

GIN GIN

LITTLE ATHLETICS

2019

Handbook



## Gin Gin Little Athletics Committee 2019

<b>Centre Manager:</b>	Lee Kitt (0422 303 223)
<b>Secretary:</b>	Glenda George
<b>Treasurer:</b>	Jo Rumpf
<b>Registrar:</b>	Amy Milton
<b>Officer for Officials:</b>	Bec Clark
<b>Programme:</b>	Committee
<b>Technical Officer:</b>	Al Clark
<b>Records Officer:</b>	Amy Milton
<b>Canteen:</b>	Shiree Stuart
<b>Publicity Officer:</b>	Bec Clark & Joy Millburn
<b>Fundraiser:</b>	Committee
<b>First Aid Officer:</b>	Committee
<b>Active Coaches:</b>	Angela Wright (Level 2)



# Centre Managers Report 2019

Welcome back for another fantastic year with Gin Gin Athletics. Once again our athletes have had some excellent results in Little Athletics competitions and the highly competitive School Sports Championships.

Throughout the season, athletes will be asked to compete at the best of their abilities and with respect for other athletes and officials. If you are a new athlete don't be surprised to be offered assistance with events you are unfamiliar with, and don't be afraid to ask.

Parents will be asked to be Age Managers or assist at events - it may be to rake the sand pit, retrieve a shot or replace a high jump bar, we cannot operate without the support of parents. Whatever the role, you will not only be rewarded with a free tea or coffee but this is also the best way to see your children in their sport and they like nothing more than you being involved.

An important aspect of Little Athletics is an emphasis on encouraging athletes to strive for Personal Best performances (PB's) each week. Points are accumulated throughout the home season for improvements on athletes' own performances - not for winning a race or throwing further than your fellow athletes. I ask all parents to support us in this by celebrating willingness to have a go, effort, and encouraging PB's.

Athletes from under 9's to under 17's will be given the opportunity to gain a taste of competition at the next level at the Central North Regional Championships in North Rockhampton this year. Those who do well will then gain the opportunity to compete at the Queensland Little Athletics State Championship in Brisbane next year should they so desire.

In closing, I would like to thank our sponsors, as without them our club could not operate. Please support those who support our Centre and your children's sport. Our sponsors will be celebrated on our Facebook page throughout the year. We would also like to say a special thank you to **ESA International Gin Gin Branch** who kindly donates to our club every year. Their support is very much appreciated.

Well that's enough from me I wish you all well in the coming season, be your best and remember Rule No 1 – HAVE FUN.

Yours in athletics,

**Lee Kitt**  
Centre manager  
2019

## 2019 Calendar

MONTH	DATE	WEEK
<b>MAY</b>	4 <sup>th</sup>	Week 1
	11 <sup>th</sup>	Week 2
	18 <sup>th</sup>	Week 3
	25 <sup>th</sup>	Week 4
<b>JUNE</b>	1 <sup>st</sup>	Week 1
	8 <sup>th</sup>	Week 2
	15 <sup>th</sup>	Week 3
	22 <sup>nd</sup>	Week 4
	29 <sup>th</sup>	Week 1
<b>JULY</b>	6 <sup>th</sup>	Holiday: no competition
	13 <sup>th</sup>	Week 2
	20 <sup>th</sup>	Week 3
	27 <sup>th</sup>	Week 4
<b>AUGUST</b>	3 <sup>rd</sup>	Week 1
	10 <sup>th</sup>	Week 2
	17 <sup>th</sup>	Week 3
	24 <sup>th</sup>	Week 4
	31 <sup>st</sup>	Week 1
<b>SEPTEMBER</b>	7 <sup>th</sup> and 8 <sup>th</sup>	Regional Championships North Rockhampton
	14 <sup>th</sup>	Week 2
	21 <sup>st</sup>	Break up day
	28 <sup>th</sup>	Spring Carnival Bundaberg

*These dates are approximates only. Tri cup champs to be decided.*

# PROGRAM

W E E K 1	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	SENIORS
	70m	70m	70m	70m	100m	100m	100m	100m	100m	100m	100m
	Long jump	Long jump	Long jump	Long Jump	Long jump	High jump	High jump	High jump	High jump	High jump	High jump
	Discus	Discus	Discus	Discus	Discus	Discus	Discus	Discus	Discus	Discus	Discus
	Play train	Play train	Shot Put	Shot put	Shot put	Shot put	Shot put	Shot put	Shot put	Shot put	Shot put
				200m	200m	200m	200m	200m	200m	200m	200m

W E E K 2	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	SENIORS
	Mini Hurdle	Mini Hurdle	60m hurdles	60m hurdles	60m hurdles	80m hurdles	80m hurdles	80m hurdles	80/90m hurdles	90/100m hurdles	90/100m hurdles
	Flexi bar	Flexi bar	High jump	High jump	High jump	Long jump	Long jump	Long jump	Long jump	Long jump	Long jump
	70m	70m	70m	70m	70m	70m	70m	70m	70m	70m	70m
	Play train	Play train	Discus	Discus	Discus	Javelin	Javelin	Javelin	Javelin	Javelin	Javelin
				800m	800m	800m	800m	800m	800m	800m	800m

W E E K 3	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	SENIORS
	Play Train	Play train	200m	200m	200m	200m	200m	200m	200m	200m	200m
	Shot put	Shot put	Shot put	Shot put	Shot put	High jump	High jump	High jump	High jump	High jump	High jump
	Long jump	Long jump	Long jump	Long jump	Long jump	Long jump	Long jump	Long jump	Long jump	Long jump	Long jump
	100m	100m	100m	100m	100m	Javelin	Javelin	Javelin	Javelin	Javelin	Javelin
				400m	400m	400m	400m	400m	400m	400m	400m

