificate showing their performance.
- To be eligible for State Cross Country Championships athletes must have competed in 4 Cross Country Meets, and be registered with the Association.

All other relevant Rules and Information pertaining to the championships will be distributed prior to the event.

PLEASE NOTE

On arrival at the Cross Country Meetings please check the Notice Board for information regarding the Course and other information.

There will be canteen facilities available at all Cross Country venues.



TRAINING TIMES

BULKANA OVAL

Spring Crescent, Banksia Park

General Training

Wednesdays 5.00 pm to 6.30 pm.

Some specialty coaching will be held throughout the season.

Days may vary depending on the availability of Coaches.

Hot Weather Policy:

If the temperature at 4pm as reported by the Bureau of Meteorology is 35°C or above training will be cancelled

Training is an important aspect of developing young athletes. Attending training helps to develop skills and confidence when participating in events. During meets athletes will be able to concentrate on the performance rather than learning the skills. This will lead to improved performances throughout the year. This season we have 7 accredited coaches and will aim to encourage the older children at the club to attend Wednesdays by offering more specific sessions aimed towards their needs.



GENERAL INFORMATION

LOCATION

Home meetings are held at Bulkana Oval, Spring Crescent, Banksia Park.
Away meetings are at the addresses specified in the program.

TIME

Children are asked to arrive at least 15 minutes prior to the start of all meetings to enable them to warm up. Check the program for the time and place of the meeting.

AGE GROUPS

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

UNIFORM

Maroon and blue athletics tops with maroon shorts for boys and maroon runners for girls. Maroon Lycra bike-style pants are an optional part of the uniform. Tops may be purchased at the centre and **MUST** have sleeves.

Footwear is compulsory and Association rules specify that they must be worn at all Championship events.

Hats and sunscreen (15 plus) are compulsory and must be worn at all club and Association conducted events.

Spikes are permitted for laned events, jumps and javelin for U/12-U/17 athletes and must be put on at the start and removed at the finish of the event. Spikes must be no longer than 7mm.

REGISTRATION

Children must be registered to enable them to participate in any S.A. Little Athletic Association event. Under 13 & Under 15 children wishing to try for the State Team Selection must register by 15th November 2012.

FEES

Registration fees are \$85.00 for one child, \$125 for two children, \$145 for three children and an extra \$5 for each additional child. If a parent has already paid the family Centre Membership Fee through the senior club, then the above fees are reduced by \$40.

Australian Little Athletics Insurance Willis Australia Limited

Who is Covered? : All registered members, participant's trialling before becoming a member, coaches, voluntary workers, directors and officials of the Australian Little Athletics and their affiliated state/territory associations, centres and clubs.

When are you Covered? : Cover is provided for injuries caused solely by active participation in officially organised events, practice and training sessions and official functions including travelling to and from such events.

What Cover Applies? : See a committee member for details of benefits.

How do I make a claim? : See a committee member for information should the need arise to make a claim.



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TEA TREE GULLY ATHLETICS CENTRE Inc.

Bulkana Oval

Spring Crescent, Banksia Park S.A.

P.O. Box 43, St. Agnes. 5097.

Phone: See Contact Numbers under Committee

Internet: www.ttgathletics.com.au

Email: la@ttgathletics.com.au

CENTRE MANAGEMENT COMMITTEE

President	Erin Johnson0418819727
Secretary	Steve Fairfield0402104003
Treasurer	Cristina Kennedy
Fund Raising	Vacant.....
Publicity & Promotions
Vice President Seniors	Barb Borham0409 836 858
Vice President L.A.	Craig Hams.....0402 900 098
Grounds & Equipment	Andrew Norbury.....0413 683 798
Clubroom Manager/Bookings	Leanne Norbury.....0413 683 798

TTG LITTLE ATHLETICS CENTRE COMMITTEE

President	Craig Hams.....0402 900 098
Secretary	Michelle Wilkey
Treasurer	Cristina Kennedy
Registrar	Geoff Minuzzo.....
Team Manager	Grahame Ellis
Chief Recorder	Nigel Gill.....
Education Officer	John Bos
Grounds & Equipment	Andrew Norbury.....
Fund Raising/Social	Jim Stear
General Committee	Ben Armstrong...Craig Davison..
	Di Ferguson...Rachel Creasey..
	Stephen Bussenschutt
	Kym Collins.....Nathan Rudge.....
	Mark Gitsham.....
	John Barr.....

OTHER POSITIONS

Uniform Co-ordinator	Baula Blagrove
Canteen Co-ordinator	Michelle Adey

WHAT IS LITTLE ATHLETICS?

Little Athletics covers all the normal activities that children enjoy, like running, throwing and jumping. What we do is provide these activities in a more structured manner.

Tea Tree Gully Little Athletics Centre also offers a Tiny Tot program for children aged from 3 to 5 years of age. The emphasis here is on FUN while developing basic motor skills through simple games. Once children turn 5 they may join the Under 6 age group if they wish.

Registration fees are a once a year cost, which covers not only the summer track and field season, but also the winter cross – country season. Athletes must be registered before they compete.

All athletes are encouraged to participate in all the events offered each day. The emphasis in Little Athletics is on **enjoyment, improvement and sportsmanship.**

Our Centre, like all other Centres, is affiliated with the South Australian Little Athletics Association – SALAA. The Association organises various major athletic meetings during the year including championships. All athletes have the opportunity to compete at the SANTOS Sports Stadium, covering Relay Championships, Be Your Best Day, Regional Day, Multi-Event Championships and State Individual Championships in the summer season and Cross Country in the winter season.

So – What is Little Athletics all about?

It is all about fun, making friends, family participation and healthy activities. If you thought it's just for kids, you are about to find out why the philosophy of Little Athletics is:-

“ Family Fun and Fitness “
in a supportive and friendly atmosphere

Little Athletes come in all shapes and sizes, and quite varied levels of ability. However, every Little Athlete is a winner when they compete. Personal improvement rather than winning is one of our fundamental aims and should be encouraged.





How the locals like it™



**Tea Tree Gully
Athletics Centre Inc.**



**Little Athletics
Summer Program**

2012 – 2013

www.ttgathletics.com.au