



<http://sites.google.com/site/elizabethlittleathletics/>

SEASON 2009/2010

14th September 2009

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## **OUR MISSION STATEMENT**

The mission of the South Australian Little Athletics Association as a voluntary community based organisation is to:

"Develop children of all abilities by promoting positive attitudes and a healthy lifestyle through a family and community involvement in athletic related activities".

## **WHAT A GREAT CLUB!!!**

We have many great athletic champions in our club, even more than that; we have many athletes who show great sportsmanship.

This is a trait that our club has held high for many years. We may not always be the first over the line, do the longest throw or the highest jump but we can compete fairly and respectfully.

Not everyone can be a champion, but we can certainly be a champion club.

**GO TEAM, WE ARE THE BEST!**

## 1.0 Committee

Title	Name	Contact
<b>Executive Committee</b>		
President	Hubertus Janssen (Mobile: 0435271422)	8255 4337
Vice President	Charles Johannes	8287 0329
Secretary	Liza Haynes	8254 2016
Treasurer	Teresa Allan	8287 0418
Registrar/Recorder	Cheryl Janssen /Krista Goodman /Trevor Goodman	8255 4337
<b>Sub-Committee</b>		
Canteen Manager	Jason and Rebecca Reed	
BBQ Manager	Pam Clarke	
Coach / Education Co-coordinator	Hubertus Janssen	
Coaches	Cheryl Janssen, Charles Johannes	
Competition Directors	Hubertus and Cheryl Janssen	
Fundraising Delegate	Committee	
Grounds	Committee	
Northern Region Delegate	Cheryl Janssen / Charlie Johannes	
S.A.L.A.A Delegate	Hubertus Janssen	
Uniforms	Committee	
Editor ELAC Programme	Steve and Heather Harlington / Hubertus and Cheryl Janssen	
Publisher ELAC Programme	Steve Harlington	
Web Page	Steve Harlington	
Officials Officer	Committee	
Publicity Officer	Committee	
Building Committee Rep's ELAC	Committee	
<b>Members without Portfolio</b>		
	Sara Frencken	
	Deanne Reed	
	Narelle Warren	
	Robert Davies	
	Rose Olszewski	

## 2.0 Programme

2009/2010 Season				
Date	Time	Venue	Roster	Club
12/09/09	9:00am	Registration Day - Duncan Anderson Reserve		ELAC
13/09/09	9:00am	Come and Try - Home Meet – Duncan Anderson Reserve	4 Events	ELAC
20/09/09	9:00am	Come and Try - Home Meet – Duncan Anderson Reserve	4 Events	ELAC
27/09/09	9:00am	Home Meet – Duncan Anderson Reserve	1	ELAC
04/10/09	9:00am	Home Meet – Duncan Anderson Reserve	2	ELAC
11/10/09	9:00am	Home Meet – Duncan Anderson Reserve	3	ELAC
18/10/09	9:00am	Home Meet – Duncan Anderson Reserve	4	ELAC
25/10/09	9:00am	Home Meet – Duncan Anderson Reserve	5	ELAC
<b>01/11/09</b>	<b>9:00am</b>	<b>Northern Metro Regional Games – Kooranowa Res, Vincent St, Smithfield</b>		<b>Munno Para</b>
08/11/09	9:00am	Home Meet – Duncan Anderson Reserve	6	ELAC
15/11/09	9:00am	Home Meet – Duncan Anderson	1	ELAC
22/11/09	9:00am	Home Meet – Duncan Anderson	2	ELAC
<b>28/11/09</b>		<b>Playford Christmas Pageant</b>		
<b>29/11/09</b>	<b>9:00am</b>	<b>District Day – Duncan Anderson Reserve</b>	<b>Eliz/MP IF (Only)</b>	<b>ELAC</b>
<b>04/12/09</b>	<b>5:30pm</b>	<b>Twilight Home Meet – Duncan Anderson Reserve</b>	<b>Open</b>	<b>ELAC</b>
<b>06/12/09</b>	<b>9:00am</b>	<b>State Relay Day – Railway Terrace, Mile End (U9-U17)</b>		<b>Santos Stadium</b>
13/12/09	9:00am	Home Meet – Duncan Anderson	3	ELAC
20/12/09	9:00am	Home Meet – Duncan Anderson (Christmas Breakup)		ELAC

