



2018-2019 Season Handbook



*Affiliated with
Little Athletics Victoria*



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



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*The “RAY ABLEY KNOX LAC GIFT”
will be raced on 16th December 2018*

Contents

WELCOME	2
REGISTRATION, UNIFORMS and GENERAL INFORMATION	3
KLAC COMMITTEE Portfolios	4
CLUB INFORMATION	6
TRACK & FIELD Information for parents and athletes	10
CROSS COUNTRY Information for parents and athletes	11
COACHING – Track & Field, Relays and Cross Country	12
JUNIOR DEVELOPMENT SQUAD, LAVIC U16 and ATHLETICS VICTORIA REGISTRATION	13
DUTY – Club/Parent Duty Responsibilities	14
Chief Officials Duty	14
CODE of CONDUCT	15
LAVIC STRUCTURE	19
RULES OF COMPETITION Centre Rules	20
Track Rules, Hints for Officials	21
Event Rules	22
RELAY COMPETITION, MINI OLYMPICS	27
KNOX CENTRE AWARDS Track & Field Awards	28
Cross Country Awards	30
CENTRE TROPHY WINNERS 2017/18 TRACK & FIELD SEASON	32
RESULTS 2017/18 State T&F Championships	34
State Multi Event Championships	36
State Relay Championships	36
RESULTS 2017/18 Centre Multi Event Day	37
Centre T&F Championships	38
State Cross Country Championships	45
Centre Cross Country Championship Day	46
CENTRE CROSS COUNTRY HANDICAP DAY TROPHIES 2018	46
CENTRE CROSS COUNTRY TROPHY WINNERS 2018 SEASON	47
CENTRE RECORDS as at 31 March 2018	48
EMR CRYSTAL CREEK COACHING CAMP	62
2019 CROSS COUNTRY Dates and venues	65
2018/19 TRACK & FIELD Centre dates	66
PROGRAM OF EVENTS – 2018/2019 Track & Field Season	68
KNOX TRACK LAYOUT	69

Front cover: 2017/18 Best Overall Athletes, Jessie Lewis and Aranya Manchanayake
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 more than 100,000 girls and boys now enjoying the activities of Little Athletics at centres across Australia. The Centres are affiliated with one of the State or Territory Associations which, in turn, are affiliated with the national organising body – Little Athletics Australia.

Knox Centre Life Members

1971 Don Kerr	1987 Robert Bell,	1993 Greg Waugh	2011 David Murrhiy,
1972 Don Brown	John Fewson,	1994 Ray Gordon,	Jeff Papworth
1973 Alan Johnson,	Adele Kennedy,	Sharon Sheldon	2012 Peter Dwyer,
Kath Brown,	Morris Kennedy	1995 Christine Brown,	Julie Harvey,
Ron Chignell	1988 Hilary Brown,	David Sheldon	Keith Harvey,
1975 George Dyer,	Shirley Deans,	1996 Diane Lowden,	Phil Matthews,
Betty Dyer (dec),	Ross Chapman,	David Blackwood	Chris McKissack
Geoff Warren	Kim Stevens	1997 Kathy Hale (dec),	2013 Stephen Egan,
1976 Isobel Addicoat,	1989 Hamish McMillan	Kerry Hodgkinson	Matt Davies
John Prendergast (dec)	1990 Rick Goss,	1999 Bill Chancellor,	2014 Russell Speight
1977 Ben Abbenhuys	Jan Forrest	Derek Higham,	2015 Rob Holdway
1979 Derek Fenwick	1991 Noel Rasti,	Bruce Unthank	2016 Stephen Hough
1981 Ron Papst (dec)	Colin Merlo,	2001 Mike Kerr	2018 Grant Bertram
1984 Harry Stevens,	Richard Huggins,	2002 Stephen Cowburn	Keith Gay
Keith Styles,	Phillip Bateman	2007 David Sommers	Karen Butler
David Tracey,	1992 Karen Cosson,	2008 Allan Wright,	
Darryl McDougal,	Stewart Findlay,	Ann Goder,	
John Guerra	Ian Cogdell	Dawn Vanderhorst	

Knox Centre Distinguished Service

2012 Frank Bathgate,	2013 Brett Smith	2017 Mark O'Mahony	2018 Peter Preston
Rosemary Merrigan	2014 Fran Attard	Shane Dickson	Steve Morris

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 100 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 on Saturday mornings, at 6:00pm on Friday twilight meetings, and 3:00pm on Sunday twilight meetings. Race Walking for the older age groups starts at 8:00am on Program B mornings (refer page 68). In order for the competition to start on time (and therefore finish on time), 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 athletics activities for children from the age of 5, in age groups under 6 to under 16. From the commencement of the 2018/2019 competition season, Little Athletics Victoria is changing the date on which it determines its age groups, to 31 December. U6s: from 18/19 onwards, 4 year olds can commence in U6 from the start of the track & field season as long as they turn 5 years old on, or prior to, 31st December that year. Athletes cannot register or participate in any other age group

Once registered, athletes can participate in all regular track and field (October to March) and Cross Country (April to August) events run by the centre. Athletes earn points for participating at these events, which count toward 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 the 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.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, t-shirt 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



Steve Lillie
President

president@klac23.org.au
0438 112 101



Stephen Hough
Vice President

vp@klac23.org.au
0418 511 166



Rob Monteath
Secretary

secretary@klac23.org.au
0401 699 413



Kris Shipham
Treasurer

treasurer@klac23.org.au
0412 556 623



Susan Kindler
Registrar

registrar@klac23.org.au
0488 149 726

Executive

President*	Steve Lillie
Vice President*	Stephen Hough
Secretary*	Rob Monteath
Treasurer*	Kris Shipham
Registrar*	Susan Kindler

Communications

Schools	Claire Lillie
Photography	Mike Ward
Social Media	Vacant
Child Protection Officers	Monika Karlsson
Handbook	Jodie Browne (O)

Competition and Coaching

Competition Director	Stephen Hough
Secretary	Tanya Keeghan
Chief of Officials	David Kearsley
Coaching Director	Mike Donato
Team Manager (T & F)	Mirella Louey
Walks Coordinator	Mark Blackwood
Duty Managers	Nevenska Elvin Katherine Ward
Records Manager	Chris McKissack
On Track Coordinator	Simon Chapman Chris Karaiskos
Referees	Stephen Hough, Rob Monteath & David Kearsley
EMR Delegates	Stephen Hough & Rob Monteath

Complex and Equipment

Announcers	Steve Lillie, Grant Bertram, Tracey Ryan & Dan Ryan
Arena & Equipment	David Frost
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	Rob Monteath (C)
Registrar	Vacant
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 (*manned **only** on competition days*)

Postal Address:

PO Box 4444
Knox City Centre
Wantirna South Vic 3152

Annual General Meeting

Knox Little Athletics Centre
Date, time & venue to be advised on www.klac23.org.au early 2019

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 **\$1**. 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 Crop Top



KLAC T-shirt



KLAC Singlet Top

Club Information

Bayswater Bullets

President	Michelle Bamford	0422 335 001
Secretary	Wayne Elvin	
Treasurer	Tanya Keeghan	
Team Manager	Stuart Sales	0427 934 100
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	Joe and Claire Grimes	0424 675 107
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	Dan Jones	0400 782 829
Secretary	Luke Brady	0434 131 652
Treasurer	Kate Scott	
Team Manager	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	Vacant – <i>Can you help?</i>	
Secretary	Emily Drescher	0409 536 153
Treasurer	Yoga Dharmaraj	
Team Manager	Vacant – <i>Can you help?</i>	
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	Cassandra Turner	
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
Vice President	Andy Bissett	0412 815 161
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	John Smith	0411 335 345
Vice President	Adam Mizzi	0423 596 096
Secretary	Lisa Hassing	0432 303 577
Treasurer	Kylie Hutchins and Danny Hutchins	
Team Manager	Kylie Dummett	0413 426 222
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
Secretary	Michelle O'Rourke	0402 351 721
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	Becci Collins	0433 758 839
Secretary	Nicole Taylor	0404 889 785
Treasurer	Kris Shipham	0412 556 623
Team Manager	Brad Krawczyk	0400 500 626
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	Leanne Hawke	0418 477 002
Treasurer	Marianda Kurdian	
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 9-16 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 CARNIVAL (U9-16)

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 COMBINED EVENT CHAMPIONSHIPS (U9-16)

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 AND FIELD (T&F) CARNIVAL (U9-16)

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 Carnival 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 9 & 10 Girls & Boys – 1500m

Under 13-16 Girls & Boys – 3000m

Under 7 & 8 Girls & Boys – 1000m

Under 11 & 12 Girls & Boys – 2000m

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 prior to the Region Carnival.

EMR CARNIVAL

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 age/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 9-16 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 U6-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 up to 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 to 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 Junior Development Squad (JDS) gives U12–U16 athletes an opportunity to develop additional skills and improve technical competencies through participation in coaching and training sessions with some of Victoria's leading coaches. Training with other keen and enthusiastic squad members is both fun and motivational and helps develop new friendships based on an enjoyment of athletics. The emphasis on learning new athletic skills and improving existing ones is in a friendly and supportive environment.

To join JDS, athletes must achieve the qualifying standard in their current age group of the season. Athletes must achieve one standard on two separate occasions or two different standards, once. This ensures that the performances show a consistency and not just a once off.

For more information, please see <http://lavic.com.au/Education-Training/Athletes/Junior-Development-Squad>

Registration Categories

LAVic U16

This will allow the 'U16 athlete' to compete at all Knox, Region and State Little Athletics events. Club uniform for all normal competition at Knox LAC. LAVic U16 athletes cannot compete at Athletics Victoria (Seniors) events unless also registered with Athletics Victoria.

Athletics Victoria (Seniors) as Youth Athletics

Discounted rates are available for Junior membership (13–19 years). Junior members who are Under 16 as at 31st December in the current summer season can also compete by invitation at Knox LAC events wearing their senior club uniform, however only past members of Knox Little Athletics Centre are eligible for Knox Centre Records and/or to compete on Championship Day.

LAVic / Athletics Victoria Dual membership (11–14 years)

Significantly discounted AV membership for current Little Athletics members, allows athletes to compete at both Little Athletics and Senior competitions.



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
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

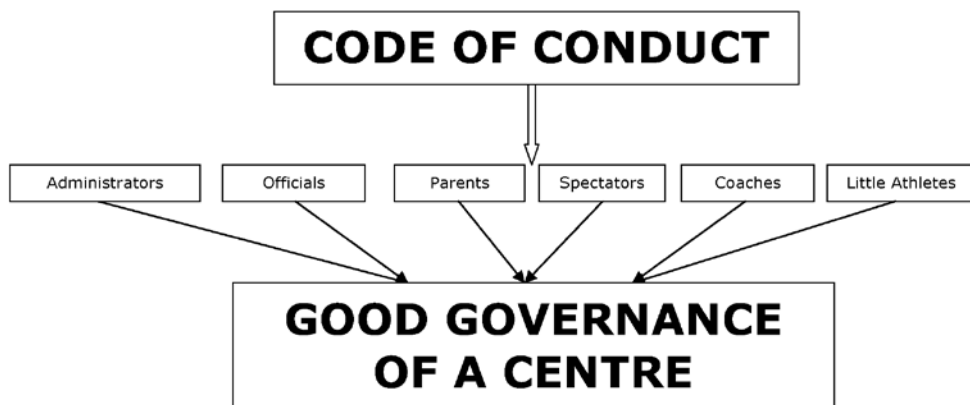
Lost Property can be collected from under the Grandstand each Saturday morning. Clothing that is not collected by the last day of the competition will be sent to a charitable organisation. Please assist in this matter by ensuring that all clothing is collected.

