

MILL PARK ★ SOUTH MORANG Little Athletics Club

ESTABLISHED 1980



“Be Your Best”

“Family, Fun & Fitness”



MPSM Club Handbook 2018 – 2019 Season

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for your generous support of MPSM in the 2018-2019 Season**

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PRESIDENTS WELCOME

Welcome Back! A warm welcome is extended to our existing and our new families to Mill Park South Morang Little Athletics Club, “The MUSTANGS”. I am sure you will enjoy your time with the club this season.

MPSM Mustangs was established back in 1980 when the center began competing in Thomastown that year. We are now heading into our 38th season as a club and looking forward to making it an enjoyable one for all. The long proud history of our club is achieved by encouraging our athletes to “**Be Your Best**”, that doesn’t mean finishing 1st, 2nd or 3rd, but being the best they can be each time they compete. Little Athletics was founded on the belief of having fun and doing your best, no matter where you come. I encourage all parents to remember this.

The club itself upholds the motto “**Family, Fun and Fitness**” and welcomes parents, guardians and family members to be involved in the running of the weekly competition. This can be as simple as helping rake a pit or retrieving a discus, it allows you to get closer to the action.

This is an exciting year as we are back competing on our new track. I’m sure we will see some exciting times, throws and jumps occur.

I would like to take this early opportunity to thank our 2018 – 2019 committee for volunteering their time and effort to our club and helping ensure that everything falls into place for the season. We are extremely lucky to have committee members who work really hard in their role and support our athletes.

Also I would like to thank Craig Chapman our coaching coordinator and all the coaches that help make training fun for our athletes each week. This effort is shown through the improvement over the year in our athlete’s performances.

Each year our sponsors make it possible to provide something for our athletes when they register and to have a great Christmas breakup, which everyone enjoys. The club and I thank them for their ongoing support. Please support our sponsors whenever possible, their details can be found on our website, the handbook and our weekly newsletters.

Once again, welcome to all new and existing families and may you have a fun and exciting year. Please do not hesitate to introduce yourself and have a chat.

Regards

Michael McBrien
President
Mill Park South Morang Little Athletics Club

CLUB STRUCTURE

KEY OFFICE BEARERS



Michael McBrien

President

Mob: 0417 011 240



Sharon Willingham

Vice-President



Lilly Gregory

Secretary

Mob: 0458968517



Shelby Rumley

Treasurer



Linda Glouftsis

Team Manager



Meagan Audino

Registrar



Craig Chapman

Coaching Coordinator

MPSM Website:

www.mpsmlac.org.au

Email enquiries:

millparksouth.morang@lavic.com.au

Other correspondence should be sent to:

Lilly Gregory

Secretary

Mill Park-South Morang LAC

PO Box 215

South Morang VIC 3752

ADDITIONAL OFFICE BEARERS AND COMMITTEE MEMBERS

CHIEF OF OFFICIALS

Linda Glouftsis

FUNDRAISING

Rhys Kay

Margie Hill

CENTRE DELEGATES

Michael McBrien

Meagan Audino

RANKS & RECORDS

Tony Newstead

UNIFORM MANAGER

Em Rasit

GENERAL COMMITTEE

Julie Sims

Tameeka Robertson

Jennifer Breneger

CHILD PROTECTION OFFICER

Meagan Audino

CLUB UNIFORM

Tops and Shorts

The MPSM Club uniform consists of:

A white top with Club logo - the white top can be either a Singlet or Sun Smart T-Shirt style. Refer pictures below.

Plain black shorts, bike shorts or bloomers/sports briefs. Note: shorts must be a minimum of 100mm / 10cm above the knee and cannot have any type of logo, colour stripes or pockets in them.



Other Apparel Available For Purchase



- Club Hoodie - \$45
- Tracksuit pants - \$30
- Caps - \$10
- Training T-shirt - \$15



Please see club website for further details.

Chest Patches

Chest Patches provided to athletes at time of registration must be worn on the Club Top for all events each week of interclub competition. Chest patches will show the child's name, age group and registration number. Team Managers and Officials require this information for events to run smoothly.

Failure to wear the Chest Patch will result in your child being sent back from their first event.

Please take care of the Subway Chest Patch:

- ***DO NOT wash the Chest Patch as it will get damaged***
- ***If you lose or damage the Subway Chest Patch a replacement must be purchased at a cost of \$5.***



Footwear & Spikes

Footwear is compulsory for ALL athletes in ALL events. The wearing of footwear with blades or cleats constructed of hard plastic will not be permitted. ALL athletes must wear suitable runners. Athletes in the Under 11 to Under 16 Age Groups may wear runners or spikes.

For U11's & U/12's - they are permitted to wear spikes in:

- (a) All track events run entirely in lanes; &
- (b) All jump events and javelin.

For U13's - U16's - they are permitted to wear spikes in:

- (a) All track events except Race Walks; &
- (b) All jump events and javelin.

The **maximum length is 7mm**, all spike positions must be filled with a spike or a blank (no more than 2 two blanks will be installed in a shoe). Specialist High Jump and Javelin footwear with heel spikes must not exceed 9mm and may only be worn at these events.

The only acceptable spike for Little Athletics is either pyramid (Christmas tree) or conical – Needle Spikes **are NOT permitted**.

Spot checks may be conducted at any time



Needle Spikes = NOT ALLOWED

Spikes may only be put on at the marshalling area of each event and must be removed at the completion of the event. Athletes must NOT walk around in their spikes. Any misuse of spikes will result in the withdrawal of permission to compete in spikes.

IMPORTANT INFORMATION

Club Training:

MPSM Training commences every Tuesday from 4th September 2018, from 5.30pm to 6.30pm at Meadowglen, McDonalds Road, Epping

Club Location at the Track:

MPSM will be located under the last shade at the end of the track. Look out for our Club portable sunshade structure and the club banners, this is where you will find Committee Members should you require assistance. The Club's **Registration Table** is also located here. Please sign in at this table before competition commences each week.

What to Bring:

We recommend you bring a folding chair or picnic blanket to the Track for your comfort during competition.

In addition, you may bring snacks and drinks. Please ensure athletes have a drink bottle to keep them hydrated throughout competition and adequate clothing depending on the weather.

Weather:

For weather policy for Weekly Competition please refer to Whittlesea City Little Athletics Centre Handbook and/or website.

In the event of extreme weather (i.e. too hot or storms) in some cases the Club's weekly training session will be cancelled.

Any cancellations will be put up on the Club website and communicated via TeamApp and Facebook as soon as practical.

On Arrival:

The **First Call of Events** this Season is generally **8.30am** on a Saturday and **6.00pm** on a Friday night.

Please refer to the Season Calendar on the website for specific details.

We recommend families arrive half an hour before first call of events. On arrival at the track parents are required to present themselves to the Club Registration Table and confirm attendance of their child/children.

Call of Events:

Parents and athletes need to be listening out for the call of events. These are made over the loud speakers.

First call of events is also published on the website and TeamApp prior to competition days. Athletes are to move to the relevant location on the track and meet their Age Group Team Managers for U7 – U 11 athletes (**No parents should be on the track unless they have a specific job**).

Results:

Results for all events (i.e. both Track and Field) will be recorded electronically by the Centre throughout each Competition Day. The results will then be available to each Club for entering into their Ranks & Records system.

Event Performance Tickets may be printed direct from ResultsHQ as required.

Parent Helper Roster System:

All Families are required to assist during the season.

As each event is called the Competition Director will announce for parent helpers at the event for that age group. The event will not continue until there are the required number of helpers that are needed for it to run.

Please speak to a Committee Member if you have any queries or you would like to volunteer for anything specific.

Parents are also required to assist with putting up the Club Sun Shade Structures at the events prior to the start of competition. These provide the athletes with protection from the sun whilst competing at events. It would be greatly appreciated if families could arrive that little bit earlier and help with setting these up for the comfort of all athletes.

To make it fair and equitable for all families it is required that parents / guardians participate as helpers.

Families who do not complete any Parent Helper Duty throughout the season without proper notification to the Club of their inability to complete any for of duty will possibly result in their child/ren not receiving Club Points for that competition day.

Athletes earn Club Points for their athletic performances and this determines placings in their Age Group for end of season awards. It is, therefore, important that families complete their allocated Parent Helper Duty.

We look forward to seeing you all at the track and helping us to ensure our competitions run successfully.



"I made the team, Mom, and so did you! I volunteered you for team driver."

