

Junior Life Members (cont)

2002	Caitlin Jaensch	2008	Charlee Boxall
	Jessica Wedd		Peter Huckstepp
	Katie Wedd		Joseph Zawko
	Grant Burgess	2009	Jacob Russo
2003	Bianca DeBellis	2010	Hannah Garnish
	Cendal Jaensch		Brodie Statham
	Kelly Ladyman		Cheyenne Matthews
	Sheridan Seekamp		Zac Boxall
	Simon Walter		Brooke Dunlop
	Shane Walter		Heather Dunlop
	Amelia Bath		Alisha Martland
	Callan Jaensch		Rachel O'Shea
	Matthew Rozenboom		Lillee Wakefield
	Carly Seekamp	2011	Simone Martland
	Harrison Smith		Thomas Martland
2004	Bridget Garnish		Ethan Martland-Dabbouss
	Renee Leak		Daniel Weetra
	Jake Leak		Mikayla Statham
	Matthew Rowe	2012	Schlinda-Lee Boothby
	Dylan DeBellis		Jaxon Bullen
2006	Natasha Steyn		Jordan Dunlop
	Vanessa Palumbo		Ruby Hollitt
	Helen Hvalica		Andy Wakefield
2007	Lewis Hvalica	2013	Isabel Schliwa
	Owen Hvalica		Remie Schliwa
2007	Selina Palumbo		Dylan Matthews
	Joshua Russo		Shanaya Matthews
	Thomas Zawko	2014	Benjamin Zawko
	Stephanie Zawko		Liam Palumbo
	James Zawko		Benjamin Hubbert
2008	Cassy Palumbo		Kathleen Hubbert
	Connor Garnish	2015	Elise Weaver
	Lachlan Brittain	2016	Jayke Bullen
	Dannielle Slaughter	2017	Sharni Capone-Kerle
			Kyle Capone-Kerle

FROM THE PRESIDENT

Welcome to season 2017/2018

A very big welcome to all our returning families and a very warm welcome to our new families starting their Little Athletics journey with us at Salisbury.

The new committee is very excited about the season and hopes to make it a great one for Salisbury. If you have any concerns or suggestions please let us know either by approaching a committee member, emailing the club or calling one of us to discuss what is on your mind.

We will be needing lots of helpers around the club this year with family allocated setting up roster and with officiating at away events. There is a short course you can do in officiating (online) if you are interested in it please speak with one of the committee members. These jobs are not hard but they do make life for the committee a lot easier, many hands make light work. We are hosting the Sprint Challenge with Northern Districts and Northern Region Open Day this year so we will be calling on you all to do your part.

As you may have noticed we have Air-conditioning in the club room, office and Canteen. No more hot box for us ☺

Remember Little Athletics is about the kids, please encourage them and enjoy watching them develop their skills. Kids make sure you have fun out there and I hope you all have a great season with Salisbury Little Athletics.

Shannon

PARENTAL RESPONSIBILITIES

1. Read your handbook
2. On competition days **arrive at 8:30am** for Saturday mornings, **5:30pm** for Friday nights
3. **LISTEN** to all announcements; note any changes to dates
4. Pick up the newsletter every week and **READ** it
5. Check the notice boards for any announcements
6. Remember the committee is made up of volunteers who are parents too
7. Pay careful attention to closing dates for entries into various competitions
8. This is **NOT a drop and go zone**. Regardless of the age of your little athlete, they **MUST** be accompanied by a parent or responsible adult.
9. If a problem or query arises please contact a committee member with your concern
10. This is a Non-smoking area. If you wish to smoke, please do so in the car park.

PARENT/GUARDIAN VOLUNTEERS

Little Athletics relies heavily on its volunteers. It is one of the few sports where you can become completely involved as a whole family. From time to time you will be approached to help out, please say yes. Or even better don't wait to be asked, step up and do.

THE AIM OF LITTLE ATHLETICS

The aim of Little Athletics is Family, Fun and Fitness. Children learn the basic skills of athletics through encouragement, participation, self-improvement and friendly competition.

Junior Life Members

1981	Stephen Blight	1991	Clinton Hogg
	Justin McInerney		James Ledgard
	Karen Sukys		Bronagh Moore
	Pamela Wilson		Naomi Paunovic
	Jennifer Wilson		Daniel Payne
1982	Daryl Blight	1992	Colin Hewetson
	Brenton Howard		Mark Raine
	Stephen Larsson		Carol Yeomans
1983	Paul Askew	1993	Kathryn Blacketer
	Loretta DiFiore		John Boehm
	Daniel Sheppard		Eleanor Hurley
	David Woods		Victor Murphy
1984	Sharon Botterill		Gary Buckley
	Meridie Byfield		Morgan Heggie
	Richard Byfield		Craig Thomas
	Tania Fischer		Christopher Tulley
	Cassandra Frost		Tracey Noble
	Graeme Green		Brenton Stopp
	Ann McCormack	1995	Robert Kilmartin
	Peter Holman		Clodagh Moore
	Darryl Sloan		Simon Rinne
1985	Astrid Kramer		Gregory Van Prooyen
	Lisa Shepperd	1997	Lisa Bastable
	Vanessa Prasad		Erin Burgess
1986	Shams Prasad		Kyle Smith
1987	Bronwyn Carter		Casey Thomas
	Alexandra Hurley	1998	Emma Angus
	Debra Larsson		Sarah Campbell
	Linda Sloan		Emma Cornish
1988	Shane Capogreco		Craig Lowe
	Lee-Anne Capogreco		Alicia Marshall
	Orlaith Moore	1999	Tanya Bayardi
	Fiona Richardson		Cathy Bray
	Scott Shaw		Tina Heilmann
	Amy Williams		Matthew Ladyman
1989	Mathew Adolphi		Shane Lowe
	Kym Allen		Tyrone Turnbull
	Sherilee Barnett	2000	Scott Bray
	Michael Julierat		Bryce Turnbull
1990	Corey Enthoven		Matthew Lean
	Francis Hurley		Yvette Becker
	Jason Seymour		Cassandra Becker
	Julieanne Stopp		Nadia DeBellis
1991	Jayne Bennett	2001	Benjamin Galic
	Sean Campbell		Kristy-Lee Galic
	Sara Capogreco		Chelsea Jaensch
	Adam Enthoven		Courtney Jaensch
	Sara Heilmann		Kym Mottrom