### 3.0 Programme Cont.

2009/2010 Season				
Date	Time	Venue	Roster	Club
		<b>Enfield Open Club Meet, St Albans Res, Chester Ave, Clearview</b>	<b>(optional)</b>	<b>Enfield</b>
<b>03/01/10</b>	<b>9:00am</b>	<b>Home Meet - Duncan Anderson Reserve – Bring a Friend Day</b>	<b>Open, No Points</b>	<b>ELAC</b>
10/01/10	9:00am	Home Meet - Duncan Anderson Reserve	4	ELAC
<b>15/01/10</b>	<b>5:30pm</b>	<b>Twilight Home Meet - Duncan Anderson Reserve</b>	<b>Open</b>	<b>ELAC</b>
<b>17/01/09</b>	<b>9:00am</b>	<b>Personal Best Day - Railway Terrace, Mile End (TT-U17)</b>		<b>Santos Stadium</b>
24/01/10	9:00am	Home Meet - Duncan Anderson	5	ELAC
31/01/10	9:00am	Home Meet - Duncan Anderson	6	ELAC
<b>07/02/10</b>	<b>9:00am</b>	<b>Open Day – Golding Oval, Redhill Rd</b>		<b>Ingle Farm</b>
14/02/10	9:00am	Home Meet - Duncan Anderson	1	ELAC
<b>19/02/10</b>	<b>5:30pm</b>	<b>Twilight Home Meet - Duncan Anderson Reserve</b>	<b>Open</b>	<b>ELAC</b>
<b>21/02/09</b>	<b>9:00am</b>	<b>Multi Events - Railway Terrace, Mile End (U9-U17)</b>	<b>End Qualifying</b>	<b>Santos Stadium</b>
28/02/10	9:00am	Home Meet - Duncan Anderson Reserve – Last Meet for Points	2	ELAC
07/03/10	9:00am	Home Meet - Duncan Anderson Reserve - Kids vs. Parents Day	Open	ELAC
<b>12/03/10</b>	<b>5:30pm</b>	<b>Twilight Home Meet - Duncan Anderson Reserve</b>	<b>Open</b>	<b>ELAC</b>
<b>14/03/10</b>	<b>9:00am</b>	<b>Northern Improvers - Rundle Reserve, Rundle Rd, Salisbury South</b>		<b>Salisbury East</b>
<b>20/03/10</b> <b>21/03/10</b>	<b>9:00am</b>	<b>State Individuals - Railway Terrace, Mile End</b>		<b>Santos Stadium</b>
<b>28/03/10</b>	<b>9:00am</b>	<b>A.G.M. - Duncan Anderson Reserve</b>		<b>ELAC</b>

