

# BOX HILL

LITTLE ATHLETICS CENTRE

**'RUN PROUD'**



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CENTRE 21 HANDBOOK  
SEASON 2010/11, 43RD YEAR

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# Welcome

Welcome to the 2010/2011 season of the Box Hill Little Athletic Centre.

The committee as usual has been working very hard giving up personal time to keep the Centre running in a positive direction. The Centre through its committee and the many other volunteers is in a position that leaves it well resourced and financially sound. With the start of a new season we see some 'old' campaigners stepping down. Thank you to **Kerrie Lawrence** for many years of service to the Centre, being recognized at our AGM with a well deserved life membership. Also departing from last season is **Gary Grinsted** who was always the first down the track every Saturday morning setting up and often the last to leave. A very special thank you to **Stuart Miller** our immediate past president who had been a committee member for 12 years with the past 3 years as president. Over that period Stuart has been front and centre in a number of initiatives taking the Centre from strength to strength. Infrastructure and assets include the high jump covers, hurdle trolleys, input and investment in the four jump pits, the new computerized timing gates with the bar-coding and the new website. A pretty impressive legacy Stuart leaves. On behalf of the BHLAC thank you again.

Welcome to the new committee members **Talitha Crawford, Sherrie Boulter, Pia Hunter, Rob Schwerkolt, Jan Fitzgerald** and **David Brown** all of who have made an immediate positive impact.

Congratulations to all those athletes that performed well and represented the BHLAC with pride and distinction at Region and State levels, both at Cross Country and T&F. To those athletes who have not competed at those levels, keep working on your PB's and you will be a winner every week. As the new president it was a delight as one of my first duties to also honour **Carol Barrett** with a well deserved life membership. Carol in various forms as a committee member, volunteer and supporter has been involved with BHLAC for in excess of 40 years. Well done and well deserved.

The season ahead will look to develop technology and infrastructure further to try as best as practical to reduce the time taken to complete the weekly program. We have a new set of computerized gates that will be placed on the back straight, whilst our website will be further developed to deliver athletes their results allowing them to track their own performances.

Together with the senior club we are looking to provide assistance towards improving the venue with an eye to constructing shade cover that will be beneficial to all.

Whilst the Centre is travelling along quite well, it would cease to do so if the valuable work of volunteer parents falls away. Accordingly it is imperative that parents rostered on for duty fulfill their role. Remember if you can't meet your obligation on a particular weekend, it is your responsibility to arrange a competent replacement.

Good luck to all for the 2010/2011 season and if you have any suggestions or issues, feel free to contact me.














**Alan Bertacco** - President

# Website

**Box Hill Little Athletics Centre: [www.bhlac.org.au](http://www.bhlac.org.au)**



# Centre Committee 2010/2011

<b>President</b>	<b>Vice President</b>	<b>Secretary</b>	<b>Treasurer</b>	<b>Registrar/ recorder</b>
				
Alan Bertacco 0414 366 827	Jon Seddon 0413 317 102	Sue Sando 0402 424867	Warren Paterson 9890 6712	TBA
<b>Cross Country</b>	<b>Team Manager</b>	<b>Special Events</b>	<b>Coaching Coordinator</b>	<b>Supplementary / Seniors Liaison</b>
				
Robert Schwer-	Scilla Dinnison 9889 4451	Alan Bertacco 0414 366 827	Sherrie Boulter 0407 475290	Talitha Crawford 0400 844755
<b>Duty Roster</b>	<b>General Committee</b>	<b>General Committee</b>	<b>General Committee</b>	<b>General Committee</b>
				
Susie Kosa 9849 1670	Jan Fitzgerald	Pia Hunter	David Brown	Kent Barnes 9878 5589
<b>Arena Mgr</b>	<b>General Committee</b>	<b>General Committee</b>	<b>General Committee</b>	<b>General Committee</b>

TBA				
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**General committee correspondence or enquiries can be sent to [info@bhlac.org.au](mailto:info@bhlac.org.au)**

## Coaches 2009/2010



**Graham Cross**  
Level 2 ATFCA



**Talitha Crawford**  
Level 1 ATFCA



**Sherrie Boulter**  
Coaching Coordinator  
0407 475290



**Rob Schwerkolt**



**Tony Marsh**  
Level 3 ATFCA  
Level 1 Strength  
and Fitness.  
AV Accredited  
0422821502

## Club Contacts

**Canterbury**



**John O'shea**  
9889 4395

**Koonung  
Mont Albert**

**TBA**

**North  
Box Hill**

**Pia Hunter**  
0400069426

**Whitehorse**



**Julie Mason**  
0434 991 898

## Life Members

Les Armstrong (1979)  
Peter Crowe (1981)  
Judy Blackie (1985)  
Peter Robbie (1990)  
Graeme Collins (1993)  
Maureen Barker (1997)  
Eddie Hassett (1997)  
David Juricevich (2001)  
Stuart Miller (2003)  
Robert Bodo (2005)  
Bill Dyer (2009)  
Coral Barrett (2010)

Tom Kelly (1981)  
Don Cuff (1981)  
John Blackie (1985)  
Judy Flintrop (1990)  
Lexi Collins (1993)  
Gerard O'Donnell (1993)  
Richard Piesse (1997)  
Rosemary Chan (2002)  
Warren Paterson (2003)  
Todd Lucas (2006)  
Scilla Dinnison (2009)

Jim Murphy (1981)  
Jon Dentith (1981)  
Angela Robbie (1990)  
Westley Windsor (1993)  
Bob Langton (1995)  
Janet Klotz (1997)  
Diana Juricevich (1997)  
Kerry Evans (2003)  
Leana Tilley (2004)  
Tim Cameron (2008)  
Kerrie Lawrence (2010)

Life Governor VLAA ('83) & Life Member EMR ('80)—Les Armstrong

# Little Athletics Victoria

Board of Management



Eastern Metropolitan Region (EMR)

Seven other regions 3 Metro & 4 Country



**Box Hill, Kew, Camberwell/East Malvern, Collingwood, Heidelberg, Croyden, Doncaster, Nunawading, Ringwood, Cockatoo, Knox, Sherbrooke, Lilydale/Yarra Ranges, Waverly**



## The Little Athletics Code of Ethics

Parents, coaches and officials, by the example of their behaviour, have an enormous influence on Little Athletes. It is essential that all participating adults adhere to the aims and objectives of the Little Athletics Victoria. For the benefit of the Little Athletics movement, a pattern of behaviour based on the following should be formed:

1. Do not criticise children in front of spectators; wait until there is an opportunity to give constructive criticism in private
2. Accept the decisions of officials as being fair and called to the best of their ability
3. Do not criticise opposing athletes or supporters by word or gesture
4. Place the welfare and development of the individual athlete above wins and losses
5. Set a good example by your own personal appearance

It is vital that parents, coaches and officials establish behaviour that is consistent with the Code of Behaviour and the aims of the Little Athletics movement throughout Australia. If we keep to this code during Little Athletics, it should be easy to achieve the main aim of FAMILY FUN AND FITNESS.

Officials are to be familiar with and are at all times required to follow the little athletics' code of ethics which can be found above. Officials are to refrain from entering into a confrontation with any parents or children while at the venue. If a dispute arises two officials are to be present. The matter should be settled calmly and a record of the matter made which is to be passed onto both the President and Vice-president.

## Parent Duty

Each week about 100 parents run the program. Parents can choose their regular duty at Registration Day. Most tasks do not require special knowledge and an experienced official is always in charge of each duty to help new parents 'learn the ropes'.

**Parent/Guardian duty is compulsory and eligibility for athletes to receive awards is contingent on the parent/guardian fulfilling their duty as per the duty roster.**

Each family is rostered for duty about six times during the season. A parent from that family is expected to attend on those days.



A roster sheet is issued so you know of the dates well in advance - please note them in your diary. Your Little Athlete can record details of your duty in the spaces on page 36. On page 39 is the Calendar of Events.

Ask your Little Athlete to colour the squares green next to the weeks you have duty.

**If you cannot attend on any occasion you are scheduled, please follow the instructions at the bottom of page 36.**

Any queries or concerns regarding Parent Duties should be addressed to the committee member responsible for Duty Rosters. On days that you are not rostered your help will always be welcomed.

Parents keen to increase their involvement in their children's athletics should consider doing the Introduction to Coaching course. See our coaching coordinator for details. .On non-rostered days, you may be asked to cover for an absent parent. Please do so promptly if it does not interfere with your morning.



# General Information

## Fees

Welcome to the BHLAC. Registration Fees for 2010 include all Summer competition days, Winter Cross Country (except state Cross Country), training on Wednesdays and First Aid on Saturdays.

1st child	\$130.00
2nd child	\$125.00
Each additional child	\$120.00
Concession rate	\$120.00 per child

U13 to U15's may be dual registered for an additional fee which gives them full membership to Athletics Victoria. Refer to p66 for further details.

Fees **include** entry to all events at Region and State level competitions (**except for State Cross Country**) and includes entry for the Eastern 7 Reward Day, Eastern 7 Open Days and EMR XC Competition. For those only registering for cross country (ie no summer little aths) the registration fee is \$80 which covers the same xc events as athletes registered for the full year

## Age Limit

The athlete's age on September 30 determines the age group an athlete performs in for the season. The Centre conducts events for U 6 to U 15 age groups. Athletes must be at least 5 years old to be registered with the centre.

## Uniform

Athletes are to wear black shorts/bloomers and either the club Tee shirt (North Box Hill - Orange, Koonung/Mont Albert - Red, Whitehorse - Yellow and Canterbury - Blue) or the approved Box Hill Centre uniform - silver, white and black singlet. The plastic/cloth sponsors bib showing the athlete's name and age and registration number is **required** to be pinned or attached onto the front of the Tee shirt or singlet. **This will now include a bar code sticker for electronic timing which must be worn.** Hats and sunscreen should be worn whenever appropriate.

Box Hill Centre uniform must be worn when competing for Box Hill in Region and State Relays, Region and State Track & Field, Multis and in any Cross Country event. Note: logos on shorts must be covered

at these competitions. Shorts must be at least 10 cm (4 inches) above the knee. All undershorts ie bike shorts/skins must be black or skin coloured.

## Starting Time

Saturday morning programs commence at 8.30 am with the coaches running a 15 min warm up and stretching session. Late arrivals should do their own warm up and make sure they are fully warmed up and flexible before competing.

For older athletes, Javelin starts at 7.45 am and 300m Hurdles plus Walks at 8.00 am —no latecomers will be accepted (5.15 pm & 5.30 pm respectively for Friday twilight). The weekly programs are on the middle pages of this handbook. Twilight programs which run on Friday evenings commence with the warm-ups at 5:45pm.

## Personal Best Performances & Centre Records

Results from Little Aths Box Hill Centre meetings, Region, State, Multi and U 13 National Teams Championships will be recognised as centre records and ribbon levels. If a PB or Centre Record is set outside the centre, the result card should be handed in to your club table. Centre records should always be handed to the Centre Recorder.

## Cross Country

The Cross Country Program runs from April to July and ends with the State Championships. Box Hill Centre hosts two cross country events, and supports the program and encourages the involvement of any interested children. For further information, see page 32 and/or speak to the committee member responsible for Cross country.



# General Information

## Running Shoes

Good fitting running shoes with flexible soles, a firm supporting heel and laced so the foot cannot move in the shoe, can be used for all events. Feel free to speak to coaches for advice on running shoes.

## Lightweight Shoes (racing waffles or flats)

Competition shoes can be used for all Hurdles, track events up to and including 400m, Long, Triple and High jumps. Some Competition shoes have no heel and little shock absorption. They are not recommended for the full program and should not be used for the Walk, Middle Distance events and road training.

## Spikes

Athletes in the U 12 to U 14 age groups can wear spikes for all hurdles, 70 m, 100 m, 200 m and 400 m i.e. track events where athletes compete in a separate lane. Also, spikes may be worn in long, triple and high jumps. Recent amendments to regulations permit U15's to wear spikes in all events.

Spikes can only be worn during an event but not to or from the event. Spikes must be cone shaped and no longer than 7mm. Spiked shoes with spikes removed are not permitted.

Track regulations require that all athletes using spikes must also use starting blocks provided by the centre. Athletes not using spikes correctly will be disqualified.

## Basketball boots

These are not designed for continuous forward running and should not be worn when taking part in Little Athletics.

## First Aid

Most injuries can be prevented if athletes participate in warm up sessions run at the beginning of the day.

If soft tissue is injured, the R.I.C.E. treatment is recommended:

**Rest.**

**Ice** should be put on the injured area for 15-20 minutes and repeated during the day.

**Compression** bandages should be used when swelling occurs.

**Elevate** injured knees and ankles with a chair or stool.

A first aid room attended by a qualified First Aid Officer is available in the western end of the main building at Hagenauer Reserve. Where pain or swelling persists, please see a doctor. Whilst all athletes and officials are insured under a standard policy held by Australian Little Athletics Incorporated it is recommended all families consider and review their health and medical insurance arrangements.

## Break Up Day & Award Presentations

Break Up Day is held on the last day of the season.

Presentation and Annual General Meeting will be advised by the centre committee.

All clubs hold individual trophy presentations after the centre's AGM and presentations.

For club awards refer to pages 15 to 19.

For centre awards refer to pages 20 to 21.

## Open Days

Throughout the season, various centres hold Open Days. See our web site or the front desk on program days for further information.

## Coaching

Refer to pages 8 to 9 for full details on coaching and training tips.

## Coaching

Coaching is available to **all** athletes on Wednesday Afternoons. All coaches are accredited at various levels and will provide a varied and structured training program that suits the needs for each age group. Please refer to page 34 for specific details.

Parents must contact our coaching coordinator before their son or daughter commences coaching and sign the necessary authorisation forms.

Athletes in our region also have the opportunity to attend a weekend coaching camp held at Crystal Creek each November, see page 50 for more details.

Parents keen to increase their involvement in their children's athletics should consider doing the Introduction to Coaching course offered by the LAV or equivalent Athletics Victoria (AV) courses. The ITC course, (Introduction to coaching) is aimed at giving people with little background knowledge in athletics the ability and confidence to coach basic level athletics to children.

Level 1 and 2 courses are also available to those wishing to develop their coaching skills by specializing in specific events. If you are interested in any of these courses, please speak to our coaching coordinator.

**Box Hill Little Athletics will reimburse the fee for these courses to any parents who are willing to use their coaching skills and contribute to our coaching program.**

## Training Young Athletes

It is important to understand that children do not tolerate exercise as well as adults. Children need to be provided with a well rounded development plan which will provide a sustained physical and technical development base for their future athletic endeavours. Overtraining will simply result in athlete burnout and overuse or repetitive strain injuries.

It is important that parents and coaches co-operate in ensuring the athlete's long term future in sport.

The Australian Track and Field Coaches Association recommends the following model for athlete development.

**PLEASE NOTE:** These are guidelines and recommendations. The actual workload an athlete can cope with will depend on their physical maturity and their training age.

### General Guidelines for Training Progression:

Under 6-8	Under 9-10	Under 11-13	Under 13-15
1 Competition	1 Competition	1 Competition	1 Competition
1 Practice of 60 mins	1 Practice of 75 mins	2 Practices of 75 mins	2 Practices of 90 mins

### General Guidelines for Practice Time:

60 Minutes Session	75 Minutes Session	90 Minutes Session
Warm up 10 mins	Warm up 15 mins	Warm up 20 mins
3 events x 15 mins	2 events x 20 mins	3 events x 20 mins
Cool down 5 mins	1 event x 15 mins	Cool down 10 mins
	Cool down 5 mins	

N.B. 2-5 minute recovery/change over periods are incorporated into event times.

## Training Young Athletes

### General Guidelines for Strength & Conditioning:

Strength and conditioning is an important part of an athlete's total development and strengthening exercises should be introduced early as part of the overall plan.

Athletes can perform body-weight training exercises up to the age of 12-13, at which time they can be introduced to light weight training and simple jumping activities.



Heavy loads on growing joints can create permanent damage and sometimes disfigurement of the bones. It is recommended that athletes do not enter heavy weight training or advanced jumping activities until after puberty. These programs when entered into must be carefully monitored to avoid injury to the athlete.

All commitments of the young athlete must be taken into consideration when planning for athlete development - family, rest, school, friends, study, training, competition and work.

## Walks 2010 / 11

Race walking events this year are done every 3 weeks at 8:00am.  
Or 5.30pm for Friday Twilight.

We want to encourage as many walkers as possible and will introduce walks as part of Supplementary Events.

We encourage parents with a knowledge of walking, or who are willing to learn to judge the event, to contact Bill Dyer.

Walking training will also be held on Wednesday nights for any athletes wanting to learn.

Ref to page 34 for training details.

Age Group	Distance
U6-7	300m
U8	700m
U9-10	1100m
U11-15	1500m

## Hints for Officials

- ◆ Full sets of rules are available on the result clip-boards at each event. Read them to confirm the correct procedures.
- ◆ Place yourself in the best possible position to observe all actions of the athletes.
- ◆ Ensure that all athletes have an equal opportunity to achieve their best in all events.
- ◆ Do not force a child to compete in an event. They should be encouraged but never compelled.
- ◆ Timing commences from the smoke of the gun, not the sound. If you missed starting your watch, call to the Chief Timekeeper so someone else can take your time. For this reason, start your watch even if there are fewer athletes than your timing position. You may be called on if a false start occurs, reset your watch. Two timekeepers must be provided for first place with the slower of the times being the official recorded time.



- ◆ With the electronic timing gates system, it is very important for athletes to stay in their lanes both during a race and after crossing the finish line.
- ◆ Times recorded for running events are measured in hundredths of a second. Distances of throws, jumps and high jump heights are measured to the nearest centimeter below the distance unless the reading is a whole centimetre.
- ◆ A runner crosses the finish line when his/ her chest crosses the line, not the head, arms, or legs.
- ◆ Key Officials must be aware of the centre record for the event they are conducting. For a record to be recognised, the Key Official must seek verification by a Committee member immediately. All timing or measuring devices, hurdle heights, objects thrown and marks must be left unaltered until the record has been validated.
- ◆ Key officials are responsible for handing in the recording sheet at the end of each event including any centre record sheets.
- ◆ Warm ups before each event must be used fairly or not at all. This includes practice run ups and jumps. Also, if one heat in an age group has a practice run over the hurdles, all other heats in that age group must be allowed the same practice.