W E E K 4	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	SENIORS
	70m	70m	100m	100m	100m	100m	100m	100m	100m	100m	100m
	Jump game	Jump game	Long jump	Long jump	Long jump	Shot put	Shot put	Shot put	Shot put	Shot put	Shot put
	Modified javelin	Modified javelin	Modified javelin	Modified javelin	Modified javelin	Triple jump	Triple jump	Triple jump	Triple jump	Triple jump	Triple jump
	Discus	Discus	Discus	Discus	Discus	Discus	Discus	Discus	Discus	Discus	Discus
				700m walk	1100m walk	1100m walk	1500m walk/run	1500m walk/run	1500m walk/run	1500m walk/run	1500m walk/run

# General Information

**CENTRE HOME GROUNDS:** Gin Gin Recreational Reserve

**COMPETITION TIMES:** Saturday mornings 8.30am for warm ups to approximately 11am.

**CENTRE FORMATION:** 16<sup>th</sup> March, 1997

**COMMITTEE MEETINGS:** Monthly following competition.

**REGISTRATION:** The centre is a branch of Queensland Little Athletics and also Queensland Athletics. All athletes are registered members of QLA. QLA is affiliated with Australian Little Athletics.

**INSURANCE:** All registered athletes are covered by insurance for competition. The centre is covered by public liability. The centre is covered for litigation.

**WET WEATHER:** Cancellation will be advised on Facebook, please let us know if you are not on Facebook and a text can be sent to you.

**CENTRE UNIFORM:** Purple and yellow shirt and black shorts.

**HATS:** Must be worn at all times.

**REGISTRATION NUMERS:** On registering, the athlete will receive a registration number; this is to be attached securely to the front of their shirt and visible when shirt is tucked in. Also, there will be an age group patch, this is to be sewn on the LEFT sleeve and visible from side on. Coles label is to be placed on the right arm sleeve or the front right chest of uniform shirt.

**FOOTWEAR:** It is compulsory that footwear be worn at all times.

**SPIKES:** Only athletes in the Under 11 age group and older are allowed to wear spikes, this is for laned events, jumps and javelin only – at no other times are they to be worn. The U15 and older age groups may wear spikes in unlaned events where the event is for those age groups only, ie. not in events with age groups mixed with younger athletes.

**WATER BOTTLES:** Should be carried by each athlete.

**COACHING:** Your club has a qualified coach and training is available to athletes during the week. Anyone wishing to be involved in coaching should contact the committee. Introduction to coaching courses can be organised if we have enough interest from parents.

**OFFICIALS EXAMS:** Online theory through [laq.org.au](http://laq.org.au). Practical component sign-off can be organised for Regionals or Spring Carnival. To run effectively we need qualified officials.

**CERTIFICATES:** Registered athletes will receive the following certificates:

Centre Best Performances	As available
Improvement Awards	Monthly – all athletes
McDonalds Awards	Presented 3 times per season.

**TROPHIES:** athletes are eligible for the following awards if they have at least 60% attendance from registration (in a full 20 week season this equates to at least 12 days attendance when registered at commencement of the season). Athletes must be registered at least 10 weeks prior to the end of the season to be eligible. All parents are asked to sign their athletes into the attendance book each competition day to keep track of attendance. If parenting arrangements prevent athletes from attending every week please see the Centre Manager or Registrar on registration.

**Plaques:** A plaque is provided to new members, and a badge is added each year of membership.

**Point Score Champion:** boy and girl, 6-17 years and seniors. This is calculated at:

1 point for each event completed at Centre competition

2 points for each improvement at Centre competition

3 points for each Centre Best Performance.

5 points for Zone representation plus 1 point for each event competed in at that level.

**Overall Point Score Champion:** Boy and Girl

**Encouragement Award: Runner-up Point Score** Boy or Girl, 6-17 years

**Overall Most Improved:** Boy and Girl

**Clubmanship Awards – Senior –** Anyone involved in the club including athletes and helpers, who has shown they have initiative, willingness to get in there and help and near perfect behaviour.

**Clubmanship Awards – Junior –** Any athlete under the age of 18 who has shown excellent behaviour, goes out of their way to help others, is generally a good sport, will have a go, and is willing to take the initiative and almost 100% attendance.

#### **REGISTRATION FEES:**

Tiny tots	\$60.00
Under 6-17	\$100.00
Ground fee	\$50.00 per family



**IMPLEMENT WEIGHTS:****MALE:**

EVENT	U7	U8	U9	U10	U11	U12	U13	U14	U15
SHOT PUT	1kg blue	1.5kg yellow	2kg orange	2kg orange	2kg orange	2kg orange	3kg white	3kg white	4kg red
DISCUS	350g	500g	500g	500g	500g	750g	750g	1kg	1kg
JAVELIN					400g	400g	600g	600g	700g

EVENT	UNDER 16/17	UNDER 18	UNDER 20	OPEN
SHOT PUT	4kg red	5kg blue	6kg green/black	7.25kg yellow
DISCUS	1kg	1.5kg	1.75kg	2kg
JAVELIN	700g	700g	800g	800g
HAMMER	4kg	5kg	6kg	7.25kg

**FEMALE:**

EVENT	U7	U8	U9	U10	U11	U12	U13	U14	U15
SHOT PUT	1kg blue	1.5kg yellow	2kg orange	2kg orange	2kg orange	2kg orange	3kg white	3kg white	3kg white
DISCUS	350g	500g	500g	500g	500g	750g	750g	1kg	1kg
JAVELIN					400g	400g	400g	500g	500g

EVENT	UNDER 16/17	UNDER 18	UNDER 20	OPEN
SHOT PUT	3kg white	3kg white	4kg red	4kg red
DISCUS	1kg	1kg	1kg	1kg
JAVELIN	500g	500g	600g	600g
HAMMER	3kg	3kg	4kg	4kg



# Rules/Guidelines

## Play training

Centres are required to provide play-training activities. These activities are recognised as the best way of introducing young children (U6 & U7 age groups) to the sport.