#### 4.0 Roster U5 to U9

Program 1	Program 2	Program 3	Program 4	Program 5	Program 6
<b>U5</b>	<b>U5</b>	<b>U5</b>	<b>U5</b>	<b>U5</b>	<b>U5</b>
Relay	40m	Relay	40 m	High Jump	70m
40 m Hurdles	Long Jump	40 m Hurdles	Activity	40m Hurdles	Discus
Shot Put	Activity	Activity	Long Jump	Shot Put	Activity
High Jump	70m	High Jump	Discus	40 m	Long Jump
Activity	Discus	Shot Put	70m	Activity	200m Walk
<b>U6</b>	<b>U6</b>	<b>U6</b>	<b>U6</b>	<b>U6</b>	<b>U6</b>
Relay	40m	Relay	40m	Relay	40m
40m Hurdles	Discus	40m Hurdles	Long Jump	40m Hurdles	Discus
High Jump	100m	High Jump	Discus	High Jump	200m
70m	Long Jump	70m	200 m	100m	Long Jump
Shot Put	200m Walk	Shot Put	Vortex	Shot Put	Vortex
<b>U7</b>	<b>U7</b>	<b>U7</b>	<b>U7</b>	<b>U7</b>	<b>U7</b>
Relay	40m	Relay	100m	Relay	40m
60m Hurdles	Shot Put	60 m Hurdles	Shot Put	60 m Hurdles	High Jump
Long Jump	100m	Long Jump	40m	Long Jump	400m Walk
200m	High Jump	Discus	Vortex	Discus	Shot Put
Discus	Vortex	400m Walk	High Jump	200m	Vortex
<b>U8</b>	<b>U8</b>	<b>U8</b>	<b>U8</b>	<b>U8</b>	<b>U8</b>
Relay	Discus	Relay	100m	Relay	Vortex
60 m Hurdles	40 m	60 m Hurdles	Long Jump	60 m Hurdles	Long Jump
Shot Put	Long Jump	Shot Put	200m	High Jump	200m
70m	100m	400m	Discus	Shot Put	Discus
High Jump	400m Walk	High Jump	Vortex	400m Walk	70m
<b>U9</b>	<b>U9</b>	<b>U9</b>	<b>U9</b>	<b>U9</b>	<b>U9</b>
Long Jump	Relay	70m	Relay	Long Jump	Relay
200m	High Jump	Long Jump	100m	200m	Vortex
60 m Hurdles	100 m	60 m Hurdles	High Jump	60 m Hurdles	High Jump
Discus	Shot Put	800m	Vortex	Discus	400m
70m	700 m Walk	Discus	Shot Put	700 m Walk	Shot Put

## 5.0 Roster U10 to U17

Program 1	Program 2	Program 3	Program 4	Program 5	Program 6
<b>U10</b>	<b>U10</b>	<b>U10</b>	<b>U10</b>	<b>U10</b>	<b>U10</b>
Shot Put	Relay	70m	Relay	200m	Relay
200m	100 m	Long Jump	100 m	Triple Jump	Vortex
60 m Hurdles	Triple Jump	60 m Hurdles	High Jump	60 m Hurdles	70 m
High Jump	1100 m walk	800 m	Shot Put	Discus	Long Jump
400m	Discus	Vortex	400m	1100m Walk	800 m
<b>U11</b>	<b>U11</b>	<b>U11</b>	<b>U11</b>	<b>U11</b>	<b>U11</b>
Discus	Relay	Discus	Relay	High Jump	Relay
Long Jump	100m	200m	100m	200m	Shot Put
200m	Shot Put	Long Jump	Triple Jump	Discus	100m
60m Hurdles	Triple Jump	60 m Hurdles	Shot Put	60 m Hurdles	Triple Jump
High Jump	1500/walk/800	High Jump	1500/walk/800	Long Jump	1500/walk/800
400m / 800m	Javelin	400m/800m	Javelin	400m/800m	Javelin
<b>U12</b>	<b>U12</b>	<b>U12</b>	<b>U12</b>	<b>U12</b>	<b>U12</b>
High Jump	Relay	High Jump	Relay	200 m	Relay
Shot Put	100m	200m	Triple Jump	Long Jump	Triple Jump
200m	Triple Jump	Shot Put	200m	Shot Put	100m
60 m Hurdles	Discus	60 m Hurdles	Discus	60 m Hurdles	Discus
Long Jump	400m/800m	Long Jump	400m/800m	High Jump	400m/800m
1500/walk/800	Javelin	1500/walk/800	Javelin	1500/walk/800	Javelin
<b>U13</b>	<b>U13</b>	<b>U13</b>	<b>U13</b>	<b>U13</b>	<b>U13</b>
100 m	Relay	100m	Relay	100m	Relay
Discus	200m	High Jump	200 m	Discus	200m
High Jump	Shot Put	Discus	Shot Put	High Jump	Shot Put
Long Jump	400m/800m	Long Jump	Triple Jump	Long Jump	Triple Jump
Hurdles	Triple Jump	Hurdles	400m/800m	Hurdles	400m/800m
1500/walk/800m	Javelin	1500/walk/800m	Javelin	1500/walk/800m	Javelin
<b>U14-U17</b>	<b>U14-U17</b>	<b>U14-U17</b>	<b>U14-U17</b>	<b>U14-U17</b>	<b>U14-U17</b>
100 m	Relay	100 m	Relay	100m	Relay
High Jump	200m/Hurdle	Shot Put	200m/Hurdle	High Jump	200m/Hurdle
Shot Put	Discus	Long Jump	Discus	Long Jump	Triple Jump
Long Jump	Triple Jump	High Jump	Triple Jump	Shot Put	Discus
Hurdles	400m/800m	Hurdles	400m/800m	Hurdles	400m/800m
1500/walk/800m	Javelin	1500/walk/800m	Javelin	1500/walk/800m	Javelin

