



Knox Little Athletics Centre
www.klac23.org.au
Knox Park Sporting Complex,
Bunjil Way, Knoxfield



*Affiliated with
Little Athletics Victoria*



2017-2018

Season Handbook



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*The “RAY ABLEY KNOX LAC GIFT”
will be raced on 17th December 2017*

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Front cover: 2016/17 Best Overall Athletes, Harrison Chapman and Sienna Kurdian

Thank you to the KLAC photographers for the photos throughout this handbook and KLAC website

Welcome

We welcome you to the **Knox Little Athletics Centre** (KLAC) and look forward to your association with us and hope you attain what you set out to achieve, whether it be fun, friendship or success in competition. We will endeavour to provide you with the best means of achieving your aims. Please feel free to express your thoughts and ideas to any of the Centre Executive personnel or your Club Team Manager. Our objective is to meet the expectations of all participants – parents and children alike. To the athletes who are about to participate this season, we wish you well and every success. The Executive's prime consideration is the welfare of each individual. Success should be measured by the level of enjoyment and enthusiasm displayed by the children. Above all, have fun.

Please take a moment to read this Handbook, so you can become familiar with how to get the most out of your Little Athletics at the Knox Centre. Little Athletics is all about Family, Fun and Fitness!

Knox Little Athletics Centre **Executive Committee**

Brief History

Formed in 1968, the Knox Little Athletics Centre caters for the athletic needs of the City of Knox's youth. Knox is one of the largest and most active little athletic centres in Victoria. The centre is based at Knox Park, in the outer south-eastern suburbs of Melbourne. Knox Little Athletics Centre is proudly affiliated with Little Athletics Victoria and is registered as centre number 23.

Little Athletics started back in 1964 when a small group of children turned up for a few simple running events at Geelong. They were there for fun and fitness. The Geelong experiment was obviously a success with over 88,000 athletes (22,000+ in Victoria) registered with some 500 centres around Australia. The Centres are affiliated with one of the State or Territory Associations which, in turn, are affiliated with the national organising body – the Australian Little Athletics Union.

Knox Centre Life Members

1971 Don Kerr	1987 Robert Bell,	1993 Greg Waugh	2008 Allan Wright,
1972 Don Brown	John Fewson,	1994 Ray Gordon,	Ann Goder,
1973 Alan Johnson,	Adele Kennedy,	Sharon Sheldon	Dawn Vanderhorst
Kath Brown,	Morris Kennedy	1995 Christine Brown,	2011 David Murrihy,
Ron Chignell	1988 Hilary Brown,	David Sheldon	Jeff Papworth
1975 George Dyer,	Shirley Deans,	1996 Diane Lowden,	2012 Peter Dwyer,
Betty Dyer (dec),	Ross Chapman,	David Blackwood	Julie Harvey,
Geoff Warren	Kim Stevens	1997 Kathy Hale (dec),	Keith Harvey,
1976 Isobel Addicoat,	1989 Hamish McMillan	Kerry Hodgkinson	Phil Matthews,
John Prendergast (dec)	1990 Rick Goss,	1999 Bill Chancellor,	Chris McKissack
1977 Ben Abbenhuys	Jan Forrest	Derek Higham,	2013 Stephen Egan,
1979 Derek Fenwick	1991 Noel Rasti,	Bruce Unthank	Matt Davies
1981 Ron Papst (dec)	Colin Merlo,	2001 Mike Kerr	2014 Russell Speight
1984 Harry Stevens,	Richard Huggins,	2002 Stephen Cowburn	2015 Rob Holdway
Keith Styles,	Phillip Bateman	2007 David Sommers	2016 Stephen Hough
David Tracey,	1992 Karen Cosson,		
Darryl McDougal,	Stewart Findlay,		
John Guerra	Ian Cogdell		

Knox Centre Distinguished Service

2012 Frank Bathgate,	2013 Brett Smith	2014 Fran Attard	2017 Mark O'Mahony
Rosemary Merrigan			Shane Dickson

Parents' Responsibilities

Little Athletics is not just for children, it needs the active participation of parents as well. To ensure that the morning (or evening) program is run for maximum enjoyment, parents are needed to act as officials and helpers. Approximately 120 parents are needed for the normal competition to run smoothly. You will enjoy the experience, so don't wait to be asked, please offer your services as the success of our Centre depends on you.

Competition starts at 8.30am sharp on Saturday mornings and in the case of Twilight meetings at 6.00pm sharp. Children need to be in their Club areas **at least 10 minutes prior to the start of competition**. Children who arrive late for an event may miss that event. It is the parents responsibility to give your children the best opportunity of taking part in the days activities.

**It is important that children are not left unattended during the program.
It is the responsibility of all parents to ensure that a continuity
of supervision is provided for their children.**

Registration Information

The Centre offers athletic activities for children from the age of 5, in age groups Under 6 to Under 16. Age group is determined by the child's age on 1 October each year. Athletes cannot register or participate in any other age group.

Once registered, athletes can participate in all regular Track and Field (October-March) and Cross Country (April-August) events run by the Centre. Athletes earn points for participating at these events, which count towards eligibility for Centre trophies and awards. The Centre also offers Open Day and Championship competition events that may require qualification and/or separate registration to participate. Athletes also have an opportunity to qualify and register for events run by other centres and LAVic. For example: Open Days, Relays, Multi-event, Region and State Championships.

Registration and payment is submitted online. For new members, proof of age must be provided to the Centre Registrar before registration can be completed. Typically a Birth Certificate or Passport is best. For more information, see www.klac23.org.au/register.

Insurance

Insurance cover is provided for injuries **caused solely by active participation** in officially organised events, practice and training sessions and official functions including travelling to and from such events, for all registered members, participants trialling before coming a member, coaches, voluntary workers and officials (must be listed on Register of Ordinary Member form or named on registration form).

**Notice of injuries must be advised to Centre Secretary within 30 days of occurrence.
If you have any queries regarding insurance please see the Centre Secretary.**

Withdrawals

Children who register and do not compete in any competition are able to have the Knox family levy only refunded. Children who register and compete in any competition will not be eligible for any refund.

Uniforms

The Centre uniform (singlet or crop with black shorts) must be worn when representing the Centre at other events. Club uniform is worn during regular Centre events. Number patches must be worn to ensure athletes do not miss out on events. The Centre has a policy of 'no patch, no participate'. Replacement patches are available for \$1. Special patches may be issued for other events. For more information, see www.klac23.org.au/uniforms.

Centre Committee



Grant Bertram
President

president@klac23.org.au
0433 950 847



Rob Monteath
Vice President

vp@klac23.org.au
0401 699 413



Karen Wright
Secretary

secretary@klac23.org.au
0415 376 823



Kris Shipham
Treasurer

treasurer@klac23.org.au
0412 556 623



Rosa Deol
Registrar

registrar@klac23.org.au
0419 833 061

Executive

President*	Grant Bertram
Vice President*	Rob Monteath
Secretary*	Karen Wright
Registrar*	Rosa Deol
Treasurer*	Kris Shipham
Competition Director	Stephen Hough
Coaching Director	Mike Donato
Records Manager	Chris McKissack

Communications

Schools	Claire Lillie
Photography	Mike Ward
Social Media	Jazz Deol
Child Protection Officers	Rebecca Prys & Mike Donato
Handbook	Jodie Browne
EMR Delegates	Grant Bertram & Stephen Hough

Competition and Coaching

Competition Director	Stephen Hough
Secretary	Tanya Keeghan
Chief of Officials	Stephen Hough
Coaching Director	Mike Donato
Team Manager (T & F)	Mirella Louey
Walks Coordinator	Mark Blackwood
Duty Managers	Nevenka Elvin Katherine Ward
Records Manager	Chris McKissack
On Track Coordinator	Simon Chapman
Referees	Stephen Hough, Steve Lillie & Grant Bertram

Complex and Equipment

Announcers	Steve Lillie, Grant Bertram, Tracey Ryan & Dan Ryan
Arena & Equipment	Grant Bertram
Uniforms	Natasha Erbs
First Aid, Health & Safety	Phil Watson (O)
Canteen	Raelene Millar (O)

Cross Country

Chairperson	Simon Chapman
Minutes Secretary	Kirsty Epps
Treasurer	Kris Shipham
Team Manager	John Smith
Registrar	Rosa Deol
Results	Adam Ternes
Announcing	Rob Monteath



For contact information see
www.klac23.org.au

* Executive Committee (C) = Co-opted – position filled after the AGM (O) = Outsourced
All Centre Committee members hold a current Working With Children check

Management Meetings:

Last Monday of each month, excluding December and April
7.30pm SHARP in Committee Room under Grandstand,
Knox Park Sporting Complex
Bunjil Way, Knoxfield (Melways Ref 73 D6)

Competition & Coaching Meetings:

2nd Wednesday of each month
7.30pm SHARP in Committee Room under Grandstand

Telephone:

Office – 9763 8747 Canteen – 9764 9450
(both phones manned **only** on competition days)

Postal Address:

PO Box 4444
Knox City Centre
Wantirna South Vic 3152

Annual General Meeting

Knox Little Athletics Centre
Monday 30th April 2018 at 7:30pm
Main pavillion at Knox Park

Uniforms

What do athletes need to wear and when?

Centre uniform (singlet, crop or t-shirt with black shorts) must be worn when representing the centre at other Centres, Regional and State. They can be purchased from the Uniform Shop or online through the Uniform shop via KLAC website – <http://klac23.org.au/uniforms> or <http://klac23.org.au/shop> – Also see LAVic regulations below.

Club uniform is worn during normal Centre events. See the Clubs page.

Number patches must be worn to ensure athletes do not miss out on events. Knox has a policy of 'no patch, no participate'. Replacement patches are available for \$5. Special patches may be issued for Regional and State.

Supporter gear can be worn when training, warming up and spectating. See the Uniform Shop.

Don't forget to mention the Centre when shopping at Rebel Knox. The Centre gets points and exchanges them for equipment and vouchers.

LAVic Regulations

All athletes must wear correct uniforms, no variants. Incorrect uniform could mean not competing in events or disqualification. Below is a summary of the LAVic Clothing and Shoe Guidelines and how they apply to our Centre and Club uniforms.

Top: Singlet or crop with number patch visible. A second top can be worn underneath, but must match the predominant colour of the top, with no logos larger than 3cm. Knox singlets and crops available from the Uniform Shop. Club tops are available from individual Clubs.

Shorts: Must be black with no pockets, and no logos larger than 3cm. Tape over logos not recommended. Black or beige skins (or similar) with no coloured stitching or logos, can be worn under shorts. Full knee must be visible when wearing shorts and hip bones must be covered. A small supply of shorts is available from the Uniform Shop.

Leggings: Longer leggings may be worn during Cross Country or Road Relay competitions ONLY. They must be black and have no logos or advertising larger than 3cm.

Shoes: Appropriate footwear must be worn for all events. Also see spike guidelines.



KLAC T-shirt



KLAC Crop Top



KLAC Singlet Top

Club Information

Bayswater Bullets

President	Wayne Elvin	0407 550 323
Secretary	Vacant – <i>Can you help?</i>	
Treasurer	Lynne Roe	
Team Manager	Vacant – <i>Can you help?</i>	
Email	bayswater@klac23.org.au	Website www.bayswater.klac23.org.au
Uniform	Orange singlet with black sides and trim and club logo. Black shorts.	
Schools	Bayswater PS, Bayswater South PS, Bayswater West PS and Our Lady of Lourdes PS	



Boronia Bolters

President	Kelly Chapman	0407 333 964
Vice President	Scott Walker	0433 301 513
Secretary	Vacant – <i>Can you help?</i>	
Treasurer	Amanda Stephens	
Team Manager	Lisa Meerten	0407 881 084
Email	boronia@klac23.org.au	Website www.boronia.klac23.org.au
Uniform	Navy, black and white singlet with blue lightning bolt. Black shorts.	
Schools	Boronia Heights PS, Boronia West PS and St Josephs PS	



Dorset Demons

President	Damien Koster	0403 465 136
Secretary	Jennifer Block	0402 415 207
Treasurer	Kate Scott	
Team Managers	Tania Demarco	0421 868 138
	David Frost	0402 900 419
Email	dorset@klac23.org.au	Website www.dorset.klac23.org.au
Uniform	Blue and red top with yellow flames down the sides and club logo. Black shorts.	
Schools	Wattleview PS, Ferntree Gully North PS and Mountain Gate PS	



All Club Executive Committee members hold a current Working With Children check

Eastfield-Studfield

President	Tim Whitehead	0417 017 053
Vice President	Natasha Erbs	0404 055 839
Secretary	Emily Drescher	0409 536 153
Treasurer	Yoga Dharmaraj	
Team Manager	Amanda Pay	
Email	fields@klac23.org.au	Website www.fields.klac23.org.au
Uniform	Emerald green singlet with black trim white logo on front & back. Black shorts.	
Schools	Knox Gardens PS, Templeton PS, Knox Central PS (prev Yawarra PS) and Wantirna South PS	



Fairpark

President	Colin Morgan	0407 097 266
Secretary	Vacant – <i>Can you help?</i>	
Treasurer	Steven O'Halloran	
Team Manager	Paul Turner	0433 483 222
Email	fairpark@klac23.org.au	Website www.fairpark.klac23.org.au
Uniform	Green singlet with silver and black curved stripes and club logo. Black shorts.	
Schools	Fairhills PS and Kent Park PS	



Knoxfield

President	Nadine Boukas	0439 656 875
Secretary	Shaun Adolphson	0412 576 200
Treasurer	Sharyn Sayers	
Team Managers	Mel Winters	0407 084 650
	Karyn Le Grove	0410 583 369
Email	knoxfield@klac23.org.au	Website www.knoxfield.klac23.org.au
Uniform	White singlet with black and blue stripe and club logo. Black shorts.	
Schools	Holy Trinity PS, Carrington Park PS and Knox Park PS	



Rangeview

President	Ben Prys	0422 042 227
Vice President	Vacant – <i>Can you help?</i>	
Secretary	Lisa Hassing	0432 303 577
Treasurer	Kylie Hutchins and Danny Hutchins	
Team Manager	Vacant – <i>Can you help?</i>	
Email	rangeview@klac23.org.au	Join their Facebook Group
Uniform	Gold singlet top with black and white crisscross design with black piping, club logo. Black shorts.	
Schools	Boronia PS, The Basin PS and St Bernadette's PS	



Rowville

President	Claire Lillie	0421 300 467
Vice President	Darren Stapleton	0406 381 377
Secretary	Sonia McLeod	0409 744 005
Treasurer	Susan Kindler	
Team Manager	Kim Henkul	0412 084 586
Email	rowville@klac23.org.au	Website www.rowville.klac23.org.au
Uniform	Cyan singlet with dual black curved vertical stripes faded to silver, club logo. Black shorts.	
Schools	Rowville PS, St Simons PS and Heany Park PS.	



Rowville Lakes

President	Rob Monteath	0401 699 413
Secretary	Brooke Horne	0412 464 295
Treasurer	Claudine Keogh	
Team Manager	Matt Johnstone	0402 236 496
Email	lakes@klac23.org.au	Website www.lakes.klac23.org.au
Uniform	Maroon/pale blue singlet top. Black shorts	
Schools	Lysterfield PS, Karoo PS and Park Ridge PS	



Scoresby Striders

President	Brad Krawczyk	0400 500 626
Vice President	Kris Shipham	0412 556 623
Secretary	Nicole Taylor	0404 889 785
Treasurer	Barry May	
Team Manager	Sharon Baldry	0410 580 308
Email	scoresby@klac23.org.au	Website www.scoresbystriders.klac23.org.au
Uniform	Purple singlet with black/gold stars. Black shorts.	
Schools	Scoresby PS, St Jude's PS and Waverley Christian College	



Wantirna

President	Bernice Orfanelli	0423 212 186
Secretary	Wayne Griffin	0437 661 806
Treasurer	Jason Wigney	
Team Manager	Janine Kearsley	0416 290 346
Email	wantirna@klac23.org.au	Website www.wantirna.klac23.org.au
Uniform	Green, black and white singlet, yellow club logo on front. Black shorts.	
Schools	Regency Park PS, St Luke's PS, Wantirna PS and The Knox School	



All Club Executive Committee members hold a current Working With Children check



Knox Little
Athletic
Centre



Our 11 Clubs



Information for Parents & Athletes – Track and Field

EARLY OCTOBER

BRING A FRIEND DAY

Invitation for athletes to bring friends to trial Little Athletics. For insurance purposes, friends **must register** with Club Team Managers.

Relays

Under 9-15 Registered Athletes – Knox Centre Uniform to be worn. Parents of competing athletes are required to assist with duty on the following days. A consent form for athletes to compete is to be signed by parents. An athlete fee of approximately \$10, to be paid to coach. All EMR and State relay entry fees paid by Centre.

BOX HILL INVITATIONAL RELAYS DAY AT BOX HILL

Practice day for Knox Centre relay teams.

EMR RELAY CHAMPIONSHIP (U9-15)

Athletes compete in qualification races for State competition. Athletes must compete at Region to qualify for State.

LAVic STATE RELAY CHAMPIONSHIPS

Only teams who have qualified/progressed from Region compete on this day.

Track & Field

LAVic STATE MULTI EVENT CHAMPIONSHIPS (U9-15)

Knox Centre Uniform to be worn. Parents of competing athletes will be required to assist with duty on these days. Competition is over one or two days, depending on age group. For further information go to <http://www.lavic.com.au/Competition/Events/State-Multi-Event-Championships>. Athletes are to enter online through Little Athletics Victoria.

KNOX OPEN TWILIGHT

Every Knox registered athlete is able to enter. Either Knox Centre or Club Uniform, with patch to be worn. Parents of competing Knox athletes will be required to assist with duty on the day. Competition open to U6-16 registered athletes from any Centre. Entry will be **online** via the Knox website (www.klac23.org.au). Entry fees apply, maximum of 4 events per athlete. **NO LATE ENTRIES.**

Eligibility For Region Track and Field Championships:

ATHLETES MUST BE A FINANCIAL LAVic COMPETITIVE MEMBER, AND HAVE PARTICIPATED IN A **MINIMUM OF FOUR WEEKS** OF CENTRE COMPETITION **PRIOR TO** THE CLOSE OF ENTRIES

EMR TRACK & FIELD (T&F) CHAMPIONSHIPS (U9-15)

Knox Centre uniform to be worn. Parents of competing athletes will be required to assist with duty. Athletes must compete at Region to qualify for State. Athletes are to enter online.

KNOX CHAMPIONSHIP DAY – CLUB UNIFORMS TO BE WORN

Parents of competing athletes will be required to assist with duty on this day. Final day of competition open to all eligible registered Knox athletes. Entry for Championship Day will be **online** via the Knox website (www.klac23.org.au). U6-U11 maximum 4 events and U12-U16 maximum 5 events. Medals/ribbons will be awarded to athletes. Knox Centre Awards and Trophies will be presented during the lunch break on Knox Championship Day. Athletes must have competed in 50% of available competition days before and after Christmas. For registrations after Christmas – 90% of available competition days. **Club uniform including patch and black shorts/bloomers, must be worn.**

LAVic STATE TRACK & FIELD CHAMPIONSHIPS

Athletes who qualified/progressed from Region Championship to compete. Knox Centre Uniform to be worn. Parents of competing athletes will be required to assist with duty

For dates and locations, see the calendar on pages 66 and 67

Information for Parents & Athletes – Cross Country

Cross Country is held between April and August and as with Track & Field, Cross Country conducts EMR and LAVic State Championships as well as Open and Championship Days. Cross Country is held at different Parks and Reserves in and around the City of Knox. It is held each Saturday morning starting at 9.00am and takes up to 90 minutes with events rotated each week. Registration patch must be worn.

Cross Country caters for children from age U6 to U16.

The standard distances for each age group are:

Under 6 Girls & Boys – 500m

Under 7 & 8 Girls & Boys – 1000m

Under 9 & 10 Girls & Boys – 1500m

Under 11 & 12 Girls & Boys – 2000m

Under 13-16 Girls & Boys – 3000m

BRING A FRIEND DAY

This day enables registered athletes to bring a friend who is not a registered athlete with LAVic. The friends will be placed in the appropriate age group and run the distance for that age.

