



Doncaster Little Athletics 2024-25 Season Handbook



SEASON 2024 - 25



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WE ARE COMMUNITY



Welcome



Welcome to Doncaster Little Athletics Centre or DLAC for short!

We are thrilled to have you join our community of young athletes and families. This handbook has been prepared to provide you with essential information about our centre, our programs, and what you can expect as a member.

The emphasis at DLAC is on participation and skills development. It's an ideal first sport for children. The running, walking, jumping and throwing activities help develop balance, flexibility and strength.

At DLAC our focus is on Family, Friendships, Fun & Fitness. Children can join with any level of skill or fitness.

With the emphasis on participation and development, athletes are encouraged to compete against their own "personal best" time, distance or height. In this way, athletes do not have to focus on winning but on improving their own performances. That said, if an athlete's best takes them all the way to state or national competition, we encourage that too.

We really are a sport that has something for everyone.

We look forward to getting to know you and your family in the season ahead.

If you have any questions or concerns throughout the season, please do not hesitate to contact myself or another member of the committee to discuss.

Enjoy your season. Go Donny!

Chris Con Foo

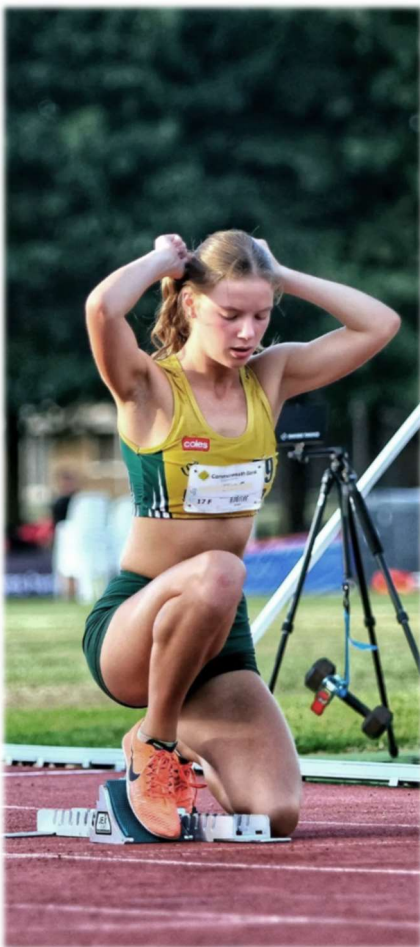
President

T: 0411 265 710

Email: president@doncasterlac.org.au



Our centre and region



DLAC was established in 1968 and is a non-profit organization dedicated to providing young athletes aged 5 to 17 with opportunities to participate in athletics events and to develop their skills in a fun and supportive environment.

Our centre belongs to the Eastern Metropolitan Region (EMR). There are 10 other centres in our region which are Box Hill, Camberwell/Malvern, Cockatoo, Collingwood, Kew, Knox, Nunawading, Ringwood, Sherbrooke and Yarra Ranges.

Our centre offers a range of programs, including track and field events, cross country, and coaching sessions led by qualified instructors.

We are volunteer run so rely heavily on the support from parents on and off the track (more on that later).

The Little Athletics year usually begins in late-September and runs through to the end of August the following year.

- Our Track and Field season runs from October through to March the following year.
- Our Cross Country season starts in April each year and runs through to August. Information on our winter season is provided separately.

Throughout the season our athletes will have the opportunity to take part in competitions at a centre and region level, and if successful on to a state and national level.

These include team events such as relays, as well as individual events.



Our committee



**Chris
Con Foo**
.....
President



**Rob
McPhee**
.....
Vice
President



**Amanda
Cameron**
.....
Child Safety
Officer



**Deb
Garden**
.....
Child Safety
Officer

**Gabby
Griffiths**
.....
Secretary



**Patrick
Vaiano**
.....
Treasurer



**Sheree
Nitschke**
.....
Member
Protection



**Corey
Williams**
.....
Uniform
Manager



**Warren
Hattwich**
.....
Registrar



**Tim
McKinley**
.....
Competition
Director



**Harriette
Glover**
.....
On Track
Coordinator



**Joel
Gniel**
.....
PR/Comms



**Paul
Reynolds**
.....
Facility Manager
& Council Liaison



**Georgina
Coppi**
.....
Results
Manager



**Shane
Scott**
.....
General
Committee

For more information email info@doncasterlac.com.au or visit our website www.doncasterlac.org.au



Our coaching team



Dave Thomson

We are thrilled to announce the appointment of Dave Thomson as the new coach for Doncaster Little Athletics Centre for the upcoming 2024/25 summer Track & Field season. Dave brings a wealth of experience and expertise to our community, with a comprehensive background in athletics coaching and competition.

With over 20 years in athletics and more than 10 years of coaching, Dave has competed at all levels, including major international competitions in decathlon and pole vault. He has represented Australia at the IAAF World Junior Championships in decathlon, won open national medals in decathlon and pole vault, and holds personal bests of 5.40m in pole vault and 7256 points in decathlon.

Dave has coached at various prestigious schools including Avila College, Ivanhoe Girls Grammar, Strathcona, Siena College, Yarra Valley Grammar, and Huntingtower, working with athletes from beginners to state, national, and international levels. Under Dave's guidance, athletes have achieved multiple national championships in sprints, hurdles, jumps, pole vault, and combined events.

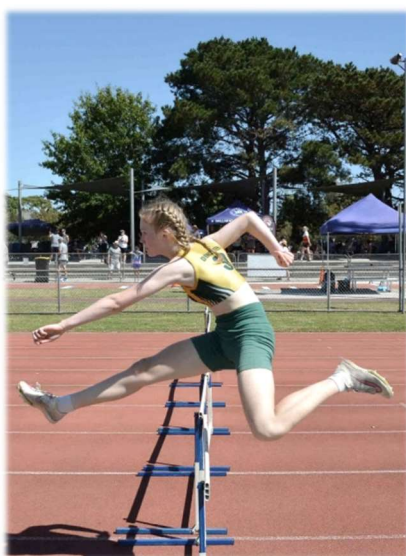
Dave currently coaches a squad of approximately 25 athletes at Bill Sewart Athletics Track and Doncaster Athletics Track. Dave is also qualified as a Current Level 2 Advanced Athletics Coach, Qualified IAAF Kids Athletics Coach, Certificate IV in Sport and Recreation, and Bachelor of Health Science (Nutrition, Exercise Science, Physical Activity Promotion).

Dave's passion for athletics and commitment to nurturing talent in a fun and enjoyable environment makes him an invaluable addition to our team. His impressive track record and dedication to helping athletes achieve their goals ensures that Doncaster Little Athletics Centre is poised for an exciting and successful season.

Dave will be ably assisted by our current Level 1 coaches in **Harriette Glover, Alice Glover** and **Darren Menezes**.



Training sessions



Our training sessions will follow the same schedule each week. Details are provided below. All new starters and current U6 to U17 athletes are welcome.



