



**ACT LITTLE ATHLETICS
ASSOCIATION INCORPORATED**



2009-2010 ACT Little Athletics IGA Regional Championships

Saturday 27th February & Sunday 28th February 2010

SOUTHSIDE: Woden Athletics Track
Ainsworth Street Phillip

NORTHSIDE: Wright Park Athletics Field - Queanbeyan
Old Sydney Rd (Mowatt Street) Queanbeyan

MANAGEMENT TEAMS

NORTHSIDE - WRIGHT PARK

Manager: Karen Walker - Gungahlin
Assistant Queanbeyan
Manager:
Officer of Officials:
Equipment Lawrence Doherty - Qbn
Officer:
Track Referee: Alan Jackson - Ginninderra
Field Referees: John Hunt - Corroboree
Marnie McPherson - Qbn

SOUTHSIDE - WODEN PARK

Manager: Peter Griffin - Tuggeranong
Assistant Calwell
Manager:
Officer of Officials: Bernard Nutt - Woden
Equipment Officer: Jeremy Lofts - Woden
Track Referee: Peter Boden - Weston Creek
Field Referees: Phil Alchin – Woden
Tony Reilly - Calwell

COMPETING CENTRES

Northside:

Belconnen Wests	BELC	Light blue with maroon
Braidwood	BRAI	Black, Red & White
Corroboree	CORR	White with blue and gold
Ginninderra	GINN	Yellow and black
Gungahlin	GUNG	White with red/black horizontal stripe
Goulburn Mulwaree	MULW	Aqua, maroon and white
Queanbeyan Lightning	QUEA	White and bottle green
Yass	YASS	Black and grey marle

Southside:

Bega	BEGA	Dark green with gold
Calwell	CALW	Red with gold
Cooma	COOM	White with black
Jindabyne	JIND	Purple and Green
Lanyon	LANY	Royal blue and aqua
Moruya	MORU	Maroon and gold
Tuggeranong	TUGG	Sky blue with gold
Weston Creek Redbacks	WEST	Red and black
Woden	WODE	Light green and gold

- **7.15am** Designated Equipment Officer and assistants commence set up
- **8:30am** Chief officials and Centres Manager of Officials to report to the Officer of Officials
- **8:40am** All other officials to report to the Officer of Officials
- **8:50am** First call for first events

SMOKERS – PLEASE NOTE THAT SMOKING IS NOT ALLOWED IN THE COMPETITION AREA. ADDITIONALLY, SMOKING NEAR OTHER SPECTATORS IS INCONSIDERATE. PLEASE ACT RESPONSIBLY.

RULES OF COMPETITION

RC/1 General Rules of Competition

Authority	All events will be conducted under the rules of competition of the ACTLAA or the current IAAF Handbook. If no ACTLAA or IAAF rules exist local rules will apply.			
Footwear Policy	The wearing of footwear is mandatory at all ACTLAA sanctioned events			
Definition of spikes	"Spikes" are defined as footwear which have some sharp objects on or attached to the shoe (especially the sole). The objects may be metal or of some other rigid material. "Spikes" includes any shoe capable of taking spikes whether these spikes are fitted or removed. This includes the replacement of the spikes with blanks.			
Use of spikes	Age Group	Events	Grass Tracks	Bruce Facility
	U/8	All events	NO SPIKES	NO SPIKES
	U/9 to U17	All laned Events, Javelin, Long Jump, High Jump and Triple Jump events	No longer than 9mm	Smooth Pyramid or 'Christmas tree' spikes, no longer than 7mm
When Spikes can be put on	For track events, the spikes may only be put on immediately prior to the start of the event and must be removed on completion of the event and while competitors are still in their lanes.			
Who are allowed to be on the Playing field?	Only officials and those competitors actually competing in an event are permitted into the competition area. On completion of an event, athletes must leave the competition area immediately Children of officials are not permitted in the competition area.			
On Field coaching	Athletes must not receive coaching from within the competition area whilst competing in an event. Athletes who receive coaching from within the competition area during an event may be disqualified. No person is permitted to offer advice to an athlete from within the competition area other than an official.			
Bad Weather	If the weather intervenes, the Carnival Manager and the Track or Field Referees have discretion to reschedule any event			
Merging events	The Carnival Manager and the Track or Field Referee have the discretion to merge age groups of the same sex into one event where numbers are low.			

Conduct of Events

Track events	Track events will take precedence over field events. Any competitor who leaves a field event to compete in a track event may return to the field event and complete his/her full complement of trials, with the exception of the High Jump. Should this involve only the single athlete, sufficient time two (2) minutes will be given between trials. In the High Jump, a competitor will return to the event at the height to which the bar has been raised to through normal competition.
Reporting for competition	Competitors in track events will report direct to the designated marshalling area immediately after the first call for an event. Competitors in field events will report direct to the event area immediately after the first call for that event. Each event will receive two marshalling calls only, approximately five (5) minutes apart. Under no circumstances will marshalling calls be made for individual competitors.
Marshals	Competitors are to be escorted to the Marshalling or Event Area by a Centre official who is not to leave until the group of competitors are registered by the Marshal/Official. If a competitor is at another event, the Marshal is to be advised of the name of the missing competitor and what event they are at. Competitors are not to report to the Marshalling Area unless their event has been called. Chief Marshall and Event Chiefs are responsible for ensuring that athletes are wearing

	the correct uniform prior to the commencement of each event, as once an athlete commences an event, that athlete cannot be disqualified on the grounds of incorrect uniform.
Officials	Chief officials will be identified by wearing yellow fluorescent vests. Other officials will be identified by wearing orange fluorescent vests.
Field event Chiefs	Field Event Chiefs should make all athletes aware that they may seek the Field Events Referee's presence to adjudicate on the legitimacy of a throw or jump, but that no retroactive re-instatement of any attempt not observed by the Field Events Referee will be permitted.
RECORDS	It is the RESPONSIBILITY of the Chief for each event to make sure that the CORRECT PROCEDURES are followed. That is, if an athlete achieves a record in a field event, the attempt must remain marked until the field referee can attend to verify the record. The field referee and the Chief Official must then sign the competition sheet to verify the record. New records will be recorded for track events where electronic timing gates are used for the first time.

Centre Responsibilities

Uniforms	All athletes must compete in their approved Centre Uniform, complete with current age patch and registration number.
Responsibility for uniforms	It is the Centre's responsibility to ensure the completeness of an athlete's uniform. Any difficulties should be cleared with the Carnival Manager, who has been granted discretion on these matters, prior to the athlete's first event of the day.
Team Managers	Each Centre must provide a Team Manager who is to report to the Officer of Officials on the day. The Team Manager is responsible for all aspects of the management of the Centre activities on the day.
Manager of Officials	Each Centre must provide a Manager of Officials who is to report to the Officer of Officials on the day. The Manager of Officials is responsible for ensuring that the required officials from the Centre are provided for the whole of the carnival.

