



WHITTLESEA CITY
LITTLE ATHLETICS CENTRE
CENTRE NO. 112

2025-2026
SEASON HANDBOOK



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Centre Details



Centre Name: Whittlesea City Little Athletics Centre Incorporated
Centre No.: 112
Affiliation: Little Athletics Victoria www.lavic.com.au
Registration No.: A0061786G
ABN: 31 143 431 913
Secretary/Public Officer: Mrs Maria Pirzas
Mailing Address: PO Box 215, South Morang Vic 3752
Email: whittleseacity@lavic.com.au
Website: www.whittleseacitylac.com.au
Facebook: <https://www.facebook.com/WhittleseaCityLAC/>
Instagram: <https://www.instagram.com/whittleseacitylac>
Committee Meetings: 3rd Monday of each Month @ 7.30pm at the Centre Venue
Centre Venue: Meadowglen International Athletics Stadium
146 - 176 McDonalds Road, Epping Vic 3076
Click below for Google Map
<https://maps.app.goo.gl/ywNbkZk1Tt8FEgJW8>
Venue Manager: Mr Gary Macdonald
Phone: 0438 349 539
Email: gary.macdonald@whittlesea.vic.gov.au

President's Welcome



Welcome to Whittlesea City Little Athletics Centre for the 2025-2026 Little Athletics Season.

Firstly, I would like to congratulate all athletes on a very successful season last year with many PB's and Club and Centre Records achieved at weekly competition as well as outstanding performances at Region and State Championships.

A very special welcome is extended to new and existing athletes and families. We trust that you enjoy being a part of the Centre.

The Centre was originally called the Lalor/Thomastown Little Athletics Centre. There were two foundation clubs competing after splitting from the Preston/Reservoir Little Athletics Centre in 1980. It subsequently changed to Whittlesea City when we moved to our current venue at Meadowglen International Athletics Stadium.

The Centre comprises 5 Little Athletic Clubs: Epping Little Athletics Club, Meadowglen/Lalor Little Athletics Club, Metro Little Athletes, Mill Park-South Morang Little Athletics Club and Northern Stars Little Athletics Club. A 6th Club, Tigers Little Athletics Club, went into recess at the end of the 2022/23 season.

It is a remarkable Centre with a rich and proud history and has enjoyed sustained success over a long period of time. The measurement of success, however, is not in 1st, 2nd or 3rd placings, but in providing the best for our children regardless of their athletic ability through encouragement and reinforcement to **"Be Your Best"**.

The Centre upholds the motto **"Family, Fun and Fitness"** and welcomes parents and family members to be involved in the operation of Little Athletic competition by helping at the events. Whether this be raking a pit or retrieving a discus it is quite easy and gets you closer to the action!

I would like to take this opportunity to thank our Committee for volunteering their time to the Centre and ensuring that all "the behind the scenes" work is done. We are fortunate to have Committee Members who all take great pride in performing their role in support of our children.

We have a number of new and continuing sponsors this season. These businesses are advertised in this handbook as well as on Centre web site www.whittleseacitylac.com.au and social channels. We strongly encourage you to support these businesses as they are supporting our children.

Finally, we trust you will enjoy your involvement with Whittlesea City Little Athletics Centre and that, most of all, your child/ren enjoy participating in the wonderful sport of Little Athletics.

Regards,

A handwritten signature in blue ink, appearing to read "Tony Newstead".

Tony Newstead
President

Our History



Whittlesea City Little Athletics Centre (“WCLAC”) is an affiliated centre of Little Athletics Victoria. It offers athletic competition for children from Under 6 to Under 17 Age Groups and last season we had over 350 local children participating in Little Athletics at WCLAC.

WCLAC commenced in 1980 and is entering its 45th Season. WCLAC was the 112th centre to affiliate with LA Vic, which is the reason our centre number is 112. It was originally known as Lalor/Thomastown Little Athletics Centre and was formed after two foundation clubs split from Preston/Reservoir Little Athletics Centre. Competition was held at Partridge Street Reserve in Lalor for 2 years and then moved to Alexander Avenue Reserve in Thomastown.

In 1994 the Centre moved to its current venue, Meadowglen International Athletics Stadium, in McDonalds Road, Epping, at which time the Centre changed its name to Whittlesea City Little Athletics Centre. Five affiliated clubs moved from the Alexander Avenue Reserve being Epping LAC, Lalor LAC (now Meadowglen/Lalor LAC), Lalor Stars LAC (now Northern Stars LAC), Mill Park - South Morang LAC and Thomastown LAC (now Tigers LAC). A sixth club, Metro Little Athletes, was founded in 2004.

Service Awards

The Centre acknowledges the dedication and commitment to the sport of Little Athletics by its competitive members by presenting Service Awards. The below athletes were recognised at the end of the 2024-2025 season:

11 Year Award

Ridham Attri – MG/L

Breanna Sarapuu – NS

10 Year Award

Taihlar Jo-Kampf – EPP

Devdan Prem – MG/L

Tyler-John Kampf – EPP

7 Year Award

Melody Attri – MG/L

Aaron Jay Sankar – MPSM

Joshua Alessandrino – EPP

Matilda Simcox – NS

Cooper Clark – EPP

Emily Simcox – NS

Zara Eldeek – MPSM

Tyler Gregory - NS

Jaida Robertson – MPSM

For a full list of recipients of these Service Awards can be found on our [website](#).

