



**EASTERN DISTRICTS LITTLE  
ATHLETICS CENTRE INC.**

ABN 21 352 367 291

**SALAA CENTRE No. 27**

**P.O. Box 495  
Fullarton SA 5063  
[www.edla.com.au](http://www.edla.com.au)**

**2023/2024  
PROGRAM & HANDBOOK**



**[www.salaa.org.au](http://www.salaa.org.au)  
PH 8352 8133**

# COMMITTEE 2023/2024

**President**

Karen Hawkes  
M: 0402 153 382

**Treasurer**

Rhiannon Hooper  
M: 0433 763 482

**Secretary**

Lisa Florence

**Registrar**

Emma Williams

**Equipment & Grounds**

Vacant- volunteer needed

**Recorder**

Firmin Doko Tchatoka  
M:0466 400 714

**Officials Coordinator**

Vacant

**Child safe officer**

Lisa Florence  
M: 0409 188 855

**Tiny Tots Coordinator**

Hannah Anderson

**Uniforms**

M: Michelle Oliver

**Sponsorship/ Promotions/Marketing**

Volunteer needed

**Canteen & BBQ Manager**

Volunteer needed

**General Committee**

Andrew Hawkes  
Firmin Doko Tchatoka  
Lisa Loechel  
Lisa Florence  
Emma Williams  
Michelle Oliver  
Scott Henley  
Sam O'Brien  
Chris O'Brien  
Marnie Winterford

**Coaching Coordinator**

Kalani Aston  
M: 0424 550 661

**Club Coaches (Accredited Level II or above):**

Debbie Gayen  
Kalani Aston

**Full Committee email Address:** [edi@salaa.com.au](mailto:edi@salaa.com.au)

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## EDLA COMMITTEE WELCOME MESSAGE

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Welcome to all our new and re-registered athletes and parents for the 2023/2024 season. The Eastern Districts Little Athletics (EDLA) Centre is part of the SA Little Athletics Association. It is a voluntary, community-based organisation with a mission to “**develop children of all abilities by promoting positive attitudes and a**

**healthy lifestyle through family and community involvement in athletic related activities.”** Although we have some outstanding athletes, we are about having fun on a Sunday with your friends and family while having a go at a variety of athletics events.

At Eastern Districts, we cater for all athletes from Tiny Tots up to our most senior athletes in the U17s. We are very fortunate at Eastern Districts to have a great team of coaches. This ensures that our athletes not only have fun but also develop and improve their skills. Our free coaching sessions are on Tuesday and Thursday nights depending on your age group. These details are available on TeamApp and our website.

**TeamApp** will be our main communication platform. Please use the following links to download and request to join EDLA.

iOS: <https://www.teamapp.com/ios-app>

Android: <https://www.teamapp.com/android-app>

If you'd prefer the website version of EDLA's app click here: [https://edla.teamapp.com?\\_webpage=v1](https://edla.teamapp.com?_webpage=v1)

EDLA website: [www.edla.com.au](http://www.edla.com.au)

You can follow us on:

Facebook: **Eastern Districts Little Athletics - EDLA**

Instagram: **easterndistrictslac**

In addition to our normal Sunday morning meets we participate in numerous association events. Please refer to the program details. Please also refer to the SALAA website for state competitions [www.salaa.org.au](http://www.salaa.org.au).

Eastern Districts have been the **STATE RELAY CHAMPIONSHIPS** Champion Centre in 10 of the last 14 years. This is an exciting day and allows our U8 and above athletes to compete as a team for the mighty “purple-and-white”! In addition, the State PB Classic #1 and #2, Multi-Event Day and the State Challenge are all important dates on the athletics calendar. The season will culminate with the State Individual Championships in late March 2023.

Finally, Little Athletics requires active involvement from **all** parents. The benefits of Little Athletics are not limited to just the children; parents do have fun and enjoy being involved. Level 0 and Level 1 Official’s Course can be completed on-line. Parents are encouraged to become involved in coaching and our accredited coaches will be happy to answer any questions. Coaching courses will be advertised when available. Trained coaches and officials assist with our athletes’ development and our official record keeping. In addition, we have rosters with each age group taking turns at contributing to certain tasks each week to allow the meets to run smoothly, in a timely fashion.

We look forward to sharing an enjoyable and productive season with parents and athletes.

***EDLA COMMITTEE***

## GENERAL INFORMATION

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### ELIGIBILITY FOR MEMBERSHIP

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Any child can register for Little Athletics once they are 5 years old. A modified *Tiny Tots* athletics program is offered for children 3 – 5 years of age. Children compete in groups determined by their age as of 1st January 2024. The age groups and birth dates for the 2023/2024 season are:

AGE GROUP	DATE OF BIRTH
Tiny Tots	1.1.2019 – 31.12.2020
U 6	1.1.2018 – 31.12.2018
U 7	1.1.2017 – 31.12.2017
U 8	1.1.2016 – 31.12.2016
U 9	1.1.2015 – 31.12.2015
U 10	1.1.2014 – 31.12.2014
U 11	1.1.2013 – 31.12.2013
U 12	1.1.2012 – 31.12.2012
U 13	1.1.2011 – 31.12.2011
U 14	1.1.2010 – 31.12.2010
U 15	1.1.2009 – 31.12.2009
U 16	1.1.2008 – 31.12.2008
U 17	1.1.2007 – 31.12.2007

Children must be registered to enable participation **in any** SA Little Athletics Association event. The registration period runs from 15<sup>th</sup> October 2023 to 30<sup>th</sup> September 2024. This includes the winter cross country and race-walking season. Athletes registered with EDLA are entitled to free training at Webb Oval.

Training for specific age groups occurs on different nights – for more information please check **TeamApp** or view our website [www.edla.com.au](http://www.edla.com.au).

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### SUMMER COMPETITION TIMES

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**Sunday Mornings** Warm up 8.45am (conducted by senior athletes)

Long Run and Long Walk events begin at 8.45am

All other events begin at 9am – 11.00am (approx.)

**Season commences** 15<sup>th</sup> October to 17<sup>th</sup> December 2023

**Christmas Break**  
7<sup>th</sup> January to 24<sup>th</sup> March 2024

For all other competition dates and meetings please consult the 2023/2024 program further on in this booklet.

### HOME MEETING EVENTS

Our home meeting schedule has a rotation of 6 programs (detailed inside this booklet and separately in **TeamApp**). These are designed to give athletes an equal distribution of events and to optimise athletes' performances. *Please follow the order of events in the recording folder.*

**All athletes must compete in at least 3 events at each meeting to count as one official attendance.**

During wet weather or hot weather some events may be cancelled. You will be notified by **TeamApp**.

Please remember Webb Oval is a Smoke Free venue and **all dogs** must be kept on a leash held by an adult and be well away from children competing.

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## PARENTAL INVOLVEMENT

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Parental involvement is vital to keep our Centre functioning. Without your help, this recreation would cease to exist for our children. Little Athletics is a family activity and all children must have a parent and/or guardian present onsite at all times. Parents doing the 'drop and go' will have their child removed to the clubrooms until they return. This is purely for the safety of your child in the case of an emergency but also recognises that we are all volunteers and all need to contribute.

All parents are required to volunteer on a regular basis within the age level group and for the club.

**Age Level Managers:** ensure the group follows the weekly program in order, officiates, assigns parents to chaperone, track starter, timekeeper and BBQ/canteen duties. Managers assist with organising teams for state relay day.

**Chaperone:** Records athletes' performances and enters results online via *ResultsHQ* before 9am Tuesday following each home meet.

**Club duties:** These duties will be rostered to every age group level and overseen by the age level manager: equipment set up, equipment pack up and BBQ/canteen (fundraising to have accredited coaches and keep our equipment up to date).

**Timekeeper:** time all events. Timing commences **from the sight of the LED light** and concludes when any part of **the athletes' torso crosses the finish line** (not the head, neck, arms or legs).

Times shall be recorded on the recording sheet and results HQ to the nearest one hundredth of a second. For example, the watch shows 10.18 seconds and this shall be put on the recording sheet as 10.18.

**Officials:** While all parents are required to help officiate at club meetings, it is desirable to have some parents qualified as Level 1 Officials (formerly C Grade). This ensures that events are supervised and judged to the same standards our athletes will encounter at SALAA Meetings.

**Centre Best Performances will only be accepted if witnessed by a Level 1 Official.**

For over 30 years, EDLA has kept a record of the centre best performances across all the track and field events for male and female groups aged U6-U17. EDLA keeps both an online database through Results HQ and hard copies for its reference (e.g. annual handbook, recording sheets) of these Centre Records. Chaperones and/or parents are encouraged to plan for an official to attend in anticipation of a Centre Record being broken, as well as to measure field events and provide sign-off on the recording sheet.

Parents who would like the opportunity to gain qualifications may do so by completing online courses on the website: <http://athletics.com.au/Officials/Education>

The Introductory Officiating General Principles is a free on-line course that has been developed to assist officials in learning the basic skills they will need to officiate effectively including ethical responsibilities of officials, preparation for officiating, safety, communication, dealing with conflict and people management.