FOOTY COLOURS DAY

A fun day where athletes are encouraged to wear their footy colours, held on the weekend of the Region Championships.

EMR CHAMPIONSHIPS

Knox Centre uniform must be worn. Eligible athletes are notified by LAVic along with registration requirements. NOTE: athletes must compete at Region to enter State.

HANDICAP DAY

Each athlete starts the race at a different time (which is determined from previous times recorded during the season). Trophies are awarded to 1st, 2nd & 3rd placegetters (regardless of gender) for each race. While all athletes can compete on this day, only registered athletes that have competed on at least 3 days (since registration) prior to Handicap Day, are eligible for an award.

KNOX OPEN DAY

Open to all LAVic registered athletes from Knox and other Centres. Medals are awarded to 1st, 2nd & 3rd placegetters. Team medals are also awarded. Knox uniform or club uniform must be worn. Athletes to register online.

LAVic STATE CHAMPIONSHIPS

All registered athletes under 9-15 are eligible to compete. Eligible athletes are notified by LAVic along with registration requirements. Knox Centre uniform must be worn. NOTE: athletes must have competed at Region to enter state.

KNOX CENTRE CHAMPIONSHIPS

Whilst all registered athletes can compete on this day (Knox and other centres), only Knox athletes that have competed on at least 60% of point scoring days (or 90% for registrations after 1st June) are eligible for an award. Medals are awarded to 1st, 2nd and 3rd place getters.

KNOX CENTRE CROSS COUNTRY END OF SEASON PRESENTATION EVENING

A fun themed presentation night where all are encouraged to dress up. Prizes and bragging rights awarded by popular choice to best dressed.

Open Days

Knox athletes can participate at Open Days with other LAVic Centres. Knox Centre or club uniform with patch must be worn. See the other centre websites for registration and payment requirements.

Parents' Runs

These runs are open to parents/guardians and past-athletes. The distances vary between 1000m and 3000m. These races are for fun and fitness.

Knox LAC behaviours policies apply to athletes, parents and officials at all Cross Country events

For dates and locations, see www.klac23.org.au

Coaching

Track & Field (T&F) training is held at Knox Park, Bunjil Way, Knoxfield (Melway Map 73 D7)

Knox LAC provides qualified coaches for Track & Field as well as Cross Country events. Our coaches provide sessions for all events from Sprints, Distance and Cross Country, Relays and Field events. All registered athletes from U7-U16 are welcome to come down to train for their events with a coach at any point during the season. The earlier you start training the better chance you have of performing well at a major championship and beating your personal best.

The Knox track is reserved for Little Athletics training on Monday and Wednesday afternoons between 4pm-7pm, with most coaching sessions starting at 5pm and going for 2 hours. Some coaches, due to their availability, train at other days and times such as Sunday mornings. For the most up to date information on coaches and training times, refer to the Coaches page on the Knox website. If you are new to training, please be aware that coaches may restrict numbers to a training group, so please contact the event coach beforehand to confirm your attendance.

Please be aware that the track is reserved on other days by other sporting groups (such as the senior athletics club and triathlon club) so you will need to be mindful of other athletes using the track.

For more information regarding coaching sessions or training, contact the Coaching Director: Mike Donato (0414 888 563 or coach@klac23.org.au) or visit the website www.klac23.org.au

Track & Field

Training commences at the start of the season in September and continues through to April (State Championships and end of season) with a small break over the Christmas and New Year period. Training is generally held on our allocated nights, Monday and Wednesday, between 4-7pm. Please check the 'Current Coaching Program' on the Knox LAC website for the latest coaching calendar and information.

If you feel you need a little help with your event(s), please feel free to contact one of the coaches who specialise in your events and they can help you towards your goals.

Some training for T&F is provided through the winter months, please visit the website for more information about the coaches training over this period.

Relays

Relays are a major event of the Little Athletics' calendar and provide an opportunity for all athletes to experience the benefits of training and competing as a team rather than as an individual. Everyone is welcome to come down to relay training, there is no selection criteria to be able to train. The more athletes a relay team has training, the better chance of success at relay championships for your age group. It also provides those who don't train for an individual event a chance to do some training, make new friends and have fun while improving their fitness.

Relay coaches are appointed at the end of the previous season for every age group and gender group. Relay training times are set by the individual relay coach, usually held at Knox Park on our allocated training nights but you will have to contact your age group's relay coach to confirm times and days.

Distance & Cross Country

Training sessions for middle distance and Cross Country events are held throughout the year on Monday and Wednesday nights at Knox Park at 5pm, also Sunday mornings at 8.30am at Grant's Picnic Ground, Sherbrooke Forest, Kallista.

The Sunday sessions are run at a comfortable pace where the athletes are encouraged improve technique and correct breathing, as well as improving their ability to pace themselves. Parents are more than welcome to bring their running shoes to join along for these Sunday sessions.

Athletes wishing to start cross country and distance training for the first time or after a long absence, please contact Mike Kerr beforehand on 0433 281 212.

Coaching Opportunities – Interested in Coaching?

Knox is always looking for new coaches, whether it be relay coaching or event specific. Coaching young athletes, not just your own, can be a challenge but the rewards of developing an athlete or group of athletes is well worth it. We are always improving our coaching structure with mentor programs and financial reimbursement for your coaching fees & coaching development if you commit to coaching regularly. Why not get involved and start coaching today! If you are interested in joining our team of coaches please contact the Centre Secretary for more information secretary@klac23.org.au

LAVic Junior Development Squad (JDS)

The LAVic Junior Development Squad is open to athletes U12-U15 who achieve qualifying standards in events as set by LAVic. An athlete must qualify in one event twice (at separate meets) or 2 separate events once to be eligible.

Those athletes who achieved this standard at State T&F, Multi Event and Cross Country during the 2015/2016 season (in the age group above the one they actually competed in) may receive invitations to join the Squad for the 2016/2017 season.

Members of the Squad are able to participate in training days/camps, and also receive coaching by some of the State's top coaches.

For more information, please see your Club/Centre Team Manager or Centre Secretary.

Registration Categories

LAVic U16

This will allow the 'U16 athlete' to compete at all Knox LAC events. Club uniform for all normal competition at Knox LAC. LAVic U16 athletes cannot compete at Athletics Victoria (Seniors) events unless also registered as an Youth Athlete.

Athletics Victoria (Seniors) as Youth Athletics

Youth Athletics is a sub category of Athletics Victoria 'Competing Athlete' membership providing discounted membership for athletes between 15 and 17 years as at 31st December who have been a registered member of Little Athletics within the last 3 seasons. They can compete at any Athletics Victoria (seniors) meets wearing the uniform and current bib number of their senior club.

Youth Athletes who are under 16 as at 1st October of the current Summer season can also compete at Knox LAC wearing their seniors' uniform with current bib number, however only past members of Knox Little Athletics Centre are eligible for Knox Centre Records and/or to compete on Knox Championship Day.

Athletics Victoria (Seniors) Dual Registration (U12 to U15)

This will allow registered LAVic athletes from the U12 to U15 age groups to also compete in Athletics Victoria (Seniors) competition in a Centre uniform.



Club/Parent Duty Responsibilities

1. Clubs will be responsible for equipment at the event(s) their Chief Official has been designated to (see below for details).
2. They are required to collect and return equipment for the event(s). All equipment must be returned to the Equipment Shed and stored as directed by Arena/Equipment Manager.
3. All concreted areas and track surfaces (eg. runups and throws areas) must be swept continuously throughout the competition.
4. Jumps pits must be raked before, during and after competition.
5. Shot put sand must be raked lightly before, during and after competition.
6. Position hurdles alongside appropriate track. Check program to see what hurdle track will be used.
7. Any shortages or breakages of equipment must be reported to the Arena/Equipment Manager at the end of the competition. NOTE: It is also the responsibility of the person(s) responsible for the equipment to report breakages.
8. Duty Club Representatives are to refer to the equipment guide in the storage boxes for quantity and allocation of equipment required for each event.
9. All clubs are responsible for placing mobile bins in a suitable position near their Club area and to ensure there is enough bins to service the entire complex. Clubs MUST also return bins to storage area near cyclone gates at the end of each competition.
10. Each Club is to make sure that portable shade are in place in their designated chief official areas prior to competition days when hot weather conditions are forecast and returned to storage area if senior competition not being held on that day.

Chief Officials

SHOT PUT # 1	Rowville Lakes
SHOT PUT # 2	Bayswater
DISCUS # 1	Dorset/Wantirna
DISCUS # 2	Knoxfield
JAVELIN	Fairpark
HAMMER	Scoresby
LONG JUMP # 1	Rowville
LONG JUMP # 2	Eastfield-Studfield
TRIPLE JUMP # 1	Rangeview
TRIPLE JUMP # 2	Wantirna
HIGH JUMP # 1, # 2, # 3	Rowville/Scoresby/Boronia
FRONT STRAIGHT FINISH	Rowville
FRONT STRAIGHT MARSHALL	Rangeview/Fairpark
BACK STRAIGHT FINISH	Rowville Lakes
BACK STRAIGHT MARSHALL	Knoxfield
CIRCULAR TRACK	Rowville
MINI OLYMPICS	Dorset

Program Cancellation

If weather conditions deteriorate during the program, Team Managers may request the Arena Manager to cancel the competition. In the event of adverse weather conditions the Arena Manager may cancel or shorten running events to protect athletes. See weather policy on page 18.

Lost Property

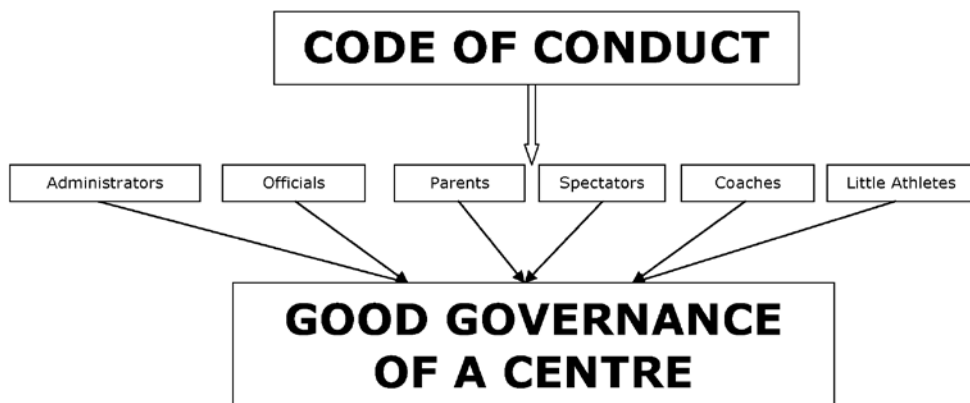
Lost Property can be collected from under the Grandstand each Saturday morning. Clothing that is not collected by the last day of the competition will be sent to a charitable organisation. Please assist in this matter by ensuring that all clothing is collected.

Code of Conduct

Little Athletics Victoria expects all members to comply with the Code of Conduct. Appropriate action may be taken in the case of any breaches of the Code of Conduct.

Little Athletics Victoria will ensure that all athletes, coaches, spectators, parents, officials and administrators are not prone to sexual abuse, neglect, physical abuse or emotional abuse. They will ensure that all persons are included, protected and not discriminated against in any manner.

Little Athletics Victoria is registered as an Incorporated Association as protection for its Centres, Committees and its Members



- Create a comfortable, safe & inclusive environment to encourage the involvement and participation of families
- Advertise your Centre through the use of flyers, signage and word of mouth
- Consider costs to allow as many people to participate
- Control the business of the Centre by being focused on objectives of the LAVic Constitution
- Implement a succession plan to assist members and administrators
- Identify and manage any financial or non-financial risks of the Centre
- Create a mandatory minimum checking standard to keep children safe by ensuring Working with Children Checks are in place

Administrators

- Involve children in the planning, leadership, evaluation and decision-making related to the activity.
- Ensure that equal opportunities for participation in sports are made available to all children, regardless of ability, size, shape, sex, disability or ethnic origin.
- Ensure that equipment and facilities are safe and appropriate to the ability level of participating children.
- Ensure that rules, equipment, events and training schedules take in consideration the age, ability and maturity level of participating children.
- Ensure that adequate supervision is provided by qualified and competent coaches and officials capable of developing appropriate positive behaviour and skill technique.
- Remember that children participate for enjoyment and play down the importance of rewards.
- Avoid allowing programmes to become primarily spectator entertainment. Focus on the needs of the participants rather than the enjoyment of the spectators.

- Provide clinics aimed at improving the standards of coaching and officiating, with an emphasis on appropriate behaviour and skill technique.
- Ensure that parents, coaches, sponsors, administrators, officials, physicians and participants understand their responsibilities regarding fair play.
- Make available the Code of Conduct to spectators, officials, parents, coaches, athletes and the media.
- Hold a current Working with Children Check
- Avoid use of bad language.

Officials

- Compliment all participants on their efforts.
- Be consistent, objective and courteous in calling all infractions.
- Condemn unsporting behaviour and promote respect for all opponents.
- Ensure that the “spirit of the game” for children is not lost by using common sense and not over-emphasising errors.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
- Publicly encourage rule changes, which will reinforce the principles of participation for fun and enjoyment.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
- Make a personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.
- Hold a current Working with Children Check (if officiating at Region or State events as Chief Officials).
- Avoid use of bad language.

Parents

- Encourage children to participate if they are interested. However, if a child is not willing, do not force him or her.
- Focus upon the child’s efforts rather than the overall outcome of the event. This assists the children in setting realistic goals related to his/her own 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 a child for making a mistake or losing an event.
- Remember children are involved in Little Athletics for their enjoyment, not yours.
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official’s judgement and honesty in public. Remember, most officials give their time and effort for your child’s involvement.
- Support all efforts to remove all verbal and physical abuse at Little Athletics activities.
- Recognise the value and importance of being a volunteer official and/or coach. They give of their time and resources to provide recreational activities for the children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- Avoid use of bad language.

Spectators

- Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators, nor are they miniature professionals.
- Applaud good performances and efforts from each athlete. Congratulate all participants upon their performance regardless of the event outcome.
- Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the children to do likewise.
- Never ridicule or scold a child for making a mistake during a competition. Positive comments are motivational.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or athletes.
- Show respect for each participant. Without them there would be no events.
- Encourage athletes to follow the rules and the officials' decisions.
- Demonstrate appropriate social behaviour by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- Avoid use of bad language.

Coaches

- Be reasonable in your demands on young athlete's time, energy and enthusiasm.
- Teach athletes the rules of the sport are mutual agreements, which no one should evade or break.
- Whenever possible, group athletes to give a reasonable chance of success.
- Avoid over-coaching the better performing athletes, the "just average" athletes need and deserve equal time.
- Ensure any physical contact with athletes is appropriate to the situation and necessary for the athlete's skills development.
- Avoid situations with your athletes that could be construed as compromising.
- Remember that children participate for fun and enjoyment and that winning is only part of their enjoyment. Never ridicule or yell at the children for making mistakes or losing an event.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes.
- Take into consideration the maturity level of the children when scheduling and determining the length of training times and competition.
- Coaches should never solicit, whether overtly or covertly, or by actively recruiting athletes who are already being coached to join their squad.
- Develop respect for the ability of opponents as well as for the judgement of officials and coaches.
- Follow the advice of a physician when determining when an injured athlete is ready to recommence training or competition.
- Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.
- Demonstrate appropriate social behaviour, by not harassing athletes, other coaches or officials, smoking on the arena or being intoxicated.
- Not publicly criticise or disagree with the work of other coaches.
- Hold a current Working with Children Check
- Avoid use of bad language.

Little Athletes

- Play by the rules.
- Never argue with an official. If you disagree, ask your Team or Age Manager to deal with the matter.
- Control your temper. Verbal abuse of officials, coaches, parents or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
- Work equally hard for yourself and/or your Centre/Club. Your Centre/Club's performance will benefit.
- Be a good sport. Applaud all good results whether they are by your Centre/Club, opponent or the other Centre/Club.
- Treat all athletes, as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- Co-operate with officials, coaches, club mates and other participants. Without them there would be no competition.
- Participate in Little Athletics for the "fun of it" and not just to please parents and coaches.
- Avoid use of bad language.

Health Policies

Little Athletics understands there are various factors that can affect a little athlete and as a result has adopted the following Policies:

Healthy Food Choice Policy

The Association/Regions/Centres will ensure that a variety of healthy food choices are available at competition and various activities.

Smokefree Policy

All areas under the Association/Region/Centre venues are to be smokefree – including clubrooms, change rooms, toilet blocks, spectator and competition areas. Centres will place No Smoking signs in prominent positions around the venues.

Sun Protection Policy

Association/Region/Centres are encouraged to provide shade structures at venues and make available SPF15+ or higher sunscreen. Athletes and Officials are advised to wear hats and carry drink bottles to events.

Responsible Alcohol Management Policy

There is to be no sale or consumption of alcohol during the conduct of any Little Athletics events. Where alcohol is consumed at functions the Association/Region/Centre will comply with Liquor Licensing Victoria regulations.

For more detailed information on these policies, please refer to your Centre Policy Forms that must be signed off as part of a Centre's affiliation with the Association.

Working With Children Check

The Working With Children Check was implemented to protect our children from harm from physical contact, and face-to-face and online communication. LAVic has a zero tolerance to child abuse, is committed to acting in children's best interest and keeping them safe and actively works to empower children. Knox Little Athletics Centre will adopt this same policy and statement of commitment to Child safety.

- Knox will promote itself as a child safe organisation.
- Knox will demonstrate a high commitment to child safety all our athletes.
- All children and families will be made to feel welcomed at our club.

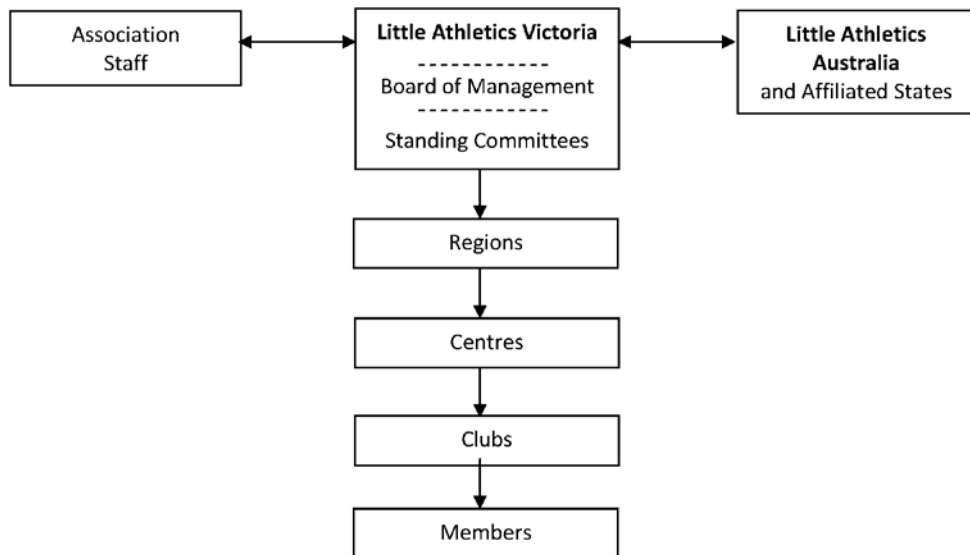


Knox has a clear process for reporting and acting on all concerns regarding Child Safety.

Weather

In the event of extreme weather (eg. heat, rain), program adjustments will be considered along with possibility of cancelling or rescheduling the meet. In any case, changes will be announced at the track posted online.

LAVic Structure



Little Athletics Victoria (LAVic) consists of 7 Regions – 4 Metropolitan and 3 Country Regions which are:

Eastern Metropolitan, Northern Metropolitan, Southern Metropolitan, Western Metropolitan, Gippsland, Northern Country and Western Country.

The Knox Centre is within the Eastern Metropolitan Region (EMR) which are:

Box Hill, Camberwell/Malvern, Cockatoo, Collingwood, Croydon, Doncaster, Kew, Knox, Nunawading, Ringwood, Sherbrooke and Yarra Ranges.