Monday

4:30-5:30pm

Discus / Shot put
High jump / Scissors
Fundamental athletics (U6 to U8)

5:30-6:15pm

Middle distance
Sprints



Wednesday

4:30-5:30pm

Javelin / Turbo javelin
Long jump / Triple jump

5:30-6:15pm

Middle distance
Sprints / Hurdles



Cancellation

Weekly competition and training will still go ahead in light rain. However, it may be cancelled in the event of heavy rain, storms, excessive heat or is otherwise deemed to be unsafe by the Competition Director. This will be communicated to families on the day of competition via the centre's Facebook page and WhatsApp Community group. Please make sure you have 'liked' our Facebook page and requested to join our WhatsApp group (details are provided later in this handbook). This will ensure you are kept up to date on everything happening during the season.



Membership information



Membership with DLAC is open to children aged 5 to 17 years old. Athletes must be 5 before they can register. We offer athletic activities for children from the age of 5, in age groups of Under 6 to Under 17. Age group is determined by your child's age on 1 January each year. Athletes cannot register or participate in any other age group. To find an age group visit:

<https://lavic.com.au/membership/new-member/age-calculator/>

To become a member, please visit our website at www.doncasterlac.org.au and follow the registration process. Prospective athletes are welcome to try out, provided they have not already attended a try out or previously registered with Little Athletics at Doncaster or another centre. They are entitled to TWO FREE TRIALS before payment is required. You can register at any time during the athletic year, provided you meet the age requirements.

'Commonwealth Bank' patch and Coles logo

Upon registration, each athlete will be presented with their individual name patch and Coles logo. Athletes must always wear their name patch and Coles logo during competition. The patch contains an individual bar code which is used to record their results during the season. Patches, logos and safety pins will be provided to athletes in the week after registering. It is recommended that the patch is laminated to ensure it lasts the season. If you lose your patch, you can request another one to be printed for a small administration fee. The Coles logo must be sewn onto the uniform. Uniform details are set out later in this handbook.

Fees

Fees for the 2024 / 2025 year are as follows:

- U6 to U8 athletes (inclusive) = \$180 per year
- U9 to U17 athletes (inclusive) = \$225 per year

Fees policy (parent/guardian undertaking)

I understand that the Doncaster Little Athletics Centre fee is non-refundable once paid. No compensation is provided for missed or cancelled events. I understand that the membership registration period is from September to August each year. The registration fee for the Summer Track & Field Season includes access to the Winter Cross-Country Season as well as access to training sessions for applicable age groups. I understand during the Winter Cross-Country Season that Doncaster LAC competes as part of a combined program called Eastern 7. This is conducted with Centres from the Eastern Metro Region. Weekly events rotate over a number of local venues throughout the winter season. For athletes registering after the Winter Cross-Country registration portal has opened: I understand that the corresponding reduced membership fee only provides for the duration of the winter cross-country season.



Summer at DLAC

From October 2024, the majority of our weekly competition will take place at Tom Kelly Track, George Street on Sundays from approximately 2:30pm to 5pm. Where there are long weekends and clashes with senior competition or other LAVic competition, Sunday competition will be substituted with Friday night events, starting from 6pm.

On Track Program (Under 6 to Under 7)

Our “On Track” program is for U6 & U7 athletes. It starts at 2:45pm and finishes at approximately 4pm. The program is designed to give young athletes the best opportunity to experience and to enjoy athletics. It is a progressive Skills Based Program that aims to provide children with more activity, instruction, skills development and enjoyment. The program aims to teach young athletes skills learnt through modified competition and focuses on participation, effort and improvement, before they are asked to perform them in a competitive environment.

The program focuses on the fundamental motor skills all the way through to athletic skills. Young athletes participate in games, activities, drills and competitions to develop the fundamental athletic skills needed for participating all events. By providing a quality mix of skill development, plenty of practice and appropriate age level competition, young athletes enjoy more of their time in athletics and develop their skills across the athletic spectrum of track and field events. As the season progresses and the athletes’ skills develop, they will be exposed to more of the traditional athletics programs.

Under 8 to Under 17 Program

U8 to U17’s Track and Field afternoon sessions begin at 2:30pm and finish around 5pm. Little Athletics offers running, walking, throwing, jumping and training events. Our summer season is based on a rotation of three programs held over three consecutive weeks. Each program comprises up to 5 events, with a mix of different disciplines held in each program. These include:

- Running: Sprints, Middle Distance, Long Distance, Hurdles (Sprint and Long Hurdles)
- Jumping: Long Jump, Triple Jump and High Jump (Scissors and Fosbury Flop)
- Throwing: Shot Put, Discus, Javelin and Turbo Javelin

The schedule of events in Programs 1, 2 and 3 are provided later in this handbook, along with our summer season calendar.



Summer at DLAC

Open Day (December)



Throughout the summer season, centres host Open Days where athletes from all over Victoria can register to compete in their favourite events. Medals are awarded to 1st, 2nd and 3rd in each age and gender.

The 2024 Doncaster LAC Open Day will be held on the afternoon and evening of Saturday 21st December 2024. The events of the day will be followed by a hugely popular and spectacular fireworks display in the evening. While athletes from DLAC will be able to register for free, athletes from other centres will need to pay a fee to attend. We will advise you of the details when the portal is open for registrations.

Visit <https://lavic.com.au/competition/open-days/> to see the dates of Open Days scheduled at other centres during the summer season.

Centre Championships (February and March)



Our centre championships are held at the end of the summer season, over a three-week period coinciding with Programs 1, 2 and 3. This is the culmination of the Sunday afternoon competition and training throughout the season. Medals are awarded on the day to 1st, 2nd and 3rd place in each event in each age and gender.

Personal Best Performances

With the emphasis on participation and development, athletes are encouraged to compete against their own “personal best” time, distance or height. In this way, athletes do not have to focus on winning but on improving their own performances. A ribbon will be provided to an athlete that sets their season’s personal best at an event. At the end-of-season presentation day, a gold medal will be awarded to each athlete that sets 20 personal best performances at DLAC during the season, a silver medal for 15 personal bests and bronze medal for 10 personal bests.

Presentation Day and Colour Run (March)

Our summer season concludes with a presentation day and colour run. It’s a fun way for our athletes to celebrate all of their hard work.



Program 1

8	9	10	11	12	13b	13g	14g- 17g	14b- 17b
70	70	70	800	800	TJ	TJ	SP	TJ
SP	LJ	HJ	SP	TJ	800	800	800	800
100	800	800	100	SP	100	100	TJ	100
HJ	100	100	TJ	100	SP	SP	100	SP
Relays								

70 = 70 m dash
 100 = 100 m dash
 800 = 800 m
 SP = Shot Put

LJ = Long Jump
 HJ = High Jump
 TJ = Triple Jump



Program 2

8	9	10	11	12	13b	13g	14+G	14+B
400	Disc	LJ	Jav	HJ	200H		200H/300H	
Dis	400	400	LJ	100	LJ	LJ	100	LJ
100	LJ	Dis	400	400	100	100	HJ	100
LJ	100	100	100	Jav	400	400	400	400
					Javelin Open Throw			
700W		1100W		1500W				

100 = 100 m dash

400 = 400 m

W = Walk

H = Hurdles

LJ = Long Jump

HJ = High Jump

Jav = Javelin

Dis = Discus



Program 3

8	9	10	11	12	13B	13G	14+G	14+B
Tur	HJ	LJ	Dis	80H	80H	80H	Hur	Hur
Dis	Tur	Tur	80H	LJ	1500	1500	1500	1500
Hur	Hur	Hur	1500	1500	HJ	HJ	200	HJ
200	200	SP	HJ	Dis	200	200	LJ	200
	SP	200	200	200	Open Discus			

200 = 200 m
 1500 = 1500 m
 H / Hur = Hurdles (sprint)

LJ = Long Jump
 HJ = High Jump
 Tur = Turbo Javelin
 Dis = Discus



Important events



Relays (November and December)

Relays are the only **team** event of the summer season and typically involve teams of four competing over various distances. They are great fun and participation is actively encouraged. Team selection is based on performance and attendance at training sessions.