SEASON CALENDAR

Whittlesea City		
Competition Calendar for Season 2018/2019		
Saturday Sep-15	TRIAL WEEK - Come & Try Day (Intercentre)	8.30am Start
Saturday Oct-06	WEEK 1 - Program A	8.30am Start
Saturday Oct-13	WEEK 2 - Program B	8.30am Start
Saturday Oct-20	WEEK 3 - Program C (Intercentre Round 1)	8.00am Start
Saturday Oct-27	WEEK 4 - WCLAC (Opening Ceremony)	8.30am start
Friday Nov-02	WEEK 5 - Program A	6.00pm Start
Friday Nov-09	WEEK 6 - Program D (Intercentre Round 2)	6.00pm Start
Saturday Nov-17	REGION RELAYS	COBURG (All Day Event)
Sunday Nov-18	WEEK 7 - Program B	1.00pm Start
Saturday Nov-24	WEEK 8 - WCLAC COMBINED EVENTS CARNIVAL	8.30am Start
Friday Nov-30	WEEK 9 - Program C	6.00pm Start
Sunday Dec-2	REGION COMBINED EVENTS CARNIVAL	SUNBURY (All day Event)
Saturday Dec-08	WEEK 10 - Program D	8.30am Start
Saturday Dec-15	STATE RELAYS	ALBERT PARK (All Day Event)
Sunday Dec-16	WEEK 11 - Program B (Intercentre Round 3)	4.30pm Start
CHRISTMAS BREAK		
Saturday Jan-19	WEEK 12 - Program C (Intercentre Round 4)	8.00am Start
Friday Jan-25	WEEK 13 - Program A	6.00pm Start
Friday Feb-01	WEEK 14 - Program B	6.00pm Start
Saturday Feb-02	STATE COMBINED EVENTS CHAMPIONSHIPS	ALBERT PARK (All Day Event)
Sunday Feb-03	STATE COMBINED EVENTS CHAMPIONSHIPS	ALBERT PARK (All Day Event)
Friday Feb-08	WEEK 15 - Program D (Intercentre Round 5)	6.00pm Start
Saturday Feb-16	REGION TRACK AND FIELD CARNIVAL	WHITTLESEA CITY
Sunday Feb-17	REGION TRACK AND FIELD CARNIVAL	WHITTLESEA CITY
Saturday Feb-23	WEEK 16 - Adjusted Program	8.30am Start
Saturday Mar-02	WEEK 17 - Adjusted Program	8.30am Start
Friday Mar-08	WEEK 18 - Adjusted Program	6.00pm Start
Friday Mar-15	STATE TRACK AND FIELD CHAMPIONSHIPS	CASEY FIELDS
Saturday Mar-16	STATE TRACK AND FIELD CHAMPIONSHIPS	CASEY FIELDS
Sunday Mar-17	STATE TRACK AND FIELD CHAMPIONSHIPS	CASEY FIELDS
Saturday Mar-23	WCLAC CHAMPIONSHIPS	MEADOWGLEN RESERVE
Sunday Mar-24	WCLAC CHAMPIONSHIPS	MEADOWGLEN RESERVE

COMPETITION PROGRAMS

SEASON 2018/2019 - PROGRAM A				
GIRLS U6	ON TRACK	ON TRACK	ON TRACK	ON TRACK
BOYS U6	ON TRACK	ON TRACK	ON TRACK	ON TRACK
GIRLS U7	70M	100M	ON TRACK	SP
BOYS U7	70M	100M	ON TRACK	SP
GIRLS U8	70M	100M	HJ	DISC
BOYS U8	70M	100M	HJ	DISC
GIRLS U9	100M	400M	HJ	SP
BOYS U9	100M	400M	HJ	SP
GIRLS U10	100M	400M	LJ	DISC
BOYS U10	100M	400M	LJ	DISC
GIRLS U11	100M	400M	TJ	SP
BOYS U11	100M	400M	TJ	DISC
GIRLS U12	100M	400M	HJ	JAV
BOYS U12	100M	400M	LJ	SP
GIRLS U13	100M	400M	LJ	SP
BOYS U13	100M	400M	LJ	JAV
GIRLS U14	100M	400M	TJ	JAV
BOYS U14	100M	400M	TJ	DISC
GIRLS U15 & U16	100M	400M	HJ	DISC
BOYS U15 & U16	100M	400M	HJ	JAV

* Under 7 compete in 4 events. 3 events plus ON TRACK before Xmas, 4 events after Xmas.

SEASON 2018/2019 - PROGRAM B				
GIRLS U6	ON TRACK	ON TRACK	ON TRACK	ON TRACK
BOYS U6	ON TRACK	ON TRACK	ON TRACK	ON TRACK
GIRLS U7	60M	200M	LJ	ON TRACK
BOYS U7	60M	200M	LJ	ON TRACK
GIRLS U8	70M	200M	LJ	SP
BOYS U8	70M	200M	LJ	SP
GIRLS U9	70M	800M	LJ	DISC
BOYS U9	70M	800M	LJ	DISC
GIRLS U10	70M	800M	HJ	SP
BOYS U10	70M	800M	HJ	SP
GIRLS U11	200M	800M	LJ	DISC
BOYS U11	200M	800M	LJ	DISC
GIRLS U12	200M	800M	TJ	SP
BOYS U12	200M	800M	TJ	JAV
GIRLS U13	200M	800M	TJ	JAV
BOYS U13	200M	800M	HJ	SP
GIRLS U14	200M	800M	HJ	SP
BOYS U14	200M	800M	HJ	JAV
GIRLS U15 & U16	200M	800M	TJ	JAV
BOYS U15 & U16	200M	800M	HJ	DISC

* Under 7 compete in 4 events. 3 events plus ON TRACK before Xmas, 4 events after Xmas.

SEASON 2018/2019 - PROGRAM C

GIRLS U6	ON TRACK	ON TRACK	ON TRACK	ON TRACK	
BOYS U6	ON TRACK	ON TRACK	ON TRACK	ON TRACK	
GIRLS U7	70M	100M	ON TRACK	SP	
BOYS U7	70M	100M	ON TRACK	SP	
GIRLS U8	70M	100M	HJ	DISC	
BOYS U8	70M	100M	HJ	DISC	
GIRLS U9	100M	200M	HJ	SP	
BOYS U9	100M	200M	HJ	SP	
GIRLS U10	100M	200M	LJ	SP	
BOYS U10	100M	200M	LJ	DISC	
GIRLS U11	100M	200M	TJ	JAV	1500M
BOYS U11	100M	200M	TJ	JAV	1500M
GIRLS U12	100M	200M	LJ	DISC	1500M
BOYS U12	100M	200M	HJ	DISC	1500M
GIRLS U13	100M	200H	HJ	DISC	1500M
BOYS U13	100M	200H	TJ	JAV	1500M
GIRLS U14	100M	200H	LJ	DISC	1500M
BOYS U14	100M	200H	LJ	SP	1500M
GIRLS U15 & U16	100M	300H	HJ	JAV	1500M
BOYS U15 & U16	100M	300H	TJ	SP	1500M

* Under 7 compete in 4 events. 3 events plus ON TRACK before Xmas, 4 events after Xmas.

* Athletes; Choose 2 of the 3 Track Events Listed. For U11 - U16 Age Groups Only.

SEASON 2018/2019 - PROGRAM D

GIRLS U6	ON TRACK	ON TRACK	ON TRACK	ON TRACK	
BOYS U6	ON TRACK	ON TRACK	ON TRACK	ON TRACK	
GIRLS U7	60M	300M	ON TRACK	DISC	
BOYS U7	60M	300M	ON TRACK	DISC	
GIRLS U8	60H	300M	LJ	SP	
BOYS U8	60H	300M	LJ	SP	
GIRLS U9	60H	700W	LJ	DISC	
BOYS U9	60H	700W	LJ	DISC	
GIRLS U10	60H	1100W	HJ	T JAV	
BOYS U10	60H	1100W	HJ	T JAV	
GIRLS U11	60H	1100W	HJ	SP	100M
BOYS U11	60H	1100W	HJ	SP	100M
GIRLS U12	60H	1500W	TJ	SP	100M
BOYS U12	60H	1500W	TJ	DISC	100M
GIRLS U13	80H	1500W	HJ	JAV	100M
BOYS U13	80H	1500W	HJ	DISC	100M
GIRLS U14	80H	1500W	TJ	SP	100M
BOYS U14	90H	1500W	TJ	DISC	100M
GIRLS U15 & U16	90H	1500W	LJ	SP	100M
BOYS U15 & U16	100H	1500W	LJ	JAV	100M

* Under 7 compete in 4 events. 3 events plus ON TRACK before Xmas, 4 events after Xmas.

* Athletes; Choose 2 of the 3 Track Events Listed. For U11 - U16 Age Groups Only.