Level 1 is the first athletics specific level and is also an online course. The modules are: Rules and Regulations, Officials & Communication, Equipment and Risk Management. More information on progressing through levels 2 – 5 is available from the Officials Coordinator. Please contact our Official's Coordinator if you are interested in completing or have completed any of the official's courses.

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## HOT WEATHER POLICY

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When the Friday night forecast for Sunday is for 36°C or above then we have the option to modify the events for the Sunday EDLA Meeting. When the Friday night forecast for Sunday is for 40°C or above then we have the option to cancel the meeting. You will be notified through **TeamApp**.

If the forecast temperature on the morning of a meeting is 36°C or above, then the program will most likely be modified. Distance events will be run at 815am and we will reduce the number of events. You will be notified through **TeamApp**. Whilst we take a cautious approach, the end decision to compete rests with the athletes and their parents. However, athletes must compete in 3 events at each meeting to count as one official attendance.

Tuesday training sessions will be modified if the temperature is 35°C or above at 4:30 p.m. A revised session for all age groups may be held. For short notice notifications, **TeamApp** site will be used to inform parents of cancellations. When the weather is wet or the ground conditions are slippery then we have the option to cancel some events.

In the case of thunder or lightning, all athletes and family members **MUST** seek shelter as soon as possible, in the club rooms. They shall remain under the shelter until it is deemed by the club President or designated committee member to be safe to return to the open.

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## CLOTHING AND FOOTWEAR

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**UNIFORMS:** All registered Little Athletes must wear the correct Centre uniform to all events. Athletes may wear black bike or running shorts (basketball style shorts are not permitted). Tiny Tots may wear a plain white polo top. Please ensure all athletes have their cloth registration number and age group numbers sewn on correctly as well as the correct sponsors' badges.

**FOOTWEAR:** Children must wear shoes at all times and must compete in suitable footwear such as jogging, track or sandshoes. Spiked shoes are permitted for the U11 to U17 age groups, in jump and land events only (i.e. to a maximum distance of 400m). Spikes must be put on at the start and removed at the end of the event. Maximum spike length on grass is 9mm. Maximum spike length at SA Athletics Stadium is 7mm.

**HATS:** Children must wear hats that offer maximum sun protection, preferably not baseball style caps. Please name all items of clothing that may be removed during competition to avoid confusion. Free sunscreen is available at the Clubrooms so please be sun smart and good role models.

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## INSURANCE

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All registered Little Athletes, coaches and voluntary workers are insured for Personal Accident and Public Liability through V-Insurance Group Australia. Cover is provided for injuries caused solely by active participation in officially organised events, practice and training sessions and official functions including travelling to and from such events. Parents are responsible for the Medicare gap. Any injuries must be reported to a member of the committee on the day of injury and recorded on the incident sheet.

## 2023/2024 TRACK AND FIELD PROGRAM

DATE	MEETING	VENUE
15 October 2023	Home Meeting (Program P1)	Webb Oval Glenunga
22 October 2023	Home Meeting (Program P2)	Webb Oval Glenunga
29 October 2023	Home Meeting (Program P3)	Webb Oval Glenunga
5 November 2023	Home Meeting (Program P4)	Webb Oval Glenunga
12 November 2023	Home Meeting (Program P5)	Webb Oval Glenunga
19 November 2023	<b>State PB Classic #1 (TT – U17)</b>	<b>SA Athletics Stadium Mile End No home meeting</b>
26 November 2023	Home Meeting (Program P6)	Webb Oval Glenunga
3 December 2023	<b>State Relay Championship (U8-U17 &amp; Rec Aths U18)</b>	<b>SA Athletics Stadium Mile End No home meeting</b>
10 December 2023	Home Meeting (Program P1)	Webb Oval Glenunga
17 December 2023	Home Meeting (Program P2)	Webb Oval Glenunga

### CHRISTMAS BREAK

7 January 2024	Home Meeting (Program P3)	Webb Oval Glenunga
14 January 2024	Home Meeting (Program P4)	Webb Oval Glenunga
21 January 2024	<b>State PB Classic #2 (TT – U17)</b>	<b>SA Athletics Stadium Mile End No home meeting</b>
28 January 2024	Home Meeting (Program P5)	Webb Oval Glenunga
4 February 2024	Home Meeting (Program P6)	Webb Oval Glenunga
11 February 2024	Home meeting (Program P1)	Webb Oval Glenunga
18 February 2024	Home Meeting (Program P2)	Webb Oval Glenunga
24 & 25 February 2024	<b>State Combined Event Championship U9 to U17 &amp; Rec Aths U18s</b>	<b>SA Athletics Stadium Mile End No home meeting</b>
3 March 2024	Home Meeting (Program P3)	Webb Oval Glenunga
10 March 2024	Home meet (Program P4)	Webb Oval Glenunga
17 March 2024	Home Meet (Program P5) <b>State Challenge U8 to U13</b>	Webb Oval Glenunga <b>SA Athletics Stadium Mile End</b>
23 & 24 March 2024	<b>State Individual Championships U9 to U17 &amp; Rec Aths U18s</b>	<b>SA Athletics Stadium Mile End No home meeting</b>
TBA 2024	<b>Presentations and AGM</b>	Glenunga Hub



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**SET-UP, BBQ & CANTEEN ROSTER**

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<b>DATE</b>	<b>BBQ &amp; CANTEEN</b> One person from each of the nominated age level groups is required to assist in the canteen and on the BBQ	<b>SET-UP ROSTER</b> All athletes and parents in the nominated age group are required to be at EDLA at 8.15 to assist with the setup
15 October	U12	ALL
22 October	U11	U6
29 October	U10	U7
5 November	U9	U8
12 November	U8	U9
19 November	<b>State PB Classic #1</b>	<b>No Home Meet</b>
26 November	U7	U10
3 December	<b>State Relay Championships</b>	<b>No Home Meet</b>
10 December	U6	U11
17 December	U13	U12
<b>24 December</b>		<b>No Home Meet</b>
<b>31 December</b>		<b>No Home Meet</b>
7 January	U14-U17	U13
14 January	U12	U14-17
21 January	<b>State PB Classic #2</b>	<b>No Home Meet</b>
28 January	U11	U6
4 February	U10	U7
11 February	U9	U8
18 February	U8	U9
24 & 25 February	<b>Combined Event Championships</b>	<b>No Home Meet</b>
3 March	U7	U10
10 March	U6	U11
17 March	U13 <b>State Challenge</b>	ALL
23 & 24 March	<b>State Individual Championships</b>	<b>No Home Meet</b>

**WEEKLY PROGRAM – U6 to U10 (as of 30 Oct 23)**

Program	Approx. Time	6 M	6 F	7 M	7 F	8 M	8 F	9 M	9 F	10 M	10 F
P1	8:45	WU	WU	WU	WU	WU	WU	WU	WU	WU	WU
	9:00	FJ	LJ	LJ	FJ	V	DIS	70	70	70	70
	9:25	70	70	70	70	70	70	DIS	V	SP	SJ
	9:50	SP	V	DIS	SP	LJ	LJ	200	200	100	100
	10:15	100	100	200	200	100	100	LJ	LJ	SJ	V
	10:40	-	-	-	-	-	-	800	800	800	800
P2	8:45	WU	WU	WU	WU	WU	WU	WU	WU	WU	WU
	9:00	LJ	LJ	60H	60H	60H	60H	60H	60H	200	200
	9:25	200	200	FJ	LJ	SJ	SJ	200	200	60H	60H
	9:50	V	DIS	SP	DIS	SP	V	400	400	400	400
	10:15	100	100	500	500	200	200	SJ	SJ	LJ	LJ
	10:40	-	-	-	-	400W	400W	700W	700W	1100W	1100W
P3	8:45	WU	WU	WU	WU	WU	WU	WU	WU	WU	WU
	9:00	FJ	V	70	70	LJ	SJ	V	SP	DIS	DIS
	9:25	50	50	V	FJ	700	700	100	100	LJ	LJ
	9:50	DIS	FJ	LJ	V	DIS	SP	SJ	LJ	800	800
	10:15	300	300	100	100	100	100	800	800	V	SP
	10:40	-	-	-	-	-	-	SP	DIS	100	100
P4	8:45	WU	WU	WU	WU	WU	WU	WU	WU	WU	WU
	9:00	LJ	FJ	FJ	DIS	V	100	100	100	70	70
	9:25	70	70	100	100	100	V	LJ	SJ	SJ	SP
	9:50	V	SP	SP	LJ	SJ	LJ	70	70	100	100
	10:15	200	200	70	70	70	70	SP	400	400	SJ
	10:40	-	-	-	-	-	-	400	DIS	DIS	400
P5	8:45	WU	WU	WU	WU	WU	WU	WU	WU	WU	WU
	9:00	SP	LJ	60H	60H	60H	60H	60H	60H	LJ	V
	9:25	200	200	DIS	SP	DIS	SP	200	V	60H	60H
	9:50	FJ	DIS	LJ	FJ	LJ	SJ	V	200	SP	LJ
	10:15	70	70	500	500	200	200	SJ	LJ	200	200
	10:40	-	-	-	-	400W	400W	700W	700W	1100W	1100W
P6	8:45	WU	WU	WU	WU	WU	WU	WU	WU	WU	WU
	9:00	DIS	FJ	V	LJ	SP	LJ	800	800	800	800
	9:25	50	50	200	200	700	700	100	100	V	SJ
	9:50	LJ	SP	FJ	V	SJ	DIS	LJ	SJ	200	200
	10:15	300	300	100	100	70	70	400	400	SJ	DIS
	10:40	-	-	-	-	-	-	DIS	SP	400	400