Protests

First Step	Before a protest is lodged, in the first instance a verbal approach may be made by an athlete/ team manager to the Chief official at the event.
Written protest	If an athlete/team manager is not satisfied with the Chief Official's decision, the Track or Field Referee, as appropriate, must then be asked for a decision; if not satisfied with that decision a written protest may then be lodged with the Carnival Manager, by the Team Manager only, to be adjudicated by the Jury of Appeal.
Timing of Protest	The protest must be lodged not more than thirty (30) minutes after the event result has been posted and be accompanied by a non refundable fee of \$50.00.
The Jury of Appeal	The Jury of Appeal will consist of the Carnival Manager, the Officer of Officials and a Referee who was not involved in the original decision.
Conflict of interest	If any of those were involved in the original decision, a replacement will be appointed to the Jury on the day for that appeal only by the Carnival Manager.

RC/5 RULES OF COMPETITION FOR THE REGIONAL CHAMPIONSHIPS

Program progress	Progress through the Track Events will be in accordance with this program.
Team Managers responsibilities	Team managers should be able to anticipate calls for track events and have competitors ready to report to the Marshalling area.
Starting Blocks	Starting Blocks may only be used by the U13 to U17 age groups and then only at the discretion of the Carnival Manager. (This discretion is in regard to the construction of the starting blocks only).
Heat draw	Will be seeded prior to event, by Meet Manager, based on the athletes' time for that event, which is provided by centres on the entry form.

Heat finalists	2 Heats		3 Heats			4 or more Heats		
	Where two heats are held, the finalists shall be the first, second and third placings from each heat plus the next two fastest times to make the total number of finalists to eight		Where three heats are held, the finalists shall be the first and second placings from each heat plus the next two fastest times to make the total number of finalists to eight			Where four or more heats are held, the finalists shall be the winner of each heat plus the next fastest times to make the total number of finalists to eight. Ties for the eighth position in the final are to be drawn by lot.		
Lane draw	Will be seeded by Meet Manager prior to the event.							
ACT Championship Qualification	To qualify for the ACT Championships in a particular event, athletes must compete in that event at the Regional Championships and must achieve a measurable performance (ie if only six athletes compete in a Discus event, an athlete who records six fouls does not qualify for ACT Championships). The qualifiers to the ACT Championships will be:							
	A	for laned track events, the first four placed athletes in each final with the exception of the 400 metres and the U8 200 metres (see below)						
	B	for the 400 metres and the U8 200 metres there will be heats only and the athletes with the four fastest performances shall qualify						
	C	for non laned track events, the first six placed athletes						
	D	for all field events, the first six placed athletes .						
High Jump start heights	The starting heights in the High Jump for BOYS & GIRLS shall be:							
	U9	U10	U11	U12	U13	U14	U15	U17
	85cm	95cm	105cm	115cm	120cm	125cm	130cm	135cm
High Jump rules	The following rules for High Jump shall apply:							
	A	the bar shall rise in 5cm increments until there are six or less competitors left						
	B	the bar shall then rise in 2cm increments until the placings have been decided						
	C	where only one competitor remains, that competitor is entitled to continue jumping until he/she has failed a height on three attempts						
	D	where only one competitor remains, that competitor has the right to determine the height to which the bar is raised						
Field event trials	In the Long Jump, Triple Jump, Shot Put, Discus and Javelin Events, each competitor will be entitled to three trials. After these, the top eight qualifiers shall be entitled to a further three trials. Where there are eight competitors or fewer, each competitor shall be allowed six trials. Each competitor shall be credited with the best of all their trials, including those achieved in deciding a tie for first place. In all throwing events, athletes' throws will be marked and athletes' best throws will be measured at the completion of round three and round six.							
Events per Age Group	U8 and U9		U10 to U14			U15 to U17		
	may enter up to 5 events		up to 6 events			up to 7 events		
Athletes unable to compete at ACTLAA Championships	Should an athlete, for any reason known to them at that stage up to 2 weeks prior to ACTLAA Championships not be able to compete in the event in which they qualified, they should notify their Centre which will then notify ACTLAA. The next best performed athlete at Regionals depending on which location the athlete competed at will then be advised that they may compete at ACT Championships.							

SUNDAY – 28th February 2010

FIELD

Event	9.00am							
Shot (Area 1)	501	U10B	511	U8B	522	U12B	534	U11B
Shot (Area 2)	502	U10G	512	U8G	523	U12G	535	U11G
Discus (Area 1)	503	U14B	513,514	U15,17B	525	U9B	537	U13B
Discus (Area 2)	504	U9G	515	U14G	526,527	U15,17G	538	U13G
Long (Area 1)	505	U14G	516	U11B	539	U14B	543,544	U15,17B
Long (Area 2)	506	U11G	517	U10G	540	U10B		
Triple (Area 3)	507	U13B	518	U12G	530	U13G	541	U12B
High (Area 1)	508	U9B	519	U13B	531	U11B		545,546 U15,17G
High (Area 2)	509	U13G	520	U11G	532	U9G		
Javelin	510	U12G	521	U12B	533	U14B	542	U14G
							547	U13B

TRACK

9.00am

Straight Track Events

Circular Track Events

(Straight Track & Circular Track Events run concurrently)

70m	Heats			1500m	Walks		
603	U8G	604	U8B	701	U17G	702	U17B
605	U9G	606	U9B	703	U15G	704	U15B
607	U10G	608	U10B	705	U14G	706	U14B
				707	U13G	708	U13B
				709	U12G	710	U12B
70m	Finals			1100m	Walks		
611	U8G	612	U8B	711	U11G	712	U11B
613	U9G	614	U9B	713	U10G	714	U10B
615	U10G	616	U10B				
				700m	Walks		
				715	U9G	716	U9B
80m	Hurdles	Heats		800m	Finals		
617	U13G	618	U13B	717	U17G	718	U17B
619	U14G			719	U15G	720	U15B
				721	U14G	722	U14B
90m	Hurdle	Heats		723	U13G	724	U13B
620	U15G	621	U14B	725	U12G	726	U12B
				727	U11G	728	U11B
100m	Hurdles	Heats		729	U10G	730	U10B
623	U17G	624	U17B	731	U9G	732	U9B
80m	Hurdles	Finals		200m	Finals		
625	U13G	626	U13B	735	U8G	736	U8B
627	U14G						
				200m	Heats		
				737	U9G	738	U9B
90m	Hurdle	Finals		739	U10G	740	U10B
628	U15G	629	U14B	741	U11G	742	U11B
				743	U12G	744	U12B
100m	Hurdles	Finals		745	U13G	746	U13B
631	U17G	630	U15B	747	U14G	748	U14B
		632	U17B	749	U15G	750	U15B
				751	U17G	752	U17B
				200m	Finals		
				753	U9G	754	U9B
				755	U10G	756	U10B
				757	U11G	758	U11B
				759	U12G	760	U12B
				761	U13G	762	U13B
				763	U14G	764	U14B
				765	U15G	766	U15B
				767	U17G	768	U17B