## LAV Officials Programs and Coaching Courses

Little Athletics Victoria (LAV) has recently introduced a structured pathway for parents to become officials. Currently the Level 1 and 2 programs are available from LAV and a Level 3 program is available through Athletics Victoria.

The Level 1 program is designed to provide basic information about all the events that our athletes participate in. Parents can gain the level 1 LAV Officials certification by reading the LAV "How to help at Little Athletics" booklet and completing a short questionnaire at the end of the booklet. A copy of the Level 1 Officials program can be found on the LAV website.



The Level 2 Officials Program is designed to increase your understanding of the rules and the events offered at Little Athletics and to provide an indication of the spirit in which the rules are administered and the activities are delivered. For information on this level please speak to a committee member.

The EMR will also be conducting various officials course during the season, details of which will be included in our newsletters as they become available.

Parents keen to increase their involvement in their children's athletics may also consider undertaking the Level 0 and 1 coaching courses conducted by the LAV—refer to page 8.

We believe that parents who undertake these courses will gain and find their involvement in their children's athletics more rewarding. We highly recommend that you give it a go!

A level 3 Officials program is also now available. The Athletics Victoria Level C program acts as the top officials program for LAV and the base program for Athletics Australia.

This is an excellent way to develop a greater understanding of events, IAAF rules and a qualification to officiate at senior athletics.

Details are available on the Athletics Victoria website or may be obtained from our information table on Saturday mornings.



# Summary of Rules

## Running Events



Crouch starts are compulsory for under 12 to 15 at Region and State competition and should be practiced throughout the season. Where spiked shoes are worn, starting blocks must be used.

The finish is crossed when your torso (chest) crosses the line.

Only one false start per athlete is allowed. An athlete is disqualified if they break a second time. You must stay in your lane in events up to and including 400m. You will not be disqualified for accidentally knocking over a hurdle.

In Relay events, the athlete who drops the baton must pick it up.

**Walking** is a series of steps with one foot always touching the ground as judged by the human eye. This means the back foot toe cannot be lifted before the front foot heel touches the ground. The front leg must be straightened (i.e. not bent at the knee) as soon as the front foot touches the ground until the leg has passed the hip.

Walking judges will be present at each meeting and their decision will be final.

## Walking Events



## Hurdles



	Age	Height	No. Flights
<b>60/80m H</b>	U6 to U9	45 cm	6 (60m) or 9 (80m)
	U10 & U11	60 cm	6 or 9
	U12	68 cm	6 or 9
<b>80 m H</b>	U13 & U14G	76 cm	9
<b>90 m H</b>	U14B and U15G	76 cm	9
<b>100 m H</b>	U15B	76 cm	10
<b>300 m H</b>	U13—U15	68 cm	7

## Summary of Rules

### Jumping events



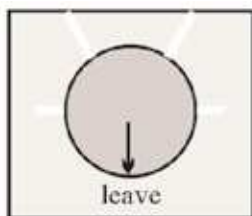
**High Jumpers** must take off from one foot. A failed jump is at the discretion of the key official.

In **Long and Triple Jump**, the toe of your take-off foot must not go over the edge of the take-off mat nearest the pit. If it does, you have a "no jump" that is not measured.

U6 to U11 use a mat for take off; U12 to U15 use the marked take off board. If you jump before reaching the take-off mat or board, the measurement is taken from the centre of the edge of the mat furthest from the pit (U6 –U11 ) otherwise measurement is taken from the toe impression on the mat or the front edge of the take off board (U12 – U15).

In **Triple Jump**, the take-off mat will be moved in 1 metre steps to suit your stride.

### Throwing events



Discus	Boys	Girls
<b>U6-8</b>	350g	350g
<b>U9-10</b>	500g	500g
<b>U11-12</b>	750g	750g
<b>U13</b>	1kg	750g
<b>U14-15</b>	1kg	1kg

### Discus

You may enter the ring from either the front or rear half. The throw must land inside the two lines running out from the circle. On the line is out. The throw must land before you leave the ring and you **must** leave from the back half only. Once you have started your throw, you must not touch the top of the ring or the ground outside.

Officials select the imprint mark made by the discus on landing nearest to the circle to measure the throw.

### Shot Put

The shot must not be brought behind the line of the shoulders. It must be in contact with the jaw line and must not be dropped below the jaw line once the putting action has begun.



Shot Put	Boys	Girls
<b>U6-7</b>	1kg	1kg
<b>U8</b>	1.5kg	1.5kg
<b>U9-11</b>	2kg	2kg
<b>U12</b>	3kg	2kg
<b>U13</b>	3kg	3kg
<b>U14-15</b>	4kg	3kg

### Javelin.

Safety is critical. Always look before you throw & never walk across a throwing area. Always stand back from the throw line and to the side of the runway.

Do not stand behind the thrower as you can be speared by the back end of the javelin. Only throw a javelin when an adult is in charge. Each thrower is allowed three tries. The thrower's front foot must not go past the end of the run up area



Age Group	Weight
<b>U11&amp;12B, U11-13G</b>	400g
<b>U13-15B, U14&amp;15G</b>	600g

To record a valid throw, the javelin must make a mark in the ground with its point inside the throwing area. On the line is out. If the javelin lands flat, or the tail hits the ground first, it is a 'no throw'.

## History

Box Hill Little Athletics Centre (Centre Number 21) is one of the very best Little Athletics Centres in Victoria.

The first day of Little Athletics in Box Hill was Saturday, 12 October 1968 at the Number 4 oval at Surrey Park (the oval in front of the Box Hill Swimming Pool today). The formation of the centre in 1968 was due to the promotional work of the Box Hill Apex Club as part of their community service activities with the backing from the Victorian Little Athletics Association and their principle sponsor The Victorian Egg Board.

After the initial year at Surrey Park, followed by several years at RHL Sparks Reserve—Northern oval (near the corner of Canterbury and Albion Roads) Little Athletics in Box Hill found its way to Hagenauer Reserve in the 1990's.

Since its formation in 1968, Box Hill Little Athletics Centre has had incredible success in Region & State Relays, Cross Country and Region and State Track and Field Championships. The achievement of the Box Hill athletes may be reflected on the enthusiasm and keenness of the centre from the executive committee down to clubs and parents alike, marking Box Hill as a centre prepared to play its part in the promotion and future growth of Little Athletics in Victoria.

Some of the elite athletes who have come through Box Hill Little Athletics are:-

<b>Steven Hooker</b>	Olympic Games 2008 – Pole Vault
<b>Steven Hooker</b>	Commonwealth Games 2006 – Pole Vault
<b>Leigh Miller</b>	Olympic Games 1988 – 400m Hurdles and 4 x 400m Relay
<b>Leigh Miller</b>	Commonwealth Games 1990 – 400m Hurdles and 4 x 400 Relay
<b>Paul Grinsted</b>	Commonwealth Games 1982 – 1500 metres
<b>Scott Robertson</b>	Commonwealth Games 2006 – Diving
<b>Steven Parsons</b>	Richmond Football Club 1970's
<b>Jason Cripps</b>	St Kilda Football Club 1990's

As proud as a Little Athletics Centre can be with our achievements, the centre provides enjoyment, satisfaction and fun for both the elite athlete and the child who just loves to run, jump, throw and compete. Box Hill Little Athletics always emphasises trying to improve on your previous performance as measured by your "Personal Best" rather than solely focusing on winning at all costs. Box Hill prides itself on supporting this attitude through participation and support from parents as Age group Managers, Officials and Chief Officials in the running of the Saturday morning program.



**Coral Barrett receives her Life Membership**

Box Hill Little Athletics Centre, in season 2010-2011, celebrates its 43th Year. We as a centre are very excited to be celebrating this great milestone. We greatly appreciate the voluntary service many people have given in the past serving on committees and acting as officials. These efforts and contributions have made our centre what it is today.



# The Clubs

The Box Hill Little Athletics Centre is divided into 4 clubs: **North Box Hill, Canterbury, Koonung/Mont Albert** and **Whitehorse**. When enrolling, athletes are put in a club based on the school they attend. Each club has a table that is a meeting point and the place where every performance is recorded on a card. Little Athletics aims at developing children as individuals who strive to improve their athletic abilities during the season. This is encouraged through the Awards run by each club, which are presented after the AGM at the end of the season.

## Premier club 2009/2010

The performances of all athletes in each event during the season contribute to each clubs total, which is used to determine the Premier Club for the year. The Centre awards the club with the highest score the Premier Club Award, a perpetual shield. For the 2009/2010 season the results were as follows:

<b>First</b>	<b>Canterbury</b>
<b>Second</b>	<b>Whitehorse</b>
<b>Third</b>	<b>Koonung Mont Albert</b>
<b>Fourth</b>	<b>North Box Hill</b>

## CLUB TROPHIES

An athlete's eligibility for a club award is reliant on the athlete satisfying the Centre's attendance criteria, refer page 20.

### Club Age Group personal best

Trophies are awarded to the 3 boys and the 3 girls in each age group with the highest point score at the end of the season. These trophies recognize each athlete's efforts to compete as much as possible and their endeavour to beat their own best performances, they do not compare one athlete's performance on the track or field with that of another. Points are awarded to athletes as follows:

- 1 point for competing in an event;
- 2 points for equalling a personal best performance;
- 3 points for achieving a personal best performance;
- 5 points for attending coaching camps;
- 5 points for competing in the LAV State Multi's (if the athlete did not attend that weekends Box Hill competition); and
- 5 points for siblings of competitors at the LAV State Multi's (if they were unable to attend Box Hill due to the State Multi's).

### Attendance Award

This trophy is awarded in recognition of Athletes dedication and continued efforts to improve their athletic abilities during the season and is awarded to all athletes' who have satisfied the Centre's attendance criteria and who have not received a Personal Best trophy for the season.

### Achievement Ribbons

There are 5 achievement levels - gold, blue, red, green and white. Athletes receive a ribbon at the end of the season when they reach the required performance in the required number of events specified for their age group (see the [Achievement Ribbon Performance tables](#) on pages 54 to 57).

Athletes must bring the result ticket to the Club Table for their performance to be recorded on their cards. Tickets should then be taken home so athletes can fill in the Record of Performance, in the back of this handbook, and paste the tickets in the record book received at the beginning of the season.

All results achieved at LAV Region or State competitions will be recognized for Ribbon Levels if they exceed an athlete's best performance at Box Hill. Athletes should present their Region or State results card to their club tables for recording. (Note, Region and State results cannot be used in calculating points for Personal Best trophies).

### Athlete of the Year

Each club awards this trophy to 1 girl and 1 boy. Athletes are awarded points based on the number of weeks they have attended for the season and the Ribbon Levels applicable to their season's best achieved for each track or field event.

### Cross Country Attendance

This trophy is awarded in recognition of athletes continued efforts to improve and their dedication in representing the Box Hill Little Athletics Centre during the cross-country season. Athletes must have attended 8 or more cross-country sessions held by Box Hill or other EMR centres throughout the season.

# Canterbury

## Club Contact



John O'Shea  
9889 4395

## Premier Club

1999-2002  
2008/2009  
2009/2010

## Last Year

1st Place

## Club Colors

Blue shirt &  
black shorts



## **Club Athletes of the year :**

Monica Clarke & Jonathon Taylor

## **Club Trophy winners 2009/2010**

Boys	First	Second	Third
Under 6	Zachary Cianci	Michael Dinan	Finn Kuner
Under 7	Rilee Younger	Ryan Zimmermann	Matt Dinan
Under 8	Tyler Saito	Daniel Smart	Riley Stevens
Under 9	Hugh Bryant	Xavier Bolton	Angus Birrell
Under 10	Sean Saito	Campbell Smart	Benjamin Corboy
Under 11	Patrick Daly	Oliver Bryant	James Stanley
Under 12	Jonathan Taylor		
Under 13	Liam O'Shea		
Under 14			
Under 15	James Simondson	Matthew Clarke	

Girls	First	Second	Third
Under 6	Ella Syevens	Lauren Boulter	Sophia Bolton
Under 7	Sophie Laukens	Tara Sargent	
Under 8	Anastasia Purcell	Annabel Kennedy	Emily Muniratna
Under 9	Bridget Daly	Gabrielle Clarke	Claire Boulter
Under 10	Kate Boulter	Genevieve Wah	Georgie Monsell-Butler
Under 11	Cristina Bell	Claire O'Brien	Madeline Fitzgerald
Under 12	Phoebe Condon	Imogen Purcell	Elisha Purcell
Under 13	Monica Clarke	Rachel Limburg	Matilda Dinnison
Under 14	Ellissa Garrod	Claire Bolton	
Under 15			

# Koonung/Mont Albert

**Club Contact**



**Premier Club**

1981, 1989-  
1995, 1998,  
2003/2004,  
2004/2005

**Last Year**

3rd Place

**Club Colors**

Red shirt &  
black shorts

**Club Athletes of the year :** Kayla Herbert & Patrick Daly

## Club Trophy winners 2009/2010

<b>Boys</b>	<b>First</b>	<b>Second</b>	<b>Third</b>
Under 6	David Winstanley	Benjamin Weinlich	
Under 7	Lloyd Jenkin	Patrick Ross	Zachary Johnson Damien Klein
Under 8	Jack Lane	Anthony Lane	
Under 9	Patrick Daly	John Drinnan	Thomas Donnelly
Under 10	Harold Richards	William Camfield	Peter Weinlich
Under 11	Jack Thiele		
Under 12			
Under 13	William Seton	Matthew O'Donnell	Liam Duffy
Under 14	Thomas Wilkinson		
Under 15	Ken Thomas		
<b>Girls</b>	<b>First</b>	<b>Second</b>	<b>Third</b>
Under 6	Tara Lavery	Chloe Pedler	Olivia Ashton
Under 7	Sirena Kratz	Lexie Chiha	Tahlia Kotsos
Under 8	Isabella Stoffels	Abigail Ferreira	Caitlin Imeson
Under 9	Kayla Herbert	Tayla McKernan	Eleanor Ashton
Under 10	Sophie Schwerkolt	Jessica Quinlan	Jessica Miller
Under 11	Melissa Poulton	Isobel Ferreira	Claire Gardner
Under 12	Zoe Schwerkolt	Lucinda Richards	
Under 13	Rachel Thomas	Emma Schwerkolt	Tammy Thomas
Under 14			
Under 15			

# North Box Hill

## Club Contact

Pia Hunter  
0400069426

### Premier Club

1982-1988,  
1996-1997  
2005-2006  
2006-2007

### Last Year

4th Place

### Club Colors

Orange shirt &  
black shorts



### Club Athletes of the year :

Emily Bertacco & Matthew O'Dwyer

## Club Trophy winners 2009/2010

Boys	First	Second	Third
Under 6	Sam Rogers	David Dunlop	Brody Bingley
Under 7	Isaac Noble	Luke Hamilton	Lucas Antignani
Under 8	Ben Rogers	David Perry	Marcus Dunlop
Under 9	Lewis Ironside	Elliot Flukes	Nicholas Hadji-Michael
Under 10	Patrick Corbett	Zac Antignani	Matthew Perry
Under 11	Harrison Brindle-Carr	Matthew O'Dwyer	Ryan Mason Virtue
Under 12	Thomas Mackay	Spencer Nolan	Ben Warren
Under 13	Zac Hunter	Damian Bertacco	Zac Mason Virtue
Under 14			
Under 15	Jack Mackay		
Girls	First	Second	Third
Under 6	Lily Ironside	Lauren Haydon	
Under 7	Ella Morrison	Sophie Doreian	Bridget Vogel-Paul
Under 8	Mia Holah	Naeve Mc Padden	Julia Jephson
Under 9	Emily Bertacco	Samantha Barnes	Claudia Petri
Under 10	Lucy Zarafa	Lisa Taylor	
Under 11	Emma Taylor	Ella Enniss	Georgia Karklins
Under 12	Sierra Waycott	Bethany Crotty	
Under 13			
Under 14	Rebecca Barry		
Under 15			

# Whitehorse

## Club Contact



**Julie Mason**  
0434 991 898

### **Premier Club**

2002/2003  
2007/2008

### **Last Year**

2nd Place

### **Club Colors**

Yellow shirt &  
black shorts



**Club Athletes of the year :** Jessica Sexton & Matthew Seddon

### **Club Trophy winners 2009/2010**

<b>Boys</b>	<b>First</b>	<b>Second</b>	<b>Third</b>
Under 6	James Harker		
Under 7	Lachlan Doehmann	Adam Winch	Patrick Singh
Under 8	Ethan Bibile	Anthony Andronis	Aidan Oh
Under 9	Cooper Lean	Benjamin Sexton	Liam Walker
Under 10	Matthew Seddon	Nicholas Kronenburg	Reuben Crawford-Rust
Under 11	Benjamin Collins	Henry Kavadias-Barnes	
Under 12	Ned Snibson	Callum Ternes	Thomas Sinclair
Under 13	Charlie Crawford-Rust		
Under 14			
Under 15	Hamish Miller		
<b>Girls</b>	<b>First</b>	<b>Second</b>	<b>Third</b>
Under 6	Chloe Wearne	Olivia Walker	Charlotte Kerr
Under 7	Renee Crump	Katy Livingstone	Olivia Schonfelder
Under 8	Annemieke Kronenburg	Georgia Daffy	Lily Hall
Under 9	Livinia Mason	Eliza Powell	Georgia Massey
Under 10	Jessica Sexton	Harriette Singh	Zara Wearne
Under 11	Lucy Livingstone	Emily Montagu	Madeleine Miller
Under 12	Emily Taylor-Brown	Alice Mason	Adita Singh
Under 13	Emily Goessler		
Under 14			
Under 15	Abbey Tanner	Ruby Irawan	

## Centre Awards

All registered Athletes are eligible to compete for a number of awards, presented by either the Box Hill Little Athletics Centre or the club (North Box Hill, Canterbury, Koonung/Mont Albert or Whitehorse) to which each athlete is allocated at registration.