- **WU = Warm Up (may occur concurrently with 8.45am events)**
- **V = Vortex (middle-south side of Northern/Throws Oval)**
- **DISC = Discus (2 larger rings on western side of Northern/Throws Oval, use whichever is free)**
- **SP = Shot Put (2 smaller rings in south-west corner of Northern/Throws Oval, use whichever is free)**
- **FJ/SJ = Flexi Jump/Scissor Jump (U6-U10 use 2 SMALLER mats inside running track on Southern Oval)**
- **LJ = Long Jump (Southern Oval, U6-U10 first use Southern Pits if free, otherwise Northern Pits)**

**WEEKLY PROGRAMME – U11 to U17 (Updated 30 Oct 23)**

Program	Approx. Time	11 M	11 F	12 M	12 F	13 M	13 F	14-17M&F
P1	8:45	WU	WU	WU	WU	800	800	800
	9:00	800	800	800	800	HJ	JAV	SP
	9:25	LJ	LJ	TJ	SP	200H	200H	200-300H
	9:50	200	200	200	200	100	100	JAV
	10:15	DIS	SP	JAV	HJ	DIS	TJ	100
	10:40	100	100	100	100	-	-	LJ

P2	8:45	WU	WU	1500W	1500W	1500W	1500W	1500W
	9:00	HJ	TJ	SP	DISC	TJ	DIS	HJ
	9:25	80H	80H	80H	80H	JAV	LJ	DIS
	9:50	400	HJ	HJ	LJ	80H	80H	80-100H
	10:15	JAV	DISC	400	400	400	400	TJ
	10:40	1100W	1100W	-	-	-	-	400

P3	8:45	1500	1500	1500	1500	1500	1500	1500
	9:00	200	200	LJ	TJ	100	100	100
	9:25	HJ	TJ	200	JAV	SP	SP	HJ
	9:50	TJ	400	JAV	SP	200	200	LJ
	10:15	SP	JAV	DIS	200	LJ	HJ	200
	10:40	-	-	-	-	-	-	SP

P4	8:45	WU	WU	WU	WU	800	800	800
	9:00	TJ	LJ	T	HJ	200	200	DI
	9:25	800	800	800	800	DIS	JAV	T
	9:50	HJ	HJ	JAV	TJ	200H	200H	200-300H
	10:15	DIS	DIS	HJ	JAV	HJ	LJ	200
	10:40	100	100	100	100	-	-	JA

P5	8:45	WU	WU	1500W	1500W	1500W	1500W	1500W
	9:00	LJ	HJ	SP	LJ	JAV	DIS	HJ
	9:25	80H	80H	80H	80H	TJ	TJ	DIS
	9:50	400	200	400	400	80H	80H	80-100H
	10:15	SP	SP	HJ	DIS	400	400	LJ
	10:40	1100W	1100W	-	-	-	-	400

P6	8:45	1500	1500	1500	1500	1500	1500	1500
	9:00	TJ	100	100	100	100	100	JAV
	9:25	100	TJ	LJ	JAV	LJ	HJ	200
	9:50	JAV	400	200	200	200	200	SP
	10:15	200	JAV	DIS	HJ	SP	SP	100
	10:40	-	-	-	-	-	-	TJ

- JAV = Javelin (north-east corner of Northern/Throws Oval)
- DISC/SP = Discus/Shot Put (use whichever relevant ring is free)
- HJ = High Jump (U11-U17 use 2 LARGER mats)
- LJ = Long Jump (U11 first use Southern Pits if free, U12-U17 use Northern Pits)
- TJ = Triple Jump (Southern Oval, all groups U11-U17 use Northern Pits)

## DEVELOPMENT PATHWAYS

EDLA promotes athletics as a life-long sport. We encourage our athletes and parents to continue into senior athletics as athletes, coaches and officials. Coaching fees, coaching courses and officiating courses are included in athletes' registration. Any parent who would like to assist at coaching or officiating or would like to participate in a course should make themselves known to the coaching or Officials' Coordinator. Our program provides the complete pathway through to senior athletics with appropriate training and competition for each age group. For more information, please contact our club coaches.

The coaching and competition opportunities available to our athletes are as follows:

### **TRACK AND FIELD**

#### **U6-U8**

*A parent must be in attendance and helping at both training and competitions meets*

#### **Training:**

Tuesday 5.15pm-6.30pm at Webb Oval, EDLA

Fun and games based on track and field event skills

#### **Competition:**

4 events at Eastern Districts Little Athletics competition on Sundays 8.30-11.00am

State PB Classic #1 and #2

State Carnival

**Goals:** to learn basic skills such as waiting in turn, following rules, how to jump, run and throw

#### **U9-U11**

*A parent must be in attendance and helping at both training and competitions meets*

#### **Training:**

Tuesday 5.15-6.30pm at Webb Oval EDLA

Fun, skill and technique development across all track and field events

January SALAA clinic

#### **Competition:**

5 events at Eastern Districts Little athletics competition on Sundays 8.30-11.00am

State PB Classic #1 and #2

Toyota State Multi-Event Championships

SA Power Networks State Relay Championships

State Challenge

State Individual Championships

SAPSASA

**Goals:** Sportsmanship, expansion of friendship groups, PBs, State Championship qualifiers

#### **U12 – U13**

#### **Training:**

Tuesdays and/or Thursdays 6-7.30pm October to March at Webb Oval EDLA

Fun, technique development, being part of a training squad, commitment, determination, goal setting, learning how to train

January SALAA clinic

#### **Competition:**

5 events at Eastern Districts Little athletics competition on Sundays 8.30-11.00am

State PB Classic #1 and #2

State Combined Event Championships

State Relay Championships

State Challenge

## State Individual Championships

SAPSASA, ALAC

**Goals:** Friendships, sportsmanship, PBs, qualification for competition events, selection in state teams

## U14-U17

### **Training:**

Tuesdays and Thursdays 6-7.30pm October to March at Webb Oval

Fun, start to specialise and perfect technique for three or four events, training squad becomes a solid friendship group. Training may be preferred to competition, social activities and winter training.

Coaching by specialised event coaches in throws, track or jumps.

### **Competition:**

5 events at Eastern Districts Little Athletics competition on Sundays 8.30-11.30am

State PB Classic #1 and #2

State Multi-Event Championships

State Relay Championships

State Challenge (U14 & U15)

State Individual Championships

ALAC Multi Events (U15)

All schools Trials

SSASSA

IGSA

Achilles cup

Co-ed cup

Catholic schools comp

KO cup

National All Schools

National Juniors

EDLA has a strong link with Pembroke Athletics South Australia senior club as the nearest senior club, and we encourage our athletes to join Pembroke ASA as a dual member and occasionally compete at Athletics SA interclub on Saturday afternoons. More information is available from the EDLA club coaches.

### **Other athletic opportunities:**

- Level 1 official's course
- Volunteer coach U6-U8 at training sessions (this can count towards volunteer hours required as part of school and IB requirements)
- Athletics SA and SA Little Athletics Gold/Silver/Bronze development squad.
- U15 AIS camp
- U17 AIS camp (for Athletics SA members only)

## U18 – U100

### **Training:**

Tuesdays and Thursdays 6-7.30pm October to March at Webb Oval

More frequently depending on goals

Fun, specialised, continuous improvement, very strong friendship group, 12-month training plans,

Training around Year 12, university studies and work commitments

### **Competition:**

ASA interclub Saturday afternoons for Pembroke athletics club,

Uni Games

All schools

National juniors

Open nationals

Commonwealth Youth Games	Youth Olympics
Oceania Champs	World Juniors
Commonwealth Games	Olympics
World Champs	Invitational events at EDLA
SALAA parents' races at relay day	Masters' competition Wednesday nights
ASA 35+ competitions	Saturday afternoons at SA Athletics Stadium
Australian Masters Games	Masters Championships

### **Other Athletic Opportunities:**

- Coaching courses
- Coach at Little Athletics, schools, ASA clubs
- Level 2+ Officiating courses
- Officiate at Little Athletics Schools meets (SASSCA & SSSSA), ASA meets, National meets, and Commonwealth Games

### **OUT OF STADIUM**

The following describes the coaching and competition opportunities that are available to athletes in the winter season for out of stadium activities:

Little Athletics Cross Country TT- U17 and Parents races, May - August

SAPSASA Cross Country 10-12 yo

Schools Cross Country 13-18 yo

ASA Cross Country 13+

SA Amateur Walkers Club Ages 7+

ASA Half Marathons

ASA Marathons

ASA Mountain Running

Ekiden Relays

Fun runs

For more information see the Athletics SA Winter Calendar on [www.athleticssa.com.au](http://www.athleticssa.com.au)

# SPECIAL EVENTS AND MEETINGS

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## STATE PB CLASSIC #1

**SA Athletics Stadium Mile End    SUNDAY 19<sup>th</sup> NOVEMBER 2023**

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**Age Groups: TT-U17.**

**Qualification Standards: None.**

The State PB Classic's present an exciting opportunity for athletes of all ages and abilities to compete in a meet at the SA Athletics Stadium. One is hosted at the beginning of the Little Athletics season, with the other towards the end, providing athletes the opportunity to try and achieve their Personal Bests (PB's) in a variety of events, or see their improvement over the season at the same ones. Athletes can select up to five (5) available events at each State PB Classic.