Acknowledgment of Voluntary Service

Over the history of the Whittlesea City Little Athletics Centre there have been several people who have shown a great commitment of time and energy to the Centre, for the benefit of all children participating in Little Athletics. The Centre acknowledges and thanks these volunteers through the presentation of ***Life Membership Awards***.

LIFE MEMBERS

| | | |
|------------------------------------|--------------------------------|--------------------------------|
| <i>Mr Kevin Doherty</i> | <i>Mr Tom Culbertson</i> | <i>Mrs Phyllis Hosking</i> |
| <i>Mr Bob Lewis</i> | <i>Mrs Lois Meadows</i> | <i>Mr Ron Booth</i> |
| <i>Mrs Helen Smith</i> | <i>Mr Brian Palmer</i> | <i>Mr Doug Knez</i> |
| <i>Mrs Madeline Petruccelle</i> | <i>Mrs Phyllis Hillman</i> | <i>Mr Alan Smith</i> |
| <i>Mr Ken Shacklock</i> | <i>Mr John Code</i> | <i>Mr Alex Shepherd</i> |
| <i>Mrs Leonore Shepherd</i> | <i>Mr Don Baker</i> | <i>Mrs Elaine Henderson</i> |
| <i>Mrs Irene (Sherlock) Grover</i> | <i>Mr David Batty</i> | <i>Mrs Des Kirkham</i> |
| <i>Mrs Val Humphrey (dec.)</i> | <i>Ms Nicky Henderson</i> | <i>Mrs Tammy Rendina</i> |
| <i>Mrs Dianne Ostovich</i> | <i>Mr Neil Spooner</i> | <i>Mr Brian McDonough</i> |
| <i>Mrs Cheryl Duff JP</i> | <i>Mrs Marie Gyftakis</i> | <i>Mrs Sue Spooner</i> |
| <i>Mr Russell Laurens</i> | <i>Mrs Joanne Blackler</i> | <i>Mr Lou Pattie</i> |
| <i>Ms Sharon Cairns</i> | <i>Mrs Judy Franklin</i> | <i>Mrs Maureen Hocking</i> |
| <i>Mrs Eileen Dibbs</i> | <i>Mr Geoff Knights</i> | <i>Mrs Margaret Knights</i> |
| <i>Mrs Mary Symons</i> | <i>Mrs Kim Licovski</i> | <i>Mrs Antonella Ascenzo</i> |
| <i>Mr Albie Shepherd (dec.)</i> | <i>Mrs Donna Elms</i> | <i>Mrs Debbie Cooke</i> |
| <i>Mr Glenn Franklin</i> | <i>Mr Andrew Duff</i> | <i>Mr Michael Duff</i> |
| <i>Mr Phil Saliba</i> | <i>Mr Mark Arnold</i> | <i>Mr Nick Ascenzo</i> |
| <i>Mr Vince Alessandrino</i> | <i>Ms Melinda Johnson</i> | <i>Mrs Dale Saliba</i> |
| <i>Mr Phil Atkins</i> | <i>Ms Donna Leshia</i> | <i>Mrs Melissa Musgrave</i> |
| <i>Mrs Maria Pirzas</i> | <i>Mr Nick Magnisalis</i> | <i>Mr Aaron McDonough</i> |
| <i>Ms Narelle Cullen</i> | <i>Ms Caroline Peachey</i> | <i>Mr Frank Peachey</i> |
| <i>Mrs Christine Pierce</i> | <i>Mr Nagalingam Sivakumar</i> | <i>Mrs Vanessa Henderson</i> |
| <i>Mr Vince Barca</i> | <i>Mr Anthony Valle</i> | <i>Mr Tony Newstead</i> |
| <i>Mr Jim Pirzas</i> | <i>Mrs Jodie Rudston-Brown</i> | <i>Mr Robert Rudston-Brown</i> |
| <i>Mr Jim Bannan</i> | <i>Mr Darren Condon</i> | <i>Mr Craig Chapman</i> |
| <i>Mrs Sharon Willingham</i> | <i>Mrs Andrea Kewish</i> | <i>Mr Michael McBrien</i> |
| <i>Mr Bryce Hoffman</i> | <i>Mrs Meagan Audino</i> | <i>Mr James Schroeter</i> |
| <i>Mr Christian Dalla Rosa</i> | <i>Mrs Janina Chapman</i> | <i>Mrs Lisa Hegarty</i> |