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.

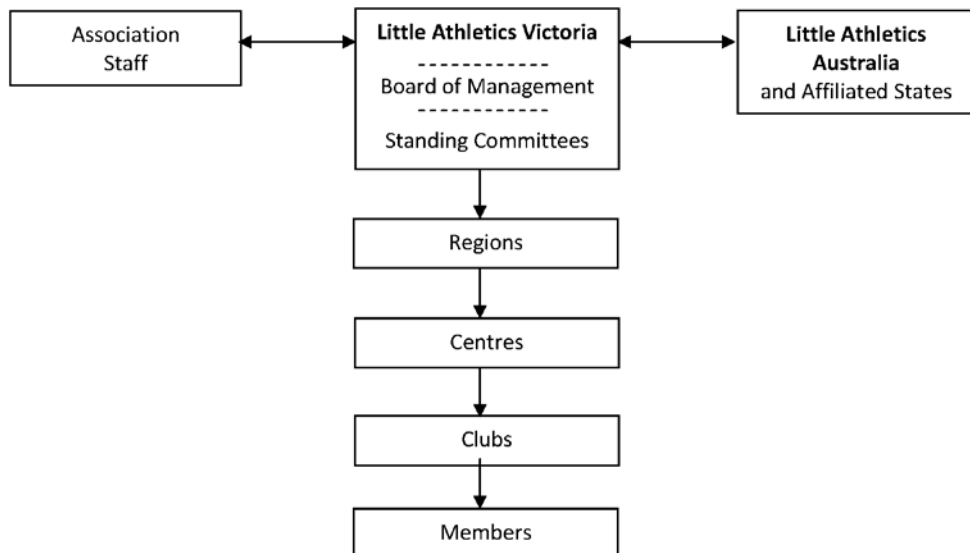


Knox has a clear process for reporting and acting on all concerns regarding Child Safety.

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 from that event who is misbehaving.
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

All athletes are allowed to perform a standing start for all track events, from U6-U16. U11-U16 athletes may use starting blocks if performing a crouch start. It is recommended that athletes perform a standing start until they are proficient at crouch starts and then the use of blocks. While U11 athletes can use blocks, most struggle with performing correct crouch starts using blocks, until their U13 or U14 year.

Blocks MUST be used if performing a crouch start wearing spikes.

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'.

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	—	—	—	—	—
Under 10	60cm	—	—	—	—	—
Under 11	60cm	—	—	—	—	—
Under 12	—	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 two (2) judges but a minimum of four (4) judges are required for a Knox Centre record to be recognised



Rules for Shot Put

Shot Put											
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16
Boys	1kg	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	4kg	4kg
Girls	1kg	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg	3kg

- The trial must be commenced from a stationary position inside the circle.
- The athlete must not leave the circle until the shot has landed.
- The athlete must not touch the top of the circle or stop/kick board, or the ground outside the circle during the trial with any part of their body. They are allowed to touch the inside of the stop/kick board. Note: it will not be considered a failure if the touch happens during the rotation, back of the centre line
- The shot must land in a manner whereby the 'impact mark' is within the inner edges of the lines marking the sector.
- The athlete may enter the circle from any direction (preferably from the rear half of the circle) but must exit from the rear half of the circle.
- The shot must be put from the shoulder with one hand only. At the start of the trial the shot should touch or be in close proximity to the neck or chin and should not be dropped below this position during the action of putting.
- The shot shall not be taken behind the line of the shoulders.
- Officials select the 'imprint mark' made by the shot on landing closest to the circle. The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight through the centre of the circle.
- The distance is measured at the point where the tape crosses the inner edge of the circle.
- Each measurement is to the nearest cm below the distance put unless the reading is a whole centimetre.

Rules for Discus

Discus											
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16
Boys	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg
Girls	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg

- The trial must be commenced from a stationary position inside the circle.
- The athlete must not leave the circle until the discus has landed.
- The athlete must not touch the top of the circle or the ground outside the circle during the trial with any part of their body. They are allowed to touch the inside of the circle. Note: it will not be considered a failure if the touch happens during the rotation, back of the centre line.
- For a valid trial the discus must fall so that the point of impact is within the inner edge of the lines marking the sectors. If the discus hits the cage and deflects back into the sector it will be a valid trial and measured providing no other infringement occurs.
- The athlete may enter the circle from any direction (preferably from the rear half of the circle) but must exit from the rear half of the circle.
- Officials select the imprint mark made by the discus on landing closest to the circle. The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight through the centre of the circle.
- The distance is measured at the point where the tape crosses the inner edge of the circle.
- Each measurement is to the nearest cm below the distance thrown unless the reading is a whole centimetre.

Rules for Javelin

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

- Warning: Javelins are dangerous Implements. The javelin is a form of spear and as such is a lethal weapon.**
- 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.
 - At no time during the throw, until the javelin has been launched into the air, may the athlete turn completely around, so that their back is toward the throwing arc.
 - A trial will be valid only if 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 low angle to the ground it may bounce shortly before producing what looks like a fair landing. This must be carefully watched to see that the metal head impacts first.
 - The athlete must not leave the runway until the javelin has impacted the ground.
 - When leaving the runway the athlete must not leave forward of the throwing arc.
 - The measurement of each throw will be made from where the metal head first strikes the ground to the inside edge of the arc along a line from the point of landing to the centre of the circle of which the arc is part.
 - The selected point is marked by the spike and the zero end of the tape is held at the spike.
 - The tape is drawn tight through the centre of the circle of which the arc is a part (8m from the arc).
 - The distance is measured at the point where the tape crosses the inner edge of the arc.
 - Each measurement is to the nearest cm below the distance thrown unless the reading is a whole centimetre.

Rules for Vortex

1. The centre is trialling Vortex as an additional throwing event for U8-10 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

- The take-off area size for U6-U8 shall be 1 meter square mat covered in sand, for U9-U10 it shall be 1.22m x 0.5m mat covered in sand, for U11-U16 it shall be 1.22m x 0.2m board or painted line.
- The athlete must place take-off foot on or before the take-off area nearer to the landing area. If any part of foot is beyond the front edge or if the entire foot is outside either end of the take-off area then it is a foul/invalid trial and recorded as a 'No Jump'.
- Markers may not be placed on runway but may be placed alongside the runway.
- Markers are not permitted in the landing area/pit.
- If during the run-up, an athlete touches the ground beyond the take-off line with any part of the body, whether running up with or without jumping; it will be deemed a trial even if it is not completed. This will be recorded as a 'No Jump'.
- If after completing the jump an athlete walks back through the landing area towards the take-off area it is a 'No Jump'.
- In the course of landing an athlete must not touch the ground outside the landing area nearer to the take-off point than the nearest break (imprint) in the landing area.
- The athletes fail if they employ any form of somersaulting
- All jumps must be measured from the nearest break in the landing area made by any part of the body to the front edge of the imprint made by the take-off foot (U6-U10) or to the take-off line or its extension (U11 and above). The selected point is marked by the spike and the zero end of the tape is held at the spike.
- In the case of an (U6-U10) athlete taking off before reaching the take-off area, the jump is measured from the nearest break in the landing area made by any part of the body to the back edge of the take-off area. The measurement must be taken perpendicular to the back of the take-off area or its extension.
- The tape is drawn tight and the distance is measured to the nearest centimetre below the distance jumped unless the reading is a whole centimetre.

Rules for Triple Jump

- The Triple Jump consists of three distinct skills performed at speed in a continuous action as follows:
 - (a) Hop: During the hop the athlete uses the same foot for take-off and landing
 - (b) Step: Athlete lands on the opposite foot (to that used for the hop)
 - (c) Jump: Athlete performs a jump from the 'step' foot and lands in the pit
- The take-off area for U11-U16 athletes shall be 1.22m x 0.2m board or painted line
- The athlete must take-off from one foot
- The athlete must place take-off foot on or before the take-off area nearer to the landing area. If any part of foot is beyond the front edge or if the entire foot is outside either end of the take-off area then it is an invalid trial and recorded as a 'No Jump'.
- Markers may not be placed on runway but may be placed alongside runway
- Markers are not permitted in the landing area/pit, or beyond the take-off area
- If during the run-up, an athlete touches the ground beyond the take-off line with any part of the body, whether running up with or without jumping; it will be deemed a trial even if it is not completed. This is an invalid trial and recorded as a 'No Jump'.
- If after completing the jump an athlete walks back through the landing area towards the take-off area it is an invalid trial and recorded as a 'No Jump'
- In the course of landing a jumper must not touch the ground outside the landing area nearer to the take-off point than the nearest break (imprint) in the landing area
- The trailing leg is allowed to make contact with the ground during the trial without penalty
- An athlete may change the position of their take off; they must however inform the recorder first
- All jumps must be measured from the nearest break in the landing area made by any part of the body to the take-off line or its extension. The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight and the distance is measured to the nearest centimetre below the distance jumped unless the reading is a whole centimetre.

Rules for High Jump

- An athlete may approach the bar from any angle. An athlete must take-off from one foot only.
- The Scissor technique is the only allowable technique for the Under 8, 9 & 10 age groups. 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.
- 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.
- 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.
- 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.
- 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
- The height of the bar must *NEVER BE LOWERED* during the competition, except in the case of a tie-breaker
- If an athlete fails to complete the attempt within 60 seconds, a failure will be recorded. An athlete may abort an attempt (baulk) as many times as they like provided that the final attempt is commenced in 60 secs.
- If the bar falls after an athlete has landed and left the mat, it *MAY* still be considered a failure. It is the decision of the judge as to whether contact by the athlete or some other factor caused the bar to fall, i.e. Wind gusts
- If an athlete fails to commence an attempt within 30 seconds of their name being called by the Official in charge, a failure will be recorded. An athlete may abort an attempt (baulk) as many times as they like provided that the final attempt is commenced in 30 seconds.
- When there are only two or three athletes left, the time allowed is 1 min 30 seconds and when only one athlete is left the time allowed is 3 minutes
- In the case of consecutive trials, athletes are allowed two minutes
- These are maximum times and athletes are encouraged not to delay the event

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



Relay Competition

Relay competitions occur in the Track and Field season and are composed of two main events – EMR Region Carnival 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 9-16:

4 x 100 Mixed Sex 4 x 100

4 x 200 Mixed Sex 4 x 200

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

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.