The limited number of events considered appropriate by athletics authorities for the Under 6 & 7's in particular, plus the requirement to teach them adequate motor skills in a 'fun' way, means "Play Training" has become a large part of Little Athletics for these groups.

## Track

**Sprints:** Sprinting essentially involves running at full speed over the full race distance. Little Athletics sprint distances are 70, 100, 200 and 400 metres, although U6's do not run more than 100 metres, and U7/8's do not run 400 metres. Although technically a sprint for older athletes, the 400 metres is perhaps best considered a middle distance race for most Little Athletes.

**Distance:** In Little Athletics these are events run over 800m (U9 and older) and 1500m (U11 and older). Greater endurance levels are required and the running style has to be considerably less vigorous than for the sprints. They are in general run from a pack start in an anti-clockwise direction on the circular track.

**Hurdles:** U8's to U15's are offered Hurdle events at Centre and Association competitions. The event is run over 60m (6 flights), 80m (9 flights), 90m (9 flights) or 100m (10 flights) and 200m (5 flights) - depending on the age group. Heights vary from 45cm for the U8/U9's through 60cm for U10/11, 68cm for U12 to 76cm for U13-U15's. Hurdles are built to tumble easily, when knocked, provided they are hurdled from the correct direction. Hurdles must never be jumped from the reverse direction as they will not tumble and could cause serious injury.

**Relays:** Two types may be run - circular and shuttle. In the circular relay, all children run in the same direction around the track with the baton being carried in the right hand (1st runner) left hand (2nd runner) right hand (3rd runner) and left hand (4th runner). Runners 2 and 4 should be towards the outside of the lane when moving the baton. If this is done, changing hands with the baton is not necessary so the possibility of dropping it is reduced. In the shuttle, runners face each other from opposite ends of the straight and pass the baton as they reach their partner waiting at the other end of the straight.

**Walks:** Race Walking is 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 (ie. not bent at the knee) from the moment of first contact with the ground until the vertical upright position. It is strongly recommended that footwear (not spikes) be worn in all walking events.

## **Field**

**Shot Put:** The shot is put from the shoulder with one hand only. At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders. The shot is PUSHED out to land within the marked angle. When the shot has landed, the athlete must leave so that their first step outside the circle is behind the line extending from the sides of the circle.

**Discus:** This is one of the oldest field events, dating back to the ancient Olympics. In Little Athletics, a moulded rubber disk is used. The discus must be thrown from within the circle and land within the marked area. When the implement has landed, the athlete must leave so that their first step outside the circle is behind the line extending from the sides of the circle.

**Javelin:** The javelin is a spear like implement that is thrown from a runway 4 metres in width into a sector area marked by two lines. The event is only offered to athletes in the U11 to U15's age groups. The throw must be completed from within the confines of the runway and the javelin nose must be the first part to hit the ground within the throwing sector. The competitor may then leave the runway from behind the arc and lines on the runway. All throwing implements must be carried back to the throwing area, not thrown. These events are strictly supervised but all must appreciate the dangers of flying implements.

**High Jump:** The athlete's task is to run up from an approach area and jump over a crossbar supported between two uprights. The crossbar is raised after each round and competitors remain in the competition until eliminated by three consecutive failures. Athletes must take off from one foot only. Note, that up to U11 Scissors technique only can be used. Old foam rubber mattresses can be used as landing mats for scissors jumpers but only proper high jump mats for fosbury flop jumpers in the older age groups. QLAA recommended high jump mat specifications may be obtained by contacting the Association Office.

**Long Jump:** Little Athletics uses a 1 x 1/2 metre take-off area for the U7 to U10. Children simply run in and jump from the metre square into a sand pit. The distance is measured point to point from the front of the take-off point to the nearest break in the landing area. The U11 to U15's use a conventional 20cm take-off board and measurements are taken in the conventional way - ie. from the FRONT of the board - and at right angles to the front of the board (or half metre "square") to the nearest break in the landing area.

**Triple Jump:** This is the old "hop, step and jump" and that accurately describes the action involved. The rest of the rules are basically the same as for Long Jump. This event is only offered and conducted for athletes in the U11 - U15 age groups.

# BLUE CARD POLICY

## Background

Queensland Little Athletics has a member protection policy and regulations that are aimed at fostering growth and development of athletes in the organisation in a safe and nurturing environment. This policy is compliant with QLAA policies and State Government Legislation. The State Government Legislation ["Children and Young People Act (2000)] stipulates that all members of an organisation who are in contact with children, should have a "Blue Card".

All Centres are required to appoint a Volunteer Coordinator who is responsible for verifying details and signing off on their volunteer's applications.

The "Blue Card", which is issued by the Queensland Government, is evidence that a "Working with Children" Suitability Check has been undertaken by the Commission for Children and Young People and Child Guardian. Any volunteers who do not have children registered and participating in the Centre activities must provide proof of their current Blue Card prior to being allowed to volunteer their services to the Centre, Region and Association.