In order for a registered athlete to be eligible to compete for an award, he/she must have attended at least 2/3rds of all available Box Hill competition days (including heptathlon/decathlon).

An athlete's attendance at competitions may be adversely effected by:

- . An injury, which is directly related to attendance at BHLAC or LAV competitions;
- . Attendance at LAV State Multi's;
- . Attendance at EMR / LAV coaching Camps;
- . Extenuating family circumstances;
- . An athlete's inclusion in track and field events for the SSV (School Sport Victoria) or the All Schools Victorian and Australian Championships.

Parents will be required to notify the Centre's secretary if any of these factors are applicable. The Centre's Secretary will note these in the Centre's records and may make an appropriate adjustment to the athlete's attendance record.

Regardless of the circumstances, after taking into account, all adjustments to attendances, an athlete's eligibility for a trophy require a minimum attendance of 8 weeks.

### Age Group Champions 1st, 2nd and 3rd

Trophies are awarded to the 3 boys and the 3 girls in each age group with the highest aggregate point score. The aggregate is based on points allocated to each athlete's 2 best performances during the season in each track and field event. These points are determined by reference to the achievement ribbon performance levels detailed on pages 54 to 57.

It is important to come to as many competition days as possible so that you can have at least 2 performances in every event. Filling in the card on page 59 will help you tell when you have at least 2 performances in each event.

### Heptathlon 1st, 2nd and 3rd

Presented to the 3 girls and 3 boys with the highest aggregate of points scored over the 2 specific heptathlon days held during the season from all athletes in the under 6 – 8 age groups (note: only 3 girls and 3 boys trophies are awarded, not 3 for each age group).

### Decathlon 1st, 2nd, 3rd, 4th, 5th and 6th

Presented to the 6 girls and 6 boys with the highest aggregate of points scored over the 2 specific decathlon days held during the season from all athletes in the under 9 – 15 age groups (note: only 6 girls and 6 boys trophies are awarded, not 6 for each age group).

Both the Heptathlon and Decathlon programs are a variation on normal Little Athletics programs conducted over 2 competition days. The events are no more difficult than normal competition and also count towards all other Centre and Club awards. In order to be eligible for these awards athletes need to attend both of these competition days.

### Long Service Awards

Trophies are awarded to members who have had either 5 or 10 years continuous membership with the Centre. The LAV also recognises 10 years of continuous involvement.



5 Year Service Award Winners for 2009/2010

# Centre Trophy Winners 2009/2010

## Age Group Champions

	Age	First	Second	Third
<b>Boys</b>	Under 6	Brodie BINGLEY	Sam ROGERS	James HARKER
	Under 7	Lachlan DOEHMANN	Jack WOODS	Zac SCHADE
	Under 8	Benjamin SVIKIS	Luca TEVERE	Saxon BACHLI
	Under 9	Patrick DALY	Benjamin WHITE	Cooper LEAN
	Under 10	Matthew PERRY	Harold RICHARDS	Patrick CORBET
	Under 11	Matthew O'DWYER	Mackenzie DOREIAN	James STANLEY
	Under 12	Jonathon TAYLOR	Ned SNIBSON	Shaveen KARIYAWASAM
	Under 13	William SETON	Matthew O'DONNELL	Liam DUFFY
	Under 14	Jonathon PUCAR	Aaron FIDDES	Mitchell DYER
Under 15	Matthew CLARKE	Ken THOMAS	James SIMONDSO	

<b>Girls</b>	Under 6	Lauren BOULTER	Sophia BOLTON	Laura HAM (equal 2nd)
	Under 7	Tahlai KOTSOS	Isabella FIGGINS	Olivia SCHONFELDER
	Under 8	Anastasia PURCELL	Mia HOLAH	Emma DALY
	Under 9	Kayla HERBERT	Emily BERTACCO	Gabrielle CLARKE
	Under 10	Kate BOULTER	Jessica SEXTON	Allison TULLET
	Under 11	Claire O'BRIEN	Madeline FITZGERALD	Laura POWELL
	Under 12	Phoebe CONDON	Sarah BILLINGS	Zoe SCHWERKOLT
	Under 13	Monica CLARKE	Matilda DINNISON	Emily GOESSLER
	Under 14	Elissa GARROD	Sarah FERRIER	Isabelle FLOOK
Under 15	Abey TANNER	Clare O'SHEA	Grace KALAC	

## Decathlon Champions

Place	Girls	Place	Boys
1st	Kate BOULTER (U10)	1st	Patrick DALY (U9)
2nd	Kayla HERBERT (U9)	2nd	Jonathon TAYLOR (U12)
3rd	Monica CLARKE (U13)	3rd	Ned SNIBSON (U12)
4th	Imogen PURCELL (U12)	4th	Benjamin WHITE (U9)
4th	Jessica SEXTON (U10)	5th	Matthew PERRY (U10)
6th	Georgie MONSELL-BUTLER (U10)	6th	Matthew O'DWYER (U11)

## Heptathlon Champions

Place	Boys	Girls
1st	Benjamin SVIKIS (U8), Lachlan DOEHMANN (U7)	Anastasia PURCELL (U8)
2nd	Luca TEVERE (U8)	Mia HOLAH (U8)
3rd		Emma DALY (U8)

## Five Year Service

Lisa Taylor  
Tom Griffin  
Michael Mackay  
Laura Powell  
Emma Viney  
Madeline Bolton  
Bethany Crotty  
Thomas Mackay  
Adita Singh  
Emma Taylor  
Emily Taylor-Brown

Zac Antignani  
Sarah Ezzart  
Corey Fiddes  
Jordan Kotsos  
Nickolas Kronenburg  
Sean Madden  
Sophie Schwerkolt  
Matthew Seddon  
Harriette Singh  
Campbell Smart  
Kate Tanner

Emily Goessler  
Laura Seddon  
Daniel O'Loughlin  
William Seton  
Claire Bolton  
Aaron Fiddes  
Sarah Ferrier  
Aidan Jackson  
Jack Mackay  
Courtney Powell

Keenan Barnes  
Alice Buckley  
Monica Clarke  
Zara Wearne  
Annabel Buckley  
Juliette Duffy  
James Simondson  
Emma Thompson  
Madeline Fitzgerald  
Liam Anderson

Ten Year Service Award: **Phoebe Tobin-White**

## Centre Awards



The Under 15 group finally graduate



Girls Heptathlon



Boys Heptathlon



Girls Decathlon



Boys Decathlon



## Region and State Competitions

In addition to our Saturday morning program you may compete in these Region and State championships. There are four main inter centre competitions: Relays, Track and Field, Multi Events and Cross Country. All children (under 9 - under 15) are eligible to enter these competitions. All you have to do is put in an entry form. It is compulsory for a parent to perform a duty at regional and state competitions.

**NOTE: All entry fees are paid by the centre. But if the athletes fail to attend you will be required to reimburse this entry fee to the centre.**

**Uniforms:** The Box Hill uniform is required for all these events, Silver top and black shorts with no logos or stripes.

**Region championships:** Our region (EMR) comprises the following centres: Box Hill, Kew, Waverley, Collingwood, Camberwell\Malvern, Croydon, Doncaster, Nunawading, Ringwood, Cockatoo, Knox, Sherbrooke, Lilydale/Yarra Ranges.

**Relays:** for entry forms and more information see pg 25.

There are 3 main Relay Events that Box Hill Little Athletics Centre enters relay teams for. All are held on Sundays

1. Box Hill Invitation Relay
2. Region Relay
3. State Relay Finals. The best teams from all region championships are chosen to compete here.

Each athlete may be placed in up to 3 events, the team and/or relay managers select the teams. They are for both single sex and mixed sex, and are comprised of 4x100, 4x200 and medleys (2x100,1x200 & 1x400).

**Track and Field:** For entry forms and more information see pg 26-27

1. Region Championships. Athletes may choose to enter in up to 4 events. There is no other program at Box Hill on this weekend.
2. State Championships. The top 24 Athletes from all regions are then chosen for each event in each age group to compete.

**Multi Events Championships:** For entry forms and more information see pg 30-31  
Multis are held over a weekend at a country athletics track. Each athlete competes in 5 events, 100M, 800M, hurdles, long jump and discus. All the points are tallied at the end of the day. This competition is a great opportunity for anyone to have a great time and meet other athletes from all over the state.

**Cross Country:** For more information see page 32.

Another great event that anyone can compete in. We run against other athletes from our region each Sunday between April and the end of July. There is also a Saturday competition run by the Knox centre that we are welcome to enter. Many centres also hold Open Days which attract a small additional fee. Medals are presented on these days.

Athletes compete as individuals as well as members of a Box Hill team. All age groups (U6 to U15) can compete in the Region Cross Country championships. Athletes in age groups U7 to U15 can compete in the State championships.

**Entry Forms are also available from the information desk & our website  
BHLAC website - [www.bhlac.org.au](http://www.bhlac.org.au)**

## Invitation Relay Day 2010

Our Relay Day is the traditional warm up for Region Relays and was another outstanding success thanks to the tireless effort of our Relay Committee comprising **Jan Fitzgerald, Stuart Miller, Warren Patterson and Alan Bertacco** along with the support of our valued committee members and parent volunteers. Also a special thanks to **Gerard Hayes** from Doncaster LAC for running and operating Meet manager.

# Relay Entry form 2010/2011

**Note: All relay competitions are held on Sundays.**



Athletes in the Under 9 -15 age groups wishing to run in relays, must fill in this form and hand it to a committee member at the information table by **Saturday, 8th November 2010**. See page 23 of the handbook for other information about relay days.

<b>Dates:</b>	Box Hill Invitation Relay Day	Sunday, 14th November at Box Hill
	Region Relay	Sunday, 12th December at Ringwood
	State Relay Finals*	Sunday, 6th February at Olympic Park

\* only teams that qualify at Region compete in the state finals.

**Entry Fees:** Paid by the centre for all relay competitions. Parents may be asked to repay entry fees for athletes who withdraw from events after entry fees have been paid by the centre.

**Parents/Guardians:** Before returning this form, please make sure your child is available for ALL DATES entered. Late withdrawals disadvantage other team members.

**Parental assistance:** You are required for official duties for part of each day your child is competing.

**Training:** All children who enter the relays are expected to attend relay training. This is organised by your team manager.

**Events:** Each athlete can compete in up to 3 events. The Team and Age Managers select the teams.

**Uniform:** Box Hill Centre uniform consisting of a silver, white and black top and black shorts/bloomers must be worn.

**For further information, contact Scilla Dinnison Tel: 9889 4451 or email [scillad@bigpond.com](mailto:scillad@bigpond.com)**



		Box Hill only	All relays
Name .....	Age Group U.. G/B	Y/N	Y/N.
Name .....	Age Group U... G/B	Y/N	Y/N.
Name .....	Age Group U.. G/B	Y/N	Y/N.

**Parental/Guardian Consent**

I consent to my child/ren running in RELAYS on Sundays and will be available for duty.

Parent/Guardian Signature .....

Phone Number .....

Email Address .....

## Region/State Track & Field Championships 2010/2011

Box Hill Centre athletes in the U 9 to U 15 age groups who have competed in at least half of the available meets since registering, are eligible to compete in the LAV State Track & Field Championships.

Athletes best suited are those who have performed well (Red level or higher) at the Centre in the events they wish to enter. Athletes who are not sure about entering should ask the Team Manager.

All Athletes entering, must compete in the events for the Eastern Metropolitan Region Centres held in mid February at Nunawading. Athletes finishing 1st qualify to the State Track & Field Championships at Olympic Park in March. Subject to performances in other regional centres, athletes from EMR may also progress to the State championship.

Athletes can enter up to four events in these championships. Some combinations of events are not advisable. On the Saturday, the track events are 80 m hurdles, 70 m, 200 m and 800 m. On the Sunday, 60 mH, 100 m, 400 m and 1500 m are held. Walks are scheduled on both days. See the information desk on competition days for more information.

**Note: Check the website for when entries close.** For more information about combinations of events, or to submit entries, please see the team manager or committee member at the information table.

**Entry Fees (\$10 per athlete, per event):** Paid by the BHLAC for all competitors. Reimbursement will be required if an athlete fails to attend.

**Uniform:** Full Box Hill uniform must be worn at all Region and State events and is checked by officials. The silver, black and white uniform must be worn with black shorts/bloomers with no logos or patterns.

**Parental Duties:** A duty from each parent/guardian is required at Region and State (if qualified). Extra duties may be allocated if more than two athletes compete from a family. It is a requirement that parent/guardians are available for duty in order for your children to compete.

Dates:                      Region Track & Field 19th & 20th February Nunawading  
                                  State Track & Field 19th & 20th March at Olympic Park



# Region/State Track & Field Entry Form

## STATE TRACK AND FIELD CHAMPIONSHIPS 2010/2011

### EASTERN REGION ENTRY FORM



**Note: Athletes who have attended at least half of the Program days at the Box Hill Centre since they registered this year, are eligible for the Eastern Region Competition.**

**To be eligible for the State Championships, an athlete must compete at Region. After filling in this form, an athlete will become ineligible if attendance falls below the required days at the time Region is held.**

Hand this form to Scilla Dinnison at the information table by 29th Jan 2011.

Dates: Region Track & Field 19th & 20th February at Nunawading  
State Track & Field 19th & 20th March at Olympic Park

Full Name .....

Sex/Age Group—Boys/Girls Under .....

#### **A Track and Field Events entered. Maximum of 4 events.**

1. .... 2. ....  
3. .... 4. ....

**Entry Fees (\$10 per athlete, per event):** Paid by the BHLAC for all competitors.  
Reimbursement will be required if an athlete fails to attend.

#### **Duty**

I agree to fulfill my obligation to complete a duty as allocated to me by the BHLAC or the organizing committee of the Regional and State events. (tick the box to accept).

Signature of athlete .....

Signature of Parent/Guardian .....

Phone & Mobile No.'s .....

Email Address .....



## State Track & Field 2010 Results

The following athletes performed well at Region and completed the LAV State Track and Field competitions at Olympic Park.

ATHLETE		AGE	EVENT	PLACE	EVENT	PLACE	EVENT	PLACE	EVENT	PLACE
Emily	Andrew	U12G	80mH	6 <sup>th</sup>						
Maddy	Andrew	U12G	70	7 <sup>th</sup>	HJ	7th				
Emily	Bertacco	U9G	100	3rd	LJ	6 <sup>th</sup>	70	7th		
Sarah	Billings	U12G	70	2nd	100	6 <sup>th</sup>	200	7th		
Kate	Boulter	U10G	60mH	1st	SP	2nd	80mH	2nd	Discus	4 <sup>th</sup>
Gabbi	Clarke	U9G	SP	4 <sup>th</sup>						
Matthew	Clarke	U15B	800	4 <sup>th</sup>	1500	6th				
Amy	Collyer	U11G	SP	7 <sup>th</sup>						
Phoebe	Condon	U12G	400	1st	200	5 <sup>th</sup>				
Patrick	Daly	U9B	200	5 <sup>th</sup>	LJ	8th				
Sarah	Ferrier	U14G	TJ	2nd						
Madeline	Fitzgerald	U11 G	HJ	4 <sup>th</sup>						
Isabelle	Flook	U14G	300mH	3rd						
Emily	Goessler	U13G	1500	4 <sup>th</sup>						
Kayla	Herbert	U9G	80mH	1st	100	2nd	200	2nd		
Rachel	Limburg	U13G	TJ	7 <sup>th</sup>						
Grace	Mackie	U15G	LJ	1st	100	2nd	200	2nd		

ATHLETE		AGE	EVENT	PLACE	EVENT	PLACE	EVENT	PLACE	EVENT	PLACE
Livinia	Mason	U9G	1100W	8 <sup>th</sup>						
James	Munter	U15B	200	5 <sup>th</sup>						
Claire	O'Brien	U11G	HJ	1st	60mH	2nd	TJ	7 <sup>th</sup>		
Clare	O'Shea	U15G	800	3rd						
Matthew	Perry	U10B	800	8 <sup>th</sup>						
Jonathon	Pucar	U14B	SP	4 <sup>th</sup>						
Imogen	Purcell	U12G	60mH	5 <sup>th</sup>						
Zoe	Schwerkolt	U12G	1500	4 <sup>th</sup>	800	5th				
Laura	Seddon	U13G	SP	4 <sup>th</sup>						
William	Seton	U13B	Discus	8 <sup>th</sup>						
Jessica	Sexton	U10G	400	1st	800	1st	200	2nd	60mH	6 <sup>th</sup>
Charlie	Simondson	U11B	400	7 <sup>th</sup>						
Ned	Snibson	U12B	400	2nd	200	3rd				
Emily	Taylor-Brown	U12G	Discus	5 <sup>th</sup>						
Callum	Ternes	U12B	SP	7 <sup>th</sup>						
Emma	Thompson	U13G	Discus	8 <sup>th</sup>						
Alison	Tullett	U10G	100	8 <sup>th</sup>	200	7th				
Zara	Wearne	U10G	400	5 <sup>th</sup>						
Benjamin	White	U9B	800	5 <sup>th</sup>						

## The State Multi Championships

In the State Multi Championships, athletes from the ages U9 to U15 compete in 5 events - 100m, Discus, Hurdles, Long Jump and 800m There is a separate competition for each age group that is completed in one day.

Under 9-11 on the Saturday and under 12-15 athletes on the Sunday. Points are awarded for each event based on the level of performance. The person with the highest points score is hailed as the best all round athlete in the state for that age group.

Athletes results from State Multi Championships will be recorded along with normal program day results and will contribute to all centre and club awards. If attending both the normal Box Hill program day and State Multi championships on Sunday, **the results from the Saturday competition take precedence.**

Siblings who are unable to attend Box Hill program days due to family attendance at State Multis will be eligible to receive attendance points in lieu of their participation at Box Hill. If this situation applies to your family please advise your club table so records can be updated accordingly.