2017 Ray Abley Gift Runners



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

**Jodie
Browne**
**REMEDIAL
MASSAGE
THERAPIST**

Massage helps:

- ★ Speed up Recovery from Injuries
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www.facebook.com/Jodie-Browne-Remedial-Therapist

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 Duty Manager 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:

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

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 | • Jeff Crouch Award |
| • Coach of the Year Award | • Meritorious Service Award |
| • Bryan Neighbour Centre Coach Award | • Distinguished Service Award |
| • Distinguished Service Award | |

Winners will be announced at the LAVic Gala Awards night. Please contact Centre or Club Secretary for nomination details.



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

The shield is presented to the best overall female athlete (U9-16) with the highest number of points accumulated throughout the season.

Cross Country Shield

The shield is presented to the best overall male athlete (U9-16) 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:

Brad Krawczyk 0400 500 626

VICTORIAN MASTERS ATHLETICS CLUB INC.

Knox Centre

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3 events per night

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Many Novelty Events, Trophy Nights and Handicap Races
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Centre Trophy Winners 2017/18

Club Awards

Best Overall Club	Rowville
Champion Girls Club	Boronia Bolters
Champion Boys Club	Rowville Lakes
Best Club - March Past	Eastfield/Studfield
Kathy Hale Club Award	Fairpark

Age Awards

		Best Athlete		Personal Best Award	
Girls Under	8	Jemma Howe	K	Winnie Mcpherson	D
	9	Madeleine Tarabay	Row	Gabrielle Clarke	K
	10	Alyssa Chapman	Bor	Talysha Sayers	K
	11	Sienna Kurdian	W	Khushi Deol	Row
	12	Aranya Manchanayake	Row	Sophie Johnstone	RL
	13	Amber Clarke	K	Kyla Chapman	Bor
	14	Talia Allen	F	Lauren Hassing	Ra
Boys Under	15	Hannah Hodges	Row	Mia Ward	ES
	16	Ashleigh Bertram	K	Holly Hodges	Row
	8	Jessie Lewis	Row	Alexander Karaikos	Row
	9	Zac Mellech	Row	Sajan Deol	Row
	10	Jake Frost	D	Jake Olarenshaw	Row
	11	Cooper Howe	K	Ethan Goktepe	W
	12	Mitchell Gamel	Row	Eden Morgan	F
	13	Lucas Henkul	Row	Luke Ward	ES
	14	Jacob Allison	SS	Jhye Smith	Ra
	15	Dharam Deol	Row	Troy Maggs	Bays
	16	Matthew Stevenson	ES	Matthew Elvin	Bays

Best Overall Athlete

Boys	Jessie Lewis	Row
Girls	Aranya Manchanayake	Row

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 7 & 10 Year ‘Certificate of Achievement’

This is awarded to athletes who have completed 7 or 10 years of registration at any Australian 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)

Bayswater	Troy Maggs
Fairpark	Ashlynn O'Halloran
	Georgia O'Halloran
Knoxfield	Jarrod Long
	Ryan Fairchild
Rowville	Cody Eickhoff

10 Seasons Service (U6-15)

Bayswater	Paul Haasbroek
Knoxfield	Riley Turnbull

10 Seasons Service (U7-16)

Dorset	Alex Tzilantonis
Fairpark	Georgia Turner
Knoxfield	Ashleigh Bertram
	Breanna Turnbull
	Kathleen O'Mahony
Rowville	Mark Merrigan
	Jesse Eickhoff
The Fields	Keira Fisher-Gay
	Matthew Stevenson

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.

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
2018	Charlotte Hay	Bayswater

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:

2011	David Thomson	Bayswater Bullets	Multi Event
2012	Emily Harvey	Rangeview	Javelin
	Charisse Mohorovic	Eastfield-Studied	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
2018	Paul Haasbroek	Bayswater	Multi Event

Misc. Awards

Volunteer Award		Michael Hough	Fairpark
2017 Ray Abley Gift	GIRLS	Olivia Drescher	The Fields
	BOYS	Jack Ryan	Rowville Lakes

State Championships – Track & Field

Held at Lakeside Stadium on 10th and 11th March 2018

Event	Athlete	Place	Result	
Girls Under 9				
700m Walk	Mietta Morgan	2nd	351.08	
Shot Put	Madeleine Tarabay	6th	5.47	
Girls Under 10				
400m	Chloe Johnstone	4th	111.48	
800m	Chloe Johnstone	3rd	240.90	
1100m Walk	Alyssa Chapman	1st	602.24	
High Jump	Monique Kindler	6th	1.20	
Long Jump	Talysha Sayers	4th	3.87	
Girls Under 11				
100m	Sienna Kurdian	6th	13.95	
200m	Sienna Kurdian	6th	28.84	
400m	Sienna Kurdian	3rd	105.71	
1100m Walk	Darcey Roberts	1st	530.23	* Record
60m Hurdles	Zoe Palmer	6th	10.40	
Triple Jump	Gemma Leung	3rd	9.47	* Record
Girls Under 12				
100m	Jennifer Lim	1st	13.07	
100m	Aranya Manchanayake	4th	13.70	
200m	Jennifer Lim	1st	26.84	
200m	Natasha Kindler	3rd	27.54	
400m	Natasha Kindler	3rd	104.70	
1500m Walk	Aria Wesson	3rd	820.09	
60m Hurdles	Aranya Manchanayake	3rd	9.99	
60m Hurdles	Evangeline Cheung	4th	10.17	
60m Hurdles	Natasha Kindler	7th	10.49	
Long Jump	Aranya Manchanayake	4th	4.52	
Long Jump	Evangeline Cheung	8th	4.35	
Triple Jump	Evangeline Cheung	5th	9.69	
Discus	Elise Keeghan	3rd	30.09	
Shot Put	Katherine Dekel	3rd	11.91	
Javelin	Elise Keeghan	4th	24.19	
Javelin	Katherine Dekel	5th	23.15	
Girls Under 13				
100m	Amber Clarke	2nd	12.82	
200m	Amber Clarke	2nd	26.38	
80m Hurdles	Amber Clarke	1st	12.17	* Record
200m Hurdles	Amber Clarke	1st	28.56	* Record
1500m Walk	Gemma Lillie	3rd	848.56	
Girls Under 14				
1500m Walk	Charlotte Hay	1st	704.39	
1500m Walk	Grace Louey	7th	816.28	
Girls Under 15				
1500m	Grace Flanagan	8th	514.72	
300m Hurdles	Hannah Hodges	6th	51.78	
High Jump	Georgia Campbell	1st	1.55	
Triple Jump	Harini Jeevaraj	5th	10.47	
Triple Jump	Bernadette Feagaimalii	7th	10.13	
Javelin	Hannah Hodges	4th	29.29	

State Championships – Track & Field *(continued)*

Event	Athlete	Place	Result	
Boys Under 9				
700m Walk	James Barna	3rd	409.22	
Boys Under 10				
100m	Corey Mason	5th	14.30	
200m	Harrison Chapman	5th	29.47	
60m Hurdles	Corey Mason	3rd	10.37	
60m Hurdles	Jake Frost	8th	11.45	
1100m Walk	Liam Hutchins	1st	531.67	
1100m Walk	Hamish Blackwood	2nd	532.77	
Boys Under 11				
400m	Tyler Walther	6th	106.51	
1100m Walk	Luke Epps	1st	519.82	* Record
Boys Under 12				
800m	Jaydan Wigney	8th	223.89	
1500m	Eden Roberts	3rd	448.43	
High Jump	Lachlan Monteath	7th	1.45	
Javelin	Lachlan Monteath	2nd	34.12	
Boys Under 13				
100m	Lester Long	6th	12.60	
400m	Lester Long	7th	59.99	
1500m Walk	Liam O'Rourke	2nd	739.65	
Long Jump	Noah Andrews	6th	5.00	
Boys Under 14				
400m	Nathanial Louey	7th	100.40	
1500m	Joshua Jensen	6th	447.89	
1500m Walk	Nathanial Louey	2nd	737.70	
1500m Walk	Angus Hay	3rd	757.39	
200m Hurdles	Jacob Allison	8th	29.44	* Record
Boys Under 15				
100m	Achintha Jayawantha	7th	12.39	
400m	Paul Haasbroek	1st	52.67	
800m	Dharam Deol	3rd	206.00	
1500m	Dharam Deol	5th	421.38	
100m Hurdles	Paul Haasbroek	2nd	13.29	* Record
300m Hurdles	Dharam Deol	7th	44.90	
High Jump	Dharam Deol	6th	1.70	
Long Jump	Paul Haasbroek	2nd	6.33	* Record
Shot Put	Troy Maggs	5th	11.17	
Javelin	Paul Haasbroek	1st	51.64	* Record
Javelin	Ryan Fairchild	5th	40.44	

Australian Little Athletics Championships

Held at Runaway Bay, Gold Coast on 28th & 29th April 2018

U13 100m	Amber Clarke	7th	12.96	
U13 200m	Amber Clarke	6th	26.64	
U13 80mH	Amber Clarke	1st	12.24	
U13 200mH	Amber Clarke	1st	28.10	* Record
U13 Relay	Amber Clarke	3rd	50.68	
U15 Multi Event	Paul Haasbroek	1st	5261.00	* Record
U15 Mixed Relay	Paul Haasbroek	3rd	47.65	

* Knox Record

State Championships – Multi-Event

Held at Casey Fields on 27th and 28th January 2018

Age Group	Athlete	Place	Points
Under 9 Girls	Priya Deol	47th	448
Under 10 Girls	Talysha Sayers	8th	917 * Record
	Alyssa Chapman	11th	868
	Chloe Johnstone	17th	788
	Elsa Leonard	18th	786
	Monique Kindler	32nd	601
Under 11 Girls	Gemma Leung	10th	1099
	Khushi Deol	58th	661
	Hailey Buckley	59th	639
Under 12 Girls	Natasha Kindler	2nd	1490 * Record
	Aranya Manchanayake	4th	1454
Under 13 Girls	Amber Clarke	2nd	1547 * Record
	Elise Carbery	6th	1328
	Kyla Chapman	27th	880
	Breejena Kc	DNF	740
Under 15 Girls	Hannah Hodges	6th	3548
Under 9 Boys	Sajan Deol	46th	568
Under 10 Boys	Corey Mason	18th	959 * Record
	Luke Monteath	31st	880
	Anantha Manchanayake	44th	714
	Herosh Malavige	DNF	535
	Harrison Chapman	DNF	422
Under 12 Boys	Mitchell Gamel	3rd	1525 * Record
	Lachlan Monteath	14th	1325
Under 13 Boys	Lester Long	2nd	1625
Under 14 Boys	Keanu Ramadan	23rd	1411
Under 15 Boys	Paul Haasbroek	1st	5078 * Record
	Dharam Deol	8th	3359
	Prenoj Devanandan	13th	3063