QLAA is primarily concerned with the protection of its members - principally children in this case. This Policy is not meant in any way to imply that those individuals who do not have a "Blue Card" must have a "Blue Card". This Policy is designed as a reasonable and responsible response to regular questions from QLAA Centres on who should have a "Blue Card".

## Policy

The Association and the Commission for Children and Young People and Child Guardian advises that all Centre Management Committee members must have a Blue Card.

The Association strongly recommends that Canteen Convenors, Chief Officials and Team Managers should hold a Blue Card. The Association requires that all Region Committees, Competition Referees, Chiefs, Key Officials, Coaches, Course Presenters, CAPS Coordinators and State Team Personnel must provide evidence of their current Blue Card when applying for a position with the Association. No person will be appointed to such a position if this evidence is not provided.

As of 1st September 2004, all Centre Team Managers when signing on at Association competitions may be asked to provide evidence of their current Blue Card.

## CODES OF CONDUCT

### Athlete

- Be a good sport. Respect all good performances whether from your Centre or the opponents and shake hands with and thank the opposing athletes and officials after the event – win, lose or draw.
- Participate for your own enjoyment and benefit.
- Always respect the official's decision.
- Never become involved in acts of foul play.
- Honour both the spirit and intention of the competition rules and live up the highest ideals of ethics and sportsmanship. Avoid gamesmanship and respect the traditions of the sport.
- Never engage in disrespectful conduct of any sort including profanity, sledging, obscene gestures, offensive remarks, trash-talking, taunting or other actions that are demeaning to other athletes, officials or supporters.
- Care for and respect the facilities and equipment made available to you during training and competition.
- Safeguard your health. Don't use any illegal or unhealthy substances.
- Recognise that officials and coaches are volunteers who give up their time to provide their services. Treat them with the utmost respect.
- Do not bet or otherwise financially speculate, directly or indirectly, on the outcome or any other aspect of a Little Athletics event or competition in which you are involved.

### Coach

- Actively discourage foul play and/or unsportsmanlike behaviour by athletes.
- Seek to maximise the participation and enjoyment of all athletes regardless of ability; avoid the tendency to over-use a talented athlete; treat all athletes as equals, regardless of their talent.
- Show concern and caution towards all sick and injured athletes. Follow the advice of a physician and/or sports trainer to the letter when determining when an injured athlete is ready to recommence training or competition.
- Teach athletes that an honest effort and competing to the best of their ability is as important as victory.
- Maintain a thorough knowledge of the rules of competition and keep abreast of current coaching methods. Maintain or improve your current accreditation level.
- Always consider the health, safety and welfare of the athletes.
- Teach young athletes to realise that there is a big gap between their ability and the professional athlete. Do not coach them as if they are professionals.
- Ensure that your coaching reflects the level of the competition being involved with and don't be a 'winner at all costs' coach.

## OFFICIAL

- Be impartial! Also, be consistent, objective and courteous.
- Place the safety and welfare of the athletes above all else. Be alert to minimise dangerous physical play, fair or foul, especially competition days.
- Accept responsibility for all actions taken.
- Avoid any form of verbal contact with coaches, team officials, parents and spectators during competition.
- Avoid any situation which may lead to a conflict of interest, both on and off the field.
- Condemn all and every instance of unsportsmanlike, foul or unfair play.
- Set a good example by the way you dress, speak and act towards athletes, coaches, officials, parents and spectators.
- Show concern and caution towards sick and injured athletes.
- Officiate to the age and/or experience of the athletes.

## PARENT / SPECTATOR

- Condemn all violent or illegal acts, whether they are by athletes, coaches, officials, parents or spectators.
- Respect the official's decisions. Don't complain or argue about actions or decisions during or after an event.
- Unsportsmanlike language, harassment or aggressive behaviour will not be tolerated.
- Encourage athletes to play by the rules and to respect opposing athletes and officials.
- Never ridicule or scorn an athlete for making a mistake, respect their efforts.
- Understand that sport is part of a total life experience, and the benefits of involvement go far beyond the final placing of an event.
- Participate in positive cheering that encourages the athletes in the Centre you are supporting. Don't engage in any cheering that taunts or intimidates opponents, their fans or officials.
- Remember that children participate in Little Athletics for their own enjoyment, not yours!
- At all times follow the directions of the Arena Manager and/or other competition day officials.
- Never arrive at a Little Athletics competition under the influence of alcohol. Never bring alcohol to a Little Athletics competition or training.

# GIN GIN LITTLE ATHLETICS CENTRE BEST PERFORMANCES

## UNDER 6 GIRLS

60 metres	Chelsea Walker	12.5	29/07/06
70 metres	Jessica Galea	14.5	28/02/03
100 metres	Chelsea Walker	20.8	26/08/06
200 metres			
300m walk	Rhiannon Cook	2.34.3	16/07/05
Discus	Jessica Galea	8.72	13/03/04
Shot put	Madison Von Blanckensee	5.17	05/05/18
Long jump	Jessica Galea	2.28	20/03/04

## UNDER 6 BOYS

Joshua Middleton	12.7	08/10/05
Joshua Middleton	15.1	10/09/05
Tee-Jay Passman	21.8	21/06/14
Tee-Jay Passman	51.5	31/05/14
Joshua Middleton	2.30.2	16/07/05
Harley Lange	10.74	01/08/15
Daniel Drinkwater	4.61	17/09/05
Harley Lange	2.42	15/08/15

## UNDER 7 GIRLS

60 metres	Danalee Wilson	11.6	15/10/05
70 metres	Jessica Galea	12.1	18/09/04
100 metres	Jessica Galea	18.0	05/03/05
200 metres	Ruby Haas	48.0	05/07/14
300m walk	Maddison Schulke	2.10.1	16/07/05
Discus	Chelsea Walker	13.85	16/06/07
Shot put	Jessica Galea	5.31	29/01/05
Long jump	Jessica Galea	2.98	05/03/05

