

## WELCOME TO WODEN LITTLE ATHLETICS

Dear athletes and families,

On behalf of the committee of the Woden Little Athletics Club, welcome to the 2011-2012 Little Athletics season. I hope you've had an enjoyable season of winter sports and that you're all set to go for a fun-filled summer of Little Athletics at Woden. Your committee has been working diligently over the winter months and in 2011-2012 will unveil a number of new and exciting innovations designed to both improve the overall experience for our athletes and their families and to encourage participation. Among the changes are: the appointment of Age Managers; the recognition of carnival participation in award calculations; the roll-out of new high jump equipment; and the creation of a second-hand 'running-shoe pool'.

As always, we'll have wonderful, qualified coaches on-hand to assist in the development of our athletes both during the weekly programs and of a Thursday afternoon for our U8's and above. Your committee, identifiable in our bright green shirts, is always on-hand to answer questions and we are always open to feedback – good and bad.

The successful running of WLAC depends on the support and active participation of parents. On the first Saturday we will be running a short program for everyone to learn or to re-familiarise themselves with the various support roles and events. We will also be holding a free coaching and officiating orientation session early in the season. If you're not sure what to do, why not tag along with your child's age group and lend a hand where you can? I'm sure you'll find it to be incredibly rewarding!

I'd like to recognise the support of our returning sponsors in The Athlete's Foot, Netspeed and MMM Interiors, and to welcome and thank our new sponsors for this season in the Bendigo Bank and Prinstant. Without the support of our sponsors, the Club is simply unable to function.

In closing, I commend this handbook and the WLAC website ([www.wlac.org](http://www.wlac.org)) to you as your primary sources of information regarding the upcoming season. Your committee is looking forward to renewing old friendships and to forging new ones. Thank you for your involvement and best wishes for a wonderful season 2011-2012.

Andrew Pryor  
President

# WODEN LITTLE ATHLETICS 2011-12 CALENDAR

<b>Date 2011</b>	<b>Day</b>	<b>Time</b>	<b>Event</b>	<b>Location</b>
4 Sept	Sunday	9.00-12.00	Registration day	Woden Park
11 Sept	Saturday	9.00-1.00	Registration day	Woden Park
15 Oct	Saturday	8.45-11.30	Week 1 – Orientation day	Woden Park
22 Oct	Saturday	8.45-11.30	Week 2 – Normal meeting	Woden Park
29 Oct	Saturday	8.45-11.30	Week 3 – Normal meeting	Woden Park
5 Nov	Saturday	8.45-11.30	Week 4 – Normal meeting	Woden Park
11 Nov	Friday	6.00-7.30	Week 5 – Modified program	Woden Park
<b>13 Nov</b>	<b>Sunday</b>	<b>9.00-3.00</b>	<b>ACTLAA Multi Event Carnival</b>	<b>AIS Bruce</b>
19 Nov	Saturday	8.45-11.30	Week 6 – Normal meeting	Woden Park
26 Nov	Saturday	8.45-11.30	Week 7 – Normal meeting	Woden Park
3 Dec	Saturday	8.45-11.30	Week 8 – Normal meeting	Woden Park
9 Dec	Friday	6.00-7.30	Week 9 – Modified program	Woden Park
<b>11 Dec</b>	<b>Sunday</b>	<b>9.00-3.00</b>	<b>ACTLAA Relay Carnival*</b>	<b>AIS Bruce</b>
17 Dec	Saturday	8.45-11.00	Week 10 – Modified program	Woden Park

**Events in bold** are conducted by the ACT Little Athletics Association (ACTLAA) and involve all ACT and South Coast clubs. All athletes from under 8 through to under 17 age groups are eligible to enter and participation is coordinated by our club.

\*Under 7 athletes can participate in the ACTLAA Relay Carnival.

# WODEN LITTLE ATHLETICS 2011-12 CALENDAR

Date 2012	Day	Time	Event	Location
14 Jan	Saturday	9.00-1.00	Week 11 – Woden Carnival Ribbon Day	Woden Park
20 Jan	Friday	6.00-8.00	Week 12 – Normal meeting	Woden Park
27 Jan	Friday	6.00-8.00	Week 13 – Normal meeting	Woden Park
4 Feb	Saturday	8.45-11.30	Week 14 – Normal meeting	Woden Park
11 Feb	Saturday	8.45-11.30	Week 15 – Normal meeting	Woden Park
18 Feb	Saturday	8.45-11.30	Week 16 – Normal meeting	Woden Park
25 Feb	Saturday	8.45-11.30	Week 17 – Club Championships	Woden Park
<b>3 Mar</b>	<b>Saturday</b>	<b>9.00-3.00</b>	<b>Southside Regional Carnival</b>	<b>Woden Park</b>
<b>4 Mar</b>	<b>Sunday</b>	<b>9.00-3.00</b>		
9 Mar	Friday	6.00-8.00	Week 18 – Club Championships	Woden Park
17 Mar	Saturday	8.45-11.30	Week 19 – Club Championships	Woden Park
<b>24 Mar</b>	<b>Saturday</b>	<b>9.00-3.00</b>	<b>ACT Championships</b>	<b>AIS Bruce</b>
<b>25 Mar</b>	<b>Sunday</b>	<b>9.00-3.00</b>		
1 Apr	Sunday	9.30-11.30	Club AGM/Presentation Day	TBA

**Events in bold** are conducted by the ACT Little Athletics Association (ACTLAA) and involve all ACT and South Coast clubs. All athletes from under 8 through to under 17 age groups are eligible to enter, and participation is coordinated by our club.

Athletes who qualify at the Southside Regional Carnival must be prepared to go on to participate in the ACTLAA Championships. Entry into the ACTLAA Championships is only through qualification at the Southside Regional Carnival.

## **ABOUT LITTLE ATHLETICS**

Little Athletics promotes athletics for children and adolescents between the ages of 5 and 16. The aim is to develop the confidence, fitness and athletic skills of young people in a safe and fun environment. The motto of Little Athletics is 'Family, Fun and Fitness'.

