



**A.C.T. LITTLE ATHLETICS ASSOCIATION INC.**



# **2009-2010 ACT Little Athletics IGA State Championships**

**SATURDAY 20<sup>th</sup> March 2010**

**AND SUNDAY 21<sup>st</sup> March 2010**

**AIS ATHLETIC FIELD, BRUCE**

**SATURDAY 20<sup>th</sup> and 21<sup>st</sup> March 2010**

**AIS ATHLETIC FIELD, BRUCE**

**CARNIVAL MANAGEMENT**

Carnival Manager: Tony Reilly

**COMPETING CENTRES**

Bega	BEGA	Dark green with gold
Belconnen Wests	BELC	Light blue with maroon
Braidwood	BRAI	Black, red and white
Calwell	CALW	Red with gold
Cooma	COOM	White with black
Corroboree	CORR	White with blue and gold
Ginninderra	GINN	Yellow and black
Goulburn Mulwaree	MULW	Aqua, maroon and white
Gungahlin	GUNG	White with red/black horizontal stripe
Jindabyne	JIND	Purple and green
Lanyon	LANY	Royal blue and aqua
Moruya	MORU	Maroon with gold
Queanbeyan Lightning	QUEA	White with bottle green
Tuggeranong	TUGG	Sky blue with gold
Weston Creek Redbacks	WEST	Red and black
Woden	WODE	Light green with gold
Yass	YASS	Black and grey marle

**TIMETABLE (SATURDAY & SUNDAY)**

7.30am	Gates open, set up commences. (1 – 2 persons per Centre required)
8.30am	Chief Officials and Centres Manager of Officials report to Officer of Officials
8.40am	All other Officials report to Officer of Officials
8:50am	First call for first events
9:00am	First gun

**SMOKERS – PLEASE NOTE THAT SMOKING IS NOT ALLOWED IN THE COMPETITION AREA. ADDITIONALLY, SMOKING NEAR OTHER SPECTATORS IS INCONSIDERATE. PLEASE ACT RESPONSIBLY.**



**Proud Sponsors of A.C.T. Little Athletics**

## RULES OF COMPETITION

### RC/1 General Rules of Competition

Authority	All events will be conducted under the rules of competition of the ACTLAA or the current IAAF Handbook. If no ACTLAA or IAAF rules exist, local rules will apply.			
Footwear Policy	The wearing of footwear is mandatory at all ACTLAA sanctioned events			
Definition of spikes	"Spikes" are defined as footwear which have some sharp objects on or attached to the shoe (especially the sole). The objects may be metal or of some other rigid material. "Spikes" includes any shoe capable of taking spikes whether these spikes are fitted or removed. This includes the replacement of the spikes with blanks.			
Use of spikes	<b>Age Group</b>	<b>Events</b>	<b>Grass Tracks</b>	<b>Bruce Facility</b>
	U/8	All events	NO SPIKES	NO SPIKES
	U/9 to U17	All laned Events, Javelin, Long Jump, High Jump and Triple Jump events	No longer than 9mm	Smooth Pyramid or 'Christmas tree' spikes, no longer than 7mm
When Spikes can be put on	For track events, the spikes may only be put on immediately prior to the start of the event and must be removed on completion of the event and while competitors are still in their lanes.			
Who are allowed to be on the Playing field?	<p>Only officials and those competitors actually competing in an event are permitted into the competition area. On completion of an event, athletes must leave the competition area immediately.</p> <p>Chief officials will be identified by wearing a yellow vest. Other officials will be identified by wearing an orange vest. Anyone without a vest should NOT be inside the competition area.</p> <p>Children of officials are not permitted in the competition area.</p>			
On Field coaching	<p>Athletes must not receive coaching from within the competition area whilst competing in an event. Athletes who receive coaching from within the competition area during an event may be disqualified.</p> <p>No person is permitted to offer advice to an athlete from within the competition area other than an official.</p>			
Bad Weather	If the weather intervenes, the Carnival Manager and the Track or Field Referees have discretion to reschedule any event			
Merging events	The Carnival Manager and the Track or Field Referee have the discretion to merge age groups of the same sex into one event where numbers are low.			

### Conduct of Events

Track events	<p>Track events will take precedence over field events. Competitors must notify the chief official before they leave the field event and must return immediately after their track event is finished. Failure to do this may mean the competitor is not allowed to return to the field event, as stated below.</p> <p>Any competitor who leaves a field event to compete in a track event may return to the field event and complete his/her full complement of trials (including if the athlete is entitled to extra trials in a final), with the exception of the High Jump. Should this involve only the single athlete, sufficient time two (2) minutes will be given between trials. In the High Jump, a competitor will return to the event at the height to which the bar has been raised to through normal competition.</p>
Reporting for competition	Competitors will report direct to the first event of the day but thereafter to the designated marshalling area immediately after the first call for an event. Each event will receive two marshalling calls only, approximately five (5) minutes apart. Under no circumstances will marshalling calls be made for individual competitors.
Marshals	Competitors are to be escorted to the Marshalling or Event Area by a Centre official who is not to leave until the group of competitors are registered by the Marshal/Official. If a competitor is at another event, the Marshal is to be advised of the name of the missing competitor and what event they are at. Competitors