## UNDER 7 BOYS

Riley Clark	11.3	15/10/05
Jordon Evens	13.6	18/09/04
Joshua Grogan	19.4	
Riley Clark	19.4	01/10/05
Dylan Storey	46.2	13/07/13
Ben Mingin	2.09	16/07/05
Jordon Evans	17.17	05/03/05
William Coleman	5.90	09/11/02
Harley Lange	2.66	27/08/16

## UNDER 8 GIRLS

60 metres	Jessica Galea	10.3	04/06/05
70 metres	Jessica Galea	12.0	08/10/05
100 metres	Jessica Galea	17.6	30/07/05
200 metres	Jessica Galea	37.7	01/10/05
300 m walk	Indyanna Bengston	2.05	16/07/05
60 m hurdles	Jessica Galea	12.7	15/10/05
Discus	Jessica Galea	11.74	30/07/05
Shot put	Chloe Neill	5.07	12/08/06
High jump	Jessica Galea	1.04	30/07/05
Long jump	Jessica Galea	3.28	10/09/05

## UNDER 8 BOYS

Dean Craib	11.9	04/06/05
Dann Kitt	11.9	24/04/10
John-Paul Galea	12.3	11/01/03
John-Paul Galea	17.3	08/03/03
John-Paul Galea	37.2	15/02/03
TeeJay Passman	2.19.2	09/07/16
Liam Tacon	13.1	22/02/03
John-Paul Galea	16.45	14/12/02
John-Paul Galea	6.28	01/02/03
Liam Tacon	.97	14/12/02
Liam Tacon	2.99	15/02/03

# GIN GIN LITTLE ATHLETICS CENTRE BEST PERFORMANCES

## UNDER 9 GIRLS

60 metres	Jessica Galea	9.8	09/09/06
70 metres	Kameeka Johnson	11.7	13/03/04
100 metres	Jessica Galea	16.1	26/08/06
200 metres	Kameeka Johnson	36.4	13/12/03
400 metres	Jessica Galea	1.27.7	02/09/06
800 metres	Tegan Wright	3.34.6	01/09/12
300m walk	Sarah Tobin	2.04.8	16/07/05
700 m walk	Saskia Knable	5.14.1	22/10/05
60m Hurdle	Christine Walker	12.2	15/10/05
Discus	Gabrielle Galea	15.09	27/09/08
Turbo Jav	Chloe Thomson	13.46	22/05/10
Shot Put	Chloe Neill	5.60	04/08/07
High Jump	Jessica Galea	1.15	29/07/06
Long jump	Jessica Galea	3.53	19/08/06

## UNDER 9 BOYS

William Schulke	10.9	09/09/06
John-Paul Galea	11.7	13/03/04
John-Paul Galea	15.4	18/10/03
John-Paul Galea	32.3	06/09/03
John-Paul Galea	1.22.3	18/10/03
Dallas Mollenhagen	3.25.3	19/07/14
Tedd Millett	2.04.1	16/07/05
Steven Collier	3.52.6	01/02/03
John-Paul Galea	12.7	28/02/04
John-Paul Galea	18.34	13/03/04
Steven Collier	19.82	11/01/03
John-Paul Galea	6.76	18/10/03
Drew Kitt	1.01	03/08/13
John-Paul Galea	3.27	29/11/03

## UNDER 10 GIRLS

60 metres	Felicity Drinkwater	10.0	20/05/06
	Gabrielle Galea	10.0	25/03/09
70 metres	Jessica Galea	11.1	11/08/07
100 metres	Jessica Galea	16.2	09/06/07
200 metres	Jessica Galea	34.1	21/07/07
400 metres	Jessica Galea	1.20.6	19/05/07
800 metres	Jessica Galea	3.08.1	21/07/07
1100 m walk	Kristie Hollingworth-Treble	7.52.1	30/07/11
60 m hurdle	Gabrielle Galea	12.1	09/05/09
Discus	Caitlin Turnbull	22.13	15/09/07
Turbo Jav	Tegan Moller	16.53	13/03/04
Shot put	Chloe Neill	7.64	27/09/08
High jump	Jessica Galea	1.20	28/07/07
Long jump	Kameeka Johnson	3.67	02/10/04

## UNDER 10 BOYS

Sam Patrono	10.6	20/05/06
John-Paul Galea	11.3	18/11/04
John-Paul Galea	15.6	05/03/05
John-Paul Galea	33.1	11/12/04
John-Paul Galea	1.20.6	11/09/04
William Schulke	3.09.2	26/05/07
Jordon Evans	7.51.8	01/09/07
John-Paul Galea	13.1	12/03/05
Steven Collier	13.1	29/11/03
John-Paul Galea	22.93	05/03/05
Steven Collier	20.73	13/12/03
John-Paul Galea	8.31	11/12/04
Drew Kitt	1.10	04/10/14
John-Paul Galea	3.56	02/10/04