* Knox Record

State Championships – Relays

Held at Lakeside Stadium 16th December 2017

Boys	Age Group	Event	Result	Girls	Age Group	Event	Result
	12	4 x 200m	2nd		10	Medley	3rd
	12	Medley	2nd		11	4 x 100m	1st
	15	4 x 100m	1st		11	4 x 200m	2nd
	15	4 x 200m	1st		12	4 x 100m	1st
	15	Medley	1st		12	4 x 200m	2nd
					12	Medley	2nd
					13	4 x 100m	3rd
Mixed Sex	Group	Event	Result	Mixed Age	Group	Event	Result
	10	4 x 200m	2nd		14-15	Medley	1st
	14	4 x 100m	2nd				

LAVic Awards

Knox were awarded **Centre of the Year** and 2nd overall for the **Track & Field for 2017/2018 Season**

Centre Multi Event Day – 17th December 2017

Place	Name	Club	Points	Name	Club	Points
Under 6 Boys				Under 6 Girls		
1st	Anthony Karaiskos	Row	1642	Alexis Johnston	W	1186
2nd	Lachlan Schafter	RA	1608	Lacey Richardson	W	1103
3rd	Conor Johnson	K	1431	Helena Nash	RL	948
Under 7 Boys				Under 7 Girls		
1st	Kruz Dimachki	Row	1889	Fiona Hardy	Row	1705
2nd	Jordan Mellech	Row	1808	Neve Odokeychuk	K	1568
3rd	Noah Kavanagh	Row	1726	Matilda Grimes	BW	1483
Under 8 Boys				Under 8 Girls		
1st	Jessie Lewis	Row	* 3329	Anna Phelan	B	2171
2nd	Alexander Karaiskos	Row	3186	Alyssa Kurdian	W	1816
3rd	Joshua Henkul	Row	2605	Olivia Killian	Row	1661
Under 9 Boys				Under 9 Girls		
1st	Zac Mellech	Row	841	Gabrielle Clarke	K	423
2nd	Reegan Schafter	Ra	692	Blythe Lambie	RL	412
3rd	Thomas Krawczyk	SS	596	Victoria Allison	SS	388
Under 10 Boys				Under 10 Girls		
1st	Harrison Chapman	RL	* 1132	Alyssa Chapman	BW	* 865
2nd	Luke Monteath	RL	930	Chloe Johnstone	RL	745
3rd	Liam Hutchins	Ra	923	Milan Keogh	RL	722
Under 11 Boys				Under 11 Girls		
1st	Tyler Walther	Row	920	Sienna Kurdian	W	1088
2nd	Cooper Howe	K	848	Zoe Palmer	Row	953
3rd	Maxwell Barna	W	756	Josephine Bamford	B	788
Under 12 Boys				Under 12 Girls		
1st	Mitchell Gamel	Row	* 1399	Aranya Manchanayake	Row	* 1352
2nd	Lachlan Monteath	RL	1241	Natasha Kindler	Row	1309
3rd	Eden Morgan	F	826	Zarah Smith	Ra	836
Under 13 Boys				Under 13 Girls		
1st	Lester Long	SS	1513	Amber Clarke	K	* 1551
2nd	Lucas Henkul	Row	1139	Elise Carbery	B	1155
3rd	Noah Andrews	K	1126	Breejena Kc	W	993
Under 14 Boys				Under 14 Girls		
1st	Akshaay Shankar	ES	1644	Lauren Hassing	Ra	1277
2nd	Jacob Allison	SS	1619	Grace Louey	Row	1208
3rd	Luke Richardson	RL	1389	Talia Allen	F	1201
Under 15 Boys				Under 15 Girls		
1st	Paul Haasbroek	B	* 3125	Hannah Hodges	Row	* 1925
2nd	Dharam Deol	Row	2262	Harini Jeevaraj	ES	1637
3rd	Cody Eickhoff	Row	1397	Mia Ward	ES	1389
Under 16 Boys				Under 16 Girls		
1st	Mark Merrigan	Row	2840	Ashleigh Bertram	K	1751
2nd	Matthew Stevenson	ES	2764	Chantal Klep	Ra	1005
3rd	Jesse Eickhoff	Row	2238			

* Centre Record

Centre Championship Day Results – 24th March 2018

Gold

Silver

Bronze

Under 6 Girls

70m	Megan Kearsley	W	Maddison Glancy	RL	Ivy Mcpherson	D
100m	Maddison Glancy	RL	Emily Block	D	Ivy Mcpherson	D
300m	Emily Block	D	Julia Baldy	Row	Caitlyn Shipham	SS
LJ	Ivy Mcpherson	D	Megan Kearsley	W	Emily Block	D
Discus	Megan Kearsley	W	Ivy Mcpherson	D	Maddison Glancy	RL
Shot Put	Megan Kearsley	W	Kiara Sayers	K	Emily Block	D

Under 7 Girls

70m	Charleah Campbell	K	Fiona Hardy	Row	Hayden Brady	D
100m	Siena Chapman	Bor	Charlotte Turner	F		
200m	Fiona Hardy	Row	Hayden Brady	D	Matilda Jones	Bor
300m	Matilda Grimes	Bor	Hayden Brady	D	Matilda Jones	Bor
400mW	Sophie Blackwood	K	Isabella Koster	D	Siena Chapman	Bor
LJ	Fiona Hardy	Row	Matilda Grimes	Bor	Siena Chapman	Bor
Discus	Riley Johnson	K	Siena Chapman	Bor	Matilda Jones	Bor
Shot Put	Molly Collins	K	Charleah Campbell	K	Riley Johnson	K

Under 8 Girls

70m	Mackenzie Horne	RL	Alyssa Kurdian	W	Olivia Killian	Row
100m	Mackenzie Horne	RL	Alyssa Kurdian	W	Mia Olarenschaw	Row
200m	Mackenzie Horne	RL	Kate Richardson	RL	Jade Jones	D
400m	Alyssa Kurdian	W				
600m	Kate Richardson	RL				
60mH	Mackenzie Horne	RL	Anna Phelan	Bays	Mia Olarenschaw	Row
700mW	Jemma Howe	K	Mia Olarenschaw	Row	Winnie Mcpherson	D
HJ	Anna Phelan	Bays	Jade Jones	D	Winnie Mcpherson	D
LJ	Jemma Howe	K	Anna Phelan	Bays	Mia Olarenschaw	Row
Discus	Olivia Killian	Row	Jemma Howe	K	Olivia Crowder	W
Shot Put	Anna Phelan	Bays	Jemma Howe	K	Olivia Crowder	W

Under 9 Girls

70m	Harper Drane	ES	Alexis Port	Row	Caitlyn Le Grove	K
100m	Addison Jones	D	Blythe Lambie	RL	Harper Drane	ES
200m	Addison Jones	D	Ruby Howe	K	Blythe Lambie	RL
400m	Blythe Lambie	RL	Celeste Yu	Bor	Caitlin White	Bor
800m	Priya Deol	Row	Victoria Allison	SS	Mietta Morgan	F
60mH	Caitlyn Le Grove	K	Priya Deol	Row	Victoria Allison	SS
80mH	Madeleine Tarabay	Row	Ruby Howe	K	Alexis Port	Row
700mW	Mietta Morgan	F	Blythe Lambie	RL	Charli Bissett	K
HJ	Harper Drane	ES	Ruby Howe	K	Caitlin Killian	Row
LJ	Ruby Howe	K	Celeste Yu	Bor	Harper Drane	ES
Discus	Grace Carter	K	Priya Deol	Row	Charli Bissett	K
Shot Put	Madeleine Tarabay	Row	Caitlin Killian	Row	Zoe Thomassen	RL



Centre Championship Day Results (continued)

Gold			Silver		Bronze	
Under 10 Girls						
70m	Talysha Sayers	K	Monique Kindler	Row	Bianca Sithibourn	K
100m	Talysha Sayers	K	Chloe Johnstone	RL	Sarah Winters	K
200m	Chloe Johnstone	RL	Chelsea Mizzi	Ra	Jasmine Meerten	Bor
400m	Chloe Johnstone	RL	Chelsea Mizzi	Ra	Lara Gniatkiewicz	Row
800m	Chloe Johnstone	RL	Talysha Sayers	K	Chelsea Mizzi	Ra
60mH	Alyssa Chapman	Bor	Monique Kindler	Row	Elsa Leonard	Ra
80mH	Alyssa Chapman	Bor	Monique Kindler	Row	Lara Gniatkiewicz	Row
1100mW	Alyssa Chapman	Bor	Georgia Francis	Row		
HJ	Monique Kindler	Row	Georgia Francis	Row	Elsa Leonard	Ra
LJ	Talysha Sayers	K	Alyssa Chapman	Bor	Bianca Sithibourn	K
Discus	Lily Matthews	W	Jasmine Meerten	Bor		
Shot Put	Maddison Block	D	Bianca Sithibourn	K	Isabella Campbell	K
Under 11 Girls						
70m	Sienna Kurdian	W	Bree Horne	RL		
100m	Sienna Kurdian (ER)	W	Gemma Leung	Row	Josephine Bamford	Bay
200m	Sienna Kurdian	W	Josephine Bamford	Bays		
400m	Sienna Kurdian	W				
800m	Isabelle Creaton	RL	Khushi Deol	Row	Ella Drew	F
1500m	Darcey Roberts	Row	Khushi Deol	Row	Ella Drew	F
60mH	Bree Horne	RL	Zoe Palmer	Row	Gemma Leung	Row
80mH	Zoe Palmer	Row	Bree Horne	RL	Josephine Bamford	Bays
200mH	Hailey Buckley	RL	Ella Drew	F		
1100mW	Darcey Roberts (ER)	Row				
HJ	Josephine Bamford	Bays	Hailey Buckley	RL		
LJ	Gemma Leung	Row	Zoe Palmer	Row	Hailey Buckley	RL
TJ	Hailey Buckley	RL	Gemma Leung	Row		
Discus	Isabelle Creaton	RL	Ella Drew	F	Jacqueline Ring	W
Shot Put	Jacqueline Ring	W	Isabelle Creaton	RL	Sarah Bullock	W
Javelin	Isabelle Creaton	RL	Bree Horne	RL	Khushi Deol	Row
Under 12 Girls						
70m	Jennifer Lim (ER)	W	Aranya Manchanayake	Row	Maria Feagaimalii	Bays
100m	Jennifer Lim	W	Natasha Kindler	Row	Olivia Sithibourn	K
200m	Jennifer Lim (ER)	W	Natasha Kindler	Row	Olivia Sithibourn	K
400m	Natasha Kindler	Row	Olivia Curson	Ra	Bianca Mizzi	Ra
800m	Olivia Curson	Ra	Sophie Johnstone	RL	Kaitlyn Hubbard	RL
1500mW	Sophie Johnstone	RL				
60mH	Evangeline Cheung	Row	Natasha Kindler	Row	Aranya Manchanayake	Row
80mH	Aranya Manchanayake	Row	Evangeline Cheung	Row	Sophie Johnstone	RL
200mH	Natasha Kindler	Row	Jennifer Lim	W	Evangeline Cheung	Row
1500mW	Aria Wesson	D				
HJ	Elise Keeghan	Bays	Zara Phelan	Bays		
LJ	Aranya Manchanayake	Row	Evangeline Cheung	Row	Kelsie Ternes	Row
TJ	Evangeline Cheung	Row	Aranya Manchanayake	Row	Maria Feagaimalii	Bays
Discus	Elise Keeghan	Bays	Zara Phelan	Bays	Tara Ward	ES
Shot Put	Elise Keeghan	Bays	Kelsie Ternes	Row	Tara Ward	ES
Javelin	Kaitlyn Hubbard	RL	Maria Feagaimalii	Bays	Zara Phelan	Bays