In 2009/10,season the Little Athletics State Multi Championships were held in Bendigo over the weekend of 30st & 31st Jan. Eighteen athletes from Box Hill participated and their results are recorded on page 49. Congratulations to **Sarah Ferrier** who won the under 14 Girls and **Kate Boulter** the under 10 girls overall championships

This season, the State Multis are to be held in Shepparton. It's great fun for the whole family and if you are interested in being part of a group accommodation booking please contact the information table as soon as possible.



# The State Multi Championships Entry Form

**STATE MULTI CHAMPIONSHIPS**  
**2010/11 SHEPPARTON**  
**DATE: 20TH 21ST NOV. 2010**



Athletes in the Under 9 -15 age groups wishing to run in the State Multi Championships, must fill in this form and give it to Scilla Dinnison at the information table by **Saturday, 6th November 2010.**

**Dates:**

Under 9—Under 11, Saturday, 20th Nov 2010  
Under 12—Under 15, Sunday, 21st Nov 2010

**Entry Fees (\$15 per athlete):** Paid by the BHLAC for all competitors. Reimbursement will be required if an athlete fails to attend.

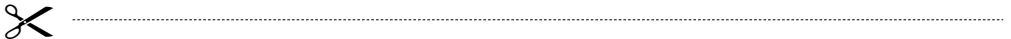
**Parental assistance:** You are required to assist with official duties.

**Events:** Multi championships are comprised of the following events:

1. 100m
2. Hurdles
3. Long Jump
4. Discus
5. 800m

**Uniform:** Box Hill Centre uniform consisting of a silver, white and black top and black shorts/bloomers (no logos or stripes) must be worn.

**For further information, contact our Information Tent or check our Website**



Name ..... Age Group U.... G/B

Name ..... Age Group U.... G/B

Name ..... Age Group U.... G/B

**Parental/Guardian Consent**

I consent to my child/children competing in State Multi Championships and will be available for duty.

I understand that I will be required to refund entry fees should my child/ren fail to compete.

Parent/Guardian Signature .....

Phone Number .....

Email Address .....

## Cross Country Program

All athletes registered with the Box Hill Little Athletics Centre for the summer season are automatically registered to compete in the Cross Country season, including Eastern 7 Reward, Region Open days, and EMR.

For unregistered athletes wishing to compete in the Cross Country program a registration fee of \$80 applies which covers LAV & BHLAC, Reastern 7 Reward Day, Eastern 7 Open Days and EMR XC competition.

There is a Saturday and Sunday competition. Box Hill athletes traditionally choose to compete in the Sunday program which is run locally. The Saturday competition is in the Knox area. If you are interested in either the Saturday or Sunday competition, contact the club through our website ([www.bhlac.org.au](http://www.bhlac.org.au)).

The silver, black and white Box Hill Centre uniform must be worn by all athletes competing in the Cross-Country.

The State Championships in 2010 were held at Geelong with 44 BHLAC athletes competing. See page 46– 48 for results of our athletes.

The following program details are **provisional** for the 2011 season. Please refer to our Website for the most up to date information.

### **PROPOSED 2011 EASTERN 7 CROSS COUNTRY PROGRAM ( Sunday Competition )**

Date	Host Centre	Program	Venue	Melway
3rd April	Pre-season training		Bellbird Dell	
<b>10th April</b>	<b>Box Hill</b>	<b>A</b>	<b>Gardiners Creek</b>	<b>61 B6</b>
17th April	Doncaster	B	Ruffey Lake	33 F10
24th April	Easter. No events			
1st May	Camberwell/Malvern	A	Orchard Grove	61 J3
8th May	Mothers Day. No events			
15th May	Kew	B	Stradbroke Park	45 K5
22rd May	Nunawading Open Day	A	Bill Stewart Track	62 C8
29th May	Ringwood	B	Quambie Reserve	36 B12
5th June	Collingwood	A	Yarra Bend (WJ Cox)	2D D5
19th June	EMR TBC		TBA	
26th June	<b>Box Hill Open Day</b>	<b>B</b>	<b>Wattle Park</b>	<b>60 J2</b>
9th July	Knox Open Day (Sat)		Norton's Park	72 A2
10 July	Nunawading	A	Bill Stewart Track	62 C8
17th July	Eastern 7 (Reward Day)	B	Ruffey Lake Park	33 F10
24th July	Nunawading	A	Bill Stewart Track	62 C8

### **NOTE: 3rd July State Championships at Ballarat**

Program A			Program B		
Start	Distance	Age Groups	Start	Distance	Age groups
10:00 am	2000 M	U11,12	10:00 am	3000 M	U13-16
10:15 am	1500 M	U9,10	10:15 am	1000 M	U7,8
10:30 am	500 M	U6	10:30 am	500 M	U6
10:45 am	1000 M	U7,8	10:45 am	1500 M	U9,10
11:00 am	3000 M	U13-16	11:00 am	2000 M	U11,12

# Cross Country Fun



# IMPROVE YOUR TECHNIQUE, SKILL AND PERFORMANCE

## Make a decision to attend training

This season Box Hill Little Athletics has revamped its training program and is offering free training to ALL registered athletes.

A structured program will be running each Wednesday during the summer season at Hagenauer Reserve catering to athletes of all age groups and abilities. We are fortunate to have several fully accredited coaches available to help our young athletes. Our focus is on having fun whilst improving skill and technique across all events.

For U6 – U7 athletes a modified program focusing on the skills of Running, Jumping and Throwing will run from 4.30pm until 5.20pm.

For U8 – U15 Athletes an alternating program as shown below will cover all Little Athletics events each fortnight. Athletes are encouraged to train in a variety of events working on improving their skill and technique in all Running, Jumping and Throwing events.

Additional special training sessions may also be included as required. Details will be updated regularly on the Website. [www.bhllac.org.au](http://www.bhllac.org.au)

The first training session is on Wednesday 6<sup>th</sup> October so come down and meet us at Hagenauer Reserve ready to Start training at 4.30pm. Our coaches are easy to find – they're the ones in the Bright Orange Vests!

	Program A		Program B		Program C		Program D	
	u8 - u10	u11 +	u8 - u10	u11 +	u8 - u10	u11 +	u8 - u10	u11 +
<b>4.30 pm</b>	<b>WARM UP</b>		<b>WARM UP</b>		<b>WARM UP</b>		<b>Warm UP</b>	
<b>4.45 pm</b>	High jump	Hurdles	Sprints	Triple Jump	Hurdles	High Jump	Triple Jump	Sprints
	Shot Put	Javelin	Middle Distance (u9+)		Shot Put	Shot Put	Middle Distance (U9+)	
				Discus				Discus
<b>5.20 pm</b>	Long Jump	High Jump	Triple Jump	Sprints	Long Jump	Hurdles	Sprints	Triple Jump
	Hurdles		Discus	Long Jump	High Jump		Discus	Long jump
	Walks				Walks			
<b>5.55 pm</b>	<b>Stretch and Cool Down</b>		<b>Stretch and Cool Down</b>		<b>Stretch and Cool Down</b>		<b>Stretch and Cool Down</b>	

For more information or any questions please speak to our Coaching Coordinator, Sherrie Boulter on 0407 475290 or email [sherrie@smartchat.net.au](mailto:sherrie@smartchat.net.au).



# Parent Duty Information

To assist the organiser of parent duty, athletes are asked to copy information about their parents duty into the spaces below. From this year onwards updated weekly rosters will be available on the BHLAC website [www.bhlac.org.au](http://www.bhlac.org.au)

Name of Event .....

Key official in charge of the Event .....

Phone Number .....

## Group 1

.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....

## Group 2

.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....

## Group 3

.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....

### Parents, if you cannot attend on a day you are rostered on, you should:

1. Ring other parents in your event in another group to arrange a swap
2. If you can't organise a swap, please ring the Key Official in charge of your event.

If your Little Athlete has not colored the green squares on page 39 for the weeks you are on duty, please get them to do this.

# Little Aths is Big Time Fun



# Programs

**Key** DIS: Discus H: Hurdles HJ: High Jump JAV: Javelin LJ: Long Jump SP: Shot Put SE: Supplementary Event TJ: Triple Jump

Program A (2 Oct, 13 Nov, 12 Feb)						Program D (23 Oct, 29 Jan)						
<b>U6-7</b>	*JAV (U13-U15)					<b>U6-7</b>	*JAV (U11-U12) 300mH (U13-U15)					<b>U6-7</b>
<b>U8</b>	70m	200m	ST	DIS	ST	<b>U8</b>	100m	100m	60m H	SP	LJ	<b>U8</b>
<b>U9</b>	100m	200m	ST	DIS	LJ	<b>U9</b>	70m	800m	60m H	SP	HJ	<b>U9</b>
<b>U10</b>	70m	100m	200m	SP	TJ	<b>U10</b>	70m	800m	60m H	SP	TJ	<b>U10</b>
<b>U11</b>	70m	200m	1100m	SP	LJ	<b>U11</b>	70m	800m	60m H	SP	TJ	<b>U11</b>
<b>U12</b>	70m	200m	1500m	DIS	HJ	<b>U12</b>	70m	800m	60m H	DIS	JAV HJ	<b>U12</b>
<b>U13-15</b>	70m	200m	1500m	DIS	LJ	<b>U13-15</b>	200m	800m	60m H	DIS	JAV HJ	<b>U13-15</b>
<b>U13-15</b>	70m	200m	1500m	SP	JAV TJ	<b>U13-15</b>	200m	800m	80-100m H	DIS	300mH LJ	<b>U13-15</b>
Program B (9 Oct, 20 Nov, 26 Feb)						Program E (6 Nov, 5 Feb)						
<b>U6-7</b>	*JAV (U11-U12) 300mH (U13-U15)					<b>U6-7</b>	*JAV (U13-U15)					<b>U6-7</b>
<b>U8</b>	100m	ST	ST	SP	LJ	<b>U8</b>	70m	200m	ST	DIS	ST	<b>U8</b>
<b>U9</b>	70m	100m	60m H	SP	ST	<b>U9</b>	100m	200m	ST	SP	LJ	<b>U9</b>
<b>U10</b>	70m	800m	60m H	DIS	HJ	<b>U10</b>	70m	100m	200m	DIS	TJ	<b>U10</b>
<b>U11</b>	100m	800m	60m H	DIS	TJ	<b>U11</b>	70m	200m	1100m	DIS	LJ	<b>U11</b>
<b>U12</b>	100m	800m	60m H	SP	TJ	<b>U12</b>	70m	200m	1500m	SP	HJ	<b>U12</b>
<b>U13-15</b>	100m	800m	60m H	SP	JAV HJ	<b>U13-15</b>	70m	200m	1500m	SP	LJ	<b>U13-15</b>
<b>U13-15</b>	100m	800m	80-100 H	DIS	300mH LJ	<b>U13-15</b>	70m	200m	1500m	SP	JAV TJ	<b>U13-15</b>
Program C (16 Oct, 27 Nov, 12 March)						Program F (29 Oct, 21 Jan, 4 Mar)						
<b>U6-7</b>	*Walks (seep9)					<b>U6-7</b>	*Walks (seep9)					<b>U6-7</b>
<b>U8</b>	70m	300m	ST	SP	ST	<b>U8</b>	100m	300m	ST	SP	ST	<b>U8</b>
<b>U9</b>	70m	300m	ST	DIS	LJ	<b>U9</b>	100m	300m	ST	DIS	LJ	<b>U9</b>
<b>U10</b>	100m	400m	80m H	DIS	LJ	<b>U10</b>	100m	400m	80m H	SP	LJ	<b>U10</b>
<b>U11</b>	100m	400m	80m H	DIS	HJ	<b>U11</b>	100m	400m	80m H	SP	HJ	<b>U11</b>
<b>U12</b>	100m	400m	80m H	SP	LJ	<b>U12</b>	100m	400m	80m H	DIS	LJ	<b>U12</b>
<b>U13-15</b>	100m	400m	80m H	SP	TJ	<b>U13-15</b>	100m	400m	80m H	DIS	TJ	<b>U13-15</b>
<b>U13-15</b>	100m	400m	SP	LJ	HJ	<b>U13-15</b>	100m	400m	DIS	800m	HJ	<b>U13-15</b>

**Heptathlon and Decathlon Programs** 28th Nov and 5th Dec. See pg 39 for details. \* Events scheduled before normal start time



## Calendar of Events

**Saturday:** Javelin 7:45am; Walks/300mH 8:00am; Warm Up 8:30am; Start 8:45am  
**Friday:** Javelin 5:15pm; Walks/300mH 5:30pm; Warm Up 5:45pm; Start 6.00pm

### 2010

<input type="checkbox"/>	<input type="checkbox"/>	Sat/Sun	4&12	September	Registration Day 2pm — 4pm	Hagenauer Reserve
<input type="checkbox"/>	<input type="checkbox"/>	Sat	2	October	Program A	Hagenauer Reserve
<input type="checkbox"/>	<input type="checkbox"/>	Sat	9	October	Program B	Hagenauer Reserve
<input type="checkbox"/>	<input type="checkbox"/>	Sat	16	October	Program C Bring a Friend day	Hagenauer Reserve
<input type="checkbox"/>	<input type="checkbox"/>	Sat	23	October	Program D	Hagenauer Reserve
<input type="checkbox"/>	<input type="checkbox"/>	Fri	29	October	Twilight Program F	Hagenauer Reserve
<input type="checkbox"/>	<input type="checkbox"/>	Sat	6	November	Program E	Hagenauer Reserve
<input type="checkbox"/>	<input type="checkbox"/>	Sat	13	November	Program A	Hagenauer Reserve
		Sun	14	November	<b>BHLAC Relay Day 7am–6pm</b>	Hagenauer Reserve
<input type="checkbox"/>	<input type="checkbox"/>	Sat	20	November	Program B	Hagenauer Reserve
		Sat/Sun	20,21	November	State Multi 's	
<input type="checkbox"/>	<input type="checkbox"/>	Sat	27	November	Program C	Hagenauer Reserve
<input type="checkbox"/>	<input type="checkbox"/>	Sat	4	December	Decathlon/Heptathlon Day 1	Hagenauer Reserve
<input type="checkbox"/>	<input type="checkbox"/>	Sat	11	December	Decathlon/Heptathlon Day 2	Hagenauer Reserve
		Sat	12	December	EMR Relay Day	Ringwood
<input type="checkbox"/>	<input type="checkbox"/>	Sat	18	December	Team Events / Santa	Hagenauer Reserve

### 2011

<input type="checkbox"/>	<input type="checkbox"/>	Fri	21	January	Twilight Program F	Hagenauer Reserve
<input type="checkbox"/>	<input type="checkbox"/>	Sat	29	January	Program D	Hagenauer Reserve
<input type="checkbox"/>	<input type="checkbox"/>	Sat	5	February	Program E	Hagenauer Reserve
		Sun	6	February	State relay Championships	Olympic Park
<input type="checkbox"/>	<input type="checkbox"/>	Sat	12	February	Program A	Hagenauer Reserve
		Sat/Sun	19/20	February	EMR Track & Field	Nunawading
<input type="checkbox"/>	<input type="checkbox"/>	Sat	26	February	Program B	Hagenauer Reserve
<input type="checkbox"/>	<input type="checkbox"/>	Fri	4	March	Twilight Program F	Hagenauer Reserve
<input type="checkbox"/>	<input type="checkbox"/>	Sat	12	March	Program C	Hagenauer Reserve
<input type="checkbox"/>	<input type="checkbox"/>	Sat/Sun	19/20	March	State T & F Championships	Olympic Park
		Fri	25	March	AGM & Presentation	Mont Albert PS

### Hot or Wet Weather

The program may be cancelled at the discretion of the Arena Manager in the event of weather conditions that impact on the health and well being of all participating athletes and volunteers. A notice will be posted on the Barwon Street gate if a program is cancelled. The next Meeting follows the set program listed for that date.

### Parent Duty

Athletes, colour the squares green next to the days your parents have compulsory duty. For any queries about duty contact the committee member responsible for Duty Rosters or refer to the website.

### Attendance

Colour the circles green, for the days you go to Little Athletics. Colour them red on the days you miss.

**You need to come to 2/3 of Program and Decathlon/Heptathlon days to receive a club attendance trophy. Coaching camps are counted as attendances.**

## Heptathlon Events

The heptathlon is a 7 event contest for all Under 6, 7 and 8 athletes run over 2 days in November / December. The program is listed below but the Special Events will not count towards the heptathlon.

Points are awarded according to the level of performance in each event. The winner is the person with the highest total of points. Trophies will be awarded at the AGM to the first 3 boys and first 3 girls of the heptathlon.

DAY 1	GIRLS					BOYS			
<b>Under 6</b>	100m	200m	60m H	DIS	SE	70m	LJ	SP	SE
<b>Under 7</b>	100m	200m	60m H	DIS	SE	70m	LJ	SP	SE
<b>Under 8</b>	100m	200m	60m H	DIS	SE	70m	LJ	SP	SE

DAY 2	GIRLS				BOYS				
<b>Under 6</b>	70m	LJ	SP	SE	100m	200m	60m H	DIS	SE
<b>Under 7</b>	70m	LJ	SP	SE	100m	200m	60m H	DIS	SE
<b>Under 8</b>	70m	LJ	SP	SE	100m	200m	60m H	DIS	SE

## Decathlon Events

The decathlon is a 10 event contest for all Under 9 to Under 15 athletes run over 2 days in November / December. It is run on the same lines as the heptathlon.

Trophies will be awarded at the AGM to the first 6 boys and first 6 girls of the decathlon.