LITTLE ATHLETICS VICTORIA - AWARDS

Top Centre Award

2009-2010 Bronze Award
2013-2014 Bronze Award

State Championships Award

2021-2022 3rd Place
2023-2024 2nd Place

Northern Metro Region – Best Large Centre Award

2021-2022 1st Place

Life Governors

2000 Don Baker
2015 Shaz Cairns

Centre Volunteer of the Year

2025 Tony Newstead

Centre Official of the Year

2025 Lisa Hegarty

Distinguished Service Award

2014 Cheryl Duff JP

Coach of the Year Award

2016 Andrea Kewish – Bronze
2017 Craig Chapman – Bronze
2018 Craig Chapman – Silver
2019 Craig Chapman – Gold
2024 Craig Chapman – Gold

Emerging Official of the Year

2024 Janelle Duncan

Season Calendar



|  Whittlesea City Little Athletics Centre | | |
|--|---|--|
| COMPETITION CALENDAR FOR 2025 - 2026 SEASON | | |
| DATE | WEEK | 1ST CALL OF EVENTS |
| Saturday 13th September 2025 | Week 1 | Starting time from 8.00am @ Whittlesea City |
| Saturday 20th September 2025 | Week 2 | Starting time from 8.00am @ Whittlesea City |
| Saturday 4th October 2025 | Week 3 - Bring a Friend to Trial | Starting time from 8.00am @ Whittlesea City |
| Saturday 11th October 2025 | Week 4 - Opening Ceremony | Starting time from 8.00am @ Whittlesea City |
| Saturday 18th October 2025 | Week 5 | Starting time from 8.00am @ Whittlesea City |
| Saturday 25th October 2025 | Week 6 | Starting time from 8.00am @ Whittlesea City |
| Friday 31st October 2025 | Week 7 - Halloween Special | 6.00pm @ Whittlesea City |
| Saturday 8th November 2025 | Week 8 - WCLAC Combined Event Round | Starting time from 8.00am @ Whittlesea City |
| Friday 14th November 2025 | Week 9 | 6.00pm @ Whittlesea City |
| Saturday 22nd November 2025 | Commonwealth Bank Northern Metro Region Relay Carnival | Essendon LAC Selection and Fees apply |
| Sunday 23rd November 2025 | Week 10 - Coles Community Round | 2.00pm @ Whittlesea City |
| Friday 28th November 2025 | Week 11 | 6.00pm @ Whittlesea City |
| Sunday 30th November 2025 | Northern Metro Region Combined Event Carnival | Craigieburn LAC Online Entry & Fees apply |
| Saturday 6th December 2025 | Week 12 | Starting time from 8.00am @ Whittlesea City |
| Saturday 13th December 2025 & Sunday 14th December 2025 | Commonwealth Bank Little Athletics Victoria State Relay Championships | Lakeside Stadium Qualified Athletes from Region |
| Friday 19th December 2025 | Week 13 - Christmas Breakup | 5.30pm @ Whittlesea City |
| Christmas and New Year Break | | |
| Sunday 11th January 2026 | Whittlesea City Open Day | Whittlesea City LAC Online Entry & Fees Apply |
| Saturday 17th January 2026 & Sunday 18th January 2026 | Little Athletics Victoria State Combined Event Championships | Casey Fields (Cranbourne LAC) Online Entry & Fees Apply |
| Friday 23rd January 2026 | Week 14 | 6.00pm @ Whittlesea City |
| Friday 30th January 2026 | Week 15 | 6.00pm @ Whittlesea City |
| Saturday 7th February 2026 & Sunday 8th February 2026 | Coles Northern Metro Region Track & Field Carnival | Venue TBC Online Entry & Fees Apply |
| Saturday 14th February 2026 | Week 16 | Starting time from 8.00am @ Whittlesea City |
| Sunday 22nd February 2026 | Week 17 Royal Children's Hospital Fundraiser | 2.00pm @ Whittlesea City |
| Saturday 28th February 2026 | Week 18 | Starting time from 8.00am @ Whittlesea City |
| Saturday 7th March 2026 & Sunday 8th March 2026 | Little Athletics Victoria State Track & Field Championships | Knox LAC Qualified Athletes from Region |
| Saturday 14th March 2026 & Sunday 15th March 2026 | WCLAC Track & Field Championships | Whittlesea City LAC Online Entry & Fees Apply |
| PLEASE NOTE, COMPETITION CALENDAR DATES & CONTENT SUBJECT TO CHANGE | | |

Season Programs



General Principles

- Programs are subject to change throughout the season.
- Under 6's compete in 2 events plus On Track.
- Under 7's compete in 4 events. 3 events plus On Track before Christmas, then 4 events after Christmas
- U8's – U10's compete in 4 events throughout all programs.
- U11's compete in 4 events in Program's A & C, and 5 events in Program's B & D
- U12's – 17's compete in 4 events in Program A, and 5 events in Programs B, C & D
- Some events may start at 8am on Saturday's and this will be communicated prior.