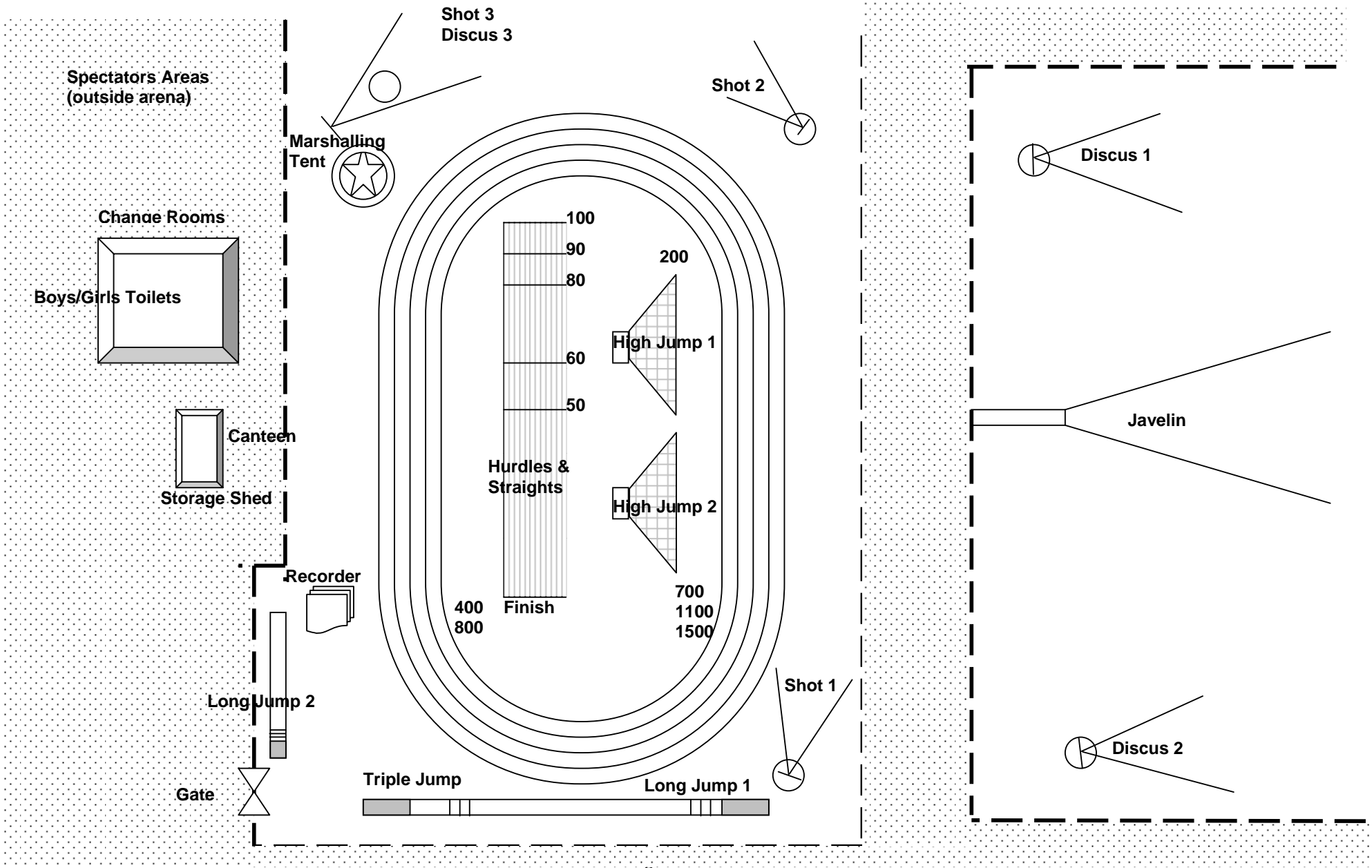
Minimum time between heats and finals

70 metres	15 minutes
80m hurdles	15 minutes
90m hurdles	25 minutes
100m hurdles	30 minutes
200 metres	30 minutes

Minimum time between walks and 800m

60 minutes

WRIGHT PARK ATHLETICS FIELD - QUEANBEYAN



ACTLAA NORTHSIDE REGIONALCHAMPIONSHIPS RECORDS

Under 8 Boys					Under 8 Girls				
50 Metres	J. Stumbles	8.1s	Qbn	3-91	50 Metres	A. Coddington	8.1s	Bel	2-97
70 Metres	L. Roberts	10.5s	Bel	2-88	70 Metres	J. Rosewarne-Daws	11.1s	Bel	2-92
100 Metres	N. Donlan	14.5s	Cor	3-87	100 Metres	M. Prebble	15.5s	Bel	3-91
200 Metres	N. Donlan	31.1s	Cor	3-87	200 Metres	M. Prebble	32.5s	Bel	3-91
60M Hurdles	R. Turnbull	11.4s	Gin	2-97	60M Hurdles	V. Chard	11.4s	Qbn	3-03
Long Jump	N. Donlan	3.97m	Cor	3-87	Long Jump	V. Chard	3.45m	Qbn	3-03
Shot Put (1.5kg)	K. Kouparitsas	9.77m	Cor	2-95	Shot Put (1.5kg)	J Ball	6.18m	Qbn	2-00
Discus (500g)	K. Kouparitsas	22.20m	Cor	2-95	Discus (500g)	B. Crampton	17.24m	Qbn	2-92
Under 9 Boys					Under 9 Girls				
70 Metres	R. Higginbotham	10.4s	Gin	2-92	70 Metres	N. Kennedy	10.8s	Cor	2-90
100 Metres	D. Kelly	14.1s	Cor	3-87	100 Metres	M. Prebble	14.6s	Bel	2-92
200 Metres	B. McDonald	30.1s	Qbn	3-87	200 Metres	M. Kelly	30.7s	Qbn	2-97
400 Metres	A. Davis	1:11.0s	Bel	2-02	400 Metres	K. McDonald	1:14.7s	Bel	2-91
800 Metres	T. Gorman	2:41.7s	Qbn	2-97	800 Metres	S. Davis		Bel	2-04
60M Hurdles	R. Turnbull	10.7s	Gin	2-98	60M Hurdles	H. Davis	2:52.4s	Gin	2-98
	A. Davis		Bel	2-02		V. Chard	10.9 s	Qbn	2-04
700M Walk	J. Wagstaff	3:44.3s	Bel	2-95	700M Walk	N. Wagstaff	3:38.4s	Bel	2-92
Long Jump	A. King	4.02m	Qbn	2-88	Long Jump	J. Ringland	3.92m	Beg	2-95
High Jump	P. Cape	1.26m	Bel	2-97	High Jump	J. Smith	1.19m	Beg	2-01
Shot Put (2kg)	K. Kouparitsas	9.00m	Cor	2-96	Shot Put (2kg)	B. Crampton	7.17m	Qbn	2-93
Discus (500g)	T. Walter	27.14m	Qbn	3-87	Discus (500g)	K. Britt	20.10m	Gin	2-92
Under 10 Boys					Under 10 Girls				
70 Metres	N. Swaysland	10.0s	Qbn	2-90	70 Metres	A Coddington	10.5s	Bel	2-99
	R. McLean		Qbn	2-01		B. White	14.0s	Bel	2-86
100 Metres	D. Kite	13.3s	Cor	3-87	100 Metres	C. Jamieson	30.5s	Beg	2-04
200 Metres	M. Beckenham	28.7s	Qbn	2-86	200 Metres	K. Thompson	1:11.4s	Bel	2-90
400 Metres	R. McLean	1:07.0s	Qbn	2-01	400 Metres	A. Rugendyke	2:39.8s	Bel	2-95
800 Metres	S. Foxhill	2:36.4s	Gin	2-88	800 Metres	E. Lenon	5:42.3s	Qbn	2-90
1500 Metres	S. Langi	5:12.8s	Qbn	2-88	1500 Metres	C. Jamieson	11.0s	Beg	2-04
60M Hurdles	R. McLean	10.6s	Qbn	2-01	60M Hurdles	T. Smith	5:55.0s	Bel	2-94
1100M Walk	A. Paterson	5:45.9s	Bel	2-94	1100M Walk	M. Kelly	4.12m	Qbn	2-98
Long Jump	F. Ffrench	4.56m	Gin	2-90	Long Jump	J. Ringland	1.28m	Beg	2-96
High Jump	N. Bahnsen	1.40m	Gin	2-97	High Jump	S. Lound	7.90m	Cor	2-04
Shot Put (2kg)	C. Meek	9.84m	Bel	2-02	Shot Put (2kg)	K. Britt	27.62m	Gin	2-93
Discus (500g)	S. Crowe	29.20m	Bel	2-94	Discus (500g)				
Under 11 Boys					Under 11 Girls				
100 Metres	D. Kite	12.9s	Qbn	3-87	100 Metres	W. Paice	14.0s	Bel	2-89
200 Metres	D. Kelly	27.3s	Bel	2-90	200 Metres	K. McDonald		Bel	2-93
400 Metres	A. Davis	1:04.3s	Bel	2-04	400 Metres	M. Prebble	28.9s	Bel	2-94
800 Metres	M. Wain	2:35.1s	Bel	2-93	800 Metres	H. Wortley	1:05.7s	Coo	2-04
1500 Metres	R. Livermore	5:06.6s	Bel	3-87	1500 Metres	E. Lenon	2:37.3s	Qbn	3-88
60M Hurdles	S. Crowe	10.0s	Bel	2-95	60M Hurdles	M. Bankovsky	5:29.0s	Cor	2-94
1100M Walk	C. McClusky	5:59.7s	Bel	3-09	1100M Walk	A. Flanagan	10.2s	Cor	3-03
Long Jump	N. Donlan	4.99m	Cor	2-90	Long Jump	N. Wagstaff	5:41.2s	Bel	2-94
Triple Jump	S. McEachin	9.60m	Qbn	2-93	Triple Jump	A. Coddington	4 45 m	Bel	2-00
High Jump	R. Higginbotham	1.54m	Gin	2-94	High Jump	K. McDonald	9.25m	Bel	2-93
Shot Put (2kg)	J. Byatt	11.65m	Bel	3-03	Shot Put (2kg)	E. Vredenbregt	1.41m	Qbn	2-07
Discus (750g)	C. Meek	29.13m	Bel	3-03	Discus (750g)	A. Rowland	9.63m	Mul	3-09
Javelin (400g)	S. Crowe	31.78m	Bel	2-95	Javelin (400g)	B. Crampton	27.24m	Qbn	2-95
						E. Vredenbregt	25.81m	Qbn	2-07