	are not to report to the Marshalling Area unless their event has been called.
Field event Chiefs	Field Event Chiefs should make all athletes aware that they may seek the Field Events Referee's presence to adjudicate on the legitimacy of a throw or jump, but that no retroactive re-instatement of any attempt not observed by the Field Events Referee will be permitted.
Records	All Chief Officials are reminded that any records set need to be verified by the track or field referee as appropriate. For track events, where hand timing is used, this requires two watches on first place or three watches for an Australian Best Performance result. Where electronic timing is used, the track referee must sight the electronic result prior to verifying the record. For field events the appropriate mark etc needs still to be in place. The High Jump height needs to be verified by the Field Referee before the athlete commences the trial, and must be rechecked if the crossbar is dislodged before any subsequent trial commences.
Responsibility for Records	It is the responsibility of the Event Chief Official and the relevant referee to complete and countersign the correct paperwork recording newly achieved record, before the paperwork leaves the competition area.

### Centre Responsibilities

Uniforms	All athletes must compete in their approved Centre Uniform, complete with current age patch and registration number. Any sponsorship on athlete's uniforms which conflicts with current ACTLAA sponsors must be covered prior to competition.
Responsibility for uniforms	It is the Centre's responsibility to ensure the completeness of an athlete's uniform. Any difficulties should be cleared with the Carnival Manager, who has been granted discretion on these matters, prior to the athlete's first event of the day
Team Managers	Each Centre must provide a Team Manager who is to report to the Officer of Officials on the day. The Team Manager is responsible for all aspects of the management of the Centre activities on the day.
Manager of Officials	Each Centre must provide a Manager of Officials who is to report to the Officer of Officials on the day. The Manager of Officials is responsible for ensuring that the required officials from the Centre are provided for the whole of the carnival.

### Protests

First Step	Before a protest is lodged, in the first instance a verbal approach may be made by an athlete/ team manager to the chief official at the event.
Written protest	If not satisfied with the chief official's decision; the Track or Field Referee, as appropriate, must then be asked for a decision. If not satisfied with that decision a written protest may then be lodged with the Carnival Manager, by the Team Manager, to be adjudicated by the Jury of Appeal.
Timing of Protest	The protest must be lodged no more than thirty (30) minutes after the event result has been posted and be accompanied by a non refundable fee of \$50.00.
The Jury of Appeal	The Jury of Appeal will consist of the Carnival Manager, the Officer of Officials and a Referee who was not involved in the original decision.
Conflict of interest	If any of those were involved in the original decision, a replacement will be appointed to the Jury on the day for that appeal only by the Carnival Manager.

### RC/5 RULES OF COMPETITION FOR THE ACT CHAMPIONSHIPS

Qualification	All competitors must be registered members of the ACTLAA and have qualified through the appropriate Regional Carnival.
Invitation to under 13 athletes	The Competition & Technical Director, track and field referees must be informed of any athlete/s invited to compete in the carnival by the ALAC selectors prior to the start of competition.
Status of invited under 13's	The invitation to participate means that the athlete concerned cannot record a placing in the event and only participates to record a performance against their

	peers at the same time and location.
Starting Blocks	Starting blocks may only be used by the U13 to U17 age groups. Only those Starting blocks supplied by the AIS facilities staff may be used at the Bruce Athletics Field.
Lane draw	The lane draw and participation order for the field events will be as notified to all Centres by email.
Certification of implements	Competitors are not permitted to use their own throwing implements at the Championships. The relevant field referee, in consultation with the carnival manager, will be responsible for certifying that implements are legal. Discuses may be made from rubber or synthetic compound, or wood or synthetic compound with a metal rim.