U7's After Christmas

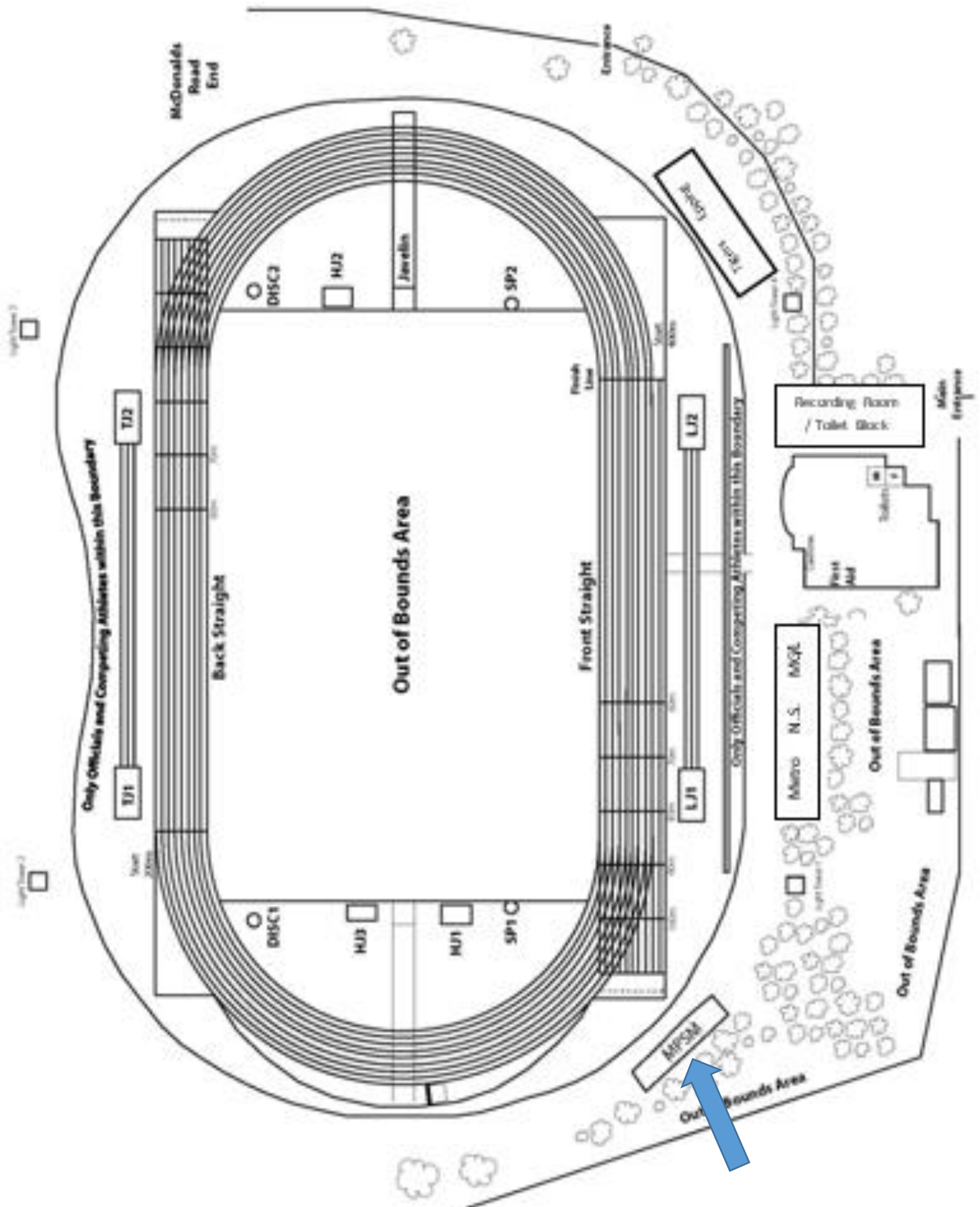
SEASON 2018/2019 - PROGRAM A				
GIRLS U7	70M	100M	LJ	SP
BOYS U7	70M	100M	LJ	SP

SEASON 2018/2019 - PROGRAM B				
GIRLS U7	70M	200M	LJ	DISC
BOYS U7	70M	200M	LJ	DISC

SEASON 2018/2019 - PROGRAM C				
GIRLS U7	70M	100M	LJ	SP
BOYS U7	70M	100M	LJ	SP

SEASON 2018/2019 - PROGRAM D				
GIRLS U7	70m	300M	LJ	DISC
BOYS U7	70m	300M	LJ	DISC

ATHLETIC TRACK LAYOUT



PARENT'S CODE OF CONDUCT

- Encourage children to participate if they are interested. However, if a child is not willing, do not force him or her.
- Focus upon the child's efforts rather than the overall outcome of the event. This assists the children in setting realistic goals related to his/her own ability by reducing the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing an event.
- Remember children are involved in Little Athletics for **their** enjoyment, not yours.
- If you disagree with an official, raise the issue through the appropriate channels (i.e. through your Club Team Manager) rather than questioning the official's judgement and honesty in public. Remember, most officials volunteer their time and effort for your child's involvement.
- Support all efforts to remove all verbal and physical abuse at Little Athletics activities.
- Recognise the value and importance of being a volunteer official and/or coach. They give their time and resources to provide recreational activities for the children and deserve your support.
- Demonstrate appropriate social behaviour - by not harassing athletes, parents, coaches or officials; smoking at the arena or being intoxicated.
- Avoid use of bad language.

SPECTATORS' CODE OF CONDUCT

- Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators, nor are they miniature professionals.
- Applaud good performances and efforts from each athlete. Congratulate all participants upon their performance regardless of the event outcome.
- Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure (i.e. please raise any issues or queries with your Club Team Manager) in order to question the decision and teach the children to do likewise.
- Never ridicule or scold a child for making a mistake during a competition. Positive comments are motivational.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or athletes.
- Show respect for each participant. Without them there would be no events.
- Encourage athletes to follow the rules and the officials' decisions.
- Demonstrate appropriate social behaviour by not harassing athletes, parents, coaches or officials, smoking at the arena or being intoxicated.
- Avoid use of bad language.



CLUB AWARDS AND POINTS SYSTEM

MPSM presents three major categories of awards each season. These are:

- **5000 Points Awards**
- **Gender and Age Group Trophies**
- **10 Year Membership Awards**

Each award is based on the calculation of points and qualifications under different components within the standard scoring system.

5000 Points Awards

Medallions are awarded to athletes who accumulate in excess of 5000 points during the seasons Centre competition program. Points are awarded on the basis of individual performance across all events under Categories 1, 2 and 3 of the standard scoring system.

Gender and Age Group Trophies

Trophies are awarded to athletes in each gender and age group. Points are awarded on the basis of individual performance across each event under Categories 1, 2 and 3 of the standard scoring system.

There are two categories of trophies. These are:

➤ **Place Trophy**

Awarded to the top 3 athletes (1st, 2nd and 3rd) who accumulate the most points during the Centre competition days. Athletes **must** have participated in a minimum of **75%** of Centre competition days to qualify for this award.

➤ **Participation Trophy**

Awarded to all athletes who have participated in a **minimum of 50%** of Centre competition days who do not receive a Place Trophy.

10 Year Membership Awards

Awards are presented at the Annual General Meeting to athletes who have completed 10 seasons at the Mill Park - South Morang Little Athletics Club. The committee at that time determines the nature of these awards based on the circumstances prevailing at that time.

STANDARD SCORING SYSTEM

There are 4 components within the standard scoring system.

Component 1 Event Points

Athletes will accumulate **10 points** for each track and field event in which **they complete** or **attempt**.

Component 2 Performance Points

Athletes will accumulate points for their individual performance in each track & field event in which they complete relative to the **Club Record** for that event against a base of **90 points**.

Explanations and Examples

- Athletes who equal the Club Record for the event will accumulate 90 points (base points score) depending upon their performance relative to the Age Group Club Record.
- Athletes whose performance is recorded below the Age Group Club Record for the event will accumulate more than 90 points (base) depending upon their performance relative to the Club Record.

<i>Example:</i>	<i>Event:</i>	<i>100 meters</i>
	<i>Club Record:</i>	<i>12.00 seconds</i>
	<i>Athlete's Performance:</i>	<i>11.90 seconds</i>

Performance equals 0.9916% below the Club Record

Points Calculation: *90 points (base points score)*
 X 1.0084

 = 90.75 points

- Athletes whose performance is recorded above the Age Group Club Record for the event will accumulate less than 90 points (base) depending upon their performance relative to the Age Group Club Record.

<i>Example:</i>	<i>Event:</i>	<i>100 meters</i>
	<i>Club Record:</i>	<i>12.00 seconds</i>
	<i>Athlete's Performance:</i>	<i>12.10 seconds</i>

Performance equals 0.0083% above the Club Record

Points Calculation: *90 points (base points score)*

$$X 0.9917$$

$$= 89.25 \text{ points}$$

- Athletes who do not record a time or distance for the event (i.e. *Competed, No Jump* or *No Throw*) will not be eligible for performance points.
- No athlete who records a time or distance for an event will receive less than zero points.

Component 3 Average Points

Athletes will receive average points (55 points per event) from the competition day if they are unable to compete due to:

Illness:

- **Part 1:** An athlete is eligible to receive average points for up to 4 competition days if an illness is suffered during the course of the season. They will be awarded average points for the weeks they are absent upon producing a medical certificate for the required dates to the Ranks and Records Officer on the date of recommencing competition.
- **Part 2:** If an athlete suffers an illness which exceeds 4 continuous weeks of competition, average points will be awarded for the duration of the illness upon approval of the MPSMLAC committee. Written documentation must be provided to the committee in regard to the illness as soon as the athlete is aware of their condition. When the athlete is able to return to competition after the long term illness a medical certificate for the required dates must be provided to the Ranks and Records Officer on the date of recommencing.