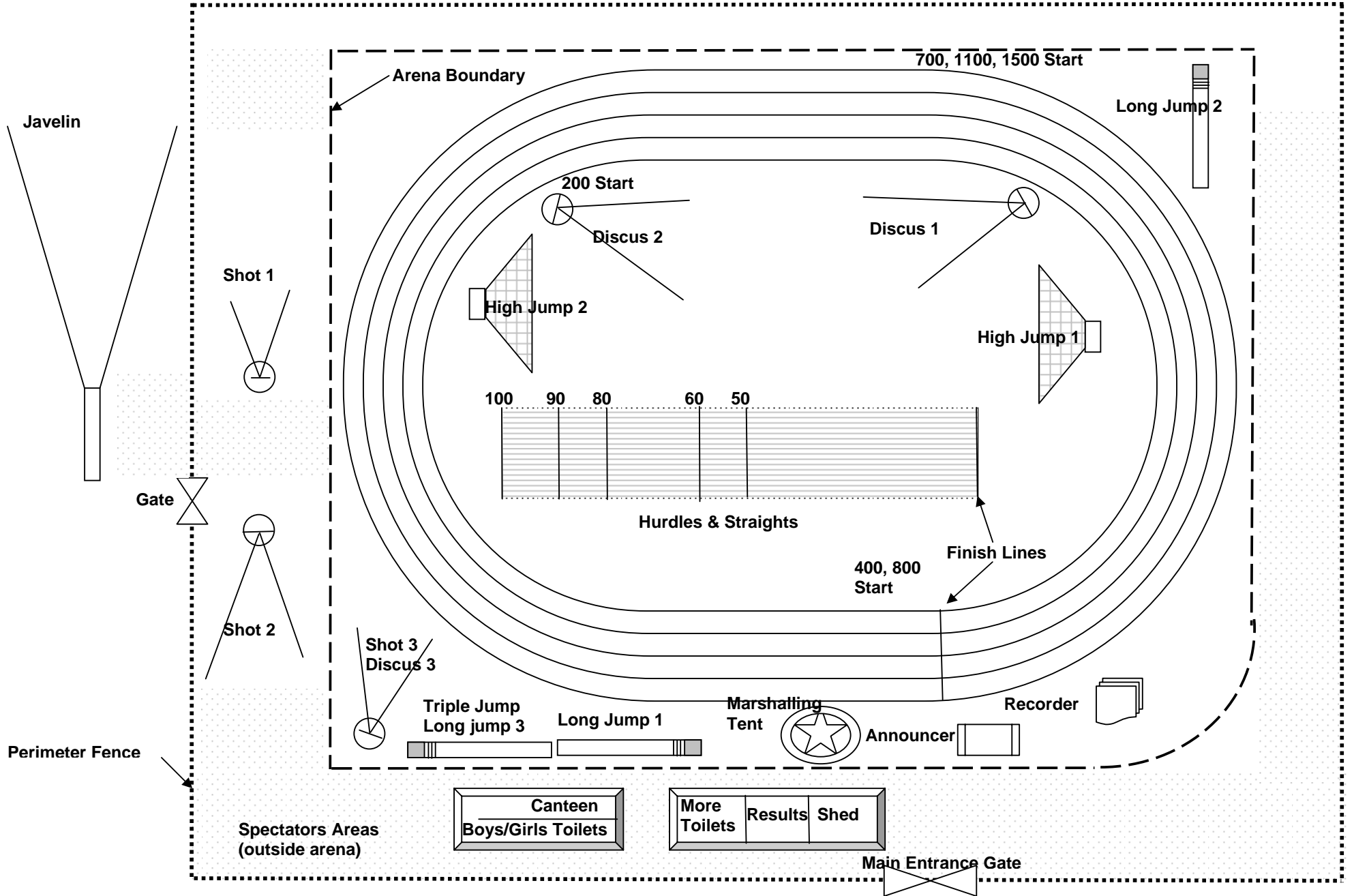
ACTLAA NORTHSIDE REGIONAL CHAMPIONSHIPS RECORDS