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## STATE RELAY CHAMPIONSHIPS

**SA Athletics Stadium, Mile End    SUNDAY 3<sup>rd</sup> DECEMBER 2023**

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Age Groups: U8-U17 and Mums & Dads.

The State Relay Championships provides athletes with the opportunity to compete with other athletes at their club in a large variety of track and field relays at the SA Athletics Stadium. Smaller clubs can also get involved by combining athletes with other clubs and Mums & Dads are even invited to join the action! Clubs are responsible for nominating making up and nominating their teams, as well as ensuring you have great costumes for the March Past! Medals are presented to the top three placed teams in each event, in each age group.

Athletes must be registered with an affiliated Little Athletics SA centre and have competed in at least one (1) meet at your registered club to be eligible to participate in this State Competition.

One of the most exciting days on the program is the Relay Championships. This event gives centres a chance to develop team spirit and comradeship. It is an ideal opportunity for children to compete together as a team.

Female and male age groups (U8-U17) compete in 4X100m and 4x200m track relays and field relay events. The club can enter multiple track relay teams but only one field relay team. There is a combined mixed medley of 2x100m, 1x200m, 1x400m in the following divisions U8 (Shuttle run 4x100m only) to U11, U12 to U14, U15 to U17. Each combined mixed team must have at least one boy and one girl and at least two age groups must be represented. Field relay teams compete in 2 throwing events (shot put and discus) and 2 jumping events (high jump and long jump).

Parents of the team members are asked to volunteer as Team Managers or to assist with timekeeping and marshalling on the day. Parents are also encouraged to field a 4x100m relay team.

## RULES AND OTHER INFORMATION

1. The Relay Teams are selected by the Relay Manager in coordination with the Age Level Managers. Athletes are selected by their performances in the appropriate events recorded during Little Athletic events **this season**. The committee's decision is final and no negotiation will be entered into.
2. The Relay Team will consist of 4 athletes plus one reserve.
3. The Relay Teams will be selected approximately 21 days prior to the Relay championships.
4. All members of a Relay Team are to train together a minimum of 4 times in the 2-week period prior to the championships.
5. If an athlete cannot attend/perform on the 1<sup>st</sup> or 2<sup>nd</sup> training date set, either due to injury or sickness their position on the Relay Team may be forfeited. In this case another athlete will be appointed.
6. Any reserve selected for the Track Relay championships is to be 1<sup>st</sup> priority for a Field Relay position. This means all Personal Best performances must be taken into consideration when the Relay Teams are selected by the Sub Committee.
7. Parents of those athletes selected to participate in the Relay Championships are required to volunteer to assist in officiating on the day. Any parents not willing to do so risk having their child/children excluded from the team.
8. The EDLA Relay Manager retains the right to change/swap the team order to provide the best possible outcome for the EDLA Club on the day.

**TEAM MANAGERS** – Responsibilities:

1. Communicate with the team members and their families.
2. Ensure the correct uniform is worn at all times.
3. Marshall the team on relay day, ensuring all athletes arrive on time.
4. Ensure the team meets the specified time requirements for marshalling at the start of all races.
5. Correctly fill out the marshalling form and give to the Marshal at the marshalling tent.
6. To be at the finish line with a clear view in case of a dead heat or an order mistake. You may be required to give your opinion. Report any race disputes, if necessary.

**ATHLETES – Responsibilities:**

1. To contact your Team Manager as soon as you know you are unable to attend a training session.
2. To contact your Team Manager as soon as you know you will be unavailable on Relay Day.
3. Attend all training sessions organised by your Team Manager and Coaches to retain your place in the Relay Team.
4. To wear the correct centre uniform on the day of competition to avoid disqualification of yourself and your team.
5. To remember that this is the only time in the summer athletic calendar when you are required to participate as a TEAM not an individual.

Remember to have FUN and to cheer and encourage all members of the EDLA team.

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**STATE PB CLASSIC #2**  
**SA Athletics Stadium, Mile End SUNDAY 21<sup>st</sup> JANUARY 2024**

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**Age Groups: TT-U18.**

Athletes must be registered with an affiliated Little Athletics SA centre to be eligible to participate in this State Competition.

Athletes can again select up to four of the events on offer to work on their Personal Bests (PB) at the exciting atmosphere of the SA Athletics Stadium.

A session for **Tiny Tots** is conducted in the warm-up area at the back of Santos Stadium at 10am.

This event gives all registered athletes a chance to compete against children from other clubs in their chosen events. This Day replaces our home meeting. Events may only be attempted once. Three events must be completed to qualify as a non-home performance. Parents are required to assist with duties during the day.

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**STATE COMBINED EVENT CHAMPIONSHIPS**  
**SA Athletics Stadium, Mile End SATURDAY 24<sup>th</sup> & SUNDAY 25<sup>th</sup> FEBRUARY 2024**

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**Age Groups: U9-U17.**

This unique State Championship (previously known as the State Multi-Event Championships) has a set program that athletes participate in to gain points for each performance, with the top three overall highest points scorers presented with medals in each age group.

There is a mixture of running, jumping and throwing events, displaying an athletes' all-round athletic ability. Athletes in the U 9 to U 13 age groups compete over one day in a pentathlon (5 events), with the U 14 age group competing over two days in a hexathlon (6 events) and the U 15 to U 17 age groups competing over two days in a heptathlon (7 events). All events are competed at the SA Athletics Stadium.

This Championship is also where the U 15 State Team athletes are provisionally selected to represent South Australia at the Australian Little Athletics Championships (ALAC).

Registration Cut-Off: 31 December 2023



Qualifying Ends: 28 January 2024  
Nominations Open: 3 January 2024  
Nominations Close: 31 January 2024  
Entry Fee: \$25.50

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## **STATE CHALLENGE**

**SA Athletics Stadium, Mile End    SUNDAY 17<sup>th</sup> MARCH 2024**

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**Age Groups: U8-U17**

The State Challenge is a great opportunity for athletes who have not quite qualified for event's in the SIC's to compete in a Championship styled competition at the SA Athletics Stadium, whilst the SIC's is the pinnacle competition that athletes strive for to compete against the best of the best from around the state.

Athletes can nominate in up to five (5) events between the two competitions. Depending on their qualification status and quota positions, some of those events may be in the State Individuals and some may be in the State Challenge – they are guaranteed a place in each event they nominate for in one of the Competitions.

Registration Cut-Off: 31 December 2023

Qualifying Ends: 18 February 2024

Nominations Open: 24 February 2024

Nominations Close: 21 February 2024

Entry Fee: \$15.50 per event for the first three (3) events, then \$8.00 for an additional fourth or fifth event. Capped at \$54.50.

For further information, visit <https://salaa.org.au/state-challenge-state-individual-championships/>

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## **STATE INDIVIDUAL CHAMPIONSHIPS & ATHLETES WITH A DISABILITY**

**SA Athletics Stadium Mile End    SATURDAY 23<sup>th</sup> and SUNDAY 24<sup>th</sup> MARCH 2024**

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**Age Groups: U9-U17**

The culmination of centre competition each year is the State Individual Championships. Not all competitors can be champions and Little Athletics acknowledge this. However, there is an obligation for the talented child who may wish to continue in the sport and these championships give them an opportunity to present their skills.

Registration Cut-Off: 31 December 2023

Qualifying Ends: 18 February 2024

Nominations Open: 24 January 2024

Nominations Close: 21 February 2024

Entry Fee: \$15.50 per event for the first three (3) events, then \$8.00 for an additional fourth or fifth event. Capped at \$54.50.

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## **AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS**

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Each year a team of 13 boys and 13 girls from the U13 and U14 age group and 3 boys and 3 girls from the U15 age group are selected to represent South Australia in a one-day track and field competition against the other States. The teams are selected on the basis of individual performances during the season in a series of trials. To qualify for these Championships, an athlete must be registered with their club by a certain date.

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## **WINTER CROSS COUNTRY SEASON**

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Cross Country running meetings are organised by various Little Athletic Clubs during the off season, culminating in the SALAA State Cross Country Championships which are usually held in July. Meetings are held on Sundays at a different venue each week. A BBQ lunch and canteen facilities are available at all venues. The meetings are held in a picnic atmosphere and help the children to develop fitness and stamina.

Children from all centres are invited to compete. All athletes must be registered and wear the correct centre uniform. Footwear is compulsory, spikes are not permitted. Please ensure the athlete arrives well before the scheduled start time. This allows sufficient time to walk the course.