Life Members

1980	Gillian Blight Trevor Blight Barbara Larsson Ivan Larsson John McInerney Viv Wilson	1994	Allan Enthoven John Green
1983	Terry Sloan Natalie Wood	1996	Adrian Warner
1984	Pat Byfield Glenda Sloan	1998	Malcom Bray Trevor Turnbull †
1985	Beverly Fischer † Pat Sheppard	2002	Craig Jaensch
1986	Heather Frost Alan McCormack	2004	Mark Wilson Shirley Angus
1987	Dianne Ledgard John Shaw	2005	John Walter Kevin Pengelly
1988	Gus Capogreco	2006	Gaynor Garnish Daniel Leak
1989	George Barnett Alison Hurley	2008	Wendy Russo Tony Garnish
1990	Gerry Moore Warren Stopp	2010	Kylie Hvalica
1992	Brenton Tamblynn Steve Tulley	2013	Teresa Matthews
		2014	Tracey Slaughter

TINY TOTS

The children in this age group must have turned three (3) years of age and remain in the tiny tots group until they join the under six (6) group. The Association Policy is that this group not be a competitive group. The Centre therefore will concentrate on activities that the tiny tots will enjoy and at the same time learn motor skills and interact with boys and girls of their own age. Please do not force your child to do something they do not want to do. Parental assistance is required with this age group. We are running the new SA Little Athletics Tiny Tot Program which is play based with the idea of developing skills.

TRAINING TIMES AND COACHING

Training is available for all Athletes on Tuesday and Thursday afternoons from 4pm to 5pm Tiny Tots to U8 and 5pm to 6pm for U9 and above.

TEMPERATURE RULE

Creaser Park

Training is cancelled on days when the temperature on the radio at 3pm is 36°c or more, a message on Facebook will be posted. Competition – If the forecast temperature for the following days competition is 37°c or more events may be modified at the discretion of the Arena Manager. Temperature will be taken on the track at the start of competition. **Stadium SA** Little Athletics SA have their own policy. See their website for details.

FOOTWEAR IS COMPULSORY

Thongs and sandals are unacceptable footwear. Spikes **MUST** be removed at the end of each event. They **MUST** be no longer than 7mm for Centre events and at Stadium SA, Mile End. This applies to grass and needle spikes. The committee recommend that **ALL** persons present at Creaser Park during any Athletics activity wear shoes. **DO NOT ALLOW ATHLETES TO WALK AROUND IN THEIR SPIKES. NO SPIKES ARE TO BE WORN ON CONCRETE AREAS OR IN CLUBROOMS.**

A BRIEF HISTORY

The Salisbury Little Athletic Centre (SLAC) was founded in October 1973 and competed at the Salisbury North and Karrendi Primary Schools. In 1976, we moved to Creaser Park where we have had 38 eventful and productive years.

We cater for families with children whose ages range from 3 to 16 years. Since our inception, we have done this for around 8000 children and with our high standards and reputation we are continually growing. With many parents becoming involved in coaching, officiating and fundraising, the children have been able to benefit from the Centre's resources and we have become a strong and successful centre.

The Salisbury Little Athletic Centre's emblem was derived from the Salisbury Coat of Arms. The rocket is the centre-piece of the Coat of Arms and signifies Salisbury's association with the Weapons Research Establishment (as it was then known) and rocket and space research. The "S" wrapped around the rocket stands for Salisbury. The Coat of Arms is much more complicated but the Centre Committee at the time decided on the simpler symbol because it was easily identified. The colours of our uniform are green and gold which are prominent in the Salisbury Coat of Arms.

Our reasons for the choice were:

- These two colours are the most easily picked out by the human eye; and
- They are Australia's colours.

The Salisbury Centre and its senior offshoot, the Salisbury Amateur Athletic Club, were the first to wear the Green and Gold of Australia and are still the only SA Little Athletic Centre with only these two colours.



DATE	START	COMPETITION	LOCATION
23rd September 2017	8:30am	Home Competition	Creaser Park
30th September 2017	8:30am	Home Competition	Creaser Park
7th October 2017	8:30am	Home Competition	Creaser Park
14th October 2017	8:30am	Home Competition	Creaser Park
21st October 2017	8:30am	Sprint Challenge	Creaser Park
28th October 2017	8:30am	Home Competition	Creaser Park
4th November 2017	9am	Northern Metro Regional Day	Golden Grove
11th November 2017	8:30am	Home Competition	Creaser Park
17th November 2017	5:30pm	Twilight Home Competition	Creaser Park
19th November 2017	8:30am	State Carnival (TT-U12)	Stadium SA
25th November 2017	8:30am	Home Competition	Creaser Park
1st December 2017	5:30pm	Twilight Home Competition	Creaser Park
2nd December 2017	10am	Salisbury Christmas Pageant	Salisbury
9th December 2017	8:30am	Home Competition	Creaser Park
15th December 2017	5:30pm	Twilight Home competition	Creaser Park
16th/17th December 2017	8:30am	State PB Classic	Stadium SA
13th January 2018	8:30am	Home Competition	Creaser Park
19th January 2018	5:30pm	Twilight Home Competition	Creaser Park
20th/ 21st January 2018	9am	Multi Event Championship	Stadium SA
27th January 2018	8:30am	Australia Day Hurdles	Golden Grove
3rd February 2018	8:30am	Northern Region Open Day	Creaser Park
9th February 2018	5:30pm	Twilight Home Competition	Creaser Park
11th February 2018	9am	State Relay Day	Stadium SA
17th February 2018	8:30am	Home Competition	Creaser Park
24th February 2018	8:30am	Home Competition	Creaser Park
3rd March 2018	9am	Northern Region Improvers	Northern Dist
10th March 2018	8:30am	Home Meet	Creaser Park
16th March 2018	5:30pm	Twilight Home Competition	Creaser Park
18th March 2018	9am	State Challenge	Stadium SA
23rd March 2018	9am	State Individual Championship	Stadium SA
24th March 2018	9am	State Individual Championship	Stadium SA
25th March 2018	9am	State Individual Championship	Stadium SA
13th April 2018	6pm	AGM / Presentation day	Creaser Park