Under 12 Boys					Under 12 Girls				
100 Metres	M. Magnus	13.0s	Mor	2-88	100 Metres	A. Cook	13.4s	Gin	3-87
200 Metres	D. Kelly	26.4s	Bel	3-91	200 Metres	A. Coddington	27.6s	Bel	2-01
400 Metres	A. Davis	1:02.55s	Bel	2-05	400 Metres	S. Pollard	1:03.1s	Qbn	2-07
800 Metres	C. Butler	2:28.6s	Bel	3-91	800 Metres	A. Coddington	2:31.7s	Bel	2-01
1500 Metres	J. Chalker	4:50.0s	Cor	2-86	800 Metres	M. Prebble	2:31.7s	Bel	2-95
60M Hurdles	S. Crowe	10.0s	Bel	2-96	1500 Metres	N. Wagstaff	5:09.0s	Bel	2-95
1500M Walk	J. Plested	7:02.2s	Bel	3-91	60M Hurdles	J. Fulton	10.4s	Qbn	2-95
Long Jump	E. Gould	4.91m	Bel	3-03	1500M Walk	T. Smith	7:38.5s	Bel	2-96
Triple Jump	S. Crowe	11.07m	Bel	2-96	Long Jump	A. Coddington	4.83m	Bel	2-01
High Jump	S. Crowe	1.54m	Bel	2-96	Triple Jump	A. Coddington	10.45m	Bel	2-01
Shot Put (3kg)	G. Mace	11.29m	Gin	2-88	High Jump	K. Thompson	1.47m	Bel	2-92
Discus (750g)	M. Williams	37.46m	Bel	3-87	Shot Put (2kg)	S. Read	11.85m	Cor	3-87
Javelin (400g)	W. Davis	36.76m	Coo	2-95	Discus (750g)	S. Read	29.10m	Cor	3-87
					Javelin (400g)	B. Crampton	25.00m	Qbn	2-96
Under 13 Boys					Under 13 Girls				
100 Metres	D. Kelly	12.1s	Bel	2-92	100 Metres	G. Thomas	13.0s	Bel	2-88
200 Metres	B. Galic	25.2	Bel	2-00	200 Metres	A. Coddington	27.0s	Bel	2-02
400 Metres	M. Beckenham	55.7s	Qbn	2-89	400 Metres	M. Prebble	1:01.7s	Bel	2-96
800 Metres	B. Glasson	2:18.6s	Gin	2-02	800 Metres	H. Barry	2:33.6s	Qbn	2-95
1500 Metres	B. Glasson	4:48.1s	Gin	2-02	800 Metres	M. Prebble		Bel	2-96
80M Hurdles	J. Reis	13.4s	Gin	2-01	1500 Metres	N. Stewart	5:07.3s	Gin	2-09
1500M Walk	J. Plested	6:41.9s	Bel	2-92	80M Hurdles	E. Vredenburgt	14.1s	Qbn	3-09
Long Jump	M. Beckenham	5.48m	Qbn	2-89	1500M Walk	J. Strangman	7:25.1s	Gin	2-89
Triple Jump	M. Beckenham	11.08m	Qbn	2-89	Long Jump	E. Vredenburgt	4.93m	Qbn	2-09
High Jump	S. Crowe	1.65m	Bel	2-97	Triple Jump	E. Vredenburgt	10.94m	Qbn	3-09
Shot Put (3kg)	G. Mace	16.71m	Gin	2-89	High Jump	J. Ringland	1.55m	Beg	2-99
Discus (1kg)	G. Mace	41.56m	Gin	2-89	Shot Put (3kg)	E. Vredenburgt		Qbn	3-09
Javelin (600g)	K. Kouparitsas	38.62m	Cor	2-00	Discus (750g)	B. Crampton	11.07m	Qbn	2-97
					Javelin (400g)	M. Ammala	33.48m	Bel	2-88
						K. Clarke	31.84m	Beg	3-03
Under 14 Boys					Under 14 Girls				
100 Metres	S. Sheppard	11.7s	Gin	2-02	100 Metres	L. Carter	12.9s	Qbn	3-87
200 Metres	P. Elliott	24.1s	Qbn	3-03	200 Metres	S. Pollard	25.6s	Qbn	2-09
400 Metres	W. McNamara	54.7s	Mul	2-07	400 Metres	S. Pollard	1:01.3s	Qbn	3-09
800 Metres	J. Southgate	2:12.2s	Gin	2-02	800 Metres	N. Stranger	2:29.2s	Bel	3-87
1500 Metres	J. Southgate	4:31.3s	Gin	2-02	1500 Metres	H. Barry	5:05.5s	Qbn	2-96
90M Hurdles	J. Reis	13.1s	Gin	2-02	80M Hurdles	M. Markin	13.8s	Bel	2-98
1500M Walk	W. McEwan	6:54.3s	Gin	2-92	1500M Walk	J. Cardwell	7:21.7s	Bel	3-91
Long Jump	W. McNamara	5.69m	Mul	2-07	Long Jump	M. Sherd	5.11m	Gin	2-98
Triple Jump	K. Ontong	12.13m	Bel	3-03	Triple Jump	R. Gillard	10.93m	Mul	2-09
High Jump	R. Higginbotham	1.72m	Gin	2-97	High Jump	R. Gillard	1.53m	Mul	2-09
Shot Put (4kg)	G. Mace	16.03m	Gin	2-90	Shot Put (3kg)	S. Chapman	11.56m	Qbn	2-02
Discus (1kg)	G. Mace	47.70m	Gin	2-90	Discus (1kg)	K. Clarke	30.52m	Beg	2-04
Javelin (600g)	J. Boreham	43.71m	Cor	2-99	Javelin (600g)	K. Clarke	31.35m	Beg	2-04
Under 15 Boys					Under 15 Girls				
100 Metres	P. Elliot	11.7s	Qbn	2-04	100 Metres	N. Muir	13.1s	Gin	2-93
200 Metres	P. Elliot	23.8s	Qbn	2-04	200 Metres	K. Giteau	27.1s	Qbn	2-96
400 Metres	W. McNamara	55.7s	Mul	2-08	400 Metres	H. Reid	1:01.8s	Coo	2-96
800 Metres	S. Tomlinson	2:08.5s	Gin	2-02	800 Metres	H. Smith	2:27.6s	Gin	2-01
1500 Metres	S. Tomlinson	4:26.6s	Gin	2-02	1500 Metres	E. Lenon	5:04.4s	Qbn	2-95
100M Hurdles	J. Reis	13.9s	Gin	3-03	90M Hurdles	T. Quinn	14.2s	Bat	2-98
1500M Walk	B. Reading	6:40.3s	Gin	2-04	1500M Walk	M. Stapper	7:04.9s	Bel	2-94
Long Jump	E. Gould	6.32m	Bel	2-06	Long Jump	E. Dalton	5.20m	Qbn	2-01
Triple Jump	B. McFadden	12.47m	Bel	2-95	Triple Jump	C. Crowe	10.80m	Bel	2-96
High Jump	R. Walker	1.73m	Bel	2-95	High Jump	L. Boden		Cor	3-03
	C. Thompson		Qbn	2-96		S. Thompson	1.61m	Bel	2-94
	T. McEachan		Mul	2-07					
Shot Put (4kg)	I. Townley	14.76m	Gin	2-89	Shot Put (3kg)	L. Horvath	11.61m	Cor	2-96
Discus (1kg)	J. Henderson	45.18m	Beg	2-96	Discus (1kg)	S. Chapman	31.37m	Qbn	3-03
Javelin (600g)	T. Woods	48.58m	Qbn	2-00	Javelin (600g)	K. Bottom	34.44m	Coo	2-95