# GIN GIN LITTLE ATHLETICS CENTRE BEST PERFORMANCES

## UNDER 11 GIRLS

60 metres	Isobel Drinkwater	10.6	17/09/05
	Gabrielle Galea	10.6	24/04/10
70 metres	Jessica Cantwell	10.9	09/10/04
	Jessica Galea	10.9	20/09/08
100 metres	Jessica Galea	15.2	06/09/08
	Gabrielle Galea	15.2	17/04/10
200 metres	Jessica Galea	32.7	26/07/08
400 metres	Jessica Galea	1.16.2	17/05/08
800 metres	Jessica Galea	3.00.0	28/06/08
1500 metres	Mikayla Thiele	6.46.6	02/08/08
1100m walk	Caitlin Turnbull	7.29.5	02/08/08
60m hurdle	Jessica Galea	11.9	17/05/08
Discus	Chloe Neill	21.83	08/08/09
Javelin	Chloe Neill	18.00	29/08/09
Shot put	Chloe Neill	8.40	08/08/09
High jump	Jessica Galea	1.22	21/06/08
Long jump	Jessica Galea	3.96	23/08/08
Triple jump	Jessica Galea	8.53	06/09/08

## UNDER 11 BOYS

John-Paul Galea	9.7	30/07/05
John-Paul Galea	10.8	04/06/05
Luke Tacon	15.6	23/11/03
John-Paul Galea	15.6	15/10/05
Luke Tacon	32.8	11/01/03
John-Paul Galea	1.17.3	29/10/05
William Schulke	3.02.0	28/06/08
William Schulke	6.27.8	05/07/08
Ben Mingin	7.17.6	29/08/09
Sam Bernstrom	11.5	22/02/03
Sam Bernstrom	28.05	22/02/03
Mathew Broderick	26.80	21/02/04
Sam Bernstrom	10.13	18/01/03
Sam Bernstrom	1.15	22/02/03
William Schulke	1.15	20/09/08
Luke Tacon	3.79	09/11/02
Matthew Broderick	8.17	13/03/04

## UNDER 12 GIRLS

70 metres	Lisa Williamson	10.3	13/12/03
100 metres	Lisa Williamson	14.3	13/03/04
200 metres	Jessica Galea	30.3	05/09/09
400 metres	Jessica Galea	1.12.0	19/09/09
800 metres	Cassandra Mingin	3.02.3	26/07/08
1500 metres	Mikayla Thiele	6.30.9	20/06/09
1500m walk	Caitlin Turnbull	10.53.0	18/07/09
60m hurdle	Jessica Galea	11.5	12/09/09
Discus	Chloe Neill	26.70	28/08/10
Javelin	Caitlin Turnbull	21.24	19/09/09
Shot put	Emma Leather	9.97	14/12/02
High jump	Jessica Galea	1.40	19/09/09
Long jump	Jessica Galea	4.38	12/09/09
Triple jump	Jessica Galea	8.86	26/09/09

## UNDER12 BOYS

Levi Wesley	10.3	01/08/09
Levi Wesley	14.4	26/09/09
Levi Wesley	30.0	27/06/09
Daniel McDonnell	1.11.8	27/08/16
William Schulke	2.46.5	12/09/09
William Schulke	5.55.1	26/09/09
Ben Mingin	9.12.1	28/08/10
Joel Nicholson	11.8	26/02/05
Harley Ward	29.53	20/03/04
Shaun Proctor	30.38	05/02/05
Shaun Proctor	8.72	15/01/05
William Collier	1.30	29/11/03
Drew Kitt	4.16	27/08/16
Matthew Broderick	9.55	05/03/05



# GIN GIN LITTLE ATHLETICS CENTRE BEST PERFORMANCES

## UNDER 13 GIRLS

70 metres	Melissa Haigh	10.2	12/09/09
100 metres	Lisa Williamson	13.4	23/10/04
200 metres	Lisa Williamson	28.6	11/12/04
400 metres	Jessica Galea	1.11.6	21/08/10
800 metres	Emogen Witt	3.04.8	12/07/14
1500 metres	Cassandra Mingin	6.27.5	26/09/09
1500m walk	Morgan Engstrom	10.46.3	06/09/08
80m hurdle	Melissa Haigh	16.2	01/08/09
Discus	Chloe Neill	30.44	13/08/11
Javelin	Klarrisa Onoprienko	24.70	22/02/03
Shot put	Chloe Neill	9.58	06/08/11
High jump	Jessica Galea	1.40	10/07/10
Long jump	Jessica Galea	4.35	21/08/10
Triple jump	Jessica Galea	9.24	28/08/10

## UNDER 13 BOYS

Matthew Broderick	10.2	30/07/05
Brenton Thiele	10.2	16/08/08
Harley Ward	13.9	25/09/04
Harley Ward	28.8	26/02/04
Daniel McDonnell	1.08.90	15/07/17
Reece Zwynenberg	2.46.0	29/09/12
Brenton Thiele	5.43.9	05/07/08
Brenton Thiele	10.41.6	06/09/08
Sam Bernstrom	15.7	05/02/05
Sam Bernstrom	32.81	05/03/05
Matthew Broderick	31.33	16/07/05
Sam Bernstrom	11.10	05/03/05
William Collier	1.50	05.02.05
Brandon Galea	4.42	11/09/04
Matthew Broderick	9.64	17/09/05

## UNDER 14 GIRLS

70 metres	Lisa Williamson	9.5	17/09/05
100 metres	Lisa Williamson	13.4	15/10/05
200 metres	Lisa Williamson	28.0	08/10/05
400 metres	Annelise Wesley	1.06.8	13/06/09
800 metres	Cassandra Mingin	2.45.7	14/08/10
1500 metres	Tamara Millet	6.23.9	18/06/05
1500m walk	Amy Stallan-Stritch	10.37.8	25/10/03
80m hurdle	Gabrielle Galea	14.1	22/06/13
90m hurdle			
Discus	Chloe Neill	26.83	14/07/12
Javelin 400g	Morgan Engstrom	22.52	04/07/09
500g	Gabrielle Galea	26.52	27/07/13
Shot put 4kg	Jessica Allen	10.02	20/08/05
3kg	Chloe Neill	10.83	21/07/12
High jump	Melissa Haigh	1.45	07/08/10
Long jump	Eloise Moore	4.93	23/07/16
Triple jump	Jessica Galea	10.18	08/10/11