Centre Championship Day Results *(continued)*

Gold			Silver		Bronze	
Under 13 Girls						
70m	Amber Clarke	K	Breejena Kc	W	Paityn Horne	RL
100m	Amber Clarke	K	Breejena Kc	W	Paityn Horne	RL
200m	Breejena Kc	W	Gemma Van Grondelle	W	Georgia Howe	K
400m	Amber Clarke	K	Breejena Kc	W	Gemma Van Grondelle	W
800m	Kyla Chapman	Bor	Scarlett Stephens	Bor		
1500m	Kyla Chapman	Bor	Hayley Eickhoff	Row	Danielle Griffin	W
80mH	Amber Clarke	K	Elise Carbery	Bays	Scarlett Stephens	Bor
200mH	Amber Clarke	K	Breejena Kc	W	Kyla Chapman	Bor
1500mW	Gemma Lillie	Row	Danielle Griffin	W		
HJ	Paityn Horne	RL	Lily Ryan	RL	Elise Carbery	Bays
LJ	Elise Carbery	Bays	Georgia Howe	K	Siwon Na	Row
TJ	Georgia Howe	K	Kyla Chapman	Bor	Siwon Na	Row
Discus	Michala Kearsley	W	Lily Ryan	RL	Gemma Lillie	Row
Shot Put	Elise Carbery	Bays	Emily Wright	W	Danielle Griffin	W
Javelin	Lily Ryan	RL	Michala Kearsley	W	Emily Wright	W
1100mSC	Georgia Howe	K	Danielle Griffin	W		
Under 14 Girls						
70m	Alisha Downie	Row	Jessica Turner	F	Melissa Baldry	SS
100m	Brooke Sayers	K	Talia Allen	F	Alisha Downie	Row
200m	Talia Allen	F	Alisha Downie	Row	Olivia Boukas	K
400m	Talia Allen	F	Alisha Downie	Row	Olivia Boukas	K
800m	Talia Allen	F	Grace Louey	Row		
80mH	Jessica Turner	F	Melissa Baldry	SS		
200mH	Jessica Turner	F	Brooke Sayers	K		
1500mW	Charlotte Hay	Bays	Grace Louey	Row		
1100mSC	Talia Allen	F				
HJ	Grace Louey	Row				
LJ	Brooke Sayers	K	Jessica Turner	F		
TJ	Alisha Downie	Row	Jessica Turner	F	Brooke Sayers	K
Discus	Olivia Boukas	K	Melissa Baldry	SS	Charlotte Hay	Bays
Shot Put	Brooke Sayers	K	Charlotte Hay	Bays		
Javelin	Olivia Boukas	K	Charlotte Hay	Bays		
Under 15 Girls						
70m	Bernadette Feagaimalii	Bays	Yathiksha Yogaraja	ES	Sarah Ternes	Row
100m	Hannah Hodges	Row	Sarah Ternes	Row		
200m	Hannah Hodges	Row	Yathiksha Yogaraja	ES		
400m	Grace Flanagan	K				
800m	Georgia O'Halloran	F	Mia Ward	ES	Sarah Ternes	Row
1500m	Grace Flanagan	K	Georgia O'Halloran	F		
90mH	Hannah Hodges	Row	Mia Ward	ES		
300mH	Hannah Hodges (ER)	Row	Grace Flanagan	K	Georgia O'Halloran	F
1100mSC	Georgia O'Halloran	F	Mia Ward	ES		
LJ	Sarah Ternes	Row				
TJ	Bernadette Feagaimalii	Bays	Yathiksha Yogaraja	ES		
Discus	Yathiksha Yogaraja	ES				
Shot Put	Grace Flanagan	K				
Javelin	Hannah Hodges	Row	Yathiksha Yogaraja	ES		
Hammer	Bernadette Feagaimalii	Bays	Grace Flanagan	K	Sarah Ternes	Row

ER – Electronic Record CR – Centre Record

Centre Championship Day Results (continued)

Gold			Silver		Bronze	
Under 16 Girls						
70m	Keira Fisher-Gay	ES				
100m	Keira Fisher-Gay	ES				
200m	Ashleigh Bertram	K	Keira Fisher-Gay	ES		
400m	Ashleigh Bertram	K	Sophie Ryan	RL	Raweshnaa Devanandan	ES
800m	Raweshnaa Devanandan	ES	Kathleen O'Mahony	K		
1100mSC	Raweshnaa Devanandan	ES	Kathleen O'Mahony	K		
300mH	Keira Fisher-Gay	ES				
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	ES
TJ	Sophie Ryan	RL				
Discus	Ashleigh Bertram	K	Sophie Ryan	RL	Chantal Klep	Ra
Shot Put	Chantal Klep	Ra				
Javelin	Sophie Ryan	RL	Raweshnaa Devanandan	ES	Georgia Turner	F
Hammer	Chantal Klep	Ra	Kathleen O'Mahony	K	Raweshnaa Devanandan	ES



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Under 6 Boys						
70m	Anthony Karaiskos	Row	Cruze Marsh	SS	Christopher Barna	W
100m	Anthony Karaiskos	Row	Cruze Marsh	SS	Conor Johnson	K
300m	Anthony Karaiskos	Row	Cruze Marsh	SS	Hudson Port	Row
LJ	Anthony Karaiskos	Row	Christopher Barna	W	Conor Johnson	K
Discus	Jacob Tarabay	Row	Conor Johnson	K	Oliver Adolphson	K
Shot Put	Oliver Adolphson	K	Jacob Tarabay	Row	Cruze Marsh	SS

Under 7 Boys						
70m	Jordan Mellech	Row	Caleb Le Grove	K	Connor Park	W
100m	Mitchell Johnstone	RL	Jordan Mellech	Row	Sorin Kc	W
200m	Mitchell Johnstone	RL	Jordan Mellech	Row	Angus Shuttleworth	D
300m	Mitchell Johnstone	RL	Riley Wigney	W	Jordan Mellech	Row
400mW	Connor Park	W	Ethan Seow	Bor		
LJ	Angus Shuttleworth	D	Caleb Le Grove	K	Mitchell Johnstone	RL
Discus	Kaeden Ryan	K	Angus Shuttleworth	D	Noah Sefton	ES
Shot Put	Kaeden Ryan	K	Sorin Kc	W	Angus Shuttleworth	D

Under 8 Boys						
70m	Jessie Lewis	Row	Alexander Karaiskos	Row	Tyson Gniatkiewicz	Row
100m	Jessie Lewis	Row	Damian Baldy	Row		
200m	Jessie Lewis	Row	Damian Baldy	Row	Cooper Ternes	Row
400m	Dylan Walther	Row	Damian Baldy	Row	Tyson Gniatkiewicz	Row
600m	Cooper Ternes	Row	Toby Frost	D		
700mW	Damian Baldy	Row	Hayden Kondic	Row		
60mH	Alexander Karaiskos	Row	Dylan Walther	Row	Cooper Ternes	Row
HJ	Jessie Lewis	Row	Finn Lambie	RL	Dylan Walther	Row
LJ	Alexander Karaiskos	Row	Tyson Gniatkiewicz	Row	Dylan Walther	Row
Discus	Alexander Karaiskos	Row	Toby Frost	D	Finn Lambie	RL
Shot Put	Finn Lambie	RL	Hayden Kondic	Row	Cooper Ternes	Row

Centre Championship Day Results *(continued)*

Gold			Silver		Bronze	
Under 9 Boys						
70m	Zac Mellech	Row	James Barna	W	Samuel Drew	F
100m	Zac Mellech	Row				
200m	Zac Mellech	Row	Sajan Deol	Row		
400m	Sajan Deol	Row				
800m	Sajan Deol	Row	Lachlan Creaton	RL		
60mH	Riley Adolphson	K	Sajan Deol	Row	Cameron Park	W
80mH	Riley Adolphson	K	Noah Fagan	ES		
700mW	James Barna	W				
HJ	Riley Adolphson	K	Lachlan Creaton	RL	Cameron Park	W
LJ	Zac Mellech	Row	Riley Adolphson	K	Cameron Park	W
Discus	Thomas Krawczyk	SS	James Barna	W	Lachlan Creaton	RL
Shot Put	James Barna	W	Lachlan Creaton	RL	Samuel Drew	F
Under 10 Boys						
70m	Corey Mason (ER)	Row	Jake Olarenschaw	Row		
100m	Corey Mason (ER)	Row	Harrison Chapman	RL	Thomas Reynolds	Row
200m	Harrison Chapman (ER)	RL	Jake Frost	D	Jerome Benn	D
400m	Harrison Chapman	RL	Jake Olarenschaw	Row		
800m	Harrison Chapman	RL	Luke Monteath	RL	Jake Frost	D
60mH	Corey Mason (ER)	Row	Jake Frost	D	Luke Monteath	RL
80mH	Corey Mason (ER)	Row	Luke Monteath	RL	Declan Tayler	SS
1100mW	Liam Hutchins	Ra	Hamish Blackwood	K	Jerome Benn	D
HJ	William Hodder	D	Alexander Krawczyk	SS	Thomas Reynolds	Row
LJ	Jake Frost	D	Dominic Allison	SS		
Discus	William Hodder	D	Luke Monteath	RL	Herosh Malavige	Ra
Shot Put	Liam Hutchins	Ra	William Hodder	D	Thomas Reynolds	Row
Under 11 Boys						
70m	Cooper Howe	K				
100m	Cooper Howe	K	Maxwell Barna	W	Mitchell Hall	RL
200m	Cooper Howe	K				
400m	Tyler Walther	Row				
800m	Tyler Walther	Row				
1500m	Tyler Walther	Row				
60mH	Mitchell Hall	RL	Ryan Mcleod	Row		
80mH	Mitchell Hall	RL	Ryan Mcleod	Row	Josh Woods	ES
200mH	Cooper Howe	K	Josh Woods	ES	Mitchell Hall	RL
1100mW	Luke Epps	Row				
HJ	Maxwell Barna	W	Ryan Mcleod	Row		
TJ	Tyler Walther	Row				
Discus	Zach Bissett	K				
Shot Put	Josh Woods	ES	Ryan Mcleod	Row	Zach Bissett	K
Javelin	Josh Woods	ES	Zach Bissett	K	Maxwell Barna	W



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Centre Championship Day Results *(continued)*