ACTLAA NORTHSIDE REGIONALCHAMPIONSHIPS RECORDS

Under 17 Boys					Under 17 Girls				
100 Metres	B. Apps	12.0s	Mul	3-03	100 Metres	C. Cole	13.4s	Qbn	3-07
200 Metres	K. Williams	24.5s	Qbn	3-03	200 Metres	E. Budnick	26.8s	Qbn	2-04
400 Metres	K. Williams	55.3s	Qbn	3-03	400 Metres	K. Doherty	1:01.9s	Qbn	3-09
800 Metres	G. O'Connell	2:16.8s	Coo	2-04	800 Metres	S. Lonsdale	2:28.8s	Gin	3-09
1500 Metres	M. Johnsen	4:35.5s	Tur	2-04	1500 Metres	A. Southgate	5:16.7s	Gin	2-06
100M Hurdles	J. Parsons	14.5s	Bel	3-07	100M Hurdles	K. Doherty	17.3s	Qbn	3-09
1500M Walk	J. Uhr	9:03.2s	Bel	3-03	1500M Walk	R. Byrne	9:39.3s	Coo	3-03
Long Jump	K. Cranston	6.12m	Mul	2-08	Long Jump	K. Doherty	4.95m	Qbn	2-09
Triple Jump	J. Parsons	11.60m	Bel	2-07	Triple Jump	R. Byrne	10.79m	Coo	3-03
High Jump	J. Parsons	1.75	Bel	2-06	High Jump	R. Byrne	1.40m	Coo	3-03
Shot Put (5kg)	M. Parsons	12.82m	Bel	2-04	Shot Put (4kg)	L. Elliott	8.63m	Qbn	3-03
Discus (1.5kg)	M. Chapman	37.72m	Qbn	3-03	Discus (1kg)	S. Morgan	28.11m	Mul	2-07
Javelin (700g)	K. Cranston	50.29m	Mul	2-08	Javelin (600g)	S. Jenkins	24.26m	Coo	3-03

WODEN ATHLETICS TRACK



ACTLAA SOUTHSIDE REGIONAL CHAMPIONSHIPS RECORDS

Under 8 Boys					Under 8 Girls				
50 Metres	R. Allen	8.2s	Wod	2-95	50 Metres	V. Hill	8.3s	Beg	3-91
	K. Chaivannacoop		Wod	2-99		G. O'Rourke		Wod	3-03
70 Metres	R. Williams	10.5s	Wes	2-92	70 Metres	M. Stephan-Daylight	11.1s	Tug	2-92
100 Metres	T. Clayton	15.2s	Nar	2-93	100 Metres	T. Owen	15.9s	Eri	3-87
200 Metres	A. Wakeling	32.5s	Tug	2-90	200 Metres	J. Ringland	34.2s	Beg	2-94
60M Hurdles	C. Stevens	11.6s	Tug	2-96	60M Hurdles	D. Wilson	12.0s	Cal	2-97
	H. Medhurst		Wes	2-99					
	J. Smith		Lan	2-05					
	J. Tsekenis		Wes	2-05					
Long Jump	T. Clayton	3.67m	Nar	2-93	Long Jump	I. Valdez	3.53m	Wes	2-92
Shot Put (1.5kg)	K. Reilly	7.48m	Cal	2-08	Shot Put (1.5kg)	N. Hamson	5.62m	Wod	2-00
Discus (500g)	K. Reilly	20.46m	Cal	2-08	Discus (500g)	S. Riley	19.46m	Eri	3-92
Under 9 Boys					Under 9 Girls				
70 Metres	M. Sloan	10.1s	Nar	2-93	70 Metres	P. Holland	11.0s	Tug	2-90
						V. Hill		Beg	2-92
						M. Stanley		Wes	2-93
100 Metres	M. Sloan	14.1s	Nar	2-93	100 Metres	G. O'Rourke	14.9s	Wod	2-04
200 Metres	B. Dagger	31.1s	Wod	3-86	200 Metres	D. Mikita	32.3s	Tug	3-86
400 Metres	D. Wilson	1:10.2s	Cal	2-02	400 Metres	K. Hobson	1:13.1s	Tug	3-86
800 Metres	D. Wilson	2:40.5s	Cal	2-02	800 Metres	A. Ellwood	2:44.4s	Wes	3-87
60M Hurdles	A. Evans	10.4s	Cal	2-04	60M Hurdles	M. Bateman	11.21s/e	Coo	2-08
700M Walk	M. Hosking	4:09.0s	Tug	2-95	700M Walk	S. Dickson	3:47.5s	Eri	2-92
Long Jump	A. Bobbin	4.13m	Beg	2-88	Long Jump	A. Blums	3.89m	Wod	2-88
High Jump	G. Patron	1.22m	Wod	3-91	High Jump	K. Bobbin	1.16m	Beg	2-89
						K. Munn		Tug	2-96
Shot Put (2kg)	T. Martin	9.59m	Tug	2-89	Shot Put (2kg)	A. Riley	6.88m	Eri	3-91
Discus (500g)	M. McLay	28.44m	Tug	2-97	Discus (500g)	M. Fleming	22.94m	Cal	2-00
Under 10 Boys					Under 10 Girls				
70 Metres	B.Slaughter	10.1s	Wes	2-98	70 Metres	M. Hoar	10.4s	Nar	2-93
						M. Beals		Wod	3-03
100 Metres	J. McKinlay	13.9s	Cal	2-04	100 Metres	M. Hoar	14.5s	Nar	2-93
						A. Barban		Wod	2-04
200 Metres	B. Ellwood	29.6s	Wes	3-86	200 Metres	K. Gerlach	30.5s	Coo	2-94
						A. Pluck		Tug	3-03
						M. Beals		Wod	3-03
400 Metres	B. Ellwood	1:07.5s	Wes	3-86	400 Metres	A. Ellwood	1:10.4s	Wes	2-88
800 Metres	B. Ellwood	2:33.7s	Wes	3-86	800 Metres	A. Ellwood	2:38.6s	Wes	2-88
1500 Metres	B. McRitchie	5:10.0s	Tug	2-92	1500 Metres	A. Ellwood	5:18.3s	Wes	2-88
60M Hurdles	M. Bailes	11.1s	Wod	2-99	60M Hurdles	G. O'Rourke	11.2s	Wod	2-05
	J. Chudleigh		Lan	2-04					
1100M Walk	M. Hosking	6:00.4s	Tug	2-96	1100M Walk	E. Hosking	6:33.3s	Wod	2-05
Long Jump	R. Williams	4.50m	Wes	2-94	Long Jump	M. Beals	4.10m	Wod	3-03
High Jump	J. Melville	1.36m	Nar	2-93	High Jump	K. Rose	1.25m	Wes	2-97
Shot Put (2kg)	K. Kouparitsas	10.71m	Tug	2-97	Shot Put (2kg)	M. Dzundza	8.28m	Tug	3-87
Discus (500g)	T. Martin	32.02m	Tug	2-90	Discus (500g)	S. Riley	28.86m	Cal	2-94
Under 11 Boys					Under 11 Girls				
100 Metres	K. Martyn	13.5s	Lan	2-04	100 Metres	D. Mikita	14.0s	Tug	2-88
						S. Mayadas		Tug	2-92
						M. Beals		Wod	2-04
200 Metres	R. McLean	28.2s	Wes	2-02	200 Metres	A. Gallagher	29.9s	Tug	3-91
400 Metres	T. Guest	1:05.2s	Lan	3-03	400 Metres	S. Rollings	1:07.8s	Tug	3-91
	J. Pheeny	1:05.2s	Cal	2-06					
800 Metres	B. Ellwood	2:29.7s	Wes	3-87	800 Metres	B.Simpson	2:37.6s	Wod	2-98
1500 Metres	B. Ellwood	5:01.5s	Wes	3-87	1500 Metres	A. Ellwood	5:13.1s	Wes	2-89
60M Hurdles	C. Stevens	10.5s	Tug	2-99	60M Hurdles	C. Wild-Taylor	10.3s	Wod	3-03
1100M Walk	S. Onus	6:25.5s	Tug	2-96	1100M Walk	J. Hosking	5:47.3s	Tug	2-99
Long Jump	A. Deck	5.15m	Wod	2-89	Long Jump	S. Carey	4.50m	Beg	2-89
Triple Jump	B. Williams	10.06m	Wes	2-95	Triple Jump	E. Prince	9.24m	Wod	2-06
High Jump	B. White	1.50m	Cal	2-95	High Jump	P. Nowak	1.31m	Lan	2-04
Shot Put (2kg)	K.Kouparitsas	12.69m	Tug	2-98	Shot Put (2kg)	M. Fleming	10.28m	Cal	2-02
Discus (750g)	T. Martin	37.46m	Tug	3-91	Discus (750g)	S. Riley	27.10m	Lan	2-95
Javelin (400g)	T. Martin	30.88m	Tug	3-91	Javelin (400g)	M. Lane	21.42m	Wod	2-08