Your club is one of 11 within the Knox Little Athletics Centre (Knox LAC) which are:

Bayswater Bullets, Boronia Bolters, Dorset Demons, Eastfield-Studfield, Fairpark, Knoxfield, Rangeview, Rowville, Rowville Lakes, Scoresby Striders and Wantirna

There are around 100 Little Athletics Centres within Victoria



www.lavic.com.au

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Centre Rules

1. Each club must be under the control of a Team Manager.
2. The Chief Official controlling an event may, in conjunction with the Referee, disqualify an athlete who is misbehaving from that event.
3. Unseemly conduct of spectators may lead to suspension of children from their event or loss of points for their club on that day.
4. On completion of an event, unless otherwise directed, all athletes MUST report direct to their Team Manager.
5. All athletes MUST wear club uniform with their age group and Centre recording number label pinned on in the prescribed position. Only BLACK shorts to be worn.
6. All athletes MUST wear adequate and suitable footwear whilst competing in all events.
7. Athletes going to an event MUST be escorted from the assembly area by a Marshall, unless otherwise instructed.
8. Only designated Officials, Club Team Managers and athletes are permitted on the arena during the program.
9. Any general comment regarding any part of the operation should be made in writing to the Centre Secretary.
10. Any athlete who arrives late for an event will NOT be permitted to compete, unless delayed by another event. In this instance the Team Manager must notify the Official in charge of the second event.
11. All athletes MUST compete in all events as per grading list or as directed by the Official controlling the event, otherwise they will not be permitted to compete or participate.
12. Each club will supply officials to assist in roles as determined by the Centre. The number required will be based on the proportion of club families to Centre families. Any official leaving before all programmed events are completed MUST be replaced by another official from that club, or points gained by the official WILL be forfeited.
13. Spikes may be used by U11-U16 age groups only in events run entirely in lanes, long jump, triple jump, high jump and javelin and all relay events. U14-16 may wear spikes in all track events excluding walks. Maximum length of spikes must not exceed 7mm.

If using spikes, athletes must comply with the following rules:

- a. Spikes shall not be worn outside the relevant competition area.
- b. Spikes may only be worn by athletes to return to the assembly area of that event where they must be removed (front straight and back straight laned events only).
- c. Athletes wearing spikes are expected to exercise due care at all times.
- d. Spikes shall be carried in a spike bag at all times when not being worn.

Failure to comply with any of the above rules will result in the athlete being suspended from wearing spikes for two weeks, a further breach will result in suspension from wearing spikes for four weeks, any further breach will be regarded a misbehaviour and may result in suspension from all competition. The Arena Manager shall determine if any rules have been breached. ADMINISTRATION: length of spikes will be monitored by random checks. Where a Marshall is of the opinion that spikes exceed the maximum length, the Referee shall be called to decide on the matter. Injuries shall be monitored by First Aid and all injuries caused by spikes will be investigated to ensure that current rules are appropriate.

14. **The Referee has the authority to impose penalties on any competitor(s) who do not comply with any of the foregoing rules.**

Knox Centre Policies

The following policies relating to the Centre are available from either the website (www.klac23.org.au/policies) or from the Centre Secretary which are in addition to the LAVic policies.

- Knox LAC Photography Policy
- Knox LAC Code of Conduct & Complaint and Dispute Resolution Process Policy
- Knox LAC Social Media Policy
- Knox LAC Awards Criteria
- Knox LAC Adverse Weather Policy
- 'LAA Child Protection Policy'

Hints for Officials

If you are a track judge, remember judge the TORSO of the athlete as he/she crosses the finish line, NOT hands, feet or the head. The torso is that part of the body between the shoulders and the waist.

In instances where stopwatches are used timekeepers must start watches when they see the smoke from the gun, NOT the bang. Remember sound travels slower than light.

In the event of a false start, don't forget to re-set your watch. Also if you miss the start of a race notify the Chief Timekeeper immediately.

Warm-up provisions must be used fairly or not at all. It is the responsibility of the Marshall of the event to decide if warm-ups are allowed. Time shall be taken into consideration when making this decision.

Field event Officials must place themselves in the best position to observe all actions of the athlete. Common sense must prevail in these instances.

It is YOUR responsibility to ensure that all athletes have equal and every opportunity of achieving his or her best in all events.

If you are unsure of any aspect or rule ask the Chief of Officials or Referee.

Track Rules

An athlete that breaks twice at the start of a race shall be penalised as follows:-

- Races up to 100m – half a metre
- 200m races – one metre
- 400m races – behind the pack
- All hurdle races – disqualified

In walk events if a child is known to have three reports for disqualification and is likely to be instrumental in causing others to lift, the Chief Judge has the authority to apply a ten second holding count and then allow the child to continue in the event.

In all laned events, composition of heats is determined by the grading sheets. Lanes will be allocated by the Official controlling the event. See rule 11 'Centre Rules'.

In all laned events, athletes shall draw for the lane in which he/she is to run. Composition of heats is determined by the grading sheets. See rule 12 'Centre Rules'.

All athletes MUST compete in the best possible manner and conduct their behaviour accordingly. Instances of deliberate interference or unseemly conduct whilst on the track will be referred to the Referee.

No person or athlete may cross the running or walking track while an event is in progress. Any person doing so may cause an athlete to be disqualified from that event.

For Hurdle events the following hurdle heights apply:

Distance	60m	80m	90m	100m	200m	300m
Markers	Orange	Black	White	Yellow	Green	Green
Under 8	45cm	—	—	—	—	—
Under 9	45cm	45cm	—	—	—	—
Under 10	60cm	60cm	—	—	—	—
Under 11	60cm	60cm	—	—	60cm	—
Under 12	68cm	68cm	—	—	68cm	—
Under 13	—	76cm	—	—	68cm	—
Under 14 G	—	76cm	—	—	76cm	—
Under 14 B	—	—	76cm	—	76cm	—
Under 15/16 G	—	—	76cm	—	—	76cm
Under 15/16 B	—	—	—	76cm	—	76cm

Rules for Race Walking

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 must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position. This is the international rule of walking. It simply means:

- a) The walker must never have both feet off the ground at the same time (CONTACT).
- b) The front leg must be straight from the first moment of contact with the ground until directly under the body (KNEES).

These are the only two rules for which an athlete may receive a report (RED CARD).

The term REPORT means one or both of the rules have been broken. The term CAUTION means a warning, the rules haven't been broken yet, but by continuing in that manner they most probably will be.

An athlete may safely receive two CAUTIONS from every judge, one for contact and one for knees, but if three REPORTS (RED CARDS) are received, from three separate judges the athlete will be disqualified. A judge shall not REPORT an athlete more than once in an event.

In normal track conditions there can be up to seven judges, including the Chief Judge. Six of these judges will be spaced around the track, leaving the Chief Judge to move around the track during the race. The Chief Judge will be at the start and finish of the race accompanied by one other judge. This ensures that no athlete can gain an unfair advantage at the beginning or end of a race.

A Judge's CAUTION shall be given by displaying a yellow and black indicator board with the symbol of the offence (a caution is given only once per possible infringement). However once a Judge has REPORTED an athlete for an infringement no further caution or report can be made for that athlete by the same Judge.

Cautions ARE PERMITTED in the last lap of an event. Cautions have no bearing on disqualification. An athlete can be given a caution and report at the same time.

At Knox Centre the Chief Walk Judge also has the power in exceptional circumstances to disqualify an athlete regardless of any other reports from any other judge. The Chief Judge also has the power to stop an athlete for a maximum of ten seconds, or can remove the athlete from the track. This will only be enforced if an athlete is in danger of disrupting other athletes in the race by his/her action. At the finish of a race the disqualified athletes will be informed as soon as practical and may speak to the chief judge for further information. The judges at Knox Centre are only too willing to give assistance if they can.

An event can be run with 2 judges but a minimum of (4) judge's are required for a Knox Centre record to be recognised.



Rules for Shot Put

SHOT PUT										
	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16
Boys	1kg	1.5kg	2kg	2kg	2kg	3kg	3kg	3kg	4kg	4kg
Girls	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg	3kg

1. All trials shall commence from a stationary position.
2. Once an athlete has entered the circle and commences to throw, it will be a foul or non-trial if the athlete touches any part of the circle or ground outside, excepting that the athlete may touch the inside of the kick-board but not the top.
3. An athlete may not leave the circle until the shot has touched the ground. Athletes can only leave the circle through the designated rear half of the circle.
4. To be a valid throw or trial, the shot must fall within the inner edge lines marking the throwing sector.
5. The measurement of each valid trial shall be from the nearest mark made by the shot to the inside edge of the kick-board, along an imaginary line drawn through the centre of the circle.
6. The shot must be put in one hand only.
8. From the time the 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 shall not be dropped below this position. During the action of putting, the shot shall not be brought behind the line of the shoulders.

Rules for Discus

DISCUS										
	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16
Boys	350g	500g	500g	500g	750g	750g	1kg	1kg	1kg	1kg
Girls	350g	500g	500g	500g	750g	750g	750g	1kg	1kg	1kg

1. The athlete may enter the circle from any direction but must leave from the REAR HALF of the circle. A line shall be drawn through the centre of the circle to indicate the portion through which it is permissible to leave the circle.
2. The throw must be commenced from a stationary position.
3. It is permitted during the course of the trial (after the trial has already commenced) to STOP and PLACE the discus down inside the circle until ready to resume the trial. This can only be done provided that:
 - (a) no infringement has occurred during that particular trial, and
 - (b) this does not occur more than once in each trial.
4. The athlete must not touch the top of the circle or the ground outside the circle during the throw with any part of the body. The athlete is allowed to touch the inside of the steel band if this has been used in the construction of the discus circle.
5. The discus must land so that the point of impact is within the INNER edges of lines marking the sector. If the discus hits the cage and deflects back into the sector it is deemed a legal throw. It does not matter where the discus goes after the first impact. The athlete must not leave the circle until the discus has landed. The athlete must leave the circle from the rear half of the circle.
6. The trial is measured from the closest mark made by the discus to the inside edge of the steel band, along an imaginary line drawn through the centre of the circle.
7. All measurements must be made immediately after each trial.
8. Measurements are made to the nearest centimetre. The centimetre BELOW is to be used when it is between centimetres.

Rules for Javelin

JAVELIN						
	U11	U12	U13	U14	U15	U16
Boys	400g	400g	600g	600g	700g	700g
Girls	400g	400g	400g	400g	500g	500g

1. Each athlete is to be allowed 2 or 3 trials only and the places will be determined by the best performance in all trials.
2. Once a competition has begun, athletes are not permitted to use the runway or ground within the sector for practice trials, with or without implements.
3. It is illegal to tape two or more fingers together unless to cover an open cut or wound. The use of gloves is not allowed.
4. The Javelin must be held at the grip. It should be thrown over the shoulder or upper part of the throwing arm, and must never be slung or hurled. Non-orthodox styles are not permitted.
5. At no time during the throw, until the Javelin has been discharged into the air, may the competitor turn completely around, so that their back is towards the throwing arc.
6. For a valid throw the tip of the Javelin must fall within the inner edges of the throwing sector.
7. A throw shall be valid only if the tip of the metal head strikes the ground before any other part of the Javelin. The Javelin does not have to stick in, but marking is easier if it does. When a Javelin descends at a very low angle with the ground it may bounce shortly before producing what looked likely to be a fair landing. This must be carefully watched to see if the point impacts first.
8. The competitor must not leave the runway until the implement has touched the ground. When leaving the runway the first contact with the parallel lines or the ground outside the runway must be completely behind the white lines of the arc at right angles to the parallel lines.
9. The Javelin must be carried back to the starting line, never thrown back.
10. It shall be a foul throw if the competitor, after they have started their throw, touches (with any part of their body or limbs) the runway lines or the ground outside the runway, or improperly releases the Javelin whilst making any attempt.
11. The measurement of each throw shall be made from where the tip of metal head first strikes the ground to the inside edge of the arc along a line from the point of the landing to the centre of the circle of which the arc is a part.
12. The tape must be straightened and pulled tight and the distance measured to the nearest whole centimetre below the distance thrown unless the reading is a whole centimetre.

Rules for Hammer Throw

HAMMER		
	U15	U16
Boys	4kg	4kg
Girls	3kg	3kg

1. An athlete, in his stationary starting position prior to the preliminary swings or turns, is allowed to put the head of the hammer on the ground inside or outside the circle prior to commencing a trial.
2. The athlete must not exit the circle until the implement has landed and must exit the ring from the rear half of the throwing circle.
3. It shall not be considered a failure if the head of the hammer touches the ground inside or outside the circle, or the top of the iron band while throwing. The athlete may stop and begin the throw again, provided no other rule has been breached.
4. The use of gloves in any throwing event is not allowed except for Hammer Throw. In this case, the gloves shall be smooth on the back and on the front and the tips of the glove fingers, other than the thumb, shall be cut.

Rules for Vortex

1. The centre is trialling Vortex as an additional throwing event for U9-10 athletes this season.
2. As this is only a trial, no centre records will be set or maintained. Clubs may choose to do so if they wish.
3. The rules will generally follow the rules for javelin.

Rules for Long Jump

1. The long jump is an action of a single jump preceded by a run-up. The jump is made by the athlete placing the take-off foot on the mat and landing in the pit, usually on both feet.
2. Each athlete is entitled to 2 or 3 jumps, the best of which is recorded as the jump. No jumps are included in the 2 or 3 jumps.
3. If an athlete places any part of the take-off foot over the edge of the take-off area closest to the pit, it is deemed a No-jump.
4. Under 9-10 Athletes: All jumps shall be measured from the nearest break in the landing area (made by any part of the body or limbs), to the front edge of the imprint made by the take-off foot. The tape is then straightened and drawn tight so it lays over and is in contact with the imprint made by the take-off foot and the distance is measured to the nearest whole centimetre below the distance jumped.
5. In the case of an athlete taking off before reaching the take-off area, the jump is measured back from the landing area imprint to the centre point at the back edge of the take-off area (i.e. furthestmost from the pit). This allows a jump to be recorded without unduly penalising the athlete.
6. Under 11-16 Athletes: All jumps shall be measured from the nearest break in the landing area (made by any part of the body or limbs), to the front edge of the take-off board (extended as necessary). The tape is then straightened and drawn tight so it lays perpendicular (i.e. 90 degrees) to the take-off board or its extension. The distance is measured to the nearest whole centimetre below the distance jumped.
7. In the event of an athlete approaching the take-off area, does not jump but swerves to one side and PASSES the back edge of the take-off area, the trial shall be declared a No-jump.
8. In the event of an athlete stopping short of the back edge of the take-off area, then he/she is entitled to repeat his/her run-up without penalty.
9. The sand in the pit AND the take-off area must be levelled after each jump.
10. The take-off area size for Under 7 and 8 shall be 1 metre square. For under 9 to 10 it shall be 1.22m x 0.5m, for under 11 to 16 it shall be 1.22m x 0.2m or painted line.



2016 Ray Abley Gift Runners



Rules for Triple Jump

1. The triple jump is an action in three parts:
 - (a) The hop is to be made so that the athlete shall first land on the same foot as that which was placed on the mat.
 - (b) The step is completed by landing on the other foot.
 - (c) The jump is completed by landing in the pit.
2. If the athlete, whilst jumping, touches the ground with the 'sleeping' leg, it is considered a legal jump.
3. The maximum length of run up for the triple jump is 40 metres.
4. Each athlete is entitled to 2 or 3 jumps, the best of which is recorded as the jump. No jumps are included in the 2 or 3 jumps.
5. All the jumps are measured from the nearest break in the sand made by ANY PART OF THE ATHLETE'S BODY to the take-off extended. The tape is then drawn tight and the distance is measured to the nearest whole centimetre below the distance jumped.
6. If an athlete places any part of the take-off foot over the edge of the mat closest to the pit, it is deemed a no-jump.
7. U11-16 Athletes: All jumps shall be measured from the nearest break in the landing area (made by any part of the body or limbs) to the front edge of the take-off board (extended as necessary). The tape is then straightened and drawn tight so it lies perpendicular (i.e., 90 degrees) to the take off board or its extension. The distance is measured to the nearest whole centimetre below the distance jumped.
8. In the event of an athlete approaching the take-off area, does not jump but swerves to one side and PASSES the back edge of the take-off area, the trial shall be declared a no-jump.
9. In the event of an athlete stopping short of the back edge of the take-off area, then she/he is entitled to repeat his/her run-up without penalty.
10. The sand in the pit AND the mat must be levelled after each jump.
11. U11-16 athletes will jump from a 1.22 x 0.2 metre board or painted line.

Rules for High Jump

1. All athletes must jump from one foot only.
2. Athletes U8-U9 must use the scissor technique. They must clear the bar in a predominately vertical position, with the first contact made on the landing area being made by one or both feet. The head of the competitor must not go over the bar before the leading foot (the foot of the leg closest to the bar at take-off). The head of the competitor must not be below the buttocks when the buttocks clear the bar.
3. Knocking the bar off its supports, or touching the ground beyond the plane of the upright with any part of the body without clearing the bar, shall count as failure.
4. The uprights shall not be moved during the competition unless the referee considers the take-off area has become unsuitable. In such a case the change shall be made only after a round has been completed.
5. An athlete may or may not jump at any height as he/she wishes, but 2 or 3 consecutive failures, regardless of the height at which any of such failures occur, disqualifies the athlete from further jumping.
6. After all the other athletes have failed, the remaining athlete is entitled to continue jumping until she/he has forfeited her/his right to continue jumping.
7. The height of the bar must NEVER BE LOWERED during the competition, except in the case of a tie-breaker.
8. If an athlete fails to complete the attempt within 60 seconds, a failure will be recorded. An athlete may abort an attempt (balk) as many times as they like provided that the final attempt is commenced in 60 secs.

Relay Competition

Relay competitions occur in the Track and Field season and are composed of two main events – EMR Region Championships and the LAVic State Relay Championships. In addition, there are centre based relay events offered each year that, while not part of the official relay calendar, provide a useful benchmark for performance and a valuable training aid.

Relays present an opportunity, rare in athletics, for an individual athlete to experience the great sense of comradeship from being part of a team. This often leads to a stronger integration of athletes into peer groups and frequently produces life-long friendships and experiences.

Relay competition includes the following events for athletes Under 9-15:

4 x 100

4 x 200

Medley (2 x 100, 1 x 200 and 1 x 400)

Mixed Sex 4 x 100

Mixed Sex 4 x 200

Mixed Age Medley (U9-11, U12-13, U14-15)

Relay squads/teams are selected based on their potential to progress from Region to State, with ultimately the ability to secure a State final position. In so doing every effort is made to progress as many athletes as possible.

Factors that are used to determine athletes selection include:

- Athletes' performance over relay distances (100, 200 & 400m)
- Athletes' proficiency in relay race technique – baton changing etc.
- Attitude and being a 'team' member
- Attitude at training

Regardless of the above criteria, every athlete that nominates for relays will be included in a relay squad and will be given every opportunity to perform to the best of their ability.

To prepare relay squads for competition the nominated age group coach(s) will provide several training sessions leading up to the competition days. Attendance at this training is very useful for the athletes' general development but is also an important factor in squad selection. It is important to note that as a team event, relays require commitment from all involved. Squads cannot easily adapt should athletes 'drop out'. Commitment to the team, once given, must be followed through to the end.

Mini Olympics/OnTrack

Mini Olympics/OnTrack is an exciting program that provides children of the U6 and U7 Age Group the opportunity to explore the fundamental movement skills of running, hopping, leaping, jumping and throwing which form the building blocks for more complicated sport and movement skills. This will be done in a fun way through games, challenges and giving children plenty of opportunities to practice. More focused on basic movement skills rather than event specific. This will generally run for 15 to 20 minutes at the start of competition.

Further exploration will occur at the events in which each child will be given the chance to put newly learned skills into practice. Events may be modified to suit the ability of the children (such as Triple Jump) and, with all events, we want to promote the children having lots of turns and practice. Track events will normally follow the Mini Olympics/OnTrack Session and Field Events Exploration.

Our aim is to have fun, encourage skill development rather than winning, giving children lots of opportunity for unstructured play and to be active. We want to give all children time and attention not just the most talented.

To make this happen we really need you to become involved. No skills required but smiles are a must and a desire to have fun

Knox Centre Awards

TRACK & FIELD

Best Athlete Age Group Award

An award known as the KNOX CENTRE BEST ATHLETE AGE GROUP AWARD will be made for each age group (except Under 6 & 7), both boy and girl, each season, for performances in track and field events.