Relay season typically kicks-off with lead-up relay events at selected centres in the week or two prior to the EMR Relay Carnival. Please check our socials for more details after the summer season starts in October.

Following these lead-up events, athletes from U9 to U17 can take part in the EMR Relay Carnival. Entry fees are covered by DLAC. All financial members are eligible to participate. Athletes will need to nominate to be a part of the relays.

Teams that win the EMR event or post competitive times compared to teams from other regions will qualify for State Relays, typically held at Lakeside Stadium (depending on availability) in the lead up to Christmas.

Four Pillars Multi Event (January)

This takes the place of normal competition. The Multi event is open to all registered U6-U17 Little Athletes from the 4 Pillar Centres: Box Hill, Doncaster, Nunawading and Ringwood. It is a great opportunity for all athletes to experience a different style of competition and compete against athletes from other Centres. Athletes do not need to register, just attend the event.

Event entry is free with your Centre membership. Athletes compete in 5 events and accumulate points based on the Alberta (or similar) points scoring system. For those new to the format, it is scored in a similar way to the decathlon at the Olympics. Trophies are awarded to 1st, 2nd & 3rd place in each Age and Gender. All athletes must wear their registration patch and compete in their Centre uniform. It is great preparation for the state combined event championships which follow a similar format.



Important events



State Combined Event Championships (February)

The State Combined Event is similar to the Four Pillars event but is available to athletes from all of the centres across Victoria. Athletes in the Under 9 through to Under 17 age groups are eligible to participate. The Combined Event consists of between four and seven separate disciplines depending on which age group a child is in. Events consisting of four or five disciplines will be held on one day. Events consisting of more than five disciplines will be held on two consecutive days. Athletes finishing in the top 8 of their age group and gender are acknowledged on the podium.

This is a very popular event with registrations filling quickly. Please book ASAP once the portal opens as field sizes are limited.

EMR and State Track and Field Championships (Feb/March)



The EMR Coles Region Track and Field Carnival typically takes place across one weekend (Saturday and Sunday inclusive) in mid-February. The event serves as a qualifying event for the State Track and Field Championships, held three weeks later. Registrations are typically open for about 6 weeks commencing mid-December. Athletes in the Under 9 through to Under 17 age groups are eligible to participate and can register for up to five of their favourite events. A registration fee applies.

Athletes that win their event at the EMR carnival will qualify for the state championships. The remaining positions in the state finals will be based on the next best performances in each event across the 7 regions, to a maximum field size of 16 to 24, depending on event.

Australian Little Athletics Championships (April)

The Australian Little Athletics Championships (ALAC) is an annual event conducted by Little Athletics Australia that offers able-bodied and multi-class competitors an opportunity to represent their state in team or individual competition. Representative opportunities are available to those in the U13, U14, and U15 age groups. Athletes finishing in the top 8 of their event at the state track and field championships are eligible to register. The team (typically two athletes per event) is selected from those registered.



Season calendar

Date	Week	Doncaster LAC	Primary School Events LAVic Events Education Open Days
Sunday, 8 September 2024		Come and Try	
Wednesday, 11 September 2024			Templestowe District SSV - Doncaster
Sunday, 15 September 2024		Come and Try	ITLAS - Various
Monday, 16 September 2024			SSV Trials at Lakeside
Sunday, 22 September 2024			ITLAS, Centre Helper, Starters - Various
Sunday, 29 September 2024	Grand Final		
Sunday, 6 October 2024	1	Centre Program 1	ITLAS, Centre Helper, Starters, On Track - Various
Thursday, 10 October 2024			Manningham Division Primary SSV - Nunawading*
Sunday, 13 October 2024	2	Centre Program 2	JDS1 Yarra Ranges*
Sunday, 20 October 2024	3	Centre Program 3 TBC	60th Anniversary REGION CHALLENGE and OPEN DAY - Caulfield
Thursday, 24 October 2024			Eastern Metro Region Primary SSV - Doncaster*
Sunday, 27 October 2024	4	Centre Program 2	
Friday, 1 November 2024	Cup Weekend	5	
Wednesday, 6 November 2024			State Primary Championship SSV - Lakeside*
Sunday, 10 November 2024	6	RELAY ROUND	JDS2 Williamstown*/ Mentone Relay
Saturday, 16 November 2024	7	Region Relays - Box Hill	Ballarat Open
Sunday, 17 November 2024	7	Centre Program 3	
Friday, 22 November 2024	8	Centre Program 1	JDS3 Whittlesea*
Sunday, 1 December 2024	9	Centre Program 2	ITLAS, Centre Helper - Various, SSA Nationals - Sydney* Swan Hill
Sunday, 8 December 2024	10	Centre Program 3	ITLAS, Centre Helper, Starters - Various, Albury Open
Saturday, 14 December 2024	11*	LAVic State Relays - Whittlesea*	Zatopek** Lakeside Unavailable
Sunday, 15 December 2024	11	Centre Program 1	
Saturday, 21 December 2024	Christmas	12	Doncaster LAC Open Day
			NZ TOUR 8/1 to 15/1*
Saturday, 11 January 2025	Holidays	13*	FOUR PILLARS - Nunawading
Sunday, 19 January 2025	Holidays	14	Centre Program 2
Sunday, 26 January 2025	Australia Day	15	Centre Program 3
Saturday, 1 February 2025		16	STATE COMBINED - Bendigo
Sunday, 2 February 2025		16	Centre Program 1
Sunday, 9 February 2025		17	CLUB CHAMPS 2
Saturday, 15 February 2025			Region T&F - Yarra Ranges (Mt Evelyn)
Sunday, 16 February 2025		18	Region T&F - Yarra Ranges (Mt Evelyn)
Sunday, 23 February 2025		19	CLUB CHAMPS 3
Sunday, 2 March 2025		20	CLUB CHAMPS 1
Saturday, 8 March 2025	Labour Day	21*	STATE T&F - Casey Fields*
Sunday, 9 March 2025			STATE T&F - Casey Fields*
Friday, 15 March 2024			*Reserve Day*
Sunday, 23 March 2025		22	Colour Run/PRESENTATIONS
Sunday, 30 March 2025	School Holidays		ALAC Training Ringwood*/ Cranbourne Open
Sunday, 6 April 2025	School Holidays		
Saturday, 13 April 2024	School Holidays		ALAC Training Whittlesea*
Saturday, 19 April 2025	Easter		Stawell Gift
Saturday, 26 April 2025			Australian Little Athletics Championship - Adelaide*
Sunday, 27 April 2025			Australian Little Athletics Championship - Adelaide*
			Program subject to change, pending weather
			Centre Events - included in registration
			Special Events - included in registration
			Individual Championships - not included
			SSV school event for info (Not Little Athletics)

The calendar may change during the season due to cancellations, wet weather, etc. Members will be notified about these changes via WhatsApp and Stack Team App.



