



**Tea Tree Gully
Athletics Centre**

**LITTLE ATHLETICS
TRACK & FIELD HANDBOOK**

**Season
2015/2016**

www.ttgathletics.com.au

The Tea Tree Gully Little Athletics Centre (TTGLAC) is an organisation formed to provide opportunities for young people from the ages of 3 to 17 to develop skills in track and field athletics and aid motor skill & co-ordination development in a fun family environment.

INTRODUCTION

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

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.

AFFILIATION

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 SA Athletics Stadium, covering Relay Championships, Personal Best Day, Regional Day, Multi-Event Championships and State Individual Championships in the summer season and Cross Country in the winter season.



TEA TREE GULLY ATHLETICS CENTRE Inc.

TTG CENTRE MANAGEMENT COMMITTEE

The TTGAC is an incorporated body under the South Australian Associations Incorporation Act 1985 since October 1978. It is run by a Centre Management Committee (CMC):

President	Bruce Ainslie	president@ttgathletics.com.au
Secretary	Petra Wiesner	0408 899 429 / secretary@ttgathletics.com.au
Treasurer	Pam Cummings	treasurer@ttgathletics.com.au
Fund Raising	Vacant	
Publicity & Promotions	Vacant	
Vice President Seniors	Stephen Butler	seniors@ttgathletics.com.au
Vice President L.A.	Jane Sternagel	la@ttgathletics.com.au
Grounds & Equipment	Vacant	
Clubroom Manager	April Crisanti	clubroom@ttgathletics.com.au

TTG LITTLE ATHLETICS CENTRE SUB-COMMITTEE

The TTGLAC is managed by a sub-committee of the TTGAC Centre Management Committee. The Little Athletics Committee for Season 2015/2016 is:

President	Jane Sternagel	0414 640 377 / la@ttgathletics.com.au
Secretary	David Skene	la.secretary@ttgathletics.com.au
Registrar	Emma Chalmers	la.registrar@ttgathletics.com.au
Team Manager	John Bos Emma Chalmers	la.teammanger@ttgathletics.com.au
Chief Recorder	Joleen Hall Jason Seymour	la.recorder@ttgathletics.com.au
Education Officer	John Bos	0437 088 087 / la.education@ttgathletics.com.au
Fund Raising/Social	Paul Geesing	la.social@ttgathletics.com.au
General Committee	Gary Cummings, Nikki Geesing, Claire Holland, Justin Holland, Scott Sandercock, David Visciglio, Denise Visciglio, Kristie Wassermann	

OTHER POSITIONS

Other non-committee positions vital to the running of our centre are:

Canteen Co-ordinator	Vacant	la.canteen@ttgathletics.com.au
Child Safety Officer	Mel Lienert	la.childsafety@ttgathletics.com.au
First Aid Officer	Jane Sternagel	la@ttgathletics.com.au
Tiny Tots Coordinator	TBA	
Webmaster	John Bos	webmaster@ttgathletics.com.au
Uniform Co-ordinator	Claire Holland, Kristie Wassermann	la.uniforms@ttgathletics.com.au

TTG SENIORS ATHLETICS CENTRE SUB-COMMITTEE

The TTG Seniors Athletics Centre is managed by a sub-committee of the TTGAC Centre Management Committee. The Senior Committee for Season 2015/2016 is:

President	Stephen Butler	seniors@ttgathletics.com.au
Secretary	Petra Wiesner	0408 899 429 / sa.secretary@ttgathletics.com.au
Team Manager	Shane Grimwade	0433 690 344
Chief Recorder	Pat Todd	sa.recorder@ttgathletics.com.au
Registrar	Vacant	sa.registrar@ttgathletics.com.au
Social Secretary	Vacant	
Publicity & Promotions	Vacant	
General Committee	Phil Anson, Peter Bravey, Emma Chalmers, Di Ferguson, Shane Grimwade, Wayne Greenham, Caroline Jackman, Cassie Neubauer, Jeff Page	

OTHER POSITIONS

Other non-committee positions vital to the running of our centre are:

Uniform Co-ordinator	Cassie Neubauer	0417 855 348
Training & Development	Shane Grimwade	0433 690 344 / sa.education@ttgathletics.com.au



**Follow the Seniors by joining
their Facebook community.**

UNIFORM

CLOTHING

The club colours are maroon and blue. Athletes must wear plain maroon shorts, sports briefs or 'two way stretch' bike shorts. Any unapproved logos on the shorts must be smaller than 30mm x 30mm and all shorts must be above the knee in length. Athletes may wear a second pair of shorts underneath their centre shorts but they must be plain and the same colour as the centre shorts (maroon) or black. Athletes must wear white socks. The club uniform must be worn at all competition meets.

For more details see the SALAA Standard Competition Rules, Rule: 143.

The Registration Number is to be attached to the front middle of the centre top, the Age Group badge to the top left breast and Sponsors Badge (Jetstar) to the top right breast.

Our range of centre clothing is available for purchase in our online shop. Please contact our Uniform Coordinator for uniform needs.

www.ttgathletics.com.au/la/Uniform.html

In accordance with our SunSmart Policy, hats and sunscreen are compulsory and must be worn at all Centre and Association events.

FOOTWEAR

Footwear is compulsory for all athletes in all events. A good running style shoe is recommended and this is generally adequate to undertake all events.

Athletes in the U11-U17 age groups may wear spike shoes with spikes fitted for laned track events, jumps, javelin and those sections of a relay run wholly in lanes. Athletes in the U13-U17 age groups may also wear spikes in the 800m and 1500m events.

Spiked shoes must be put on at the start and removed at the finish of the event. In general spikes must be no longer than 7mm.

Spike shoes with spikes removed cannot be worn in any event. Moulded sole shoes (plastic or rubber mouldings in the shape of spikes or wedges) cannot be worn in the Shot Put or Discus events.

For more details see the SALAA Standard Competition Rules, Rule: 143.



POLICIES & CODES OF BEHAVIOUR

POLICIES

As an affiliated member of the SALAA, the TTGLAC is bound by the association policies and procedures. These policies include:

- Equity and Access Policy
- Personal Protection and Intervention Policy
- Smoke Free Policy
- Sun Smart Policy

The complete set of policies, procedures and guidelines are available on our website:

www.ttgathletics.com.au/la/Policies.html

SMOKE FREE ZONE

The TTGAC is a smoke-free zone. This includes the clubroom and oval.