## 6.0 Season 2009/2010 Standard Events Updated 26/7/2009

### 6.1 Standard Events and Specifications

The following events are approved and recommended for use at Centre/Club meetings by SALAA.

### 6.2 Tiny Tots

Tiny Tots are to participate in **skill games** from the LAANSW “Tiny Tots On Track” manual, the VLAA “On Track” manual or similar resources.

### 6.3 Under 6 to Under 8 Track and Field Events

	Under 6		Under 7		Under 8	
	Boys	Girls	Boys	Girls	Boys	Girls
40m	✓	✓	✓	✓	✓	✓
70m	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
500m					✓	✓
60m Hurdles			45cm	45cm	45cm	45cm
200m Walk	✓	✓				
400m Walk			✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓
High Jump	① *	① *	①	①	①	①
Shot Put	1kg	1kg	1kg	1kg	1.5kg	1.5kg
Discuss	350g	350g	350g	350g	500g	500g
Vortex	✓	✓	✓	✓	✓	✓

① Athletes in the Under 6 to Under 8 age groups must jump using the “scissors” technique.

\* The Under 6 age group must use the flexi-bar. The flexi bar may be used for the Under 7 and Under 8 age groups.

#### 6.4 Under 9 to Under 12 Track and Field Events

	U9		U10		U11		U12	
	B	G	B	G	B	G	B	G
70m	✓	✓	✓	✓				
100m	✓	✓	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓	✓	✓
400m			✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓	✓	✓
1500m					✓	✓	✓	✓
60m Hurdles	45cm	45cm	60cm	60cm	60cm	60cm	68cm	68cm
80m Hurdles								
90m Hurdles								
100m Hurdles								
200m Hurdles								
700m Walk	✓	✓						
1100m Walk			✓	✓	✓	✓		
1500m Walk							✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump			✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put	2kg	2kg	2kg	2kg	2kg	2kg	3kg	2kg
Discuss	500g	500g	500g	500g	750g	750g	750g	750g
Javelin	*	*	*	*	400g	400g	400g	400g
4 x 100m Relay	✓	✓	✓	✓	✓	✓	✓	✓
4 x 200m Relay	✓	✓	✓	✓	✓	✓		
4 x 400m Relay							✓	✓

\*= Centres may offer the Vortex or TurboJav as a fun event at centre competitions.