U16	GIRLS	Time/Year	U16	BOYS	Time/Year
100M	JAENSCH, CH LADYMAN, K	12.8 sec	100M	MYLES, B SMITH, K	11.4 sec
200M	MAYLIN, N	27.4 sec	200M	SMITH, K * (01)	22.94 sec
400M	DUNLOP, B	1:03.8 min 2013	400M	MACDONALD, B	53.5 sec
800M	MAYLIN, N	2:26.8 min	800M	KENNEWELL, S	2:02.1min
1500M	MAYLIN, N	5:25.5min	1500M	KENNEWELL, S	4:28.2min
90H	JAENSCH, CH	13.7 sec	90H	PRASAD, S	13.0sec
200H	LADYMAN, K	29.14 sec *2007	100H	WEETRA, D	14.1sec 2012
300 H			300 H	DUNLOP, J	52.230 sec 2017
1500W	BECKER, C	8:17.7 min	200H	WEETRA, D	26.3sec 2012
LJ	JAENSCH, CH	5.62 M	1500W	MOTTROM, K	7:09.5 min
HJ	JAENSCH, CH	1.50 M	LJ	PRASAD, S MYLES, B	6.08M
TJ	NORMAN, C	9.99M 20/3/16	HJ	WEETRA, D	1.92M 2012
DISC	MARSHALL, A HEILMANN, T	40.64M	TJ	WEETRA, DANIEL	12.80M 2012
SP	MARSHALL, A	11.66M	DICS	RUSSO, JACOB	50.27M 2015
JAV600G	MARSHALL, A	38.16M	SP	RUSSO JOSHUA	13.79M 2012
JAV 500G	BOOTHBY, SCHLINDA-LEE	29.61M 21/3/15	JAV 600G JAV 700G	WALTER, S RUSSO, JACOB	48.62M 49.46M 2015
U17	GIRLS	Time/Year	U17	BOYS	Time/Year
100M	LADYMAN, K	13.8 sec 2007	100M	SMITH, K	11.5 sec
200M	NORMAN, CASEY	30.0 sec 2017	200M	RUSSO, JOSHUA	23.5 sec 2013
400M	DUNLOP, B	1:05.7 min 2014	400M	RUSSO, JOSHUA	54.6 sec 2013
800M	DUNLOP, B	2:40.4 min 2014	800M	MORGAN, NEIL	2:10.1min 2015
1500M	DUNLOP, H	5:38.2min 2016	1500M	MORGAN, NEIL	4:31.6min 2015
90H	NORMAN, CASEY	16.10 sec 2017	100H	WEETRA, D	13.6 sec 2013
200H	LADYMAN, K	28.2 sec 2007	200H	WEETRA, D	25.8 sec 2013
300 H	NORMAN, CASEY	58.10 sec 2016	300 H		
1500W	HUNT, T	9:53.9 min	1500W	MOTTROM, K	6:57.1 min
LJ	NORMAN, CASEY	4.697M 2017	LJ	WEETRA, D	6.18M 2013
HJ	MARSHALL, A	1.45M	HJ	WEETRA, D	1.92M 2013
TJ	NORMAN, CASEY	10.25M 2017	TJ	WEETRA, D	13.44M 2013
DISC	MARSHALL, A	39.64M 2002	DISC 1kg DISC 1.5kg	THOMAS, C RUSSO, JACOB	46.24M 42.10M 3/5/16
SP	SLAUGHTER, D	11.28M 2013	SP 4kg SP 5kg	THOMAS, C RUSSO, JACOB	12.8M 12.90m 20/3/16
JAV 600g	MARSHALL, A	39.76M	JAV 600g	THOMAS, C	38.56M
JAV 500g	BOOTHBY, S	29.71M 31/1/16	JAV 700g	RUSSO, Joshua	47.71M 2013

REGISTRATION FEES

The registration fee is made up of the Centre fee plus the association fee.

	Centre	Association	Total
Tiny Tots	\$45	\$72	\$117
U6 to U17	\$50	\$72	\$122
Family (3 or more)	\$110	\$184	\$294
Registration after 1 st February 2017	\$25	\$60	\$85

Note: Maximum Centre plus Associate Fee = \$294.00 per family

COMPLAINTS

Any complaints about the organisation, competition or officials of the Centre are to be made in writing to the committee and addressed to the Secretary. These will be handled in confidence by the executive committee unless one of them are the cause of the complaint and in this case another committee member will be asked to step into their place to deal with the issue. Please tell us not someone else.

NEWSLETTERS AND NOTICES

The centre produces a weekly newsletter throughout the summer season. It includes all the latest information about the club. Make sure you collect one each week from the container on the wall outside the clubrooms. If you have any items for the newsletter, please pass them on to the committee, either in person or via email. A special notice board will be in front of the clubrooms at competitions and will highlight important information.

FUNDRAISING

We ask parents to support of fundraising activities, such as first number down lotto, BBQ's and canteen. If you have any fundraising ideas or donations /sponsorship leads, please contact the committee.

UNSUPERVISED CHILDREN

For various reasons, we are NOT a “DROP AND GO ZONE”. This applies to BOTH COMPETITION AND TRAINING. A parent or guardian is required to remain with athletes at all times. If athletes are found to be UNSUPERVISED they WILL be removed from participating until a parent or guardian returns. We cannot in any way compromise on these rules. Please ensure all children at the centre have a designated parent or guardian allocated to them if alternative arrangements are being made then these must be in writing and approved by the executive committee of the centre.

CENTRE INFORMATION

All parents of registered athletes are required to assist with the smooth running of the centre. Each competition day we need people to assist in various ways so the competition runs relatively trouble free. This enables everyone to get away on time. Please remember every adult in attendance, whether it is at training or competition is also a volunteer. Don't hold back because you are not sure, there is always someone who is only too pleased to show you how.

How can you help?

- Arrive early (7:15am or 4:15pm for twilights) to help set up the equipment
- Offer to assist with the BBQ or canteen
- Time keeping. This is one of the most important tasks on competition days.
- Assist with the running of events we attend away from the centre.

Remember if there are not enough people to assist with events at the scheduled starts then there is every possibility that the event will be cancelled. If you are interested in an officials or coaching course, please speak with a committee member. **All Parents are asked and it is expected to help out with the chaperoning of their child's age group.** Failure to do this may result in your child not being able to compete. It is not fair on other parents to look after your child.