## Event Specifications

Starting for all events over 400m	In the 800m, 1500m and all walk events, pack starts will be used. Competitors may cross to the inside lanes as soon as practicable without causing interference to other competitors. The 800 Metres will start from a curved line marked at the Lane 1 start/finish position for the 400 Metres. The 700 and 1100 Metre Walks will start at the 1500 Metre start																
High Jump start heights	The starting heights in the High Jump for BOYS & GIRLS shall be:																
	<table border="1"> <thead> <tr> <th>U9</th> <th>U10</th> <th>U11</th> <th>U12</th> <th>U13</th> <th>U14</th> <th>U15</th> <th>U17</th> </tr> </thead> <tbody> <tr> <td>85cm</td> <td>95cm</td> <td>105cm</td> <td>115cm</td> <td>120cm</td> <td>125cm</td> <td>130cm</td> <td>135cm</td> </tr> </tbody> </table>	U9	U10	U11	U12	U13	U14	U15	U17	85cm	95cm	105cm	115cm	120cm	125cm	130cm	135cm
	U9	U10	U11	U12	U13	U14	U15	U17									
85cm	95cm	105cm	115cm	120cm	125cm	130cm	135cm										
High Jump rules	The following rules for High Jump shall apply:																
	A the bar shall rise in 5cm increments until there are six or less competitors left																
	B the bar shall then rise in 2cm increments until the placings have been decided																
	C where only one competitor remains, that competitor is entitled to continue jumping until he/she has failed a height on three attempts																
	D where only one competitor remains, that competitor has the right to determine the height to which the bar is raised																
Field event trials	In the Long Jump, Triple Jump, Shot Put, Discus and Javelin Events, each competitor will be entitled to three trials. After these, the top eight qualifiers shall be entitled to a further three trials. Where there are eight competitors or fewer, each competitor shall be allowed six trials. Each competitor shall be credited with the best of all their trials, including those achieved in deciding a tie for first place. In all throwing events, athletes' throws will be marked and athletes' best throws will be measured at the completion of round three and round six. If officials are in any doubt about which is an athlete's furthest throw, extra markers may be used and the best throw will be recorded at the completion of round three and round six.																
Long Jump U8 & U9	The take-off area for the U8 & U9 age groups shall be 1 metre square. The leading edge of the take-off area shall be 1 metre from the edge of the pit.																
Long Jump U10 to U12	The take-off area for the U10 to U12 age groups shall be 1 metre wide by 0.50 metre (50cm) deep. The leading edge of the take-off area shall be 1 metre from the edge of the pit.																
Long Jump U13 to U17	The take-off area for the U13 to U17 age groups shall be 1 metre wide by 0.20 metre (20cm) deep. The leading edge of the take-off area shall be located not less than 1 metre from the edge of the pit																
Triple Jumps	For the U11 and U12 age groups Triple Jump, the take-off areas shall be located five, seven and nine metres from the edge of the pit (measured from the leading edge of the take-off area). For the U13-U17 age groups Triple Jump, the take-off areas shall be located five, seven, nine and eleven metres from the edge of the pit (measured from the leading edge of the take-off area).																

## SATURDAY 20 March 2010

FIELD	9.00am							
Shot(Area 4)	<b>101</b> U15B <b>102</b> U17B	<b>114</b> U14B	<b>127</b> U13B	<b>139</b> U9B				
Shot(Area 1)	<b>103</b> U15G <b>104</b> U17G	<b>115</b> U9G	<b>128</b> U13G	<b>140</b> U14G				
Discus(Area 3)	<b>106</b> U10B	<b>117</b> U12B	<b>129</b> U8B	<b>141</b> U11B				
Discus(Area 2)	<b>107</b> U10G	<b>118</b> U12G	<b>130</b> U8G	<b>142</b> U11G				
Long(Area 4)	<b>108</b> U13B	<b>119</b> U13G	<b>132</b> U12B	<b>144</b> U12G	<b>152</b> U15G <b>153</b> U17G			
Long(Area 1)	<b>109</b> U9B	<b>120</b> U8G	<b>133</b> U9G	<b>145</b> U8B				
Triple(Area 2)	<b>110</b> U11B	<b>121</b> U11G	<b>134</b> U14B	<b>146</b> U15B <b>147</b> U17B	<b>154</b> U14G			
High(Area 2)	<b>111</b> U14B	<b>122</b> U15B <b>123</b> U17B	<b>135</b> U10B	<b>148</b> U12B				
High(Area 1)	<b>112</b> U14G	<b>124</b> U15G <b>125</b> U17G	<b>136</b> U12G	<b>149</b> U10G				
Javelin	<b>113</b> U11G	<b>126</b> U11B	<b>137</b> U15B <b>138</b> U17B	<b>150</b> U15G <b>151</b> U17G	<b>155</b> U13G			

### TRACK 9.00am

#### 1500m Finals

<b>201</b> U10G	<b>202</b> U10B
<b>203</b> U11G	<b>204</b> U11B
<b>205</b> U12G	<b>206</b> U12B
<b>207</b> U13G	<b>208</b> U13B
<b>209</b> U14G	<b>210</b> U14B
<b>211</b> U15G	<b>212</b> U15B
<b>213</b> U17G	<b>214</b> U17B

#### 400m Finals

<b>239</b> U9G	<b>240</b> U9B
<b>241</b> U10G	<b>242</b> U10B
<b>243</b> U11G	<b>244</b> U11B
<b>245</b> U12G	<b>246</b> U12B
<b>247</b> U13G	<b>248</b> U13B
<b>249</b> U14G	<b>250</b> U14B
<b>251</b> U15G	<b>252</b> U15B
<b>253</b> U17G	<b>254</b> U17B