Retiring our clubs

Doncaster Little Athletics Centre has a rich history going all the way back to 1968. Over the years it has been made up of a number of individual clubs which were established to cater to a large and vibrant community of athletes which in some years peaked at over 800 members.

The purpose of these clubs – most recently comprising **Bulleen Templestowe**, **East Doncaster**, **Templestowe All Saints**, and **Doncaster Heights** – was to:

- Reduce the administrative load for the centre when all registrations were manually processed, and the weekly results were manually entered onto recording sheets at the end of every competition day.
- Foster a sense of inter-club competition.
- Manage members' needs, uniforms, duty, awards, provide a point of contact for athletes and help to run programs and special events.

In recent years it has become challenging to maintain the administrative structure of our four clubs with smaller numbers. It is also becoming more difficult to justify the increased costs to members associated with purchasing separate club and centre uniforms. This structure served our centre well for many years, however as times have changed and we have seen technology automate many weekly activities the committee feels it is time to restructure.

Starting from the 2024/25 summer season, we will retire our four clubs and operate as a single centre (Doncaster Little Athletics Centre). The benefits of this change include:

- Creating Unity: As a single centre, we hope to foster a stronger sense of belonging and community among all our athletes and their families.
- Reducing Costs: A single uniform will help reduce the financial burden on families and minimize waste.
- Simplifying Administration: Streamlining our structure will reduce the administrative load, making it easier for volunteers to manage and support our programs.

While we are keen to ensure that we preserve the history and tradition of our smaller clubs, we believe this change is necessary to adapt to the evolving needs of our community. We are committed to making this transition as smooth as possible and appreciate your understanding and support as we embark on this new chapter for Doncaster Little Athletics Centre. Together, we can continue to provide a fantastic environment for our young athletes to grow, compete, and thrive.





Centre uniform

While we transition away from our four-club structure, athletes may continue to wear their club uniforms for DLAC competition during the 2024/2025 season. All athletes new to the centre should purchase the DLAC centre uniform comprising:










- Compression shorts / shorts
- Racing singlet or girls crop top

For either the centre or club uniform, the uniform must include the LAVic sponsor “Coles” logo on the front right side and “Commonwealth Bank” chest patch. The logo should be sewn, like this:



The DLAC centre uniform with logo and chest patch must be used for all external centre/EMR/state events.

A new DLAC uniform is expected to cost in the order \$50 to \$70, depending on preference. **Payment for uniforms is via our online store on Stack Team App.** Uniforms can be collected from our club house on competition days. Please provide proof of payment from Team App at collection. Items available for purchase are provided below:

	**CLEARANCE** East Doncaster Club Hoodie East Doncaster Hoodies	\$15
	**CLEARANCE** East Doncaster Singlet Formerly the club racing singlet...	\$15
	**CLEARANCE** Templestowe All Saints Singlet Formerly the club racing singlet...	\$15
	DLAC Compression Shorts Doncaster Little Athletics Club	\$27.50
	DLAC - Girls Crop Top Girls Crop Top	\$20
	DLAC Green Fleece Track Jacket DLAC Fleece Jacket	\$25
	DLAC Racing Singlet Doncaster Little Athletics Club ...	\$38.50
	DLAC - Shorts Doncaster Little Athletics Short...	\$19
	Grey Fleece Hoodie - DLAC Premium quality fleece lined tra...	\$40

See our website for footwear regulations (www.doncasterlac.org.au). Importantly, spikes can only be worn by U11 and older age groups.

Age Groups	Track Events	Field Events	Out of Stadia
U6 - U10	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed
U11, U12	All individual events up to and including 400m and all Relay events	All jump events & Javelin	No spike shoes allowed
U13 and above	All events except Race Walks	All jump events & Javelin	No spike shoes allowed



Parent help



Parental/guardian involvement is crucial to the success of DLAC. We encourage parents to support their children in their athletic pursuits, volunteer as helpers or officials during competitions, and participate in centre events. Research shows that parents who get involved with their kids' sports give their children the confidence and support to be their best. Plus it's a great way to get close to the action and meet new families.

DLAC events

Little Athletics does not happen without the help of parent volunteers. Each family is generally required to help every 2-3 weeks (depending on the number of families attending in a given season). This may include 'officiating' an event, marshalling athletes for their events, timing and other duties on the day. There is also an opportunity to help out with centre administration. Training and support is provided throughout the season for parents in each role. The centre appreciates any help you can provide.

Spectating: When not on duty, parents and spectators are asked to remain behind the fence line. This is for athlete and spectator safety and minimises disruptions to events. Where appropriate, athletes will be escorted to their event.

Supervision: For the safety of your children (athletes and non-athletes), please ensure that there is ALWAYS a parent at the track so that your child is appropriately supervised at all times.

Details on roles, rosters and registration for parent help will be provided to all families at the start of the season. Some handy resources for helping at events are available here:

<https://ourcentre.com.au/centre-resource-guide/centre-officiating-resources/>

External events

It is a condition of entry that a parent/guardian commits to performing duty at any outside event. Team Managers will receive a copy of confirmed entries and will compile a duty roster which will be provided to families before the event. Failure to adequately complete duty will result in an athlete's entry being withdrawn on the day. These competitions cannot operate without volunteers and your support.

Please don't wait to be asked. Come forward and offer your assistance to help keep the centre running effectively!



Quick links to resources

 **LAVic Event**
Officiating Resources 


Scan the QR codes below to view resources

Discus 	High Jump 	Hurdles 	Place Judging 
Javelin 	Long Jump 	Race Walking 	Starting 
Relays 	Shot Put 	Triple Jump 	The Track 
Cross-Country 	Multi-Class Track 	Multi-Class Jumps 	Timekeeping 



Parent charter



As a parent or guardian with a child registered to participate in Little Athletics Victoria at the Doncaster Little Athletics Centre:

1. My child is always my responsibility

When my child is competing at Little Athletics I am responsible for the care of my child. This includes training sessions. I will ensure that at all times either:

- I will personally be in attendance at Little Athletics, or
- Another parent or legal guardian of my child will be in attendance, or
- I will ensure that a responsible adult has agreed to act on my behalf in caring for my child.

Whilst all care is taken, I understand that athletes may be injured when participating in Little Athletics. Therefore it is essential that an adult is always present who is empowered to make decisions concerning my child's welfare.