SEASON 2025/2026 - PROGRAM A

| | | | | |
|-------------------------------|-------------|-----------------|-----------------|---------------|
| GIRLS U6 | 70M | ON TRACK | DISC | |
| BOYS U6 | 70M | ON TRACK | DISC | |
| GIRLS U7 | 70M | 100M | ON TRACK | DISC |
| BOYS U7 | 70M | 100M | ON TRACK | DISC |
| GIRLS U8 | 70M | 100M | HJ | SP |
| BOYS U8 | 70M | 100M | HJ | SP |
| GIRLS U9 | 100M | 400M | LJ | SP |
| BOYS U9 | 100M | 400M | LJ | SP |
| GIRLS U10 | 100M | 400M | LJ | VORTEX |
| BOYS U10 | 100M | 400M | HJ | VORTEX |
| GIRLS U11 | 100M | 400M | TJ | SP |
| BOYS U11 | 100M | 400M | LJ | DISC |
| GIRLS U12 | 100M | 400M | HJ | JAV |
| BOYS U12 | 100M | 400M | TJ | JAV |
| GIRLS U13 | 100M | 400M | LJ | SP |
| BOYS U13 | 100M | 400M | TJ | DISC |
| GIRLS U14 | 100M | 400M | LJ | DISC |
| BOYS U14 | 100M | 400M | LJ | SP |
| GIRLS U15, 16 & 17 | 100M | 400M | HJ | JAV |
| BOYS U15, 16 & 17 | 100M | 400M | HJ | JAV |

SEASON 2025/2026 - PROGRAM B

| | | | | | |
|-------------------------------|-----------------|-------------|-----------|-----------------|------------------|
| GIRLS U6 | ON TRACK | 70M | LJ | | |
| BOYS U6 | ON TRACK | 70M | LJ | | |
| GIRLS U7 | 70M | 200M | LJ | ON TRACK | |
| BOYS U7 | 70M | 200M | LJ | ON TRACK | |
| GIRLS U8 | 70M | 200M | LJ | DISC | |
| BOYS U8 | 70M | 200M | LJ | DISC | |
| GIRLS U9 | 70M | 800M | HJ | DISC | |
| BOYS U9 | 70M | 800M | HJ | DISC | |
| GIRLS U10 | 70M | 800M | HJ | SP | |
| BOYS U10 | 70M | 800M | LJ | DISC | |
| GIRLS U11 | 200M | 800M | HJ | JAV | 80H |
| BOYS U11 | 200M | 800M | HJ | JAV | 80H |
| GIRLS U12 | 200M | 800M | TJ | DISC | 80H |
| BOYS U12 | 200M | 800M | HJ | DISC | 80H |
| GIRLS U13 | 200M | 800M | TJ | JAV | 80H |
| BOYS U13 | 200M | 800M | HJ | SP | 80H |
| GIRLS U14 | 200M | 800M | HJ | SP | 80H |
| BOYS U14 | 200M | 800M | TJ | DISC | 90H |
| GIRLS U15, 16 & 17 | 200M | 800M | TJ | SP | 90H/100H |
| BOYS U15, 16 & 17 | 200M | 800M | TJ | SP | 100H/110H |

| SEASON 2025/2026 - PROGRAM C | | | | | |
|-------------------------------------|--------------------|-------------|-----------------|--------------|--------------|
| GIRLS U6 | ON TRACK | 100M | SP | | |
| BOYS U6 | ON TRACK | 100M | SP | | |
| GIRLS U7 | 70M | 100M | ON TRACK | DISC | |
| BOYS U7 | 70M | 100M | ON TRACK | DISC | |
| GIRLS U8 | 70M | 100M | HJ | SP | |
| BOYS U8 | 70M | 100M | HJ | SP | |
| GIRLS U9 | 100M | 200M | LJ | SP | |
| BOYS U9 | 100M | 200M | LJ | SP | |
| GIRLS U10 | 100M | 200M | LJ | DISC | |
| BOYS U10 | 100M | 200M | HJ | SP | |
| GIRLS U11 | 100 or 200M | LJ | DISC | 1500M | |
| BOYS U11 | 100 or 200M | TJ | SP | 1500M | |
| GIRLS U12 | 100M | 200M | LJ | SP | 1500M |
| BOYS U12 | 100M | 200M | LJ | SP | 1500M |
| GIRLS U13 | 100M | 200H | HJ | DISC | 1500M |
| BOYS U13 | 100M | 200H | LJ | JAV | 1500M |
| GIRLS U14 | 100M | 200H | TJ | JAV | 1500M |
| BOYS U14 | 100M | 200H | HJ | JAV | 1500M |
| GIRLS U15, 16 & 17 | 100M | 300H | LJ | DISC | 1500M |
| BOYS U15, 16 & 17 | 100M | 300H | LJ | DISC | 1500M |