CHILD PROTECTION

Due to Child Protection laws, a parent or guardian for each athlete must be present on the oval at every meet. If a parent/guardian is not present on the oval the athlete will need to sit with a Committee Member that has undertaken a National Police Clearance and will not be able to participate.

SAFETY

General rules including safety aspects for all events are located in the Officials booklet in the age group folders. As part of our Safety Programme, committee members check the equipment and the track, as well as consider weather conditions before each meet and training session.

We ask that chaperones and parents also be aware of the safety of the athletes and each other by ensuring that equipment is not handled or used unless for competition, and that for throwing events all persons, except those measuring/ spiking the throws, are fully behind the ring or nets. Please also check the track before crossing.



CODES OF CONDUCT

As an affiliated member of the SALAA, the TTGLAC is bound by the association Codes of Conduct. Codes of conduct apply to:

- Administrators
- Athletes
- Coaches
- Officials
- Parents/Spectators

These codes of conduct are available on our website:

www.ttgathletics.com.au/la/Behaviour.html

PARENTS/SPECTATORS CODE OF CONDUCT

The following code applies equally to parents, guardians, supporters, volunteers etc.

- Encourage children to participate if they are interested. However, if a child is not willing to do not force him or her.
- Focus upon the child's efforts 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.
- Teach children that an honest effort is as important as victory, so that the result of each event 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.
- If you disagree with an Official, raise the issue through the appropriate channels rather than questioning the Official's judgment and honesty in public. Remember, most Officials give their time and effort for your Childs involvement.
- Support all efforts to remove verbal & physical abuse at Little Athletics activities.
- Recognise the value and importance of being a volunteer Official and/ or Coach. They give their time and resources to provide recreational activities for children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes, Coaches or Officials, smoking on the arena or being intoxicated.

FACILITIES

OVAL

Bulkana Oval is a grass oval. As an athletics venue it consists of:

- Circular grass track configured as a six (6) lane 385m track.
- Straight grass track configured as an eight (8) lane 100m track with electronic timing gates.
- Four (4) Long Jump/Triple Jump pits with synthetic runway.
- One (1) permanent concrete Discus ring with mesh net.
- One (1) permanent concrete Shot Put ring.
- Two (2) temporary grass Discus rings with removable stop board and string net.
- Two (2) temporary grass Shot Put rings with removable stop board.
- Four (4) temporary grass High Jump bays.

CLUBROOM

The TTGAC has a purpose built clubroom comprised of a:

- Hall
- Kitchenette/Canteen
- Change Rooms
- Equipment Room
- Office/Committee Room, and
- Gymnasium

A canteen serving food and drinks is open during all Track & Field competitions. The canteen is managed by our Canteen Coordinator but assistance is required to run the canteen and a roster is established for parents to assist.

A BBQ is also run at various times during the Track & Field season.

The gymnasium includes a mix of free weights and machines. Little athletes are only permitted in the gymnasium under the supervision of a suitably qualified coach.



REGISTRATION

The Little Athletic year begins on 1 October and runs through to 30 September the following year. You can register at any time during the athletic year providing you are between the age of 3 and 17. Registration involves becoming a member of the TTGAC and the SALAA. Registration is performed online.

www.ttgathletics.com.au/la/Registration.html

Manual processing of registrations will only occur under special circumstances.

Registration covers both the Track and Field Season and the Cross Country Season. Athletes must be registered before they compete unless they are participating under the Come and Try Programme.

The Registration Pack includes Number, Age Group Badge, Sponsors Badge, Results Book, TTGLAC Handbook and other useful reading and viewing material.

The SALAA membership includes Public and Products Liability Insurance to cover members and volunteers.

AGE GROUPS

Children are placed in age groups from Under 6 to Under 17 Boys and Girls according to their age on 1st October. Children who are 3-4 years of age may be registered and participate in our Tiny Tots programme.

FEES

Registration fees are payable once a year. Registration fees are levied per family and include the TTG Athletic Centre fee and the SALAA Registration fee. The 2015/2016 Season Fees are:

One Child	\$115.00
Two Children	\$170.00
Three Children	\$200.00

\$5.00 is charged for each additional child. If the parent has already paid the family Centre Membership Fee through the Senior Club then the above fees are reduced by \$50. The centre is a participant in the State Government Sports Voucher Program.

Athletes who wish to register for the winter season only receive a reduced rate.

COME AND TRY

Athletes who are unsure whether they wish to register for the season and would like to get a better feel for little athletics can attend two centre meetings as a Come & Try meeting. Come & Try athletes must register through the Association website (link provided below) for insurance purposes and provide proof of this registration to the centre Registrar upon attendance at each meet. Other than that just turn up and approach a committee member for assistance. There is no fee payable.

www.ttgathletics.com.au/la/ComeAndTry.html

PAYMENT OPTIONS

Online registration and the online uniform shop support credit card (Visa & Mastercard) payment. Four manual payment options exist:

- Cash
- Cheque
- Direct Debit (BSB No 065-149, Account No. 00900288)
- Credit card (Visa, Mastercard)

When paying by direct debit please include your initial and surname in the reference field so that your payment can be receipted correctly. It is advisable to print out a copy of the remittance and bring that with you when collecting your registration pack or alternatively emailing the remittance along with your registration forms to the Registrar.

TINY TOTS

During the Track and Field season the Tea Tree Gully Little Athletics Centre offers a Tiny Tots programme for children aged from 3 to 5 years of age. The emphasis is on FUN while developing basic motor skills and the fundamental skills of running, jumping and throwing through games.

Games include activities such as running and jumping over rope ladders, mini hurdles, hoops, throwing and catching bean bags or playing with the big parachute. The children also get to participate in 'Athletics' events such as long jump or a 40m run on the track.

The Tiny Tots programme is managed by the Tiny Tots Coordinator but requires that at least one parent remain with the child and assist the coordinator.

The Tiny Tots session starts at the same time as regular meets, 9.15am each Sunday and runs for approximately 1.5 hours. Tiny Tots sessions are also held at Association Meets such as State Carnival and State Classic.