2. Little Athletics is a co-operative venture

I accept that the parents or guardians of my child need to make a personal contribution to the orderly running of the Centre. This means a commitment to assisting with running of the programs on event days. Therefore, I agree that a parent or guardian of my child will perform duty as and when required by the Centre. Should my child participate in events at Regional and/or State level then I agree that a parent or guardian of my child will perform duty as and when required by the Doncaster Little Athletics Team Manager at Regional or State events. I understand it is essential that parents and guardians always support the activities at the Centre in a positive manner by abiding by the Little Athletics Victoria Association Codes of Behaviour and any guidelines, procedures or policies endorsed by the Doncaster Little Athletics Centre. I also understand that failure to do so may lead to suspension or termination of my child's / children's membership and / or including disqualification from competition at the Centre, Region or State events.

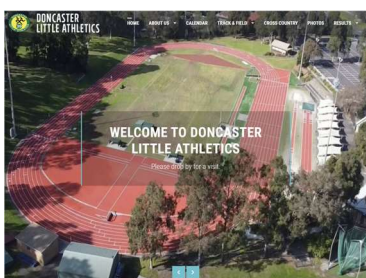
3. Social media

DLAC reserves the right to enforce our Social Media Acceptable Use Policy at its discretion. DLAC administration may remove any posted messages and or photos that it considers to be in breach of this policy and will block repeat offenders. Our Policy can be viewed on our website at:

<https://www.doncasterlac.org.au/policies/>



Getting your information



DLAC website

<https://www.doncasterlac.org.au/>

Our website is a valuable resource with lots of information including policies, regulations, calendars and results. Our website is currently in the process of being upgraded so please be patient.



WhatsApp

DLAC uses our WhatsApp community as one of the main methods of distributing information and news to our families, ranging from upcoming events to results to celebrations to wet weather cancellations. This year we have also introduced age group chats to help coordinate relay teams. Please download the app and join the “DLAC centre-wide” community by asking an existing member to help you join or asking at the information desk on event days.



Stack Team App

Stack Team App is used to distribute the same information and news to families as WhatsApp but is less interactive. It has the benefit of a live calendar and history of useful documents. Download Stack Team App, search for Doncaster Little Athletics and request to become a member. We'll approve it as soon as we can and then you will have access to all the latest information.



Facebook

We use Facebook to celebrate all things DLAC as well as providing event updates and news. Like and follow us on Facebook here:

<https://www.facebook.com/DLACcommunity/>

We also have a buy / swap /sell private group for second hand uniform items:

Doncaster Little Athletics Club Buy, Swap and Sell

Search for the group and request to join.



Getting your information



Instagram

<https://www.instagram.com/doncaster.littleaths/>

This year we will be using Instagram to share the latest news and celebrate our athlete's achievements

LAVic website

<https://lavic.com.au/>

The LAVic website provides essential information for athletes, families and centres relating to all things little athletics. It also provides a portal for registration and live results (via Results Hub) for regional and state competition.



Results HQ

Once an athlete has finished a track event, times will be uploaded onto their online record for access in ResultsHQ. Field events may not initially be recorded as quickly, but our recording officers will endeavour to get these results uploaded by the end of the weekend. Features on this website include results by date, results by family members, a graph of results per event with the athletes' average results, and personal best.

<https://www.resultshq.com.au/login>

Visit www.resultshq.com.au and log in with your registration username and password (what you used to register online with). If you do not know your password, go to:

<https://resultshq.com.au/Login/forgotpassword>

and enter your registered email address. Your password will then be emailed to you.





Administration



Insurance and first aid

Professional First Aid is provided at all DLAC events.

If you have any queries regarding insurance, please contact the Centre Secretary on secretary@doncasterlac.org.au or see the Certificate of currency. The centre has a strict safety policy and all registered athletes are covered by insurance with the Victorian Little Athletics Association. If you are not registered with LAVic but wish to participate in an event (for example, Bring a Friend day), you must sign-in with the centre to ensure you are covered by this insurance.

Safety and welfare

DLAC prioritizes the safety and welfare of our members. For the safety of all athletes, it is a policy of DLAC that ALL athletes always remain on the grounds during competition or training. The centre takes no responsibility should your child leave the grounds. Parents or guardians MUST stay on the grounds whilst their athlete is participating in competition or training. We have policies and procedures in place to ensure a safe and supportive environment for all participants. If you have any concerns regarding safety or welfare issues, please contact our child safety officers.

Policies

At DLAC we are governed by the rules, regulations and policies stipulated by LAVic. This includes adherence to LAVic Child Safe policies. You can view all policies to which we adhere here:

<https://www.doncasterlac.org.au/policies/>

Code of conduct

DLAC is committed to fostering a positive and respectful environment for all members. We expect athletes, parents, coaches, and volunteers to adhere to our code of conduct, which promotes fairness, sportsmanship, and inclusivity. Any breaches of the code of conduct may result in disciplinary action.



Code of conduct - athletes

Little Athletes Code of Conduct

- Play by the rules
- Never argue with an official, if you disagree, ask your Team Manager or Age Manager to deal with the matter.
- Control your temper. Verbal abuse of officials, coaches, parents or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
- Work equally hard for yourself and/or your Centre/Club. Your Centre/Club's performance will benefit.
- Be a good sport. Applaud all good results whether they are by your Centre/Club, opponent or the other Centre/Club.
- Treat all athletes, as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- Co-operate with officials, coaches, club mates and other participants. Without them there would be no competition.
- Participate in Little Athletics for the "fun of it" and not just to please parents and coaches.
- Avoid use of bad language



Code of conduct - parents

Parents 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 rather than questioning the official's judgement and honesty in public. Remember, most officials give 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 of 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 on the arena or being intoxicated.
- Avoid use of bad language.