Injury:

- If the athlete suffers an injury during the course of the season whether at competition, training or otherwise and the athlete is unable to compete, a medical certificate must be produced to the Ranks and Records Officer on the date of recommencing competition and average points will be awarded for the dates stated on the medical certificate.

Component 4 Own Average Points

- The athlete will be awarded their Own Average Points for up to 4 competition days upon Committee Approval (upon the basis of commitments to LAVIC Region/State/JDS, SSV Competition or Compulsory School Events). This also includes resting or recovering the day before or after a scheduled WCLAC meet

for the above listed categories only! An athlete is not entitled to OAP's if they are playing other sports such as Cricket, Basket, Netball, Soccer, Swimming etc...

- In the case of school events e.g. Graduation/Testing days etc. (excluding purely social events such as school discos), the athlete must produce written documentation (in person, email or fax) from the school regarding the event to the Ranks & Records Officer or Club Secretary **before or on the date of competition.**

Example:

Program B

Week 4 200.30

Week 8 259.35

Week 12 256.66

Week 16 211.35

Total 927.86 / divided x 4 = 231.96 avg

NOTE:

- If the athlete has not competed in a particular event throughout the season (e.g. 300M/H due to State Competition, Compulsory School Events or illness/injury) they will be awarded 55pts as an average for those events.
- The above calculation may also be applied upon Committee Approval where competition is partially completed i.e. cancellation due to rain or heat conditions. This method evenly balances all competitors for that competition to ensure age groups are not disadvantaged for that day's events.

Example:

Under 9 Girls

Mary Smith 5 events x **component 1 & 2 = 322.00 points**

Under 11 Boys

Peter Brown 2 events x **component 1 & 2 = 146.33 points**

Under the above method no child / age group is disadvantaged therefore being unbiased and non-discriminatory.

- The allocation of points under the standard points scoring system is performed by a computerised system and therefore there is minimal risk of error in the calculation of points.
- All hand written recording sheets are processed and entered by the Recording Officers in the Centre Club Room using the above system, they are then audited again before being submitted into Results HQ at the conclusion of each weekly competition.

CLUB RECORD BREAKERS – SEASON 2017-2018

- U/7 Girls: Aarabi Thirumavalavan - Shot Put: 3.97m - 2nd March 2018**
- U/7 Boys: Levi Robertson - Shot Put: 5.39m - 3rd February 2018**
- U/9 Boys: Mitchell Freeman - 700m Walk: 4:22.16min (Centre Record) 18th November 2017**
- U/9 Boys: Alexis Mainelli - 800m: 2:52.39min - 13th January 2018**
- U/10 Boys: Khayahn Ndebele - Turbo Javelin: 16.01min - 2nd March 2018**
- U/10 Girls: Lily-Bella Hilli - 200m: 31.46sec (Centre Record) - 17th March 2018**
- U/10 Girls: Lily-Bella Hilli - 400m: 1:12.37min - 18th March 2018**
- U/10 Girls: Lily-Bella Hilli - 800m: 2:58.81min - 13 January 2018**
- U/10 Girls: Mischa Atkinson - Turbo Javelin: 16.31m (Centre Record) - 2nd March 2018**
- U/11 Girls: Diviniya Breneger - 1100m Walk: 7.49.29 - 20th January 2018**
- U/11 Girls: Diviniya Breneger - Triple Jump 7.58m - 2nd of March 2018**
- U/11 Girls: Amy Gregory - Triple Jump 7.69m - 18th of March 2018**
- U/11 Boys: Lachlan Rumley - 1500m: 5:23.50min - 10th February 2018**
- U/11 Boys: Lachlan Rumley - 1100m Walk: 6:11.87min - 17th March 2018**
- U/11 Boys: Nathaniel Audino - Long Jump: 4.66m (Centre Record) - 18th March 2018**
- U/11 Boys: Nathaniel Audino - Triple Jump: 9.33m (Centre Record) - 17th March 2018**
- U/12 Boys: Thomas Sims - Long Jump: 4.75m - 2nd March 2018**
- U/12 Boys: Thomas Sims - 60m Hurdles 10.17sec - 17th March 2018**
- U/12 Boys: Thomas Sims - High Jump: 1.57m (Centre Record) - 3rd February 2018**
- U/13 Girls: Shehana Wijesundara - 100M: 13.05sec (Centre Record) - 23rd September 2017**
- U/13 Girls: Shehana Wijesundara - 200M: 27.43sec - 18th November 2017**
- U/13 Girls: Ellie Kewish - 80M Hurdles: 13.68sec - 17th March 2018**
- U13 Girls: Shehana Wijesundara - 200m Hurdles 30.51sec (Centre Record) - 28th October 2017**
- U13 Girls: Shehana Wijesundara - Triple Jump 10.77m (Centre Record) - 23rd September 2017**
- U13 Girls: Shehana Wijesundara - Long Jump 4.94m - 18th November 2017**
- U/13 Girls: Alana Chapman - Shot Put: 9.62m - 10th February 2018**
- U/16 Girls: Alyssa Bannan - 100m: 13.02sec - 23rd September 2017**
- U/16 Girls: Alyssa Bannan - 200m: 26.51sec (Centre Record) - 18th November 2017**

U/16 Girls: Alyssa Bannan - 400m: 1:04.00min - 10th November 2017
U/16 Girls: Alyssa Bannan - 800m: 2:52.41min - 24th February 2018
U/16 Girls: Alyssa Bannan - 1500m: 6:16.38min - 10th February 2018
U/16 Girls: Alyssa Bannan - 90m Hurdles: 14.63sec - 17th March 2018
U/16 Girls: Alyssa Bannan - 300m Hurdles: 49.09sec (Centre Record) - 13th January 2018
U/16 Girls: Alyssa Bannan - High Jump: 1.60m - 7th October 2017
U/16 Girls: Alyssa Bannan - Long Jump: 5.41m (Centre Record) - 3rd February 2018
U/16 Girls: Alyssa Bannan - Triple Jump: 10.92m - 28th October 2017
U/16 Girls: Alyssa Bannan - Javelin 30.31m - 3rd February 2018
U/16 Girls: Alyssa Bannan - Shot Put: 10.12m - 7th October 2017
U/14 Boys: Shavani Mainelli - 200m Hurdles: 29.35sec - 24th February 2018
U/15 Boys: Veronicus Chandrakumar - 300m Hurdles: 51.75sec - 13th January 2018
U/16 Boys: Agaash Murugathas - 300m Hurdles: 55.91sec - 13th January 2018
U/16 Boys: Agaash Murugathas - Discus: 43.65 - 17th March 2018
U/16 Boys: Agaash Murugathas Shot Put: 12.39m - 2nd March 2018



AGE GROUP WINNERS – SEASON 2017/2018

U/6 Girls	
Rising Star Awards	<i>Ally Eaton</i> <i>Coco Adams</i> <i>Jade Chapple</i>

U/7 Girls	
Participation Medals	<i>Minuri Maddumage</i>
3rd Place	<i>Mya McClure</i>
2nd Place	<i>Maleila Audino</i>
1st Place	<i>Aarabi Thirumavalavan</i>

U/8 Girls	
3rd Place	<i>Harseert Dhaliwal</i>
2nd Place	<i>Aathana Sivapalan</i>
1st Place	<i>Sohani Sidhu</i>

U/9 Girls	
Participation Medal	<i>Hunter Herni</i>
Participation Awards	<i>Lily Da Silva</i>
3rd Place	<i>Mia-J Nikora</i>
2nd Place	<i>Lexie Rutter</i>
1st Place	<i>Violet Kay</i>

U/10 Girls	
Participation	<i>Jasmine Sellman</i>
Medal	<i>Jordan Herni</i>
Participation	<i>Milla Tasevski</i>
Awards	<i>Jemma Attard</i>
	<i>Teagan McCormick</i>
	<i>Asia Nikora</i>
	<i>Scarlett Adams</i>
	<i>Lily-Bella Hilli</i>
3rd Place	<i>Olivia Gorman</i>
2nd Place	<i>Taya McClure</i>
1st Place	<i>Mischa Atkinson</i>

U/10 Boys	
Participation	<i>Harvardan Dhaliwal</i>
Awards	<i>Ryan Adrichem</i>
	<i>Khayahn Ndebele</i>
3rd Place	<i>Thomas Merry</i>
2nd Place	<i>Jesse Rouge</i>
1st Place	<i>Judd Pene</i>

U/12 Boys	
Participation	<i>Charlie Montesano</i>
Medal	<i>Ryland Buffett</i>
Participation	<i>Liam Cochaud</i>
Awards	<i>Logan Driscoll</i>
	<i>Toby Hickox</i>
	<i>Tezai Rasit</i>
	<i>Carter McCall</i>
	<i>Riley Reid</i>
3rd Place	<i>Marcus Glouftsis</i>
2nd Place	<i>Zayne Adams</i>
1st Place	<i>Thomas Sims</i>

U/14 Boys	
Participation Medal	<i>Aaron Karp</i>
Participation Awards	<i>Lucas Di Guglielmo</i>
3rd Place	<i>Brodie Driscoll</i>
2nd Place	<i>James Gregory</i>
1st Place	<i>Shavani Mainelli</i>