DUAL REGISTRATION

Dual registration with SALAA and Athletics SA is available for athletes aged between 12 and 17. Athletes who have not previously been a financial member of Athletics SA may register with Athletics SA as a First Year Member. This costs \$50 and is equivalent to an Athletics SA Gold Membership. This represents a considerable saving.

Athletes that have previously been a financial member of Athletics SA will be required to take up one of the alternative membership types (Basic, Bronze, Silver or Gold).

- Dual registration will be available to athletes who are aged between 12 and 17 years of age at 30/9/2015.
- Dual registered athletes are considered fully registered participants and therefore be eligible for state representation, Premiership Cup points, and participation in state championship events.
- The dual registration for First Year Members is equivalent to an Athletics SA Gold Pass which includes free entry to summer and winter events (with the exception of the Track Classic).
- Dual registered athletes will have the option of wearing a club singlet or their Little Athletics t-shirt during ASA competition.
- Dual registered athletes will be provided with a different coloured competition number so that they are easily identifiable.

More details are available on our website:

www.ttgathletics.com.au/la/Registration.html



DEVELOPMENT

ATHLETES

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.

TTGLAC offers a range of training opportunities under the guidance of accredited centre coaches. Training is coordinated by the Education Officer in consultation with the centre coaches. Training times and venues vary depending on the season.

GENERAL TRAINING

The general training session occurs during the Track & Field season every Wednesday from 4:30pm to 6:00pm at Bulkana Oval, Spring Crescent, Banksia Park.

A training schedule can be downloaded from the centre website:

www.ttgathletics.com.au/la/Development.html

SPECIAL TRAINING

Additional special training sessions will be held throughout the season. Days and times may vary depending on the availability of Coaches. Check the website for more details.

CANCELLATION POLICY

If the temperature at 4pm, as reported by the Bureau of Meteorology (Adelaide), is 37°C or above training will be cancelled.

The Bureau of Meteorology forecasts and current temperature can be accessed on their website:

www.bom.gov.au



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COACHES

TTGLAC is committed to providing high quality athletics coaching. The TTGLAC provides coaches accredited in accordance with the Athletics Australia Coach Accreditation Framework. Our centre coaches are:

John Bos	AA Level 3 Specialist Advanced Throws, Sprints/Relays/Hurdles Middle Distance/ Steeplechase/Walk
Di Ferguson	ATFCA Advanced Level 2 Throws
Phil Anson	ATFCA Advanced Level 2 Middle Distance
Paula Blagrove	AA Level 2 Intermediate Club Coach
Emma Chalmers	AA Level 2 Advanced – Event Club Coach
Melissa Pullinger	AA Level 2 Intermediate Club Coach
Jane Sternagel	
Gillian Hagenus	

COACHING COURSES

Contact the Education Officer or a Committee Member if you are interested in becoming an accredited coach. Details of the coach accreditation framework and upcoming courses are provided on the website:

www.ttgathletics.com.au/la/Coaches.html

LEVEL 0 INTRODUCTION TO COACHING COURSE

The Level 0 Introduction to Coaching Course is our coaching entry point however it is not an accredited course. It is aimed at parents or other interested people who have little or no experience of Track and Field athletics. The 6.5 hour course is designed to provide training for beginner coaches so that they may coach under the guidance of an accredited coach.

A Level 0 course will be scheduled during the season. If you are interested in participating please contact the centre Education Officer and check the website for details.



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 Level 1 Official.

Officials are accredited under the Athletics Australia Officials Education Scheme. The scheme concentrates on event groupings and officials are encouraged to be proficient across a number of event groups.

OFFICIALS COURSES

Contact the Education Officer or a Committee Member if you are interested in becoming an accredited Official. Details of upcoming courses are provided on the website:

www.ttgathletics.com.au/la/Officials.html

LEVEL 1 - CLUB/SCHOOL OFFICIAL

Level 1 is the entry level into the official accreditation scheme. It is targeted at Officials working at Club and School level. A Level 1 Officials course will be scheduled during the season. If you are interested in participating please contact the centre Education Officer and check the website for details.

VOLUNTEERS

Little Athletics is a volunteer based organisation. It would not be possible to run the TTGLAC without the support of volunteers. Every parent/support person fits into the grand scheme. Without your help, this recreation would cease to exist for our children.

Volunteers undertake a wide range of roles. These include:

- Set-up before competition
- Officials
- Timekeeper
- Serving in the Canteen
- Pack-up after competition
- Chaperone
- Starter
- Finish Marshall
- Cooking the BBQ.
- Oval marking

A roster is established for parents to assist with setting up, starting, timekeeping, canteen and packing up. The roster assigns responsibility to parents based on the age group of their child/children. The parents are asked to agree amongst themselves

who will fill the required quota. Each age group is only required to provide assistance two to three times each season. Support, training and assistance are provided by the committee and other experienced volunteers and officials.

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. A chaperone is required for each age group.

VOLUNTEERS COURSES

A range of courses will be available to volunteers during the course of the season. They will provide training in First Aid, Starting, Timekeeping and Chaperoning. Details will be announced as they become available.

COMPETITION

Competition is an integral part of athletics and the TTGLAC conducts a range of club athletics meets as well as participating in Association events. The Season 2015/2016 Programme (following) lists all the meets for the season. For each home meet an Event Programme is conducted. There are six Event Programmes in total.

Both the Season Programme and Event Programmes are subject to change depending on weather conditions, athlete numbers and other circumstances.

Athletes are to compete in their age groups unless the TTGLAC Committee has determined age groups be combined due to numbers. No athlete can change an event for another unless with prior Committee consent. If an athlete does participate in an event not programmed in for their age group on that day, it will not be entered in the results for that meet.

As per SALAA guidelines, an athlete may count at most five events from visits to independent meets at other centres to achieve the event count required for Multi-Event and State Individual Championship qualification. The recorder for TTGLAC requires verification of those results from the visited Centre's recorder, either by signature on the competition ticket, or by email.

LOCATION

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

START TIME

The start times vary and are provided in the Season Programme. Athletes are asked to arrive at least 15 minutes prior to the start of all meetings to enable them to warm up. Check the programme for the time and place of the meeting.