This award is made to encourage excellence in individual performances. The award is based on the revised Event Performances Point Scoring system (EPPS):

Points are awarded for all performances against a table of standards for each event and age group, as approved by the competition committee.

Athletes who attend LAVic approved camps and clinics, compete by selection at LAVic approved State or National Competitions, or other LAVic events held for their age group on days they are absent from Centre Point scoring competitions will be awarded points for each event for their particular age group. Proof of attendance may be required at the request of the Centre Executive. The athlete with the highest number of EPPS points will be awarded the Best Overall Athlete for that age group.* The winner of the Best Athlete Award is ineligible to win the PB award.

Personal Best Age Group Awards

An award system known as the KNOX CENTRE PERSONAL BEST AWARD will be made up for each age group, both boy and girl (except Under 6 & 7) each season for performances in track and field events. This award is made to enhance the aims and objectives of the participation and personal involvement of the Knox Little Athletics Centre and LAVic

The award is based on a points system known as the Personal Best points scoring system

- 1 Five (5) points for a Personal Best
- 2 Four (4) points for equalling a Personal Best
- 3 One (1) point for an attempt at the event

No points are awarded where there is a breach of Centre Rules in regard to the code of conduct set out in this handbook.

Athletes who attend LAVic approved camps and clinics, compete by selection at LAVic approved State or National Competitions, or other LAVic events held for their age group on days they are absent from Centre Point scoring competitions will be awarded attempt points for each event for their particular age group, i.e. one (1) point for each event. Proof of attendance may be required at the request of the Centre Executive.*

The Award will be made to the boy and girl athlete for each age group with the highest points gained at the conclusion of the point scoring calendar.

** To a maximum of 4 approved absences*



www.lavic.com.au

BE YOUR BEST

Kathy Hale Club Award (Best supporters club)

This award recognises the contribution that parents/supporters make on a regular basis to ensure the efficient running of the Little Athletics Program. At the end of the season the winning club will receive \$300 and the perpetual shield. If clubs are on equal points, the award will be shared. Points will be awarded under the following guidelines:

- Five points will be allocated to each Club that supplies the number of officials required in accordance with the Centre rules.
- Clubs that fail to provide the required number of officials will have points deducted consistent with the shortfall in officials provided.

The Chief of Officials maintains weekly records of the number of officials supplied by each club. All chiefs and officials must sign in for duty to ensure that they are credited with their club's points. Periodical roll checks are made to ensure each individual has reported to duty after signing in.

Points will also be allocated to clubs that provide the requested number of participants at various Centre events during the season, eg. Chief Official training days, Open Twilight set up, working bees etc. Attendance must be registered with the event organiser to ensure points are allocated.

Best Overall Athlete

An award that accrues points using the Event Performances Points Scoring System (EPPS) in the Best Athlete Awards plus added points (3 points per Centre and Electronic Record) for records broken during the season on normal competition days up to and including final points scoring day. One awarded to both a girl and boy.

Club Awards

Best Boys & Girls and Overall Club Awards:

There are three Best Club Awards, Boys & Girls and Overall and they are awarded having regard to PBPS points and EPPS points attained by all athletes in a Club and then adjusted for Club size by having regard to the number of registered athletes in each Club and the number of registered athletes at the Centre.

The formula used is as follows:

$$\frac{\text{(Total Club PBPS Points + Total Club EPPS Points)}}{\text{By Number of Athletes Registered with Club then x By Total Number of Athletes Registered at the Centre.}}$$

This formula is applied separately to the registered athletes in each Club who are Boys, Girls and both Boys and Girls, to establish each Award Winner for the season.

Volunteer Award

Awarded to a deserving member or family that has shown initiative and dedication in their volunteer work and has gone beyond the normal call of duty to contribute to the success of the Centre during the current Track & Field season.

LAVic Awards

LAVic have a number of awards where individual or clubs can nominate those worthy to be considered in the following categories:

- Volunteer of the Year Award
- Coach of the Year Award
- Bryan Neighbour Centre Coach Award

Winners will be announced at the LAVic Gala Awards night and volunteer nominations will receive a certificate. Please contact Centre or Club Secretary for nomination forms.



CROSS COUNTRY

Points are awarded for participation on all weeks of competition excluding Open Day and Championship Day.

Attendance points only apply on weekends of region/state events, and handicap day.

Max J. White Shield

This Shield is awarded to the Club with the most points. The total points awarded to the Club's athletes is divided by the number of registered athletes (summer and winter).

Knox Athletics Club Shield

This Shield is presented to a female athlete (Under 9-16) with the highest number of points accumulated throughout the season.

Cross Country Shield

This Shield is presented to a male athlete (Under 9-16) with the highest number of points accumulated throughout the season.

Stewart Findlay Award

This Award is presented to the female athlete who has competed in at least 80% of the season's events. She must be polite, helpful and show excellent sportsmanship. She must have regularly competed at two or more cross country seasons.

George Orrock Award

This Award is presented to the male athlete who has competed in at least 80% of the season's events. He must be polite, helpful and show excellent sportsmanship. He must have regularly attended two or more cross country seasons.

Mike Kerr Award

This Award will be presented to an athlete, parent, family or sponsor whose contribution was part of the successful Cross Country season.

100% Attendance Award

This Award is presented to athletes who have participated on all weekends (excluding Open Day) throughout the season.



Knox Athletics Club

Athletes from Under 13 and older are invited to join with the seniors club for training and competition. All athletes are welcome whatever their standard. Every member has equal access to all facilities.

The Knox Athletics Club offers athletes the opportunity for regular training in a friendly atmosphere with fully qualified and experienced coaches, in both track and field events.

Training is conducted at the Knox track on Tuesday and Thursday evenings from 5pm and on Sunday mornings. A fully equipped gymnasium is available, under supervision, to all members.

Interclub track and field competition is conducted from October to March on Saturday afternoons. Cross country, road runs and race walking competition is conducted during the winter months.

For further information regarding the club, please contact:

www.knoxathletics.websyte.com.au

VICTORIAN MASTERS ATHLETICS CLUB INC.

Knox Centre

Races Every Wednesday Night 6.45pm to 8.45pm

3 events per night

◆ sprints ◆ mid distance ◆ long distance ◆

Many Novelty Events, Trophy Nights and Handicap Races
open to Ladies and Gentlemen over 35 years

www.vicmastersaths.org.au

Centre Trophy Winners 2016/17

Club Awards

Best Overall Club	Eastfield/Studfield
Champion Girls Club	Rangeview
Champion Boys Club	Eastfield/Studfield
Kathy Hale Club Award	Knoxfield

Age Awards

		Best Athlete		Personal Best Award	
Girls Under	8	Alexis Port	Row	Victoria Allison	S
	9	Milan Keogh	RL	Teah Smith	Ra
	10	Sienna Kurdian	W	Khushi Deol	Row
	11	Aranya Manchanayake	ROW	Zarah Smith	Ra
	12	Amber Clarke	K	Elise Carbery	B
	13	Talia Allen	F	Maddison Davis	Row
	14	Hannah Hodges	Row	Mia Ward	ES
	15	Ashleigh Bertram	K	Holly Hodges	Row
Boys Under	16	Romanie Barnes	F	Jemma Stapleton	Row
	8	Zac Mellech	Row	Lachlan Creaton	RL
	9	Harrison Chapman	RL	Cooper Bertram	RL
	10	Cooper Howe	K	Liam Barnes	RL
	11	Jaydan Wigney	W	Eden Morgan	F
	12	Lester Long	S	Luke Ward	ES
	13	Jhye Smith	Ra	Jacob Allison	S
	14	Dharam Deol	Row	Prenoj Devanandan	ES
	15	Jesse Eickhoff	Row	Matthew Elvin	B
	16	Tyler Gray	Row	Liam Hoskin	Row

Best Overall Athlete

Boys	Harrison Chapman	RL
Girls	Sienna Kurdian	W

Knox Centre – 5 Year Award

This award is awarded to Knox Little Athletes who have achieved 5 full seasons at the Knox Centre in Track and Field. It does not include any years at other Centres but does not have to be continuous at the Knox Centre. Athletes who commence after turning minimum-age after the start of the season do not begin to count their years of attendance until they have achieved that first full season, i.e. two seasons in the lowest age group only counts as 1 year.

LAVic 10 Year ‘Certificate of Achievement’

This is awarded to athletes who are 15 or 16 years of age and have completed 10 years of continuous registration at any Victorian Little Athletics Centre. Proof of registration at another Centre may be required. A partial-season in the youngest age group after attaining the minimum starting age is not counted.

Betty Dyer Dedication Trophy Award

Betty Dyer, elected a Knox LAC Life member in 1975, was the Knox Centre point scorer and Team Manager for many years and firmly stood up for our children's rights. This award was bestowed upon her posthumously for athletes who have competed in Little Aths from the Centre's initial age group U6/U7 continuously through to U15.

9 Seasons Service (U7-15)

Boronia	Aidan Vincent
Dorset	Alex Tzilantonis
Fairpark	Georgia Turner
The Fields	Keira Fisher-Gay
Knoxfield	Kathleen O'Mahony
	Ashleigh Bertram
	Breanna Turnbull
Rowville	Mark Merrigan
	Jesse Eickhoff
Wantirna	Corey Dickson
	Ashlee King

10 Seasons Service (U7-16)

Fairpark	Romanie Barnes
Rowville Lakes	Joel Kitteringham
Rowville	Callum Bramer
Rowville	Jemma Stapleton

Alan Johnson Perpetual Trophy

This trophy is awarded to an athlete with an outstanding performance in Walk Events during the season. Alan Johnson was the Knox LAC walks coach for its first 25 years, producing many winners and rose to International walks judging. In 1985, he was awarded a VLAA/LAVic Life Governor for services to Little Athletics.

2009	Bianca Attard	Rangeview
2010	Matthew Felton	Eastfield-Studfield
	Kyle Swan	Wantirna
2011	Nathan Brill	Boronia Bolters
2012	Kyle Swan	Wantirna
	Reese Walmsley	Rowville Lakes
2013	Emily Hamilton	Dorset
2014	Kyle Swan	Wantirna
2015	Hayden Walmsley	Rowville Lakes
2016	Corey Dickson	Wantirna
2017	Corey Dickson	Wantirna

John Bennett Memorial Trophy

This Perpetual Trophy, donated by the Bennett Family, is awarded to an athlete with an outstanding performance in a single event or events during the season. The Trophy commemorates John Bennett's active support of Little Athletics. Past winners are listed below:

2007	Brooke Stratton	Wantirna	Jumps
2008	Charanja Thavendran	Rowville Lakes	Sprints
2009	Sam Goldsack	Rangeview	Jumps
2010	Dakota Pyke	Knoxfield	Sprints
2011	David Thomson	Bayswater Bullets	Multi Event
2012	Emily Harvey	Rangeview	Javelin
	Charisse Mohorovic	Eastfield-Studfield	Javelin
2013	Harry Ma'O	Rowville	Sprints
2014	Jordan Munyard	Rowville	Sprints
2015	Eleanor Leeson	Fairpark	High Jump
2016	Elise Keeghan	Bayswater	Discus
2017	Amber Clarke	Knoxfield	Hurdles

Misc. Awards

Volunteer Award		David Kearsley	Wantirna
2016 Ray Abley Gift	GIRLS	Gemma Lillie	Rowville
	BOYS	William Wright	Wantirna

State Championships – Track & Field

Held at Lakeside Stadium on 11th and 12th March 2017

Event	Athlete	Place	Result	
Girls Under 9				
70m	Milan Keogh	6th	11.05	
400m	Chloe Johnstone	7th	1.16.81	
800m	Chloe Johnstone	4th	2.48.57	
700m Walk	Teah Smith	1st	3.37.17	
700m Walk	Alyssa Chapman	6th	4.08.84	
Shot Put	Elsa Leonard	6th	6.13	
Girls Under 10				
100m	Sienna Kurdian	8th	15.33	
Girls Under 11				
100m	Jennifer Lim	1st	13.48	Record
100m	Aranya Manchanayake	6th	14.48	
200m	Jennifer Lim	1st	28.29	Record
200m	Natasha Kindler	5th	29.14	
200m	Aranya Manchanayake	8th	30.23	
400m	Natasha Kindler	3rd	1.04.77	
1500m	Zarah Smith	8th	5.33.41	
1100m Walk	Zarah Smith	2nd	5.39.50	
60mH	Natasha Kindler	2nd	9.91	Record
60mH	Aranya Manchanayake	6th	10.41	
High Jump	Monique Doherty	2nd	1.35	
Triple Jump	Aranya Manchanayake	7th	9.05	
Shot Put	Katherine Dekel	3rd	10.88	
	Elise Keeghan	5th	9.26	
Discus	Elise Keeghan	3rd	27.14	
	Katherine Dekel	4th	26.78	
Javelin	Katherine Dekel	1st	23.02	
Girls Under 12				
100m	Amber Clarke	1st	13.25	
200m	Amber Clarke	3rd	27.43	
400m	Amber Clarke	4th	1.01.91	
	Gemma Van Grondelle	7th	1.06.18	
1500m Walk	Elise Carbery	2nd	8.22.12	
	Gemma Lillie	3rd	8.29.88	
60mH	Amber Clarke	1st	9.41	Victorian Record
High Jump	Paityn Horne	5th	1.40	
Shot Put	Elise Carbery	7th	10.32	
Girls Under 13				
80mH	Leilani Tikfesis	8th	13.80	
1500m Walk	Charlotte Hay	1st	7.07.12	
1500m Walk	Grace Louey	5th	7.54.15	
High Jump	Grace Louey	5th	1.50	
Girls Under 14				
1500m Walk	Mia Ward	5th	8.38.44	
High Jump	Grace Doherty	7th	1.50	
Javelin	Lily Carlin	8th	28.32	

State Championships – Track & Field (continued)

Event	Athlete	Place	Result
Girls Under 15			
100m	Nikey Oni	8th	13.38
1500m Walk	Chloe Karagiorgos	1st	6.57.98
	Kathleen O'Mahony	3rd	7.34.89
300mH	Holly Hodges	6th	52.15
High Jump	Ashleigh Bertram	8th	1.45
Discus	Ashleigh Bertram	2nd	32.18
Javelin	Holly Hodges	3rd	32.57
Boys Under 9			
70m	Harrison Chapman	3rd	10.74
100m	Harrison Chapman	4th	15.08
	Corey Mason	7th	15.48
	Harrison Chapman	2nd	30.91
700m Walk	Liam Hutchins	1st	3.37.83
	Hamish Blackwood	2nd	3.44.78
High Jump	William Hodder	6th	1.15
Long Jump	Harrison Chapman	3rd	3.99
Discus	William Hodder	3rd	23.66
Shot Put	William Hodder	5th	7.30
Boys Under 10			
400m	Tyler Walther	8th	1.14.35
1100m Walk	Luke Epps	1st	5.30.08
Boys Under 11			
400m	Charlie Richardson	5th	1.03.69
400m	Jaydan Wigney	6th	1.03.75
800m	Jaydan Wigney	8th	2.29.89
60mH	Lachlan Monteath	4th	9.83
1100m Walk	Joel Prys	1st	5.24.81
	Eden Morgan	4th	5.50.52
High Jump	Lachlan Monteath	2nd	1.47
Discus	Lachlan Monteath	5th	26.65
Javelin	Lachlan Monteath	3rd	31.35
Boys Under 12			
200m	Lester Long	4th	26.68
400m	Lester Long	2nd	59.85
1500m Walk	Liam O'Rourke	1st	8.07.36
	Luke Ward	2nd	8.09.69
High Jump	Noah Andrews	3rd	1.45
Long Jump	Noah Andrews	2nd	5.14
Boys Under 13			
1500m Walk	Angus Hay	2nd	7.51.41
Boys Under 14			
100m	Riley Baldwin	3rd	11.96
	Achintha Jayawantha	6th	12.41
400m	Paul Haasbroek	1st	54.19
800m	Dharam Deol	8th	2.15.34
1500m	Dharam Deol	6th	4.36.98
1500m Walk	Riley Turnbull	6th	9.00.38

State Championships – Track & Field (continued)

Event	Athlete	Place	Result
Boys Under 14 (continued)			
90mH	Paul Haasbroek	1st	13.42
Long Jump	Paul Haasbroek	2nd	5.85
	Achintha Jayawantha	4th	5.46
Javelin	Paul Haasbroek	3rd	42.48
Boys Under 15			
200m	Jakeb Pearson	3rd	23.65
400m	Jakeb Pearson	2nd	52.07
1500m Walk	Corey Dickson	2nd	6.56.36
300mH	Jakeb Pearson	1st	40.06
Javelin	Oliver Blackburn	7th	31.97

State Championships – Multi-Event

Held at Bendigo on 28th and 29th January 2017

Age Group	Athlete	Place	Points
Under 9 Girls	Alyssa Chapman	12th	673
	Monique Kindler	37th	370
Under 11 Girls	Natasha Kindler	3rd	1152
	Aranya Manchanayake	7th	1067
Under 12 Girls	Amber Clarke	4th	1383
	Elise Carbery	16th	1161
Under 15 Girls	Ashleigh Bertram	9th	3376
	Holly Hodges	10th	3346
	Raweshnaa Devanandan	17th	2071
Under 9 Boys	Anantha Manchanayake	36th	641
	Luke Monteath	52nd	487
Under 11 Boys	Lachlan Monteath	3rd	1325
	Jaydan Wigney	16th	1165
	Joel Prys	31st	1031
Under 13 Boys	Keanu Ramadan	24th	1095
Under 14 Boys	Paul Haasbroek	1st	2357 *
	Prenoj Devanandan	18th	1474
	Ryan Walton	23rd	1058

* Knox Record

State Championships – Relays

Held at Lakeside Stadium 17th December 2016

Boys	Age	Event	Result	Girls	Age	Event	Result
	Under 9	4 x 200m	3rd		Under 11	4 x 200m	1st
	Under 9	Medley	3rd		Under 11	4 x 100m	3rd
	Under 10	Medley	2nd		Under 12	4 x 200m	1st
	Under 11	4 x 100m	2nd		Under 12	4 x 100m	3rd
	Under 11	Medley	2nd		Under 12	Medley	3rd
	Under 14	4 x 100m	1st				
	Under 14	4 x 200m	1st	Mixed Sex	Age	Event	Result
	Under 14	Medley	2nd		Under 9	4 x 100m	2nd
					Under 11	4 x 100m	1st

LAVic Awards

Coach of the Year – **Mike Donato** Centre Coach Award – **Fran Attard** Best Centre Track and Field – **Knox**

Centre Multi Event Day – 26th November 2016

Place	Name	Club	Points	Name	Club	Points
Under 6 Boys				Under 6 Girls		
1st	Reed Johnston	Row	1581	Siena Chapman	Bor	1095
2nd	Riley Wigney	W	1359	Matilda Grimes	Bor	993
3rd	Kobe Reddington	Bor	1325	Neve Odokeychuk	K	942
Under 7 Boys				Under 7 Girls		
1st	Jessie Lewis	Row	2083	Jemma Howe	K	1624
2nd	Alexander Karaikos	Row	1912	Anna Phelan	B	1618
3rd	Joshua Henkul	Row	1905	Chloe Thorp	K	1602
Under 8 Boys				Under 8 Girls		
1st	Zac Mellech	Row	2505	Alexis Port	Row	1937
2nd	Riley Adolphson	K	2420	Ava Thomas	Row	1821
3rd	James Barna	W	2252	Addison Jones	D	1778
Under 9 Boys				Under 9 Girls		
1st	Harrison Chapman	RL	943	Talysha Sayers	K	748
2nd	Luke Monteath	RL	817	Alyssa Chapman	Bor	693
3rd	Liam Hutchins	Ra	790	Milan Keogh	RL	682
Under 10 Boys				Under 10 Girls		
1st	Zach Bissett	K	800	Sienna Kurdian	W	749
2nd	Cody Thorp	K	788	Bree Horne	RL	607
3rd	Tyler Walther	Row	787	Leah Woolmore	Row	530
Under 11 Boys				Under 11 Girls		
1st	Lachlan Monteath	RL	1166	Aranya Manchanayake	Row	1168
2nd	Jaydan Wigney	W	1161	Natasha Kindler	Row	935
3rd	Max Collins	ES	970	Zarah Smith	Ra	887
Under 12 Boys				Under 12 Girls		
1st	Lester Long	S	1233	Amber Clarke	K	1297
2nd	Jordan Drescher	ES	1038	Paityn Horne	RL	986
3rd	Rory Jones	RL	1010	Elise Carbery	B	974
Under 13 Boys				Under 13 Girls		
1st	Ben Noonan	Row	1019	Leilani Tikfesis	W	1186
2nd	Noah Dai	W	991	Jessica Turner	F	837
3rd	Sean Ramsay	RL	941	Lauren Hassing	Ra	834
Under 14 Boys				Under 14 Girls		
1st	Paul Haasbroek	B	*2257	Hannah Hodges	Row	1273
2nd	Thomas Gasparroni	F	1704	Kate Bettridge	Row	1104
3rd	Dharam Deol	Row	1667	Sarah Ternes	Row	943
Under 15 Boys				Under 15 Girls		
1st	Mark Merrigan	Row	2167	Ashleigh Bertram	K	*1784
2nd	Jesse Eickhoff	Row	2018	Holly Hodges	Row	1474
3rd	Jay Stephan	F	1753	Isabella Reynolds-Wilson	B	1320
Under 16 Boys				Under 16 Girls		
1st	Tyler Gray	Row	2596	Romanie Barnes	F	1777
2nd	Ewan McLean	Row	2218	Tess McLeod	Row	755
3rd	Ethan Mein	Ra	1792			