In the ACT, Little Athletics is organised by the ACT Little Athletics Association (ACTLAA), whose responsibility is to oversee the running of Little Athletics in the ACT and in the wider surrounding region of NSW including the South Coast, Cooma and Goulburn.

## **WODEN LITTLE ATHLETICS CLUB**

Woden Little Athletics Club has been established since 1972 and is affiliated with the ACTLAA. The club is run by the parents of children who are registered with the club. A committee is elected at the Annual General Meeting in March each year to organise the running of the club for the next season. Club competition is generally held on Saturday mornings and children participate in their age groups in various track and field events managed by parent volunteers.

Children between the ages of 5 and 16 can register with the club. Age groups are determined by the child's age at 1 October 2011 and the child competes in that age group for the whole of the 2011-12 season. Children who are younger than 5 on 1 October 2011 can be registered if they will turn 5 by the end of March 2012.

## **PARENT INVOLVEMENT**

Woden Little Athletics is run entirely by volunteers. On competition days, there can be more than 300 children taking part in five events each. With at least 12 groups each for boys and girls, this is a major undertaking.

We need parents, and other volunteers, to help each Saturday morning to ensure everything runs smoothly and children obtain the maximum benefit from their events. Children appreciate the presence of their parents as officials. Little Athletics is a family undertaking and it is an enjoyable and rewarding task if everyone does their share. You do not need any previous experience to be an official and there are a number of qualified and more experienced officials to help you out. Also, during the first few weeks of the season, familiarisation sessions for parents will be held to explain what is involved in officiating in the various track and field events and some basic techniques for each event. Each club is expected to provide a quota of officials for ACTLAA carnivals. WLAC requires a parent of each child participating at these carnivals to officiate or help. If a parent or relative is unable to assist, their child will not be allowed to participate (unless prior arrangements have been made with the club or team manager). Rosters are arranged to coincide with the child's event at the carnival. Rosters are advised in advance to enable parents to organise their schedule and ask questions of the club and team manager if required.

In addition to conducting club competition, there are a number of coordinating roles and off field duties that have to be done. These include committee positions, looking after fund raising, registrations, recording performances, awards, equipment, uniforms, the officials' roster and the canteen. It is important to remember that all these jobs are

undertaken by volunteers. The committee members can be identified by their bright green shirts and are there to provide assistance, so please ask someone in a green shirt.

## **REGISTRATION**

On registration, each child will receive:

- (a) a registration number patch;
- (b) an age patch;
- (c) an achievement book; and
- (d) the Woden Little Athletics Club handbook;

Registration fees (per child registered) for the 2011-12 season (October to March) are:

- \$110 for first child;
- \$100 for a second child;
- \$90 for a third child;
- \$80 for a fourth child;
- \$70 for a fifth child and each subsequent child.

This registration fee covers affiliation to the ACTLAA (\$60 per child), insurance, entry fees to ACTLAA run carnivals, payment of ground hire, equipment purchases, club awards and certificates.

There will be two alternatives for registration this season. This includes online registration, with the opportunity for credit card payments, as well as the traditional registration days at the WLAC centre, where families can still collect their registration numbers and their 2011-12 season pack. For more details, and to download the registration form or for the link to online registration see [www.wlac.org](http://www.wlac.org).

## **UNIFORMS**

### ***Club Uniform***

The **Woden Little Athletics uniform** consists of:

- A gold t-shirt with green trim and 'WODEN' on the back or a club crop top;
- emerald shorts or lycra pants.

These items are available for purchase from the uniform shop.

The uniform is encouraged, but not required for regular club meetings. It is compulsory to wear the official club uniform, including registration number and age patch, when participating in interclub or ACTLAA competitions.

### ***Registration number and age patch***

The registration number and age patch must be worn at every club meeting. The registration number must be sewn or pinned to the front of the t-shirt and the age patch sewn or pinned on the left shoulder.

## **WEEKLY PROGRAM**

Our program will vary from week to week, but the aim will be for all athletes to compete or be coached in four to five events each program. We seek to achieve a balance between running, throwing and jumping events and to cover all events several times during the season. Some events will be deliberately scheduled on successive weeks to give athletes an opportunity to practice and improve their skills.

Under 6, under 7 and under 8 children will be involved in a combination of normal events and 'On Track' activities. 'On Track' is a less competitive and more active, compact and fun program in which children can develop their skills and confidence before moving on to more traditional track and field competition.

Each week's program will begin with warm up exercises and a series of stretches for all athletes. It is imperative that all athletes take part as the warm up and stretching exercises are essential for avoiding unnecessary injuries. Please ensure that athletes are at the track in time to participate in the warm up sessions.

### **TRAINING AND COACHING**

Woden is privileged to have a number of qualified coaches. We utilise their skills by incorporating coaching in our regular club programs. The focus of coaching is on different event skills each week with those events scheduled on following weeks allowing athletes to build on this development. There are also special sessions dedicated to preparing for participation in the ACTLAA carnivals during the season.

Weekly coaching is held for under 8s and above on Thursdays from 5.30 pm to 6.30 pm at Woden Park. The cost of this session is a gold coin donation per athlete per session.

In the first few weeks of the season, parents will also be offered training in officiating and basic coaching in events.

### **PERSONAL ACHIEVEMENT AWARDS**

At Woden Little Athletics Club, we focus on participation and encouraging athletes to be their best. We encourage the achievement of personal best (PB) performances in all events. Each week, during our announcements, we recognise those who have achieved personal bests.

### **PARTICIPATION AND IMPROVEMENT AWARDS**

Also, at the end of the season, trophies are awarded to the athletes who achieve the highest number of points in their age group. During the season, each athlete will receive a point every time they compete in an event at a club meeting. Bonus points are awarded if the athlete achieves a personal best performance in an event. Bonus points are also awarded for participation in ACTLAA Carnivals and the Woden Carnival. Points are tracked by the club's Recording Officer. Athletes and their parents can track improvement in personal best performances by looking at the results page on the Club's website and by entering results tickets in the achievement book.