SEASON 2015/2016 PROGRAMME

(THIS PROGRAMME IS SUBJECT TO CHANGE)

2015

	Time	Date		Prog.
1	9:15am	Sunday 11 October	Home	1
2	9:15am	Sunday 18 October	Home	2
3	9:15am	Sunday 25 October	Home	3
4	9:00am	Sunday 1 November Regional Games (Northern) Gawler LAC, Trinity College (Back Road Oval), Alexander Avenue, Evanston South	Away	
5	9:15am	Sunday 8 November	Home	4
6	9:15am	Sunday 15 November	Home	5
7	9:15am	Sunday 22 November	Home	6
8	9:00am	Sunday 29 November State Classic (Personal Best Day) SA Athletics Stadium, Mile End	Away	
9	9:15am	Sunday 6 December	Home	1
10	6:30pm	Friday 11 December 2015 Reduced programme Christmas Break (Fun and Games)	Home	2
	9:00am	Sunday 13 December State Carnival (TT – U8) SA Athletics Stadium, Mile End	Away	



SEASON 2015/2016 PROGRAMME

(THIS PROGRAMME IS SUBJECT TO CHANGE)

2016				
	Time	Date		Prog.
11	9:15am	Sunday 10 January	Home	3
12	6:30pm	Friday 15 January Visit by Golden Grove LAC	Home	4
	9:00am	Saturday 16 January – Sunday 17 January State Multi-Event Championship SA Athletics Stadium, Mile End	Away	
13	9:15am	Sunday 24 January	Home	5
14	9:00am	Sunday 31 January Northern Region Open Day Tea Tree Gully LAC, Bulkana Oval, Spring Crescent, Banksia Park	Home	Open
15	6:30pm	Friday 5 February	Home	6
	9:00am	Sunday 7 February State Carnival (U9 – U12) SA Athletics Stadium, Mile End	Away	
16	9:15am	Sunday 14 February	Home	Open
17	6:30pm	Friday 19 February Visit to Golden Grove LAC Tilley Reserve, Hancock Road, Surrey Downs	Away	
	9:00am	Sunday 21 February State Relay Championship SA Athletics Stadium, Mile End	Away	
18	9:15am	Sunday 28 February Includes Tiny Tots Presentation	Home	1
		Sunday 6 March State Challenge SA Athletics Stadium, Mile End	Away	
19	9:00am	Sunday 13 March	Home	Open
	9:00am	Friday 18 March – Sunday 20 March State Individual Championship SA Athletics Stadium, Mile End	Away	
	3:00pm	Saturday 9 April Presentation Day & AGM	Home	

EVENT PROGRAMMES

	U6		U7		U8		U9		U10	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
PROGRAM 1	70	70	70	70	70	70	70	70	200	200
	300	300	500	500	700	700	800	800	800	800
	JAV*	JAV*	LJ	LJ	HJ	HJ	LJ	LJ	HJ	HJ
	SP	SP	DISC	DISC	SP	SP	DISC	DISC	SP	SP
PROGRAM 2	50	50	50	50	100	100	100	100	100	100
	200	200	200	200	200	200	400	400	400	400
	LJ	LJ	JAV*	JAV*	LJ	LJ	HJ	HJ	LJ	LJ
	DISC	DISC	SP	SP	DISC	DISC	SP	SP	DISC	DISC
PROGRAM 3	70	70	60H	60H	60H	60H	60H	60H	60H	60H
	100	100	100	100	700	700	200	200	200	200
	JAV*	JAV*	LJ	LJ	HJ	HJ	700mW	700mW	1100mW	1100mW
	SP	SP	DISC	DISC	SP	SP	LJ	LJ	HJ	HJ
							DISC	DISC	SP	SP
PROGRAM 4	50	50	70	70	70	70	70	70	100	100
	300	300	500	500	200	200	800	800	800	800
	LJ	LJ	JAV*	JAV*	LJ	LJ	HJ	HJ	LJ	LJ
	DISC	DISC	SP	SP	DISC	DISC	SP	SP	DISC	DISC
PROGRAM 5	70	70	50	50	100	100	100	100	200	200
	200	200	200	200	700	700	400	400	400	400
	JAV*	JAV*	LJ	LJ	HJ	HJ	LJ	LJ	HJ	HJ
	SP	SP	DISC	DISC	SP	SP	DISC	DISC	SP	SP
PROGRAM 6	50	50	60H	60H	60H	60H	60H	60H	60H	60H
	100	100	100	100	200	200	200	200	200	200
	LJ	LJ	JAV*	JAV*	LJ	LJ	700mW	700mW	1100mW	1100mW
	DISC	DISC	SP	SP	DISC	DISC	HJ	HJ	LJ	LJ
							SP	SP	DISC	DISC

U11		U12		U13		U14		U15-U17	
Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
100	100	200	200	100	100	200	200	100	100
800	800	800	800	800	800	800	800	800	800
LJ	LJ	HJ	HJ	LJ	LJ	HJ	HJ	LJ	LJ
DISC	DISC	TJ	TJ	DISC	DISC	SP	SP	DISC	DISC
JAV	JAV	SP	SP	JAV	JAV	TJ	TJ	JAV	JAV
200	200	100	100	200	200	200H	200H	200H	200H
1500	1500	1500	1500	1500	1500	100	100	200	200
HJ	HJ	LJ	LJ	HJ	HJ	1500	1500	1500	1500
SP	SP	DISC	DISC	TJ	TJ	LJ	LJ	HJ	HJ
		JAV	JAV	SP	SP	DISC	DISC	TJ	TJ
						JAV	JAV	SP	SP
60H	60H	60H	60H	80H	80H	90H	90H	100H	100H
400	400	400	400	400	400	400	400	400	400
1100mW	1100mW	1500mW	1500mW	1500mW	1500mW	1500mW	1500mW	1500mW	1500mW
TJ	TJ	HJ	HJ	LJ	LJ	HJ	HJ	LJ	LJ
DISC	DISC	SP	SP	DISC	DISC	SP	SP	DISC	DISC
200	200	100	100	200	200	100	100	200	200
800	800	800	800	800	800	800	800	800	800
LJ	LJ	LJ	LJ	HJ	HJ	LJ	LJ	HJ	HJ
SP	SP	DISC	DISC	TJ	TJ	DISC	DISC	TJ	TJ
		JAV	JAV	SP	SP	JAV	JAV	SP	SP
100	100	200	200	100	100	200H	200H	200H	200H
1500	1500	1500	1500	1500	1500	200	200	100	100
HJ	HJ	HJ	HJ	LJ	LJ	1500	1500	1500	1500
DISC	DISC	SP	SP	DISC	DISC	HJ	HJ	LJ	LJ
JAV	JAV	TJ	TJ	JAV	JAV	TJ	TJ	DISC	DISC
						SP	SP	JAV	JAV
60H	60H	60H	60H	80H	80H	90H	90H	100H	100H
400	400	400	400	400	400	400	400	400	400
1100mW	1100mW	1500mW	1500mW	1500mW	1500mW	1500mW	1500mW	1500mW	1500mW
TJ	TJ	LJ	LJ	HJ	HJ	LJ	LJ	HJ	HJ
SP	SP	DISC	DISC	SP	SP	DISC	DISC	SP	SP