* Centre Record

Centre Championship Day Results – 25th March 2017

Gold

Silver

Bronze

Under 6 Girls

70m	Megan Kearsley	W	Bridie Wheatley	Bor	
100m	Siena Chapman	Bor	Sophie Blackwood	K	
300m	Siena Chapman	Bor	Charlotte Turner	F	
LJ	Siena Chapman	Bor	Sophie Blackwood	K	Megan Kearsley W
Discus	Megan Kearsley	W	Siena Chapman	Bor	Bridie Wheatley Bor
Shotput	Megan Kearsley	W	Bridie Wheatley	Bor	Charlotte Turner F

Under 7 Girls

70m	Mackenzie Horne	RL	Alyssa Kurdian	W	Olivia Killian Row
100m	Mackenzie Horne	RL	Chloe Thorp	K	Alyssa Kurdian W
200m	Chloe Thorp	K			
300m	Mackenzie Horne	RL	Chloe Thorp	K	
400mW	Alyssa Kurdian	W	Matilda Palmer	Row	
HJ	Anna Phelan	Bays	Lilly-Ann Herbert	RL	Jade Jones D
LJ	Mackenzie Horne	RL	Anna Phelan	Bays	Chloe Thorp K
TJ	Izabel Krasey	Ra			
Discus	Jemma Howe	K	Anna Phelan	Bays	Matilda Palmer Row
Shotput	Jemma Howe	K	Anna Phelan	Bays	Lilly-Ann Herbert RL

Under 8 Girls

70m	Alex Nash	RL	Addison Jones	D	Alexis Port Row
100m	Caitlyn Le Grove	K	Blythe Lambie	RL	
200m	Blythe Lambie	RL	Caitlyn Le Grove	K	
400m	Victoria Allison	SS	Ruby Howe	K	Blythe Lambie RL
600m	Priya Deol	Row	Victoria Allison	SS	Mietta Morgan F
60mH	Alex Nash	RL	Caitlin Killian	Row	Ruby Howe K
700mW	Mietta Morgan	F	Olivia Doherty	Ra	Blythe Lambie RL
HJ	Ava Thomas	Row	Addison Jones	D	Ruby Howe K
LJ	Alexis Port	Row	Caitlyn Le Grove	K	Ava Thomas Row
TJ	Alex Nash	RL	Ruby Howe	K	Olivia Doherty Ra
Discus	Kiarah Browne	W	Ava Thomas	Row	Olivia Doherty Ra
Shotput	Caitlin Killian	Row	Ava Thomas	Row	Charli Bissett K

Under 9 Girls

70m	Milan Keogh	RL	Elsa Leonard	Ra	Bianca Sithibourn K
100m	Milan Keogh	RL	Chloe Johnstone	RL	Sarah Winters K
200m	Milan Keogh (Er)	RL	Chloe Johnstone	RL	Chelsea Mizzi Ra
400m	Chloe Johnstone	RL	Chelsea Mizzi	Ra	Ava Scott D
800m	Chloe Johnstone	RL	Teah Smith	Ra	Lara Gniatkiewicz Row
60mH	Alyssa Chapman	Bor	Monique Kindler	Row	Chelsea MizziRa
80mH	Alyssa Chapman	Bor	Matilda Erbs-Brain	ES	Lily Matthews W
700mW	Teah Smith	Ra			
HJ	Monique Kindler	Row	Maddison Block	D	Isabelle Heinley W
LJ	Milan Keogh	RL	Alyssa Chapman	Bor	Monique Kindler Row
TJ	Alyssa Chapman	Bor	Bianca Sithibourn	K	Teah Smith Ra
Discus	Elsa Leonard	Ra	Zara Blaauw	ES	Isabelle Heinley W
Shotput	Isabelle Heinley	W	Zara Blaauw	ES	Matilda Erbs-Brain ES

Centre Championship Day Results (continued)

Gold			Silver		Bronze	
Under 10 Girls						
70m	Bree Horne	RL	Kate Reddington	Bor	Olivia Drescher	ES
100m	Sienna Kurdian (ER)	W	Zoe Palmer	Row	Bree Horne	RL
200m	Sienna Kurdian (ER)	W	Zoe Palmer	Row		
400m	Sienna Kurdian (ER)	W	Ella Drew	F	Hailey Buckley	RL
800m	Isabelle Creaton	RL	Khushi Deol	Row	Keisha Blaauw	ES
60mH	Bree Horne (ER)	RL	Zoe Palmer	Row	Khushi Deol	Row
80mH	Bree Horne (ER)	RL	Zoe Palmer	Row	Isabelle Creaton	RL
1100mW	Amelie Williams	RL				
HJ	Hailey Buckley	RL	Kate Reddington	Bor	Keisha Blaauw	ES
LJ	Hailey Buckley	RL	Keisha Blaauw	ES	Ella Drew	F
TJ	Hailey Buckley	RL	Ella Drew	F	Keisha Blaauw	ES
Discus	Isabelle Creaton	RL	Ella Drew	F	Olivia Drescher	ES
Shotput	Sienna Kurdian	W	Isabelle Creaton	RL	Jacqueline Ring	W

Under 11 Girls								
70m	Jennifer Lim	W	Maria Feagaimalii	Bays	Tansyn Keogh	RL		
100m	Jennifer Lim	W	Tansyn Keogh	RL	Olivia Sithibourn	K		
200m	Jennifer Lim (ER)	W	Sophie Johnstone	RL				
400m	Natasha Kindler (ER)	Row	Zarah Smith	Ra	Sophie Johnstone	RL		
800m	Zarah Smith	Ra	Bianca Mizzi	Ra	Abbey Hickey	Row		
1500m	Olivia Curson	Ra	Jessica Fettell	D	Bianca Mizzi	Ra		
60mH	Natasha Kindler	Row	Aranya Manchanayake	Row	Jennifer Lim	W		
80mH	Natasha Kindler (ER)	Row	Aranya Manchanayake	Row	Jessica Fettell	D		
200mH	Natasha Kindler	Row	Aranya Manchanayake	Row	Kelsie Ternes	Row		
110mmW	Zarah Smith	Ra	Aria Wesson	D	Sophie Johnstone	RL		
HJ	Elise Keeghan	Bays	Kelsie Ternes	Row	Zara Phelan	Bays		
LJ	Zarah Smith	Ra	Bianca Mizzi	Ra	Zara Phelan	Bays		
TJ	Aranya Manchanayake	Row	Maria Feagaimalii	Bays				
Discus	Elise Keeghan	Bays	Katherine Dekel	Row	Tara Ward	ES		
Shotput	Katherine Dekel (CR)	Row	Elise Keeghan	Bays	Isabelle Ohia	ES		
Javelin	Katherine Dekel	Row	Elise Keeghan	Bays	Maria Feagaimalii	Bays		

Under 12 Girls								
70m	Amber Clarke (ER)	K	Breejena Kc	W	Paityn Horne	RL		
100m	Amber Clarke(ER)	K	Breejena Kc	W	Paityn Horne	RL		
200m	Amber Clarke (ER)	K	Breejena Kc	W	Gemma Van Grondelle	W		
400m	Gemma Van Grondelle	W	Teia Wilson	RL	Kyla Chapman	Bor		
800m	Sienna Crowder	W	Hayley Eickhoff	Row	Danielle Griffin	W		
1500m	Claudia Irving	Row	Georgia Howe	K	Danielle Griffin	W		
60mH	Amber Clarke (ER)	K	Paityn Horne	RL	Kyla Chapman	Bor		
80mH	Breejena Kc	W	Elise Carbery	Bays	Paityn Horne	RL		
200mH	Amber Clarke	K	Zuleika Barnes	F	Kyla Chapman	Bor		
1500mW	Elise Carbery	Bays	Gemma Lillie	Row	Danielle Griffin	W		
HJ	Paityn Horne	RL	Lily Ryan	RL	Breejena Kc	W		
LJ	Elise Carbery	Bays	Gemma Van Grondelle	W	Siwon Na	Row		
TJ	Gemma Van Grondelle	W	Siwon Na	Row	Zuleika Barnes	F		
Discus	Michala Kearsley	W	Lily Ryan	RL	Bethany Koster	D		
Shotput	Elise Carbery	Bays	Michala Kearsley	W	Maeve Leonard	Ra		
Javelin	Lily Ryan	RL	Michala Kearsley	W	Paige Madeley	Row		

Centre Championship Day Results (continued)

Gold			Silver		Bronze	
Under 13 Girls						
70m	Jessica Turner	F	Jennifer Sahely	RL	Olivia Boukas	K
100m	Leilani Tikfesis	W	Alisha Downie	Row		
200m	Leilani Tikfesis	W	Talia Allen	F	Alisha Downie	Row
400m	Talia Allen	F	Maddison Davis	Row	Alisha Downie	Row
800m	Talia Allen	F	Jennifer Sahely	RL	Maddison Davis	Row
1500m	Talia Allen	F	Maddison Davis	Row		
80mH	Leilani Tikfesis	W	Melissa Baldry	SS		
200mH	Jessica Turner	F	Maddison Davis	Row	Olivia Boukas	K
1500mW	Charlotte Hay	Bays	Grace Louey	Row	Alanah Epps	Row
HJ	Grace Louey	Row	Jennifer Sahely	RL		
LJ	Jessica Turner	F	Jennifer Sahely	RL	Melissa Baldry	SS
TJ	Alisha Downie	Row	Jessica Turner	F	Melissa Baldry	SS
Discus	Madeline Richardson	W	Olivia Boukas	K	Alisha Downie	Row
Shotput	Leilani Tikfesis	W	Charlotte Hay	Bays	Alanah Epps	Row
Javelin	Madeline Richardson	W	Jessica Turner	F	Grace Louey	Row
1100mSC	Talia Allen	F	Maddison Davis	Row	Jennifer Sahely	RL

Under 14 Girls						
70m	Yathiksha Yogaraja	ES	Lily Carlin	Ra	Maddy Reynolds	Row
100m	Bernadette Feagaimalii	Bays	Lily Carlin	Ra	Maddy Reynolds	Row
200m	Kate Bettridge	Row	Yathiksha Yogaraja	ES		
400m	Bernadette Feagaimalii	Bays	Hannah Hodges	Row	Mia Ward	ES
800m	Georgia O'Halloran	F	Bernadette Feagaimalii	Bays	Sarah Ternes	Row
1500m	Georgia O'Halloran	F				
80mH	Kate Bettridge	Row	Hannah Hodges	Row		
200mH	Hannah Hodges	Row	Georgia O'Halloran	F	Ashlynn O'Halloran	F
1500mW	Mia Ward	ES	Hannah Hodges	Row		
1100mSC	Georgia O'Halloran	F	Ashlynn O'Halloran	F	Sarah Ternes	Row
HJ	Grace Doherty	Ra	Bernadette Feagaimalii	Bays	Sarah Ternes	Row
LJ	Grace Doherty	Ra	Kate Bettridge	Row	Lily Carlin	Ra
TJ	Grace Doherty	Ra	Ashlynn O'Halloran	F	Maddy Reynolds	Row
Discus	Lily Carlin	Ra	Mia Ward	ES	Maddy Reynolds	Row
Shotput	Grace Doherty	Ra	Mia Ward	ES	Ashlynn O'Halloran	F
Javelin	Lily Carlin	Ra	Hannah Hodges	Row	Yathiksha Yogaraja	ES

Under 15 Girls						
70m	Keira Fisher-Gay	F				
100m	Ashleigh Bertram	K	Sophie Ryan	RL		
200m	Ashleigh Bertram	K	Keira Fisher-Gay	F	Georgia Turner	F
400m	Abi Kenny	Row				
800m	Abi Kenny	Row	Breanna Turnbull	K	Raweshnaa Devanandan	F
1500m	Abi Kenny	Row	Breanna Turnbull	K	Kathleen O'Mahony	K
90mH	Holly Hodges	Row	Keira Fisher-Gay	F		
300mH	Holly Hodges	Row	Keira Fisher-Gay	F		
1500mW	Kathleen O'Mahony	K	Chantal Klep	Ra		
HJ	Ashleigh Bertram	K	Chantal Klep	Ra		
LJ	Ashleigh Bertram	K	Sophie Ryan	RL	Keira Fisher-Gay	F
TJ	Sophie Ryan	RL				
Discus	Sophie Ryan	RL	Ashleigh Bertram	K	Chantal Klep	Ra
Shotput	Holly Hodges	Row	Breanna Turnbull	K	Chantal Klep	Ra
Javelin	Breanna Turnbull	K	Holly Hodges	Row	Sophie Ryan	RL
Hammer	Holly Hodges	Row	Chantal Klep	Ra	Kathleen O'Mahony	K
1100mSC	Abi Kenny	Row	Raweshnaa Devanandan	F	Georgia Turner	F

Centre Championship Day Results (continued)

Gold			Silver		Bronze	
Under 16 Girls						
70m	Jemma Stapleton	Row				
100m	Jemma Stapleton	Row				
200m	Jemma Stapleton	Row				
1500m	Tess Mcleod	Row				
90mH	Jemma Stapleton (ER)	Row				
300mH	Jemma Stapleton	Row				
LJ	Tess Mcleod	Row	Romanie Barnes	F		
TJ	Romanie Barnes	F				
Shotput	Tess Mcleod	Row				
Discus	Tess Mcleod	Row				
Javelin	Romanie Barnes	F				
Hammer	Tess Mcleod	Row				



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Under 6 Boys						
70m	Riley Wigney	W	Kobe Reddington	Bor	Dilan Turkkan	Row
100m	Riley Wigney	W	Reed Johnston	Row	Dilan Turkkan	Row
300m	Riley Wigney	W	Kobe Reddington	Bor	Dilan Turkkan	Row
LJ	Riley Wigney	W	Kobe Reddington	Bor	Caleb Le Grove	K
Discus	Reed Johnston	Row	Jacob Tayler	SS	Angus Shuttleworth	D
Shotput	Sorin Kc	W	Reed Johnston	Row	Kobe Reddington	Bor

Under 7 Boys						
70m	Jessie Lewis	Row	Alexander Karaiskos	Row	Joshua Henkul	Row
100m	Jessie Lewis	Row	Ollie Wilson	RL	Cooper Portelli	Row
200m	Jessie Lewis	Row	Alexander Karaiskos	RL	Tyson Gniatkiewicz	Row
300m	Jakob Chapman	RL	Dylan Walther	Row	Tyson Gniatkiewicz	Row
400mW	Finn Lambie	RL	Damian Baldy	Row	Hayden Kondic	Row
HJ	Jessie Lewis	Row	Jakob Chapman	RL	Dylan Walther	Row
LJ	Dylan Walther	Row	Cooper Ternes	Row	Tyson Gniatkiewicz	Row
TJ	Joshua Henkul	Row	Alexander Karaiskos	Row	Damian Baldy	Row
Discus	Alexander Karaiskos	Row	Finn Lambie	RL	Toby Frost	D
Shotput	Joshua Henkul	Row	Finn Lambie	RL	Dylan Walther	Row

Under 8 Boys						
70m	Zac Mellech	Row	Jayden Shillingford	K	Sam Drew	F
100m	Zac Mellech (ER)	Row				
200m	Zac Mellech	Row	Mitchell Larkin	RL	Jayden Shillingford	K
400m	Riley Adolphson	K	Mitchell Larkin	RL	Lachlan Creaton	RL
600m	Zac Mellech	Row	Sajan Deol	Row	Mitchell Larkin	RL
700mW	James Barna	W	Lachlan Creaton	RL	Mitchell Larkin	RL
60mH	Sajan Deol	Row	Nathan Silva	Row	James Barna	W
HJ	Riley Adolphson	K	Nathan Silva	Row	Thomas Krawczyk	SS
LJ	Riley Adolphson	K	Thomas Krawczyk	SS	Lachlan Creaton	RL
TJ	Thomas Krawczyk	SS	Sajan Deol	Row		
Discus	James Barna	W	Sajan Deol	Row	Sam Drew	F
Shotput	James Barna	W	Sam Drew	F	Lachlan Creaton	RL
					Nathan Silva	Row

Centre Championship Day Results (continued)

Gold			Silver		Bronze	
Under 9 Boys						
70m	Harrison Chapman (ER)	RL	Corey Mason	Row	Cooper Bertram	RL
100m	Harrison Chapman (ER)	RL	Corey Mason	Row	William Irving	Row
200m	William Hodder	D	Jake Frost	D	Jerome Benn	D
400m	Jake Frost	D	Ethan Wagner	Bor	William Irving	Row
800m	Ethan Wagner	Bor	Dominic Allison	SS	William Irving	Row
60mH	Corey Mason	Row	Luke Monteath	RL	Anantha Manchanayake	Row
80mH	Corey Mason (ER)	Row	Luke Monteath	RL	Jake Frost	D
700mW	Liam Hutchins	Ra	Hamish Blackwood	K	Jerome Benn	D
HJ	Cooper Bertram	RL	William Hodder	D	Ethan Neill	Row
LJ	Harrison Chapman	RL	Luke Monteath	RL	Jake Frost	D
TJ	Harrison Chapman	RL	Liam Hutchins	Ra	Anantha Manchanayake	Row
Discus	William Hodder	D	Luke Monteath	RL	Herosh Malavige	Ra
Shotput	Liam Hutchins	Ra	William Hodder	D	Cooper Bertram	RL
Under 10 Boys						
70m	Cooper Howe	K	Maxwell Barna	W	Adam Richardson	RL
100m	Ryan Mcleod	Row	Cooper Howe	K	Maxwell Barna	W
200m	Cody Thorp	K	Aiden Thorp	K	Maxwell Barna	W
400m	Tyler Walther	Row	Cody Thorp	K	Aiden Thorp	K
800m	Cody Thorp	K	Tyler Walther	Row	Aiden Thorp	K
60mH	Ryan Mcleod	Row	Cooper Howe	K	Adam Richardson	RL
80mH	Ryan Mcleod	Row	Zach Bissett	K	Adam Richardson	RL
1100mW	Luke Epps	Row	Dylan Madeley	Row		
HJ	Maxwell Barna	W	Cooper Howe	K	Cody Thorp	K
LJ	Tyler Walther	Row	Ryan Mcleod	Row		
TJ	Tyler Walther	Row	Zach Bissett	K	Luke Epps	Row
Discus	Zach Bissett	K	Aiden Thorp	K	Liam Barnes	RL
Shotput	Liam Barnes	RL	Zach Bissett	K		
Under 11 Boys						
70m	Jaydan Wigney	W	Mitchell Gamel	Row	Yathvin Yogaraja	ES
100m	Jaydan Wigney (ER)	W	Mitchell Gamel	Row	Charlie Richardson	W
200m	Charlie Richardson (ER)	W	Mitchell Gamel	Row	Jesse Winters	K
400m	Charlie Richardson	W	Jake Meerten	Bor		
800m	Jaydan Wigney	W	Jack Thomas	Row	Lachlan Tilley	Bor
1500m	Jaydan Wigney	W	Jack Thomas	Row	Jake Meerten	Bor
60mH	Lachlan Monteath	RL	Dean Portelli	Row	Jack Nash	RL
80mH	Lachlan Monteath (ER)	RL	Joel Prys	Ra		
200mH	Charlie Richardson	W	Joel Prys	Ra	Lincoln Howe	K
1100mW	Eden Morgan	F	Jack Thomas	Row		
HJ	Lachlan Monteath	RL	Joel Prys	Ra	Cooper Renshaw	F
LJ	Lincoln Howe	K	Wil Wright	W	Jack Nash	RL
TJ	Lincoln Howe	K	Yathvin Yogaraja	ES	Connor Whitehead	ES
Discus	Yathvin Yogaraja	ES	Cooper Renshaw	F	Lachlan Tilley	Bor
Shotpuf	Mitchell Gamel	Row	Lachlan Tilley	Bor	Yathvin Yogaraja	ES
Javelin	Lachlan Monteath	RL	Jack Nash	RL	Eden Morgan	F