### **WODEN CLUB CHAMPIONSHIPS**

The Championships of the Woden Little Athletics Club are a discrete point score competition involving all registered athletes. To be eligible for points in Championship events, athletes must have competed in at least three weekly Club meetings during the current season. Points are awarded for each event participated in at the club championships, on the basis of five points for first, three points for second, two points for third and one point for all other participants. Trophies are awarded at our annual presentation day for the overall Club Championship place getters in each age group.



## **WODEN CARNIVAL RIBBON DAY**

**Saturday, 14 January 2012**

Woden will host a 'Ribbon Day' carnival on Saturday, 14 January 2012. This carnival is open to all Woden athletes as well as athletes from other clubs and centres from around the region. An entry fee of \$5 per athlete applies. The entry fee is payable at the gate on the day. All athletes will receive a participation ribbon. Place ribbons will be awarded to the first three place getters in all events. Entries can be placed through our club website. All entries for the carnival must be received by Friday, 6 January 2012.

## **ACTLAA CARNIVALS**

As part of the competition run each week by the club, there are a number of carnivals conducted during the season where athletes from all clubs may compete. These carnivals are open to all under 8s and above except for the Relay Carnival which is open to under 7s and above. Dates for these carnivals are listed in the calendar. Participation in these carnivals is optional but we do encourage children to participate to expand their athletic experiences.

The ACTLAA carnivals are described briefly below. Participation in these carnivals is organised through the club. As each club is expected to provide a quota of officials for each carnival, WLAC requires a parent of each child participating at these carnivals to officiate or help. If a parent or relative is unable to assist, their child will not be allowed to participate (unless prior arrangements have been made with the club or the team manager). Rosters are arranged to coincide with the child's event at the carnival. Rosters are advised in advance to enable parents to organise their schedule and ask questions of the club and team manager if required.

### **Multi-Event**

**Sunday, 13 November 2011**

Held at the AIS track at Bruce on Sunday, 13 November 2011. Each participating athlete is expected to compete in either four or five events (depending on age). In general these consist of a short and longer run, a throw and a jump.

### **Relay Carnival**

**Sunday, 11 December 2011**

Held at the AIS track at Bruce on Sunday, 11 December 2011. Athletes from each age group from under 7s and above will have the opportunity to run in both a short and a long relay, as well as do a jump and a throw. This allows athletes to compete as part of a team. We will select teams in the weeks leading up to the carnival so that they can practice as a team before getting to the carnival.

## **Southside Regional Carnival**

**Saturday, 3 March and Sunday, 4 March 2012**

The Southside Regional Carnival will be held at Woden Park on Saturday, 3 March and Sunday, 4 March 2012. This is organised by a committee made up of officials from the Southside ACT clubs and will require substantial parental support. This is the only way for athletes to qualify for the ACT Championships. It should be noted that athletes who do qualify must be prepared to go on to participate in the ACTLAA Championships.

## **ACTLAA Championships**

**Saturday, 24 March and Sunday, 25 March 2012**

This is the last and main event of the ACTLAA calendar. The ACTLAA Championships will be held at the AIS track on Saturday, 24 March and Sunday, 25 March 2012. The Under 9s through to Under 17s compete at these Championships. Entry is through qualification at the Southside Regional Carnival. On completion of the Championships, the ACT team (in the U13 and U15 age groups) will be picked for the Australian Little Athletics Championships.

## **SENIOR ATHLETICS**

There are a number of senior Athletics Clubs in Canberra who compete in interclub athletics which is generally held at the AIS track at Bruce on a weekly basis.

**Events:** All track and field events are conducted on a revolving program basis. Athletes may compete in as many events as they like.

**Age groups:** Age groupings start at under 14s and increase by two year increments.

**Starting date:** Senior athletics begins in mid October. Woden Little Athletics members who would like to compete must join a Senior Club. There is an arrangement between ACT Little Athletics and Athletics ACT which allows athletes in the under 12 to under 15 age groups to register with both organisations at a considerable saving.

## **ATHLETES CODE OF BEHAVIOUR**

WLAC **athletes** should strive to adhere to the following codes of behaviour:

- Play by the rules;
- Do not deliberately distract or provoke an opponent – this is not acceptable in our sport;
- Show good sportsmanship – applaud all good results whether they be from WLAC, an opponent, or from another Centre or Club;
- Treat all fellow athletes as you would like to be treated – do not interfere with, bully or take unfair advantage of another athlete;
- Avoid using bad language;
- Work equally hard for yourself and WLAC;

- Co-operate with your coach, club mates and other participants in our sport – without them there would be no competition;
- Participate in Little Athletics for your enjoyment – not just to please your parents, relatives or your coach;
- Show respect to coaches and officials;
- Never argue with or abuse an official, and
- Recognise the value and importance of volunteer officials and/or coaches, as they give their time, resources and knowledge to provide an enjoyable and safe environment for you, and deserve your support.

## **PARENTS AND RELATIVES CODE OF BEHAVIOUR**

WLAC parents and relatives attending ACT Little Athletics Association activities, including weekly competition at WLAC, carnivals, coaching and education clinics, are to adhere to the following codes of behaviour:

- Encourage the child to participate;
- Focus on the child's efforts rather than the overall result, as this will assist the child in setting realistic goals related to his/her ability by reducing the emphasis on winning;
- Teach the child that an honest effort is as important as a victory, so that the result of each event is accepted without disappointment;
- Encourage the child to always participate according to the rules;
- Never ridicule or yell at a child for making a mistake or losing an event;
- Remember that the child is involved in Little Athletics for their enjoyment – not yours;
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public. Remember that most officials give their time and effort freely for the children's involvement in Little Athletics;
- Support all efforts to remove verbal and physical abuse in ACTLAA activities;
- Recognise the value and importance of the volunteer official and/or coach, as they give their time, resources and knowledge to provide an enjoyable and safe environment for your children, grandchildren, nephews, nieces, and deserve your support;
- Remember that children participate in ACT Little Athletics activities for fun and are not participating for the convenience of parents only – it is not a child-minding organisation. Centres need your support and involvement to conduct activities for your child;
- Demonstrate appropriate social behaviour by not harassing children, coaches or officials, and by not smoking on the arena or being intoxicated, and
- Avoid using bad language.