DAY 1	GIRLS					BOYS				
<b>Under 9</b>	100m	800m	60m H	DIS	LJ	70m	200m	400m	SP	TJ
<b>Under 10</b>	100m	800m	60m H	DIS	LJ	70m	200m	400m	SP	TJ
<b>Under 11</b>	100m	800m	60m H	DIS	LJ	70m	200m	400m	SP	TJ
<b>Under 12</b>	100m	800m	60m H	DIS	LJ	70m	200m	400m	SP	TJ
<b>Under 13</b>	100m	800m	80m H	DIS	LJ	70m	200m	400m	SP	TJ
<b>Under 14</b>	100m	800m	80m H	DIS	LJ	70m	200m	400m	SP	TJ
<b>Under 15</b>	100m	800m	90m H	DIS	LJ	70m	200m	400m	SP	TJ

DAY 2	GIRLS					BOYS				
<b>Under 9</b>	70m	200m	400m	SP	TJ	100m	800m	60m H	DIS	LJ
<b>Under 10</b>	70m	200m	400m	SP	TJ	100m	800m	60m H	DIS	LJ
<b>Under 11</b>	70m	200m	400m	SP	TJ	100m	800m	60m H	DIS	LJ
<b>Under 12</b>	70m	200m	400m	SP	TJ	100m	800m	60m H	DIS	LJ
<b>Under 13</b>	70m	200m	400m	SP	TJ	100m	800m	80m H	DIS	LJ
<b>Under 14</b>	70m	200m	400m	SP	TJ	100m	800m	90m H	DIS	LJ
<b>Under 15</b>	70m	200m	400m	SP	TJ	100m	800m	100m H	DIS	LJ

## Region and State Action



## State Relay Championships 2009/10

In December 2009, Box Hill Little Athletes qualified for 37 events at the State Relays at Olympic Park, with 31 teams progressing into finals. Thirteen teams progressed to the podium and were medalists.

Congratulations to the following relay teams who won medals in their respective events:

First Place			Second Place			Third Place		
U10	G	4x100m	U12	G	4x200m	U9	G	4x200m
U10	G	4x200m	U15	G	4x200m	U9	B	4x100m
U10	G	Medley*				U12	B	4x100m
U11	G	Medley				U12	G	4x100m
U12	G	Medley				U15	G	4x100m
U12	B	4x200m				U13-15	G	Medley

\* State record

## State Relays 2009 Results

AGE	EVENT	SEX	FINAL	BOYS	GIRLS
U9	4 X 100	B	3rd	Patrick Daly	Eleanor Ashton
	MS 4 X 100	B&G	7th	Cooper Lean	Emily Bertacco
	4 X 200	B	DNQF	Sean Madden	Gabrielle Clarke
	4 X 100	G	4th	William Montagu	Brigid Daly
	MA Medley	G	5th	Matthew Rowell	Kayla Herbert
	4 x 200	G	3rd	Ben Sexton Joseph Tutty Benjamin White	Livinia Mason Sami Maus
U10	4 X 200	B	DNQF	Nicholas Kronenburg	Kate Boulter
	4 X 100 "A"	G	1st	Harry Richards	Charlotte Kennedy
	4 X 200 "A"	G	1st	Sean Saito	Jessica Miller
	Medley "A"	G	1st	Matthew Seddon	Georgie Monsell-Butler
	MA Medley	G	5th	Joshua Smith	Sophie Schwerkolt
	4 x 100 "B"	G	DNQF		Jessica Sexton
	4 x 200 "B"	G	DNQF		Kate Tanner Alison Tullett Genevieve Wah Zara Wearne Lucy Zarafa
U11	4 x 200	B	DNQF	Mackenzie Doreian	Amelia Cheer
	4 X 100	G	8th	Sebastian Habal	Eleanor Dicker
	Medley	G	1st	Matthew O'Dwyer	Isobel Ferreira
	4 x 200	G	4th	Charlie Simondson	Madeline Fitzgerald
	MA Medley	G	5th	James Stanley	Georgia Karklins Emily Montagu Claire O'Brien Laura Powell
U12	4 x 100	B	3rd	Spencer Nolan	Emily Andrew
	4 x 200	B	1st	Ned Snibson	Maddy Andrew
	4 x 100	G	3rd	Jonathon Taylor	Sarah Billings
	4 x 200	G	2nd	Callum Ternes	Phoebe Condon
	4 x 200 "B"	G	8th	Chris Tetaz	Lulu Monsell-Butler
	Medley	G	1st		Paris Powell
	MA Medley	G	5th		Imogen Purcell Zoe Schwerkolt Alex Sexton Emily Taylor-Brown
U13	MS 4 x 100	B & G	DNQF	Damian Bertacco	Britt Bachli
	4 x 100	B	DNQF	Liam Duffy	Alice Buckley
	4 x 200	B	DNQF	Zac Hunter	Jessica Celebi
	4 x 100	G	8th	David Kosa	Monica Clarke
	4 x 200	G	6th	Matthew O'Donnell	Gemma Coenen
	MA Medley	G	3rd	Daniel O'Loughlin	Matilda Dinnison
	Medley	G	5th	Zac Mason-Virtue	Emily Goessler Georgia Phillips Laura Seddon
U14	4 x 200	G	4th		Becky Barry
	MA Medley	G	3rd		Sarah Ferrier Issy Flook Ellissa Garrod Sara Hanna
U15	MS 4 x 100	B & G	4th	Matthew Clarke	Evie Fetherston-Miller
	4 x 200	B	5th	Oliver Kalac	Grace Kalac
	4 x 100	G	3rd	James Munter	Grace Mackie
	4 x 200	G	2nd	James Simondson	Clare O'Shea
	MA Medley	G	3rd	Ken Thomas Richard Wilton	Abbey Tanner

## State Track & Field 2009/2010 Medalists

The State Track and Field championships were held at Olympic park in March 2010. Everybody who participated should be proud of their efforts to make it to the state competition level and compete against the elite athletes of their age groups.

The athletes below performed outstandingly to make it to the finals and finish amongst the medalists.

<b>GOLD MEDAL</b>		<b>Age/Sex</b>		<b>Events</b>	
KAYLA	HERBERT	U9	G	80mH	
JESSICA	SEXTON	U10	G	400m	800m
KATE	BOULTER	U10	G	60mH	
CLAIRE	O'BRIEN	U11	G	HJ	
PHOEBE	CONDON	U12	G	400m	
GRACE	MACKIE	U15	G	LJ	
<b>SILVER MEDAL</b>					
KAYLA	HERBERT	U9	G	100m	200m
JESSICA	SEXTON	U10	G	200m	
KATE	BOULTER	U10	G	SP	80mH
CLAIRE	O'BRIEN	U11	G	60mH	
NED	SNIBSON	U12	B	400m	
SARAH	BILLINGS	U12	G	70m	
SARAH	FERRIER	U14	G	TJ	
GRACE	MACKIE	U15	G	100M	200M
<b>BRONZE MEDAL</b>					
EMILY	BERTACCO	U9	G	100M	
NED	SNIBSON	U12	B	200M	
ISABELLE	FLOOK	U14	G	300MH	
CLARE	O'SHEA	U15	G	800M	

## State & Region Competition Action



## Region & State Cross Country 2010 Results

Age	Name	Region		State	
		Time	Place	Time	Place
U6G	Lauren Boulter	02:22.7	2		
	Saskia Kronenburg	02:36.2	5		
U7G	Sirena Kratz	04:57.1	4	04:44.1	8
	Ruby Robinson	05:13.5	6	05:06.8	24
	Ella Morrison	05:35.4	10	05:15.8	28
	Alannah McKernan	06:10.9	16		
	TEAM		2nd		
U8G	Mia Holah	04:40.9	3	04:35.9	20
	Maggie Enniss	04:49.0	5	04:39.5	23
	Annemieke Kronenburg	05:05.2	8	04:45.0	24
	Naeve McPadden	05:12.0	11	04:59.4	34
	Claire Lumsden	05:17.5	14		
	Caitlin Imeson	05:19.3	15		
	Ruby Jory-Wright	06:15.3	22	05:25.5	41
	Stella Crawford-Rust	06:38.1	24		
TEAM		1st			
U9G	Sara Smith	06:42.7	14	07:02.3	29
	Gabrielle Clarke	06:56.8	21	07:01.9	28
	Brigid Daly	06:58.0	24	07:34.8	47
	Tayla McKernan	07:12.3	26		
	Claire Boulter	07:35.5	33		
	Emily Bertacco	07:45.4	36		
	Riley Khan	07:51.9	38		
	TEAM		6th		7th
U10G	Sophie Schwerkolt	06:00.0	7	06:45.6	27
	Georgie Monsell-Butler	06:00.7	8	06:14.5	14
	Genevieve Wah			06:30.8	22
	TEAM				2nd
U11G	Claire O'Brien	08:36.6	9		
	Emily Montagu	08:41.9	11	07:50.8	31
	Hannah Wilson	08:57.1	17	08:03.2	36
	Amelia Harris	09:16.9	22		
	Ella Enniss	09:17.3	23	08:38.2	52
	Briannah McKernan	09:56.7	29		
	TEAM		3rd		8th
U12G	Zoe Schwerkolt	08:01.5	2	06:51.9	5
	Emily Taylor-Brown	08:30.8	6	07:45.3	28
	Emily Edwards	08:48.0	10	07:46.6	32
	Lulu Monsell-Butler	09:07.9	14		
	Paris Powell			06:54.0	7
	TEAM		1st		2nd
U13G	Emily Goessler	11:15.0	2		
	Emma Schwerkolt	12:46.9	7	13:11.0	22
	Laura Seddon	13:27.7	10	12:50.8	17
	TEAM		2nd		
U14G	Ellissa Garrod	12:14.6	7	11:50.1	13



## Region & State Cross Country Results 2010

Age	Name	Region		State	
		Time	Place	Time	Place
U6B	Mitchell Pooley	02:22.0	6		
U7B	Zachary Johnson	04:25.7	3	04:15.73	5
	Isaac Noble	05:58.8	20		
	Lachlan Doehmann			04:14.79	3
U8B	Damien Klein	05:03.2	7		
	Dominic Beech	05:03.7	8		
U9B	Ben White	05:37.4	1		
	William Montagu	06:13.7	8	06:50.3	31
	Elliot Flukes	06:15.7	9	06:51.7	33
	Daniel Pooley	06:49.9	17		
	Arthur Hinton	06:53.4	18		
	Alastair Lewis	07:35.6	23		
	Jake Robinson			06:56.5	35
	TEAM		1st		6th
U10B	Corey Fiddes	05:25.0	2	05:50.1	5
	Nickolas Kronenburg	07:04.0	18	07:16.4	35
	Noah Stoffles	07:21.2	19	07:13.6	34
	TEAM		3rd		3rd
U11B	Patrick Daly	08:41.7	8	07:31.4	19
	Jack Thiele	09:04.4	12	07:46.8	25
	Henry Kavadias-Barnes	09:51.1	17	08:54.8	32
	Darcy Lewis	09:51.6	18		
	Charlie Simondson			06:48.9	7
	TEAM		2nd		5th
U12B	Riley Bolton	08:06.2	3	06:34.8	12
	Benjamin Barry			06:23.3	6
	Thomas Sinclair			06:45.7	17
	TEAM				2nd
U13B	Darcy Bolton	11:50.7	5	11:33.7	18
	Zac Hunter	12:10.5	6	11:38.3	19
U14B	Aaron Fiddes	11:18.9	5	11:32.0	18
	Tom Monsell-Butler	11:44.0	6	11:03.8	13
	Jacob Parlevliet	12:37.6	8		
	Mitchell Dyer			09:36.9	5
	TEAM		1st		2nd

# Region & State Cross Country Results 2010

## EMR (Eastern Metropolitan Region) Cross Country Championships.

The EMR Cross Country championships were held at Ruffey Lake, Doncaster this year and congratulations to the following athletes who received individual place medals on the day:

### 1st Place

Ben White U9B

### 2nd Place

Lauren Boulter U6G  
 Corey Fiddes U10B  
 Zoe Schwerkolt U12G  
 Emily Goessler U13G

### 3rd Place

Zachary Johnson U7B  
 Mia Holah U8G  
 Riley Bolton U12B

## TEAMS

### 1st Place

U8G  
 U9B  
 U12G  
 U14B

### 2nd Place

U7G  
 U11B  
 U13G

### 3rd Place

U10B  
 U11G



## State Cross Country Championships.

This year's **State Cross Country Championships** were held on August 1st 2010 at Geelong race course with 44 competing.

All our athletes ran very well on the day with the following athletes finishing in the top 6:

<b>3rd</b>	Lachlan Doehmann	U7B
<b>5th</b>	Zachary Johnson	U7B
	Corey Fiddes	U10B
	Zoe Schwerkolt	U12G
	Mitchell Dyer	U14B
<b>6th</b>	Benjamin Barry	U12B

## Teams

<b>2nd</b>	U10G Sophie Schwerkolt, Georgie Monsell-Butler, Genevieve Wah
<b>2nd</b>	U12G Zoe Schwerkolt, Paris Powell, Emily Taylor-Brown U12B Riley Bolton, Benjamin Barry, Thomas Sinclair U14B Aaron Fiddes, Tom Monsell-Butler Mitchell Dyer
<b>3rd</b>	U10B Corey Fiddes, Nickolas Kronenburg, Noah Stoffles

## State Multi Championships 2009/10 Results

State Multi Championships were held over a very hot weekend in late January 2010 in Bendigo. Everyone achieved some great personal bests and met lots of athletes from all over Victoria. Thanks also to all parents for assisting and making the weekend the success it was. Again, Box Hill acquitted ourselves brilliantly with two gold medals over the weekend and lots and lots of great performances. Results as follows:

**GOLD MEDAL to  
GOLD MEDAL to**

**Kate Boulter in U10 Girls  
Sarah Ferrier in U14 Girls**

Other results were:

9 <sup>th</sup>	Emily Bertacco	- U9 Girls
9 <sup>th</sup>	Imogen Purcell	- U12 Girls
13 <sup>th</sup>	Sarah Billings	- U12 Girls
13 <sup>th</sup>	Monica Clarke	- U13 Girls
14 <sup>th</sup>	Matilda Dinnison	- U13 Girls
14 <sup>th</sup>	Phoebe Condon	- U12 Girls
15 <sup>th</sup>	Emily Taylor-Brown	- U12 Girls
19 <sup>th</sup>	Gabi Clarke	- U9 Girls
20 <sup>th</sup>	Ellissa Garrod	- U14 Girls
32 <sup>nd</sup>	Maddy Andrew	- U12 Girls
33 <sup>rd</sup>	Emily Andrew	- U12 Girls
36 <sup>th</sup>	April Condon	- U9 Girls
38 <sup>th</sup>	Elisha Purcell	- U12 Girls
39 <sup>th</sup>	Claire Boulter	- U9 Girls
39 <sup>th</sup>	Chrissie Bell	- U11 Girls
48 <sup>th</sup>	Tori Condon	- U11 Girls



## **2010 EASTERN METROPOLITAN REGION COACHING CAMPS**

**Friday 5th to Sunday 7th November for Under 12, 13, 14 and 15**  
**Friday 26th to Sunday 28th November for Under 10 and 11**

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 designed to allow for a variety of activities. 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 level one/two accredited coaches. The spacious well maintained buildings can accommodate 100 athletes. Athletes are coached in their own age group. Full catering is provided in the well equipped dining hall. At Crystal Creek, various on site activities are available such as supervised swimming, basketball, volleyball, canoeing, etc. The site is perfect for the cross-country runner and offers clean, unpolluted fresh country air.

Sleeping accommodation is by way of cabins, each taking between 6-8 athletes in bunks. Some cabins now feature en-suites. Allocation of cabins will be announced on Friday evening on arrival. Where possible athletes will be grouped with friends or Centres and by age group. The athletes are supervised by experienced camp co-ordinators and coaching is conducted by accredited coaches (minimum level 1). Persons with first aid and swimming qualifications are in attendance. They will ensure that the athlete will experience an enjoyable time as well as developing their skills and techniques from the coaching sessions. All Camp supervisors and coaches hold a current —Working With Children Check.

Transport to and from the camp is provided picking up athletes at Kew, Doncaster, Ringwood and Lilydale on Friday arriving at Crystal Creek at 7.50pm to a hot meal and returns approximately 6.30pm Sunday. Actual departure and return details will be in acceptance letter. Saturday's Program is: 7.00am - early morning warm up and jog followed with Breakfast. 8.45am - warm up/ flexibility/exercises. 9.15am-12.00pm - coaching. 12.15pm - Free time activity. 12.45pm - Lunch. 2.00pm-4.30pm - coaching. 4.30pm Group activity. 6.00pm - Dinner. 7.00pm - orienteering. 8.45pm - Activity and supper. Registrations are limited to a maximum of 100 athletes for each camp and must be members of Little Athletics Centres in the Eastern Metropolitan Region. All applications are to be on the correct registration form available from the Centre Camp Co-ordinator and accompanied with an amount of \$140.00 being the total fee. You DO NOT lose Centre or Club attendance points if you attend this camp. Applicants selected to attend the camp will receive further information from the Centre Camp Co-ordinator or by mail. Applications close on Saturday 23rd October 2010. Late entries may be accepted if there are vacancies.

The Region Camp Co-ordinator is Lawrie Barnett. Tel: 0414 587 888.

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Box Hill Little Athletics thanks GRAHAM CROSS PLUMBING for the kind donation of our BBQ and ongoing gas bottle supply.

Centre members are all encouraged to support those who support our Athletic Centre as they will all welcome your enquiries and custom.

## Grants

This year, thanks to Rosemary Chan's tireless work, we were successful in receiving some grant funding.

The previous years grant was a Volunteer Small Equipment grant from **the Department of Families, Community Services and Indigenous Affairs**. This allowed us to purchase the much needed hurdle trolleys.

Last year we were able to refurbish the small high jump cover and construct a new larger high jump cover with a further **Government Volunteers Grant**. The most recent Grant from **Victoria Health Promotion Foundation (Active Clubs Grant)** has been used to purchase new shade tents for athletes and officials.



## LAV Junior Development Squad

The training squad (JDS) is another level that good athletes can aim for. To be invited to train, you must be in the U12 to U15 age groups and reach the qualifying standard in two events or twice in one event at State Track and Field, Cross Country or at Box Hill.