Athletes should report to the starting line 5 minutes prior to their scheduled event, with \$2 entry fee (correct at time of printing). Girls start approximately 1 minute after the boys.

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**2023 STATE CROSS COUNTRY CHAMPIONSHIPS**

**Date TBA**

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The Championship event is open to athletes in the U9-U17 age groups. Fun events are held for U6-U9, Mums and Dads.

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## MEDALS AND TROPHIES

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**medal:** for all athletes competing during the season, who attend the AGM and do not receive any other award.

presented to all athletes who have attended a minimum of 75% of all home meetings.

**Group trophies:** First, second and third placed male/female athletes in each age group.

Each athlete's best result in each event across the season at EDLA and official SALAA meets at SA Athletics Stadium before the State Individual Championships (SIC). The SIC performances count towards the SIC trophies. A points system is used which awards the lowest points to the highest-ranking athlete in each event, with the aim of achieving the lowest number of points for the season. Athletes must attend a minimum of two thirds of all home meetings to be eligible for gold, silver or bronze age group trophies.

**Most Improved Award:** awarded to a male and female athlete in each age group who achieves the highest number of personal bests throughout the season at EDLA and SA Athletics Stadium meets.

Awarded to any athlete who is the current Centre Best Performance record holder of a record set during the EDLA season.

**Glenside Lions Trophy:** Achievement Award for the U12 to U14 age groups. Awarded to the athlete achieving the most points at the State Individual Championships.

**Southern Steel Supplies Senior Athlete Trophy:** Achievement Award for the U15 to U17 age groups. Awarded to the athlete achieving the most points at the State Individual Championships.

**President's Trophy:** While this is generally an athlete's award for contribution to the Club in all aspects of participation, whether at Club level and/or State representation, it also recognises any contributions made by long serving members of the EDLA Committee.

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## THROWING EVENTS

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In throwing events, each competitor has 3 throws and their best performance is recorded. In championships, the contenders are allowed 3 initial throws and then the eight leading contenders are allowed 3 further throws. All 6 performances are considered in the final placings.

The shot and discus are both thrown from a circle. An athlete can enter the circle from any direction.

### **SAFETY RULES:**

All athletes must keep well behind the throwing area until it is their turn to throw.

All officials and the athletes must check that the sector is clear before commencing the throw.

Officials should not stand within the sector.

Throwing implements should be carried back to the throwing area and never thrown.

### **FOULS** are recorded if

- an athlete steps out of the circle or leaves from the front of the circle (or throwing line)
- when the shot or the discus lands outside of the throwing segment
- if the athlete leaves the throwing circle area before the shot put, discus or javelin has landed
- if the athlete takes longer than 60 seconds to commence their trial

### **MEASUREMENT:**

The imprint mark made by the implement on landing closest to the circle is selected

The selected point is marked by the spike and the zero end of the tape is held at the spike.

The tape is drawn tight through the centre of the circle.

The distance is measured at the point where the tape crosses the inner edge of the circle directly back through the centre of the circle (there should be a mark)

Each measurement is to the nearest centimetre below the distance thrown unless the reading is a whole centimetre.

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## SHOT PUT

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The shot must be put from the shoulder with one hand only.

At the start of the trial the shot shall touch or be in close proximity to the neck or chin.

It shall not be dropped below this position during the action of putting.

The shot must not be brought from behind the line of the shoulders.

### **Additional causes of fouls for Shot Put:**

A foul is recorded if the athlete's hand drops away from the neck during the putting action or if it is put from behind the line of the shoulder or if it is thrown like a ball.

### **Shot Puts are colour coded for easy selection**

1kg	(blue)	U6 & U7 Girls & Boys
1 ½ kg	(yellow)	U8 Girls & Boys
2 kg	(orange)	U9 to U12 Boys & Girls
3 kg	(white)	U13 to U14 Boys U13 to U17 Girls
4 kg	(red)	U15 to U16 Boys
5kg	(black)	U17 Boys

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## DISCUS

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Note that a discus can be thrown any way - overarm or even under arm.

### Discus Weights for each age group.

350g	U6 to U7 Girls and Boys
500g	U8 to U11 Girls and Boys
750g	U12 to U13 Boys & Girls
1kg	U14 to U16 Boys
1kg	U14 to U17 Girls
1.5kg	U17 Boys

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## VORTEX

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For all U6 to U10 athletes.

The vortex is an event which introduces javelin technique to the younger athletes and has the audible feedback when it is thrown well. The Vortex is thrown from one of the vortex throwing areas (middle-south and middle-north of northern oval).

The vortex must be thrown over the shoulder or upper part of the throwing arm. It must not be slung or hurled. Round arm actions are recorded as fouls. It is good technique to keep the elbow above the shoulder.

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## JAVELIN

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For all U11 to U17 athletes.

### ADDITIONAL JAVELIN SAFETY RULES:

- All groups are to be supervised by an adult.
- **Do not** throw the javelin for the first time unless you have one of the club coaches assisting.
- Javelins and the measuring tape are to be stored in the equipment shed. For your event you will need to collect the javelins from the equipment shed and return them immediately after each event.
- Carry javelins with the point down and tail up (vertically).
- When storing javelins at the event the javelins should be placed in the ground in an upright position
- When removing javelins from the ground, place your thumb over the tail tip and pull back. This ensures that no one behind the athlete will be injured.
- Be aware that the javelin can be deflected by gusts of wind.

The javelin must be thrown over the shoulder or upper part of the throwing arm. It must not be slung or hurled. Round arm actions are recorded as fouls. It is good technique to keep the elbow above the shoulder. Refer to "Basic Javelin Instructions" in folders for all rules and further advice.

<b>Javelin Weights:</b>	400g	U11 to U14 Girls
		U11 to U12 Boys
	500g	U15 to U17 Girls
	600g	U13 to U14 Boys
	700g	U15 to U17 Boys

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## TRACK EVENTS

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Look straight ahead. Listen for the gun. Keep within your lane during sprint and hurdle events. Always run through the finish line (do not slow down until you are past the finish line). During longer distance races start at a speed that you can maintain throughout the race.

Maximum distances	U6	300m
for running events	U7	500m
	U8	700m

U9 to U10                      800m  
 U11 to U17                    1500m

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## HURDLES

Try to step over hurdles rather than jump them. Always hurdle in the direction that you can see the black and white stripes. Disqualification will occur if the hurdles are deliberately knocked down with any part of the body or if an athlete trails any part of their leg in an adjoining lane. These events will be cancelled due to wet weather.

Hurdle standards are:

Age	Distance	Flights	Height	Run In	Between	Run Out
U7 – U9 B&G	60m	6	45cm	12m	7m	13m
U10 B&G	60m	6	60cm	12m	7m	13m
U11 B&G	80m	9	60cm	12m	7m	13m
U12 B&G	80m	9	68cm	12m	7m	13m
U13 B&G	80m	9	76cm	12m	7m	12m
U14 G	80m	9	76cm	12m	7m	12m
U14 B	90m	9	76cm	13m	8m	13m
U15 – U17 G	90m	9	76cm	13m	8m	13m
U15 – U17 B	100m	10	76cm	13m	8.5m	10.5m
U15 – U17 B&G	200m	5	76cm	20m	35m	40m
U13 B & G	200m	5	68cm	20m	35m	40m
U14 B&G	200m	5	76cm	20m	35m	40m
U15 – U17 B&G	300m	7	76cm	50m	35m	40m

A marking tape for hurdle positions will be used to help set up. Hurdles must not touch each other.

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## WALKS

IAAF rules define walking as a progression of steps, so taken that unbroken contact with the ground is maintained. At each step, the advancing foot of the walker must contact with the ground before the rear foot leaves the ground. During the period of each step in which a foot is on the ground, the leg must be straightened (i.e. not bent at the knee) at least for one moment, and in particular the supporting leg must be straight in the vertically upright position. Three verbal cautions are given prior to disqualification. These rules, cautions and disqualifications in race walking are a technical not a moral censure. The walker is not punished for cheating, however disqualification at Centre level enables walkers to work on their faults and avoid disqualification at championship level.

Distances:                    U8                                    400m (Introductory Event)  
                                       U9                                    700m  
                                       U10 to U11                    1100m  
                                       U12 to U17                    1500m

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## JUMPING EVENTS

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### LONG JUMP

All age groups compete in long jump. Three jumps are taken by each competitor. At Championship level the top eight competitors are allowed three extra jumps which decide the final placings. Athletes run to the take-off board as fast as they can and then jump off one foot as high and as far as they can and then extend their legs in front to land with two feet.

### SAFETY

- Water the sand to ensure that it is soft to land on
- Ensure the sand is not compacted by digging it over
- Ensure the sand is level with the run-up

- Remove sticks and stones
- Sweep the runway

## MEASUREMENT

U6 to U10 use a 1m x 1m rectangular yellow and black mat. The black part of the mat is the take-off area. The rectangular mat is placed with the front edge of the yellow part against the edge of the pit so that the front edge of the black rectangle is 50cm from the pit. Whiting powder is used on the black part of the mat so that the official can see the footprint on the mat. The jump is measured from the toe of the footprint made within the black rectangle to the nearest break in the sand pit made by any part of the body or limbs.