WEATHER POLICY

Any modifications to the meet due to weather will be made at the discretion of the Committee.

RAIN

If it is raining we will attempt to hold a meet although some events will be cancelled for safety reasons, such as High Jump and Hurdles.

Any decision to cancel a meet due to rain will be made by the Committee 15 minutes prior to the scheduled start.

HOT WEATHER - SUNDAY MEETS

If the temperature forecast for Sunday issued by the Bureau of Meteorology (Adelaide) 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.

If the temperature during the meet reaches 37°C then the meet will be run as a modified meet. The Committee will determine which events will be cancelled and the order of events.

HOT WEATHER - FRIDAY TWILIGHT MEETS

If the temperature at 4pm as reported by the Bureau of Meteorology (Adelaide) 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.

The Bureau of Meteorology forecasts and current temperature can be accessed on their website:

www.bom.gov.au

RESULTS

Results from each club T&F competition are posted on our website:

www.ttgathletics.com.au/la/Competition.html

We do our best to post results promptly but please be patient as it is a time consuming activity to transfer results into the Recorder's database and then to transfer them to the website.

We do our best to maintain the integrity of our results database. If you spot any errors then please contact our Recorder.

CENTRE BEST PERFORMANCES - BOYS

As at 21 March 2015

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
40m	7.6	7.4	6.8									
50m	9.4	9.6										
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	39.0	33.7	31.2	29.7	29.1	27.5	26.2	25.8	24.4	23.4	23.3	22.9
300m	1.01.3											
400m				1.10.5	1.06.6	1.02.9	58.8	55.4	54.3	52.6	53.7	52.1
500m		1.51.0	1.43.3									
700m			2.36.7									
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		12.4	11.3	10.4	10.8	9.8	9.9	12.8	12.9	13.5	13.5	12.9
200m Hurdles									27.8	25.4	25.7	25.1
Walk	1.24.2	2.25.0	2.10.6	4.10.1	6.07.7	7.36.9	7.26.9	7.19.9	6.58.8	6.51.6	6.17.0	8.15.1
Shot Put	5.51	8.00	7.84	7.87	10.10	10.01	12.22	13.69	12.96	13.93	14.35	9.88
Discus	14.69	18.36	22.80	27.54	31.46	37.02	45.72	41.82	44.40	50.04	48.26	28.92
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	1.90	1.85
Javelin						30.56	37.72	35.80	41.27	40.28	43.74	39.66



CENTRE BEST PERFORMANCES - GIRLS

As at 21 March 2015

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
40m	8.1	8.0	6.9									
50m	9.3	9.4										
70m	12.0	11.3	10.9	10.5	10.1							
100m	17.5	16.4	15.2	14.8	14.2	13.8	13.1	12.8	12.5	12.2	13.0	12.8
200m	40.1	34.1	33.0	31.9	29.4	28.8	27.4	26.7	26.2	25.8	26.7	26.9
300m	1.09.3											
400m				1.13.0	1.05.8	1.06.8	1.01.1	1.01.1	1.00.1	58.0	1.01.7	1.02.6
500m		2.02.9	1.44.9									
700m			2.50.5									
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		12.7	11.8	10.9	10.7	10.2	9.7	13.2	12.5	13.5	14.6	14.1
200m Hurdles									30.7	28.8	29.9	28.8
Walk	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
Shot Put	5.14	5.92	5.62	6.97	9.15	10.58	11.78	11.10	11.52	11.73	10.58	10.36
Discus	10.58	13.66	20.02	24.30	29.61	26.67	33.41	34.74	32.88	34.26	30.86	28.59
Long Jump	2.88	3.37	3.81	3.97	4.46	4.74	4.97	5.21	5.49	5.45	5.45	4.91
Triple Jump					9.10	10.27	10.37	10.92	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
Javelin						24.46	30.78	33.84	23.21	26.46	32.39	23.33



ASSOCIATION & SPECIFIC EVENTS

STATE CLASSIC (PERSONAL BEST DAY)

Date	Sunday 29 November 2015
Start Time	9:00am
Location	SA Athletics Stadium, Mile End
Registration Cut-off	15 November 2015
Nominations Close	15 November 2015
Entry Fee	\$5.00 per athlete

An opportunity for registered athletes of all age groups U6 – U17 to participate against athletes from other Centres. Athletes from the U6 – U10 age groups can compete in a maximum of 5 events and athletes from the U11 – U17 age groups can compete in a maximum of 6 events. A Tiny Tots event is also run at this meet. General Information, Rules and a Programme will be available prior to the meet.

STATE CARNIVAL (TT - U8)

Date	Sunday 13 December 2015
Start Time	9:00am
Location	SA Athletics Stadium, Mile End
Nominations Close	30 November 2015
Entry Fee	\$5.00 per athlete

Open to all athletes in the Tiny Tots to U8 age groups. The Tiny Tots will participate in a Tiny Tots session. Each of the U6 – U8 age groups will participate in a set rotation of events, where the athletes will receive coaching in these events. Each age group will be limited to a maximum of 100 athletes. There will be carnival activities provided for participants after their session.

HOLIDAY DEVELOPMENT CLINIC

Date	Monday 11 January 2016 – Friday 15 January 2016
Start Time	9:00am
Location	SA Athletics Stadium, Mile End
Applications Close	TBA

The Holiday Development Clinic is available to athletes of all abilities. Further details will be available closer to the event.