#### 100m Finals

<b>217</b> U8G	<b>218</b> U8B
<b>219</b> U9G	<b>220</b> U9B
<b>221</b> U10G	<b>222</b> U10B
<b>223</b> U11G	<b>224</b> U11B
<b>225</b> U12G	<b>226</b> U12B
<b>227</b> U13G	<b>228</b> U13B
<b>229</b> U14G	<b>230</b> U14B
<b>231</b> U15G	<b>232</b> U15B
<b>233</b> U17G	<b>234</b> U17B

#### 60m Hurdles

<b>255</b> U8G	<b>256</b> U8B
<b>257</b> U9G	<b>258</b> U9B
<b>259</b> U10G	<b>260</b> U10B
<b>261</b> U11G	<b>262</b> U11B
<b>263</b> U12G	<b>264</b> U12B

#### Finals

#### 50m Finals

<b>237</b> U8G	<b>238</b> U8B
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#### Minimum rest time after event to next track event:

1500m	40	Minutes
100m	20	Minutes
50m	15	Minutes
400m	40	Minutes
60 Hurdles	15	Minutes

## SUNDAY – 21 March 2010

FIELD	9.00am									
Shot(Area 4)	<b>501</b>	U10B	<b>512</b>	U8B	<b>524</b>	U12B	<b>536</b>	U11B		
Shot(Area 1)	<b>502</b>	U8G	<b>513</b>	U10G	<b>525</b>	U12G	<b>537</b>	U11G		
Discus(Area 3)	<b>503</b>	U14B	<b>514</b>	U15B	<b>527</b>	U9B	<b>539</b>	U13B		
			<b>515</b>	U17B						
Discus(Area 2)	<b>504</b>	U9G	<b>516</b>	U14G	<b>528</b>	U15G	<b>540</b>	U13G		
					<b>529</b>	U17G				
Long(Area 4)	<b>506</b>	U14G	<b>518</b>	U11B	<b>530</b>	U11G	<b>541</b>	U15B		
							<b>542</b>	U17B		
Long(Area 1)	<b>507</b>	U10G	<b>519</b>	U10B	<b>531</b>	U14B				
Triple(Area 2)	<b>508</b>	U13B	<b>520</b>	U12G	<b>532</b>	U13G	<b>543</b>	U12B	<b>545</b>	U15G
									<b>546</b>	U17G
High(Area 2)	<b>509</b>	U9B	<b>521</b>	U13B	<b>533</b>	U11B				
High(Area 1)	<b>510</b>	U13G	<b>522</b>	U11G	<b>534</b>	U9G				
Javelin	<b>511</b>	U12G	<b>523</b>	U12B	<b>535</b>	U14B	<b>544</b>	U13B	<b>547</b>	U14G

### TRACK 9.00am

#### 1500m Walks

**601** U17G  
**603** U15G  
**605** U14G  
**607** U13G  
**609** U12G

#### Finals

**602** U17B  
**604** U15B  
**606** U14B  
**608** U13B  
**610** U12B

#### 800m

**633** U9G  
**635** U10G  
**637** U11G  
**639** U12G  
**641** U13G  
**643** U14G  
**645** U15G  
**647** U17G

#### Finals

**634** U9B  
**636** U10B  
**638** U11B  
**640** U12B  
**642** U13B  
**644** U14B  
**646** U15B  
**648** U17B

#### 1100m Walks

**611** U11G  
**613** U10G

#### Finals

**612** U11B  
**614** U10B

#### 200m Finals

**649** U8G  
**651** U9G  
**653** U10G  
**655** U11G  
**657** U12G  
**659** U13G  
**661** U14G  
**663** U15G  
**665** U17G

**650** U8B  
**652** U9B  
**654** U10B  
**656** U11B  
**658** U12B  
**660** U13B  
**662** U14B  
**664** U15B  
**666** U17B