### 6.5 Under 13 to Under 17 Track and Field Events

	U13		U14		U15		U16		U17	
	B	G	B	G	B	G	B	G	B	G
70m										
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
60m Hurdles										
80m Hurdles	68	68		68						
90m Hurdles			68			68		68		68
100m Hurdles					68		68		68	
200m Hurdles					68	68	68	68	68	68
700m Walk										
1100m Walk										
1500m Walk	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put	3kg	3kg	4kg	3kg	4kg	3kg	4kg	3kg	4kg	3kg
Discuss	1kg	750g	1kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
Javelin	600g	400g	600g	600g	600g	600g	600g	600g	600g	600g
4 x 100m Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4 x 200m Relay										
4 x 400m Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

## 6.6 Cross Country Events

	U6	U7	U8	U9	U10	U11
400m	✓					
500m	✓ ✓					
600m		✓				
750m		✓ ✓				
800m			✓			
1000m			✓ ✓	✓	✓	
1200m						✓
1500m				✓ ✓	✓ ✓	
2000m						✓ ✓
3000m						

	U12	U13	U14	U15	U16	U17
400m						
500m						
600m						
750m						
800m						
1000m						
1200m	✓					
1500m						
2000m	✓ ✓	✓	✓	✓	✓	✓
3000m		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓

✓ ✓ = Championship Distance

## 6.7 Specifications

Hurdles	Flights	Height	Lead In	Lead Out	Spacing
60m (45)	6	45cm	12m	13m	7m
60m (60)	6	60cm	12m	13m	7m
60m (68)	6	68cm	12m	13m	7m
80m	9	76cm	12m	12m	7m
90m	9	76cm	13m	13m	8m
100m	10	76cm	13m	10.5m	8.5m
200m	5	76cm	20m	40m	35m

Shot Put	Weight	Colour
	1kg	Blue
	1.5kg	Yellow
	2kg	Orange
	3kg	White
	4kg	Red

Discuss	Weight
	350g
	500g
	750g
	1kg

Javelin	Weight	Length
	400g	1.85m to 1.95m
	600g	2.20m to 2.30m

## **7.0 Event Explanations**

### **7.1 NORTHERN ZONE IMPROVERS**

This competition is always programmed the weekend prior to the State Individual Championship, which is conducted at Santos Stadium. The improvers are designed for those athletes who don't qualify for the State Individuals. It allows these athletes to compete solely against athletes of their own calibre and not against the champions of each member centre. Medals are awarded to the first three places in each event with a special trophy to the athletes who achieve a personal best in each of the 4 events on the day. U5 to U8 receive a medal for the completion of 4 events.

To qualify Athletes:

- Registered with SALAA.
- Members of a Northern Region Centre.
- Must be in the under 6 to under 17 age groups. Tiny Tots sessions are also held.
- Have not qualified TWICE in THREE or MORE events for the State Individual Championships.

### **7.2 STATE INDIVIDUAL CHAMPIONSHIPS**

For Athletes from under 9 to under 17 age groups. Athletes must qualify for each event by attaining twice the qualifying standard for that particular event. Athletes must register before the required date and compete in 50% of the appropriate age group events.

### **7.3 STATE RELAYS**

The state relays provide the opportunity for athletes in each age group to compete as a team. The competition is open to all age groups from under 9 to under 17. Teams are selected from performances recorded early in the season. Field Relays are held at the same time for athletes from clubs who could not fill four team members for the track relays. Competition is held at Santos Stadium Mile End.

### **7.4 PERSONAL BEST DAY**

Open to all under 6 to under 17 athletes. Athletes meet with the athletes from other centre's at Santos Stadium Mile End and attempt to attain their own personal best performances in each of their events.

- U6 to U10 athletes can choose a maximum of 5 events made up of 3 track or field and 2 track or field.
- U11 to U17 athletes can choose a maximum of 6 events made up of 3 track and 3 field.
- Athletes who improve in all their events will receive an award on trophy day.

## **7.5 NORTHERN ZONE HOSTED EVENTS**

The Northern Zone committee is made up of 2 representatives from each member centre. Member centres are: Elizabeth, Salisbury, Salisbury East, Munno Para, Golden Grove, Ingle Farm, Gawler, Mt. Crawford, Barossa Valley and Tea Tree Gully. This committee programmes, organises and runs all of the Northern Region events, with on the day assistance from the parents of the athletes competing. These include Northern Region Open Day, Regional Games and the Northern Zone Improvers.