## **SUNSMART AND HYDRATION**

We strongly urge all parents and children to bring and wear a hat and to regularly apply sunscreen to exposed skin on arms, face, neck and legs. Also, minimise dehydration by bringing a drink bottle and drinking sensible amounts of water during the day.

## **SHOES**

Shoes are compulsory for all events. For safety reasons, children will not be permitted to compete without shoes.

Athletes in the under 9 to under 17 age groups may wear spikes. The maximum length of the spikes permitted on grass is 9mm. At the AIS track, Bruce it is 7mm. **Athletes wearing spikes in track events MUST put them on in their lanes at the start of the race and MUST REMOVE them at the finish line before they leave their lane. Any infringement of this rule will result in the athlete being forbidden to wear spikes.**

Spikes may be worn only in running events up to and including the 400 metres and in the Hurdles, Long Jump, Triple Jump and High Jump. In jumping events, those athletes wearing spikes must make sure that they do not endanger themselves or their fellow competitors while waiting for their turn. The official at these events is entitled to ask athletes to remove their spikes if the official thinks that they are causing a problem.

## **LOST PROPERTY**

Please mark your child's belongings – this makes it easier to find any lost property. There is a lost property container in the equipment shed. Please check this container for any misplaced items. Any items left at the end of the season will be donated to charity or thrown out.

## **INSURANCE**

All registered athletes, parents and other volunteers helping are covered by insurance while participating in Little Athletics activities. Parent helpers and other volunteers must record their names on the event recording sheets to ensure that they are covered by insurance.

## **SMOKING**

In the ACT, smoking is not permitted at sporting venues. Remember that Little Athletics promotes health and fitness for children.

## **WET WEATHER**

In the event of wet weather, the ground will be inspected at around 8 am on Saturday morning. If it is necessary to cancel a club meet, we will have a message on our website ([www.wlac.org](http://www.wlac.org)), on the mobile phone (0439 408377) and we will try to have announcements on radio. If grounds have been closed by the ACT Government, there will be a message on the Sportsground Wet Weather Line (phone 6207 5957).

At Woden, it is our policy to provide a program every scheduled club meeting if possible. If the condition of the ground will not support the planned program, the club will organise an abbreviated program possibly built around sprints, training and limited field events.

## **SAFETY**

Safety is paramount. Committee members, coaches and officials will do their best to ensure that all events are conducted safely. Nevertheless, it must be stressed that **safety is everyone's responsibility**. We strongly urge parents to impress upon their children why we have safety rules and the need to obey them. To this end, any child whose behaviour endangers the safety of others will not be allowed to take part in any event.

### **Some important safety things to remember—**

#### **Running track**

Look before walking across the track. Do not walk across lanes when track events are in progress.

#### **Throwing events**

Athletes must not throw if there is anyone in front of them. All competitors must stand or sit behind the thrower at all times and should never have their backs turned to the thrower. This applies to officials, spectators or anybody near the throwing areas. Implements (discus, shot and javelin) must be carried back to the circle or runway, not thrown back.

#### **Hurdles**

Athletes may only use hurdles when under supervision of officials. Athletes must never run over hurdles in the reverse direction and never hurdle if the grass is wet.

#### **Jumps**

Rakes and shovels at the long and triple jumps pits are not toys and must be out of reach of small children at all times. Diving head first over the high jump bar is absolutely prohibited. High jump bags should only be used for practice or competition. No equipment is to be used by children unless there is an official present to supervise them.

#### **Warming up**

An adequate warm up is essential for injury free competition and, particularly for older children, is a great help to achieving their best performance. All athletes should understand the necessity and benefits of a proper preparation and warm up for each event.

#### **Fences, stands and trees**

Children should not play on the fences or the stands as there is sharp wire on the cyclone fences and there is the danger of falling from the back of the stands. Children should not climb trees.

**EVENT SPECIFICATIONS HIGH JUMP:**

The starting height for the high jump bar in each age group.

	Boys	Girls	
<b>Under 8</b>	70cm	70cm	Elastic rope
<b>Under 9</b>	75cm	70cm	Bar
<b>Under 10</b>	85cm	80cm	Bar
<b>Under 11</b>	95cm	90cm	Bar
<b>Under 12</b>	105cm	100cm	Bar
<b>U13 to U15</b>	110cm	105cm	Bar
<b>U16 to U17</b>	110cm	110cm	Bar

The bar or rope should rise 5 cm each round until there are six or fewer competitors remaining, at which point the bar should rise 2 cm each round.

**HURDLES:** The set up details for hurdles.

Age group	Distance	Distance to first hurdle	Number of flights	Distance between flights	Distance to finish
<b>U8 - U12</b>	60 metres	12 metres	6	7 metres	13 metres
<b>U13 Boys U13 - U14 Girls</b>	80 metres	12 metres	9	7 metres	12 metres
<b>U14 Boys U15 Girls</b>	90 metres	13 metres	9	8 metres	13 metres
<b>U15 Boys U16 &amp; U17 Boys &amp; Girls</b>	100 metres	13 metres	10	8.5 metres	10.5 metres
<b>U15 – U17</b>	200 metres	20 metres	5	35 metres	40 metres

**Height of Hurdles:** Under 8-9 45 cm  
 Under 10-11 60 cm  
 Under 12 68 cm  
 Under 13-17 76 cm

Please note that hurdles will not be run if the track is wet and athletes must never jump hurdles in the reverse direction.

**SHOT PUT, DISCUS AND JAVELIN:** The weights for the throwing events.

Age group	Shot Put	Discus	Javelin
Under 6 to Under 7	1 kg (Blue)	350 gm	-
Under 8	1.5 kg (Yellow)	500 gm	-
Under 9 to Under 10	2 kg (Orange)	500 gm	-
Under 11 Boys and Under 11 to Under 12 Girls	2 kg (Orange)	750 gm	400 gm
Under 12 Boys and Under 13 Girls	3 kg (White)	750 gm	400 gm
U14 Girls	3 kg (White)	1kg	400 gm
U15 to U17 Girls	3 kg (White)	1kg	500gm
Under 13 Boys	3 kg (White)	1 kg	600 gm
Under 14 to Under 15 Boys	4 kg (Red)	1 kg	600 gm
Under 16 to Under 17 Boys	5 kg (Green)	1.5 kg	700 gm

**LONG JUMP AND TRIPLE JUMP:** The take off area varies between age groups.

Age group	Long Jump	Triple Jump
Under 6 to Under 9	Metre square mat	
Under 10	One metre by half metre mat	
Under 11 to Under 12	One metre by half metre mat	One metre by half metre mat
Under 13 to Under 17	Board	Board

Where mats are used, they should be covered with a thin layer of damp sand and the jump should be measured from the toe of the take off foot as shown by the imprints in the sand to the nearest imprint in the landing pit. When jumping from the 'board' the jump should be measured from the front of the board to the nearest imprint in the landing pit.