U14	GIRLS	Time/Year	U14	BOYS	Time/Year
100M	JAENSCH, CHELSEA ODEA, REBECCA	12.9 sec	100M	SMITH, T	12.1 sec
200M	MCAINISH, M	26.6 sec	200M	PRASAD, SHAMS	24.5 sec
400M	MCAINISH, M	59.4 sec	400M	PRASAD, SHAMS	55.1 sec
800M	WOLSZCZAK, AGDA	2:21.0 min	800M	ECCLESTON, D	2:15.9 min
1500M	MOORE, ORLAITH	5:07.1 min	1500M	CASE, C	4:44.0 min
80H	JAENSCH, CHELSEA DE DELLIS, NADIA	13.0 sec	90H	RUSSO, JOSHUA	13.3sec 2010
200H	CAPONE-KERLE, S	49.40 sec	200H	NATHAN, TYSON	33.10sec 2017
1500W	BECKER, YVETTE	7:07.1 min	1500W	ECCLESTON, D	7:30.9 min
LJ	JAENSCH, CH	5.56M *1999	LJ	PRASAD, SHAMS	5.75M
HJ	YEOMANS, J	1.58M	HJ	HEGGIE, MORGAN	1.82M
TJ	HENTSCHKE, K	11.16M	TJ	PRASAD, SHAMS	11.95M
DISC	HEILMANN, TINA	35.99M	DISC	ATKINSON, M	40.44M
SP	BLACKETER, K	11.56M	SP 4kg SP 3kg	RUSSO, JOSHUA NATHAN, TYSON	12.28M 2010 12.79M 2017
JAV 600g JAV 400g	MARSHALL, ALICIA BOOTHBY, SCHLINDA-LEE	34.98M 30.19m 2013	JAV 600g	ATKINSON, M	43.62M
U15	GIRLS	Time/Year	U15	BOYS	Time/Year
100M	HEGGIE, R	12.8sec	100M	SMITH, T	11.6sec
200M	ELLIOT, M	26.4sec	200M	SMITH, T	23.7sec
400M	WOLSZCZAK, AGDA	1:00.4min	400M	HEGGIE, MORGAN	52.9sec
800M	WOLSZCZAK, AGDA	2:23.0min	800M	KENNEWELL, SIMON	2:04.9min
1500M	WOLSZCZAK, AGDA	5:05.9min	1500M	KENNEWELL, SIMON	4:27.8min
90H	JAENSCH, CH	13.4sec *00	100H	HEGGIE, MORGAN	13.7sec
200H	JAENSCH, CH	28.84sec *00	200H	HEGGIE, MORGAN	25.4sec *1996
300H			300H	WAGNER, BRODIE	46.30 sec 17
1500W	BECKER, YVETTE	7:31.3min	1500W	BYFIELD, M	7:21.5min
LJ	JAENSCH, CHELSEA	5.65M	LJ	HEGGIE, MORGAN	6.19M
HJ	YEOMANS, J	1.66M	HJ	HEGGIE, MORGAN	1.85M
TJ	HEGGIE, R *(90)	11.78M	TJ	HEGGIE, MORGAN	12.57M
DICS	MARSHALL, ALICA	38.60M	DISC	LARSSON, STEPHEN	57.72M *1984
SP	FISCHER, T	12.51M	SP	LARSSON, STEPHEN	16.72M
JAV 600g JAV 500g	BONNEY, TARA HUBBERT, K	35.20M 20.10M 2012	JAV 600g JAV 700g	HEGGIE, MORGAN BRIT, JAMES	47.00M 35.28m 2013

U12	GIRLS	Time/Year	U12	BOYS	Time/Year
100M	BAGGIO, T JAENSCH, CHELSEA	13.6sec	100M	FRANKLIN, TROY	13.3sec
200M	BARNETT, S	27.6sec	200M	ALLEN, RALPH	26.6sec
400M	MOORE, ORLAITH	1:40.0min	400M	ALLEN, RALPH *(1978)	57.14sec
800M	LARSSON, DEBRA	2:27.1min	800M	ALLEN, RALPH *(1978)	2:12.7min
1500M	BARNETT, S	5:03.0min	1500M	ALLEN, RALPH	4:40.2min
60H	CAMPBELL, T JAENSCH, CHELSEA	10.1sec	60H	O'BRIEN, J	9.9sec
1500W	BECKER, YVETTE	7:40.7min	1500W	BYFIELD, M	7:30.4min
LJ	JAENSCH, CHELSEA	5.12M *1997	LJ	ALLEN, RALPH	5.26M
HJ	SEEKAMP, S	1.59M *2002	HJ	CAIN, D	1.63M
TJ	HENTSCHKE, K	10.16M	TJ	FRANKLIN, TROY	11.08M
DISC	MITCHELL, C	34.58M	DISC	LARSSON, STEPHEN	42.80M
SP	MITCHELL, C	12.91M	SP	LARSSON, STEPHEN	12.58M
JAV	MARSHALL, ALICIA	30.56M	JAV400	HOGG, CLINTON	40.90M *1990
U13	GIRLS	Time/Year	U13	BOYS	Time/Year
100M	JAENSCH, CATLIN JAENSCH, CHELSEA CARTER, B	13.1sec	100M	FRANKLIN, TROY	12.3 sec
200M	CARTER, B	26.9 sec	200M	ALLEN, RALPH	25.6 sec
400M	BARNETT, S	1:01.9 min	400M	ALLEN, RALPH	57.3 sec
800M	CONNIFF, SARAH	2:26.3 min	800M	ALLEN, RALPH *(1979)	2:06.6 min
1500M	MOORE, ORLAITH	5:02.0 min	1500M	ALLEN, RALPH *(1979)	4:22.7 min
80H	SEEKAMP, SHERIDAN	13.4 sec	80H	ATKINSON, M	12.7 sec
200H	GALLAGHER, MILLIE	35.70 sec 2017	200H	GARRETT, LACHLAN	35.40 sec 2017
1500W	Becker, YVETTE	7:44.9 min	1500W	WOLSZCZAK, GREG	7:46.7min
LJ	JAENSCH, CHELSEA	5.25M	LJ	LIDLAW, SAM	5.57min
HJ	SEEKAMP, SHERIDAN	1.63M	HJ	CAIN, D	1.79 M
TJ	JAENSCH, CHELSEA	10.57M	TJ	FRANKLIN, TROY	11.46 M
DISC	GALIC, KRISTY-LEE	41.10M	DICS	LARSSON, STEPHEN	48.48 M
SP	MITCHELL, C	11.54M	SP	LOCKENHOFF, G	15.38 M
JAV	MARSHALL, ALICIA	36.10M	JAV	HOGG, CLINTON	38.64 M

UNIFORMS

Uniforms **MUST** be worn by all athletes once registered. Boys and girls both wear green and gold polo shirts and green shorts. Girls have the option to wear green bike pants. Socks **MUST** be predominantly white. The registration number **MUST** be attached to the front of the uniform top, age group number **MUST** be attached above the on the **left-hand** side. NO other badges are permitted on the uniform. Skins are not permitted. Tiny Tots are not required to wear centre uniform but are encouraged to do so. Uniforms will be hot on the officials check list this season so please avoid disappointment of not being able to compete by having the correct uniform and shoes

ARENA MANAGER

Any changes to events due to weather will be done in conjunction with the President and Officials. Please direct any questions about changes to programs to the Arena Manager Shannon Zammit. All decisions are made with athlete safety the primary concern.