Centre records - girls

DONCASTER LITTLE ATHLETIC CENTRE - CENTRE RECORDS									
UNDER 6 GIRLS	Electronic	Date	Name	Club	UNDER 12 GIRLS	Electronic	Date	Name	Club
70m	12.95	17/03/2018	Harper Harding	Doncaster Heights	70m	9.64*	1/10/1990	Laura Fraser	Bulleen Templestowe
100m	18.79	17/03/2018	Harper Harding	Doncaster Heights	100m	13.35	25/03/2017	Sisley Rosano	Templestowe All Saints
200m	40.56*	1/10/1992	Angela Dugdale	East Doncaster	200m	27.94*	1/10/1981	Monica Wolf	Doncaster Heights
Long Jump	2.83	1/10/1991	Emma Randall	East Doncaster	400m	1.01.54*	1/10/1981	Monica Wolf	Doncaster Heights
Shot Put - 1kg	6.08	1/10/1991	Emma Randall	East Doncaster	800m	2.24.4	1/10/1980	Jodie Meier	East Doncaster
UNDER 7 GIRLS	Electronic	Date	Name	Club		9.84*	1/10/1984	Ashley Edwards	Bulleen Templestowe
70m	11.94*	1/10/1978	S Lawrence	Doncaster Heights		9.84*	1/10/1979	Nicole Morrow	Doncaster Saints (St Peters & Pauls)
100m	16.54*	1/10/1980	Rebecca Sweeney	Templestowe All Saints (St Kevins)		9.84*	1/10/1979	K Skultety	Doncaster Heights
200m	35.44*	1/10/1980	Rebecca Sweeney	Templestowe All Saints (St Kevins)	80 Hurdles	12.30	2/03/2024	Harper Harding	Doncaster Heights
Long Jump	3.32	1/10/1992	Emma Randall	East Doncaster	Triple Jump	10.31	9/12/2015	Petra Edwards	East Doncaster
Shot Put - 1kg	7.55	1/10/1992	Emma Randall	East Doncaster	High Jump	11.46	5/04/2019	Jacinta Hunt	East Doncaster
UNDER 8 GIRLS	Electronic	Date	Name	Club	Javelin - 400g	28.06	22/03/2014	Shannon Fraser	Doncaster Heights
70m	11.24*	1/10/1990	Shannon Bell	Bulleen Templestowe	UNDER 13 GIRLS	Electronic	Date	Name	Club
100m	15.94*	1/10/1977	Jennifer Wadsworth	Doncaster Heights	70m	9.74*	1/10/1991	Laura Fraser	Bulleen Templestowe
200m	33.24*	1/10/1979	S Lawrence	Doncaster Heights		9.74*	1/10/1992	Natalie Bell	Bulleen Templestowe
400m	1.15.54*	1/10/1979	S Lawrence	Doncaster Heights	200m	26.50	1/10/2002	Kendra Hubbard	Doncaster Saints
60m Hurdles	11.54*	1/10/1980	C Shannon	Bulleen Templestowe	800m	2.22.55	7/03/2009	Natalie Rule	Doncaster Heights
Long Jump	3.59	1/10/1993	Emma Randall	East Doncaster	80m Hurdles	13.50	16/12/2006	Stephanie Lachimea	Doncaster Saints
High Jump - Scissors	1.03	5/04/2019	Emily Whitmarsh	Templestowe All Saints		13.50	7/03/2009	Laura McHugh	Templestowe All Saints
Shot Put - 1.5kg	7.33	1/10/1993	Emma Randall	East Doncaster	90m Hurdles	14.94*	1/10/1985	Ashley Edwards	Bulleen Templestowe
Discus - 350g	18.97	22/02/2020	Natalie McKinley	Templestowe All Saints	200m Hurdles	30.64	29/02/2020	Shakira Harding	Doncaster Heights
UNDER 9 GIRLS	Electronic	Date	Name	Club	1500m Walk	7.06.5	1/10/1993	Simone Kuppler	Doncaster Saints (St Peters & Pauls)
70m	10.44*	1/10/1978	K Saunders	Bulleen Templestowe	Long Jump	5.02	1/10/1985	Ashley Edwards	Bulleen Templestowe
100m	14.94*	1/10/1978	Lisa Kakos	Doncaster Heights	Triple Jump	11.11	25/03/2017	Petra Edwards	East Doncaster
200m	31.44*	1/10/1978	Monica Wolf	Doncaster Heights	High Jump	1.57	28/01/2017	Alessia Wynne	Bulleen Templestowe
400m	1.08.94*	1/10/1982	Marisa Kiag	Templestowe All Saints (St Kevins)	Shot Put - 3kg	12.23	1/10/1998	Emma Randall	East Doncaster
800m	02:46.6	21/12/2019	Chloe Baldock	East Doncaster	Discus - 750g	40.02	1/10/1998	Emma Randall	East Doncaster
60m Hurdles	10.74*	1/10/1978	Lisa Kakos	Doncaster Heights	Javelin - 400g	33.90	18/02/2023	Emily McKinley	Templestowe All Saints
	10.74*	1/10/1978	K Saunders	Bulleen Templestowe	UNDER 14 GIRLS	Electronic	Date	Name	Club
700m Walk	3.48.34	20/02/2021	Heidi Kuppler	Doncaster Heights	400m	1.00.67	25/02/2006	Bronte Gange	Doncaster Heights
Long Jump	3.96	1/10/1980	Kym Burns	East Doncaster	800m	2.19.26	1/10/1999	Kimberly Crow	Bulleen Templestowe
High Jump - Scissors	1.10	22/02/2020	Macey Hansen	East Doncaster	200m Hurdles	29.43	18/02/2023	Jamison Harding	Doncaster Heights
Shot Put - 2kg	7.23	1/10/1994	Emma Randall	East Doncaster	300m Hurdles	45.43	1/10/2001	Julie Prendergast	Doncaster Saints
Discus - 500g	25.33	1/10/1994	Emma Randall	East Doncaster	1500 Walk	6.57.3	1/10/1993	Simone Kuppler	Doncaster Saints (St Peters & Pauls)
UNDER 10 GIRLS	1.14	5/04/2019	Name	Club	Long Jump	5.67	17/03/2018	Alessia Wynne	Bulleen Templestowe
70m	10.54*	1/10/1978	Fiona Mason	East Doncaster	Triple Jump	11.29	28/10/2017	Alessia Wynne	Bulleen Templestowe
	10.54*	1/10/1979	Lisa Kakos	Doncaster Heights	High Jump	1.61	25/02/2017	Alana Mierisch	Doncaster Heights
100m	14.54*	1/10/1978	Fiona Mason	East Doncaster	Shot Put - 3kg	12.87	1/10/1999	Emma Randall	East Doncaster
	14.54*	1/10/1987	Justine Gill	Doncaster Saints (St Peters & Pauls)	Discus - 1kg	36.85	28/02/2015	Stephanie Ratcliffe	Bulleen Templestowe
	14.54*	1/10/1979	Monica Wolf	Doncaster Heights	Javelin - 400g	37.54	19/02/2022	Jessica Nolan	Doncaster Heights
	14.54*	1/10/1979	Lisa Kakos	Doncaster Heights	Javelin - 500g	31.25	17/03/2012	Natasha Coumaros	Bulleen Templestowe
200m	30.24*	1/10/1978	Fiona Mason	East Doncaster	UNDER 15 GIRLS	Electronic	Date	Name	Club
400m	1.06.21*	1/10/1978	Fiona Mason	East Doncaster	70m	9.54*	1/10/1994	Emelia Rusciano	Doncaster Saints
800m	2.39.15	28/03/2009	Ally-Rose Ogden	East Doncaster	100m	12.74	21/12/2019	Sisley Rosano	Templestowe All Saints
60m Hurdles	9.87	19/03/2022	Harper Harding	Doncaster Heights	200m	26.16	21/12/2019	Sisley Rosano	Templestowe All Saints
1100m Walk	6.16.6	1/10/1983	Melissa Gloster	Bulleen Templestowe	1500m	5.02.06	1/02/2020	Rachel White	Bulleen Templestowe
High Jump - Scissors	1.18	20/02/2021	Macey Hansen	East Doncaster	90m Hurdles	13.14	19/02/2024	Jamison Harding	Doncaster Heights
Long Jump	4.55	1/10/1981	Kym Burns	East Doncaster	300m Hurdles	45.34	1/10/2002	Helen Patterson	Doncaster Saints
Shot Put - 2kg	8.71	1/10/1995	Emma Randall	East Doncaster	Long Jump	5.32	22/12/2018	Petra Edwards	East Doncaster
Discus - 500g	29.85	1/10/1994	Lauren Burns	Doncaster Lions	Triple Jump	11.22	22/12/2018	Petra Edwards	East Doncaster
UNDER 11 GIRLS	Electronic	Date	Name	Club	High Jump	1.63	1/10/1992	Catherine Hill	Doncaster Lions
100m	13.72	17/03/2018	Amelia Djeric	East Doncaster	Discus - 1kg	38.39	17/10/2015	Stephanie Ratcliffe	Bulleen Templestowe
200m	28.80	10/02/2018	Amelia Djeric	East Doncaster	Javelin - 500g	39.03	12/11/2016	Shannon Fraser	Doncaster Heights
400m	1.06.24*	1/10/1980	Monica Wolf	Doncaster Heights	UNDER 16 GIRLS	Electronic	Date	Name	Club
800m	2.28.39	19/02/2023	Heidi Kuppler	Doncaster Heights	100m	12.93	13/10/2018	Alessia Wynne	Bulleen Templestowe
1500m	4.58.59	18/02/2023	Heidi Kuppler	Doncaster Heights	200m	25.92	20/12/2014	Alessia Wynne	Doncaster Heights
80m Hurdles	12.89	19/02/2023	Harper Harding	Doncaster Heights	800m	2.16.92	17/12/2022	Rachel White	Bulleen Templestowe
1100m Walk					300m Hurdles	46.85	2/03/2019	Alessia Wynne	Bulleen Templestowe
Long Jump	4.48	3/03/2018	Amelia Djeric	East Doncaster	Long Jump	5.48	2/02/2019	Alessia Wynne	Bulleen Templestowe
Triple Jump	9.49	28/02/2015	Petra Edwards	East Doncaster	Triple Jump	11.37	22/12/2018	Alessia Wynne	Bulleen Templestowe
High Jump	1.45	16/02/2018	Eliza Chivers	Bulleen Templestowe	High Jump	1.61	10/11/2018	Alana Mierisch	Doncaster Heights
Shot Put - 2kg	10.47	1/10/1996	Emma Randall	East Doncaster	Shot Put - 3kg	10.35	19/02/2024	Jessica Nolan	Doncaster Heights
Discus - 500g	33.10	18/02/2023	Natalie McKinley	Templestowe All Saints	Javelin - 500g	40.30	19/02/2024	Jessica Nolan	Doncaster Heights
Javelin - 400g	23.73	2/03/2013	Shannon Fraser	Doncaster Heights					