### JDS Qualifying Standards 2010–2011

Event	Boys					Girls				
	U11	U12	U13	U14	U15	U11	U12	U13	U14	U15
<b>70m</b>	10.40	9.90				10.60	10.30			
<b>100m</b>	14.70	14.10	13.20	12.70	12.40	15.00	14.40	13.80	13.60	13.50
<b>200m</b>	29.70	28.40	26.70	25.20	24.30	30.70	29.00	28.20	27.50	27.20
<b>400m</b>	69.50	66.00	61.50	59.00	56.50	71.00	67.50	65.00	64.00	63.50
<b>800m</b>	2.37.00	2.33.00	2.26.00	2.20.00	2.12.00	2.45.00	2.39.00	2.33.00	2.31.00	2.32.00
<b>1500m</b>	5.19.00	5.10.00	5.03.00	4.50.00	4.35.00	5.42.00	5.30.00	5.22.00	5.23.00	5.32.00
<b>80mH</b>	14.60	14.50	14.10			15.00	14.90	14.50	14.30	
<b>90mH</b>				15.00						15.40
<b>100mH</b>					15.10					
<b>300mH</b>			49.50	46.50	44.50			52.00	51.00	50.00
<b>1500m W</b>	9.15.00	9.00.00	8.45.00	8.30.00	8.15.00	9.15.00	9.00.00	8.45.00	8.30.00	8.15.00
<b>LJ</b>	4.25	4.35	4.65	5.00	5.20	4.00	4.15	4.40	4.45	4.50
<b>TJ</b>	8.90	9.40	10.00	10.50	11.20	8.50	9.00	9.50	9.90	9.80
<b>HJ</b>	1.30	1.35	1.45	1.50	1.60	1.25	1.30	1.40	1.45	1.45
<b>Shot</b>	8.80	8.30	9.40	9.20	10.60	7.60	8.80	7.90	8.10	8.40
<b>Discus</b>	23.00	25.50	25.50	30.00	33.50	18.00	21.00	24.50	21.50	22.50
<b>Javelin</b>	22.00	26.50	28.00	32.00	35.50	16.00	20.00	23.00	22.00	23.00
<b>Multi</b>	1st to 8th place inclusive at the State Championship in each age group									
<b>X Country</b>	1st to 8th place inclusive at the State Championship in each age group									

Qualifying for the JDS is a significant achievement for any athlete. Congratulations to all athletes who have qualified for the LAV Junior Development Squad:

# Achievement Ribbon Performances—Boys

Boys will receive a gold ribbon for every event they reach Gold level. Gold levels are the average performance of 4th place at State for the last few years.

To receive a white, green or blue ribbon, boys must reach the standard for that ribbon in the number of events specified in the table below.

Boys	70m	100m	200m	400m	800m	1500m	300mH	100mH	LJ	TJ	HJ	SP	DIS	1500W	Jav	Steep
<b>Under 15</b>	<b>7 Events for Ribbon</b>															
<b>Gold</b>	9.10	11.98	23.91	0:53.38	2:06.65	4:25.35	41.48	14.41	5.99	11.99	1.72	13.23	43.39	7:52.41	44.87	3:00.00
<b>Blue</b>	9.40	12.70	26.00	0:59.00	2:22.00	5:05.00	45.50	16.50	4.90	10.0	1.50	9.50	31.00	8:00.00	21.00	3:35.00
<b>Red</b>	9.70	13.30	28.00	1:03.50	2:30.00	5:25.00	48.00	17.40	4.40	9.50	1.35	8.50	27.00	8:40.00	17.00	4:00.00
<b>Green</b>	10.50	14.00	30.00	1:11.50	2:45.00	5:38.00	50.00	18.70	4.00	9.00	1.25	7.50	21.00	9:20.00	14.00	4:25.00
<b>White</b>	11.40	14.70	31.50	1:20.00	2:50.00	5:43.00	52.50	19.30	3.75	8.75	1.20	6.50	19.70	9:45.00	12.00	5:40.00
<b>Under 14</b>	<b>7 Events for Ribbon</b>															
	<b>90m H</b>															
<b>Gold</b>	9.30	12.32	24.82	0:54.91	2:12.79	4:34.94	43.01	13.58	5.52	11.53	1.64	12.19	41.85	8:12.40	42.14	3:05.00
<b>Blue</b>	9.70	13.30	27.50	1:02.00	2:28.00	5:13.00	47.00	15.50	4.75	9.50	1.40	9.00	26.00	8:25.00	26.00	3:40.00
<b>Red</b>	10.00	14.00	29.50	1:06.00	2:38.00	5:30.00	50.00	16.60	4.25	9.00	1.30	8.00	22.00	8:55.00	20.00	4:05.00
<b>Green</b>	10.90	14.70	31.50	1:15.00	2:55.00	5:43.00	53.00	17.90	3.85	8.50	1.20	7.00	18.00	9:40.00	15.00	4:30.00
<b>White</b>	11.90	15.40	33.50	1:22.00	2:00.00	5:55.00	56.00	18.40	3.60	8.25	1.15	6.00	16.75	10:05.00	12.00	4:50.00
<b>Under 13</b>	<b>7 Events for Ribbon</b>															
	<b>80m H</b>															
<b>Gold</b>	9.50	12.84	26.12	0:58.55	2:18.78	4:46.99	45.79	13.40	5.25	11.07	1.58	11.87	33.64	8:38.10	34.69	3:35.00
<b>Blue</b>	10.00	13.80	30.50	1:06.00	2:33.00	5:20.00	49.00	14.30	4.50	9.00	1.35	8.50	17.00	8:50.00	20.50	3:45.00
<b>Red</b>	10.60	14.30	33.50	1:14.00	2:43.00	5:40.00	52.00	15.30	4.10	8.30	1.25	7.50	15.00	10:00.00	16.00	4:10.00
<b>Green</b>	11.40	15.80	37.00	1:22.00	3:05.00	5:55.00	55.50	16.50	3.50	7.80	1.18	7.00	12.50	10:50.00	13.00	4:40.00
<b>White</b>	12.20	16.20	38.70	1:31.00	3:10.00	6:20.00	59.50	17.00	3.25	7.55	1.13	6.50	12.00	11:15.00	11.00	5:00.00
<b>Under 12</b>	<b>7 Events for Ribbon</b>															
	<b>60m H</b>															
<b>Gold</b>	9.71	13.54	27.90	1:02.81	2:24.13	4:46.99	10.03	13.18	4.84	10.33	1.47	9.72	33.36	8:43.38	35.32	
<b>Blue</b>	10.50	14.50	31.50	1:08.00	2:40.00	5:30.00	11.00	15.00	4.20	8.65	1.25	7.00	20.50	9:00.00	18.00	
<b>Red</b>	11.10	15.30	34.00	1:16.00	2:55.00	5:50.00	11.80	16.00	3.80	7.85	1.17	6.00	16.50	10:20.00	14.50	
<b>Green</b>	12.20	16.30	38.00	1:25.00	3:10.00	6:15.00	13.00	17.00	3.20	7.35	1.12	5.25	14.50	11:10.00	11.50	
<b>White</b>	12.70	16.80	40.00	1:34.00	3:15.00	6:40.00	13.00	18.00	3.10	6.85	1.05	4.90	13.20	11:35.00	9.00	
<b>Under 11</b>	<b>7 Events for Ribbon</b>															
<b>Gold</b>	10.18	14.20	29.29	1:05.72	2:29.47	5:02.96	10.37	13.86	4.49	9.53	1.35	10.72	26.73	9:13.84	27.72	
<b>Blue</b>	10.90	15.20	32.50	1:10.00	2:48.00	5:40.00	11.30	15.70	3.90	8.20	1.18	7.75	19.50	9:30.00	17.00	
<b>Red</b>	11.60	16.00	35.00	1:18.00	2:58.00	6:05.00	12.50	16.80	3.40	7.40	1.10	6.50	16.00	10:40.00	13.00	
<b>Green</b>	12.60	17.50	39.00	1:28.00	3:18.00	7:00.00	13.50	18.80	2.90	6.35	1.05	6.00	13.50	11:40.00	10.00	
<b>White</b>	13.10	18.00	41.00	1:38.00	3:23.00	7:30.00	14.00	19.30	2.65	6.10	1.00	5.00	11.00	12:10.00	7.50	



Boys	70m	100m	200m	400m	800m	1100m	60mH	80mH	LJ	TJ	HJ	SP	DIS	1100W						
<b>Under 10</b>	<b>6 Events for Ribbon</b>																			
<b>Gold</b>	10.64	14.75	30.34	1:07.54	2:34.74	4:00.00	10.97	14.78	4.27	9.01	1.28	8.84	28.35	6:58.52						
<b>Blue</b>	11.00	15.50	32.50	1:14.00	2:55.00	4:18.00	11.60	16.40	3.65	7.50	1.10	7.90	18.50	7:14.00						
<b>Red</b>	12.00	16.50	35.00	1:20.00	3:12.00	4:38.00	12.60	17.50	3.10	6.80	1.00	5.80	14.50	7:56.00						
<b>Green</b>	13.00	18.00	40.00	1:30.00	3:45.00	5:05.00	13.90	19.50	2.65	5.60	0.95	4.60	12.00	8:38.00						
<b>White</b>	13.50	18.50	43.00	1:40.00	3:50.00	5:32.00	14.50	20.00	2.40	5.35	0.90	3.95	11.00	9:00.00						
<b>Under 9</b>	<b>6 Events for Ribbon</b>																			
<b>Gold</b>	11.00	15.29	31.59	1:11.60	2:43.18		10.80	14.40	3.84	8.16	1.19	7.44	23.83	7:09.30						
<b>Blue</b>	11.80	16.50	34.50	1:22.00	3:00.00		11.80	16.00	3.40	6.80	1.00	5.80	16.50	7:28.00						
<b>Red</b>	12.80	17.70	37.00	1:33.00	3:20.00		13.00	17.20	2.90	5.90	0.95	4.80	13.50	8:10.00						
<b>Green</b>	14.00	20.00	43.50	1:45.00	3:55.00		14.60	19.20	2.40	4.75	0.90	3.10	10.00	8:59.00						
<b>White</b>	14.60	21.10	44.50	1:50.00	4:00.00		15.30	19.70	2.15	4.30	0.85	2.60	9.00	9:25.00						
<b>Under 8</b>	<b>4 Events for Ribbon</b>			<b>300m</b>		<b>400m</b>														
<b>Gold</b>	11.30	15.90	34.20	0:52.00	1:16.00		11.40		3.60			7.35	21.00							
<b>Blue</b>	12.60	17.60	38.00	1:00.00	1:24.00		12.60		3.10			6.35	14.50							
<b>Red</b>	13.60	19.00	43.00	1:08.00	1:34.00		14.50		2.60			4.60	12.50							
<b>Green</b>	15.00	21.50	47.00	1:17.00	1:50.00		17.00		2.10			3.50	9.00							
<b>White</b>	15.70	22.60	48.00	1:20.00	1:55.00		18.20		1.85			3.00	6.50							
<b>Under 7</b>	<b>4 Events for Ribbon</b>																			
<b>Gold</b>	12.00	16.50	36.00	0:58.00	1:23.00		11.70		3.10			7.00	18.00							
<b>Blue</b>	12.80	18.70	40.00	1:03.00	1:28.00		13.20		2.60			6.00	9.50							
<b>Red</b>	14.20	20.30	44.70	1:11.00	1:38.00		14.90		1.95			4.00	8.50							
<b>Green</b>	15.80	23.00	49.50	1:20.00	1:58.00		17.40		1.45			3.00	6.50							
<b>White</b>	16.50	24.50	51.70	1:30.00	2:03.00		18.70		1.20			2.00	5.25							
<b>Under 6</b>	<b>4 Events for Ribbon</b>																			
<b>Gold</b>	12.60	17.35	37.80	1:00.90	1:28.00		12.30		2.95			6.65	17.00							
<b>Blue</b>	13.45	19.65	42.00	1:06.15	1:32.40		13.85		2.50			5.70	9.00							
<b>Red</b>	14.90	21.30	46.95	1:14.55	1:43.00		15.65		1.85			3.80	8.00							
<b>Green</b>	16.60	24.15	52.00	1:24.00	2:04.00		18.30		1.40			2.85	6.20							
<b>White</b>	17.35	25.75	54.30	1:34.50	2:10.00		19.65		1.15			2.15	5.00							
	<b>70m</b>	<b>100m</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>800m</b>	<b>1100m</b>	<b>1500m</b>	<b>60mH</b>	<b>80mH</b>	<b>300mH</b>	<b>LJ</b>	<b>TJ</b>	<b>HJ</b>	<b>SP</b>	<b>DIS</b>	<b>JAV</b>	<b>1100W</b>	<b>1500W</b>	<b>Steep</b>
<b>Gold</b>																				
<b>Blue</b>																				
<b>Red</b>																				
<b>Green</b>																				
<b>White</b>																				

**Record of Performance**

Tick the box when you have reached the standard in an event  
 Color in the square in the first column when you have won a white, green, red or blue ribbon  
 Color in the square of the event if you produce a gold level performance

# Achievement Ribbon Performances—Girls

Girls will receive a gold ribbon for every event they reach Gold level. Gold levels are the average performance of 4th place at State for the last few years.

To receive a white, green or blue ribbon, girls must reach the standard for that ribbon in the number of events specified in the table below.

Girls	70m	100m	200m	400m	800m	1500m	300mH	90mH	LJ	TJ	HJ	SP	DIS	1500W	Jav	Steep	
<b>Under 15</b>	<b>7 Events for Ribbon</b>																
<b>Gold</b>	9.30	12.95	26.40	1:00.30	2:24.96	5:08.34	46.23	14.36	4.99	10.69	1.51	10.34	30.61	8:11.76	29.34	3:25.00	
<b>Blue</b>	9.90	13.90	29.50	1:09.00	2:38.00	5:30.00	49.50	16.60	4.20	9.50	1.35	8.00	18.00	8:30.00	19.00	3:50.00	
<b>Red</b>	10.40	14.90	31.50	1:15.00	2:50.00	5:50.00	53.00	17.60	4.00	8.80	1.27	7.00	15.50	9:00.00	16.00	4:20.00	
<b>Green</b>	10.80	15.50	34.00	1:21.00	3:10.00	6:22.00	56.00	19.20	3.50	8.10	1.20	6.00	13.00	9:55.00	13.50	5:00.00	
<b>White</b>	11.40	16.50	35.70	1:26.00	3:20.00	6:37.00	59.30	20.10	3.30	7.85	1.15	5.00	11.00	10:25.00	11.00	6:00.00	
<b>Under 14</b>	<b>7 Events for Ribbon</b>							<b>80m H</b>									
<b>Gold</b>	9.30	13.09	27.29	1:00.28	2:27.04	5:01.63	47.52	13.38	4.99	10.61	1.50	10.47	30.45	8:11.27	28.95	3:30.00	
<b>Blue</b>	10.00	14.10	30.00	1:10.00	2:43.00	5:35.00	52.00	14.80	4.10	9.00	1.30	7.40	20.00	8:50.00	17.00	3:55.00	
<b>Red</b>	10.50	15.10	32.50	1:17.00	2:55.00	5:55.00	54.00	15.70	3.90	8.40	1.25	6.40	18.00	9:50.00	14.50	4:30.00	
<b>Green</b>	10.90	16.00	35.00	1:23.00	3:15.00	6:30.00	56.00	17.30	3.40	7.90	1.18	5.40	15.00	10:50.00	12.00	5:10.00	
<b>White</b>	11.70	17.00	36.70	1:28.00	3:25.00	6:41.00	60.00	18.30	3.20	7.65	1.13	4.40	13.00	11:22.00	10.00	6:15.00	
<b>Under 13</b>	<b>7 Events for Ribbon</b>																
<b>Gold</b>	9.70	13.39	27.46	1:01.38	2:24.46	5:05.65	48.67	13.63	4.70	10.19	1.50	9.46	32.22	8:14.28	29.72	3:35.00	
<b>Blue</b>	10.40	14.30	30.50	1:11.00	2:50.00	5:40.00	53.00	15.00	3.80	8.70	1.25	8.00	22.00	9:00.00	16.00	4:10.00	
<b>Red</b>	10.80	15.30	33.50	1:18.00	3:05.00	6:00.00	57.00	16.00	3.10	8.00	1.20	7.00	18.00	10:00.00	14.00	4:40.00	
<b>Green</b>	11.20	17.00	37.00	1:24.00	3:25.00	6:35.00	60.00	17.60	2.70	7.50	1.15	6.50	15.00	11:00.00	11.50	5:20.00	
<b>White</b>	11.70	17.90	38.70	1:29.00	3:35.00	6:50.00	64.00	18.60	2.50	7.25	1.10	5.50	13.00	11:30.00	9.50	6:30.00	
<b>Under 12</b>	<b>7 Events for Ribbon</b>							<b>60m H</b>									
<b>Gold</b>	9.93	13.88	28.40	1:04.85	2:32.93	5:12.07	10.32	13.95	4.65	9.96	1.40	10.42	28.54	8:16.74	26.33		
<b>Blue</b>	10.90	14.80	31.50	1:13.00	2:55.00	5:50.00	11.40	15.30	3.60	8.00	1.20	8.00	20.00	9:30.00	15.00		
<b>Red</b>	11.50	16.00	34.00	1:20.00	3:10.00	6:10.00	12.50	16.50	3.00	7.40	1.15	7.00	16.00	10:30.00	13.50		
<b>Green</b>	12.00	17.50	38.00	1:27.00	3:25.00	6:55.00	13.70	18.30	2.50	6.90	1.10	6.00	13.60	11:20.00	11.00		
<b>White</b>	12.50	18.40	40.00	1:32.00	3:40.00	7:17.00	14.20	19.30	2.25	6.55	1.05	5.50	12.40	11:45.00	8.50		
<b>Under 11</b>	<b>7 Events for Ribbon</b>																
<b>Gold</b>	10.30	14.54	29.99	1:07.65	2:35.96	5:23.12	10.60	14.17	4.36	9.03	1.33	8.95	24.89	8:51.52	21.56		
<b>Blue</b>	11.10	15.00	32.50	1:15.00	3:00.00	6:10.00	11.80	15.70	3.40	7.30	1.10	7.50	18.00	10:20.00	14.00		
<b>Red</b>	12.00	16.40	35.00	1:22.00	3:15.00	6:40.00	12.80	17.10	2.90	6.80	1.05	6.00	15.00	11:00.00	12.00		
<b>Green</b>	13.00	17.80	39.00	1:30.00	3:35.00	7:25.00	14.00	18.80	2.30	6.20	1.00	5.00	12.00	11:40.00	9.50		
<b>White</b>	13.50	19.00	41.00	1:38.00	3:45.00	7:47.00	14.60	19.80	2.00	5.90	0.95	4.50	10.50	12:00.00	7.50		