## Supporting Little Athletics families in Canberra.

Welcome to another awesome season of Little Athletics!

The Athlete's Foot is very happy to again support you to get up and running.

This year we will be having 2 "VIP Weekends" at our stores:

on the 8&9th and the 15&16<sup>th</sup> of October.

Visit our Westfield Belconnen, Westfield Woden or Tuggeranong Hyperdome stores on these weekends, let us know you are with Little Athletics, and for purchases of waffles, spikes or regular athletic shoes you will receive:

Double ClubFit points!

A choice of either Athletic socks or a drink bottle, and

Water-proofing for all shoes.

So, make sure you are in our ClubFit programme if you are not already. Free to join, ClubFit entitles you to a \$50 voucher for every \$500 spent. (With double points over the VIP weekends – that's the equivalent of a 20% value back on purchases!). This is not time limited and can be used for ANY shoes purchased for ANYONE in family ALL YEAR ROUND, including school shoes, or shoes for Mum and Dad.

We look forward to helping you get up the right fit to be your best this season.

**Regards,**

**The Athlete's Foot**

**Westfield Belconnen, Westfield Woden, and Tuggeranong Hyperdome.**

Our Fit Technicians at The Athlete's Foot are highly trained in foot anatomy and use the revolutionary technology of Fitprint® that scans childrens' feet and their individual gait to help select the best fitting shoes.

We are leaders in quality performance footwear and stock high quality shoes, which are durable and provide excellent support, comfort and performance.

Plus, we have an increased stock of shoes this year to help get the right FIT for everyone.



WODEN LITTLE ATHLETICS CLUB IS PROUDLY SPONSORED BY—



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[www.prinstant.com.au](http://www.prinstant.com.au)

For more information about our sponsors and to support their business, please see their details on our website [www.wlac.org](http://www.wlac.org).

WLAC are always interested in speaking to people and businesses in our community regarding sponsorship opportunities. If you are interested in becoming a WLAC sponsor, please see a WLAC Committee member.

**WODEN LITTLE ATHLETICS CLUB RECORDS**

<b>Event</b>	<b>Age Group</b>	<b>Distance or time</b>	<b>Name</b>	<b>Date</b>
50M Run	U/6 Boys	8.9	C. Carter	30/04/1990
		8.9	J. Godwin	06/02/2004
	U/7 Boys	8.5	Rueban Owusu	03/02/2006
	U/8 Boys	7.2	M. Smith	02/09/1991
50M Run	U/6 Girls	9.7	K. Cheyne	03/09/1992
	U/7 Girls	8.8	A. Woodger	03/09/1995
	U/8 Girls	7.7	C. Hosking	03/09/1995
70M Run	U/6 Boys	12.7	J. Merlino	02/09/2001
	U/7 Boys	11.8	C. Carter	02/09/1990
	U/8 Boys	11.1	Reuben Owusu	18/11/2006
	U/9 Boys	10.2	D.Skiadopoulos	03/09/1998
	U/10 Boys	10.1	K. Griffith	03/09/1990
70M Run	U/6 Girls	13.5	T. Durston	03/09/1988
	U/7 Girls	12.6	D. Moneypenny	03/09/1989
	U/8 Girls	11.1	H. McEwin	03/09/1989
	U/9 Girls	11.2	E. Lewis	03/09/1988
	U/10 Girls	10.5	A. Carmarrotto	03/09/1990
100M Run	U/6 Boys	18.0	C. Carter	02/09/1989
	U/7 Boys	16.3	M. Collins	30/04/2003
	U/8 Boys	15.6	M. Smith	02/09/1991
		15.6	Jordan Martin	27/10/2001
	U/9 Boys	15.03	Jasper Sheehan	28/11/2009
	U/10 Boys	14.2	K. Griffith	03/09/1990
	U/11 Boys	14.0	Gavan Brookman	03/09/1989
		14.0	Kai Chaivannacoopt	01/12/2001
	U/12 Boys	13.4	Gavan Brookman	03/09/1990
	U/13 Boys	12.8	B. Wood	03/09/1992
	U/14 Boys	11.9	B. Wood	03/09/1993
	U/15 Boys	11.7	Gavan Brookman	03/09/1993
	U/16 Boys	12.4	James Daly	25/10/2008
	U/17 Boys	12.7	Michael Armati	08/12/2007
100M Run	U/6 Girls	19.3	T. Durston	03/09/1988
	U/7 Girls	18.4	Emma Carter	27/10/2001
	U/8 Girls	16.0	G. O'Rourke	30/04/2003
	U/9 Girls	15.1	K. Irving	03/09/1994
	U/10 Girls	14.8	Megan Taylor	01/12/2001
		14.8	Catherine Wild Taylor	18/03/2002
	U/11 Girls	13.9	Carmen Taylor	03/09/2000
	U/12 Girls	13.1	S. D'Silva	03/09/1990
	U/13 Girls	13.1	S. D'Silva	03/09/1991
100M Run	U/14 Girls	12.7	Erin Prince	16/01/2009
		12.7	Colette Remont	16/01/2009