* handheld times adjusted; distances under 400m +0.24 seconds; distances of 400m +0.14 seconds;



Centre records - boys

DONCASTER LITTLE ATHLETIC CENTRE = CENTRE RECORDS									
UNDER 6 BOYS	Electronic	Date	Name	Club	UNDER 12 BOYS	Electronic	Date	Name	Club
70m	12.21	17/03/2018	Orlando Palmarini	Bulleen Templestowe	70m	9.21*	1/10/1995	Gareth Croft	East Doncaster
100m	17.64	17/03/2018	Orlando Palmarini	Bulleen Templestowe	100m	13.24*	1/10/1989	Brad Haugh	Doncaster Saints (St Peters & Pauls)
200m	37.94*	1/10/1990	Cameron Croad	East Doncaster	200m	26.40	11/03/2016	Matthew Friar	East Doncaster
Long Jump	3.09	1/10/1990	Cameron Croad	East Doncaster	400m	1.00.14*	1/10/1982	Steven Wilson	East Doncaster
Shot Put - 1kg	6.22	2/02/2018	Kalen Sapolu	Doncaster Heights	800m	2.13.70	1/10/1980	Dean Paulin	East Doncaster
UNDER 7 BOYS	Electronic	Date	Name	Club	80m Hurdles	12.90	10/11/2018	Nash Chandler	Doncaster Heights
70m	11.44*	1/10/1991	Cameron Croad	East Doncaster	90m Hurdles	14.24*	1/10/1988	Chris Scott	Doncaster Saints (St Peters & Pauls)
100m	15.84*	1/10/1981	Brad Nicholson	East Doncaster	1500m Walk	7.21.5	1/10/1986	Peter Newcombe	Templestowe All Saints (St Kevins)
200m	34.54*	1/10/1981	Peter Kakos	Doncaster Heights	Long Jump	5.40	1/10/1989	Brad Haugh	Doncaster Saints (St Peters & Pauls)
Long Jump	3.60	1/10/1991	Cameron Croad	East Doncaster	Discus - 750g	41.97	1/10/1996	Peter Tziotis	Doncaster Saints
Shot Put - 1kg	8.57	1/10/1991	Peter Tziotis	East Doncaster	Javelin - 400g	31.43	22/03/2014	Nicholas Scala	East Doncaster
UNDER 8 BOYS	Electronic	Date	Name	Club	100m	12.62	25/03/2017	Matthew Friar	East Doncaster
70m	10.74*	1/10/1982	Damian Cardamone	Doncaster Saints (St Peters & Pauls)	200m	25.76	4/03/2017	Matthew Friar	East Doncaster
100m	15.34*	1/10/1978	Luke Sweeney	Templestowe All Saints (St Kevins)	400m	56.74*	1/10/1996	Gareth Croft	East Doncaster
200m	32.24*	1/10/1982	Damian Cardamone	Doncaster Saints (St Peters & Pauls)	800m	2.14.00	24/11/2012	Yuan Chow Lui	Doncaster Heights
400m	1.12.74*	1/10/1984	Brad Scott	Doncaster Saints (St Peters & Pauls)	60m Hurdles	9.84*	1/10/1984	Michael Eaton	Doncaster Saints (St Peters & Pauls)
60m Hurdles	10.94*	1/10/1978	Gregory Madigan	Templestowe All Saints (St Kevins)	90m Hurdles	14.64*	1/10/1984	Michael Eaton	Doncaster Saints (St Peters & Pauls)
Long Jump	3.86	1/10/1992	Cameron Croad	East Doncaster	Triple Jump	11.85	25/03/2017	Matthew Friar	East Doncaster
High Jump-Scissors	1.07	5/04/2019	Archie Hattwich	Templestowe All Saints	High Jump	1.63	4/03/2017	Matthew Friar	East Doncaster
Shot Put - 1.5kg	8.13	1/10/2002	Jacob Ballard	East Doncaster	Shot Put - 3kg	14.12	1/10/1997	Peter Tziotis	Doncaster Saints
Discus - 350g	24.48	19/03/2022	Lachlan Morris	East Doncaster	Discus - 1kg	44.49	1/10/1997	Peter Tziotis	Doncaster Saints
Discus - 500g	24.51	1/10/1992	Peter Tziotis	East Doncaster	Discus - 750g	31.96	8/12/2018	Brodie Mierisch	Doncaster Heights
UNDER 9 BOYS	Electronic	Date	Name	Club	Javelin - 600g	34.59	31/01/2009	Nicholas Cron	Bulleen Templestowe
70m	10.34*	1/10/1983	Brad Nicholson	East Doncaster	UNDER 14 BOYS	Electronic	Date	Name	Club
100m	14.24*	1/10/1986	Jason Cripps	Doncaster Saints (St Peters & Pauls)	70m	8.74*	1/10/1992	Adrian Grace	Doncaster Heights
200m	30.24*	1/10/1986	Jason Cripps	Doncaster Saints (St Peters & Pauls)	100m	8.74*	1/10/1982	Dean Paulin	East Doncaster
400m	1.06.44*	1/10/1985	Chris Scott	Doncaster Saints (St Peters & Pauls)	200m	11.57*	1/10/1985	Jason Barnett	Doncaster Lions
800m	2.32.6	1/10/1985	Brad Scott	Doncaster Saints (St Peters & Pauls)	400m	24.31*	1/10/1992	Adrian Grace	Doncaster Heights
60m Hurdles	9.64*	1/10/1979	Gregory Madigan	Templestowe All Saints (St Kevins)	200m	53.11	1/10/2002	Jason Poon	Doncaster Lions
700m Walk	4.37.29	19/02/2023	Sebastian Botha	Doncaster Heights	400m Hurdles	28.95	7/10/2017	Matthew Friar	East Doncaster
Long Jump	4.49	1/10/1986	Jason Cripps	Doncaster Saints (St Peters & Pauls)	1500 Walk	7.11.92	1/10/1994	Mark Phillips	Doncaster Lions