U11 to U17 use a take-off board that is a white line of 200m width placed at least 0.5m from the pit (but can be up to 3m from the pit). This may be an in situ line or marked on a black rectangular mat. DO NOT put chalk on this mat. The jump is measured from the front of the white line closest to the pit with the tape measure running perpendicular to the white line to the nearest break in the sand pit made by any part of the body or limbs.

### A FOUL is recorded:

- It is a foul if any part of the foot or shoe breaks the vertical plane of the take-off line.
- If during the run-up, an athlete touches the ground beyond the take-off line with any part of the body, whether running up with or without jumping; it shall be deemed a trial even if it is not completed.
- If after completing the jump an athlete walks back through the landing area towards the take-off area.
- If in the course of landing, an athlete touches the ground outside the landing area nearer to the take-off point than the nearest break (imprint) in the landing area
- If any sort of somersault is used.
- If an athlete takes longer than 60 seconds to begin a jump.

### Clarification of take-off board positions:

- For U6 to U10 age groups, the foul line of the take-off mat shall be placed 50cm from the front edge of the landing area.
- For U11 and U12 age groups, the foul line of the take-off board shall be 1m or 2m from the edge of the landing area, as determined by the Referee or Chief Judge.
- For U13 and above age groups, the foul line of the take-off board shall be 1m, 2m or 3m from the edge of the landing area, as determined by the Referee or Chief Judge.
- Only a single board position may be used in a competition (with the exception of classified para-athletes competing under World Para-Athletics Rules).
- NOTE: Fixed boards at 2m from the edge of the pit will be used for U13 and above events where available. For the State Individual Championships, the fixed 2m board will be used for all age groups U11 and above.

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## TRIPLE JUMP

Triple Jump is only contested by U11 to U17 athletes. The conduct of the event is the same as that of Long Jump. The take-off mat is positioned at whole metre distances in front of the pit.

The Triple Jump consists of a hop, step and jump. It is defined as **“The hop shall be made so that the competitor lands first upon the same foot as that from which he/she has taken off; in the step he/she shall land on the other foot from which the jump is performed”**.

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## FLEXI JUMP

Flexi jump is contested by U6 and U7 athletes. They use the foam coated elastic flexi bar and 150-200mm thick mat. Jumping rules are otherwise the same as for Scissor Jump.

During wet weather this event may be cancelled if the run up is considered unsafe.

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## **SCISSOR JUMP**

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Scissor Jump is contested by U8 to U10 athletes.

The athlete must take off from one foot, clear the bar in a vertical position and the first contact made on the landing area must be made by one or two feet.

An athlete fouls if: (a) The athlete's head clears the bar before the leading foot (the foot closest to the bar at take-off).

(b) The athlete's head goes below the buttocks when the buttocks clear the bar.

(c) On landing, the first contact with the landing area is not made by one or both feet.

The scissor kick technique teaches athletes to jump. The run up for scissor kick is a straight line at about 45° to the high jump bar, lined up so that they cross the bar in the centre of the mat. Athletes should drive up through their hips and try to keep a vertical body position and then land feet first on the mat. It is strongly recommended that athletes of all ages use the scissor kick until they are able to jump above the height of their armpits.

During wet weather this event may be cancelled if the run up is considered unsafe.

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## **HIGH JUMP**

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High Jump is contested by athletes aged U11 to U17.

Each jumper is allowed three jumps at each height, dropping out of the competition after 3 consecutive failures. Athletes may commence jumping at any height, usually 10cm below their personal best. The bar may not be lowered during competition. At EDLA, the PBs of each athlete in HJ are on the recording sheet to assist the chaperones in selecting the height at which each athlete shall start.

A foul will be recorded if the bar is dislodged, an athlete jumps from two feet, takes longer than 60 seconds to jump, has two consecutive baulks or gains an advantage by touching the bag with their hand or foot.

It is strongly recommended that athletes of all ages use the scissor kick until they are able to jump above the height of their armpits.

During wet weather this event may be cancelled if the run up is considered unsafe.



## 2022/23 STATE INDIVIDUAL CHAMPIONSHIP MEDALLISTS

Congratulations to the following athletes who won medals

<b>U 9 Boys 400m</b>		
<b>Bronze</b>	Paris Dinan	<b>1:14.29</b>
<b>U 9 Boys 800m</b>		
<b>Bronze</b>	Paris Dinan	<b>2:47.70</b>
<b>U 9 Girls Discus</b>		
<b>Gold</b>	Mia O'Brien	<b>16.70m</b>
<b>U 9 Girls 70m</b>		
<b>Silver</b>	Mia O'Brien	<b>11:44</b>
<b>U 9 Girls 60m Hurdles</b>		
<b>Bronze</b>	Anastasia Bougioukos	<b>11.61</b>
<b>U 9 Girls 200m</b>		
<b>Silver</b>	Harper Winterford	<b>34.38</b>
<b>U 9 Girls 400m</b>		
<b>Bronze</b>	Harper Winterford	<b>1:19.02</b>
<b>U 9 Girls 800m</b>		
<b>Gold</b>	Harper Winterford	<b>2:55.50</b>
<b>U 10 Boys Shot Put</b>		
<b>Bronze</b>	Isaac Huf	<b>7.29m</b>
<b>U 10 Boys 400m</b>		
<b>Silver</b>	Marcus See	<b>1:10.55</b>
<b>U 10 Boys 800m</b>		
<b>Gold</b>	Marcus See	<b>2:38.19</b>
<b>U 10 Girls 200m</b>		
<b>Silver</b>	Ivy Oliver	<b>32.55</b>
<b>U 10 Girls 400m</b>		
<b>Bronze</b>	Ivy Oliver	<b>1:14.31</b>
<b>U 10 Girls 800m</b>		
<b>Bronze</b>	Henriette Kellaway	<b>2:52.60</b>
<b>U 11 Boys Triple Jump</b>		
<b>Silver</b>	Oliver Lucking	<b>8.29m</b>
<b>U 11 Girls Long Jump</b>		
<b>Bronze</b>	Surani Raymond	<b>3.96m</b>
<b>U 11 Girls Triple Jump</b>		
<b>Gold</b>	Surani Raymond	<b>9.25m</b>
<b>U 11 Girls Javelin</b>		
<b>Silver</b>	Murphy Power	<b>16.90m</b>
<b>U 11 Girls 80m Hurdles</b>		
<b>Gold</b>	Surani Raymond	<b>14.22</b>
<b>U 13 Boys 1500m Walk</b>		
<b>Gold</b>	Sam Wilks	<b>6:52.40</b>
<b>U 14 Girls 1500m Walk</b>		
<b>Gold</b>	Grace Marin	<b>8:15.53</b>
<b>U 15 Boys Long Jump</b>		
<b>Silver</b>	Benjamin Shearwin	<b>5.55m</b>
<b>U 15 Boys Discus</b>		
<b>Bronze</b>	Jared Cenko	<b>30.69m</b>

<b>U 15 Boys Javelin</b>		
<b>Silver</b>	Benjamin Shearwin	<b>27.58m</b>
<b>U 15 BOys 100m Hurdles</b>		
<b>Silver</b>	Benjamin Shearwin	<b>16.15</b>
<b>Bronze</b>	Jared Cenko	<b>16.44</b>
<b>U 15 Boys 1500m</b>		
<b>Silver</b>	Jared Cenko	<b>4:52.43</b>
<b>U 16 Girls Long Jump</b>		
<b>Bronze</b>	Keeleigh Obst	<b>4.54m</b>
<b>U 16 Girls Triple Jump</b>		
<b>Gold</b>	Keeleigh Obst	<b>9.97m</b>
<b>U 16 Girls 100m</b>		
<b>Bronze</b>	Keeleigh Obst	<b>13.68</b>
<b>U 16 Girls 300m Hurdles</b>		
<b>Gold</b>	Lucy Allen	<b>48.10 SBP</b>
<b>U 16 Girls 400m</b>		
<b>Silver</b>	Lucy Allen	<b>1:03.81</b>

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## 2022/23 STATE RELAY CHAMPIONSHIPS

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The season 2021/2022 State Relay Championships were held on 12th of December 2021. EDLA came second on the day behind Western Athletics and won the Lou Moyes Most Improved Centre. Congratulations to all competitors and parents on a great day at SA Athletics Stadium where we medalled across all age groups.