#### 700m Walks

**615** U9G

#### Finals

**616** U9B

#### 70m

**617** U10G  
**619** U9G  
**621** U8G

#### Finals

**618** U10B  
**620** U9B  
**622** U8B

#### 80m Hurdles

**625** U13G  
**627** U14G

#### Finals

**626** U13B

#### 90m Hurdles

**629** U15G

#### Finals

**628** U14B

#### 100m Hurdles

**631** U17G

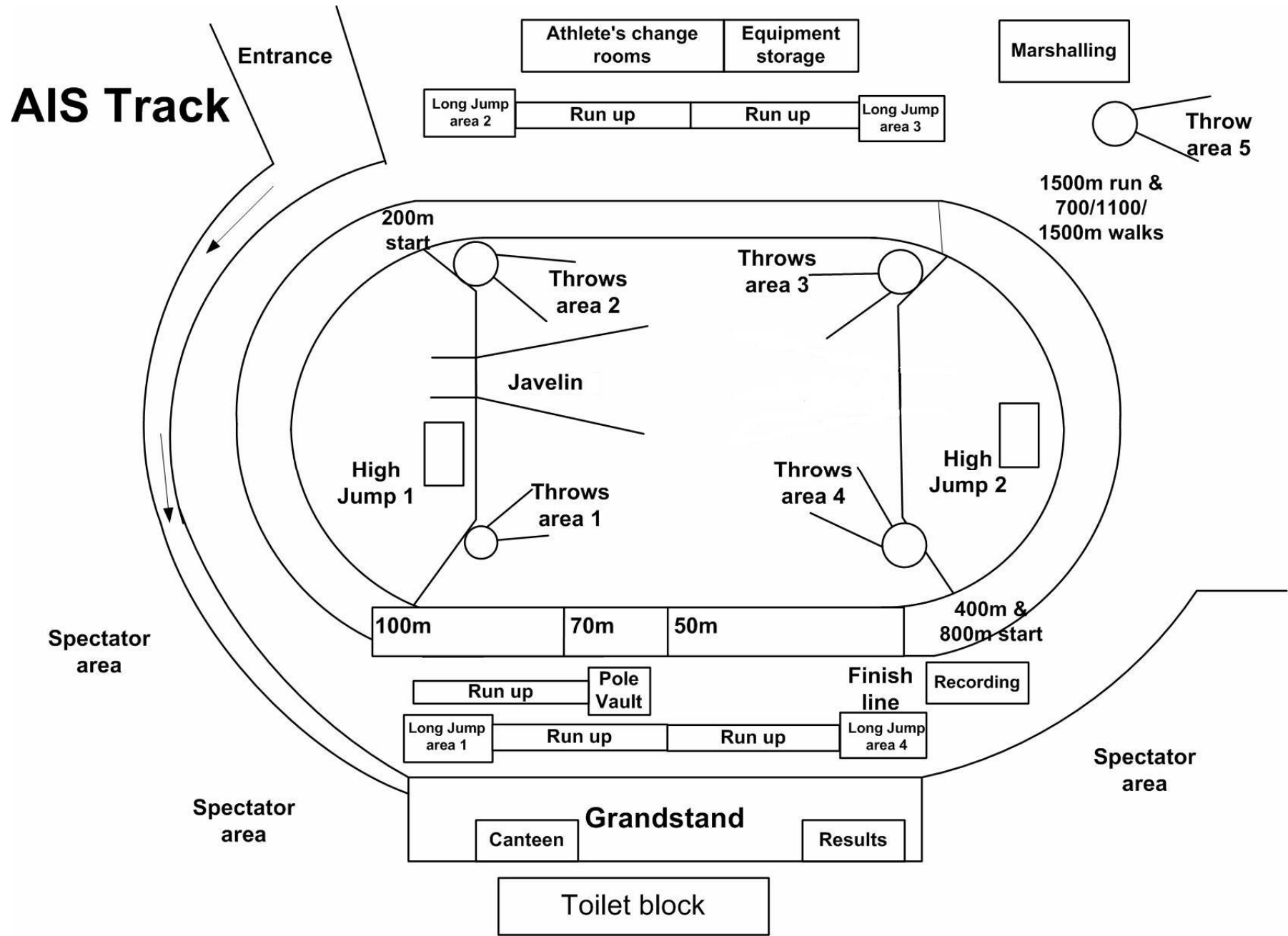
#### Finals

**630** U15B  
**632** U17B

#### Minimum rest time after event until next track event:

70m 15 Minutes  
80 Hurdles 15 Minutes  
90 hurdles 25 Minutes  
100 hurdles 30 Minutes  
800m 40 Minutes  
200m 30 Minutes