Girls	70m	100m	200m	400m	800m	1100m	60mH	80mH	LJ	TJ	HJ	SP	DIS	1100W	
<b>Under 10</b>	<b>6 Events for Ribbon</b>														
<b>Gold</b>	10.69	15.03	31.39	1:10.43	2:43.31	4:12.00	11.55	15.48	4.00	8.57	1.22	7.49	23.24	6:29.09	
<b>Blue</b>	11.30	16.00	35.50	1:19.00	3:10.00	4:30.00	12.30	16.70	3.20	6.80	1.00	6.00	15.00	7:38.00	
<b>Red</b>	12.30	17.00	36.50	1:26.00	3:25.00	5:00.00	13.30	17.70	2.60	6.20	0.95	5.00	13.00	8:18.00	
<b>Green</b>	13.50	19.00	41.00	1:38.00	3:45.00	5:20.00	14.70	19.70	2.10	5.45	0.90	3.90	10.60	8:38.00	
<b>White</b>	14.00	20.00	43.20	1:44.00	3:55.00	5:40.00	15.40	20.70	1.85	5.07	0.85	3.35	9.40	8:48.00	
<b>Under 9</b>	<b>6 Events for Ribbon</b>														
<b>Gold</b>	11.29	15.91	32.96	1:15.66	2:52.88		11.25	15.05	3.56	7.77	1.11	6.16	18.88	7:00.95	
<b>Blue</b>	11.80	16.80	36.50	1:25.00	3:20.00		12.20	16.00	3.00	5.90	0.90	5.00	13.00	7:58.00	
<b>Red</b>	12.80	18.00	40.00	1:35.00	3:35.00		13.50	17.60	2.45	5.30	0.85	4.00	11.80	8:38.00	
<b>Green</b>	14.00	20.00	44.00	1:45.00	3:55.00		14.60	19.60	1.90	4.75	0.80	2.85	9.20	8:58.00	
<b>White</b>	14.70	21.00	46.00	1:50.00	4:05.00		16.00	20.60	1.62	4.45	0.75	2.35	7.90	9:08.00	
<b>Under 8</b>	<b>4 Events for Ribbon</b>				<b>300m</b>	<b>400m</b>									<b>700W</b>
<b>Gold</b>	11.60	16.30	35.00	58.00	1:20.00		11.80		3.25			6.25	17.00		
<b>Blue</b>	12.50	17.80	39.00	1:03.00	1:30.00		12.80		2.80			5.25	11.00		
<b>Red</b>	13.50	19.00	43.00	1:10.00	1:40.00		14.50		2.20			4.25	10.00		
<b>Green</b>	15.00	21.50	47.00	1:18.00	1:56.00		17.00		1.70			3.00	8.00		
<b>White</b>	15.70	22.80	49.00	1:23.00	2:02.00		18.00		1.45			2.57	7.00		
<b>Under 7</b>	<b>4 Events for Ribbon</b>														<b>300W</b>
<b>Gold</b>	12.20	17.00	37.00	1:01.00	1:25.00		12.40		3.00			4.90	14.25		
<b>Blue</b>	12.80	18.90	40.30	1:06.00	1:35.00		13.40		2.60			4.00	8.75		
<b>Red</b>	14.20	21.80	45.00	1:14.00	1:45.00		15.20		1.95			3.25	8.00		
<b>Green</b>	15.80	23.50	50.00	1:25.00	2:00.00		17.80		1.45			2.25	6.00		
<b>White</b>	16.50	24.40	52.50	1:30.00	2:07.00		19.10		1.20			1.75	5.00		
<b>Under 6</b>	<b>4 Events for Ribbon</b>														<b>300W</b>
<b>Gold</b>	12.80	17.85	38.85	1:04.00			13.00		2.85			4.65	13.55		
<b>Blue</b>	13.44	19.85	42.30	1:09.30			14.05		2.50			3.80	8.30		
<b>Red</b>	14.90	22.90	47.25	1:28.00			15.95		1.85			3.10	7.60		
<b>Green</b>	16.60	24.70	52.50	1:29.50			18.70		1.40			2.15	5.70		
<b>White</b>	17.35	25.60	55.15	1:34.50			20.05		1.15			1.65	4.75		

	70m	100m	200m	300m	400m	800m	1100m	1500m	60mH	80mH	300mH	LJ	TJ	HJ	SP	DIS	JAV	1100W	1500W	Steep	
<b>Gold</b>																					
<b>Blue</b>																					
<b>Red</b>																					
<b>Green</b>																					
<b>White</b>																					

**Record of Performance**

Tick the box when you have reached the standard in an event  
 Color in the square in the first column when you have won a white, green, red or blue ribbon  
 Color in the square of the event if you produce a gold level performance

## Record of Performance

On the next page is a copy of the card kept at your Club table. Each week, take your tickets home and write in the distances, heights and times in the correct squares.

You can chart your progress towards the colored ribbons by: coloring the square grey if the performance is below white level; leaving the square white if the performance is better than white level; coloring the square green if the performance is better than green level; and similarly for red, blue and gold level performances

(Make sure your coloring does not hide what you wrote in the squares)



After you have achieved the number of performances to receive a ribbon, color in the ribbon on this page.

### Cross Country

Record the time you run in the Cross Country events in the following table.

<b>Date</b>														
<b>Venue</b>														
<b>Distance</b>														
<b>Time</b>														
<b>Place</b>														



## Centre Records

Box Hill athletes can set a centre record during Box Hill normal program days, or at VLAA region or state championships. If a centre record is set outside the centre, the result card should be handed in to the Centre Recorder, to be verified by the committee.

For a record to be recognised, the Key Official must seek verification by a Committee member immediately. All timing or measuring devices, hurdle heights, objects thrown and marks must be left unaltered until the record has been validated. The accepted variation between manual and electronic time is 0.24sec eg a manual time of 15:00 sec is equivalent to 15:24 sec electronic timing. All records must be ratified at the next committee meeting.

A certificate will be awarded to any athletes setting a centre record acknowledging their achievement.

<b>Under 6</b>	<b>Girls</b>	<b>Record</b>	<b>Year</b>	<b>Boys</b>	<b>Record</b>	<b>Year</b>
<b>100m</b>	K Herbert	18.60	2007	R Miller	18.39	2002
<b>200m</b>	M Dinnison	39.62	2003	D Hellriegel	39.08	2002
<b>300m</b>	M Dinnison	1:04.86	2003	C Simondson	1:04.48	2005
<b>60m H</b>	C Worner	14.51	2005	R Miller	14.11	2002
<b>70m</b>	M Dinnison	12.98	2003	S Cleeve	12.56	2002
<b>Discus</b>	A Collyer	10.06	2005	R Miller	15.10	2002
<b>Long Jump</b>	E Bertacco	2.73	2007	R Miller	2.91	2002
<b>Shot Put</b>	J.Harker	5.17	2010	J Woods	5.31	2009
<b>Under 7</b>	<b>Girls</b>	<b>Record</b>	<b>Year</b>	<b>Boys</b>	<b>Record</b>	<b>Year</b>
<b>100m</b>	B.Ying	17.00	1985	J Cripps	15.70	1984
<b>200m</b>	E Sharp	35.90	1986	J Cripps	32.30	1984
<b>300m</b>	M.Dinnison	1:01.80	2003	L Doehmann	0:57.83	2009
<b>400m</b>	V Webb	1:25.30	1983	J Cripps	1:18.70	1984
<b>400m W</b>	V.Webb	2.38:00	1982	L Doehmann	2:10.91	2009
<b>60m H</b>	S.Dann	2.38:00	1982	J Cripps	11.07	1984
	B Ying	12.60	1985			
	L Hall		1985			
	L O'Donnell		1986			
<b>70m</b>	E Sharp	11.40	1986	J Cripps	11.10	1984
<b>Discus</b>	L.Antignani	15.90	2009	A Collins	18.40	1990
<b>Long Jump</b>	S Kiotz	3.14	1988	J Cripps	3.53	1984
<b>Shot Put</b>	Z.Schade	6.42	2010	J Cripps	7.27	1984
<b>Under 8</b>	<b>Girls</b>	<b>Record</b>	<b>Year</b>	<b>Boys</b>	<b>Record</b>	<b>Year</b>
<b>100m</b>	S McIntyre	15.30	1971	D Reeves	14.80	1972
<b>200m</b>	K Herbert	34.53	2008	J Cripps	31.40	1984
<b>300m</b>	K Herbert	0:55.66	2008	D Eliou	54.00	1995
<b>400m</b>	S Rowarth	1:19.30	1976	J Cripps	1:12.10	1984
<b>60m H</b>	S McIntyre	11.40	1970	J Cripps	10.70	1985
<b>700m W</b>	E Windsor	4:41.00	1989	L Penny	4:50.00	1989
<b>70m</b>	B Ying	10.40		J Cripps	10.30	1985
<b>80m H</b>	S Evans	18.12	1985	D Eliou	16.40	1995
<b>Discus</b>	J Royle	17.61	1977	J Cripps	21.93	1985
<b>Long Jump</b>	C Hall	3.66	1982	J Cripps	4.05	1984
<b>Shot Put</b>	D Nash	7.51	1984	J Cripps	8.12	1985

## Centre Records

Under 9	Girls	Record	Year	Boys	Record	Year
<b>100m</b>	D Watts	14.30	1973	D Cullen	14.10	
<b>1100m W</b>	L Marland	5:48.70	1988	C Fiddes	6:28.02	2009
<b>200m</b>	D Watts	30.10	1973	S Wilson	29.90	1979
<b>400m</b>	M Cleeve-Gerkens	1:12.84	2002	D Cullen	1:07.90	
<b>60m H</b>	L O'Donnell	10.50	1988	S Purcell	10.47	2002
<b>70m</b>	D Watts	10.20	1973	B Haugh	9.90	1986
	G Mackie	10.68	2004			
<b>800m</b>	M Cleeve-Gerkens	2:47.24	2002	M Masoni	2:35.80	1977
<b>80m H</b>	K Herbert	13.57	2009	S Purcell	13.10	2002
<b>Discus</b>	D Nash	21.62	1985	W Blackie	27.74	1982
<b>High Jump</b>	G Power	1.20	1992	R Miller	1.28	2005
<b>Long Jump</b>	S Klotz	4.00	1991	M Jeffrey	4.45	
<b>Shot Put</b>	K Boulter	7.70	2009	P Jiminez	7.87	1984
<b>Triple Jump</b>	C Hall	8.56	1983	S Gilchrist	8.89	1986
Under 10	Girls	Record	Year	Boys	Record	Year
<b>100m</b>	D Watts	13.60	1974	D Tyrrell	13.50	1972
<b>1100m</b>	L Powell	3:48.25	2009	A Fiddes	3:51.01	2006
<b>1100m W</b>	L Marland	6:05.00	1989	D Grunig	6:09.56	1993
<b>200m</b>	D Watts	28.90	1974	M Saunders	29.15	1996
<b>400m</b>	J Sexton	1:06.79	2010	D Cullen	1:04.80	1971
<b>60m H</b>	J Sexton	10.85	2010	B Haugh	9.40	1987
<b>70m</b>	D Watts	9.90	1974	D Tyrrell	9.80	1972
	J Palmer	9.90				
<b>800m</b>	J Sexton	2:30.41	2010	M Masoni	2:28.10	1978
<b>80m H</b>	K Boulter	14.39	2010	S Purcell	13.99	2003
				J Adams	13.73	1995
<b>Discus</b>	K Boulter	27.22	2010	W Blackie	34.94	1983
<b>High Jump</b>	C O'Brien	1.38	2009	R Miller	1.30	2006
<b>Long Jump</b>	S Ferrier	4.50	2005	T Crowe	4.49	1978
<b>Shot Put</b>	K Boulter	9.17	2009	S Killworth	9.90	2002
<b>Triple Jump</b>	S Ferrier	9.71	2006	D Reeves	9.42	1975
Under 11	Girls	Record	Year	Boys	Record	Year
<b>100m</b>	D Watts	13.40	1975	D Cullen	13.10	1971
				D Tyrrell	13.10	1973
<b>1500m</b>	L Powell	4:52.15	2009	M Masoni	4:49.90	1979
<b>1500m W</b>	L Marland	8:29.00	1990	L Webb	8:14.70	1975
<b>200m</b>	D Watts	28.00	1975	M Saunders	29.15	1996
<b>400m</b>	S Prowse	1:04.40	1975	D Cullen	1:02.30	1972
<b>60m H</b>	C Wilson	9.30	1978	S Purcell	9.65	2004
				S Purcell	9.87*	2004
				M Saunders	9.76*	1997
<b>70m</b>	J Barker	9.80	1977	D Tyrrell	9.40	1973
	D Watts/D Mann		1975	S Birchall	9.40	1986
	C Dawborn		1979	S Purcell	9.94	2004
	G.Mackie	9.87	2006			
<b>800m</b>	L Powell	2:24.33	2009	R Moors	2:19.90	1978
<b>80m H</b>	E Purcell	13.63	2000	S Purcell	13.28	2004
				X Purcell	13.28	2006
				M Saunders	13.23*	1997
<b>Discus</b>	E Dwyer	28.58	1992	D Molloy	30.34	1992
<b>High Jump</b>	C O'Brien	1.43	2010	R Miller	1.51	2006
<b>Javelin</b>	C Dyer	24.08	2005	E Yarnton	28.95	2000
<b>Long Jump</b>	S.Ferrier	4.78	2007	D Tyrrell	4.95	1975
<b>Shot Put</b>	C Dyer	9.54	2005	S Killworth	11.03	2003
<b>Triple Jump</b>	S Ferrier	10.20	2007	D Reeves	10.28	1976

## Centre Records

<b>Under 12</b>	<b>Girls</b>	<b>Record</b>	<b>Year</b>	<b>Boys</b>	<b>Record</b>	<b>Year</b>
<b>100m</b>	K Jesudhason	12.70	1977	D Tyrrell	12.80	1973
				D Reeves	12.80	1977
<b>1500m</b>	G.Thek	5.04.74	2004	R Moors	4:47.10	1979
<b>1500m W</b>	C.Dyer	8.02.12	2006	B Shallvey	7:43.30	1978
<b>200m H</b>	N Crow	30.79	1997	C Crews	30.23	1998
<b>200m</b>	D Watts	27.20	1976	E Whitehead	27.19	1998
				C Crews	26.56	1998
<b>400m</b>	C Wilson	59.20	1979	M Saunders	1:00.46	1998
<b>60m H</b>	C Wilson	9.10	1979	S Purcell	9.61	2005
<b>70m</b>	K Jesudhason	9.30	1977	E Whitehead	9.17	1998
	G Mackie	9.46	2007			
<b>80m H</b>	G Power	12.60	1995	S Purcell	12.70	2005
<b>800m</b>	H Tomlinson	2:25.40	2000	B Kavanagh	2:22.60	1972
<b>Discus</b>	E Dwyer	33.20	1992	A Yachou	39.66	1994
<b>High Jump</b>	O Carter	1.52	2006	R Miller	1.55	2007
<b>Javelin</b>	C Dyer	34.34	2006	S Purcell	36.17	2005
<b>Long Jump</b>	G Mackie	4.96	2006	D Tyrrell	5.21	1974
<b>Shot Put</b>	E Dwyer	11.58	1993	A Yachou	10.60	1994
<b>Triple Jump</b>	S Ferrier	10.44	2007	D Reeves	10.77	1977
<b>Under 13</b>	<b>Girls</b>	<b>Record</b>	<b>Year</b>	<b>Boys</b>	<b>Record</b>	<b>Year</b>
<b>1000m S</b>	K Geddes	3:40.41	1997	A White	3:03.31	1997
<b>100m</b>	J Tulloch	12.88	1995	C Crews	12.12	1999
<b>1500m</b>	H Tomlinson	4:45.00	2000	J Tobin-White	4:38:62	2007
<b>1500m W</b>	C Dyer	7:31:80	2007	M Dyer	7:47.35	2009
<b>200m</b>	J Tulloch	26.34	1995	E Whitehead	25.67	1998
<b>300m H</b>	B Aughton	0:48.37	2005	M Saunders	0:45.86	1999
<b>400m</b>	E Norris	1:01.83	2004	M Saunders	0:57.48	1998
<b>70m</b>	J Tulloch	9.23	1995	C Crews	8.63	1999
<b>800m</b>	H Tomlinson	2:20.27	2000	M Saunders	2:12.90	1998
<b>80m H</b>	G Power	12.41	1996	T Cornelius	12.48	2006
<b>Discus</b>	L Nunn	38.15	1996	A Yachou	42.10	1995
<b>High Jump</b>	S Ferrier	1.63	2009	R Miller	1.62	2008
<b>Javelin</b>	C Dyer	34.70	2007	J Purcell	38.36	2004
<b>Long Jump</b>	S Ferrier	5.31	2009	S Purcell	5.44	2006
<b>Shot Put</b>	L Nunn	10.55	1997	S Killworth	11.32	2005
<b>Triple Jump</b>	S Ferrier	12.09	2009	M Saunders	10.60	1998