SAFETY SAFETY SAFETY

Please check for athletes on the track BEFORE proceeding across it as the consequence of a collision with a running athlete could be tragic. Keep out of the discus, shot put and javelin sectors. These implements can kill. Only athletes registered in the Little Athletics Association are covered by insurance for Medical Compensation. All volunteers are covered whilst working at the centre. Parents can now cover themselves to compete in events by purchasing a RECATH membership. Please speak with Shannon for more details. Sun block is available at the canteen. Athletes should wear SLAC bucket hats when not involved in an event.

MEDICAL ALERT AND FIRST AID

You may notice RED letters on the bottom left hand corner of some uniform numbers. These signify that the child has a Medical Condition. The letters you may see are A= Asthma, B= Bee Sting, D= Diabetic, E= Epilepsy. We have qualified first aiders to assist with injuries. A list is in the clubroom.

CODE OF CONDUCT FOR ATHLETES

Never argue with an official. If you disagree, ask your Chaperone or Supervising adult to deal with the matter.

Control your temper. Verbal abuse of Officials or other athletes, deliberately distracting or provoking are neither acceptable nor permitted in our sport.

Work equally hard for yourself and or your centre. Your centre performances will benefit.

Be a good sport. Applaud all good results whether they are by your centre, opponent or the other centres.

Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.

CODE OF CONDUCT FOR PARENTS

Encourage children to participate if they are interested. However, if a child is not willing to do so, DO NOT force them.

Focus upon the child's efforts rather than the overall outcome. By reducing the emphasis on winning, you are assisting your child in setting realistic goals related to their ability.

Teach children that an honest effort is as important as a 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 issues through the appropriate channels, rather than questioning the Officials judgment and honesty in public.

Remember, most Officials give their time and effort for YOUR child's benefit.

Support all efforts to remove verbal and physical abuse at Little Athletics activities.

Recognise the values and importance of being a volunteer, Official and or Coach.

They give their time and resources to provide recreational activities for children and deserve your support.

U10	GIRLS	Time/Year	U10	BOYS	Time/Year
70M	CARTER, B	10.3sec	70M	JONES, I MAGOR, A	10.2sec
100M	CARTER, B POLLARD, B	14.7sec	100M	MAGOR, A	13.9sec
200M	POLLARD, B INGERSON, K	30.6sec	200M	HELLEBAUT, P HOWARD, B	29.8sec
400M	MOORE, O	1:09.2min	400M	BUCKLEY, G	1:05.4min
800M	MOORE, O	2:37.0min	800M	HELLEBAUT, P	2:30.8min
60H	SEEKAMP, S	10.94sec *00	60H	CAMPBELL, B	10.9sec
1100W	STOCO, S	5:58.6min	1100W	WOLSZCZAK, GREG	6:21.0min
LJ	CARRUTHERS, C	4.09M	LJ	MAGOR, A	4.37M
HJ (F)	SEEKAMP, S	1.45M	HJ (F)	RUSSO, JACOB	1.43M
HJ (S)	JACKSON, ISIS	.95M 2017	HJ (S)	ZAMMIT, LACHLAN	1.08M 2017
TJ	JAENSCH, CA	9.04M	TJ	KIM, D	8.98M
DISC	GALIC, K	29.08M	DISC	ADOLPHI, MATTHEW	33.96M
SP	GALIC, K	8.95M	SP	LARSSON, STEPHEN	9.54M
U11	GIRLS	Time/Year	U11	BOYS	Time/Year
100M	HENTSCHKE, K	14.1sec	100M	ALLEN, RALPH	13.4sec
200M	POLLARD, J	29.2sec	200M	ALLEN, RALPH	28.2sec
400M	ZOCCALI, R	1:07.2min	400M	ALLEN, RALPH	1:02.34min *1977
800M	MOORE, ORLAITH	2:35.6min	800M	ALLEN, RALPH	2:22.5min
1500M	CONNIFF, SARAH	5:18.1min	1500M	CASE, C	5:00.1min
60H	JAENSCH, COURTNEY JAENSCH, CHELSEA	10.3sec	60H	CAMPBELL, B	10.4sec
1100W	BECKER, YVETTE	5:40.7min	1100W	WOLSZCZAK, GREG	6:00.0min
LJ	LADYMAN, KELLY	4.44M	LJ	HICKEY, D	4.89M
HJ	SEEKAMP, SHERIDAN	1.43M	HJ	VIDOVICH, J	1.52M
TJ	MOORE, C	9.39M	TJ	CARRUTHERS, A	9.90M
DISC	GALIC, KRISTY-LEE	29.10M	DISC	LARSSON, STEPHEN	32.26M
SP	GALIC, KRISTY-LEE	9.99M	SP	BULLEN, JAYKE	11.08M 2017
JAV	WEDD, JESSICA	24.56M	JAV	GALIC, BEN	31.71M