Minimum time between walks and 800m: 60 Minutes



## ACT State Championship Records

		Under 8 Girls				Under 8 Boys			
50 Metres		G. O'Rourke (Wod)	8.10s/S	03/03		J. Pilliner (Gin)	8.04s/S	03/91	
70 Metres		K. Mcdonald (Bel)	11.04s/S	03/90		L. Pentony (Que)	10.74s/S	03/85	
						L. Roberts (Bel)	10.74s/S	03/88	
						R. Williams (Wes)	10.74s/S	03/92	
100 Metres		G. O'Rourke (Wod)	15.59s/E	03/03		N. Donlan (Cor)	14.74s/S	03/87	
200 Metres		M. Prebble (Bel)	32.34s/S	03/91		T. Gorman (Que)	30.74s/S	03/96	
Hurdles	60M	V. Chard (Que)	11.45s/E	03/03	60M	J. Tsekenis (Wes)	11.52s/E	03/05	
Long Jump		M. Kelly (Que)	4.07m	03/96		N. Donlan (Cor)	4.01m	03/87	
Shot Put	1.5kg	N. Hamson (Wod)	6.92m	03/00	1.5kg	K. Kouparitsas (Cor)	9.27m	03/95	
Discus	500g	K. Britt (Gin)	18.70m	03/91	500g	K. Reilly (Cal)	23.85m	03/08	
		<b>Under 9 Girls</b>				<b>Under 9 Boys</b>			
70 Metres		A. Coddington (Bel)	10.64s/E	03/98		R. Williams (Wes)	10.34ss	03/93	
100 Metres		G. O'Rourke (Wed)	14.45s/E	03/04		D. Kelly (Cor)	14.34s/S	03/87	
200 Metres		M. Kelly (Que)	30.04s/E	03/97		L. Johnson (Wes)	30.14s/S	03/90	
						T. Gorman (Que)	30.14s/S	03/97	
400 Metres		M. Prebble (Bel)	1:07.94s/S	03/92		D. Wilson (Cal)	1:07.03s/E	03/02	
800 Metres		D. Wilson (Cal)	2:44.99s/E	03/98		B. Ellwood (Wes)	2:36.64s/S	03/85	
Walk	700M	N. Wagstaff (Bel)	3:29.94s/S	03/92	700M	J. Wagstaff (Bel)	3:45.44s/S	03/95	
Hurdles	60M	V. Chard (Que)	10.58s/E	03/04	60M	R. Turnbull (Gin)	10.59s/E	03/98	
Long Jump		M. Kelly (Que)	4.19m	03/97		T. Gorman (Que)	4.37m	03/97	
High Jump		J. Ringland (Beg)	1.22m	03/95		B. Coutts (Gin)	1.29m	03/88	
Shot Put	2kg	S. Riley (Eri)	7.25m	03/93	2kg	M. Mclay (Tug)	9.34m	03/97	
Discus	500g	S. Riley (Eri)	26.48m	03/93	500g	M. Mclay (Tug)	28.82m	03/97	
		<b>Under 10 Girls</b>				<b>Under 10 Boys</b>			
70 Metres		J. Leflay Schrooder (Wod)	10.06s/E	03/00		R. Owusu (Wod)	9.92s/E	03/09	
100 Metres		M. Beals (Wod)	14.14s/E	03/03		N. Donlan (Cor)	13.64s/S	03/89	
200 Metres		M. Prebble (Bel)	29.54s/S	03/93		D. Kite (Que)	27.74s/S	03/86	
400 Metres		H. Wortley (Coo)	1:08.41s/E	03/03		A. Davis (Bel)	1:04.90s/E	03/03	
800 Metres		A. Ellwood (Wes)	2:34.64s/S	03/88		S. Hayes (Tug)	2:23.44s/S	03/91	
1500 Metres		N. Torley (Tug)	5:19.99s/E	03/07		S. Langi (Que)	5:09.04s/S	03/88	
Walk	1100M	J. Hosking (Tug)	5:53.34s/S	03/98	1100M	M. Hosking (Tug)	5:50.64s/S	03/96	
Hurdles	60M	C. Jamieson (Beg)	10.41s/E	03/04	60M	M. Bailes (Wod)	10.44s/S	03/99	
Long Jump		H. Kennedy (Cor)	4.40m	03/90		M. Beckenham (Que)	4.69m	03/86	
High Jump		S. Nutt (Woden)	1.35m	03/09		N. Bahnsen (Gin)	1.43m	03/97	
Shot Put	2kg	G. Price (Coo)	8.40m	03/89	2kg	K. Kouparitsas (Tug)	10.64m	03/97	
Discus	500g	S. Riley (Lan)	26.80m	03/94	500g	T. Martin (Tug)	32.52m	03/90	
		<b>Under 11 Girls</b>				<b>Under 11 Boys</b>			
100 Metres		S. Pollard (Que)	13.63s/S	03/06		N. Donlan (Cor)	13.34s/S	03/90	
200 Metres		C. Taylor (Wod)	28.30s/E	03/01		D. Kelly (Bel)	27.24s/S	03/90	
						N. Donlan (Cor)	27.24s/S	03/90	
400 Metres		H. Wartley (Coo)	1:02.74s/S	03/04		A. Davis (Bel)	1:01.68s/E	03/04	
800 Metres		B. Reilly (Cal)	2:26.45s/S	03/08		D. Wilson (Cal)	2:26.42s/E	03/04	
1500 Metres		N. Torley (Wes)	5:02.11s/S	03/08		M. Wain (Bel)	5:01.54s/S	03/93	
Walk	1100M	T. Smith (Bel)	5:32.34s/S	03/95	1100M	M. Hosking (Tug)	5:40.09s/E	03/97	
Hurdles	60M	A. Coddington (Bel)	10.13s/E	03/00	60M	R. Mclean (Wes)	10.16s/E	03/02	
Long Jump		J. Henry (Gin)	4.65m	03/88		A. Deck (Wod)	5.01m	03/89	
Triple Jump		E. Prince (Wod)	9.66m	03/06		R. Mclean (Wes)	9.84m	03/02	
High Jump		S. Davis (Belc)	1.43m	03/06		N. Bahnsen (Gin)	1.52m	03/98	
Shot Put	2kg	M. Fleming (Cal)	10.55m	03/02	2kg	K. Kouparitsas (Tug)	12.47m	03/98	
Discus	750g	S. Riley (Lan)	27.36m	03/95	750g	T. Martin (Tug)	35.54m	03/91	
Javelin	400g	E. Vredenbregt (Que)	26.68m	03/07	400g	H. Schofield (Cor)	32.84m	03/98	