## Centre Records

<b>Under 14</b>	<b>Girls</b>	<b>Record</b>	<b>Year</b>	<b>Boys</b>	<b>Record</b>	<b>Year</b>
<b>1000m S</b>	J Keage	3:28.12	1997	M Saunders	3:06.72	1999
<b>100m</b>	J Tulloch	12.32	1995	A Remmers	11.68	2000
<b>1500m</b>	G Kalac	4:51.78	2009	J Collins	4:35.10	1991
<b>1500m W</b>	E Windsor	7:07.88	1995	S Hassett	7:33.55	1996
<b>200m</b>	S Ferrier	25.71	2009	T Cornelius	24.21	2007
<b>300m H</b>	G Power	0:44.42	1997	T Cornelius	42.38	2007
<b>400m</b>	C O'Shea	59.70	2008	A Kostov	0:53.73	2003
				M Saunders	0:53.71*	2000
<b>70m</b>	J Tulloch	8.73	1995	J Ross	8.34	2003
				M Bertacco	8.34	2008
<b>800m</b>	C O'Shea	2:22.58	2009	M Saunders	2:06.63*	2000
<b>80m H</b>	N Gordon	12.46	1996			
<b>90m H</b>	E Charlett	14.50	1991	S Purcell	12.31	2007
<b>Discus</b>	N Langton	34.69	1989	D Molloy	41.07	1995
<b>High Jump</b>	O Carter	1.59	2008	J Ymer	1.82	2005
<b>Javelin</b>	C Dyer	36.49	2008	J Purcell	42.83	2005
<b>Long Jump</b>	S Ferrier	5.68	2009	M Bertacco	5.96	2008
<b>Shot Put</b>	C Dyer	11.08	2007	S Killworth	11.18	2005
<b>Triple Jump</b>	S Ferrier	12.19	2009	T Cornelius	12.31	2007
<b>Under 15</b>	<b>Girls</b>	<b>Record</b>	<b>Year</b>	<b>Boys</b>	<b>Record</b>	<b>Year</b>
<b>1000m S</b>	J Keage	3:28.75	1998	A de Greenlaw	2:57.55	2001
<b>100m H</b>				S Purcell	13.15	2008
<b>100m</b>	G Power	12.38	1998	J Ross	10.96	2004
				J Ross	11.47*	2004
<b>1500m</b>	J de Bruin	5:05.00	1999	M Windsor	4:22.79	1993
<b>1500m W</b>	C Dyer	7:23.65	2009	S Hassett	6:58.60	1997
<b>200m</b>	G Mackie	25.46	2009	A Remmers	22.83	2000
				J Ross	22.84*	2004
<b>300m H</b>	G Power	0:44.15	1998	T Cornelius	39.77	2008
<b>400m</b>	L O'Donnell	57.76	1994	A Kostov	0:51.34	2004
<b>70m</b>	N Gordon	9.15	1997	J Ross	8.00	2004
<b>800m</b>	L O'Donnell	2:19.17	1994	M Saunders	2:02.30*	2001
<b>90m H</b>	G Power	12.90	1998	D Abbott	14.60	1991
<b>Discus</b>	N Langton	37.99	1991	S Purcell	49.67	2008
<b>High Jump</b>	N Crow	1.60	2000	N Juricevich	1.82	1996
				M Bertacco	1.82	2009
<b>Javelin</b>	C Dyer	39.64	2009	J Purcell	50.43	2006
<b>Long Jump</b>	G Mackie	5.36	2009	S Purcell	6.70	2008
<b>Shot Put</b>	E Dwyer	11.38	1995	S Purcell	13.52	2008
<b>Triple Jump</b>	K Whitehill	10.88	1997	T Cornelius	13.67	2008

## State Records Held by Box Hill Athletes

Age Group	Athlete		Event	Record	Year
<b>U 9G</b>	WATTS	D	70m	10.3	1973
<b>U 9G</b>	WATTS	D	200m	30.1	1973
<b>U 9G</b>	HERBERT	Kayla	80mH	13.57	2009
<b>U 9G</b>	MARLAND	L	1100 Walk	5.48.7	1988
<b>U10G</b>	WATTS	D	100m	13.6	1974
<b>U10G</b>	FERRIER	Sarah	TJ	9.71	2006
<b>U10G</b>	SEXTON	Jessica	800m	2.30.41	2009
<b>U11G</b>	POWELL	Laura	800m	2.24.33	2009
<b>U11G</b>	POWELL	Laura	1500m	4.52.15	2009
<b>U11B</b>	SAUNDERS	Michael	6m Hurdles	9.76	1997
<b>U12G</b>	POWER	Georgina	80m Hurdles	12.6	1995
<b>U13G</b>	POWER	Georgina	80m Hurdles	12.41	1996
<b>U14G</b>	FERRIER	Sarah	TJ	12.19**	2009
<b>U14G</b>	FERRIER	Sarah	LJ	5.68**	2009
<b>U14B</b>	PURCELL	Sebastian	90m Hurdles	12.31	2007
<b>U15B</b>	REMMERS	Adam	100m	11.15*	2001
<b>U15B</b>	PURCELL	Sebastian	100m Hurdles	13.15	2008
<b>U15B</b>	PURCELL	Sebastian	LJ	6.70	2008
<b>U15B</b>	CORNELIUS	Thomas	TJ	13.67	2008
<b>U15B</b>	ROSS	Josh	200m	22.84*	2004
<b>U15B</b>	PURCELL	Sebastian	Multis	2486 pts#	2008
<b>U15G</b>	POWER	Georgina	Multis	3387 pts	1998

**\*\* Australian record**

**# Alberta Youth point system**

## State Relay Records held by Box Hill Teams

Age Group	Event	Record	Year
U10G	Medley	2.12.12	2009
U9-U12	Medley	2.05.5	1982
U11G	4x100m	55.4	1977
U14B	Medley	1.43.50	2006

# Little Aths is Big Time Fun



## Dual Registration

Under 13, 14 and 15 Little Athletes may if they wish, compete in competitions offered by Athletics Victoria by paying an additional fee to become a dual registered member. Each athlete who has a dual registration is a member of both the Box Hill Little Athletics Centre and the Box Hill Athletics Club (Seniors).

The Box Hill Athletics Club (Seniors) competes in an interclub competition against many other athletics clubs on Saturday afternoons generally at Hagenauer reserve (Box Hill) or other local venues. This competition can be used by the little athletes to get extra experience or practice in events they may be planning to specialize in. The Seniors also run relay races every week.

Your dual registration entitles you to compete in all Athletics Victoria competitions, including Cross Country and State Track and Field Championships (U14, U16, etc). You do not have to purchase another uniform; your Box Hill Little Athletics uniform can be used. Your results from these competitions do not contribute towards Box Hill Little Athletics trophies or records. If you do not wish to be dual registered, but would like compete in the Saturday afternoon competition only, you may do so by paying a small fee (\$5 last season) each day you compete.



**Steven Hooker**  
2008 Olympic gold medalist and Olympic record holder  
2006 Commonwealth Games gold medalist

Former member - Box Hill Little Athletics Centre & Box  
Athletic Club.

When your journey at little aths finishes, another one begins with the opportunity to continue your athletics career with the Box Hill Athletic Club. Also located at Hagenauer Reserve Box Hill, the club competes in all levels and disciplines of athletics competition from shield to elite with teams in Under 14, 16, 18, 20 and open competition. Coaching is available in all events to help you achieve your athletics goals.

For more information look us up on the web at [www.boxhillathleticclub.org](http://www.boxhillathleticclub.org) or check out the club on Facebook under Box Hill Athletics Club

# Photos from Presentation Day 2009/2010



*Under 6 Girls*



*Under 6 Boys*



*Under 7 Girls*



*Under 7 Boys*



*Under 8 Girls*



*Under 8 Boys*



*Under 9 Girls*



*Under 9 Boys*



*Under 10 Girls*



*Under 11 Girls*



*Under 11 Boys*

## Photos from Presentation Day 2009/2010



*Under 12 Girls*



*Under 12 Boys*



*Under 13 Girls*



*Under 13 Boys*



*Under 14 Girls*



*Under 14 Boys*



*Under 15 Girls*



*Under 15 Boys*

# State Cross Country

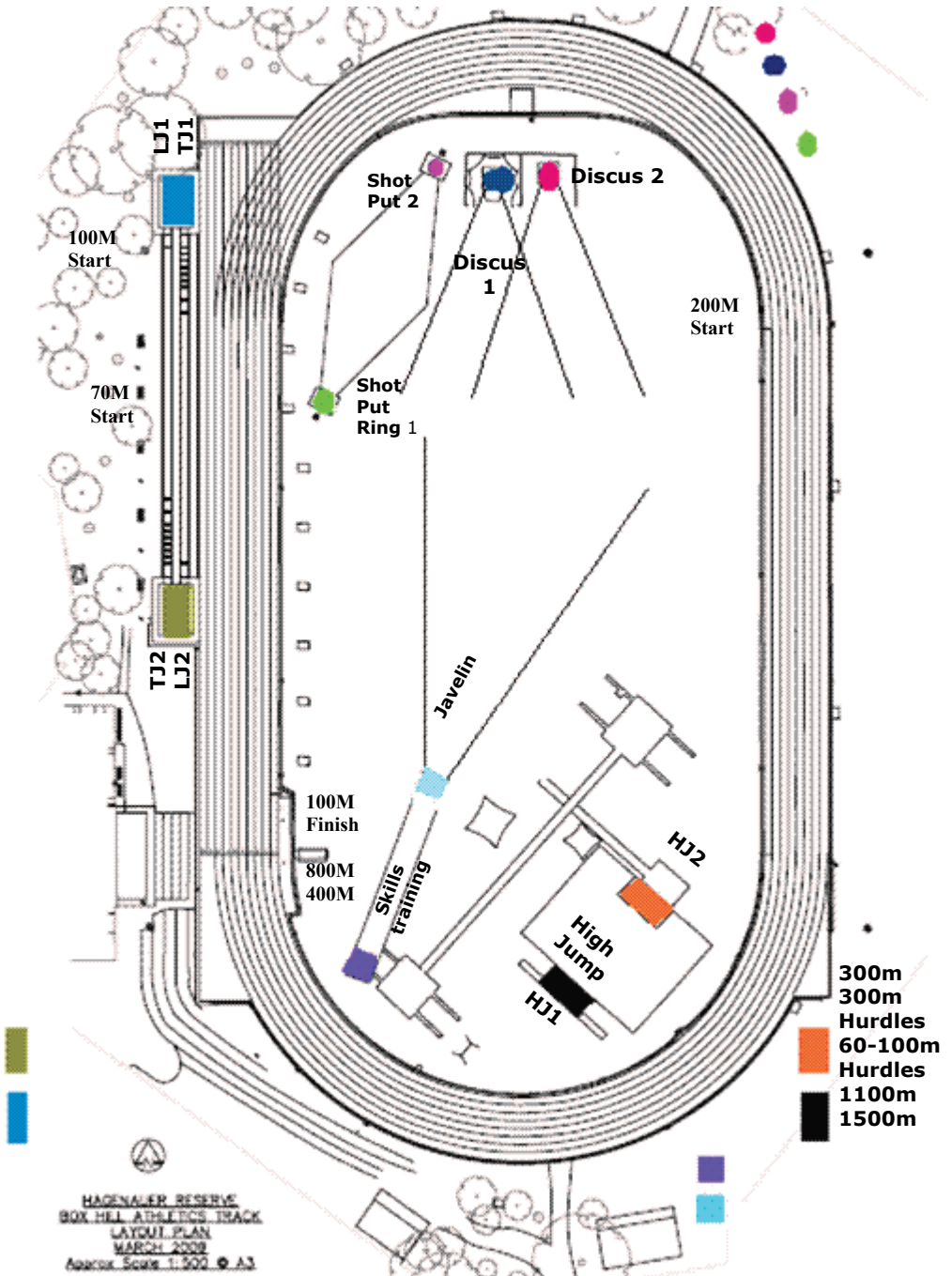


# Little Aths action





# Hagenauer Reserve



# Health Policies

## HEALTHY FOOD CHOICE POLICY

The Centre/Region is aware that healthy eating is a vital part of good health. We recognise that lifestyle diseases such as heart disease, stroke, skin cancers, non insulin dependant diabetes and obesity are all associated with the food we eat.

We acknowledge that healthy eating can have an impact on the lives of our members, and that the provision of healthy foods will contribute to better health for all. Enjoying a variety of foods from the different food groups is the key to healthy eating.

The Centre/Region will ensure that a variety of healthy food choices are available for all it's activities. This applies to all meetings, competitions, functions and events and to all members, officials, players, volunteers, spectators, visitors and others taking part in activities.

The following strategies have been adopted to ensure that a variety of healthy choices are available at all Centre/Region activities:

The Centre/Region canteen (where applicable) will provide a variety of healthy food choices. Healthy food choices will be available at all Centre/Region events and functions.

The enjoyment of healthy eating and the role of food in relation to health will be promoted at Centre/region activities and in Centre/Region publications.

Healthy food choices will be displayed more prominently than other foods.

Healthy food choices will be priced competitively.

The variety of confectionary, potato chips, soft drinks and ice creams will be limited.

The Centre/Region will attempt to introduce at least two new healthy food choices each season.

*This policy will be endorsed annually to ensure that it remains relevant to the needs of the Centre.*

## SMOKEFREE POLICY

The Centre/Region is aware that smoking endangers health and believes that all Little Athletics venues and functions should be SmokeFree. In an open park venue this will be defined as "the area inside an imaginary boundary 50 metres from the outside perimeter of the circular track".

The following strategies have been adopted to promote a SmokeFree environment:

Cigarettes shall not be sold at any venue used by the Centre/Region.

Executive members, coaches and officials shall not smoke in view of the public or athletes during the lead up to and conduct of Little Athletics events.

All Centre/Region meetings and functions will be SmokeFree.

All areas within the Centre/Region will be SmokeFree including the clubrooms, canteen, changing rooms, toilet blocks, spectator areas, and competing areas.

The Centre/Region will place no smoking signs in prominent positions and remove ashtrays from all no smoking areas.

The Centre/Region will ensure that smokers have a place outside the venue or out of public view, where they can smoke and provide them with ashtrays/bins.

Reference will be made to the SmokeFree policy in Centre/Region publications.

Regular announcements will be made to ensure that members and visitors are aware of the Centre's SmokeFree policy. Signs provided by the Association will be placed in the venue.

All visitors will be required to observe this policy.

Non-compliance with the policy will be handled by an explanation of the Centre/Region's SmokeFree policy to the person, including the identification of areas in which smoking is allowed. In the case of continued non-compliance with the policy, Centre/Region officials will use their direction as to the steps taken, which may include asking the person to leave the premises or function.

*This policy will be endorsed annually to ensure that it remains relevant to the needs of the Centre.*

# Health Policies

## SUN PROTECTION POLICY

The Centre/Region is aware that children are especially susceptible to the sun's rays and that skin cancer can be prevented. The following strategies have been adopted:

Wherever possible competition and training shall be scheduled outside the hours of 11 am and 3.00 pm (daylight saving time).

The Centre/Region will maximise the use of natural shade provided by trees and buildings. Individuals will be encouraged to bring their own shade structures to Centre and Region activities.

Where possible, portable shade will be provided at all field event venues and track marshalling areas.

Officials shall promote the wearing of sun protective clothing: shirts with long sleeves and a collar, wide brimmed or legionnaire hats and sunglasses.

Athletes will be advised to take umbrellas, drink bottles and sunscreen to events.

Hats and sunglasses may be worn during competition.

SPF 15+ or higher sunscreen will be promoted and made available by the Centre/Region.

Centre/Region officials and coaches will act as sun protection role models.

*This policy will be endorsed annually to ensure that it remains relevant to the needs of the Centre.*

## RESPONSIBLE ALCOHOL MANAGEMENT POLICY

The Centre/Region is aware that alcohol when misused can cause harm to drinkers and others.

A responsible drinking policy has been adopted so as to reduce risks and avoid problems.

The following strategies have been adopted:

There will be no sale or consumption of alcohol during the conduct of any Little Athletics events.

Where alcohol is consumed at a Centre/Region function the following measures will be taken:

Alcohol will not be served to minors, or in front of minors.

Alcohol will not be served to any person who is intoxicated.

Low alcohol and non-alcoholic drinks will be available and promoted.

Water will be available at no cost at functions where alcohol is served.

Healthy food options will be available when alcohol is served.

Members who have been drinking will be encouraged to use safe transport options.

There will be no alcohol advertising at any venue used by the Centre/Region.

The Centre/Region will comply with the Liquor Licensing Victoria (LLV) regulations.

*This policy will be endorsed annually to ensure that it remains relevant to the needs of the Centre.*

## **Age Group Managers 2009/2010**

We wish to acknowledge and thank the Age Group managers from season 2009-2010 for their time and commitment.

### **GIRLS**

- U6 – CHELSEA DYER,  
ELLA MASON**
- U7 – TINA BARRINGTON**
- U8 - JACKSON DYER,  
MONIQUE HOLAH**
- U9 – LEANNE BERTACCO, PAULINE DALY,  
LISA BARNES**
- U10 – SHERRIE BOULTER, PHILLIP KENNEDY**
- U11 – GEORGIE BELL**
- U12 – BEN CONDON**
- U13 – ROBYN CELEBI**

### **BOYS**

- U6 – TAYLA GARROD**
- U7 – MELINDA DOEHMANN**
- U8 - FRANK TEVERE**
- U9 – NAOMI ROBINSON**
- U10 –JON SEDDON**
- U11 –CHRISTINA HABAL,  
JANINE SIMONDSON**
- U12 –GARY GRINSTED**
- U13 – 15 STEVE KOSA**



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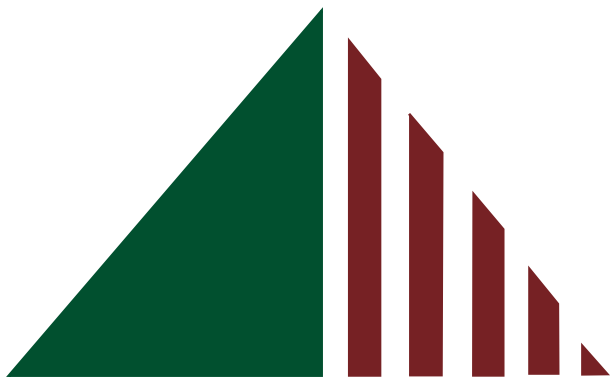
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## Photo Acknowledgements

Thank you to Mark Thompson plus other contributors who provided photos for inclusion into our handbook. Thanks also to Knox Little Aths for use of some of their photos.

If anyone is interested in contributing photos or ideas to the handbook for next year (even co-ordinating the handbook itself), please feel free to talk to a committee member or get in touch via the Box Hill Little Athletic Centre website:





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