U8	GIRLS	Time/Year	U8	BOYS	Time/Year
40M	SEEKAMP, CARLY	7.5sec	40M	GRAY, ETHAN	7.0sec
50M	GIDMAN, ZOE	9.9sec 2001	50M	BULLEN, JAYKE	9.3sec
70M	HATCHARD, TIARA	11.1sec 2010	70M	NENKE, D	10.8sec
100M	SUKYS, K VAN DER WEEGEN, D	15.7sec	100M	O'BRIEN, F NENKE, D	15.4sec
200M	SUKYS, K	33.4sec	200M	HELLEBAUT, P	31.7sec
500M	PHILBY, REBECCA	1:47.6min	500M	MUSER, D	1:47.6min
700M	MURRAY, LILIANA	3:23.9min 2014	700M	BULLEN, JAYKE	2:47.0min
800M	GIDMAN, ZOE	2:19.0min 2011	800M		
60H	PHILBY, REBECCA	11.8sec	60H	RUSSO, JACOB	11.5sec 2007
LJ	BAGGIO, T	3.95M	LJ	HOWARD, B	3.90M
HJ (F)	MARTINBALE, C	1.17M	HJ (F)	RUSSO, JACOB	1.20M 2007
HJ (S)	BOOTHBY, SCHLINDA-LEE	1.05M 2007	HJ (S)	RUSSO, JACOB	1.20M 2007
DISC	SOTOCCO, STACEY	29.84M	DISC	COUZNER, C	24.24M
SP	GALIC, KRISTY-LEE	6.40M	SP	THOMAS, CASEY	8.84M
U9	GIRLS	Time/Year	U9	BOYS	Time/Year
70M	BATH, AMELIA JAENSCH, CAITLIN	10.6sec 2000 10.6sec	70M	KARGANS, G	10.24sec *1997
100M	CARRUTHERS, C	15.1sec	100M	HELLEBAUT, P NENKE, D SMITH, KYLE	14.7sec
200M	CARRUTHERS, C	31.2sec	200M	HELLEBAUT, P	30.2sec
400M	HATCHARD, TIARA	1:23.8min2011	400M	WAGNER, BRODIE	1:12.9min
800M	MOORE, C	2:49.9min	800M	MOFFAT, A	2:49.7min
700W	BECKER, YVETTE	3:50.4min	700W	RUSSO, JACOB	4:16.7min 12/4/08
60H	SEEKAMP, SHERIDAN	10.74sec *1999	60H	MUSER, D CAMPBELL, B	10.5sec
LJ	HEGGIE, M	3.96M	LJ	HELLEBAUT, P	4.23M
HJ (F)	SEEKAMP, SHERIDAN PHILBY, REBECCA	1.30M	HJ (F)	O'BRIEN, F	1.30M
HJ (S)	GALLAGHER, I MURRAY, L TA, SIENNA	0.85M 2015 0.85M 2017	HJ (S)	ZAMMIT, LACHLAN	1.00M 2015
DISC	GALIC, KRISTY-LEE	26.58M	DISC	LARSSON, STEPHEN	28.38M
SP	GALIC, KRISTY-LEE	7.10M	SP	STEVENS, BLAKE	8.95M 2011

SPONSORS

Sponsors are a valuable source of funds, supplies, awards and raffle prizes. Please support our sponsors who are advertised in the booklet, in the clubroom and in our newsletter. If you run a business or can approach someone in business to sponsor the Centre, it will not only benefit our athletes, but will also be appreciated by your hard-working committee. We have found sponsorship is more easily obtained when a business is approached by someone they know.

CROSS COUNTRY / RACE WALK SEASON

For those athletes looking for a bit of winter fun, there are cross-country runs and Race Walks held throughout the metropolitan and country areas during winter. Events are held from May to August. Races are arranged for all age groups including a Tiny Tot fun event and parents. Entry fee for each race is \$1.00. The State Cross Country Championships for athletes are held in August with a fee of \$2.00. Parents and older siblings can take part in these events if they have purchased a RECATHS membership

CENTRE ACHIEVEMENTS

2 State Relay Champions
9 State Relay Runner's up
7 Peter Fullagner Race Walk Champions
7 Peter Fullagner Race Walk Runner's up
12 Northern Relay Champions
12 Northern Relay runner's up
6 Cross Country Champions
64 State Team Representatives
525 Gold Medals at State Championships
518 Silver Medals at State Championships
519 Bronze Medals at State Championships
2 times winner of the State Relay March Past Trophy.
24 State Best Performances

RULE CHANGES THIS SEASON

ALL rules are set by the SA Little Athletics Association and published in the Basic Little Athletics SA Officials Guide. A new guide is available to all at the start of every season via the SALAA website. There are NO changes this season however please make sure you follow these rules for

HIGH JUMP -ALL athletes in the age groups **U8, U9 and U10 MUST** perform a **SCISSOR STYLE JUMP**. They must also use the small thin mats. There are instruction guides in ALL age group folders this season, however if you are unsure of anything please find a committee member and we will help.

IMPLEMENT WEIGHTS

Shot put

1kg	Blue	U6, U7 boys & girls
1.5kg	Yellow	U8 boys & girls
2kg	Orange	U9, U10, u11 boys & girls & U12 girls
3kg	White	U12, U13, U14 boys & U13, U14, U15, U16, U17 girls
4kg	Red	U15, U16 boys
5kg	Green	U17 boys

Discus

350g	U6, U7 boys & girls
500g	U8, U9, U10 boys and girls
750g	U11, U12 boys & U11, U13, U14 girls
1kg	U13 boys & U14, U15, U16 girls & boys & U17 girls
1.5kg	U17 boys

Javelin

400g	U11, U12 boys & U11, U12, U13, U14 girls
500g	U15, U16, U17 girls
600g	U13, U14 boys
700g	U15, U16, U17 boys

U6	GIRLS	Time/Year	U6	BOYS	Time/Year
40M	JAENSCH, CAITLIN	7.9sec	40M	DELLA-VALLE, SAM	7.8sec
50M	HEATH, CHLOE	9.7sec 2016	50M	ZAMMIT, JAYDEN	9.8sec 11/3/16
70M	JAENSCH, CHELSEA	12.9sec	70M	BULLEN, JAYKE	12.4sec 14/1/12
100M	SEEKAMP, CARLY	18.6sec	100M	LARSSON, STEPHEN	17.5sec
200M	SEEKAMP, CARLY	40.6sec	200M	BUCKLEY, G	37.5sec
300M	HEATH, CHLOE	1:15.8min 2016	300M	ZAMMIT, JAYDEN	1:03.9min 29/11/15
LJ	LEAK, RENAE	3.05M	LJ	CORLETT, T	3.00M
DISC	BATH, AMELIA	11.58M 1997	DISC	THOMAS, CASEY	17.44M
SP	MIDGEN, L	4.68M	SP	THOMAS, CASEY	6.46M
U7	GIRLS	Time/Year	U7	BOYS	Time/Year
40M	HEILMANN, T	7.1sec	40M	LEAN, MATTHEW	7.1sec
50M	HEATH, CHLOE	9.65sec 2017	50M	ZAMMIT, JAYDEN	9.23sec 2016
70M	SEEKAMP, SHERIDAN RICHARDSON, F	12.0sec	70M	LARSSON, STEPHEN	11.5sec
100M	MOORE, C	16.9sec	100M	ALLEN, S LARSSON, STEPHEN	16.4sec
200M	RICHARDSON, S	36.0sec	200M	ALLEN, S	34.2sec
500M	THOMPSON, KAYLA	2:18.28min 2017	500M	ZAMMIT, JAYDEN	1:51.95min 2017
60H	SEEKAMP, SHERIDAN	12.4sec	60H	MITCHELL, P RUSSO, JACOB	12.8sec
LJ	MOORE, CLODAGH	3.31M	LJ	ALLEN, RALPH	3.55M
HJ (F)	SEEKAMP, SHERIDAN	1.09M	HJ (F)	HOGG, S	1.10M
HJ (S)	WEAVER, ELISE	.85M 2007	HJ (S)	STEVENS, BLAKE	1.01M 25/10/09
DISC	GALIC, KRISTY-LEE	17.46M	DISC	THOMAS, CASEY	23.44M
SP	GALIC, KRISTY-LEE	6.40M	SP	COUZNER, S	8.24M