Under 12 Girls				Under 12 Boys			
100 Metres		A. Coddington (Bel)	13.09s/E 03/01		S. Sheppard (Gin)	12.73s/E 03/00	
200 Metres		A. Coddington (Bel)	26.63s/E 03/01		S. Sheppard (Gin)	26.07s/E 03/00	
400 Metres		Z. Buckmann (Que)	1:00.36s/E 03/01		C. Stevens (Tug)	59.49s/E 03/00	
800 Metres		Z. Buckmann (Que)	2:25.80s/E 03/01		J. Chalker (Cor)	2:21.74s/S 03/86	
1500 Metres		A. Rugendyke (Bel)	5:05.80s/E 03/97		N. Brown (Bel)	4:48.34s/S 03/85	
Walk	1500M	T. Smith (Bel)	7:26.94s/S 03/96	1500M	G. Vogler (Gin)	7:04.74s/S 03/87	
Hurdles	60M	A. Flanagan (Cor)	10.14s/E 03/04	60M	C. Stevens (Tug)	9.86s/E 03/00	
Long Jump		E. Vredenbregt (Que)	4.97m 03/08		N. Donlan (Cor)	5.20m 03/91	
Triple Jump		A. Coddington (Bel)	10.47m 03/01		M. Beckenham (Que)	10.79m 03/88	
High Jump		E. Vredenbregt (Que)	1.56m 03/08		S. Crowe (Bel)	1.57m 03/96	
Shot Put	2kg	S. Read (Cor)	12.17m 03/87	3kg	G. Mace (Gin)	12.19m 03/88	
Discus	750g	S. Read (Cor)	35.20m 03/87	750g	T. Martin (Tug)	42.14m 03/92	
Javelin	400g	K. Clarke (Beg)	30.55m 03/02	400g	T. Martin (Tug)	39.90m 03/92	

Under 13 Girls				Under 13 Boys			
100 Metres		A. Coddington (Bel)	12.74s/E 03/02		S. Sheppard (Gin)	11.99s/E 03/01	
200 Metres		A. Coddington (Bel)	26.62s/E 03/02		S. Sheppard (Gin)	23.92s/E 03/01	
400 Metres		Z. Buckmann (Wod)	58.84s/E 03/02		M. Beckenham (Que)	55.24s/S 03/89	
800 Metres		A. Neumaier (Wod)	2:17.83s/E 03/00		G. Davidson (Wes)	2:09.74s/S 03/96	
1500 Metres		A. Neumaier (Wod)	4:44.48s/E 03/00		C. Williams (Cal)	4:37.44s/S 03/99	
Walk	1500M	T. Smith (Bel)	7:21.00s/E 03/97	1500M	J. Plested (Bel)	6:39.84s/S 03/92	
Hurdles	80M	E. Vredenbregt (Que)	13.12s/E 03/09	80M	J. Reis (Gin)	12.95s/E 03/01	
Long Jump		E. Prince (Wod)	5.16m 03/08		M. Beckenham (Que)	5.82m 03/89	
Triple Jump		C. Wild Taylor	11.10m 03/05		M. Beckenham (Que)	11.79m 03/89	
High Jump		C. Jamieson (Beg)	1.60m 03/07		R. Walker (Bel)	1.63m 03/93	
					S. Gill (Tug)	1.63m 03/99	
					T. Knight (Mor)	1.63m 03/04	
					T. Madsen (Cor)	1.63m 03/06	
Shot Put	3kg	M. Fleming (Cal)	11.47m 03/04	3kg	G. Mace (Gin)	17.02m 03/89	
Discus	750g	S. Riley (Lan)	35.36m 03/97	1kg	T. Martin (Tug)	44.92m 03/93	
Javelin	400g	K. Clarke (Beg)	35.41m 03/03	600g	K. Kouparitsas (Cor)	38.70m 03/00	