## **8.0 Fees 2009/2010 Season**

Membership fee includes trophy, summer season, winter cross country season, all competition entry fees for summer season, club running costs, programme book, registration number and age group tag.

### **Fees Consist of:**

SALAA \$40  
ELAC Membership \$50

### **Tiny Tots to U17 Total Costs:**

Family of one athlete: \$90  
Family of two athletes': \$180  
Family of three athletes': \$235  
(after 3 there is an extra charge of \$50 per child)

## **9.0 Postal Address**

Elizabeth Little Athletics Inc.  
PO BOX 256  
Elizabeth, Adelaide, SA, 5112  
Centre Number 21

## **10.0 Contacts**

[elac4u@gmail.com](mailto:elac4u@gmail.com)  
<http://sites.google.com/site/elizabethlittleathletics/>

## **11.0 Location**

Duncan Anderson Reserve  
Trimmer Road, Elizabeth Vale, Adelaide, SA, 5112

## **12.0 Meets**

Meets are held Sunday morning at 9:00am Sharp at Duncan Anderson Reserve (unless stated in programme).

In the event of a twilight meet, only 4 events will be held with a start time of 5:30pm. (No runs over 400m)

## **13.0 Training Times**

Training will be held on Monday and Thursday nights between 5pm and 6pm (non-daylight savings) or 6pm and 7pm (daylight savings). Seniors will be part of training sessions. This means more coaches will be available.

If the temperature at 4pm reaches 36 degrees training will be cancelled.

## **14.0 Weather Policies**

Competition will be cancelled to comply with conduct of care rulings due to hot conditions if the temperature reaches **36 degrees**.

During wet weather meets will not be cancelled however some events maybe to ensure the safety of the athletes.

## **15.0 Footwear**

Footwear is compulsory. No bare feet are allowed. Under 12 athletes and above can wear up to 7mm spikes. These may be worn in lane track events, jump events and javelin only.

## **16.0 Smoking & Alcohol Policies**

Please note that Elizabeth Little Athletics is a '**SMOKE FREE**' and '**ALCOHOL FREE**' area in line with S.A.L.A.A. regulations. This will help promote a healthy lifestyle and set a good example for our children.

## **17.0 Code of Ethics**

- a) Compete for the fun of it.
- b) Always respect other competitors, remember that everyone has their own level of achievement.
- c) Be a good sport and cheer all other competitors.
- d) Treat all competitors, as you would like to be treated.

## 18.0 Support

The success of little athletics at ELAC depends greatly on parental assistance at each competition day. The track needs to be set up, officials are needed to run the meet and chaperones are required with the athletes. As parents with athletes at this club the onus is on all of us to assist and help run the meets. Athletes like to see their parents participating and you will get a better appreciation of your child's accomplishments. If you would like to assist and don't know how please contact the club president.

## 19.0 Health and Safety

\***SUNSCREEN**, Children burn quickly it is highly recommended that sunscreen is applied.

\***HATS**, Help keep the head cool, it is recommended that you take them off during events.

\***WATER**, Children dehydrate very quickly it is highly recommended that water is kept with them at all times.

## 20.0 Injury

In the event of injury first aid is available at the clubrooms. All athletes' allergies and any medical condition are kept in clubrooms.

## 21.0 Grievance Procedure

**STOP** give yourself time to think about the problem.

**THINK** and make a plan.

Can I solve this problem by myself?

Could I:

- \* Make a statement (e.g. an 'I statement')?
- \* Discuss the problem with a friend?
- \* Report or discuss the problem with an adult?
- \* Ignore it?

**DO** act on your plan.

If the plan did not work speak to one of these people.

- \* An older Athlete (Club Captain)
- \* An Adult you Trust
- \* The Chaperone
- \* An Official
- \* The President of the Club
- \* Any Committee Member

## 22.0 Sponsors

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