ACTLAA SOUTHSIDE REGIONAL CHAMPIONSHIPS RECORDS

Under 12 Boys					Under 12 Girls				
100 Metres	R. McLean	12.7s	Tug	3-03	100 Metres	S. Mayadas	13.4s	Tug	2-93
200 Metres	R. McLean	26.7s	Tug	3-03	200 Metres	K. Bomben	27.9s	Tug	3-03
400 Metres	R. McLean	1:01.5s	Tug	3-03	400 Metres	M. Murray	1:05.3s	Eri	3-86
800 Metres	C. Stevens	2:27.3s	Tug	2-00	800 Metres	D. Wilson	2:28.9s	Cal	2-01
1500 Metres	C. Sainsbury	5:00.1s	Eri	2-89	1500 Metres	T. Donahue	5:13.4s	Eri	2-92
60 M Hurdles	J. Sweetnam	9.9s	Wod	3-03	60M Hurdles	J. Sutcliffe	10.2s	Cal	2-98
1500M Walk	M. Hosking	7:21.0s	Tug	2-98	1500M Walk	C. Hosking	7:48.3s	Wod	3-09
Long Jump	J. Lukassen	5.01m	Beg	2-94	Long Jump	A. Blums	4.83m	Wod	3-91
Triple Jump	J. Lukassen	10.57m	Beg	2-94	Triple Jump	H. Wortley	9.68m	Coo	2-05
High Jump	J. Blums	1.53m	Wod	2-92	High Jump	A. Blums	1.48m	Wod	3-91
Shot Put (3kg)	K. Kouparitsas	11.99m	Tug	3-99	Shot Put (2kg)	S. Riley	11.57m	Lan	2-96
Discus (750g)	T. Martin	40.22m	Tug	2-92	Discus (750g)	E. Prince	32.23m	Wod	2-07
Javelin(400g)	J. Abrahams	36.04m	Wes	2-92	Javelin (400g)	K. Rose	26.84m	Wes	2-99

Under 13 Boys					Under 13 Girls				
100 Metres	B. Wood	12.6s	Wod	2-93	100 Metres	S. D'Silva	13.0s	Wod	2-92
	F. Crepinsek		Coo	3-87		K. Bomben		Tug	2-04
	J. Hart		Cal	2-04					
200 Metres	T. Babington	26.3s	Eri	2-92	200 Metres	Z. Buckmann	27.4s	Wod	2-02
400 Metres	T. Babington	58.0s	Eri	2-92	400 Metres	Z. Buckmann	1:00.9s	Wod	2-02
800 Metres	G. Davidson	2:18.3s	Wes	2-96	800 Metres	A. Neumaier	2:22.4s	Wod	2-00
1500 Metres	S. Martyn	4:46.3s	Beg	2-05	1500 Metres	A. Neumaier	4:52.7s	Wod	2-00
80M Hurdles	S. Spink	13.7s	Tug	2-97	80M Hurdles	R. Higgins	13.8s	Tug	3-86
1500M Walk	M. Hosking	7:08.0s	Tug	2-99	1500M Walk	E. Hosking	7:22.87s/e	Wod	2-08
Long Jump	F. Crepinsek	5.31m	Coo	3-87	Long Jump	S. D'Silva	5.11m	Wod	2-92
						E. Prince		Wod	2-08
Triple Jump	G. Brookman	11.33m	Wod	2-92	Triple Jump	C. Wild Taylor	10.30m	Wod	2-05
High Jump	B. White	1.63m	Eri	2-97	High Jump	F. Moore	1.56m	Tug	3-87
Shot Put (3kg)	G. Tuckerman	13.62m	Wes	2-88	Shot Put (3kg)	P. Holland	11.10m	Wes	2-94
Discus (750g)	S. Houghton	40.00m	Wes	2-89	Discus (750g)	S. Riley	37.30m	Lan	2-97
Javelin (600g)	R. Kennedy	38.07m	Mor	2-08	Javelin (400g)	K. Rose	29.02m	Wes	2-00