| SEASON 2025/2026 - PROGRAM D | | | | | |
|-------------------------------------|------------------|-----------------|-----------------|-------------|-------------|
| GIRLS U6 | 300M | ON TRACK | LJ | | |
| BOYS U6 | 300M | ON TRACK | LJ | | |
| GIRLS U7 | 100M | 300M | ON TRACK | SP | |
| BOYS U7 | 100M | 300M | ON TRACK | SP | |
| GIRLS U8 | 60H | 300M | LJ | DISC | |
| BOYS U8 | 60H | 300M | LJ | DISC | |
| GIRLS U9 | 60H | 700W | HJ | DISC | |
| BOYS U9 | 60H | 700W | HJ | DISC | |
| GIRLS U10 | 60H | 1100W | HJ | SP | |
| BOYS U10 | 60H | 1100W | LJ | DISC | |
| GIRLS U11 | 80H | 1100W | HJ | SP | 100M |
| BOYS U11 | 80H | 1100W | LJ | JAV | 100M |
| GIRLS U12 | 80H | 1500W | TJ | DISC | 100M |
| BOYS U12 | 80H | 1500W | HJ | DISC | 100M |
| GIRLS U13 | 80H | 1500W | LJ | SP | 100M |
| BOYS U13 | 80H | 1500W | TJ | DISC | 100M |
| GIRLS U14 | 80H | 1500W | HJ | DISC | 100M |
| BOYS U14 | 90H | 1500W | LJ | SP | 100M |
| GIRLS U15, 16 & 17 | 90H/100H | 1500W | HJ | JAV | 100M |
| BOYS U15, 16 & 17 | 100H/110H | 1500W | HJ | JAV | 100M |