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Centre Championship Day Results (continued)

Gold			Silver		Bronze	
Under 12 Boys						
70m	Noah Andrews	K	Jordan Drescher	ES	Joel Stapleton	Row
100m	Lester Long (ER)	SS	Daniel Reynolds	Row	Joel Martin	Ra
200m	Lester Long (ER)	SS	Jordan Drescher	ES	Trent Stapleton	Row
400m	Lester Long	SS	Rory Jones	RL	Joel Stapleton	Row
800m	Mitchell Pentreath	RL	Joel Stapleton	Row	Mitchell Howe	K
1500m	Mitchell Pentreath	RL	Mitchell Howe	K	Joel Martin	Ra
60mH	Lester Long	SS	Thomas Elvin	Bays	Joel Stapleton	Row
80mH	Thomas Elvin	Bays				
200mH	Thomas Elvin	Bays	Trent Stapleton	Row		
1500mW	Luke Ward	ES				
HJ	Noah Andrews	K	Jordan Kondic	Row	Thomas Elvin	Bays
LJ	Noah Andrews (CR)	K	Trent Stapleton	Row	Jordan Drescher	ES
TJ	Noah Andrews	K	Thomas Elvin	Bays	Trent Stapleton	Row
Discus	Rory Jones	RL	William Darragh	RL	Bailey Lubin	D
Shotput	Jordan Drescher	ES	Noah Andrews	K	Daniel Tikfesis	W
Javelin	Luke Ward	ES	Daniel Tikfesis	W	Daniel Reynolds	Row
Under 13 Boys						
70m	Akshaay Shankar	ES	Luke Richardson	RL	Patrick Shipham	SS
100m	Akshaay Shankar	ES	Jacob Allison	SS	Luke Richardson	RL
200m	Akshaay Shankar	ES	Jacob Allison	SS	Luke Richardson	RL
400m	Nathanial Louey	Row	Luke Richardson	RL	Jhye Smith	Ra
800m	Nathanial Louey	Row	Joshua Jensen	Row	Jhye Smith	Ra
1500m	Joshua Jensen	Row	Jhye Smith	Ra	Angus Hay	Bays
80mH	Akshaay Shankar	ES	Jacob Allison	SS	Keanu Ramadan	F
200mH	Jacob Allison	SS	Keanu Ramadan	F	Harley Meerten	Bor
1500mH	Joshua Jensen	Row	Angus Hay	Bays		
1100SC	Nathanial Louey	Row	Keanu Ramadan	F	Patrick Shipham	SS
HJ	Harley Meerten	Bor	Nathanial Louey	Row	Jack Ryan	RL
TJ	Jack Ryan	RL	Patrick Shipham	SS		
Discus	Keanu Ramadan	F	Jack Ryan	RL	Nicholas Krawczyk	SS
Shotput	Nicholas Krawczyk	SS	Angus Hay	Bays	Patrick Shipham	SS
Javelin	Keanu Ramadan	F	Jhye Smith	Ra	Nathanial Louey	Row
Under 14 Boys						
70m	Riley Baldwin	Bor	Jarro Long	K		
100m	Riley Baldwin	Bor	Achintha Jayawantha	K	Jarro Long	K
200m	Riley Baldwin	Bor	Achintha Jayawantha	K	Jarro Long	K
400m	Prenoj Devanandan	ES	Troy Maggs	Bays		
800m	Dharam Deol	Row	Prenoj Devanandan	ES	Cody Eickhoff	Row
1500m	Dharam Deol	Row				
90mH	Dharam Deol	Row	Achintha Jayawantha	K		
200mH	Dharam Deol	Row				
1500mW	Ryan Walton	Row				
1100mSC	Dharam Deol	Row	Troy Maggs	Bays	Prenoj Devanandan	ES
HJ	Riley Baldwin	Bor	Jaylen Bertram	RL		
LJ	Riley Baldwin (CR)	Bor	Achintha Jayawantha	K		
TJ	Achintha Jayawantha	K	Prenoj Devanandan	ES	Cody Eickhoff	Row
Discus	Troy Maggs	Bays	Prenoj Devanandan	ES	Jaylen Bertram	RL
Shotput	Troy Maggs	Bays	Jarro Long	K	Ryan Walton	Row
Javelin	Rvan Walton	Row				

Centre Championship Day Results (continued)

Gold

Silver

Bronze

Under 15 Boys

70m	Jay Stephan	F	Joshua Oettinger	SS	Jake Phipps	Row
100m	Jay Stephan	F	Mark Merrigan	Row		
200m	Jay Stephan	F	Joshua Oettinger	SS		
400m	Mark Merrigan	Row	Joshua Oettinger	SS		
800m	Matthew Elvin	Bays	Jesse Eickhoff	Row	Liam Epps	Row
1500m	Corey Dickson	W	Matthew Elvin	Bays	Liam Epps	Row
100mH	Jesse Eickhoff	Row	Joshua Oettinger	SS	Oliver Blackburn	RL
300mH	Jesse Eickhoff	Row				
1500mW	Corey Dickson	W	Brandon Kondic	Row	Ty Renshaw	F
HJ	Jay Stephan	F	Brandon Kondic	Row	Ty Renshaw	F
LJ	Jay Stephan	F	Jesse Eickhoff	Row	Matthew Elvin	Bays
TJ	Matthew Elvin	Bays	Jake Phipps	Row	Corey Dickson	W
Shotput	Mark Merrigan	Row	Oliver Blackburn	RL		
Discus	Mark Merrigan	Row	Jesse Eickhoff	Row	Oliver Blackburn	RL
Javelin	Mark Merrigan (CR)	Row	Oliver Blackburn	RL	Ty Renshaw	F
1100mSC	Corey Dickson	W	Matthew Elvin	Bays	Jake Phipps	Row
Hammer	Oliver Blackburn	RL	Liam Epps	Row		



State Championships – Cross Country

Held at Cruden Farm, Langwarrin on Saturday 22nd July 2017

Under 9 Boys 1500 metres

25th	Declan Tayler	6.20.92
50th	Anantha Manchanayake	7.01.02

Under 10 Boys 1500 metres

11th	Tyler Walther	5.45.03
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Under 11 Boys 2000 metres

15th	Jaydan Wigney	7.37.23
17th	Jack Thomas	7.42.68
39th	Jake Meerten	8.33.31

Under 12 Boys 2000 metres

22nd	Mitchell Pentreath	7.50.50
23rd	Lester Long	7.50.99
34th	Liam O'Rourke	8.11.77

Under 13 Boys 3000 metres

7th	Joel Sales	11.12.91
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Under 14 Boys 3000 metres

3rd	Dharam Deol	10.41.90
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Team Medals

Under 9 Girls	Gold
Under 11 Boys	Bronze
Under 14 Girls	Bronze



Under 9 Girls 1500 metres

6th	Chloe Johnstone	6.21.78
16th	Alyssa Chapman	6.41.50
19th	Talysha Sayers	6.46.28
21st	Chelsea Mizzi	6.47.47
25th	Teah Smith	6.53.58
49th	Jasmine Meerten	7.36.36

Under 10 Girls 1500 metres

39th	Ella Drew	6.55.91
46th	Khushi Deol	7.02.36

Under 11 Girls 2000 metres

18th	Zarah Smith	8.32.51
28th	Aranya Manchanayake	8.42.48
31st	Jessica Fettell	8.45.54
49th	Zoe Ryan	9.21.06
57th	Kelsie Ternes	9.59.55
62nd	Lauren Brown	10.49.43

Under 12 Girls 2000 metres

27th	Chloe Brown	8.59.97
29th	Kyla Chapman	9.12.08
41st	Danielle Griffin	9.59.39

Under 13 Girls 3000 metres

25th	Talia Allen	13.16.70
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Under 14 Girls 3000 metres

18th	Mia Ward	13.49.05
19th	Hannah Hodges	14:12:84
28th	Sarah Ternes	16.28.79

Under 15 Girls 3000 metres

21st	Holly Hodges	16.35.39
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State Road Relays 2017

Held at Sandown Racecourse, on Saturday, 8 July 2017

Under 9 Girls 3rd 18.48

Alyssa Chapman	6.11
Talysha Sayers	6.41
Chloe Johnstone	5.56

Dharam Deol - 3rd in Under 14 Boys 3000m



Centre Cross Country Championship Day

Held at Jells Park North on 29th July 2017

Age Group	Gold		Silver		Bronze	
Under 6 Girls	Caitlyn Shipham	SS	Siena Chapman	BW	Charlotte Turner	F
Under 7 Girls	—		—		—	
Under 8 Girls	Priya Deol	Row	Madeleine Tarabay	Row	Ava Thomas	Row
Under 9 Girls	Chloe Johnstone	RL	Talysha Sayers	K	Teah Smith	R
Under 10 Girls	Hailey Buckley	RL	Ella Drew	F	Khushi Deol	Row
Under 11 Girls	Zarah Smith	R	Kelsie Ternes	Row	Lauren Brown	F
Under 12 Girls	Kyla Chapman	BW	Chloe Brown	F	Georgia Howe	K
Under 13 Girls	Grace Louey	Row	Alanah Epps	Row	Talia Allen	F
Under 14 Girls	Georgia O'Halloran	F	Mia Ward	ES	Hannah Hodges	Row
Under 15 Girls	Breanna Turnbull	K	Kathleen O'Mahony	K	Holly Hodges	Row
Under 16 Girls	—		—		—	
Under 6 Boys	Riley Wigney	W	Mitchell Johnstone	RL	Ronal Marasinghe	RL
Under 7 Boys	Cooper Ternes	Row	Tyson Gniatkiewicz	Row	Jake Brown	F
Under 8 Boys	Sajan Deol	Row	Samuel Drew	F	—	
Under 9 Boys	Ethan Wagner	BW	Luke Monteath	RL	Declan Tayler	SS
Under 10 Boys	Tyler Walther	Row	Luke Epps	Row	Dylan Madeley	Row
Under 11 Boys	Jaydan Wigney	W	Jack Thomas	Row	Jake Meerten	BW
Under 12 Boys	Lester Long	SS	Mitchell Pentreath	RL	Rory Jones	RL
Under 13 Boys	Joel Sales	B	Nathanial Louey	Row	Jhye Smith	R
Under 14 Boys	Dharam Deol	Row	Troy Maggs	B	Riley Turnbull	K
Under 15 Boys	Matthew Elvin	B	Liam Epps	Row	—	
Under 16 Boys	—		—		—	

Cross Country Handicap Day

Held at Jells Park North on 1st July 2017

Distance	1st	Club Age	2nd	Club Age	3rd	Club Age
500m	Anthony Karaiskos	Row B06	Ronal Marasinghe	RL B06	Mitchell Johnstone	RL B06
1000m	Alexander Karaiskos	Row B07	Sajan Deol	Row B08	Tyson Gniatkiewicz	Row B07
1500m	Corey Mason	Row B09	Matilda Brogden	B G09	Chelsea Mizzi	R G09
2000m	Kyla Chapman	BW G12	Chloe Brown	F G12	Danielle Griffin	W G12
3000m	Patrick Shipham	SS B13	Joel Sales	B B13	Mia Ward	ES G14

Best Overall Athlete

Age	Girls	Club	Boys	Club
Under 6	Siena Chapman	BW	Riley Wigney	W
Under 7	—		Cooper Ternes	Row
Under 8	Priya Deol	Row	Sajan Deol	Row
Under 9	Chloe Johnstone	RL	Ethan Wagner	BW
Under 10	Ella Drew	F	Tyler Walther	Row
Under 11	Zarah Smith	R	Jaydan Wigney	W
Under 12	Chloe Brown	F	Lester Long	SS
Under 13	Talia Allen	F	Jhye Smith	R
Under 14	Georgia O'Halloran	F	Dharam Deol	Row
Under 15	Breanna Turnbull	K	Matthew Elvin	B
Under 16	—		—	

Centre Cross Country Awards

Max J. White Shield

Fairpark

Cross Country Shield

Dharam Deol

Rowville

B14

Knox Athletics Club Shield

Chloe Johnstone

Rowville Lakes

G9

=

Zarah Smith

Rangeview

G11

=

Talia Allen

Fairpark

G13

=

Stewart Findlay Award

Sarah Ternes

Rowville

G14

George Orrock Award

William Wright

Wantirna

B11

Mike Kerr Award

Lisa Meerten

Boronia



U11 Boys 3rd at State Cross Country

U14 Girls 3rd at State Cross Country

Centre Records as at 31st March 2017

Centre (C):	Best Performance by a registered Knox Athlete competing on normal competition days at Knox Park
Knox (K) :	Best Performance by a registered Knox Athlete ONLY at Region, State or LAA Championship events
Electronic (E):	Best Electronically timed performance by a registered Knox Athlete competing on normal competition days at Knox Park
Under 7:	Records are not kept for the Under 7 age group as this is an introductory year to Little Athletics at Knox and is solely dedicated to skill development

Club codes for Centre Records and seasons affiliated at the Knox Centre

Bayswater	Bays	Since 1968/69	Wantirna	W	1968/69, then since 1984/85
Boronia	Bor	Since 1968/69	Basin Heights	BH	1969/70 to 1989/90
Dorset	D	Since 1968/69	Sherbrooke	Sh	1969/70 only
Fairpark	F	Since 1968/69	Bayswater South	BS	1971/72 only
Knoxfield	K	Since 1968/69	Eastfield	E	1972/73 to 1994/95
Rangeview	Ra	Since 1968/69	Rowville	Row	Since 1974/75
St Johns	St Jn	1968/69 to 1970/71	Scoresby Striders	SS	Since 1984/85
St Josephs	St J	1968/69 to 1995/96	Eastfield-Studfield	ES	Since 1995/96
Studfield	S	1968/69 to 1994/95	Rowville Lakes	RL	Since 1996/97

* Boronia West known as Boronia Bolters since 2003/04

Event	Year	Name	Club	Record	Result
Boys Under 8					
70m	1985	Scott Beaven	Row	C	10.80
	2015	Harrison Chapman	RL	E	11.35
100m	1978	Damien Coombs	S	C	15.30
	1978	Scott Fewson	Ra	C	15.30
	1985	Scott Beaven	Row	C	15.30
	2017	Zac Mellech	Row	E	16.02
200m	1984	Travis Bateman	B	C	32.90
	1979	Scott Fewson	Ra	C	32.90
200m	1984	Andrew Michel	K	C	32.90
	1976	Scott Hillberg	K	C	32.90
	2015	Harrison Chapman	RL	E	33.06
400m	1979	Scott Fewson	Ra	C	1.10.20
	2014	Jaydan Wigney	W	E	1.16.49
600m	2009	Blake Tahlambouris	RL	C	2.02.36
60mH	1997	Travis McNaught	SS	C	10.50
	2010	Jesse Eickhoff	Row	E Prov	11.33
700mW	2016	James Barna	W	C Prov	4.48.57
HJ	1989	Matthew Littlejohn	SS	C	1.16
LJ	2004	Trent Henstock	RL	Cp	3.77
TJ	1984	Andrew Michel	K	C	8.30
SP	2017	Riley Adolphson	K	C Prov	6.58
DIS	2004	Michael Best	RL	C	23.25
ME	2009	Jesse Eickhoff	Row	C Prov	3058.00

Event	Year	Name		Club	Record	Result
Boys Under 9						
70m	1989	Lane	Koski	S	C	10.30
	2017	Harrison	Chapman	RL	E	10.64
	1980	Damien	Coombs	S	K	♦ 10.14
100m	1979	Scott	Fewson	Ra	C	14.30
	2017	Harrison	Chapman	RL	E	14.92
	1980	Damien	Coombs	S	K	♦ 14.24
200m	1979	Scott	Fewson	Ra	C	30.30
	2010	Blake	Tahlabouris	RL	E Prov	31.15
	1993	Daniel	Zula	W	K	♦ 30.34
400m	1979	Scott	Fewson	Ra	C	1.07.20
	2015	Jaydan	Wigney	W	E	1.11.75
	1972	Adam	Peacock	BH	K	1.05.24
800m	1980	Scott	Fewson	Ra	C	2.30.60
	1980	Scott	Fewson	Ra	K	2.30.60
60mH	2003	Michael	Goldsack	Ra	C	10.42
	2017	Harrison	Chapman	RL	E	10.53
	2011	Jesse	Eickhoff	Row	K	10.33
80mH	2017	Corey	Mason	Row	E	13.60
700mW	2017	Liam	Hutchins	Ra	C Prov	3.34.26
	2017	Liam	Hutchins	Ra	K Prov	3.37.83
HJ	1989	Christopher	Beattie	S	C	1.30
	1989	Christopher	Beattie	S	K	1.30
LJ	1989	Scott	Goldsworthy	SS	C	4.18
	1980	Scott	Fewson	Ra	K	4.25
TJ	1984	Andrew	Michel	K	C	8.75
SP	2004	Tim	O'Brien	RL	C	8.65
	1982	Karson	Stimson	K	K	8.49
DIS	1977	Andrew	Perry	B	C	31.62
	1977	Andrew	Perry	B	K	34.98
ME	2016	Harrison	Chapman	RL	C Prov	943.00
	2017	Anantha	Manchanayake	Row	K Prov	641.00

Boys Under 10						
70m	1984	Damien	Coombs	S	C	10.00
	2016	Jaydan	Wigney	W	E	10.59
	1985	Stuart	Daniels	B	K	♦ 10.04
100m	1987	Ralph	Geerling	W	C	13.90
	2007	Spencer	Browne	W	C	13.90
	2010	Jayden	Irving	D	E Prov	14.64
200m	1988	Adam	Germaine	SS	K	♦ 14.04
	1981	Damien	Coombs	S	C	28.90
	2016	Jaydan	Wigney	W	E	30.21
400m	1981	Scott	Fewson	Ra	K	♦ 28.64
	1985	Brett	Skinner	E	C	1.05.90
	2011	Blake	Tahlabouris	RL	E	1.07.61
800m	1981	Scott	Fewson	Ra	K	♦ 1.03.34
	1981	Scott	Fewson	Ra	C	2.31.00
	1981	Scott	Fewson	Ra	K	2.28.60
60mH	1998	Nicholas	D'Ademo	F	C	10.53

♦ All K records up to and including 1991 standardised

Event	Year	Name	Club	Record	Result
Boys Under 10 (continued)					
	2012	Jesse	Eickhoff	Row	E 10.95
	2013	Ryan	Fairchild	K	E 10.95
	2006	Michael	Best	RL	K 10.32
80mH	2000	Mitchel	Donald	K	C 14.40
	2013	Ryan	Fairchild	K	E 14.53
1100mW	2016	Luke	Epps	Row	C 5.35.58
	2001	Rhydian	Cowley	Row	K&V 5.09.12
HJ	1990	Hayden	Lacy	B	C 1.40
	1991	James	Unthank	F	K 1.41
LJ	1986	Andrew	Michel	K	C 4.62
	1990	Lane	Koski	S	K 4.65
TJ	1986	Andrew	Michel	K	C 9.36
SP	2005	Tim	O'Brien	RL	C 10.76
	2005	Tim	O'Brien	RL	K 10.65
DIS	1978	Andrew	Perry	B	C 36.94
	1978	Andrew	Perry	B	K 37.22
ME	2016	Zach	Bissett	K	C Prov 800.00
		<i>Record to be established</i>		K Prov	