Gold			Silver		Bronze	
Under 12 Boys						
70m	Lincoln Howe	K				
100m	Mitchell Gamel	Row	Lincoln Howe	K		
200m	Jesse Winters	K				
400m	Mitchell Gamel	Row	Jake Meerten	Bor	Jesse Winters	K
800m	Eden Roberts	Row	Eden Morgan	F	Jesse Winters	K
1500m	Eden Roberts	Row	Eden Morgan	F		
60mH	Lachlan Monteath	RL				
80mH	Lincoln Howe	K				
200mH	Mitchell Gamel	Row	Jake Meerten	Bor	Eden Morgan	F
1500mW	Eden Morgan	F	Jake Meerten	Bor	Eden Roberts	Row
HJ	Lachlan Monteath	RL	Mitchell Gamel	Row	Jake Meerten	Bor
LJ	Lincoln Howe	K	Yathvin Yogaraja	ES	William Wright	W
TJ	Lincoln Howe	K	Yathvin Yogaraja	ES	Eden Morgan	F
Discus	Lachlan Monteath	RL	Yathvin Yogaraja	ES	William Wright	W
Shot Put	Yathvin Yogaraja	ES	William Wright	W		
Javelin	Lachlan Monteath	RL	Yathvin Yogaraja	ES	William Wright	W
Under 13 Boys						
70m	Daniel Reynolds	Row				
100m	Lester Long	SS	Daniel Reynolds	Row		
200m	Lester Long	SS	Rory Jones	RL	Mitchell Pentreath	RL
400m	Lester Long	SS	Mitchell Pentreath	RL		
800m	Mitchell Pentreath	RL	Rory Jones	RL		
1500m	Mitchell Pentreath	RL				
200mH	Rory Jones	RL	Thomas Elvin	Bays		
1500mW	Liam O'Rourke	Row				
HJ	Thomas Elvin	Bays	Liam O'Rourke	Row		
LJ	Lester Long	SS				
TJ	Thomas Elvin	Bays	Liam O'Rourke	Row		
Discus	Thomas Elvin	Bays	Lester Long	SS	Jordan Kondic	Row
Shot Put	Daniel Reynolds	Row				
Javelin	Jordan Kondic	Row	Daniel Reynolds	Row		
Under 14 Boys						
70m	Luke Richardson	RL	Dylan Sithibourn	K		
100m	Akshaay Shankar	ES	Jacob Allison	SS	Dylan Sithibourn	K
200m	Akshaay Shankar	ES	Jacob Allison	SS	Luke Richardson	RL
400m	Nathanial Louey	Row	Luke Richardson	RL	Jacob Allison	SS
800m	Nathanial Louey	Row	Luke Richardson	RL	Joshua Jensen	Row
1500m	Joel Sales	Bays				
90mH	Keanu Ramadan	F				
200mH	Jacob Allison	SS	Keanu Ramadan	F		
1500mW	Angus Hay	Bays				
1100mSC	Joshua Jensen	Row	Joel Sales	Bays		
HJ	Jacob Allison	SS	Joel Sales	Bays	Harley Meerten	Bor
LJ	Akshaay Shankar	ES	Dylan Sithibourn	K	Jack Ryan	RL
TJ	Joel Sales	Bays	Jack Ryan	RL		
Discus	Keanu Ramadan	F	Jack Ryan	RL		
Shot Put	Luke Richardson	RL	Keanu Ramadan	F	Patrick Shipham	SS
Javelin	Keanu Ramadan	F	Nathanial Louey	Row	Dylan Sithibourn	K

Centre Championship Day Results *(continued)*

Gold			Silver		Bronze	
Under 15 Boys						
100m	Jarrold Long	K	Cody Eickhoff	Row		
200m	Jarrold Long	K	Cody Eickhoff	Row		
400m	Prenoj Devanandan	ES	Troy Maggs	Bays		
800m	Dharam Deol	Row	Prenoj Devanandan	ES		
1500m	Troy Maggs	Bays				
1100mSC	Dharam Deol	Row	Troy Maggs	Row		
300mH	Prenoj Devanandan	ES	Dharam Deol	Row		
1500mW	Riley Turnbull	K				
HJ	Paul Haasbroek	Bays	Dharam Deol	Row		
LJ	Paul Haasbroek	Bays	Prenoj Devanandan	ES	Cody Eickhoff	Row
TJ	Prenoj Devanandan	ES	Cody Eickhoff	Row		
Shot Put	Troy Maggs	Bays	Jarrold Long	K	Riley Turnbull	K
Discus	Troy Maggs	Bays				
Javelin	Paul Haasbroek (ER)	Bays				
Under 16 Boys						
100m	Jesse Eickhoff	Row				
800m	Matthew Elvin	Bays	Liam Epps	Row		
1500m	Matthew Elvin	Bays	Liam Epps	Row		
1100mSC	Matthew Elvin	Bays				
100mH	Jesse Eickhoff	Row	Brandon Kondic	Row		
1500mW	Brandon Kondic	Row				
HJ	Jake Phipps	Row	Brandon Kondic	Row		
LJ	Jake Phipps	Row	Jesse Eickhoff	Row	Brandon Kondic	Row
TJ	Matthew Elvin	Bays	Jesse Eickhoff	Row		
Discus	Jesse Eickhoff	Row	Mark Merrigan	Row	Liam Epps	Row
Shot Put	Mark Merrigan	Row	Jay Stephan	F	Liam Epps	Row
Javelin	Mark Merrigan	Row				
Hammer	Matthew Elvin	Bays	Liam Epps	Row		



State Championships – Cross Country

Lake Dewar, Myrning on Saturday 28th July 2018

Under 9 Boys 1500 metres

22nd Sajjan Deol 6.25.78

Under 10 Boys 1500 metres

19th Declan Tayler 6.00.04

29th Luke Monteath 6.08.21

34th Dominic Allison 6.12.38

Under 11 Boys 2000 metres

9th Tyler Walther 7.30.35

Under 12 Boys 2000 metres

2nd Eden Roberts 6.53.12

24th Jaydan Wigney 7.44.23

29th Eden Morgan 7.59.74

37th Jake Meerten 8.16.07

Under 13 Boys 3000 metres

24th Mitchell Pentreath 11.28.02

33rd Lester Long 12.23.08

Under 14 Boys 3000 metres

6th Joel Sales 10.50.44

24th Keanu Ramadan 13.13.03

Under 15 Boys 3000 metres

1st Dharam Deol 9.46.17

Team Medals

10 Girls Gold

15 Girls Gold

12 Boys Bronze

Under 9 Girls 1500 metres

19th Madeleine Tarabay 6.35.52

27th Priya Deol 6.48.10

46th Mietta Morgan 7.39.34

Under 10 Girls 1500 metres

4th Chloe Johnstone 6.01.38

6th Alyssa Chapman 6.11.72

18th Talysha Sayers 6.27.72

Under 11 Girls 2000 metres

2nd Darcey Roberts 7.34.15

30th Khushi Deol 8.52.67

41st Hailey Buckley 9.09.48

Under 12 Girls 2000 metres

46th Kelsie Ternes 9.11.79

Under 13 Girls 3000 metres

13th Kyla Chapman 12.50.01

29th Danielle Griffin 15.13.70

Under 14 Girls 3000 metres

9th Talia Allen 12.24.76

Under 15 Girls 3000 metres

8th Georgia O'Halloran 12.36.11

11th Mia Ward 13.13.11

16th Hannah Hodges 14.07.18

22nd Sarah Ternes 14.59.72

State Road Relays 2018

Held at Sandown Racecourse on Saturday 7th July 2018

10 Boys – 3 X 1.5km 3rd 17.10

Dominic Allison 5.49

Declan Tayler 5.38

Luke Monteath 5.43

10 Girls – 3 X 1.5km 2nd 17.48

Alyssa Chapman 5.57

Talysha Sayers 6.16

Chloe Johnstone 5.35

14 Girls – 3 X 3.1km 3rd 41.25

Grace Louey 13.53

Brooke Sayers 15.16

Talia Allen 12.16

State Cross Country Relays 2018

Held at Cruden Farm, Langwarrin on Saturday 2nd June 2018

Under 10 Girls – 3 x 1km 1st 12.17

Alyssa Chapman 4.01

Talysha Sayers 4.19

Chloe Johnstone 3.57

Centre Cross Country Championship Day

Held at Jells Park North on 4th August 2018

Age Group	Gold		Silver		Bronze	
Under 6 Girls	Emily Block	D	Caitlyn Shipham	SS	Kiara Sayers	K
Under 7 Girls	Matilda Grimes	B	Siena Chapman	BW	Charlotte Turner	F
Under 8 Girls	Kate Richardson	RL				
Under 9 Girls	Madaleine Tarabay	Row	Priya Deol	Row	Mietta Morgan	F
Under 10 Girls	Alyssa Chapman	BW	Talysha Sayers	K	Teah Smith	Ra
Under 11 Girls	Khushi Deol	Row	Hailey Buckley	RL	Ella Drew	F
Under 12 Girls	Zarah Smith	Ra	Jessica Fettell	D	Kelsie Ternes	Row
Under 13 Girls	Kyla Chapman	Bor	Danielle Griffin	W		
Under 14 Girls	Talia Allen	F	Grace Louey	Row	Brooke Sayers	K
Under 15 Girls	Georgia O'Halloran	F	Hannah Hodges	Row	Sarah Ternes	Row
Under 16 Girls	No Entries					
Under 6 Boys	Anthony Karaikos	Row	Ashton Lee	SS		
Under 7 Boys	Mitchell Johnstone	RL	Riley Wigney	W	Ronal Marasinghe	RL
Under 8 Boys	Alexander Karaikos	Row	Cooper Ternes	Row	Tyson Gniatkiewicz	Row
Under 9 Boys	Sajan Deol	Row	Samuel Drew	F		
Under 10 Boys	Declan Tayler	SS	Dominic Allison	SS	Luke Monteath	RL
Under 11 Boys	No Entries					
Under 12 Boys	Jaydan Wigney	W	Eden Morgan	Fairpark	Jake Meerten	BW
Under 13 Boys	Mitchell Pentreath	RL	Lester Long	SS	Thomas Elvin	B
Under 14 Boys	Nathanial Louey	Row	Luke Richardson	RL	Keanu Ramadan	F
Under 15 Boys	Dharam Deol	Row	Ryan Walton	Row		
Under 16 Boys	Matthew Elvin	B	Liam Epps	Row		

Parents Race

1st	Brad Allen	3 seconds	Fairpark
2nd	Andrew Fisher	19 seconds	Sherbrooke
3rd	Damian Salmon	21 seconds	Ringwood
4th	Paul Turner	31 seconds	Fairpark
5th	Georgia Turner	40 seconds	Fairpark

Cross Country Handicap Day

Held at Nortons Park on 30th June 2018

500m	1st	Helena Nash	Rowville Lakes	G06
	2nd	Ashton Lee	Scoresby Striders	B06
	3rd	Kiara Sayers	Knoxfield	G06
1000m	1st	Zoe Nash	Rowville Lakes	G07
	2nd	Winnie Mcpherson	Dorset	G08
	3rd	Riley Wigney	Wantirna	B07
1500m	1st	Jake Frost	Dorset	B10
	2nd	Declan Tayler	Scoresby Striders	B10
	3rd	Samuel Drew	Fairpark	B09
2000m	1st	Hailey Buckley	Rowville Lakes	G11
	2nd	Kelsie Ternes	Rowville	G12
	3rd	Ella Drew	Fairpark	G11
3000m	1st	Sarah Ternes	Rowville	G15
	2nd	Thomas Elvin	Bayswater	B13
	3rd	Dharam Deol	Rowville	B15