U/15 Boys	
1st Place	<i>Veronicus Chandrakumar</i>

U/16 Boys	
1st Place	<i>Aagash Murugathas</i>

U/12 Girls	
Participation Awards	<i>Jennifer Inkson</i> <i>Charlotte Adrichem</i> <i>Nola-Eve Nikora Hemara Haeana</i>
3rd Place	<i>Anika Gunoory</i>
2nd Place	<i>Tehara Munasingha</i>
1st Place	<i>Chloe Thompson</i>

U/14 Girls	
3rd Place	<i>Frances Saleh</i>
2nd Place	<i>Amisha Murugathas</i>
1st Place	<i>Kelsea Bannan</i>

U/16 Girls	
2nd Place	<i>Gabrielle Sims</i>

AWARDS – SEASON 2017-2018

"Mick" Clifford Award For Most PB's

Girl

Amy Gregory

Boy

Judd Pene

President's Award

Karen Thompson

Team Manager's Award

Tezai Rasit

Life Membership Award

Michael McBrien

Gail Gidman

Megan Audino

5000 Club Winners

1st Place: Alyssa Bannan: **5543.88 pts**

2nd Place: Thomas Sims: **5118.86 pts**

3rd Place: Alana Chapman: **5104.09**

Under 16 Farewell Award: Alyssa Bannan, Gabrielle Sims & Aagaash Murugathas

Multi Class Award: Lucas Di Guglielmo

Coaches Award: Charlotte Adrichem

Girl's Club Champion

Alyssa Bannan

Boy's Club Champion

Thomas Sims

Overall Club Champion – Perpetual Shield



Alyssa Bannan



U6-U7 CLUB RECORDS

Mill Park - South Morang Little Athletics Club Club Records As At 18th March, 2018

Boys Under 6	Event	Recordholder	Record	Date Set
Hand Held	60m	Adam Marangon	10.86 seconds	22 March 1997
	60m	Aaron Mills	10.93 seconds	24 February 2001
Hand Held	70m	Trent Fulton	12.79 seconds	1 April 1995
	70m	Aaron Mills	13.17 seconds	9 March 2001
Hand Held	100m	Adam Marangon	18.35 seconds	7 March 1997
	200m	Aaron Cowen	41.21 seconds	14 March 2009
(Unlined)	300m	Levi Robertson	1.16.03 minutes	15 January 2017
	400m Walk	Inaugural event	(no qual. Time)	9 February 2002
Sand Matt	High Jump	Jack O'Neill	0.75 metres	22 January 2005
		Thomas Kardakowski	eq 0.75 metres	5 February 2005
350g	Long Jump	Trent Fulton	2.65 metres	1 April 1995
	Discus	Zayne Adams	13.65 metres	21 January 2012
1 Kg	Shot Put	Blair Healy	4.86 metres	20 February 2009

Girls Under 6	Event	Recordholder	Record	Date Set
Hand Held	60m	Amanda Saliba	11.54 seconds	2 February 1995
	60m	Emily Saliba	11.34 seconds	25 February 2000
Hand Held	70m	Alexandra Romero	13.34 seconds	1 April 1995
	70m	Emily Saliba	13.13 seconds	29 January 2000
Hand Held	100m	Olivia Gorman	48.63 seconds	15 March 2014
	200m	Lydia D'Lasselle	44.92 seconds	12 March 2004
(Unlined)	300m	Mya McClure	1.24.06 minutes	15 January 2017
	400m Walk	Shannon Deas	3.17.16 minutes	8 February 2003
Sand Matt	High Jump	Sarah Baerken	0.80 metres	5 March 2004
	Long Jump	Brittany Kelly	2.46 metres	23 March 1997
350g	Discus	Aathana Sivapalan	8.97 metres	13 February 2016
	Discus	Thomay Nicolaou	12.86 metres	13 March 1999
Old Radius Rule	Shot Put	Alana Chapman	4.10 metres	5 March 2011
	Shot Put	Thomay Nicolaou	5.00 metres	26 February 1999

Boys Under 7	Event	Recordholder	Record	Date Set
Hand Held	60m	Vito Ferraro	10.59 seconds	26 October 1996
	60m	Aaron Koranias	10.15 seconds	16 December 2010
Hand Held	70m	Jason Voglis	12.02 seconds	7 October 1995
	70m	Adam Marangon	11.94 seconds	5 December 1997
Hand Held	100m	Jesse Rouge	17.05 seconds	22 March 2015
	200m	Jason Voglis	36.73 seconds	1 March 1996
(Unlined)	300m	Alexis Manelli	1.00.45 minutes	6 March 2016
	400m Walk	Michael Mitris	2.19.97 minutes	3 October 1998
Event Canceled after 2014 - 15 Season	High Jump	Nathaniel Audino	0.94 metres	8 February 2014
	Long Jump	Kruz Nuttill-Schmidt	3.26 metres	14 March 2009
Sand Matt	Discus	Zayne Adams	16.11 metres	16 March 2013
	Shot Put	Levi Robertson	5.39 metres	3 February 2018
350g	Shot Put	Brent Pritchard	5.70 metres	25 February 2012
1 Kg	Shot Put	Brent Pritchard	5.70 metres	25 February 2012
1.5 Kg	Shot Put	Brent Pritchard	5.70 metres	25 February 2012

Girls Under 7	Event	Recordholder	Record	Date Set
Hand Held	60m	Amanda Saliba	10.82 seconds	26 October 1996
	60m	Jamie Wilson	10.02 seconds	10 December 1999
Hand Held	70m	Jessica Bannister	12.20 seconds	22 March 1996
	70m	Emma Butler	11.62 seconds	1 December 2006
Hand Held	100m	Jessica Bannister	17.32 seconds	15 December 1995
	200m	Jessica Bannister	37.34 seconds	22 February 1996
(Unlined)	300m	Olivia Gorman	1.03.25 minutes	6 March 2015
	400m Walk	Jamie Wilson	2.49.79 minutes	2 October 1999
Event Canceled after 2014 - 15 Season	High Jump	Jamie Wilson	0.90 metres	26 March 2000
	Long Jump	Tanisha Derrick	Eq: 0.90 metres	23 March 2003
Sand Matt	Discus	Olivia Gorman	3.14 metres	4 October 2014
	Discus	Alana Chapman	13.47 metres	9 March 2012
Old Radius Rule	Discus	Thomay Nicolaou	16.01 metres	4 March 2000
	Shot Put	Aarabi Thirumavalavan	3.97 metres	2 March 2018
350g	Shot Put	Alana Chapman	4.44 metres	17 March 2012
1 Kg	Shot Put	Emily Saliba	5.51 metres	31 March 2001
1.5 Kg	Shot Put	Emily Saliba	5.51 metres	31 March 2001
1.5 Kg Old Radius	Shot Put	Emily Saliba	5.51 metres	31 March 2001

Explanations: Records shaded in Greyscale are permanent records, that will remain for eternity until reactivated by Competition Director.
In 2007-2008 new sector rulings were introduced for Shotput and Discus, records set prior to this will remain until exceeded.

Mill Park - South Morang Little Athletics Club

Club Records As At 18th March, 2018

Girls Under 8	Event	Recordholder	Record	Date Set
(Unlanced)	70m	Natalie Constantinou	11.38 seconds	1 April 1995
	100m	Olivia Gorman	16.44 seconds	6 March 2016
	200m	Olivia Gorman	35.60 seconds	5 December 2015
	300m	Olivia Gorman	56.60 seconds	28 November 2015
Height 45cm <small>Event Canceled after 2015 - 15 Season</small>	400m	Natalie Constantinou	1:21.17 minutes	17 December 1994
	60m Hurdles	Olivia Gorman	11.98 seconds	5 December 2015
	80m Hurdles	Emma Butler	16.70 seconds	8 March 2008
	700m Walk	Francisca Romero	5:17.82 minutes	10 February 1994
Scissor Only <small>Sand Matt</small>	High Jump	Emma Butler	1.10 metres	8 March 2008
	High Jump	Olivia Gorman	1.00 metres	5 December 2015
	Long Jump	Kimberly Condon	3.36 metres	8 March 2013
	Discus	Ashmitha Murugathas	16.16 metres	22 March 2015
Old Radius Rule <small>350g</small>	Discus	Stephanie Shaw	17.12 metres	27 February 2004
	Shot Put	Emma Butler	5.60 metres	27 October 2007
	Shot Put	Thomay Nicolaou	6.70 metres	4 January 2001

*LAVIC enforced that U8's can only scissor High Jump from the 2015-2016 season onwards