## Woden Little Athletics Club 2011-12

Event	Age Group	Distance or time	Name	Date
	U/15 Girls	12.7	V. Long	03/09/1996
	U/16 Girls	13.34	Erin Prince	18/12/2010
	U17 Girls	15.72	Melissa Pompeani	19/12/2009
200M Run	U/6 Boys	40.2	C. Carter	02/09/1998
	U/7 Boys	36.3	C. Carter	02/09/1990
	U/8 Boys	33.2	M. Smith	02/09/1991
	U/9 Boys	32.3	M. Caggiano	03/09/1990
	U/10 Boys	30.5	K. Griffith	03/09/1990
	U/11 Boys	27.7	Gavan Brookman	03/09/1989
	U/12 Boys	28.5	S. Steininger	03/09/1989
	U/13 Boys	27.3	S. Dugbaza	03/09/1993
	U/14 Boys	25.5	B. Wood	03/09/1993
		25.5	James Baguley	11/03/2002
	U/15 Boys	24.3	Timothy Coates	10/11/2001
	U/16 Boys	25.9	Michael Armati	28/10/2006
	U/17 Boys	26.56	James Daly	20/02/2010
200M Run	U/6 Girls	42.8	K. Cheyne	03/09/1992
		42.8	C. Simpson	03/09/1998
	U/7 Girls	39.3	Emma Carter	11/03/2002
	U/8 Girls	35.0	C. Blinksell	03/09/1989
	U/9 Girls	33.2	E. Lewis	03/09/1988
		33.2	Shannon Denley	11/03/2002
	U/10 Girls	30.8	Catherine Wild Taylor	17/11/2001
	U/11 Girls	29.6	A. Blums	03/09/1989
	U/12 Girls	28.6	S. D'Silva	03/09/1990
	U/13 Girls	28.2	S. D'Silva	03/09/1991
	U/14 Girls	27.8	Chelsea Hosking	10/11/2001
		27.8	Angela Blackburn	30/04/2003
		27.8	Colette Remont	16/01/2009
	U/15 Girls	27.2	V. Long	03/09/1996
	U/16 Girls	30.0	Anna McCormack	23/10/2010
	U17 Girls	35.4	Melissa Pompeani	24/10/2009
400M Run	U/8 Boys	1-17.6	Patrick Mills	02/09/1995
	U/9 Boys	1-12.5	G. Patron	03/09/1990
	U/10 Boys	1-09.9	T. Simpson	03/09/1995
	U/11 Boys	1-02.8	N. Wadham	30/04/2003
	U/12 Boys	1-04.9	J. Platt-Hepworth	03/09/1999
	U/13 Boys	1-03.2	N. Dimitrievitch	30/04/2003
	U/14 Boys	59.1	L. Trobe	03/09/1996
	U/15 Boys	54.4	J. Collignon	03/09/1998
	U/16 Boys	58.4	Michael Armati	21/10/2006
400M Run	U/17 Boys	1-00.4	Michael Armati	16/02/2008
	U/8 Girls	1-25.5	Grace O'Rourke	24/02/2004
	U/9 Girls	1-16.2	Grace O'Rourke	14/02/2004
	U/10 Girls	1-12.9	Catherine Wild-Taylor	18/03/2002
	U/11 Girls	1-09.8	Carmen Taylor	19/09/2001

Event	Age Group	Distance or time	Name	Date
	U/12 Girls	1-07.0	Benita Compton	11/03/2002
	U/13 Girls	59.6	Zoe Buckman	01/03/2002
	U/14 Girls	59.1	Zoe Buckman	30/04/2003
	U/15 Girls	1-00.1	R. Bennets	03/09/1995
	U/16 Girls	1-10.35	Elizabeth Hosking	19/02/2011
	U17 Girls	1-25.32	Melissa Pompeani	19/12/2009
800M Run	U/8 Boys	3-11.5	Harry Collins	11/03/2002
	U/9 Boys	2-47.2	P. Burns	03/09/1990
	U/10 Boys	2-34.4	D. O'Hara	03/09/1992
	U/11 Boys	2-27.0	I. Stuart	03/09/1990
	U/12 Boys	2-30.4	D. Brown	03/09/1997
	U/13 Boys	2-22.8	Christopher Dunkley	10/02/2007
	U/14 Boys	2-26.5	Gregory Hosking	19/01/2007
	U/15 Boys	2-14.5	C. O'Hara	03/09/1999
	U/16 Boys	2-31.1	Michael Armati	28/10/2006
	U/17 Boys	2.20.0	Robert Dunkley	29/11/2008
800M Run	U/8 Girls	3-22.9	Annie Harper	11/03/2002
	U/9 Girls	2-57.9	B. Simpson	03/09/1995
	U/10 Girls	2-44.0	Keely Small	05/03/2011
	U/11 Girls	2-42.6	B. Simpson	03/09/1997
	U/12 Girls	2-37.2	Anna Neumaier	03/09/1998
	U/13 Girls	2-22.4	Anna Neumaier	03/09/1999
	U/14 Girls	2-18.1	Zoe Buckman	30/04/2003
	U/15 Girls	2-28.9	Anna McCormack	12/12/2009
	U/16 Girls	2-30.1	Anna McCormack	20/11/2010
	U17 Girls	3-18.6	Melissa Pompeani	31/10/2009
1500M Run	U/10 Boys	5-17.6	A. Mcgrath	03/09/1991
	U/11 Boys	5-12.2	D. Brown	03/09/1996
	U/12 Boys	5-02.5	Maxwell Graham	13/11/2010
	U/13 Boys	4-58.4	Brandon Bardsley	11/03/2011
	U/14 Boys	4-59.9	Christopher Dunkley	09/02/2008
	U/15 Boys	4-55.5	T. Argue	03/09/1994
	U/16 Boys	5-08.7	Robert Dunkley	09/02/2008
	U/17 Boys	5-06.9	Michael Armati	20/10/2007
	U/10 Girls	5-27.5	Keely Small	11/03/2011
	U/11 Girls	5-22.2	B. Simpson	03/09/1997
1500M Run	U/12 Girls	5-16.7	Anna Neumaier	03/09/1998
	U/13 Girls	4-52.7	Anna Neumaier	03/09/1999
	U/14 Girls	5-15.5	Anna Neumaier	03/09/2000
	U/15 Girls	5-08.3	Anna Neumaier	17/02/2002
	U/16 Girls	7-22.6	Lili Mooney	17/10/2009
	U17 Girls	6-59.6	Melissa Pompeani	14/11/2009
700M Walk	U/8 Boys	4-37.3	John Ashleigh	29/10/2005