Best Overall Athlete

Age	Girls	Club	Boys	Club
Under 6	Emily Block	Dorset	Anthony Karaiskos	Rowville
Under 7	Matilda Grimes	Boronia	Mitchell Johnstone	Rowville Lakes
Under 8	Winnie Mcpherson	Dorset	Alexander Karaiskos	Rowville
Under 9	Madeleine Tarabay	Rowville	Sajan Deol	Rowville
Under 10	Alyssa Chapman	Boronia	Declan Tayler	Scoresby Striders
Under 11	Khushi Deol	Rowville	Tyler Walther	Rowville
Under 12	Zarah Smith	Rangeview	Jaydan Wigney	Wantirna
Under 13	Kyla Chapman	Boronia	Mitchell Pentreath	Rowville Lakes
Under 14	Talia Allen	Fairpark	Joel Sales	Bayswater Bullets
Under 15	Grace Flanagan	Knoxfield	Dharam Deol	Rowville
Under 16	Kathleen O'Mahony	Knoxfield	Matthew Elvin	Bayswater Bullets

Centre Cross Country Awards

Max J. White Shield

Fairpark

Cross Country Shield

Tyler Walther	Rowville	B11
Mitchell Pentreath	Rowville Lakes	B13
Dharam Deol	Rowville	B15

Knox Athletics Club Shield

Zarah Smith	Rangeview	G12
Kyla Chapman	Boronia	G13
Talia Allen	Fairpark	G14
Grace Flanagan	Knoxfield	G15

Stewart Findlay Award

Kyla Chapman	Boronia
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George Orrock Award

Matthew Elvin	Bayswater
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Mike Kerr Award

Andrew Fisher	Sherbrooke
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Centre Records as at 31st March 2018

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	Date	Name	Club	Record	Result
Boys Under 8					
70m	1985	Scott Beaven	Row	C	10.80
	2018	Jessie Lewis	Row	E	11.30
100m	1978	Damien Coombs	S	C	15.30
	1978	Scott Fewson	R	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	R	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	R	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	2018	Damian Baldy	Row	C	4.45.98
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	2017	Jessie Lewis	Row	C	3329.00

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	R	C	14.30
	2017	Harrison	Chapman	RL	E	14.92
	1980	Damien	Coombs	S	K	14.24
200m	1979	Scott	Fewson	R	C	30.30
	2010	Blake	Tahlabouris	RL	E Prov	31.15
	1993	Daniel	Zula	W	K	30.34
400m	1979	Scott	Fewson	R	C	1.07.20
	2015	Jaydan	Wigney	W	E	1.11.75
	1972	Adam	Peacock	BH	K	1.05.24
800m	1980	Scott	Fewson	R	C	2.30.60
	1980	Scott	Fewson	R	K	2.30.60
60mH	2003	Michael	Goldsack	R	C	10.42
	2017	Harrison	Chapman	RL	E	10.53
	2011	Jesse	Eickhoff	Row	K	10.33
80mH	2017	Corey	Mason	Row	C	13.60
	2017	Corey	Mason	Row	E	13.60
700mw	2017	Liam	Hutchins	R	C Prov	3.34.26
	2017	Liam	Hutchins	R	K&V	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	R	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
	2018	Corey	Mason	Row	E	10.38
	1985	Stuart	Daniels	B	K	10.04
100m	1987	Ralph	Geerling	W	C	13.90
	2007	Spencer	Browne	W	C	13.90
	2018	Corey	Mason	Row	E	14.45
	1988	Adam	Germaine	SS	K	14.04
200m	1981	Damien	Coombs	S	C	28.90
	2018	Harrison	Chapman	RL	E	29.75
	1981	Scott	Fewson	R	K	28.64
400m	1985	Brett	Skinner	E	C	1.05.90
	2011	Blake	Tahlabouris	RL	E	1.07.61
	1981	Scott	Fewson	R	K	1.03.34
800m	1981	Scott	Fewson	R	C	2.31.00
	1981	Scott	Fewson	R	K	2.28.60

♦ All K records up to and including 1991 standardised

Event	Year	Name	Club	Record	Result
Boys Under 10 (continued)					
60mH	2018	Corey	Mason	Row	C 10.34
	2018	Corey	Mason	Row	E 10.34
	2006	Michael	Best	RL	K 10.32
80mH	2018	Corey	Mason	Row	C 14.36
	2018	Corey	Mason	Row	E 14.36
1100mW	2017	Liam	Hutchins	R	C 5.31.10
	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	2017	Harrison	Chapman	RL	C 1132.00
	2018	Corey	Mason	Row	K 959.00
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	R	C 1.02.60
	2017	Jaydan	Wigney	W	E 1.04.69
	1989	Adam	Germaine	SS	K 1.01.24
800m	1981	Scott	Fewson	R	C 2.25.30
	1982	Scott	Fewson	R	K 2.22.40
1500m	2003	Jordan	Williamz	R	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	Luke	Epps	Row	C 5.16.31
	2018	Luke	Epps	Row	K&V 5.19.82
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
	2018	Tyler	Walther	Row	K 8.63

♦ 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	SS	E	13.21
	1984	Brendan	Farrell	F	K	12.94
200m	2017	Lester	Long	SS	C	26.53
	2017	Lester	Long	SS	E	26.53
	1983	Jason	Richardson	D	K	25.74
400m	1983	Jason	Richardson	D	C	58.30
	2018	Mitchell	Gamel	Row	E	1.00.60
	1983	Jason	Richardson	D	K	57.34
800m	1983	Scott	Fewson	R	C	2.18.30
	1975	Adam	Peacock	BH	K	2.17.60
1500m	2001	Matthew	Bayley	ES	C	4.44.56
	1983	Scott	Fewson	R	K	4.33.20
60mh	2003	Mitchel	Donald	K	C	9.47
	2012	Bayley	Carlin	RL	E	9.84
	2003	Mitchel	Donald	K	K Prov	9.62
80mh	2003	Mitchel	Donald	K	C	12.64
	2014	Jesse	Eickhoff	Row	E	13.17
200mH	2018	Mitchell	Gamel	Row	E	30.07
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	2017	Mitchell	Gamel	Row	C	1399.00
	2018	Mitchell	Gamel	Row	K	1525.00

♦ 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	Lester	Long	SS	E 29.22
	2018	Noah	Andrews	K	K 32.57
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	R	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	2018	Jacob Allison	SS	E	29.67
	2018	Jacob Allison	SS	K	29.44
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
	2017	Paul Haasbroek	B	E	52.28
	2009	Jack Sheridan	W	K	50.96
800m	2003	Matthew Bayley	ES	C	2.05.52
	2018	Paul Haasbroek	B	K	2.04.79
1500m	2004	Matthew Bayley	ES	C	4.14.64
	2010	Luke Percy	R	K	4.15.43
100mH	2008	Jared Blatancic	Row	C	13.72
	2017	Paul Haasbroek	B	E	13.85
	2018	Paul Haasbroek	B	K	13.05
300mH	2017	Jakeb Pearson	R	E Prov	42.01
	2017	Jakeb Pearson	R	K&V	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
	2018	Paul Haasbroek	B	K	6.37

Event	Year	Name	Club	Record	Result
Boys Under 15 (continued)					
TJ	2018	Paul	Haasbroek	B	C 12.94
	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	2018	Paul	Haasbroek	B	C 48.47
	2018	Paul	Haasbroek	B	K 54.29
HT	2004	Adam	Ibbotson	D	C 39.54
ME	2017	Paul	Haasbroek	B	C 3125.00
	2017	Paul	Haasbroek	B	C ♦ 4386.00
	2018	Paul	Haasbroek	B	K 3615.00
	2018	Paul	Haasbroek	B	K ♦ 5261.00
	2018	Paul	Haasbroek	B	V ♦ 5078.00
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
	2015	Bradley	Bishop	BW	K 12.68
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
	2015	Bradley	Bishop	Bor	K 2:18.68
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
	2015	Bradley	Bishop	BW	K 15.00
300mH	2017	Tyler	Gray	Row	E Prov 42.61
1100mSC	2018	Matthew	Elvin	B	C 3:22.84
1500mW	2011	Matthew	Felton	ES	C 6:37.82
HJ	2014	Bradley	Bishop	BW	C 1.93
	2015	Bradley	Bishop	BW	K 1.96
LJ	2006	Jamie	Stratton	W	C 6.50
	2015	Bradley	Bishop	BW	K 5.62
TJ	2006	Jamie	Stratton	W	C 13.08
SP	1993	David	Cosson	F	C 14.40
	2015	Bradley	Bishop	BW	K 10.53
DIS	2008	Josh	Holdway	B	C 44.81
	2010	Michael	Goldsack	R	K 24.41
JAV	2016	Harry	Blackburn	RL	C 42.61
	2015	Bradley	Bishop	BW	K 35.94
HT	2008	Josh	Holdway	B	C 40.81
ME	2015	Harry	Blackburn	RL	C 3080.00
	2015	Bradley	Bishop	BW	K 3151.00

♦ New IAAF Points System 2015-16 (U15 only). All other ME records U9-16 – Alberta Youth Points System

* All K records up to and including 1991 standardised

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	1987	Samantha	Harvey	W	C	33.50
	2018	Aleece	McComb	W	C	33.50
	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	2018	Jemma	Howe	K	C	4.45.43
HJ	1990	Aleece	McComb	W	C	1.10
	1990	Lauren	Beattie	ES	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
	2017	Chloe	Johnstone	RL	K	2.48.57
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	R	C Prov	3.55.62
	2017	Teah	Smith	R	K&V	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

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
100m	1997	Hayley	Malt	BW	K 9.99
	1985	Carly	Burke	S	C 14.40
	2017	Sienna	Kurdian	W	E 14.74
200m	1985	Carly	Burke	S	K 14.44
	2017	Sienna	Kurdian	W	C 30.02
	2017	Sienna	Kurdian	W	E 30.02
400m	1975	Donna	Wing	F	K 29.84
	1993	Danielle	Ruddick	SS	C 1.09.30
	2018	Chloe	Johnstone	RL	E 1.11.55
800m	2005	Tayla	Kearns	Row	K 1.05.69
	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	ES	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	R	K 8.44
DIS	2016	Elise	Keeghan	B	C 29.71
	1989	Melissa	Currie	Row	K 28.83
ME	2017	Alyssa	Chapman	BW	C 865.00
	2018	Talysha	Sayers	K	K 917.00