Boys Under 8	Event	Recordholder	Record	Date Set
(Unlanced)	70m	Luke Rizio	11.33 seconds	4 March 1995
	100m	Nathaniel Audino	16.23 seconds	22 March 2015
	200m	Alexis Mainelli	35.36 seconds	18 December 2016
	300m	Alexis Mainelli	56.70 seconds	4 March 2017
Height 45cm <small>Event Canceled after 2015 - 15 Season</small>	400m	Mitchell Vihellic	1:24.51 seconds	12 March 2006
	60m Hurdles	Kruz Nuttli-Schmidt	11.61 seconds	13 March 2010
	80m Hurdles	Felix Nuttli-Schmidt	15.43 seconds	27 February 2010
	700m Walk	Timothy Chatfield	4:56.81 minutes	2 October 1994
Scissor Only <small>Sand Matt</small>	High Jump	Thomas Sims	1.17 metres	14 March 2014
	High Jump	Bimash De Alwis	1.00 metres	19 March 2017
	Long Jump	Jonah Potter	3.75 metres	13 February 2010
	Discus	Zayne Adams	18.81 metres	15 March 2014
Old Radius Rule <small>350g</small>	Discus	Hayden Mills-Webb	20.16 metres	21 February 2004
	Shot Put	Daniel Annetta	6.67 metres	13 March 2011

*LAVIC enforced that U8's can only scissor High Jump from the 2015-2016 season onwards

Girls Under 9	Event	Recordholder	Record	Date Set
(Unlanced)	70m	Rachel Gallo	10.98 seconds	4 March 1995
	100m	Jessica Tatarskyj	15.52 seconds	21 January 2006
	200m	Brooke Wilson	33.75 seconds	25 February 2000
	400m	Brooke Wilson	1:17.64 minutes	12 February 2000
Height 45cm <small>Event Canceled after 2015 - 15 Season</small>	800m	Brittany Kelly	2:57.04 minutes	10 March 2000
	60m Hurdles	Shehana Wijesundara	11.28 seconds	7 March 2014
	80m Hurdles	Brooke Wilson	15.16 seconds	18 December 1999
	700m Walk	Scarlett Adams	4:11.97 minutes	18 March 2017
Height 45cm <small>Event Canceled after 2015 - 15 Season</small>	1100m Walk	Kristen McCall	7:30.44 minutes	26 November 1994
	High Jump	Brittany Kelly	1.21 metres	25 March 2000
	Long Jump	Shehana Wijesundara	3.83 metres	14 March 2014
	Triple Jump	Shehana Wijesundara	8.20 metres	7 March 2014
Sand Matt <small>Event Canceled after 2015 - 15 Season</small>	Discus	Alana Chapman	19.85 metres	1 March 2014
	Shot Put	Emma Butler	5.82 metres	24 January 2009
	Shot Put	Thomay Nicolaou	6.80 metres	16 November 2001

Explanations: Records shaded in Greyscale are permanent records, that will remain for eternity until reactivated by Competition Director.
In 2007-2008 new sector rulings were introduced for Shotput and Discus, records set prior to this will remain until exceeded.

U8-U9 CLUB RECORDS

Boys Under 9	Event	Recordholder	Record	Date Set
(Unlanced)	70m	Simon DiBerardino	10.50 seconds	1 April 1995
	100m	Luke Rizio	14.73 seconds	9 December 1995
	200m	Luke Rizio	31.66 seconds	22 March 1996
	400m	Jake Di Palma	1:11.48 minutes	16 December 2006
Height 45cm <small>Event Canceled after 2015 - 15 Season</small>	800m	Alexis Mainelli	2:52.39 minutes	13 January 2018
	60m Hurdles	Felix Nuttli-Schmidt	10.78 seconds	12 March 2011
	80m Hurdles	Matthew Loader	14.61 seconds	22 March 1996
	700m Walk	Mitchell Freeman	4:22.16 minutes	18 November 2017
Height 45cm <small>Event Canceled after 2015 - 15 Season</small>	1100m Walk	Joshua Fiorini	7:26.20 minutes	15 December 1995
	High Jump	Thomas Sims	1.28 metres	27 February 2015
	Long Jump	Luke Rizio	3.90 metres	22 March 1996
	"	Adam Marangon	Eq: 3.90 metres	25 March 2000
Sand Matt <small>Event Canceled after 2015 - 15 Season</small>	Triple Jump	Jake Di Palma	8.63 metres	16 March 2007
	Discus	Zayne Adams	24.59 metres	22 March 2015
	Shot Put	Kruz Nuttli-Schmidt	7.46 metres	13 March 2011
Old Radius Rule <small>500g</small>	Shot Put	Kurt D'Lasselle	8.80 metres	24 February 2001

Mill Park - South Morang Little Athletics Club

Club Records As At 18th March, 2018

Girls Under 10	Event	Recordholder	Record	Date Set
Height - 60cm Event Canceled after 2015 - 16 Season	70m	Shehana Wijesundara	10.74 seconds	12 December 2014
	100m	Shehana Wijesundara	14.96 seconds	21 November 2014
	200m	Lily-Bella Hili	31.46 seconds	17 March 2018
	400m	Lily-Bella Hili	1.12.37 minutes	18 March 2018
	800m	Lily-Bella Hili	2.58.81 minutes	13 January 2018
Sand Matt Event Canceled after 2015 - 16 Season	60m Hurdles	Shehana Wijesundara	10.36 seconds	22 March 2015
	80m Hurdles	Shehana Wijesundara	15.27 seconds	17 January 2015
	1100m Walk	Lauren Abbott	6.53.29 minutes	17 December 1994
	High Jump	Brittany Kelly	1.30 metres	24 March 2001
	Long Jump	Shehana Wijesundara	4.41 metres	21 March 2015
Old Radius Rule 300g	Triple Jump	Shehana Wijesundara	9.60 metres	22 March 2015
	Discus	Ashmitha Murugathas	22.85 metres	19 March 2017
	Shot Put	Marquita Nuttill-Schmidt	7.10 metres	6 March 2009
	Shot Put	Alexandra Mitris	8.46 metres	12 March 2004
	Turbo Javelin	Mischa Atkinson	16.31 metres	2 March 2018

Girls Under 11	Event	Recordholder	Record	Date Set
Event Canceled after 2015 - 16 Season Hand Field	70m	Haley North	10.15 seconds	17 November 1995
	70m	Indre Christy	10.01 seconds	14 October 2006
	100m	Haley North	14.04 seconds	27 January 1996
	200m	Haley North	29.57 seconds	1 March 1996
	400m	Haley North	1.08.75 minutes	21 October 1995
Height - 60cm Event Canceled after 2015 - 16 Season	800m	Haley North	2.43.13 minutes	2 December 1995
	1500m	Tameka McKinna	5.57.98 minutes	25 March 2000
	60m Hurdles	Shehana Wijesundara	10.29 seconds	5 February 2016
	80m Hurdles	Shehana Wijesundara	13.49 seconds	13 February 2016
	1100m Walk	Diviniya Breneger	7.49.29 Minutes	20 January 2018
Event Canceled after 2015 - 16 Season Board	1500m Walk	Stephanie Wilson	9.05.67 minutes	8 March 2008
	High Jump	Haley North	1.47 metres	3 February 1996
	Long Jump	Tehara Munasingha	3.63 metres	18 March 2017
	Long Jump	Shehana Wijesundara	4.49 metres	26 February 2016
	Triple Jump	Amy Gregory	7.69 metres	18 March 2018
Sand Matt 750g	Triple Jump	Shehana Wijesundara	10.21 metres	5 February 2016
	Discus	Amisha Murugathas	27.72 metres	22 March 2015
	Shot Put	Marquita Nuttill-Schmidt	8.14 metres	27 February 2010
	Shot Put	Alexandra Mitris	8.76 metres	29 October 2004
	Javelin	Shehana Wijesundara	18.05 metres	5 February 2016

Boys Under 10	Event	Recordholder	Record	Date Set
Height - 60cm Event Canceled after 2015 - 16 Season	70m	Luke DiClemente	10.45 seconds	22 March 1996
	100m	Luke DiClemente	14.40 seconds	9 December 1995
	200m	Jake Di Palma	30.41 seconds	2 February 2008
	400m	Daniel Zivanovic	1.13.40 minutes	26 November 1994
	800m	Lachlan Rumley	2.45.12 minutes	18 March 2017
Sand Matt Event Canceled after 2015 - 16 Season	60m Hurdles	Simon Milan	10.90 seconds	6 March 1999
	80m Hurdles	Jake Di Palma	14.41 seconds	8 March 2008
	1100m Walk	Lachlan Rumley	6.33.13 minutes	18 March 2017
	High Jump	Thomas Sims	1.43 metres	26 February 2016
	Long Jump	Nathaniel Audino	4.52 metres	19 March 2017
Old Radius Rule 2 Kg	Triple Jump	Jake Di Palma	9.16 metres	8 December 2007
	Discus	Zayne Adams	26.76 metres	30 October 2015
	Discus	Kurt D'Lasselle	36.31 metres	21 December 2001
	Shot Put	Daniel Annetta	8.52 metres	16 March 2013
	Shot Put	Kurt D'Lasselle	10.59 metres	23 February 2002
Old Radius Rule 300g	Turbo Javelin	Khayahn Mdebele	16.01 meters	2 March 2018