Salisbury Little Athletics Club Records

* = State Record Holder

** = Australian Record Holder



HOME COMPETITIONS

Various awards and qualification criteria are published for the Little Athletics season. They revolve around minimum "Participation in Home Competitions" criteria. State and Regional Competitions do not count. The two main qualification criteria of interest are for Salisbury's Age Group All Round Champion Athlete and State Individual Championships. For the exact rules and qualification criteria you should refer to the other section on awards (Age Group Champion) and the SALAA website - State Individual Championships Rules and Other Information

What does "participation" or "attendance" at home competition mean?

An athlete has participated at a home competition if they have recorded a result in at least 50% of the events scheduled for that meeting. For the most part this means 3 events since our programs have 5/6 events scheduled. If an athlete does NOT record a result in 50% of the events on that day, then they will NOT be credited with attendance, even if they were actually there! If an event is cancelled due to safety, then it will be ignored as being part of that meet and therefore not count.

How many competitions do I need to attend to qualify for State Championships?

This depends on when an athlete was registered. The very basic rule of thumb is that the athlete must have attended at least 50% of the Centres Home Competitions from the time of registration (must be before the first competition back after the new year) to the end of Qualification Period.

How many competitions do I need to attend to qualify for Age Group All Round Champion?

Again, this depends on when the athlete was registered. Basic rule is that the athlete must have attended at least 50% of Centres home competitions from the time of registration.

What if an athlete is injured and prevented from competing?

You may apply in writing to the Committee to have home competitions credited in the event of an injury. Include details of which meetings the athlete will miss/has missed and the general nature of the injury and a letter or certificate from a health professional (Doctor, Physiotherapist or Podiatrist etc.).

What if a home competition is abandoned due to weather?

Athletes will automatically be credited with attendance at any meeting totally abandoned due to weather. If a meet is disrupted (starts but cannot continue) then only athletes in attendance will be credited (regardless of how many events, they have done).

CENTRE AWARDS AND BYLAWS

Age Group All Rounded Champion Athlete

Trophies will be presented to the top three athletes, both boys and girls in each age group from U6 to U17. All athletes will be presented with a certificate. To be eligible athletes MUST be registered by the 1st home competition in the new year for the current season and participate in 50% of home competitions from the time of registration. The best three performances in each event for each athlete at home competitions are averaged and points allocated as follows; - the athlete with the best average is given 1 point, the second best 2 points etc. A tied average will result in each of the athletes being given the average of the corresponding points determined by their position. So, for example a three-way tie for second, third and fourth best average performance will result in all three athletes being given $(2+3+4) \div 3 = 3$ points each. In this case, the fifth best performed athlete would be given 5 points as normal etc. If an athlete fails to complete three performances for an event in the season, then the athlete will be assigned points associated with a position of last for that event (or equal if there are other athletes in the same situation). The athletes total score shall be the total points scored for all events completed in the age group less the highest (or one equal highest) score. Dropping the highest score eliminates the athletes worst scoring event. The athlete who

State Team

Twenty-Three U13 and six U15 athletes will be chosen to represent SA at the Australian Teams Championships in Sydney this season. A State Team information booklet will be available for those athletes and parents interested in this event. Details of the trials and the selection process are details in this booklet. If you have any questions regarding the State Team, please talk to the coaches.

Northern Metro Regional Day

Each season a competition is held between 6 centres in the Northern Region. This season it is held on Saturday 4th November. The competition gives our children the opportunity to compete against children from other centres. Golden Grove on behalf of the Region will conduct the day. Open to ALL age groups.

State PB Classic

This event is conducted by the centres at Stadium SA and it enables our athletes the chance to compete against children from other centres at the best facility and therefore have the best chance of achieving personal best performances. Certificates are awarded to all competitors. Parental assistance with the running of events **WILL BE REQUIRED** for the day to run smoothly. Open to ALL age groups. Saturday 16th and Sunday 17th December.

Adelaide Brighton Cement State Carnival TT to U12

The Tiny Tots will participate in a Tiny Tots session, while each of the U6 to U12 age groups will participate in a set rotation of events, where the athletes will receive coaching in the events. Each age group is limited to 100 athletes. There will be carnival activities provided for participants to enjoy after their session. Event held 19th November

Toyota State Multi-Event Championships

An official Association meet held at Stadium SA. Comprised of fixed events for age groups u9 to u17. Nominations close 4th January. Athletes must compete in all programmed events set for their age group. If an athlete does not do all events, no points will be awarded by Salisbury. To be held this season on the 20th and 21st January 2018.

Australia Day Hurdles

Salisbury, Ingle Farm, Golden Grove and Northern Districts centres compete for a shield, awarded to the girls and boys teams which earn the most points for their centre. The event will be held at Golden Grove this season on Saturday 27th January 2018. Other track and field events are also conducted for all age groups. The fastest two athletes run in the first heat. Only heat one counts for points. (points awarded as 7,5,4,3,2 and 1). Open to ALL age groups.

Northern Region Open Day

Salisbury on behalf of the Northern Region is conducting this event on Saturday 5th February 2018. The Region events are conducted for the benefit of those centres affiliated with the Region and is not on the SA Little Athletics Programme. The open day means that the athletes are able to choose the events they want to do from the range of events on the programme. Open to ALL age groups. This year it is being hosted by Salisbury.

scores the lowest total will be the Age Group All Round Champion. Runner up and third place will be awarded to the athletes with the second lowest and third lowest total score respectively. In the event of a tie for any one of the top three places, extra trophies will be awarded. The trophies are completely based on performance as long as an athlete meets the attendance criteria.