Boys Under 11					
70m	1987	Ralph	Geerling	W	C 9.50
	2017	Jaydan	Wigney	W	E 10.04
100m	1982	Damien	Coombs	S	C 13.60
	2017	Jaydan	Wigney	W	E 13.68
	1996	Ryan	Thompson	SS	K 13.51
200m	1989	Adam	Germaine	SS	C 27.60
	2017	Charlie	Richardson	W	E 28.11
	1989	Adam	Germaine	SS	K ♦ 27.84
400m	1981	Scott	Fewson	Ra	C 1.02.60
	2017	Jaydan	Wigney	W	E 1.04.69
	1989	Adam	Germaine	SS	K ♦ 1.01.24
800m	1981	Scott	Fewson	Ra	C 2.25.30
	1982	Scott	Fewson	Ra	K 2.22.40
1500m	2003	Jordan	Williamz	Ra	C 4.56.79
	1984	Michael	Grummett	S	K 4.53.40
60mH	2002	Mitchel	Donald	K	C 9.81
	2013	Jesse	Eickhoff	Row	E 9.99
	2017	Lachlan	Monteath	RL	K 9.83
80mH	2002	Mitchel	Donald	K	C 12.94
	2017	Lachlan	Monteath	RL	E 13.38
200mH	2017	Charlie	Richardson	W	E Prov 31.36
1100mW	2017	Joel	Prys	Ra	C Prov 5.45.75
	2017	Joel	Prys	Ra	K Prov 5.24.81
HJ	1992	James	Unthank	F	C 1.51
	1992	James	Unthank	F	K 1.53
LJ Board	2016	Lachlan	Monteath	RL	C Prov 4.30
	2017	Lachlan	Monteath	RL	K Prov 4.20
TJ Board	2017	Lincoln	Howe	K	C Prov 8.99
	2017	Joel	Prys	Ra	K Prov 8.22

♦ All K records up to and including 1991 standardised

Event	Year	Name		Club	Record	Result
Boys Under 11 (continued)						
SP	2006	Tim	O'Brien	RL	C	12.34
	2006	Tim	O'Brien	RL	K	12.41
DIS	1979	Andrew	Perry	B	C	37.51
	1979	Andrew	Perry	B	K	38.76
JAV	1999	Todd	Watts	F	C	33.50
	2008	Luke	Stratton	W	K	33.28
ME	2016	Lachlan	Monteath	RL	C Prov	1166.00
	2017	Lachlan	Monteath	RL	K Prov	1325.00
Boys Under 12						
70m	2009	Spencer	Browne	W	C	9.12
	2012	Jordan	Munyard	Row	E	9.49
100m	2009	Dewansh	Basnet	ES	C	12.83
	2017	Lester	Long	S	E	13.21
	1984	Brendan	Farrell	F	K	♦ 12.94
200m	2017	Lester	Long	S	C	26.53
	2017	Lester	Long	S	E	26.53
	1983	Jason	Richardson	D	K	♦ 25.74
400m	1983	Jason	Richardson	D	C	58.30
	2013	Blake	Tahlabouris	RL	E	1.01.17
	1983	Jason	Richardson	D	K	♦ 57.34
800m	1983	Scott	Fewson	Ra	C	2.18.30
	1975	Adam	Peacock	BH	K	2.17.60
1500m	2001	Matthew	Bayley	ES	C	4.44.56
	1983	Scott	Fewson	Ra	K	4.33.20
60mH	2003	Mitchel	Donald	K	C	9.47
	2012	Bayley	Carlin	RL	E	9.84
	2003	Mitchel	Donald	K	Kp	9.62
80mH	2003	Mitchel	Donald	K	C	12.64
	2014	Jesse	Eickhoff	Row	E	13.17
200mH	2017	Lester	Long	S	E Prov	31.37
1500mW	1982	Travis	Martin	BW	C	7.05.90
	1982	Travis	Martin	BW	K	6.57.20
HJ	1993	James	Unthank	F	C	1.60
	1992	Christopher	Beattie	S	K	1.66
LJ Board	2017	Noah	Andrews	K	C	5.16
	2017	Noah	Andrews	K	K	5.14
TJ Board	2009	Dewansh	Basnet	ES	C	10.28
	2009	Luke	Stratton	W	K	10.31
SP	2007	Tim	O'Brien	RL	C	12.06
	2007	Tim	O'Brien	RL	K	12.20
DIS	1980	Andrew	Perry	B	C	42.08
	1980	Andrew	Perry	B	K	43.08
JAV	2009	Luke	Stratton	W	C	36.52
	2009	Luke	Stratton	W	K	39.58
ME	2016	Lester	Long	S	C Prov	1233.00
Record to be established					K Prov	

♦ All K records up to and including 1991 standardised

Event	Year	Name	Club	Record	Result
Boys Under 13					
70m	2009	Dewansh	Basnet	ES	C 8.66
	2013	Harry	Ma'O	Row	E 8.75
100m	2013	Harry	Ma'O	Row	E 11.86
	2013	Harry	Ma'O	Row	K 11.61
200m	2013	Harry	Ma'O	Row	E 24.82
	2013	Harry	Ma'O	Row	K 23.47
400m	2010	Michael	Mullett	ES	E Prov 58.09
	2010	Michael	Mullett	ES	K 56.40
800m	2002	Troy	Duncan	RL	C 2.17.37
	2002	Matthew	Bayley	ES	K 2.17.51
1500m	2001	Matthew	Bayley	ES	C 4.37.66
	2002	Matthew	Bayley	ES	K 4.39.14
80mH	2013	Harry	Ma'O	Row	E 12.83
	2013	Lachlan	Viney	Row	K 12.73
200mH	2017	Jacob	Allison	S	E Prov 32.01
	2017	Keanu	Ramadan	F	K Prov 33.69
1100mSC	2002	Troy	Duncan	RL	C 3.31.37
1500mW	2014	Corey	Dickson	W	C 6.47.98
	1990	Mark	Blackwood	B	K 6.50.12
HJ	1996	David	Crosbie	ES	C 1.66
	2000	Kyle	Rasti	Row	K 1.71
LJ	2012	Harry	Ma'O	Row	C 5.67
	2013	Harry	Ma'O	Row	K 5.86
TJ	2013	Harry	Ma'O	Row	C 11.50
	2010	Dewansh	Basnet	ES	K 11.92
SP	2010	Matthew	Lee	D	C 15.19
	2008	Tim	O'Brien	RL	K 15.39
DIS	2010	Corey	Lee	W	C 40.77
	2010	Corey	Lee	W	K 49.94
JAV	2010	Spencer	Browne	W	C 39.34
	2000	Mark	Woodford	K	K 39.12
ME	2009	Matthew	Lee	D	C Prov 1677.00
	2008	Emad	Zarghami	K	K 1796.00

Boys Under 14					
70m	2008	George	Petrou	K	C 8.46
	2014	Harry	Ma'O	Row	E 8.50
100m	2014	Jordan	Munyard	Row	E 11.35
	1994	Benjamin	Sword	B	K 11.30
200m	2014	Jordan	Munyard	Row	E 23.43
	2014	Jordan	Munyard	Row	K 23.14
400m	2004	Dale	Walker	W	C 54.40
	2016	Jakeb	Pearson	Ra	E 54.72
	1992	Adam	Germaine	SS	K 52.48
800m	2003	Matthew	Bayley	ES	C 2.11.33
	2001	Matthew	Trotter	F	K 2.07.26
1500m	2003	Matthew	Bayley	ES	C 4.26.28
	2003	Matthew	Bayley	ES	K 4.29.73

Event	Year	Name		Club	Record	Result
Boys Under 14 (continued)						
90mH	2008	Jack	Sheridan	W	C	13.31
	2010	David	Thomson	B	E Prov	13.53
	2001	Kieran	Lunt	K	K	12.88
200mH	2017	Dharam	Deol	Row	E Prov	30.06
	2017	Dharam	Deol	Row	K Prov	30.16
1100mSC	2003	Matthew	Bayley	ES	C	3.21.66
1500mW	1988	Gary	Creek	ES	C	6.34.00
	1990	Mark	Blackwood	B	K	6.28.90
HJ	2000	Kyle	Rasti	Row	C	1.85
	1994	Hayden	Lacy	B	K	1.83
LJ	2017	Riley	Baldwin	BW	C	5.81
	2010	Brendan	Lee	W	K	6.07
TJ	2001	Kyle	Rasti	Row	C	12.53
	2001	Kyle	Rasti	Row	K	12.61
SP	2016	Mark	Merrigan	Row	C	12.15
	2017	Troy	Maggs	B	K Prov	10.23
DIS	2009	Brendan	Lee	W	C	52.50
	2010	Brendan	Lee	W	K	54.44
JAV	2009	Brendan	Lee	W	C	48.47
	2010	Brendan	Lee	W	K	49.96
ME	2016	Paul	Haasbroek	B	C	2257.00
	2017	Paul	Haasbroek	B	K	2357.00
Boys Under 15						
70m	2008	Luke	Greco	Row	C	8.17
	2014	Harry	Ma'O	Row	E	8.39
100m	2015	Jordan	Munyard	Row	E	11.08
	2015	Jordan	Munyard	Row	K&V	11.06
200m	2014	Jordan	Munyard	Row	E	22.85
	2015	Jordan	Munyard	Row	K	22.65
400m	2004	Dale	Walker	W	C	51.51
	2016	Tyler	Gray	Row	E	53.55
	2009	Jack	Sheridan	W	K	50.96
800m	2003	Matthew	Bayley	ES	C	2.05.52
	2010	Luke	Percy	R	K	2.06.10
1500m	2004	Matthew	Bayley	ES	C	4.14.64
	2010	Luke	Percy	Ra	K	4.15.43
100mH	2008	Jared	Blatancic	Row	C	13.72
	2011	David	Thomson	B	E	14.02
	2011	David	Thomson	B	K	13.62
300mH	2017	Jakeb	Pearson	Ra	E Prov	42.01
	2017	Jakeb	Pearson	Ra	K Prov	40.06
1100mSC	2004	Troy	Duncan	RL	C	3.15.49
1500mW	2011	Nathan	Brill	BW	C	6.02.03
	1995	Brian	Leonard	SS	K&V	6.14.99
HJ	2002	Kyle	Rasti	Row	C	1.88
	1995	Hayden	Lacy	B	K	1.95
LJ	2015	Jack	Neil	Row	C	6.27
	2011	David	Thomson	B	K	6.19

Event	Year	Name	Club	Record	Result
Boys Under 15 (continued)					
TJ	2001	Kyle	Rasti	Row	C 12.90
	2007	Callan	Rauchfuss	K	K 12.97
SP	2010	Tim	O'Brien	RL	C 15.17
	2010	Tim	O'Brien	RL	K 15.61
DIS	2009	Tim	O'Brien	RL	C 45.52
	2011	David	Thomson	B	K 46.63
JAV	2017	Mark	Merrigan	Row	C 40.58
	2017	Oliver	Blackburn	RL	K Prov 31.97
HT	2004	Adam	Ibbotson	D	C 39.54
ME	2014	Harry	Blackburn	RL	C 2638.00
	2015	Tyler	Gray	Row	C Prov • 3479.00
	2015	Harry	Ma'O	Row	K 2973.00
		<i>Record to be established</i>		K Prov	•

Boys Under 16					
70m	2016	Jordan	Munyard	Row	C 8.12
	2016	Jordan	Munyard	Row	E 8.12
100m	2015	Jordan	Munyard	Row	C 11.06
	2015	Jordan	Munyard	Row	E 11.06
200m	2015	Jordan	Munyard	Row	C 22.14
	2015	Jordan	Munyard	Row	E 22.14
400m	2004	Brad	Matthews	W	C 52.00
	2016	Tyler	Gray	Row	E 53.64
800m	2005	Brad	Matthews	W	C 2.03.47
1500m	2005	Joshua	Tilley	K	C 4.29.17
100mH	2006	Daniel	Salzmann	D	C 13.77
	2010	Jack	Sheridan	W	E Prov 14.21
300mH	2017	Tyler	Gray	Row	E Prov 42.61
1100mSC	2009	Matthew	Beer	Row	C 3.24.11
1500mW	2011	Matthew	Felton	ES	C 6.37.82
HJ	2014	Bradley	Bishop	BW	C 1.93
LJ	2006	Jamie	Stratton	W	C 6.50
TJ	2006	Jamie	Stratton	W	C 13.08
SP	1993	David	Cosson	F	C 14.40
DIS	2008	Josh	Holdway	B	C 44.81
JAV	2016	Harry	Blackburn	RL	C 42.61
HT	2008	Josh	Holdway	B	C 40.81
ME	2015	Harry	Blackburn	RL	C 3080.00

• New IAAF Points System 2015-16. All other ME records U9-16 – Alberta Youth Points System



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Event	Year	Name		Club	Record	Result
Girls Under 8						
70m	1995	Hayley	Malt	B	C	11.09
	2011	Keelin	McGeehan	Row	E	11.64
100m	1987	Samantha	Harvey	W	C	15.70
	2011	Keelin	McGeehan	Row	E	16.64
200m	1984	Carly	Burke	S	C	30.60
	2011	Courtney	Beer	RL	E	35.16
400m	1995	Hayley	Malt	B	C	1.17.11
	2010	Ashleigh	Bertram	K	E Prov	1.23.72
600m	1995	Hayley	Malt	B	C	2.09.29
60mH	1997	Breanna	Bartlett	SS	C	11.05
	2011	Courtney	Beer	RL	E	11.87
700mW	2017	Mietta	Morgan	F	C Prov	4.52.34
HJ	1990	Aleece	McComb	W	C	1.10
	1990	Lauren	Beattie	FLS	C	1.10
	2015	Jasmine	Harris	D	C	1.10
LJ	1990	Aleece	McComb	W	C	3.82
TJ	1986	Emily	Herschell	W	C	7.64
SP	2017	Caitlin	Killian	Row	C Prov	5.78
DIS	2011	Mercedes	Brennan	W	C	17.94
ME	2015	Alyssa	Chapman	BW	C	2589.00

Girls Under 9						
70m	1984	Carly	Burke	S	C	10.40
	2012	Keelin	McGeehan	Row	E	11.01
	1984	Carly	Burke	S	K	♦ 10.64
100m	1984	Carly	Burke	S	C	14.90
	2012	Keelin	McGeehan	Row	E	15.48
	1984	Carly	Burke	S	K	♦ 14.94
200m	2002	Ellie	Macdonald	F	C	31.13
	2017	Milan	Keogh	RL	E	32.72
	1984	Carly	Burke	S	K	♦ 31.04
400m	2007	Chayley	Nugent	RL	C	1.12.82
	2017	Chloe	Johnstone	RL	E	1.16.37
	2004	Tayla	Kearns	Row	K	1.09.61
800m	1985	Nerilee	Kerslake	F	C	2.46.30
	1985	Nerilee	Kerslake	F	K	2.46.30
60mH	2002	Ellie	Macdonald	F	C	10.60
	2014	Tayla	King	W	E	11.10
	2014	Tayla	King	W	K	10.72
80mH	2003	Kristy	Stratton	W	C	14.47
	2014	Tayla	King	W	E	15.12
700mW	2017	Teah	Smith	Ra	C Prov	3.55.62
	2017	Teah	Smith	Ra	K Prov	3.37.17
HJ	2014	Tayla	King	W	C	1.20
	2012	Hailey	Merrigan	Row	K	1.21
LJ	1983	Carly	Burke	S	C	3.84
	1991	Aleece	McComb	W	K	3.98

♦ All K records up to and including 1991 standardised

Event	Year	Name	Club	Record	Result
Girls Under 9 (continued)					
TJ	1990	Aleece	McComb	W	C 8.54
SP	2015	Elise	Keeghan	B	C 7.21
	2015	Elise	Keeghan	B	K 7.01
DIS	1990	Belinda	Lambden	SS	C 22.59
	1990	Belinda	Lambden	SS	K 24.69
ME	2016	Talysha	Sayers	K	C Prov 748.00
	2017	Alyssa	Chapman	BW	K Prov 673.00

Girls Under 10					
70m	2003	Brooke	Stratton	W	C 10.18
	2011	Jemma	Stapleton	Row	E 10.78
	2016	Sienna	Kurdian	W	E 10.78
	1997	Hayley	Malt	BW	K 9.99
100m	1985	Carly	Burke	S	C 14.40
	2017	Sienna	Kurdian	W	E 14.74
	1985	Carly	Burke	S	K ♦ 14.44
200m	2017	Sienna	Kurdian	W	C 30.02
	2017	Sienna	Kurdian	W	E 30.02
	1976	Donna	Wing	F	K ♦ 29.84
400m	1993	Danielle	Ruddick	SS	C 1.09.30
	2017	Sienna	Kurdian	W	E 1.11.77
	2005	Tayla	Kearns	Row	K 1.05.69
800m	1991	Chantelle	Thomson	Row	C 2.42.10
	1991	Chantelle	Thomson	Row	K 2.36.30
60mH	2003	Ellie	MacDonald	F	C 10.69
	2017	Bree	Horne	RL	E 11.29
	2005	Kristy	Stratton	W	K 10.68
80mH	2003	Ellie	MacDonald	F	C 14.10
	2017	Bree	Horne	RL	E 15.02
1100mW	1988	Sarah	Gathercole	K	C 5.49.70
	1992	Lauren	Beattie	FLS	K 5.39.24
HJ	1991	Aleece	McComb	W	C 1.29
	2005	Annalise	Vine	W	K 1.30
	2014	Grace	Louey	Row	K 1.30
LJ	2003	Brooke	Stratton	W	C 4.65
	2003	Brooke	Stratton	W	K&V 4.51
TJ	2003	Brooke	Stratton	W	C 9.22
SP	2016	Elise	Keeghan	B	C 8.49
	1984	Melissa	Connell	Ra	K 8.44
DIS	2016	Elise	Keeghan	B	C 29.71
	1989	Melissa	Currie	Row	K 28.83
ME	2016	Sienna	Kurdian	W	C Prov 749.00
<i>Record to be established</i>				K Prov	

♦ All K records up to and including 1991 standardised

• New IAAF Points System 2015-16. All other ME records U9-16 – Alberta Youth Points System

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Event	Year	Name		Club	Record	Result
Girls Under 11						
70m	2017	Jennifer	Lim	W	C	9.78
	2017	Jennifer	Lim	W	E	9.78
100m	1986	Donna	Wing	F	C	13.50
	2004	Brooke	Stratton	W	C	13.50
200m	2017	Jennifer	Lim	W	E	13.74
	2017	Jennifer	Lim	W	K	13.48
	2017	Jennifer	Lim	W	C	28.26
	2017	Jennifer	Lim	W	E	28.26
	2017	Jennifer	Lim	W	K	28.29
400m	1985	Lisa	Allen	BW	C	1.04.90
	2017	Natasha	Kindler	Row	E	1.07.21
	1987	Veronica	Perera	W	K	1.03.14
800m	1981	Lisa	O'Halloran	STJ	C	2.31.90
	1981	Lisa	O'Halloran	STJ	K	2.27.10
1500m	2007	Tareena	Little	SS	C	5.25.83
	1986	Nicole	Draffin	Ra	K	5.10.20
60mH	2004	Brooke	Stratton	W	C	9.79
	2017	Natasha	Kindler	Row	E	9.91
	2017	Natasha	Kindler	Row	K	9.91
80mH	2004	Brooke	Stratton	W	C	13.08
	2017	Natasha	Kindler	Row	E	13.57
200mH	2017	Natasha	Kindler	Row	E Prov	32.36
1100mW	2017	Zarah	Smith	Ra	C Prov	5.52.56
	2017	Zarah	Smith	Ra	K Prov	5.35.56
HJ	1985	Fiona	Vanstan	D	C	1.38
	2009	Jackie-Lee	Fredricksen	RL	C	1.38
	2003	Catherine	McFadyen	D	K	1.48
LJ Board	2017	Natasha	Kindler	Row	C Prov	3.80
	2017	Natasha	Kindler	Row	K Prov	3.81
TJ Board	2017	Aranya	Manchanayake	Row	C Prov	9.01
	2017	Aranya	Manchanayake	Row	K Prov	9.05
SP	2017	Katherine	Dekel	Row	C	11.16
	1971	Astra	Vitols	STJ	K	11.46
DIS	1975	Debra	Walker	E	C	29.90
	1975	Debra	Walker	E	K	29.90
JAV	2010	Emily	Harvey	Ra	C	24.70
	2017	Katherine	Dekel	Row	K	23.85
ME	2016	Aranya	Manchanayake	Row	C Prov	1168.00
	2017	Natasha	Kindler	Row	K Prov	1152.00