High Jump-Scissors	eq. 1.14	5/04/2019	Joshua Waldren	Templestowe All Saints		12.37	10/02/2018	Matthew Friar	East Doncaster
High Jump-Scissors	eq. 1.14	5/04/2019	Zander Botha	Doncaster Heights	High Jump	1.73	3/03/2007	Nicholas Charlaftis	Doncaster Heights
Shot Put - 2kg	9.80	1/10/1993	Peter Tziotis	East Doncaster	Shot Put - 3kg	14.46	21/03/2015	Declan Carman	Templestowe All Saints
Discus - 500g	28.87	4/03/2022	Lachlan Morris	East Doncaster	Shot Put - 4kg	15.20	1/10/1991	Andrew Hakalis	Doncaster Heights
UNDER 10 BOYS	Electronic	Date	Name	Club	Discus - 1kg	50.56	27/02/2010	Nicholas Cron	Bulleen Templestowe
70m	10.04*	1/10/1984	Damian Cardamone	Doncaster Saints (St Peters & Pauls)	Javelin - 600g	46.67	1/02/2003	Adam Watson	Doncaster Saints
	10.04*	1/10/1987	Jason Cripps	Doncaster Saints (St Peters & Pauls)	UNDER 15 BOYS	Electronic	Date	Name	Club
100m	13.94*	1/10/1987	Jason Cripps	Doncaster Saints (St Peters & Pauls)	70m	8.59*	1/10/1993	Adrian Grace	Doncaster Heights
200m	28.94*	1/10/1980	Gregory Madigan	Templestowe All Saints (St Kevins)	100m	11.87*	1/10/1999	Peter Tziotis	Doncaster Saints
400m	1.05.04*	1/10/1980	Gregory Madigan	Templestowe All Saints (St Kevins)	200m	23.72	14/12/2002	Andre Gianfagna	Bulleen Templestowe
800m	2.25.7	1/10/1986	Brad Scott	Doncaster Saints (St Peters & Pauls)	400m	52.69	30/03/2003	Jason Poon	Doncaster Lions
60m Hurdles	9.64*	1/10/1980	Gregory Madigan	Templestowe All Saints (St Kevins)	800m	2.01.64	1/10/1999	Jarrod Pouppard	Doncaster Saints
1100m Walk	5.25.5	1/10/1984	Peter Newcombe	Templestowe All Saints (St Kevins)	1500m Walk	6.49.9	1/10/1990	Justin Kuppler	Doncaster Saints (St Peters & Pauls)
Long Jump	4.88	1/10/1987	Jason Cripps	Doncaster Saints (St Peters & Pauls)	Long Jump	6.35	28/02/2015	Zachary Nunis	Doncaster Lions
High Jump-Scissors	1.22	24/01/2020	Toby Smith	East Doncaster	Shot Put - 4kg	15.34	1/10/1999	Peter Tziotis	Doncaster Saints
Shot Put - 2kg	11.62	1/10/1982	Brad Bird	Doncaster Lions	Discus - 1kg	55.97	1/10/1999	Peter Tziotis	Doncaster Saints
Discus - 500g	38.20	1/10/1982	Brad Bird	Doncaster Lions	Javelin - 500g	19.99	26/10/2013	Adam Tomaro	Templestowe All Saints
UNDER 11 BOYS	Electronic	Date	Name	Club	Javelin - 600g	55.44	19/03/2004	Adam Watson	Doncaster Saints
100m	13.34*	1/10/1988	Jason Cripps	Doncaster Saints (St Peters & Pauls)	UNDER 16 BOYS	Electronic	Date	Name	Club
	13.34*	1/10/1988	Brad Haugh	Doncaster Saints (St Peters & Pauls)	100m	11.83	5/04/2019	Thomas O'Connell	East Doncaster
200m	27.84	4/03/2017	Sebastian Velich	Doncaster Heights	200m	23.94	20/12/2014	Clement Chan	East Doncaster
400m	1.02.54*	1/10/1981	C Plant	Doncaster Heights	400m	55.34	1/10/2016	Hugh Parrott	East Doncaster
800m	2.18.3	1/10/1981	C Plant	Doncaster Heights	800m	2.07.54	15/10/2016	Hugh Parrott	East Doncaster
1500m	4.46.0	1/10/1985	Joseph Ischia	Doncaster Lions	1500m	4.27.2	12/12/2020	Ben Purser	East Doncaster
80m Hurdles	13.65	27/02/2016	Nicholas Filippis	East Doncaster	300m Hurdles	44.47	2/03/2019	Caleb McLennan	East Doncaster
1500m Walk	7.36.5	1/10/1985	Peter Newcombe	Templestowe All Saints (St Kevins)	Triple Jump	12.79	20/12/2014	Zachary Nunis	Doncaster Lions
Long Jump	4.97	1/10/1988	Jason Cripps	Doncaster Saints (St Peters & Pauls)	High Jump	1.90	15/10/2016	Declan Carman	Templestowe All Saints
Triple Jump	10.43	1/10/1988	Brad Haugh	Doncaster Saints (St Peters & Pauls)	Shot Put - 4kg	16.42	9/12/2016	Declan Carman	Templestowe All Saints
High Jump	1.51	1/10/1981	Scott Oliver	East Doncaster	Discus - 1kg	33.64	9/02/2013	Ryan McLeish	Bulleen Templestowe
Shot Put - 2kg	11.93	19/02/2016	Daniel Godden	East Doncaster	Javelin - 600g	39.96	10/11/2012	Ryan McLeish	Bulleen Templestowe
Discus - 750g	35.51	1/10/1995	Peter Tziotis	Doncaster Heights	Javelin - 700g	34.77	25/02/2017	Ben Munks	East Doncaster
Discus - 500g	27.39	19/03/2022	Alfie Gniel	Templestowe All Saints					

* handheld times adjusted: distances under 400m +0.24 seconds. distances of 400m +0.14