STATE MULTI-EVENT CHAMPIONSHIP

Date	Saturday 16 - Sunday 17 January 2016
Start Time	9:00am
Location	SA Athletics Stadium, Mile End
Registration Cut-off	30 November 2015
Nominations Close	18 December 2015
Entry Fee	\$15.00 per athlete

These championships are open to athletes in the U9 – U17 age groups. To be eligible athletes in the U9 – U13 age groups must have bettered or equalled the qualifying standard (TBA) for at least three of the events to be conducted for their age group by the close of nominations. All athletes must have a recorded performance in each of the five events to be held for their age group and must participate in at least 15 events before the nomination close date. to be eligible for the championship.

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. General Information, Rules and a Programme will be available prior to the Championship.

STATE CARNIVAL (U9 - U12)

Date	Sunday 7 February 2016
Start Time	9:00am
Location	SA Athletics Stadium, Mile End
Registration Cut-off	30 November 2015
Nominations Close	22 January 2016
Entry Fee	\$10.00 per athlete

Open to all athletes in the U9 – U12 age groups. All events will be offered for each age group during the day with athlete able to nominate in a maximum of 5 events. The events will have a team scoring component. The centre with the highest points per athlete wins the “LASA Cup”. General Information, Rules and a Programme will be available prior to the meet.



STATE RELAY CHAMPIONSHIP

Date	Sunday 21 February 2016
Start Time	9:00am
Location	SA Athletics Stadium, Mile End
Registration Cut-Off	30 November 2015
Selection Close	17 January 2016
Nominations Close	1 February 2016
Entry Fee	\$20.00 per team

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. The Track Relay is comprised of three events 4 x 100m, 4 x 200m and Medley. Each Centre may only enter one team per event. Heats and finals are run for these events.

The Field Relay is comprised of four events: Long Jump, High Jump, Shot Put and Discus. There are no finals in Field Relays.

Athlete performances will be monitored by a sub-committee, comprised of the Team Manager, Centre Coach and a Committee Member, during the period up to the Selection Close. The team selection will occur in accordance with the TTGLAC Relay Team Selection Policy and will be published as soon as possible after the Selection Close date.

General Information, Event Specific Rules and a Programme will be available prior to the Championship. Athletes must wear the correct Centre uniform. Parents of athletes will be required to assist with the running of the Championship and a roster will be established.

STATE CHALLENGE

Date	Sunday 6 March 2016
Start Time	9:00am
Location	SA Athletics Stadium, Mile End
Registration Cut-off	30 November 2015
Nominations Close	22 February 2016
Entry Fee	\$10.00 per event

An event for U9 – U15 athletes who have not qualified for the State Individual Championships. There will be a minimal qualifying standard (TBA) for this event.

STATE INDIVIDUAL CHAMPIONSHIPS

Date	Friday 18 – Sunday 20 March 2016
Start Time	9:00am
Location	SA Athletics Stadium, Mile End
Registration Cut-off	30 November 2015
Qualification Period	1 September 2015 to 22 February 2016
Nominations Close	22 February 2016 at 3:00 pm
Entry Fee	\$10.00 per event

To participate at these championships athletes must have reached the qualifying standard twice during the season and participated in a specified minimum number of events. Only registered athletes in the U9 – U17 age group are eligible to participate. Athletes may enter a maximum of 5 events. Rules, Eligibility Criteria, General Information and a Programme will be made available to parents and athletes intending to participate.

STATE TEAM

Registration Cut-off	TBA
Qualification Period	TBA

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. Selection is performed by the State Team Selectors in accordance with SALAA Policy.



STATE INDIVIDUAL CHAMPIONSHIP QUALIFYING STANDARDS - BOYS

	U9	U10	U11	U12	U13	U14	U15	U16	U17
70m	11.8								
100m	16.6	15.9	15.4	14.7	14.5	14.3	14.1		
200m	36.3	34.4	33.0	31.4	30.6	30.3	29.5		
400m	1:25	1:22	1:19	1:16	1:13	1:13	1:19		
800m	3:04	2:57	2:52	2:50	2:50	2:50	3:05		
1500m			6:15	6:10	6:10	6:15	6:40		
Hurdles	12.2	12.7	12.0	12.0	17.6	17.6	23.0		
200m Hurdles							37.0		
Walk	5:30	8:30	8:00	11:30	11:30	11:30	11:30		
Shot Put	5.75	6.70	7.50	7.10	7.80	8.30	7.15		
Discus	16.75	19.50	19.00	20.50	20.00	21.50	22.60		
Long Jump	3.50	3.70	3.90	4.05	4.20	4.35	4.40		
Triple Jump			8.00	8.50	8.80	8.85	9.20		
High Jump	1.10	1.18	1.25	1.31	1.34	1.35	1.32		
Javelin				22.00	20.50	20.50	19.50		

STATE INDIVIDUAL CHAMPIONSHIP QUALIFYING STANDARDS - GIRLS

	U9	U10	U11	U12	U13	U14	U15	U16	U17
70m	12.4								
100m	17.4	16.5	15.9	15.3	14.9	15.2	15.8		
200m	38.5	36.1	34.2	32.7	32.0	32.5	35.0		
400m	1:33	1:28	1:23	1:20	1:19	1:25	1:35		
800m	3:22	3:10	3:10	3:01	3:01	3:16	3:50		
1500m			6:50	6:55	6:55	7:15	8:00		
Hurdles	13.0	13.3	12.6	12.9	18.0	18.3	22.0		
200m Hurdles							46.0		
Walk	5:20	8:30	8:00	11:30	11:30	11:30	11:30		
Shot Put	5.00	5.90	7.10	8.20	6.80	6.60	6.50		
Discus	12.60	12.60	15.50	18.50	19.00	17.00	16.00		
Long Jump	3.20	3.50	3.75	4.05	4.10	3.92	3.70		
Triple Jump			7.70	8.00	8.90	8.35	8.25		
High Jump	1.02	1.11	1.17	1.27	1.30	1.26	1.18		
Javelin				16.00	19.00	18.00	14.00		

COMPETITION

RULES

SALAA set down requirements for all competitions conducted by or on behalf of the Association and are used as a guide to centre competition. All competitions are conducted under these rules.