Under 14 Boys					Under 14 Girls				
100 Metres	D. Gyngell	12.0s	Wes	3-87	100 Metres	M. Breen	12.7s	Tug	2-04
	T. Anh Tran		Tug	3-87					
	F. Crepinsek		Coo	2-88					
200 Metres	M. Fahey	25.1s	Lan	2-99	200 Metres	A. Blackburn	26.9s	Wod	3-03
	J. Baguley		Wod	2-02					
400 Metres	M. Fahey	54.4s	Lan	2-99	400 Metres	E. Pluck	1:02.4s	Tug	2-04
800 Metres	G. Davidson	2:08.6s	Wes	2-97	800 Metres	E. Pluck	2:23.6	Tug	2-04
1500 Metres	C. Williams	4:36.0s	Cal	2-00	1500 Metres	E. Sutcliffe	4:54.8s	Cal	2-97
90M Hurdles	A. Brookman	13.4s	Wod	2-97	80M Hurdles	C. Jamieson	13.24s/e	Beg	2-08
1500M Walk	S. Archer	7:06.0s	Wod	2-99	1500M Walk	E. Hosking	7:17.48s	Wod	3-09
Long Jump	B. Wood	5.89m	Wod	2-94	Long Jump	E. Prince	5.04m	Wod	3-09
	F. Crepinsek		Coo	2-88					
Triple Jump	S. Houghton	11.54m	Wes	2-90	Triple Jump	E. Prince	10.81m	Wod	2-09
High Jump	B. Halliday	1.65m	Cal	2-95	High Jump	C. Jamieson	1.66m	Beg	2-08
	S. Tucker		Tug	2-98					
Shot Put (4kg)	T. Martin	13.81m	Tug	2-94	Shot Put (3kg)	A. Butler	11.99m	Tug	3-87
Discus (1kg)	T. Martin	52.20m	Tug	2-94	Discus (1kg)	A. Butler	35.22m	Tug	3-87
Javelin (600g)	L. Hogan	43.52m	Wod	2-01	Javelin (600g)	K. Bottom	30.42m	Coo	2-94

Under 15 Boys					Under 15 Girls				
100 Metres	J. Hatch	11.6s	Cal	2-04	100 Metres	A. Blackburn	12.6s	Boo	2-04
200 Metres	M. Haylock	24.00s/E	Cal	2-08	200 Metres	A. Blackburn	26.2s	Boo	2-04
400 Metres	C. Tucker	54.6s	Tug	2-94	400 Metres	A. Blackburn	58.9s	Boo	2-04
800 Metres	C. Tucker	2:05.8s	Tug	2-94	800 Metres	A. Blackburn	2:20.8s	Boo	2-04
1500 Metres	C. Tucker	4:20.1s	Tug	2-94	1500 Metres	A. Neumaier	4:57.2s	Wod	2-02
100M Hurdles	C. Schelb	14.1	Wes	2-00	90M Hurdles	C. Jamieson	14.1s	Beg	3-09
1500M Walk	A. Colquhoun	6:52.9s	Lan	2-02	1500M Walk	R. Hosking	7:17.2s	Tug	2-97
Long Jump	G. Brookman	6.29m	Wod	2-94	Long Jump	J. Kennett	5.40m	Tug	2-90
Triple Jump	G. Brookman	12.34m	Wod	2-94	Triple Jump	S. Badenoch-Jones	10.97m	Wod	2-99
High Jump	J. McNamara	1.81m	Tug	2-99	High Jump	C. Jamieson	1.62m	Beg	2-09
Shot Put (4kg)	S. Houghton	14.38m	Wes	3-91	Shot Put (3kg)	P. Holland	12.17m	Wes	2-96
Discus (1kg)	T. Martin	59.32m	Tug	2-95	Discus (1kg)	P. Holland	34.88m	Wes	2-96
Javelin (600g)	T. Dixon	48.02m	Cal	2-97	Javelin (600g)	K. Clarke	34.27m	Beg	2-05

ACTLAA SOUTHSIDE REGIONAL CHAMPIONSHIPS RECORDS

Under 17 Boys					Under 17 Girls				
100 Metres	N. Lalliard	11.7s	Lan	2-04	100 Metres	L. Walsh	13.6s	Lan	2-04
200 Metres	M. Haylock	24.0s//e	Cal	2-08	200 Metres	L. Walsh	29.8s	Lan	2-04
400 Metres	M. De Smeth	55.0s	Cal	2-05	400 Metres	H. Davis	1:05.8s	Coo	2-09
800 Metres	J. Gibson	2:12.1s	Cal	3-09	800 Metres	L. Winterflood	2:32.1s	Beg	2-07
1500 Metres	J. Gibson	4:42.2s	Cal	2-09	1500 Metres	L. Winterflood	5:34.8s	Beg	2-07
100m Hurdles	S. Nowak	14.91s/E	Lan	2-08	100m Hurdles	N. Burgess	16.66s/e	Coo	2-08
1500M Walk	M. Carter	8:43.2s	Lan	2-05	1500M Walk	C. Worrall	8:17.3s	Wes	2-05
Long Jump	D. Allen	5.92m	Mor	2-07	Long Jump	M. Knight	4.93m	Mor	2-05
	K. Green		Lan	2-07					
Triple Jump	S. Nowak	11.72m	Lan	2-08	Triple Jump	N. Burgess	10.07m	Coo	3-09
High Jump	J. Field	1.80m	Wod	2-09	High Jump	M. Knight	1.55m	Mor	2-05
						N. Burgess		Coo	2-08
Shot Put (5kg)	T. Ingram	13.48m	Pla	2-06	Shot Put (5kg)	J. Wozniak	9.40m	Wod	2-06
Discus (1.5kg)	T. Preece	41.30m	Tug	3-09	Discus (1.5kg)	J. Wozniak	29.84m	Wod	2-06
Javelin (700g)	A. Jenkins	41.25m	Coo	2-06	Javelin (700g)	R. Prince	26.98m	Wes	2-07

EQUIPMENT SIZES, HEIGHTS, WEIGHTS

HURDLES

Age group	Height	Lead-in	Lead-out	Distance Between	Flights
60m U8-U9	45cm	12m	13m	7m	6
60m U10-U11	60cm	12m	13m	7m	6
60m U12	68cm	12m	13m	7m	6
80m U13, U14G	76cm	12m	12m	7m	9
90m U14B, U15G	76cm	13m	13m	8m	9
100m U15B, U17	76cm	13m	10.5m	8.5m	10

SHOT PUT

Boys	U8 1.5kg	U9-U11 2kg	U12-U13 3kg	U14-U15 4kg	U17B 5kg
Girls	U8 1.5kg (yellow)	U9-U12 2kg (orange)	U13-U15 3kg (white)	U17G (red)	(green)

DISCUS

Boys	U8-U10 500g	U11-U12 750g	U13-U15 1kg	U17 1.5kg
Girls	U8-U10 500g	U11-U13 750g	U14-U17 1kg	

JAVELIN

Boys	U11-U12 400g	U13-U15 600g	U17 700g
Girls	U11-U13 400g	U14-U17 600g	

LONG JUMP

Take off The size of the long jump take-off area for both boys and girls is as follows:

area	Under 8 & 9	Under 10 to U12	Under 13 to U17
	1 metre sq mat	1 metre x 0.5 metre	1 metre x 20cm board
	1 metre from edge of pit	1 metre from edge of pit	1 metre from edge of pit

TRIPLE JUMP

Boys and Girls	U11-U12	3 of 1m x 1/2m mats at 5m, 7m & 9m.
Boys and Girls	U13-U17	3 of 1m x 20cm boards at 5m, 7m & 9m.

HIGH JUMP START HEIGHTS (Boys & Girls)

U9	U10	U11	U12	U13	U14	U15	U17
85cm	95cm	105cm	115cm	120cm	125cm	130cm	135cm



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