Girls Under 12						
70m	2008	Charanja	Thavendran	RL	C	9.33
	2017	Amber	Clarke	K	E	9.69
100m	1998	Hayley	Malt	BW	C	12.77
	2017	Amber	Clarke	K	E	13.53
	2008	Charanja	Thavendran	RL	K	12.69
200m	1999	Hayley	Malt	BW	C	27.22
	2017	Amber	Clarke	K	E	27.74
	2008	Charanja	Thavendran	RL	K	26.30

Event	Year	Name	Club	Record	Result
Girls Under 12 (continued)					
400m	1986	Carly Burke	S	C	1.03.20
	2017	Amber Clarke	K	E	1.03.98
	1999	Hayley Malt	BW	K	1.01.53
800m	2005	Ellie MacDonald	F	C	2.26.28
	1976	Denise Evans	F	K	2.27.30
1500m	1982	Lisa O'Halloran	STJ	C	5.04.40
	1978	Stephanie Christie	BW	K	4.58.10
60mH	2004	Carly Dymond	Row	C	9.50
	2017	Amber Clarke	K	E	9.74
	2017	Amber Clarke	K	K&V	9.41
80mH	1996	Caitlin Ford	K	C	12.60
	2017	Amber Clarke	K	E	13.79
200mH	2017	Amber Clarke	K	E Prov	30.53
1500mW	1981	Julie Styles	Ra	C	7.16.80
	1981	Julie Styles	Ra	K	7.07.80
HJ	1998	Shelley Unthank	F	C	1.53
	2004	Catherine McFadyen	D	C	1.53
	1986	Fiona Vanstan	D	K	1.56
LJ Board	2008	Charanja Thavendran	RL	C	4.89
	2008	Charanja Thavendran	RL	K	4.94
TJ Board	2011	Emily Harvey	Ra	C	9.76
	2008	Charanja Thavendran	RL	K	10.45
SP	1972	Astra Vitols	STJ	C	14.56
	1972	Astra Vitols	STJ	K	14.96
DIS	1972	Astra Vitols	STJ	C	35.59
	1972	Astra Vitols	STJ	K	36.99
JAV	2006	Jessica Brien	BW	C	30.60
	2006	Jessica Brien	BW	K	34.44
ME	2016	Amber Clarke	K	C Prov	1297.00
	2017	Amber Clarke	K	K Prov	1383.00

Girls Under 13					
70m	2009	Charanja Thavendran	RL	C	9.03
	2010	Dakota Pyke	K	E Prov	9.44
100m	1999	Hayley Malt	BW	C	12.67
	2010	Dakota Pyke	K	E Prov	12.94
	2000	Hayley Malt	BW	K	12.58
200m	2006	Brooke Stratton	W	C	26.67
	2010	Dakota Pyke	K	E Prov	26.81
	2000	Hayley Malt	BW	K&V	25.63
400m	1999	Marnie D'Ademo	F	C	1.01.71
	2012	Jorja Borg	BW	E	1.02.13
	2000	Hayley Malt	BW	K	59.25
800m	2005	Shannon McCurley	D	C	2.23.93
	1999	Marnie D'Ademo	F	K	2.24.84
1500m	2010	Bree Warren	F	C	5.00.59
	2010	Bree Warren	F	K	4.56.35
80mH	1997	Caitlin Ford	K	C	12.80
	2013	Caitlin Bronte	Row	E	12.97
	1997	Caitlin Ford	K	K	12.80

Event	Year	Name		Club	Record	Result
Girls Under 13 (continued)						
200mH	2017	Jessica	Turner	F	E Prov	33.59
	2017	Tanja	Bogdanovic	K	K Prov	31.14
1100mSC	2005	Shannon	McCurley	D	C	3.55.25
1500mW	1993	Kellie	Wapshott	FLS	C	7.05.30
	2007	Cassandra	Raselli	F	K	6.53.34
HJ	2004	Catherine	McFadyen	D	C	1.58
	2005	Catherine	McFadyen	D	K	1.59
LJ	2005	Brooke	Stratton	W	C	5.22
	2006	Brooke	Stratton	W	K	5.27
TJ	2006	Brooke	Stratton	W	C	11.17
	2006	Brooke	Stratton	W	K	11.40
SP	1997	Hayley	Bottin	F	C	12.02
	1997	Hayley	Bottin	F	K	12.02
DIS	1997	Hayley	Bottin	F	C	34.81
	1997	Hayley	Bottin	F	K	34.81
JAV	1997	Sascha	Miller	D	C	35.60
	2012	Emily	Harvey	Ra	K	37.11
ME	2014	Holly	Hodges	Row	C	1247.00
	2015	Holly	Hodges	Row	K	1303.00
Girls Under 14						
70m	2009	Charanja	Thavendran	RL	C	8.71
	2010	Charanja	Thavendran	RL	E Prov	9.15
100m	2009	Charanja	Thavendran	RL	C	12.18
	2010	Charanja	Thavendran	RL	E Prov	12.61
	2010	Charanja	Thavendran	RL	K	12.25
200m	2010	Charanja	Thavendran	RL	E Prov	26.19
	2010	Charanja	Thavendran	RL	K	25.14
400m	1999	Marnie	D'Ademo	F	C	59.56
	2010	Charanja	Thavendran	RL	E Prov	1.01.81
	2009	Tayla	Kearns	Row	K	57.80
800m	1999	Marnie	D'Ademo	F	C	2.22.42
	2009	Tayla	Kearns	Row	K	2.20.81
1500m	2009	Grace	McFaul	RL	C	4.51.51
	2010	Grace	McFaul	RL	K	4.55.14
80mH	2009	Kristy	Stratton	W	C	12.26
	2011	Monique	Hoskin	K	E	12.84
	1996	Kiara	McDonald	K	K	12.50
200mH	2017	Hannah	Hodges	Row	E Prov	33.87
	2017	Hannah	Hodges	Row	K Prov	33.89
1100mSC	2007	Ellie	MacDonald	F	C	3.44.01
1500mW	1989	Shonagh	Reid	E	C	6.55.90
	1995	Kellie	Wapshott	FLS	K	6.48.56
HJ	2015	Eleanor	Leeson	F	C	1.60
	1998	Lindel	Hodgkinson	B	K	1.63
LJ	2007	Brooke	Stratton	W	C	5.40
	2007	Brooke	Stratton	W	K	5.29
TJ	2007	Brooke	Stratton	W	C	11.82
	2007	Brooke	Stratton	W	K	11.89

Event	Year	Name		Club	Record	Result
Girls Under 14 (continued)						
SP	1998	Hayley	Bottin	F	C	12.09
	1998	Hayley	Bottin	F	K	11.99
DIS	2006	Birgitta	Nemaric	SS	C	31.25
	2006	Birgitta	Nemaric	SS	K	32.84
JAV	2012	Emily	Harvey	Ra	C	36.65
	2013	Emily	Harvey	Ra	K	35.89
ME	2015	Holly	Hodges	Row	C	1588.00
	2012	Emily	Harvey	Ra	K Prov	1791.00
Girls Under 15						
70m	2007	Brooke	Stratton	W	C	8.98
	2011	Samantha	Galagher	ES	E	9.32
100m	2008	Brooke	Stratton	W	C	12.39
	2011	Charanja	Thavendran	RL	E	12.83
	2011	Charanja	Thavendran	RL	K&V	12.20
200m	2008	Brooke	Stratton	W	C	25.73
	2010	Tayla	Kearns	Row	E Prov	26.47
	2010	Tayla	Kearns	Row	K	25.55
400m	2005	Rachel	Watts	F	C	59.03
	2013	Jorja	Borg	BW	E	1.00.92
	2010	Tayla	Kearns	Row	K	56.97
800m	2000	Marnie	D'Ademo	F	C	2.22.22
	2001	Marnie	D'Ademo	F	K	2.18.41
1500m	2010	Grace	McFaul	RL	C	4.56.57
	2011	Grace	McFaul	RL	K	4.54.11
90mH	2008	Brooke	Stratton	W	C	13.04
	2010	Kristy	Stratton	W	E Prov	14.08
	2008	Brooke	Stratton	W	K	13.00
300mH	2017	Holly	Hodges	Row	E Prov	52.26
	2017	Holly	Hodges	Row	K Prov	52.15
1100mSC	2000	Marnie	D'Ademo	F	C	3.43.30
1500mW	2009	Amelia	Finnegan	SS	C	6.51.64
	1996	Kellie	Wapshott	FLS	K	6.44.52
HJ	2010	Courtney	Yates	BW	C	1.63
	2010	Courtney	Yates	BW	K	1.65
LJ	2007	Brooke	Stratton	W	C	5.61
	2008	Brooke	Stratton	W	K&V	5.80
TJ	2007	Brooke	Stratton	W	C	11.86
	2008	Brooke	Stratton	W	K	12.19
SP	2014	Emily	Harvey	Ra	C	12.36
	2014	Emily	Harvey	Ra	K	12.19
DIS	2006	Birgitta	Nemaric	SS	C	33.25
	2007	Birgitta	Nemaric	SS	K	36.13
JAV	2012	Charisse	Mohorovic	ES	C Prov	38.76
	2012	Charisse	Mohorovic	ES	K Prov	39.44
HT	2015	Chloe	Beovich	RL	C	39.64
ME	2016	Ashleigh	Bertram	K	C	1784.00
	2016	Ashleigh	Bertram	K	C	3221.00
	2014	Emily	Harvey	Ra	K	2070.00
	2016	Eleanor	Leeson	F	K Prov	3852.00

• New IAAF Points System 2015-16. All other ME records U9-16 – Alberta Youth Points System

Event	Year	Name	Club	Record	Result
Girls Under 16					
70m	2008	Kayla Bunevicius	BW	C	8.91
	2012	Charanja Thavendran	RL	E	9.30
100m	2004	Stacey Dietrich	Ra	C	12.67
	2010	Tayla Kearns	Row	E	12.90
200m	2008	Kayla Bunevicius	BW	C	25.40
	2010	Tayla Kearns	Row	E	26.56
400m	2008	Felicity Black	BW	C	59.44
	2011	Tayla Kearns	Row	E	1.00.13
800m	2004	Katie Duncan	D	C	2.24.79
1500m	2003	Katie Duncan	D	C	5.03.10
90mH	2009	Brooke Stratton	W	C	12.93
	2017	Jemma Stapleton	Row	E	13.74
300mH	2017	Jemma Stapleton	Row	E Prov	47.29
1100mSC	2003	Katie Duncan	D	Cp	3.59.26
1500mW	2009	Beth Alexander	Row	C	6.52.11
HJ	2007	Alana Murrihy	BW	C	1.60
LJ	2009	Brooke Stratton	W	C	5.81
TJ	2009	Brooke Stratton	W	C	12.04
SP	2010	Zoe Wain	W	C	11.03
DIS	2011	Nicole Pennings	D	C	32.32
JAV	2014	Erin Holdway	B	C	28.32
HT	2013	Erin Holdway	B	C	36.76
ME	2014	Teagan Sheldon	Row	C	1826.00

♦ All K records up to and including 1991 standardised

• New IAAF Points System 2015-16. All other ME records U9-16 – Alberta Youth Points System



2017 EMR Coaching Camps

*A coaching camp at Crystal Creek, Alexandra
for the beginner and the advanced little athlete
to improve technique and skill in track and field events*



Under 10-11 athletes
Friday 17th
to Sunday 19th November

Under 12-15 athletes
Friday 1st
to Sunday 3rd December

Want to improve your skills and performances? This is for you! Crystal Creek Camp is located in the Goulburn River Valley about 6 kilometres south west of Alexandra. The venue is The Alexandra Adventure Resort and is designed to allow for a variety of activities including swimming, high ropes, flying fox and canoeing. A large oval caters for all our track and field needs including jump pits, shot put and discus rings. Equipment including hurdles and high jump facilities is laid out for coaching sessions by Athletics Australia accredited coaches. The spacious well maintained buildings can accommodate over 100 athletes.





Thank you for helping make
Knox Little Athletics a huge success

THANKING OUR PARTNERS IN SEASON 2017/18

NATIONAL GOLD PARTNER



STATE GOLD PARTNERS



OFFICIAL SUPPLIERS



SUPPORT PARTNERS



DESIGNATED CHARITY



Centre Dates – Cross Country

Registration Day at Koomba Park, **Saturday 8th April 2018**

Opens at 8:00am, with first race starting at 9:00am.

See the centre website closer to cross country season for more information

Appropriate footwear must be worn – *no spikes, no footy boots, no bare feet*

Program Race Order	A	1000m > 2000m > 500m > 1500m > 3000m
	B	3000m > 1000m > 500m > 2000m > 1500m
	C	1500m > 3000m > 500m > 1000m > 2000m
	D	2000m > 1500m > 500m > 3000m > 1000m

Cross Country Duty

A roster is set up at the beginning of the season for parents/guardians to nominate for duty. Without your support the program cannot be run. Whilst on duty you are expected to stay for the entire program. If for any reason you cannot fulfil your duty it is your responsibility to make arrangements for someone to fill that position. Your co-operation in this area will be expected and greatly appreciated.

**Knox
Little Athletics
Centre**



www.klac23.org.au

Important dates, outside of Knox, for the 2017/18 season

U11 Skills Clinic: Day 1 @ Nunawading and Day 2 @ Doncaster	Saturday 23rd and Sunday 24th September 2017
U9-U10 Skills & Multi-Class Clinic, Albert Park	Thursday 28th September 2017
U9-U16 Race Walking Coaching Clinic, Doncaster	Sunday 29th October 2017
Box Hill Relays	Sunday 12th November 2017
U10-11 EMR Camp, Crystal Creek	Friday 17th – Sunday 19th November 2017
Region Relay Championships, Nunawading	Saturday 25th November 2017
U12-15 EMR Camp, Crystal Creek	Friday 1st – Sunday 3rd December 2017
U6-U8 Skills Clinic & Carnival, Doncaster	Sunday 3rd December 2017
State Relay Championships, Albert Park	Saturday 16th December 2017
State Multi-Event Championships, Casey Fields	Saturday 27th and Sunday 28th January 2018
Region Track and Field Championships, Doncaster	Saturday 17th and Sunday 18th February 2018
State Track and Field Championships, Albert Park	Saturday 10th and Sunday 11th March 2018

2nd	Sat	Working Bee	12noon – 2:00pm
3rd	Sun	U6-U8 Skills Clinic & Carnival, Doncaster	
9th	Sat	Knox Open Twilight	Start 2:00pm
16th	Sat	State Relay Championships, Albert Park	
17th	Sun	M Multi Event & Ray Abley Gift – Twilight – MULTI ROUND	Start 3:00pm

JANUARY

14th	Sun	C Normal Competition – Twilight	Start 3:00pm
20th	Sat	A Normal Competition	Start 8:30am
27th-28th	Sat-Sun	State Multi-Event Championships, Casey Fields	

FEBRUARY

3rd	Sat	B Normal Competition – RELAYTHON ROUND	Start 8:30am	FIELDS
10th	Sat	C Normal Competition	Start 8:30am	KNOXFIELD
17th-18th	Sat-Sun	Region Track and Field Championships, Doncaster		
24th	Sat	A Normal Competition	Start 8:30am	DORSET

MARCH

3rd	Sat	B Normal Competition (last points)	Start 8:30am	BORONIA
10-11	Sat-Sun	State Track and Field Championships, Albert Park		
17th	Sat	C Normal Competition (non-points)	Start 8:30am	
"	"	Working Bee	12noon – 2:00pm	
24th	Sat	Knox Centre Championships	9am – 4:00pm	

Group warm-up commences 15 minutes prior to the start on normal competition days

Bold dates require registration before the event and are held outside normal competition dates.

Italic – Skills Clinics and Camps require pre registration

Times are approximate. Dates, times, programs and locations are subject to change. Track and Field Program is on the inside back cover.

Centre Dates – Track and Field

DATE	DAY	PROG.	DETAILS	TIME	CLUB FUNDRAISER
SEPTEMBER					
16th	Sat		Try Out Day	10:30am – 12noon	
"	"		Working Bee	12noon – 2:00pm	
23rd	Sat	A	Normal Competition, Opening Ceremony	Start 8:30am	
23rd-24th	Sat-Sun		U11 Skills Clinic: Day 1 @ Nunawading and Day 2 @ Doncaster		
28th	Thu		U9-U10 Skills & Multi-Class Clinic, Albert Park		
OCTOBER					
1st	Sun	B	Normal Competition – Twilight	Start 3:00pm	
7th	Sat	C	Normal Competition	Start 8:30am	
14th	Sat	A	Normal Competition – Bring a Friend – INDUCTION ROUND	Start 8:30am	ROWVILLE
21st	Sat	B	Normal Competition	Start 8:30am	SCORESBY
28th	Sat	C	Normal Competition	Start 8:30am	ROWVILLE LAKES
29th	Sun		U9-U16 Race Walking Coaching Clinic, Doncaster		
NOVEMBER					
3rd	Fri	A	Normal Competition – Twilight (Melbourne Cup weekend)	Start 6:00pm	
11th	Sat	B	Normal Competition	Start 8:30am	RANGEVIEW
12th	Sun		Box Hill Relays		
17th-19th	Fri-Sun		U10-11 EMR Camp, Crystal Creek		
18th	Sat	C	Normal Competition	Start 8:30am	BAYSWATER
25th	Sat		Region Relay Championships, Nunawading		
26th	Sun	A	Normal Competition – Twilight	Start 3:00pm	FAIRPARK
DECEMBER					
1st-3rd	Fri-Sun		U12-15 EMR Camp, Crystal Creek		
2nd	Sat	B	Normal Competition	Start 8:30am	WANTIRNA

Track and Field Program

Note: Boys and Girls do the same events in each age group, except where indicated (U12 in Program B and C)
Program is subject to change

	Under 6 *	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13	Under 14	Under 15/16
Program A	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m
	On Track	200m	200m	200m	200m	200m	200m	200m	200m	200m
Mini Olympics	Mini Olympics	Mini Olympics	600m	800m	800m	800m	800m	800m	800m	800m
	Discus	Discus	Long Jump	Vortex	Vortex	High Jump	Long Jump	Long Jump	Triple Jump	High Jump
Discus				Vortex		Shot Put	Discus	Shot Put	Shot Put	Discus
Program B	On Track	70m	70m	70m	70m	70m	70m	70m	70m	70m
	Mini Olympics	Mini Olympics		80m Hurdles	80m Hurdles	80m Hurdles	80m Hurdles	80m Hurdles	80m/90mH	90m/100mH
300m	300m	300m	400m	400m	400m	400m	400m	1500m Walk	1500m Walk	1500m Walk
Long Jump	Long Jump	Long Jump	High Jump	Long Jump	High Jump	Long Jump	400m	1100m SC	1100m SC	1100m SC
Shot Put	Shot Put	Shot Put	Shot Put	Discus	Discus	Javelin	TJ (B) / HJ (G)	Triple Jump	High Jump	Long Jump
							SP (B) / Jav (G)	Discus	Javelin	Shot Put
Program C	70m	70m	70m	100m	100m	100m	100m	100m	100m	100m
	On Track		60m Hurdles	60m Hurdles	60m Hurdles	60m Hurdles	60m Hurdles	400m	400m	400m
Mini Olympics	Mini Olympics	Mini Olympics	700m Walk	700m Walk	1100m Walk	200m Hurdles	200m Hurdles	200m Hurdles	200m Hurdles	300m Hurdles
400m Walk	400m Walk	700m Walk	High Jump	High Jump	Long Jump	Triple Jump	1500m	1500m	1500m	1500m
Shot Put	Shot Put		Discus	Shot Put	Shot Put	Discus	HJ (B) / TJ (G)	High Jump	Long Jump	Triple Jump
							Jav (B) / SP (G)	Javelin	Discus	Javelin
Long Jump										Hammer

* The Under 6 program consists of an On Track (skills and games) session, a sprint and a jump or throw