Under 14 Girls				Under 14 Boys			
100 Metres		S. Pollard (Que)	12.49s/E 03/09		S. Sheppard (Gin)	11.59s/E 03/02	
200 Metres		S. Pollard (Que)	25.73s/E 03/09		W. McNamara (Mul)	11.59s/E 03/07	
400 Metres		H. Wortley (Coo)	59.89s/S 03/07		S. Sheppard (Gin)	22.82s/E 03/02	
800 Metres		E. Pluck (Tug)	2:17.65s/E 03/04		W. Mcnamara (Mul)	53.50s/E 03/07	
1500 Metres		E. Pluck (Tug)	4:54.01s/E 03/04		B. McPherson (Beg)	2:07.44s/E 03/05	
Walk	1500M	E. Hosking (Wod)	6:54.40s/S 03/09	1500M	B. McPherson (Beg)	4:25.55s/E 03/05	
Hurdles	80M	C. Jamieson (Beg)	12.69s/E 03/08	90M	W. Mcewen (Gin)	6:46.74s/S 03/92	
Long Jump		E. Prince (Wod)	5.30m 03/09		J. Reis (Gin)	12.78s/E 03/02	
Triple Jump		C. Jamieson (Beg)	10.83m 03/08		S. Spinks (Tug)	5.93m 03/98	
High Jump		C. Jamieson (Beg)	1.70m 03/08		J. Sievers (Wes)	12.05m 03/87	
Shot Put	3kg	A. Butler (Tug)	11.15m 03/87	4kg	B. Halliday (Cal)	1.80m 03/95	
Discus	1kg	A. Butler (Tug)	37.42m 03/87	1kg	G. Mace (Gin)	15.55m 03/90	
Javelin	600g	K. Clarke (Beg)	33.33m 03/04	600g	T. Martin (Tug)	52.44m 03/94	
					T. Martin (Tug)	47.88m 03/94	

		Under 15 Girls				Under 15 Boys			
100 Metres		C. Jamieson (Beg)	12.49s/E	03/09		P. Elliott (Que)	11.59s/E	03/04	
200 Metres		C. Jamieson (Beg)	25.36s/E	03/09		W. McNamara (Mulw)	23.62s/E	03/08	
400 Metres		A. Blackburn (Boo)	56.61s/E	03/04		M. Fahey (Lany)	52.39s/E	03/00	
800 Metres		A. Neumaier (Wod)	2:15.02s/E	03/02		C. Tucker (Tug)	1:58.94s/S	03/94	
1500 Metres		A. Neumaier (Wod)	4:50.97s/E	03/02		B. Mcpherson (Beg)	4:17.63s/S	03/06	
Walk	1500M	M. Stapper (Bel)	6:57.04s/S	03/94	1500M	B. Reading (Gin)	6:41.70s/E	03/04	
Hurdles	90M	C. Jamieson (Beg)	13.29s/E	03/09	100M	D. Kelly (Bel)	13.64s/S	03/94	
Long Jump		N. Burgess (Coo)	5.52m	03/07		B. Wood (Wod)	6.39m	03/95	
Triple Jump		N. Burgess (Coo)	11.33m	03/07		G. Brookman (Wod)	12.60m	03/94	
High Jump		C. Jamieson (Beg)	1.70m	03/09		C. Thompson (Que)	1.87m	03/96	
Shot Put	3kg	M. Fleming (Cal)	11.47m	03/06	4kg	W. Ganzerla (Que)	14.30m	03/08	
Discus	1kg	C. Blyton (Coo)	35.84m	03/91	1kg	C. Oakley (Cal)	51.52m	03/95	
Javelin	600g	K. Clarke	37.01m	03/05	600g	T. Woods (Que)	53.77m	03/00	
		Under 17 Girls				Under 17 Boys			
100 Metres		E. Budnick (Que)	12.96s/E	03/04		N. Lalliard (Lan)	11.60s/E	03/04	
200 Metres		E. Budnick (Que)	26.65s/E	03/03		K. Cranston (Mulw)	23.64s/E	03/08	
400 Metres		H. Davis (Coo)	1:01.15s/E	03/09		K. Williams (Que)	52.59s/E	03/03	
800 Metres		S. Lonsdale (Gin)	2:21.90s/E	03/09		M. De Smeth (Cal)	2:08.32s/E	03/05	
1500 Metres		L. Winterflood (Beg)	5:06.78s/E	03/07		M. Johnsen (Mor)	4:26.85s/E	03/04	
Walk	1500M	C. Worrall (Wes)	7:42.37s/E	03/05	1500M	M. Carter (Lan)	8:20.64s/E	03/05	
Hurdles	100M	N. Burgess (Coo)	15.35s/E	03/09	100M	J. Parsons (Bel)	13.50s/E	03/06	
Long Jump		N. Burgess (Coo)	5.10m	03/08		K. Cranston (Mulw)	6.24m	03/08	
Triple Jump		N. Burgess (Coo)	10.60m	03/08		B. Apps (Mul)	12.23m	03/04	
High Jump		M. Knight(Moru)	1.55m	03/05		J. Field (Wod)	1.83m	03/09	
Shot Put	4kg	J. Wozniak (Wod)	9.63m	03/06	5kg	M. Parsons (Bel)	12.95m	03/04	
Discus	1kg	S. Morgan (Mul)	29.48m	03/07	1.5kg	T. Preece (Tug)	42.06m	03/09	
Javelin	600g	J. Wozniak (Wod)	24.07m	03/06	700g	K. Cranston (Mulw)	52.95m	03/08	