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## 2023 COMBINED EVENT CHAMPIONSHIP RESULTS

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Athletes who competed and placed in the top 10

<b>U9 Girls</b> 3 <sup>rd</sup> Mia O'Brien 6 <sup>th</sup> Harper Winterford	<b>U14 Girls</b> 6 <sup>th</sup> Grace Marin
<b>U9 Boys</b> 5 <sup>th</sup> Paris Dinan	
<b>U10 Girls</b> 8 <sup>th</sup> Ivy Oliver	<b>U15 Boys</b> 3 <sup>rd</sup> Benjamin Shearwin 5 <sup>th</sup> Jared Cenko
<b>U11 Girls</b> 2 <sup>nd</sup> Surani Raymond	<b>U16 Girls</b> 1 <sup>st</sup> Lucy Allen
<b>U11 Boys</b> 7 <sup>th</sup> Max Diestel-Fedderson	
<b>U13 Girls</b> 5 <sup>th</sup> Scarlett Budgen	

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## 2023 STATE CROSS COUNTRY CHAMPIONSHIPS RESULTS

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Athletes who competed

<b>U14 Girls</b> 3 <sup>rd</sup> Elise Dandie	<b>U15 Boys</b> 1 <sup>st</sup> Jack McAuliffe
<b>U12 Boys</b> 4 <sup>th</sup> Evan Hawkes	<b>U11 Boys</b> 10 <sup>th</sup> Emmett Packer
<b>U10 Boys</b> 9 <sup>th</sup> Isaac Huf 11 <sup>th</sup> Jimmy Apostolakos	<b>U10 Girls</b> 2 <sup>nd</sup> Henriette Kellaway 5 <sup>th</sup> Ivy Oliver 7 <sup>th</sup> Lucy Hawkes 8 <sup>th</sup> Phillipa Guthrie
<b>U8 Girls</b> 6 <sup>th</sup> Holly Moran	<b>U9 Girls</b> 2 <sup>nd</sup> Sophie Carracher

<b>U7 Girls</b> 1 <sup>st</sup> Maple Apostolakos	<b>U7 Boys</b> 1 <sup>st</sup> James Moran
<b>Tiny Tots</b> Tom Moran	<b>U6 Girls</b> 8 <sup>th</sup> Madeline Moran

## CENTRE BEST PERFORMANCES – BOYS U6-U12

<b>U 6</b>				200m	02/03	H. May	29.20
50m	18/19	S. Berry	9.53	400m	02/03	H. May	01:05.90
70m	14/15	H. Howard	11.50	800m	85/86	T. Hooper	02:31.60
100m	89/90	D. Bidmeade	18.20	60mH	13/14	C. Dwyer	10.40
200m	89/90	D. Bidmeade	39.50	1100mW	15/16	T. Wilks	05:19.50
300m	13/14	S. Killick	01:08.30	HJ	87/88	A. Carracher	1.35m
HJ	10/11	H. Stewart-Rattray	0.95m	HJ (scis)	22/23	L. Straga	1.22m
(flexi)				LJ	12/13	J. Temme	4.21m
LJ	88/89	C. Stewart	2.90m	TJ	98/99	J. Spriggins	8.82m
SP 1kg	88/89	J. Jones	6.04m	SP 2kg	87/88	A. Carracher	9.10m
D 350g	14/15	H. Howard	15.55m	D 500g	95/96	J. Hanisch	28.98m
V	22/23	B. Cawthorne	16.57m	V	22/23	I. Huf	35.48m
<b>U 7</b>				<b>U 11</b>			
70m	90/91	M. Ainsworth	11.30	100m	88/89	A. Carracher	13.60
	90/91	D. Bidmeade	11.30	200m	88/89	A. Carracher	28.30
100m	90/91	M. Ainsworth	16.10		01/02	J. Stephens	28.30
200m	90/91	M. Ainsworth	33.70	400m	02/03	H. May	01:03.70
500m	12/13	A. Pertl	01:48.90	800m	02/03	H. May	02:23.70
60mH	13/14	J. Baker	12.60	1500m	11/12	D. Fahey	04:53.40
HJ	16/17	H. Carberry	1.05m	80mH	19/20	H. McAuliffe	15.36
(flexi)				1100mW	16/17	T. Wilks	4:53.85
LJ	90/91	M. Ainsworth	3.51m	HJ	88/89	A. Carracher	1.52m
SP 1kg	80/81	A. Leet	7.22m	LJ	89/90	S. Crichton	4.77m
D 350g	12/13	D. Rees	18.37m	TJ	82/83	B. Kildea	9.90m
V	19/20	B. Gray	23.29m	SP 2kg	96/97	J. Hanisch	9.52m
				D 500g	19/20	B. Kinsella-White	33.66m
				Jav 400g	89/90	M. Burns	29.56m
<b>U 8</b>				<b>U 12</b>			
70m	83/84	D. Farmer	10.60	100m	84/85	J. Goodes	13.00
100m	91/92	M. Ainsworth	15.20	200m	84/85	B. Hillman	26.70
200m	91/92	M. Ainsworth	31.00	400m	83/84	B. Whitwell	01:01.00
700m	16/17	A. Udow	02:18.27	800m	16/17	H. Braithwaite	02:21.30
60mH	16/17	H. Baker	11.85	1500m	14/15	J. Cross	04:47.60
400mW	17/18	S. Wilks	02:22.09	80mH	19/20	J. Lagana	14.96
HJ (scis)	98/99	A. Wheeler	1.18m	1500mW	17/18	T. Wilks	06:38.77
LJ	91/92	M. Ainsworth	3.74m	HJ	81/82	M. Hellier	1.55m
SP 1.5kg	13/14	H. Maerschel	6.84m		94/95	S. Dean	1.55m
D 500g	93/94	I. Wallace	18.78m	LJ	84/85	J. Goodes	5.12m
V	21/22	H. Wadham	31.10m	TJ	89/90	D. Wallace	10.72m
				SP 2kg	89/90	D. Wallace	11.17m
				D 750g	88/89	D. Hurst	34.88m
				Jav 400g	89/90	D. Wallace	37.66m
<b>U 9</b>							
70m	12/13	C. Dwyer	10.30				
	12/13	T. Liapis	10.30				
100m	12/13	T. Liapis	14.30				
200m	92/93	M. Ainsworth	30.20				
400m	84/85	T. Hooper	01:08.90				
800m	11/12	J. Temme	02:40.00				
60mH	11/12	J. Temme	10.80				
	14/15	H. Maerschel	10.80				
700mW	18/19	S. Wilks	03:47.86				
HJ (scis)	90/91	A. Forman	1.30m				
LJ	83/84	D. Farmer	4.05m				
SP 2kg	88/89	A. Welsh	8.11m				
D 500g	84/85	M. Whitehouse	23.23m				
Vortex	19/20	E. Berry	31.10m				
<b>U 10</b>							
70m	98/99	M. Umapathysivam	10.00				
100m	13/14	T. Liapis	14.20				

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**CENTRE BEST PERFORMANCES – BOYS U13-U17**

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<b>U 13</b>				400m	99/00	D. Bradley	53.10
100m	09/10	B. Wilson	11.60	800m	99/00	D. Bradley	02:09.00
200m	09/10	B. Wilson	24.20	1500m	12/13	B. Slimming	05:02.30
400m	09/10	B. Wilson	54.40	100mH	14/15	D. Pastrello	14.00
800m	84/85	B. Kildea	02:15.50	300mH	19/20	H. Howard	43.64
1500m	17/18	J. Harris	04:35.39	1500m	12/13	B. Slimming	07:29.00
80mH	08/09	J. Harris	12.80	W			
200mH	17/18	J. White	29.55	HJ	04/05	A. Britten Jones	1.88m
1500m	15/16	J. Cross	07.01.20	LJ	12/13	B. Slimming	6.10m
W				TJ	15/16	P. Gayen	13.02m
HJ	95/96	S. Dean	1.68m	SP 4kg	17/18	B. Favretto	12.52m
	14/15	B. Favretto	1.68m	D 1kg	04/05	T. Schulz	47.46m
LJ	05/06	M. Harvey	5.05m	Jav 700g	17/18	A. Slimming	43.80m
TJ	09/10	R. Safiullin	11.41m				
SP 3kg	12/13	S. Quaini	14.70m	<b>U 17</b>			
D 750g	95/96	C. Delaney	36.62m	100m	13/14	J. Doney	11.20
Jav 600g	95/96	C. Delaney	40.44m	200m	14/15	L. Moss	22.90
				400m	13/14	B. Slimming	53.20
<b>U 14</b>				800m	13/14	B. Slimming	02:11.40
100m	10/11	B. Wilson	11.40	1500m	13/14	B. Slimming	05:12.40
200m	10/11	B. Wilson	23.50	110mH	20/21	H. Howard	17.10
400m	10/11	B. Wilson	54.70	300mH	16/17	W. Sellars	42.23
800m	11/12	S. Slimming	02:07.50	1500m	13/14	B. Slimming	07:33.50
1500m	11/12	S. Slimming	04:17.10	W			
90mH	10/11	B. Slimming	14.00	HJ	19/20	L. Killick	1.72m
	12/13	D. Pastrello	14.00	LJ	13/14	B. Slimming	6.30m
200mH	21/22	H. Baker	29.74	TJ	13/14	B. Slimming	12.95m
1500m	18/19	T. Wilks	06:28.91	SP 5kg	16/17	P. Gayen	11.80m
W				D 1.5kg	15/16	D. Pastrello	41.27m
HJ	83/84	M. Hellier	1.80m	Jav 700g	20/21	H. Howard	45.90m
	08/09	H. Lee	1.80m				
	15/16	B. Favretto	1.80m				
LJ	08/09	H. Lee	5.76m				
TJ	83/84	M. Hellier	11.99m				
SP 3kg	13/14	S. Quaini	14.15m				
D 1kg	96/97	C. Delaney	40.92m				
Jav 600g	01/02	D. Marshall	45.97m				
<b>U 15</b>							
100m	09/10	S. Thomas	11.30				
200m	09/10	S. Thomas	23.80				
400m	18/19	L. Warren	53.81				
800m	11/12	B. Slimming	02:16.00				
1500m	18/19	H. Braithwaite	04:36.69				
100mH	16/17	B. Favretto	14.13				
300mH	16/17	B. Favetto	45.60				
1500m	19/20	T. Wilks	06:14.91				
W							
HJ	97/98	S. Dean	1.87m				
LJ	09/10	H. Lee	5.86m				
TJ	11/12	B. Slimming	12.11m				
SP 4kg	92/93	D. Wallace	14.26m				
D 1kg	92/93	D. Wallace	42.48m				
Jav 700g	18/19	H. Howard	36.55m				
<b>U 16</b>							
100m	13/14	L. Moss	11.20				
200m	10/11	S. Thomas	23.90				