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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	1976	Donna	Wing	F	C	13.50
	2004	Brooke	Stratton	W	C	13.50
200m	2018	Sienna	Kurdian	W	E	13.67
	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
	2018	Sienna	Kurdian	W	E	1.06.30
	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	R	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	2018	Gemma	Leung	Row	E	32.09
1100mW	2018	Darcey	Roberts	Row	C	5.42.58
	2018	Darcey	Roberts	Row	K&V	5.30.23
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	2018	Gemma	Leung	Row	C	4.21
	2018	Gemma	Leung	Row	K	4.28
TJ Board	2017	Gemma	Leung	Row	C	9.45
	2018	Gemma	Leung	Row	K	9.47
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	R	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
	2018	Jennifer	Lim	W	E	9.68
100m	1998	Hayley	Malt	BW	C	12.77
	2018	Jennifer	Lim	W	E	13.22
	2008	Charanja	Thavendran	RL	K	12.69
200m	2018	Jennifer	Lim	W	C	27.13
	2018	Jennifer	Lim	W	E	27.13
	2008	Charanja	Thavendran	RL	K	26.30

Event	Year	Name	Club	Record	Result
Girls Under 12 (continued)					
400m	2018	Jennifer Lim	W	C	1.03.08
	2018	Jennifer Lim	W	E	1.03.08
	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
	2018	Aranya Manchanayake	Row	E	13.05
200mH	2017	Amber Clarke	K	E Prov	30.53
1500mW	1981	Julie Styles	R	C	7.16.80
	1981	Julie Styles	R	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	2018	Evangeline Cheung	Row	C	9.85
	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	2017	Aranya Manchanayake	Row	C	1352.00
	2018	Natasha Kindler	Row	K	1490.00

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
	2017	Amber Clarke	K	E	12.91
	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
	2018	Amber Clarke	K	E	1.02.10
	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

Event	Year	Name	Club	Record	Result
Girls Under 13 (continued)					
80mH	2018	Amber Clarke	K	C	12.64
	2018	Amber Clarke	K	E	12.64
	2018	Amber Clarke	K	K, V & A	12.17
200mH	2018	Amber Clarke	K	E	28.91
	2018	Amber Clarke	K	K	28.10
1100mSC	2005	Shannon McCurley	D	C	3.55.25
1500mW	1993	Kellie Wapshott	ES	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	11.51
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	R	K	37.11
ME	2017	Amber Clarke	K	C	1551.00
	2018	Amber Clarke	K	K	1547.00
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	Leilani Tikfesis	W	E	32.03
	2017	Hannah Hodges	Row	K Prov	33.89
1100mSC	2007	Ellie MacDonald	F	C	3.44.01
1500mW	2018	Charlotte Hay	B	C	6.52.88
	1995	Kellie Wapshott	ES	K	6.48.56
HJ	2015	Eleanor Leeson	F	C	1.60
	1998	Lindel Hodgkinson	B	K	1.63

Event	Year	Name		Club	Record	Result
Girls Under 14 (continued)						
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
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	R	C	36.65
	2013	Emily	Harvey	R	K	35.89
ME	2015	Holly	Hodges	Row	C	1588.00
	2012	Emily	Harvey	R	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	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	2018	Hannah	Hodges	Row	E	51.58
	2018	Hannah	Hodges	Row	K	49.78
1100mSC	2000	Marnie	D'Ademo	F	C	3.43.30
1500mW	2009	Amelia	Finnegan	SS	C	6.51.64
	1996	Kellie	Wapshott	ES	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	R	C	12.36
	2014	Emily	Harvey	R	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

Event	Year	Name	Club	Record	Result
Girls Under 15 (continued)					
HT	2015	Chloe	Beovich	RL	C 39.64
ME	2017	Hannah	Hodges	Row	C 1925.00
	2017	Hannah	Hodges	Row	C ♦ 3454.00
	2014	Emily	Harvey	R	K 2070.00
	2016	Eleanor	Leeson	F	K Prov ♦ 3852.00
Girls Under 16					
70m	2008	Kayla	Bunevicius	BW	C 8.91
	2012	Charanja	Thavendran	RL	E 9.30
100m	2004	Stacey	Dietrich	R	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
	2015	Teagan	Sheldon	Row	K 29.24
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
	2015	Teagan	Sheldon	Row	K 240.00
1500m	2003	Katie	Duncan	D	C 5.03.10
90mH	2009	Brooke	Stratton	W	C 12.93
	2017	Jemma	Stapleton	Row	E 13.74
	2015	Teagan	Sheldon	Row	K 16.60
300mH	2017	Jemma	Stapleton	Row	E Prov 47.29
1100mSC	2003	Katie	Duncan	D	C Prov 3.59.26
1500mW	2009	Beth	Alexander	Row	C 6.52.11
HJ	2007	Alana	Murrihy	BW	C 1.60
	2015	Teagan	Sheldon	Row	K 1.36
LJ	2009	Brooke	Stratton	W	C 5.81
	2015	Teagan	Sheldon	Row	K 4.41
TJ	2009	Brooke	Stratton	W	C 12.04
SP	2010	Zoe	Wain	W	C 11.03
	2015	Teagan	Sheldon	Row	K 8.73
DIS	2017	Ashleigh	Bertram	K	C 32.88
JAV	2017	Breanna	Turnbull	K	C 35.68
	2015	Teagan	Sheldon	Row	K 26.28
HT	2013	Erin	Holdway	B	C 36.76
ME	2014	Teagan	Sheldon	Row	C 1826.00
	2015	Teagan	Sheldon	Row	K 1973.00

♦ New IAAF Points System 2015-16 (U15 only). All other ME records U9-16 – Alberta Youth Points System

* All K records up to and including 1991 standardised



Knox Little Athletics Centre
www.klac23.org.au
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2018 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 9th
to Sunday 11th November

Under 12-15 athletes
Friday 30th November
to Sunday 2nd 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



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THE ROYAL CHILDRENS HOSPITAL

Centre Dates – Cross Country

Registration Day at Koomba Park, **Saturday 6th April 2019**

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 2018/19 season

Under 11 Skills Clinic Day 1 @ Nunawading	Saturday 22nd September 2018
Under 11 Skills Clinic Day 2 @ Doncaster	Sunday 23rd September 2018
Under 9-10 Skills Clinic @ Albert Park	Wednesday 26th September 2018
Under 9-10 Skills Clinic @ Albert Park	Wednesday 2nd October 2018
Box Hill Relays	Sunday 28th October 2018
Under 10-11 EMR Camp	Friday 9th to Sunday 11th November 2018
Region Relays @ Doncaster	Saturday 17th November 2018
Race walking and coaching clinic @ Doncaster	Sunday 25th November 2018
Under 12-16 EMR Camp	Friday 30th November to Saturday 2nd December 2018
Under 6-8 skills @ Doncaster	Sunday 2nd December 2018
State Relays @ Albert Park	Saturday 15th December 2018
State Multi Event @ Albert Park	Saturday 2nd & Sunday 3rd February 2019
Region Track and Field @ Knox	Saturday 16th & Sunday 17th February 2019
State Track and Field @ Casey Fields	Saturday 16th to Sunday 17th March 2019

JANUARY

13th	Sun	C	Normal Competition – Twilight	Start 3:00pm	
19th	Sat	B	Normal Competition	Start 8:30am	

FEBRUARY

1st	Fri	A	Normal Competition – Twilight	Start 6:00pm	Fields
2nd	Sat		State Multi-Event Championships, Albert Park		
3rd	Sun		State Multi-Event Championships, Albert Park		
9th	Sat	C	Normal Competition	Start 8:30am	Knoxfield
16th	Sat		Region Track and Field Carnival, Knox		
17th	Sun		Region Track and Field Carnival, Knox		
24th	Sun	A	Normal Competition – Twilight	Start 3:00pm	Dorset

MARCH

2nd	Sat	B	Normal Competition	Start 8:30am	Boronia
9th	Sat	C	Normal Competition	Start 8:30am	
16th	Sat		State Track and Field Championships, Casey Fields		
17th	Sun		State Track and Field Championships, Casey Fields		
23rd	Sat	A	Normal Competition (non points)	Start 8:30am	
30th	Sat		Knox Centre Championships	9:00am – 4:00pm	

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

Bold Italic 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					
15th	Sat		Chief Official Training	9:00am – 10:30am	
			Tryout Day	10:30am – 12noon	
OCTOBER					
6th	Sat	A	Normal Competition, Opening Ceremony	Start 8:30am	
13th	Sat	B	Normal Competition	Start 8:30am	Rowville
14th	Sun		LAVic Officials Training Course, Knox		
21st	Sun	C	Normal Competition – Twilight	Start 3:00pm	
27th	Sat	A	Normal Competition	Start 8:30am	Scoresby
28th	Sun		Box Hill Relays		
NOVEMBER					
2nd	Fri		Twilight – 50th Birthday	Start 6:00pm	
10th	Sat	B	Normal Competition	Start 8:30am	Rowville Lakes
17th	Sat		Region Relay Carnival, Doncaster		
18th	Sun	C	Normal Competition – Twilight	Start 3:00pm	Bayswater
24th	Sat	B	Normal Competition	Start 8:30am	Fairpark
DECEMBER					
1st	Sat		Knox Open Twilight	2:00pm – 9:00pm	
9th	Sun	A	Normal Competition – Twilight	Start 3:00pm	Wantina
15th	Sat		State Relay Championships		
16th	Sun	M	Multi Event, Ray Abley Gift, Christmas Breakup – Twilight	Start 3:00pm	
22nd	Sat		Doncaster Open Day		

Track and Field Program

Note: Boys and Girls do the same events in each age group, except where indicated
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	300m OnTrack/MO Long Jump Discus	70m OnTrack/MO Long Jump Discus	70m 400m Shot Put Vortex	70m 400m Long Jump Vortex	70m 400m High Jump Vortex	70m 400m 1500m Long Jump Discus	70m 400m 1500m Triple Jump SP (G) / Dis (B)	70m 400m 1500m Triple Jump Shot Put	70m 400m 1500m Long Jump Discus	70m 400m 1500m High Jump Shot Put
Program B	100m OnTrack/MO Long Jump Shot Put	100m OnTrack/MO 300m Long Jump Shot Put	100m 60m Hurdles 600m High Jump	100m 60m Hurdles 800m High Jump (G) Shot Put	100m 60m Hurdles 1100m Walk Shot Put	100m 60m Hurdles 1100m Walk Triple Jump Javelin	100m 80m Hurdles 800m HJ (G) / LJ (B) Dis (G) / Jav (B)	1500m Walk 100m 80m Hurdles 200m Long Jump Discus	1500m Walk 100m 80m/90mH 200m High Jump Javelin	1500m Walk 100m 90m/100mH 200m TJ (G) / LJ (B) Discus
Program C	70m OnTrack/MO Shot Put Discus	70m 200m OnTrack/MO Shot Put Discus	70m 200m 700m Walk Long Jump Discus	100m 200m 700m Walk High Jump (B) Discus	100m 200m 800m Long Jump Discus	100m 200m 800m High Jump Shot Put	100m 200m 1500m Walk LJ (G) / HJ (B) Jav (G) / SP (B)	100m 200mH 800m High Jump Javelin	100m 200mH 800m Triple Jump Shot Put	100m 300mH 800m LJ (G) / TJ (B) Javelin

Program B - 8.00am Start for Under 13 to Under 16 Walk
 * The Under 6 program consists of an On Track (skills and games) session, a sprint and a jump or throw