## Woden Little Athletics Club 2011-12

Event	Age Group	Distance or time	Name	Date
	U/9 Boys	3-03.8	A. Singer	03/09/1995
700M Walk	U/8 Girls	4-40.8	Caitlan Hosking	27/11/2004
	U/9 Girls	4-05.9	E. Hosking	13/03/2004
1100M Walk	U/10 Boys	6-45.4	Patrick Mills	03/09/1997
	U/11 Boys	6-34.9	S. Archer	03/09/1995
1100M Walk	U/10 Girls	6-43.9	Keely Small	20/11/2010
	U/11 Girls	6-20.7	J. Bialecki	03/09/1996
1500M Walk	U/12 Boys	9-09.4	S. Archer	03/09/1996
	U/13 Boys	8-43.9	S. Archer	03/09/1997
	U/14 Boys	7-42.1	S. Archer	03/09/1998
	U/15 Boys	9-15.8	A. Deck	03/09/1992
	U/16 Boys	9-14.8	Michael Armati	18/10/2006
	U/17 Boys	9-23.2	Michael Armati	16/02/2008
1500M Walk	U/12 Girls	8-07.4	Caitlan Hosking	25/10/2008
	U/13 Girls	7-29.3	Elizabeth Hosking	16/02/2008
	U/14 Girls	7-33.0	Elizabeth Hosking	25/10/2008
	U/15 Girls	7-25.9	Elizabeth Hosking	24/10/2009
	U/16 Girls	7-28.3	Elizabeth Hosking	19/02/2011
	U17 Girls	9-23.5	Melissa Pompeani	24/10/2009
60M Hurdles	U/8 Boys	11.7	Patrick Mills	02/09/1995
	U/9 Boys	10.9	L. Lodi	03/09/1997
	U/10 Boys	10.2	J. Rankin	03/09/1990
	U/11 Boys	10.4	Patrick Mills	03/09/1998
	U/12 Boys	10.1	Gavan Brookman	03/09/1990
60M Hurdles	U/8 Girls	12.3	N. Hamson	03/09/1999
	U/9 Girls	11.1	M. Taylor	19/09/2001
		11.1	Grace O'Rourke	14/02/2004
60M Hurdles	U/10 Girls	11.1	E. Lewis	03/09/1989
	U/11 Girls	10.7	K. Rollason	03/09/1989
	U/12 Girls	10.6	C. Hosking	03/09/1999
80M Hurdles	U/13 Boys	14.3	Allan Brookman	03/09/1995
80M Hurdles	U/13 Girls	14.2	Colette Remont	01/03/2008
	U/14 Girls	14.37	Madeleine Remont	27/11/2010
90M Hurdles	U/14 Boys	14.3	James Baguley	18/03/2002
90M Hurdles	U/15 Girls	14.6	S. Gook	03/09/1997
100M Hurdles	U/15 Boys	14.9	Gavin Brookman	03/09/1993
		14.9	J. Collignon	03/09/1998
100M Hurdles	U/16 Boys	16.06	Cheyenne Bowers	27/11/2010
100M Hurdles	U/16 Girls	19.0	Elizabeth Barrett	17/11/2007
	U17 Girls	19.4	Melissa Pompeani	31/10/2009

Event	Age Group	Distance or time	Name	Date
Long Jump	U/6 Boys	3.16	J. Merlino	02/09/1992
	U/7 Boys	3.26	T. Brooks	02/09/1991
	U/8 Boys	3.65	M. Smith	02/09/1991
	U/9 Boys	3.94	B. O'Conner	03/09/1988
	U/10 Boys	4.39	G. Hodgson	03/09/1989
	U/11 Boys	4.72	A. Deck	03/09/1988
	U/12 Boys	5.23	Gavan Brookman	03/09/1990
	U/13 Boys	5.21	Gavan Brookman	03/09/1991
	U/14 Boys	5.63	B. Wood	03/09/1993
	U/15 Boys	5.99	Gavan Brookman	03/09/1993
	U/16 Boys	5.33	Cheyenne Bowers	20/11/2010
	U/17 Boys	5.30	Michael Armati	15/12/2007
Long Jump	U/6 Girls	2.60	J. Smith	30/09/1991
	U/7 Girls	3.01	T. Lawrence	03/09/1989
	U/8 Girls	3.35	Melissa Clery	23/01/2009
	U/9 Girls	3.79	Grace O'Rourke	28/02/2004
	U/10 Girls	4.03	Grace O'Rourke	16/10/2004
	U/11 Girls	4.39	A. Blums	03/09/1989
Long Jump	U/12 Girls	4.87	A. Blums	03/09/1990
	U/13 Girls	5.00	Caila Mcqueen	01/12/2001
	U/14 Girls	5.09	Erin Prince	14/02/2009
	U/15 Girls	4.90	S.Badenoch Jones	03/09/1998
	U/16 Girls	5.01	Erin Prince	20/11/2010
	U17 Girls	3.76	Melissa Pompeani	17/10/2009
High Jump	U/8 Boys	1.05	Mitchell Nisbet	30/04/2003
		1.05	James Ashleigh	03/02/2006
	U/9 Boys	1.21	M. Blakey	03/09/1991
	U/10 Boys	1.30	S. Norgrove	03/09/1992
	U/11 Boys	1.39	J. Blums	03/09/1990
	U/12 Boys	1.53	J. Blums	03/09/1991
	U/13 Boys	1.64	Nicholas Buckland	28/02/2004
	U/14 Boys	1.75	Nicholas Buckland	18/12/2004
	U/15 Boys	1.77	Gavan Brookman	03/09/1993
	U/16 Boys	1.66	Cheyenne Bowers	20/11/2010
	U/17 Boys	1.55	Michael Armati	08/03/2008
High Jump	U/8 Girls	0.97	Grace O'Rourke	30/04/2003
		0.97	Khalia Ackerman	06/03/2004
	U/9 Girls	1.15	A. Carmarrotto	03/09/1989
		1.15	Grace O'Rourke	06/03/2004
	U/10 Girls	1.35	Shannon Nutt	07/03/2009
	U/11 Girls	1.43	Shannon Nutt	20/02/2010
	U/12 Girls	1.48	A. Blums	03/09/1990