Little Athletics events are conducted under a set of modified IAAF rules. The SALAA Officials Club publishes an Officials Guide that is provided in the Chaperone age group folders for easy reference during T&F competition. The guide may be downloaded from the website.

TECHNICAL SPECIFICATIONS

HURDLES

BOYS						
Age Group	Distance (m)	Flights	Height (cm)	Run In (m)	Between (m)	Run Out (m)
U7-U9	60	6	45	12	7	13
U10-U11	60	6	60	12	7	13
U12	60	6	68	12	7	13
U13	80	9	76	12	7	12
U14	90	9	76	13	8	13
U15-U17	100	10	76	13	8.5	10.5
U15-U17	200	5	76	20	35	40

GIRLS						
Age Group	Distance (m)	Flights	Height (cm)	Run In (m)	Between (m)	Run Out (m)
U7-U9	60	6	45	12	7	13
U10-U11	60	6	60	12	7	13
U12	60	6	68	12	7	13
U13-U14	80	9	76	12	7	12
U15-U17	90	9	76	13	8	13
U15-U17	200	5	76	20	35	40

DISCUS

BOYS	
AGE GROUP	MASS
U6-U7	350 gm
U8-U10	500 gm
U11-U12	750 gm
U13-U16	1 kg
U17	1.5 kg

GIRLS	
AGE GROUP	MASS
U6-U7	350 gm
U8-U10	500 gm
U11-U13	750 gm
U14-U17	1 kg

SHOTPUT

BOYS		
AGE GROUP	MASS	COLOUR
U6-U7	1 kg	Blue
U8	1.5 kg	Yellow
U9-U11	2 kg	Orange
U12-U14	3 kg	White
U15-U16	4 kg	Red
U17	5 kg	Green

GIRLS		
AGE GROUP	MASS	COLOUR
U6-U7	1 kg	Blue
U8	1.5 kg	Yellow
U9-U12	2 kg	Orange
U13-U17	3 kg	White

JAVELIN

BOYS	
AGE GROUP	MASS
U11-U12	400 gm
U13-U14	600 gm
U15-U17	700 gm

GIRLS	
AGE GROUP	MASS
U11-U14	400 gm
U15-U17	500 gm

AWARDS SYSTEM

CLUB CAPTAIN

There will be a club Captain and Vice-Captain for both the boys and girls.

Selection Committee:

- All members of the TTGLAC committee.

Selection Criteria:

- The captains are to be selected from the following age groups, U15 to U17. If no suitable candidates are identified then athletes from the U14 age group will be considered. Note that once an Athlete has been appointed as a captain they will be ineligible in future years.
- Attendance at Little Athletics Meetings, including home and away meets, Association meetings (eg. Regional Games, State Relay Championships etc.).
- General attitude and behaviour of the athletes as a Club representative/ambassador.
- Longevity with the club.
- Willingness to undertake the role.

HONOUR ROLL - SEASON 2014/2015

Thomas Hams (C)

Erin Chalmers (C)

Brad Ward (VC)

Gemma Vink (VC)

LONG SERVICE AWARD

An award recognising long service to little athletics.

Qualification Criteria:

- 7 years continuous service to TTGLAC (any age group); or
 - 5 years' service at any little athletics club (U17 athletes only).
-

PRESIDENT'S AWARD

Awarded to an athlete, volunteer, committee member, official or parent at the discretion of the President.

BEST CLUB PERSON

A perpetual trophy awarded to an athlete from the U9 to U17 age groups in Cross Country and the following Track & Field season.

Selection Committee:

- All members of the TTGLAC committee.

Selection Criteria:

- Participation in Cross Country and Track & Field (Cross country having a 20% weighting).
- Attendance at home and away meets, and Association meets.
- General attitude and behaviour of the athletes as a centre representative/ ambassador.

HONOUR ROLL - SEASON 2014/2015

Melissa Pullinger

T&F TROPHY 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. Athletes are only eligible for medals and trophies if they attend at least 50% of meets from the start of the season up to the cut-off date (Sunday 21 February 2016). This allows time for ordering of medals. Come and Try's (of which only two are allowed) will be counted once the athlete has registered.

To register as a meet, 50% of the events programmed for that age group must be completed. As per SALAA rules, two independent meets, with results verified by the visiting centre, can count towards reaching 50% attendance.

Tiny Tots

Tiny Tots will receive a Medal, Certificate of Participation and an achievement award voucher.

U6 to U8

Most Improved: Two Most Improved Trophies will be awarded for each age group to the two athletes that score the highest points. Points are awarded for personal bests (including equalling) and attendance.

U9 to U17

Best All-Round Athlete: Awarded to athletes who score the most points in their age group. Points are calculated as the sum of the SALAA Achievement Award points earned for each event.

Most Improved: Awarded to athletes in the U9-U17 age groups who score the most points in their age group. It is awarded to the second placed athlete if the first placed athlete wins the Best All-Round Athlete award. Points are awarded based on personal bests (including equalling) and attendance.

Details of the Points Scoring System are available on the website:

www.ttgathletics.com.au/la/Awards.html

STATE TEAM REPRESENTATIVES

Trophies are awarded to the state team representatives in the U13 and U15 age groups.

HONOUR ROLL - SEASON 2014/2015

Erin Chalmers Emilaya Ellis Kyla Stear

COACHES AWARD (T&F)

A trophy awarded to an athlete (male and female) from the U9 to U17 age groups.

Selection Committee:

- All club coaches.

Selection Criteria:

- Attendance at training (Track & Field).
- General attitude and behaviour of the athlete as a role model for other athletes.
- Willingness to learn and demonstrated improvement.

HONOUR ROLL - SEASON 2014/2015

Zac Bemmerl Amy Lovell

CROSS COUNTRY MEDAL

The medal is essentially a participation award.

Qualification Criteria:

- 4 competition meets plus the cross country championship; or
 - 6 competition meets.
-

COACHES AWARD (CROSS COUNTRY)

A trophy awarded to an athlete (male and female) from the U9 to U17 age groups.

Selection Committee:

- All club coaches.

Selection Criteria:

- Attendance at training (Cross Country).
- General attitude and behaviour of the athlete as a role model for other athletes.
- Willingness to learn and demonstrated improvement.