## UNDER 14 BOYS

John-Paul Galea	9.0	20/09/08
Reece Zwynenberg	13.3	14/09/13
Reece Zwynenberg	27.0	14/09/13
Reece Zwynenberg	1.02.1	24/08/13
Brenton Thiele	2.39.6	12/09/09
Brenton Thiele	5.39.5	18/07/09
Josiah Richards	8.11.5	25/09/04
Brenton Thiele	15.5	23/05/09
Joel Nicholson	15.7	03/06/06
John-Paul Galea	35.20	20/09/08
Reece Zwynenberg	32.56	14/09/13
William Collier	11.10	03/09/05
William Collier	1.60	15/10/05
William Collier	4.68	01/10/05
Dann Kitt	10.23	06/08/16

# GIN GIN LITTLE ATHLETICS CENTRE BEST PERFORMANCES

## UNDER 15 GIRLS

70 metres	Annelise Wesley	9.7	14/08/10
100 metres	Lisa Williamson	13.6	20/05/06
	Penny Haapakoski	13.6	15/09/07
	Annelise Wesley	13.6	15/05/10
	Jessica Galea	13.6	22/09/12
200 metres	Annelise Wesley	27.9	26/06/10
400 metres	Annelise Wesley	1.06.1	26/06/10
800 metres	Gabrielle Galea	2.32.8	21/06/14
1500 metres	Morgan Engstrom	6.47.3	08/05/10
1500m walk	Tegan Wright	6.41.60	18/08/18
90m hurdle	Gabrielle Galea	15.3	07/06/14
100 hurdle			
Discus	Penny Haapakoski	38.58	28/04/07
Javelin	Penny Haapakoski	34.90	15/09/07
Shot put	Penny Haapakoski	12.05	01/09/07
High jump	Jessica Galea	1.50	18/08/12
Long jump	Jessica Galea	4.61	28/07/12
	Gabrielle Galea	4.61	04/10/14
Triple jump	Jessica Galea	10.06	15/09/12

## UNDER 15 BOYS

Mark Wedel	9.0	08/03/03
Brenton Thiele	9.0	14/08/10
Brenton Thiele	12.7	31/07/10
Mark Wedel	26.0	01/02/03
John-Paul Galea	59.5	19/09/09
Brenton Thiele	2.28.6	14/08/10
Ben Shervy	5.11.3	09/07/16
Steven Collier	8.09.9	07/06/08
Brenton Thiele	16.0	17/07/10
John-Paul Galea	41.16	29/08/09
John-Paul Galea	39.91	19/09/09
John-Paul Galea	12.84	26/09/09
Brenton Thiele	1.63	10/07/10
Dann Kitt	5.49	12/08/17
Dann Kitt	11.88	26/08/17

## UNDER 16 GIRLS

70 metres	Annelise Wesley	9.7	07/05/11
100 metres	Annelise Wesley	13.4	06/08/11
200 metres	Annelise Wesley	28.4	10/09/11
	Jessica Galea	28.4	14/09/13
400metres	Jessica Galea	1.09.2	27/07/13
800 metres			
1500 metres	Elly Engstrom	7.47.0	11/09/04
1500m walk	Annie Murphy	10.33.7	22/11/03
90m Hurdle	Megan Neill	18.3	19/04/08
100m Hurdle			
Discus	Angela Wright	35.51	25/08/12
Javelin	Megan Neill	29.50	27/09/08
Shot Put	Chloe Neill	11.78	21/06/14
High Jump	Jessica Galea	1.52	14/09/13
Long Jump	Jessica Galea	4.76	20/07/13
Triple Jump	Jessica Galea	10.10	08/06/13

## UNDER 16 BOYS

Brenton Thiele	8.7	09/07/11
Brenton Thiele	11.9	06/08/11
Brenton Thiele	24.3	20/08/11
Brenton Thiele	55.8	20/08/11
Brandon Galea	2.30.9	16/06/07
Brandon Galea	5.15.0	28/07/07
Joshua Dyke	9.48.7	29/01/05
Brenton Thiele	14.9	09/07/11
John-Paul Galea	43.58	18/09/10
Matthew Broderick	40.54	24/05/08
William Collier	13.29	01/09/07
Mark Wedel	1.71	31/01/04
Dann Kitt	5.96	05/05/18
Dann Kitt	12.15	12/05/18

## GIN GIN LITTLE ATHLETICS CENTRE BEST PERFORMANCES

### UNDER 17 GIRLS

70 metres	Annelise Wesley	9.2	25/08/12
100 metres	Annelise Wesley	12.9	18/08/12
200 metres	Annelise Wesley	27.2	18/08/12
400 metres	Jessica Galea	1.07.4	14/06/14
800 metres	Melissa Haigh	3.36.0	27/04/13
1500 metres	Penny Haapakoski	7.03.3	20/06/09
1500m walk	Annie Murphy	10.39.4	05/03/05
100m Hurdle	Melissa Haigh	17.2	25/05/13
Discus	Penny Haapakoski	36.80	09/05/09
Javelin	Penny Haapakoski	32.77	30/05/09
Shot Put	Angela Wright	12.45	14/09/13
High Jump	Melissa Haigh	1.50	13/07/13
	Jessica Galea	1.50	10/05/14
Long Jump	Gabrielle Galea	4.79	23/04/16
Triple Jump	Jessica Galea	10.40	28/06/14