Event	Age Group	Distance or time	Name	Date
	U/13 Girls	1.54	C. Wild Taylor	20/11/2004
	U/14 Girls	1.55	Hope Watson	02/02/2002
	U/15 Girls	1.62	H. Watson	30/04/2003
	U/16 Girls	1.40	Anna McCormack	05/11/2010
	U17 Girls	1.25	Melissa Pompeani	19/12/2009
Triple Jump	U/11 Boys	9.18	P. Burns	03/09/1992
	U/12 Boys	10.25	Gavan Brookman	03/09/1990
	U/13 Boys	11.10	Gavan Brookman	03/09/1991
	U/14 Boys	11.68	Gavan Brookman	03/09/1992
	U/15 Boys	12.03	Gavan Brookman	03/09/1993
	U/16 Boys	11.31	Cheyenne Bowers	12/02/2011
	U/17 Boys	10.71	Michael Armati	17/11/2007
Triple Jump	U/11 Girls	8.58	Rachel Alchin	14/03/2009
	U/12 Girls	9.38	C. Wild-Taylor	13/03/2004
	U/13 Girls	10.03	A. Blums	03/09/1991
	U/14 Girls	10.08	Erin Prince	25/10/2008
	U/15 Girls	11.26	S.Badenoch-Jones	03/09/1998
	U/16 Girls	9.78	Erin Prince	13/11/2010
Triple Jump	U17 Girls	7.69	Melissa Pompeani	24/10/2009
Shot Put	U/6 Boys	5.02	A. Burr	02/09/1988
	U/7 Boys	6.86	A. Burr	02/09/1989
	U/8 Boys	7.90	G. Patron	02/09/1989
	U/9 Boys	7.50	Allan Brookman	03/09/1991
	U/10 Boys	9.40	M. Bailes	03/09/1998
	U/11 Boys	9.23	Jayme Field	13/03/2010
	U/12 Boys	9.62	Allan Brookman	03/09/1994
	U/13 Boys	11.64	Allan Brookman	03/09/1995
	U/14 Boys	11.44	Allan Brookman	03/09/1996
	U/15 Boys	12.24	M. Wennerbon	03/09/1990
	U/16 Boys	9.87	Nicholas Buckland	11/11/2006
	U/17 Boys	9.73	Michael Armati	09/02/2008
Shot Put	U/6 Girls	4.84	K. Cheyne	03/09/1992
	U/7 Girls	5.81	Alexandra Pryor	08/03/2008
	U/8 Girls	7.10	C. Hendrickson	03/09/1991
	U/9 Girls	7.28	E. Seluka	03/09/1993
	U/10 Girls	8.88	H. Botton	03/09/1993
	U/11 Girls	8.90	Elizabeth Pearson	29/11/2003
	U/12 Girls	10.44	Jasmin Wozniak	18/03/2002
	U/13 Girls	8.76	Rachel Alchin	18/12/2010
	U/14 Girls	10.54	Jasmin Wozniak	28/02/2004
	U/15 Girls	10.58	Jasmin Wozniak	20/11/2004
	U/16 Girls	8.90	Erin Prince	09/10/2010
	U17 Girls	6.80	Melissa Pompeani	20/02/2010
Discus	U/6 Boys	12.08	Hamish Hardy	02/09/2001
	U/7 Boys	18.50	C. Carter	02/09/1990
	U/8 Boys	20.90	P. Mills	02/09/1995

Event	Age Group	Distance or time	Name	Date
	U/9 Boys	23.86	P. Mills	03/09/1996
	U/10 Boys	29.80	P. Mills	03/09/1998
	U/11 Boys	25.06	P. Mills	03/09/1999
	U/12 Boys	32.34	K. Emery	03/09/1990
	U/13 Boys	31.62	Allan Brookman	03/09/1995
	U/14 Boys	33.76	Allan Brookman	03/09/1996
	U/15 Boys	36.60	Gavan Brookman	03/09/1993
	U/16 Boys	32.50	Nicholas Buckland	10/03/2007
	U/17 Boys	21.25	Michael Armati	20/10/2007
Discus	U/6 Girls	11.40	K. Cheyne	03/09/1992
	U/7 Girls	14.56	C. Hendrickson	03/09/1990
	U/8 Girls	15.96	Grace O'Rourke	30/04/2003
	U/9 Girls	21.08	Nadia Hamson	03/09/2000
	U/10 Girls	22.34	Nadia Hamson	08/12/2001
	U/11 Girls	23.03	Steffi Taylor	14/03/2009
Discus	U/12 Girls	29.90	Erin Prince	10/03/2007
	U/13 Girls	35.86	Erin Prince	11/01/2008
	U/14 Girls	35.86	Erin Prince	01/10/2008
	U/15 Girls	30.26	Jasmin Wozniak	27/11/2004
	U/16 Girls	35.36	Erin Prince	20/11/2010
	U17 Girls	18.48	Melissa Pompeani	31/10/2009
Javelin	U/11 Boys	25.74	BenTyrell	03/09/1999
	U/12 Boys	30.16	Ben Tyrell	03/09/2000
	U/13 Boys	29.96	Michael Armati	06/03/2004
	U/14 Boys	41.44	Luke Hogan	03/09/2000
	U/15 Boys	36.58	A. Deck	03/09/1992
	U/16 Boys	30.10	Cheyenne Bowers	19/02/2011
	U/17 Boys	30.58	Michael Armati	17/11/2007
Javelin	U/11 Girls	16.99	Georgia Fogarty	13/12/2008
	U/12 Girls	25.09	Melanie Lane	14/03/2009
	U/13 Girls	25.88	Anna McCormack	01/03/2008
	U/14 Girls	29.16	C. Beanies	30/04/2003
	U/15 Girls	21.57	Liza Hess	13/11/2010
	U/16 Girls	21.07	Erin Prince	18/12/2010
	U17 Girls	13.31	Melissa Pompeani	19/12/2009

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