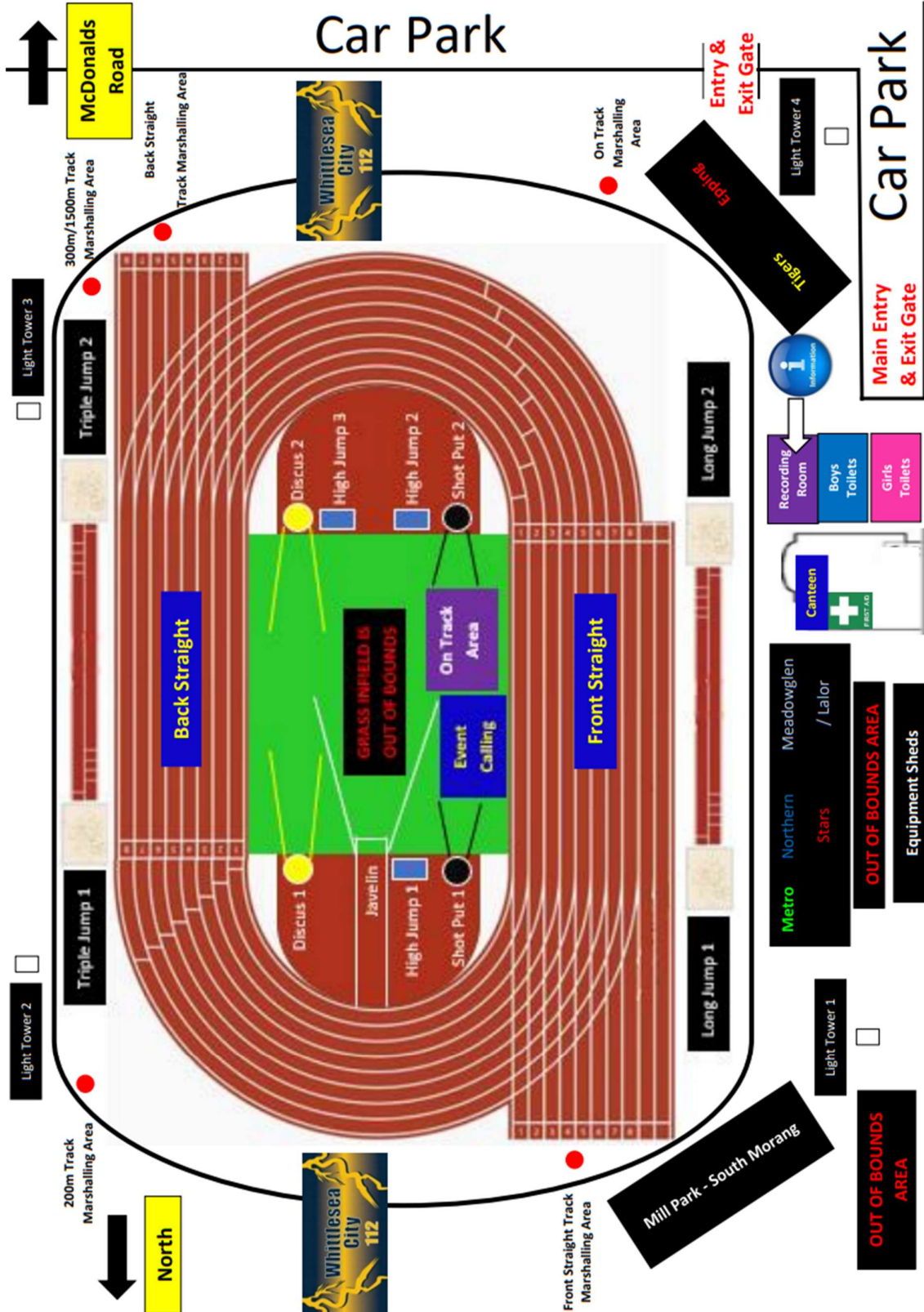
U7's After Christmas

| SEASON 2025/2026 - PROGRAM A | | | | |
|-------------------------------------|-------------|-------------|-----------|-------------|
| GIRLS U7 | 70M | 100M | LJ | DISC |
| BOYS U7 | 70M | 100M | LJ | DISC |
| | | | | |
| SEASON 2025/2026 - PROGRAM B | | | | |
| GIRLS U7 | 70M | 200M | LJ | SP |
| BOYS U7 | 70M | 200M | LJ | SP |
| | | | | |
| SEASON 2025/2026 - PROGRAM C | | | | |
| GIRLS U7 | 70M | 100M | LJ | DISC |
| BOYS U7 | 70M | 100M | LJ | DISC |
| | | | | |
| SEASON 2025/2026 - PROGRAM D | | | | |
| GIRLS U7 | 100M | 300M | LJ | SP |
| BOYS U7 | 100M | 300M | LJ | SP |

WCLAC WET WEATHER PROGRAM

| | | | | | | | |
|------------------|--|-----------|--|-----------|--|-----------|--|
| GIRLS U6 | | ON TRACK | | 70M - BS | | 100M - BS | |
| BOYS U6 | | ON TRACK | | 70M - BS | | 100M - BS | |
| GIRLS U7 | | 70M - BS | | ON TRACK | | 100M - BS | |
| BOYS U7 | | 70M - BS | | 100M - BS | | ON TRACK | |
| GIRLS U8 | | 70M - BS | | 100M - BS | | 200M - FS | |
| BOYS U8 | | 70M - BS | | 100M - BS | | 200M - FS | |
| GIRLS U9 | | 70M - BS | | 200M - FS | | 800M | |
| BOYS U9 | | 70M - BS | | 200M - FS | | 800M | |
| GIRLS U10 | | 70M - BS | | 200M - FS | | 800M | |
| BOYS U10 | | 70M - BS | | 200M - FS | | 800M | |
| GIRLS U11 | | 100M - FS | | 200M - FS | | 800M | |
| BOYS U11 | | 100M - FS | | 200M - FS | | 800M | |
| GIRLS U12 | | 100M - FS | | 200M - FS | | 800M | |
| BOYS U12 | | 100M - FS | | 200M - FS | | 800M | |
| GIRLS U13 | | 100M - FS | | 200M - FS | | 800M | |
| BOYS U13 | | 100M - FS | | 200M - FS | | 800M | |
| GIRLS U14 | | 100M - FS | | 200M - FS | | 800M | |
| BOYS U14 | | 100M - FS | | 200M - FS | | 800M | |
| GIRLS U15,16 &17 | | 100M - FS | | 200M - FS | | 800M | |
| BOYS U15,16 &17 | | 100M - FS | | 200M - FS | | 800M | |

Track Layout



2025-2026 Committee



| EXECUTIVE COMMITTEE | |
|----------------------------|-------------------|
| President | Tony Newstead |
| Vice President | Renee Gaitanis |
| Secretary | Maria Pirzas |
| Treasurer | Meagan Audino |
| Competition Director | Lisa Hegarty |
| Special Events Director | Tameeka Robertson |
| Registrar | Sara Foulds |

| GENERAL COMMITTEE | |
|--------------------------------------|----------------------------|
| Ranks & Records | Laura Karmiste |
| Assistant Ranks & Records | Darren Condon |
| Chief of Officials | Jamie Cashmore |
| Assistant Chief of Officials | VACANT |
| Centre Team Manager | VACANT |
| Arena Manager | VACANT |
| Coaching Co-Ordinator | VACANT |
| Centre Delegates | Matthew Bui Liz Ebrahim |
| Assistant Special Events | Janina Chapman |
| Technical Manager | Brett Franklin |
| Assistant Technical Manager | VACANT |
| Social Media Co-ordinator | Tameeka Robertson |
| Diversity & Inclusion Officer | Graeme Bowman |
| IT Co-ordinator | Brett Franklin |
| On-Track Co-ordinator | Vaheni Sivakumar |
| Cross Country Co-ordinator | Brett Franklin |
| Uniform Manager | Nancy Gilbert |
| Assistant Uniform Manager | VACANT |
| Child Protection Officers | Matthew Bui Shiv Attri |
| Assistant Secretary | VACANT |
| Fundraising, Sponsorships and Grants | VACANT |
| Recruitment & Retention Co-ordinator | VACANT |

VACANT POSITIONS

To apply for any of the above position please email the centre on whittleseacity@lavic.com.au

Social Media and Communication



WCLAC and affiliated clubs have various social media and communication channels to keep you informed. Once you have registered with a club within WCLAC, the respective club will advise you of the communication platform they use to keep you informed of club activities. For WCLAC please see the following and register accordingly. To visit our social media policy, visit the WCLAC website www.whittleseacitylac.com.au

FACEBOOK – <https://www.facebook.com/WhittleseaCityLAC/>



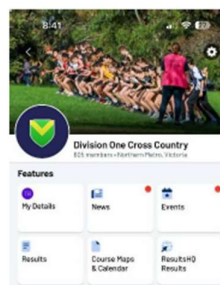
INSTAGRAM – <https://www.instagram.com/whittleseacitylac>



WHATSAPP MESSAGING – To Register, Contact the Social Media Co-Ordinator



CROSS COUNTRY COMMUNICATION



Rules & Regulations



Little Athletics Competitions in Victoria are conducted in accordance with the Competition Rules of Little Athletics Australia (LAA). LAA use the World Athletics (WA) as the basis for the rules and make modification to suit the ages, nature and abilities of athletes participating in Little Athletics.