Boys Under 11	Event	Recordholder	Record	Date Set
Event Canceled after 2015 - 16 Season	70m	Daniel Zivanovic	10.20 seconds	17 November 1995
	100m	Ryan Anderson	14.36 seconds	17 October 1998
	200m	Daniel Annetta	29.27 seconds	15 March 2014
	400m	Luke Pacconi	1.08.10 minutes	12 February 2000
	800m	Daniel Zivanovic	2.44.35 minutes	2 December 1995
Height - 60cm Event Canceled after 2015 - 16 Season	1500m	Lachlan Rumley	5.23.50 minutes	10 February 2018
	60m Hurdles	Simon Milan	10.47 seconds	26 March 2000
	80m Hurdles	Jake Di Palma	13.51 seconds	11 October 2008
	1100m Walk	Lachlan Rumley	6.11.87 minutes	17 March 2018
	1500m Walk	Ethan Wright	8.56.50 minutes	17 March 2012
Event Canceled after 2015 - 16 Season Board	High Jump	Thomas Sims	1.50 metres	19 March 2017
	Long Jump	Nathaniel Audino	4.66 meters	18 March 2018
	Long Jump	Adam Marangon	4.43 metres	20 October 2001
	Triple Jump	Nathaniel Audino	9.33 Meters	17 March 2018
	Triple Jump	Jake Di Palma	9.67 metres	4 October 2008
Sand Matt 750g	Discus	Zayne Adams	30.06 metres	27 November 2016
	Discus	Kurt D'Lasselle	39.19 metres	22 February 2003
	Shot Put	Daniel Annetta	9.64 metres	15 March 2014
	Shot Put	Kurt D'Lasselle	12.42 metres	8 February 2003
	Javelin	Kurt D'Lasselle	23.66 metres	22 February 2003

Explanations: Records shaded in Greyscale are permanent records, that will remain for eternity until reactivated by Competition Director.
In 2007-2008 new sector rulings were introduced for Shotput and Discus, records set prior to this will remain until exceeded.

U12-U13 CLUB RECORDS

Mill Park - South Morang Little Athletics Club Club Records As At 18th March, 2018

Girls Under 12	Event	Recordholder	Record	Date Set
Event Canceled after 2015-16 Season Hand Held	70m	Haley North	9.96 seconds	7 March 1997
	70m	Jordyn Gray	9.84 seconds	10 November 2006
	100m	Shehana Wijesundara	13.78 seconds	5 February 2017
	200m	Shehana Wijesundara	28.76 seconds	18 March 2017
	400m	Haley North	1:05.30 minutes	23 March 1997
Event Canceled after 2015-16 Season	800m	Haley North	2:43.11 minutes	7 March 1997
	1500m	Tameka McKinna	5:48.81 minutes	3 November 2000
	60m Hurdles	Shehana Wijesundara	10.04 seconds	26 February 2017
	80m Hurdles	Alyssa Bannan	15.42 seconds	14 March 2014
	1500m Walk	Stephanie Wilson	9:04.88 minutes	28 February 2009
Board	High Jump	Haley North	1.51 metres	1 November 1996
	Long Jump	Shehana Wijesundara	4.86 metres	18 March 2017
	Long Jump	Haley North	4.78 metres	22 March 1997
	Triple Jump	Haley North	10.50 metres	22 March 1997
	Discus	Amisha Murugathas	28.57 metres	30 October 2015
Old Radius Rule	Shot Put	Alana Chapman	10.59 metres	19 March 2017
	Shot Put	Emily Saliba	11.22 metres	25 February 2006
	400g	Emily Saliba	23.83 metres	12 March 2006

Girls Under 13	Event	Recordholder	Record	Date Set
Event Canceled after 2015-16 Season	100m	Shehana Wijesundara	13.05 seconds	23 September 2017
	200m	Shehana Wijesundara	27.43 seconds	18 November 2017
	400m	Haley North	1:04.48 minutes	31 January 1998
	800m	Lauren Abbott	2:40.80 minutes	15 March 1998
	1500m	Haley North	5:42.53 minutes	5 December 1997
Event Canceled after 2015-16 Season	80m Hurdles	Ellie Kewish	13.88 seconds	17 March 2018
	200m Hurdles	Shehana Wijesundara	30.51 seconds	28 October 2017
	300m Hurdles	Haley North	50.52 seconds	13 December 1997
	1500m Walk	Stephanie Wilson	8:50.07 minutes	21 November 2009
	High Jump	Haley North	1.60 metres	13 March 1998
Board	Long Jump	Shehana Wijesundara	4.94 metres	18 November 2017
	Triple Jump	Shehana Wijesundara	10.77 metres	23 September 2017
	Discus	Amisha Murugathas	36.41 metres	4 March 2017
	Shot Put	Alana Chapman	9.62 metres	10 February 2018
	Shot Put	Emily Saliba	10.39 metres	3 March 2007
Old Radius Rule	400g	Emily Saliba	28.75 metres	25 March 2007

Boys Under 12	Event	Recordholder	Record	Date Set
Event Canceled after 2015-16 Season	70m	Ryan Anderson	9.81 seconds	25 February 2000
	100m	Ryan Anderson	13.23 seconds	25 March 2000
	200m	Patrick Mills	27.26 seconds	24 March 2002
	400m	Adam Marangon	1:03.70 minutes	23 March 2003
	800m	Thomas Hoogenraad	2:42.20 minutes	13 March 2011
Event Canceled after 2015-16 Season	1500m	Thomas Hoogenraad	5:28.56 minutes	26 February 2011
	60m Hurdles	Thomas Sims	10.17 seconds	17 March 2018
	80m Hurdles	Ryan Anderson	13.67 seconds	10 March 2000
	1500m Walk	Ethan Wright	9:06.37 minutes	16 February 2013
	High Jump	Thomas Sims	1.57 metres	3 February 2018
Board	Long Jump	Thomas Sims	4.75 metres	2 March 2018
	Long Jump	Ryan Anderson	5.52 metres	25 March 2000
	Triple Jump	Ryan Anderson	10.75 metres	26 March 2000
	Discus	Agash Murugathas	32.78 metres	15 March 2014
	Shot Put	Kurt D'Lasselle	46.27 metres	20 March 2004
Old Radius Rule	3 Kg	Brandon Pritchard	9.54 metres	16 March 2013
	Shot Put	Kurt D'Lasselle	10.87 metres	20 March 2004
	400g	Kurt D'Lasselle	32.27 metres	5 March 2004

Boys Under 13	Event	Recordholder	Record	Date Set
Event Canceled after 2015-16 Season	100m	Patrick Mills	12.84 seconds	12 October 2002
	200m	Ryan Anderson	26.95 seconds	17 November 2000
	"	Eq: Patrick Mills	26.95 seconds	5 October 2002
	400m	Daniel Zivanovic	1:00.35 minutes	31 January 1998
	800m	Shavani Mainelli	2:25.12 minutes	27 January 2017
Event Canceled after 2015-16 Season	1500m	Drew Mitchell	5:04.79 minutes	6 November 1998
	80m Hurdles	Matthew Siomou	13.28 seconds	10 March 2000
	200m Hurdles	Brodie Driscoll	29.08 seconds	11 December 2016
	300m Hurdles	Ryan Anderson	48.17 seconds	9 March 2001
	1500m Walk	Aaron Gardner	8:29.87 minutes	8 March 2008
Board	High Jump	Ryan Anderson	1.50 metres	16 December 2000
	Long Jump	Adam Marangon	5.17 metres	21 February 2004
	Triple Jump	Michael Tsaknakis	10.94 metres	23 March 2003
	Discus	Agash Murugathas	33.17 metres	27 February 2015
	Shot Put	Kurt D'Lasselle	42.66 metres	12 March 2005
Old Radius Rule	3 Kg	Ryan Maagaolo	11.46 metres	15 February 2014
	Shot Put	Kurt D'Lasselle	14.71 metres	12 March 2005
	400g	Kurt D'Lasselle	40.40 metres	12 March 2005

Explanations: Records shaded in Greyscale are permanent records, that will remain for eternity until reactivated by Competition Director.
In 2007-2008 new sector rulings were introduced for Shotput and Discus, records set prior to this will remain until exceeded.