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**CENTRE BEST PERFORMANCES – GIRLS U6-U12**

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**U 6**

50m	21/22	M. Apostolakas	9.90
70m	11/12	S. Killick	12.70
100m	11/12	S. Killick	18.20
200m	89/90	A. Lewicki	40.70
300m	11/12	S. Killick	01:06.70
HJ			
(flexi)	11/12	C. Portus	0.92m
LJ	11/12	S. Killick	2.76m
SP 1kg	87/88	E. Marron	4.46m
D 350g	12/13	F. Russell	11.61m
V	19/20	G.Mills	9.12m

**U 7**

70m	90/91	A. Lewicki	11.90
100m	12/13	S. Killick	17.10
200m	95/96	L. Wotzke	35.90
500m	16/17	L. Disney	01:52.13
60m H	12/13	S. Killick	12.80m
HJ			
(flexi)	16/17	L. Disney	0.95m
LJ	03/04	B. Tester	3.22m
SP 1kg	12/13	C. Portus	5.81m
D 350g	12/13	S. Killick	15.19m
V	21/22	G. Hawcroft	15.35m

**U 8**

70m	83/84	V. Jacobs	11.10
100m	88/89	K. Lewicki	16.00
200m	88/89	K. Lewicki	34.30
700m	13/14	M. Dwyer	02:39.10
60mH	13/14	S. Killick	12.00
400mW	10/11	K. Fahey	02:41.00
HJ (scis)	83/84	V. Jacobs	1.07m
LJ	13/14	S. Killick	3.64m
SP 1.5kg	13/14	S. Killick	6.03m
D 500g	88/89	K. Harvey	16.12m
V	21/22	G. Mills	20.90m

**U 9**

70m	76/77	S. Canalia	10.40
100m	00/01	P.Umapathysivu	14.60
200m	89/90	K. Lewiki	31.90
400m	13/14	H. Woon	01:14.70
800m	92/93	H. Baker	02:50.40
60mH	14/15	S. Killick	10.60
700mW	15/16	H. Wilks	04:19.10
HJ (scis)	12/13	K. Aston	1.26m
LJ	14/15	S. Killick	3.88m
SP 2kg	12/13	K. Aston	7.09m
D 500g	14/15	S. Killick	19.91m

V 22/23 G.Mills 23.16m

**U 10**

70m	19/20	L. Disney	10.25
100m	19/20	L. Disney	14.20
200m	19/20	L. Disney	30.40
400m	19/20	S. Budgen	01:10.12
800m	15/16	M. Dwyer	02:40.50
60mH	13/14	K. Aston	11.10
1100mW	16/17	H Wilks	06:17.76
HJ	15/16	S. Killick	1.32m
LJ	12/13	L. Doney	4.19m
TJ	15/16	S. Killick	8.70m
SP 2kg	85/86	V. Jacobs	7.76m
D 500g	15/16	S. Killick	26.70m
V	16/17	A. Lucas	25.56m

**U 11**

100m	13/14	L. Doney	14.10
200m	20/21	L. Disney	28.73
400m	20/21	L. Disney	01:04.09
800m	12/13	R. Pittman	02:33.30
1500m	16/17	M. Dwyer	05:13.00
80mH	20/21	S. Budgen	13.86
1100mW	11/12	B. Cross	05:40.90
HJ	95/96	J. Cherry	1.40m
LJ	86/87	V. Jacobs	4.62m
TJ	13/14	L. Doney	9.72m
SP 2kg	88/89	F.McDonald-Taylor	8.59m
D 500g	22/23	M. Power	24.55,
Jav 400g	17/18	A.Lucas	24.22m

**U 12**

100m	14/15	E. Byrne	13.10
200m	14/15	E. Byrne	27.90
400m	85/86	E. Jacobs	01:02.60
800m	21/22	S. Budgen	02:27.89
1500m	18/19	M.McLeod	05:02.94
80mH	21/22	S. Budgen	13.51
1500mW	07/08	L. Danner	07:31.50
HJ	17/18	S. Killick	1.51m
LJ	14/15	E. Byrne	5.10m
TJ	87/88	V. Jacobs	10.08m
SP 2kg	89/90	F.McDonald-Taylor	11.58m
D 750g	17/18	S. Killick	27.88m
Jav 400g	08/09	C. Gayen	22.34m

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**CENTRE BEST PERFORMANCES – GIRLS U13-U17**

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				400m	14/15	H. Russo	01:02.40
				800m	03/04	B. Hollitt	02:36.30
<b>U 13</b>				1500m	14/15	G. Donnelly	05:16.30
100m	01/02	S. Manning	12.90	90mH	09/10	M. Gayen	13.30
	02/03	L. Rudaks	12.90	300mH	22/23	L. Allen	48.10
	06/07	M. Gayen	12.90	1500mW	14/15	A. Cross	07:00.70
200m	99/00	A. Wrench-Doody	27.20	HJ	22/23	L. Allen	1.55m
400m	14/15	R. Pittman	01:00.90	LJ	09/10	M. Gayen	6.01m
800m	14/15	R. Pittman	02:20.50	TJ	09/10	M. Gayen	11.69m
1500m	12/13	R. Disney	04:58.50	SP 3kg	12/13	C. Gayen	11.32m
80mH	09/10	C. Gayen	13.50	D 1kg	17/18	N. Miller	29.32m
200mH	16/17	A. Tan	31.08	Jav 500g	20/21	S. Killick	36.29m
1500mW	13/14	B. Cross	07:27.70				
HJ	16/17	K. Anston	1.55m	<b>U 17</b>			
LJ	16/17	S. Casey	5.18m	100m	10/11	M. Gayen	12.20
TJ	15/16	L. Doney	10.72m	200m	10/11	M. Gayen	26.50
SP 3kg	90/91	F. McDonald-Taylor	9.97m	400m	13/14	C. Gayen	01:05.40
D 750g	09/10	S. O'Hara	25.48m	800m	14/15	L. Brown	02:29.20
Jav 400g	09/10	C. Gayen	31.41m	1500m	15/16	A. Cross	05:18.80
				100mH	10/11	M. Gayen	14.60
<b>U 14</b>				300mH	16/17	K. Woolley	52.98
100m	07/08	M. Gayen	12.70	1500mW	15/16	A. Cross	06:47.40
200m	20/21	C. McAuliffe	26.49	HJ	21/22	S. Killick	1.49m
400m	15/16	R. Pittman	59.10	LJ	10/11	M. Gayen	5.91m
800m	08/09	S. Linn	02:19.10	TJ	10/11	M. Gayen	12.13m
1500m	08/09	S. Linn	04:48.80	SP 3kg	21/22	S. Killick	12.47m
80mH	07/08	M. Gayen	12.80	D 1kg	21/22	S. Killick	32.17m
200mH	17/18	P. Maerschel	29.46	Jav 500g	21/22	S. Killick	38.28m
1500mW	12/13	A. Cross	07:01.10				
HJ	95/96	A. Jay	1.63m				
LJ	17/18	S. Casey	5.30m				
TJ	16/17	L. Doney	11.78m				
SP 3kg	15/16	Z. Wilmshurst	10.56m				
D 1kg	15/16	Z. Wilmshurst	29.61m				
Jav 400g	15/16	Z. Wilmshurst	35.90m				
<b>U 15</b>							
100m	88/89	B. Trillo	12.30				
200m	21/22	C. McAuliffe	25.95				
400m	19/20	L. Kinnane	01:00.23				
800m	09/10	S. Linn	02:21.80				
1500m	09/10	S. Linn	04:56.80				
90mH	08/09	M. Gayen	13.60				
300mH	21/22	L. Allen	49.58				
1500mW	13/14	A. Cross	07:10.30				
HJ	99/00	G. Dean	1.62m				
LJ	08/09	M. Gayen	5.65m				
TJ	08/09	M. Gayen	11.50m				
SP 3kg	19/20	S. Killick	10.91m				
D 1kg	19/20	S. Killick	28.10m				
Jav 500g	16/17	Z. Wilmshurst	33.13m				
<b>U 16</b>							
100m	12/13	L. Fitzgerald	12.10				
200m	09/10	M. Gayen	25.90				



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