HONOUR ROLL - SEASON 2014/2015

Domenic Eversham

Kate Lovell

ASSOCIATION MEDAL WINNERS 2014/2015

STATE RELAY CHAMPIONSHIP

Age Group	Event	Place
U9 Girls	4 x 100m	Silver
	4 x 200m	Gold
	Field Relay	Gold
U10 Girls	4 x 100m	Bronze
	4 x 200m	Gold
	Field Relay	Gold
U11 Girls	4 x 100m	Bronze
	4 x 200m	Bronze
U12 Girls	4 x 100m	Bronze
U13 Girls	4 x 100m	Silver
	4 x 200m	Silver
	Field Relay	Gold
U13 Boys	4 x 100m	Silver
	4 x 200m	Bronze
U14 Girls	4 x 100m	Silver
	4 x 200m	Silver
U15 Girls	4 x 100m	Bronze
	4 x 200m	Bronze
U16 Boys	4 x 100m	Gold (SBP)
	4 x 200m	Gold (SBP)
U17 Girls	Field Relay	Bronze
Champion Centre		Silver

STATE INDIVIDUAL CHAMPIONSHIPS (T&F)

Age Group	Athlete	Place	Event
U9 Girls	Tryphena Hewett	Silver	200m, High Jump
		Bronze	Long Jump
U10 Girls	Heather Ferguson	Silver	Shot Put
	Bridget Grant	Silver	1100m Walk
	Kiara Searle	Silver	Long Jump
U11 Girls	Sara Belkner	Bronze	100m, 200m, Discus, Long Jump
	Emiley Richter	Silver	Discus, Shot Put, High Jump
U12 Girls	Sophie Barr	Gold	Discus
		Bronze	Shot Put
	Claire Ferguson	Gold	Javeline
U13 Girls	Emilaya Ellis	Gold	100m, 200m, Triple Jump
		Silver	60m Hurdles, Long Jump
	Kyla Stear	Gold	Discus , Shot Put, Javelin
U14 Boys	Lachlan Barr	Gold	Javelin
		Silver	Discus, Shot Put
U14 Girls	Rachel Gill	Gold	200m, 400m
		Bronze	100m
U15 Boys	Thomas Porteous-Hurst	Silver	100m
		Bronze	200m
U15 Girls	Erin Chalmers	Silver	100m
		Bronze	200m, Long Jump
	Breanna Davison	Bronze	200m Hurdles
U16 Boys	Jake Adey	Silver	Javelin, Long Jump
	Harrison Bagley	Gold	1500m
		Bronze	800m
	Liam Gill	Silver	100m, 200m
		Bronze	400m
	Tomas Liivamagi	Bronze	200m Hurdles
	Brad Ward	Bronze	100m Hurdles
U16 Girls	Maya Lange	Gold	90m Hurdles, Javelin, Long Jump
		Silver	100m
U17 Girls	Melissa Pullinger	Gold	100m, 200m
		Silver	400m

Championship Centre Place: Second

STATE CROSS COUNTRY CHAMPIONSHIP

Age Group	Athlete	Place	Event
U9 Girls	Bethany Sternagel	Gold	1500m
	Tahlia Lienert	Silver	
	Emily Worley	Bronze	
U10 Girls	Alana Gallagher	Silver	1500m
U11 Girls	Mackenzey Borgas	Bronze	2000m
U13 Girls	Lauren Gallagher	Bronze	3000m
U15 Girls	Montana Spackman	Bronze	3000m
U16 Boys	Harrison Bagley	Gold	3000m
U17 Girls	Melissa Pullinger	Silver	3000m
Championship Centre Place: Boys – First; Girls – First			

MULTI EVENT CHAMPIONSHIP

Age Group	Athlete	Place
U10 Girls	Kiara Searle	Bronze
U11 Girls	Sara Belkner	Bronze
U13 Girls	Emilaya Ellis	Silver
	Kyla Stear	Bronze
U15 Girls	Erin Chalmers	Silver
U16 Girls	Maya Lange	Silver
U17 Girls	Melissa Pullinger	Silver



2016 CROSS COUNTRY SEASON

COMPETITION

The SALAA Cross Country season is run as a series of Host Days culminating in the State Cross Country Championships. Little Athletics Centre's (including TTGLAC) from around the metropolitan and country regions host a meet thereby providing a variety of environments, surfaces and conditions.

Each host provides change room/toilet facilities, BBQ/canteen and is responsible for the conduct of the competition. The day is intended as a family fun and fitness occasion with special events for the parents and the family.

All registered Little Athletes are entitled to participate in Cross Country meets. All participating athletes will receive a certificate that indicates their performance on the day and a McDonald's Participation Certificate. In addition the TTGLAC awards a Cross Country Medal for those athletes that qualify.

The Cross Country Programme of Events and Rules are published prior to the commencement of the season and can be accessed from the TTGLAC website:

www.ttgathletics.com.au/la/CrossCountry.html

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

The cross country programme commences at the beginning of May and culminates with the Cross Country Championship at the end of July. To be eligible for State Cross Country Championships athletes must have competed in 4 Cross Country Meets, and be registered with the Association.

TRAINING

TTGLAC cross country training occurs on Wednesday evenings from 4:30pm and on Sunday mornings (for non-competition days) from 9:00am. Training commences during April. The training schedule and training maps are available on the TTGLAC website:

www.ttgathletics.com.au/la/Development.html



INSURANCE

Registered members of the TTGLAC are covered by the Australian Little Athletics insurance policy. It covers all registered members, officials, accredited coaches and voluntary workers involved in the administration and organisation of Little Athletics.

The policy provides insurance against personal injury and loss or damage to property and equipment.

In the result of personal injury it is necessary to complete an Injury Report Form and a Claim Form. See a committee member for assistance. Further details are provided on the TTGLAC website:

www.ttgathletics.com.au/la/Insurance.html

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The background of this advertisement is a photograph of a lush green golf course with trees and a clubhouse in the distance under a cloudy sky.

The logo for Highercombe Golf & Country Club is circular. It features a black and white design with a golf ball in the center, crossed golf clubs behind it, and a golf club head below. The text 'HIGHERCOMBE' is at the top and 'GOLF & COUNTRY CLUB INC.' is at the bottom of the circle.

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The 'on course' logo is an oval shape with a red border. Inside, the words 'on course' are written in white on a red background, with 'PROS IN GOLF' in smaller text below.

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