LAA use the World Para Athletics (WPA) as the basis for the rules and make modification to suit the ages, nature and abilities of Multi-Class athletes participating in Little Athletics. Those wishing to register as multiclass need to have a provisional or higher classification from Athletics Australia or Sport Inclusion Australia as required by LA Vic guidelines. Should you require more information please speak to the Diversity Inclusion Officer or WCLAC representative.

The Competition Rules are to be used at all levels of competitions in Little Athletics, and in conjunction with the Centre Officiating Booklet, form the basis of all rules at Centre level for U6-U17 athletes.

This ensures a consistent and safe program is offered to all participants.

These Competition Rules relate to the Standard Events of Little Athletics. Additionally, there are events and specifications that are deemed inappropriate for inclusion at all levels of competition and athletic skill development activities.

The following events are not allowed at Little Athletics.

- Hammer Throw
- Pole Vault
- Steeple Chase
- All events over 8km.

The Standard Events apply to all levels of competitions from Centre to State Competitions.

For all rules and regulations including the rules of competition, equipment specifications and officiating processes, please click on the link:

<https://lavic.com.au/competition/rules-and-regulations/>

Weekly Centre Competition Rules

As a centre there are some variations to the LAVic Competition Rules & Regulations set out for our weekly competitions. The Centre Rules & Regulations for Weekly Track & Field Competition can be viewed on our website www.whittleseacitylac.com.au

Centre Track & Field Championships

We celebrate our end of season with a weekend of Championship Competition as well as our end of season presentation. As with the weekly competition, as a Centre we allow some variations to the LA Vic Competition Rules & Regulations. The Rules & Regulations for Centre Track & Field Championships can also be viewed on our website www.whittleseacitylac.com.au

Centre Information



Registrations

Whittlesea City LAC, via one of its 5 Affiliated Clubs, accepts registrations from boys and girls in the age groups Under 6 to Under 17. The athlete's age, in years, on 1st January determines the age group in which they will be entered. Children turning 5 during the season may register on their 5th birthday. Athletes may only compete in their own age group. Registration will only take effect after payment of the appropriate fee, completion of the registration form, and in the case of new registrations, proof of age of athlete. Registration allows the child to compete in all summer track and field events during the relevant season of competition (September-March) and Cross Country (April-August). *For more information on Cross Country please refer to [Page 27](#).*

Weekly Competition

The Centre holds weekly competition either on a Friday evening, Saturday morning or Sunday afternoon. For all start times and dates for Season 2025/2026 please refer to the Season Calendar on [Page 8](#).

Parental or Guardian Attendance

Children are not to be dropped off at the track; **they must always have a parent/guardian present**. Children found without supervision will not be permitted to compete in little athletics. Should a child be left unattended for an extended period, the matter will be reported to the Centre Child Protection Officer and police may be called.

Club Uniform

During weekly competition approved club uniform must be worn. All athletes must have the Commonwealth Bank registration patch and Coles badge attached to their uniforms. T-shirts may be worn under club singlet but must be the predominant colour of the club uniform. Tracksuits or other warm clothing may be worn to the event but must be removed prior to the start of the event. With the permission of the Arena Manager or Competition Director, in extreme weather conditions athletes may be permitted to wear track pants to compete in field events only. Leggings were recently approved for use in competition except for Walks. The leggings must be the same colour as the club's shorts colour. In line with our sun-smart policy athletes may wear their hats in events, especially on high UV rating days. Appropriate footwear is compulsory for ALL athletes in ALL events.

Registration & Coles Patches

Little Athletics Victoria (LAVic) requires all athletes to always wear the provided registration patch during Centre activities. This is a safety and sponsorship requirement. It allows our centre officials and the parents of other athletes to quickly identify your child's name and age group, this is especially important in the event of an accident or emergency.

A Coles patch is also required to be worn on the athlete's club uniform. This must be sewn on competition tops above the LA Vic logo.

An example of both the Commonwealth Bank registration patch & Coles patches are shown below.

To ensure long life of the patch, either attach with Velcro or safety pins so the patch can be removed without damage and the clothing washed. If it is lost or damaged, please see the Centre Registrar for a replacement. A cost of \$5 applies for a replacement registration patch, with all monies raised contributing to the Royal Children's Hospital Good Friday Appeal

Athletes without a registration and/or Coles patch may be prevented from competing as they are in breach of the LAVic Competitive Members' membership requirements (section 1.8).