Mill Park - South Morang Little Athletics Club

Club Records As At 18th March, 2018

Girls Under 14	Event	Recordholder	Record	Date Set
	100m	Silei Polu	13.16 seconds	4 March 1995
	200m	Shauna Ross	27.20 seconds	2 December 1995
	400m	Haley North	1:03.55 minutes	21 November 1998
	800m	Lauren Abbott	2:40.93 minutes	28 November 1998
	1500m	Lauren Abbott	5:38.73 minutes	13 March 1999
Height - 76cm	80m Hurdles	Mikayla Dunn	13.28 seconds	6 March 2009
Height - 76cm	200m Hurdles	Maddison McBrien	34.18 seconds	4 March 2017
Height - 68cm	300m Hurdles	Haley North	48.91 seconds	21 November 1998
	1500m Walk	Stephanie Wilson	9:19.76 minutes	12 March 2011
	High Jump	Haley North	1.60 metres	28 November 1998
	Long Jump	Haley North	5.11 metres	13 March 1999
	Triple Jump	Haley North	11.10 metres	14 March 1999
	Discus	Emily Saliba	28.67 metres	29 February 2008
Old Radius Rule	Discus	Ellen Goodrope	29.58 metres	22 March 2003
1 Kg	Shot Put	Emily Saliba	10.82 metres	23 February 2008
3 Kg	Javelin	Janelle Campbell	29.15 metres	22 March 1996
400g				

Boys Under 14	Event	Recordholder	Record	Date Set
	100m	Jamie Ristevski	12.13 seconds	25 February 2012
	200m	Adam Marangon	25.02 seconds	18 December 2004
Hand Held	200m	Adam Marangon	24.23 seconds	12 November 2004
	400m	Adam Marangon	56.42 seconds	23 October 2004
	800m	Drew Mitchell	2:18.60 minutes	18 December 1999
	1500m	Erice Campbell	4:57.24 minutes	14 March 2010
Height - 76cm	90m Hurdles	Daniel Zivanovic	13.38 seconds	14 March 1999
Height - 76cm	200m Hurdles	Shivani Mainelli	29.35 seconds	24 February 2018
Height - 68cm	300m Hurdles	Daniel Zivanovic	41.89 seconds	14 March 1999
	1500m Walk	Aaron Gardner	7:49.96 minutes	20 December 2008
	High Jump	David Martin	1.57 metres	29 November 1997
	Long Jump	Adam Marangon	5.73 metres	5 February 2005
Board	Triple Jump	Travis Ryan	11.36 metres	14 March 1999
1 Kg	Discus	Agaash Murugathas	39.88 metres	28 November 2015
3 Kg	Shot Put	Agaash Murugathas	11.93 metres	24 October 2015
4 Kg	Shot Put	Jordan Chapman	10.30 metres	8 February 2013
600g	Javelin	Adam Marangon	36.73 metres	12 November 2004

*U14 Boys Shot Put: New weight (3 Kg's) introduced in the 2014/15 season

Girls Under 15	Event	Recordholder	Record	Date Set
	100m	Silei Polu	12.94 seconds	17 November 1995
	200m	Alyssa Bannan	26.93 seconds	21 January 2017
	400m	Haley North	1:00.98 minutes	4 December 1999
	800m	Lauren Abbott	2:34.00 minutes	18 December 1999
	1500m	Lauren Abbott	5:35.15 minutes	29 October 1999
Height - 76cm	80m Hurdles	Haley North	15.44 seconds	19 November 1999
Height - 76cm	90m Hurdles	Alyssa Bannan	15.23 seconds	26 February 2017
Height - 76cm	300m Hurdles	Alyssa Bannan	46.73 seconds	12 November 2016
Height - 68cm	300m Hurdles	Haley North	47.38 seconds	4 December 1999
	1500m Walk	Lauren Abbott	8:55.00 minutes	19 November 1999
	High Jump	Anna Polu	1.62 metres	22 October 1994
	Long Jump	Alyssa Bannan	5.31 metres	26 February 2017
	Triple Jump	Haley North	10.67 metres	26 November 1999
	Discus	Emily Saliba	30.78 metres	8 November 2008
Board	Shot Put	Emily Saliba	11.04 metres	14 November 2008
1 Kg	Javelin	Janelle Campbell	32.68 metres	7 March 1997
3 Kg				
500g				

Boys Under 15	Event	Recordholder	Record	Date Set
	100m	Adam Marangon	11.97 seconds	9 December 2005
Hand Held	100m	Adam Marangon	11.85 seconds	19 January 2005
	200m	Adam Marangon	24.39 seconds	19 November 2005
Hand Held	200m	Ashley White	24.44 seconds	12 November 2004
	400m	Adam Marangon	53.28 seconds	28 January 2006
	800m	Adam McBrien	2:15.40 minutes	1 April 1995
	1500m	Erice Campbell	4:43.10 minutes	13 March 2011
Height - 76cm	100m Hurdles	Adam Marangon	13.77 seconds	18 February 2006
Height - 76cm	300m Hurdles	Veronicus Chandrakumar	51.75 seconds	13 January 2018
Height - 68cm	300m Hurdles	Daniel Zivanovic	42.71 seconds	4 March 2000
	1500m Walk	Ethan Wright	8:30.58 minutes	5 March 2016
	High Jump	Daniel Zivanovic	1.70 metres	10 March 1999
	"	Adam Marangon	Eq: 1.70 metres	18 February 2006
Board	Long Jump	Daniel Zivanovic	6.47 metres	25 March 2000
Board	Triple Jump	Daniel Zivanovic	11.92 metres	2 October 1999
1 Kg	Discus	Agaash Murugathas	43.52 metres	5 February 2017
4 Kg	Shot Put	Agaash Murugathas	12.09 metres	12 February 2017
700g	Javelin	Ethan Wright	34.11 metres	6 March 2016
600g	Javelin	Adam Marangon	43.76 metres	18 February 2006

*U15 Boys Javelin: New weight (700 Grams) introduced in the 2015/16 season

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In 2007-2008 new sector rulings were introduced for Shotput and Discus, records set prior to this will remain until exceeded.

U16 CLUB RECORDS

Mill Park - South Morang Little Athletics Club Club Records As At 18th March, 2018

Girls Under 16	Event	Recordholder	Record	Date Set	Boys Under 16	Event	Recordholder	Record	Date Set
	100m	Alyssa Bannan	13.02 seconds	23 September 2017		100m	Jamie Ristovski	12.18 seconds	5 October 2013
	200m	Alyssa Bannan	26.51 seconds	18 November 2017		200m	Joshua Donnelly	26.07 seconds	6 November 2010
	400m	Alyssa Bannan	1.04.00 minutes	10 November 2017		400m	Adam Rouge	59.23 seconds	12 December 2014
	800m	Alyssa Bannan	2.52.41 minutes	24 February 2017		800m	Joshua Donnelly	2.18.48 minutes	10 December 2010
	1500m	Alyssa Bannan	6.16.38 minutes	10 February 2018		1500m	Brice Campbell	4.46.17 minutes	10 February 2012
Height - 76cm	90m Hurdles	Alyssa Bannan	14.63 seconds	17 March 2018	Height - 76cm	100m Hurdles	Jamie Ristovski	17.08 seconds	26 October 2013
Height - 76cm	300m Hurdles	Alyssa Bannan	49.09 seconds	13 January 2018		300m Hurdles	Agash Murgathas	55.91 seconds	13 January 2018
Height - 80cm	300m Hurdles	Stephanie Zilic	50.78 seconds	12 March 2011		300m Hurdles	Adam Rouge	48.37 seconds	31 October 2014
Board	1500m Walk	Leah Wright	8.58.63 minutes	5 March 2016		1500m Walk	Andrew Rushton	9.34.24 minutes	12 March 2011
	High Jump	Alyssa Bannan	1.60 metres	7 October 2017		High Jump	Brandon Sanders	1.64 metres	3 February 2012
	Long Jump	Alyssa Bannan	5.41 metres	3 February 2018		Long Jump	Jamie Ristovski	5.91 metres	7 December 2013
	Triple Jump	Alyssa Bannan	10.92 metres	28 October 2017		Triple Jump	Michael Annetta	10.89 metres	5 March 2016
	Discus	Leah Wright	30.75 metres	5 December 2015		Discus	Agash Murgathas	43.85 metres	17 March 2018
1Kg	Shot Put	Alyssa Bannan	10.12 metres	7 October 2017	4Kg	Shot Put	Agash Murgathas	12.39 metres	20 March 2018
3 Kg	Javelin	Alyssa Bannan	30.31 metres	3 February 2018	700g	Javelin	Andrew Rushton	33.48 metres	26 February 2011

The under 16 competition was introduced in 2009-2010 season by the Victorian Little Athletics Association.

Explanations: Records shaded in Greyscale are permanent records that will remain for eternity.



Life Members

Abbott, Cheryl
Anderson, Jim
Arnold, Andrea
Arnold, Mark
Atkins, Philip
Audino, Megan
Bannan, Jim
Barca, Vince
Barca, Maria
Broderick, Anthony
Buckland, Ken
Butler, Michael
Campbell, Donna
Chapman, Craig
Condon, Darren
Constantinou, Kathy
Dooley, Valda
Flinn, Kerrie
Freebairn, Jenny
Freebairn, Greg

Geddes, Amanda
Gidman, Gail
Goodrope, Pat
Gregory, Lilly
Hocking, Maureen
Houlahan, Helen
Lilley, Barb
Marangon, Kim
Marangon, Robert
Martin, Val
Martin, Amanda
McBrien, Joan
McBrien, John
McBrien, Michael
McDonald, Ross
McDonald, Annette
Newell, Cindy
Newstead, Tony
O'Shea, Peter
Pattison, Michael

Rizio, Jenny
Romero, Erika
Saliba, Dale
Saliba, Phillip
Scott, Peter
Siomou, Chris
Symons, Liz
Symons, Geoff
Trembath, Michael
Tsakmakis, Kerrie
Valle, Anthony
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Wellington, Andy
White, James
White, Carole
Willingham, Sharon
Wilson, Bronwyn
Zivanovic, Paul
Zivanovic, Jo



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