Participation points will not be recorded until an athlete is registered.

Athletes who are absent from competitions earning points may apply for credit due to injury, illness or representative duties (e.g.: official trials, training or competitions for athletes representing SA in track and field including SALAA, SAPSASA or SASSSA). Applications must be forwarded in writing to the committee within two weeks of the last programmed competition for the season. An eligible athletes' total participation points will be added to their total achievement points (calculated according to the performance points table based on seasons personal bests for each event) and bonus points. Eligible athletes will be awarded either gold, silver, bronze, red or green medal on the basis of their total points as per the Salisbury Little Athletic Centre Points Table. The medal is based on an athletes' attendance and performance points added together. A participation and performance trophy will be awarded to each registered athlete in the Tiny Tots age group at the end of the season, providing they have attended at least 3 home competitions AFTER Christmas. Applications by parents/guardians must be forwarded in writing to the committee within two weeks of the last programmed competition of the season.

CENTRE AWARDS

Participation and Performance Awards (medals)

In accordance with the following rules a participation and performance medal will be awarded to each eligible athlete in the U6 and older age groups at the end of the season. To be eligible to receive a medal, athletes must have taken part in 50% of home competitions (see previous page) from time for registration. Three of them MUST be after Christmas.

Participation points are to be awarded to each athlete as follows: -

<u>Competition</u>	<u>Points for attendance</u>	<u>Points per event</u>
All home competitions	7	4
Multi Event	7	4
Northern Metro Regional Day	20	0
Northern Region Improvers	10	0
Northern Region Open Day	20	0
Personal Best Day	20	0
State Individual Championships	10	0
State Relay	10	0
Any other meeting	0	0

(other clubs, state trials etc)

Bonus points are awarded for the following: -

Official State Records 5 points awarded -Official Australian Records 10 points awarded

Centre Records

Centre records can be claimed at any meeting listed on the competition program. Correct protocol for claiming centre records must be followed. Acceptance of any centre record is at the discretion of the Centre Committee. Centre Record Certificates will be awarded at the first available opportunity. Centre Records CANNOT be claimed for ANY Tiny Tot event, U6 High Jump, U7 Walks, U7 High Jump u8 High Jump and U8 Walks. Centre records cannot be claimed by athletes who visit other centres, unless the meeting is a part of the competition program.

OTHER COMPETITIONS

Health Partners State Relay Championship.

As only one team from each age group is permitted to enter and it is a distinct honour to be selected, the competition is conducted by the State Association and held at Stadium SA, Mile End on Sunday 11th Feb 2018. Athletes are selected to take part in a field and track event relays by our coaches on a performance based assessment. OPEN TO U9 TO U17 ONLY.

State Challenge

This State event is open for athletes in the U9 to U13 age groups, who are not participating in the State Individual Championships in more than 3 events. There is a minimal qualifying standard for this event and medals will be provided for each age group and event. Finals will not be conducted; medals will be based on heat times. Heats will be drawn based on PBs of nominated entries and Field events will be best of three attempts. Held this year 18th Mar 2018.

Northern Region Improvers Championships

At the end of the season there is a special competition held in our area for athletes who have not qualified in more than two events for the State Individual Championships. Athletes must nominate for this competition and may compete in four events. Two track and two field. Athletes who compete receive a certificate. Tiny Tots to U8 & U16 & 17 age groups receive a participation medal. U9 to U15 event place getters receive a medal. All medals are issued by Northern Region held at Northern Districts this season on Sat 3rd March

State Individual Championships

This is the highlight of the season for all athletes U9 and older. Throughout the season the U9 to U13 age groups strive to achieve certain qualifying standards in ability and attendance to enable them to participate in this competition. To be eligible to compete athletes MUST be registered before 31st December 2017 and MUST gain the required standard twice during the qualifying period. (1/9/17 to 25/2/18). Entries close 1/3/2018. Athletes may enter up to five events that they have qualified in and will compete against the very best in the state. This event is held at Stadium SA on March 23rd, 24th, 25th 2018.

SUN SMART POLICY

Salisbury Little Athletic Centre is a Sun Smart Club, please remember to Slip, Slop, Slap, drink plenty of water, wear a hat and apply sunscreen at least half an hour BEFORE going into the sun. Stay in the shade when you can. If you would like any more information, please see the Salaa website for details.

SMART PLAY POLICY

Salisbury Little Athletic Centre promotes family, fun and fitness through participation in track and field events.

Salisbury Little Athletic Centre acknowledges that there is a risk of injury when participating in athletics.

Salisbury Little Athletic Centre recommends warm up, stretching and cool down by **ALL** athletes.

If you would like more information, please see the website for the policy.

SMOKE FREE POLICY

The South Australian Little Athletics Association Inc. and affiliated Centres and clubs recognise that passive smoking is hazardous and that non-smokers should be protected from the involuntary inhalation of tobacco smoke.

Improvement certificates (U6 to U17)

Improvement (PB's) can only be achieved at meetings listed on the competition programme. One point per improvement per event once the athlete is registered. An athlete first attempt at an event for the season is not counted as an improvement. Performances from previous seasons and come and tries are ignored. Certificates are different colours depending on the improvement points obtained. The following certificates will be awarded on achievement of the corresponding number of improvements: -

Green	(10 improvements)
Red	(15 improvements)
Silver	(25 improvements)
Blue	(20 improvements)
Gold	(30 or more improvements)

Most improved (U6 to U17)

A trophy is awarded to the most improved (most number of personal bests) in each age group provided they have achieved at least 10 improvements (excludes U7's, see below).

Mayors Trophy

A trophy is awarded to the most improved (most number of personal bests) U7 boy and girl for the season. In the event of a tie, more than one trophy will be awarded.

Para Hills Community Club Perpetual Shield

A personal trophy will be presented to the athlete achieving the overall highest PBS for the centre. Their name will also be added to the shield.

Troy Franklin Award

Awarded to the most successful athlete in the U9 to U13 girls and boys age groups at the State Individual Championships. Gold Medal 4points, Silver Medal 2points, Bronze Medal 1point. SBP 5 points each event, ABP 10 points each event.

Centre Captains

U12 to U17 athletes who have completed 1 full year registration will be invited to apply for the position of Centre Captain, Vice-Captain or Junior Captain. All applications must be in writing and will be selected by the committee before the first competition.