### UNDER 17 BOYS

Brandon Galea	8.7	19/04/08	
David Watling	12.0	10/09/05	
John-Paul Galea	12.0	08/10/11	
Reece Zwynenberg	25.2	28/05/16	
Reece Zwynenberg	56.4	30/07/16	
Reece Zwynenberg	2.26.2	23/04/16	
Brandon Galea	5.15.0	02/08/08	
William Collier	37.10	02/08/08	1.5kg
John-Paul Galea	46.47	03/09/11	1 kg
John-Paul Galea	38.12	02/07/11	
William Collier	12.68	13/09/08	5 kg
John-Paul Galea	13.69	08/10/11	4 kg
Mark Wedel	1.72	05/02/05	
Mark Wedel	6.49	13/11/04	
Brandon Galea	11.48	27/09/08	

## SENIORS BEST PERFORMANCES

### UNDER 18 GIRLS

70 metres	Annelise Wesley	9.7	25/05/13
100 metres	Annelise Wesley	13.2	13/07/13
200 metres	Annelise Wesley	27.2	13/07/13
400 metres	Elly Engstrom	1.16.5	20/05/06
800 metres	Annie Murphy	3.13.3	11/06/05
1500 metres	Annie Murphy	7.13	18/06/05
1500m walk	Amy Stallan-Stritch	10.06.7	24/06/06
90m hurdle	Annie Murphy	19.5	20/08/05
100m hurdle			
Discus	Angela Wright	34.28	12/07/14
Javelin	Megan Neill	32.00	24/07/10
Shot put	Angela Wright	10.23	26/07/14
High jump	Megan Neill	1.50	11/09/10
	Jessica Galea	1.50	06/06/15
Long jump	Jessica Galea	4.96	28/03/15
Triple jump	Jessica Galea	10.61	11/04/15

### UNDER 18 BOYS

Brandon Galea	8.9	19/04/08	
Mark Lawrence	11.8	13/11/04	
Brandon Galea	11.8	26/09/09	
Brandon Galea	24.4	19/09/09	
Brandon Galea	57.4	11/07/09	
Brandon Galea	2.27.2	09/05/09	
Brandon Galea	5.15.0	02/08/09	
Josh Dyke	9.48.7	25/09/04	
Mark Lawrence	15.4	22/01/05	
William Collier	36.34	07/06/09	
Mark Wedel	37.07	29/11/03	
William Collier	13.75	29/08/09	
Mark Lawrence	1.82	05/02/05	
Mark Lawrence	6.49	13/11/04	
Mark Wedel	6.49	13/11/04	
Mark Lawrence	13.19	05/03/05	

**UNDER 23 GIRLS**

70 metres	Megan Neill	10.2	09/07/11
100 metres	Megan Neill	13.4	08/10/11
200 metres	Megan Neill	29.3	24/09/11
400 metres	Jessica Watling	1.13.7	30/10/04
800 metres	Annie Murphy	3.10.2	14/07/07
1500 metres	Annie Murphy	6.51.3	11/09/07
1500m walk	Annie Murphy	10.57.4	30/06/07
90m hurdle	Jessica Watling	16.6	22/01/05
100m			
Discus	Angela Wright	31.68	14/03/15
Javelin	Megan Neill	29.45	20/08/11
Shot put	Angela Wright	9.01	23/05/15
High jump	Megan Neill	1.40	30/04/11
Long jump	Megan Neill	4.48	09/07/11
Triple jump	Megan Neill	9.70	08/10/11

**UNDER 23 BOYS**

Mark Lawrence	8.0	11/08/07
Mark Lawrence	11.2	30/06/07
Mark Lawrence	23.4	15/09/07
Mark Lawrence	.58	04/06/05
Mark Lawrence	2.42.5	16/06/07
Mark Lawrence	8.29.2	05/05/07
Mark Lawrence	15.7	21/04/07
Brendan Gaut-taye	27.27	01/10/05
Mark Lawrence	37.15	29/07/07
Mark Lawrence	10.83	17/06/06
Mark Lawrence	2.00	20/05/06
Mark Lawrence	6.90	25/06/05
Mark Lawrence	14.19	30/07/05

**MASTERS LADIES**

70 metres	Lisa Paolini	11.7	13/09/03
100metres	Lisa Paolini	16.2	11/09/04
200 metres	Lisa Paolini	34.4	16/10/04
400 metres	Lisa Paolini	1.17.3	11/12/04
800 metres	Lisa Paolini	2.52.5	18/09/04
1500 metres	Lisa Paolini	5.56	11/10/03
1500m walk	Lisa Paolini	8.13.7	05/03/05
Discus	Kerry Collier	20.26	03/07/10
Javelin	Kerry Collier	15.52	24/07/10
Shot put	Kerry Collier	7.24	21/05/11
High jump	Kerry Collier	1.10	09/05/09
Long jump	Chezlee Johnson	3.06	13/06/09
Triple jump	Lisa Paolini	6.90	05/03/05

**MASTER MEN**

Andrew Cay	9.6	22/11/03
David Hills	13.5	28/07/07
David Hills	27.6	04/08/07
David Hills	1.01.9	26/04/08
David Hills	2.25.6	19/07/08
David Hills	5.17	28/07/07
Andrew Cay	11.36.8	20/01/05
Andrew Cay	23.48	17/06/06
David Hills	33.99	26/05/07
David Hills	8.81	29/08/09
Luke Mate	1.57	04/09/04
David Hills	4.66	19/07/08
David Hills	8.77	14/07/07