First Aid

A First Aid attendants will be available at each weekly competition. The First Aid room at Meadowglen International Athletics Stadium is located next to the canteen. All accidents and medical incidents MUST be reported to the First Aid attendants who will keep a record. Returning to competition after an accident or injury will be at the discretion of the First Aid attendants on duty. There is a defibrillator available. The First Aid attendants are usually supplied by 1300 Medics and are level 1 or level 2 qualified first responders.



Health and Medical Information

Health information is any personal information including health, illness, injury or disability information.

WCLAC has no authority to request, record or release medical information in any circumstances.

For more information about privacy information, please read the WCLAC Information Privacy Policy.

Parents must be present at any weekly competition event or training session to be able to advise any medical information to First Aid attendants, Team Managers or Executive Committee members.

Parents are encouraged to share any health, injury or illness information with age-group Team Managers so that their child/children experience in Little Athletics is a safe one.

Centre Uniform

Centre uniform must be worn at Region & State Events. Uniforms are available for purchase through the Centre Uniform Manager. Plain black shorts, plain black bike shorts, plain black leggings or plain black bloomers are worn with the Whittlesea City top. **NO POCKETS** are permitted on shorts, leggings or bloomers. These must be plain black and not feature logos/branding bigger than 4cm x 4cm, or other colours (see below for examples of correct uniform).



Logos

Any unapproved logos on plain shorts must be smaller than 4x4cm.



Undergarment – Tops

Athletes may wear an undergarment top (long or short sleeve) under their Centre uniform top as long as it is plain (no patterns or logos), the same colour of their Centre uniform top or black or white.



Undergarments – Shorts / Leggings

- Undergarments **worn underneath** shorts must be the same colour as the approved Centre shorts or black or beige.
- Undergarments include leggings or bike shorts.
- Undergarments must be plain, without patterns or unapproved logos.
- Custom shorts / leggings purchased from the licenced uniform suppliers with the LAVic logo can be worn as undergarments.

Spikes & Footwear

Spike shoes will only be permitted to be worn in the events listed in the table below.

| Age Groups | Track Events | Field Events | Relays | Cross-Country |
|------------|----------------------------------|---------------------------|------------------------|------------------------|
| U6 - U10 | No spike shoes allowed | No spike shoes allowed | No spike shoes allowed | No spike shoes allowed |
| U11 - U12 | All events run entirely in lanes | All jump events & Javelin | All events | No spike shoes allowed |
| U13 – U17 | All events except Race Walks | All jump events & Javelin | All events | No spike shoes allowed |

- Spikes must not exceed 7mm for Track events.
- Spikes must not exceed 9mm for High Jump, Long Jump, Triple Jump and Javelin events.
- The venue will determine which shape of spike is permitted. This is listed in the Venue Spike Rules document on the website.
- Most venues including Lakeside stadium, **do not** allow needle / pin spikes.

Examples of needle / pin spikes



Photographs

Consent will be implied upon registration of the athlete for use of photographs for promotional purposes by Club/Centre/Region/LaVic/LAA, in accordance with LAA [Social Media Policy](#).

Parents / Guardians who do not consent will be required to directly notify the Centre in writing.

Children in families who have elected at registration phase NOT to allow publication of photos will have a registration patch with a red horizontal line, as well as coloured wristbands for the athletes to wear. No Centre member, Club member or member of the public can allow the publication of a photo, either hardcopy or digital, of a child who has this sticker on their registration patch. Any breach identified will be considered a breach of WCLAC rules and regulations with notification to a Child Protection Officer.



Results

Weekly Competition results will be posted online and available via ResultsHQ. Should results not be posted by 8.00pm on the Monday following weekly competition, please contact your Club Team Manager who will follow up with the Centre Records & Rankings Manager.

Out of Bounds



During the hours of competition and training the outside of the perimeter fence, playground, Skate Park, and all areas behind the grandstands are out of bounds. *Please refer to track layout on [page 15](#).* Parents will be held responsible for their children's behaviour. Any damage to property, plants etc. will be replaced at the parent's expense. Any competitor found out of bounds will not be permitted to take any further part in the day's competition.

Climbing trees is also considered OUT OF BOUNDS. Please respect all public and private property in the area. The use of bikes, skateboards, scooters and playing of ballgames are not permitted inside the stadium.

- **Parents take full responsibility for athletes who are outside of the track. i.e. Skate Park.**
- **Unless you are officiating at an event you must not be inside the track fence.**
- **Athletes who are not competing in an event must not be inside the track fence.**
- **Athletes & parents must not cross the grass area in the centre of the track**
- **When entering the infield of the track to go to an event, ensure you are entering through one of the two bollards located at each end of the front straight**

Lost Property

Lost property should be handed in at the Recording Room and may be claimed at the conclusion of the meeting. Lost property (other than money, watches, keys etc.) unclaimed at the end of the season will be stored for one month, if still not claimed, it will be forwarded to the Brotherhood of St. Laurence.

Clean Venue

Clubs and families are responsible for keeping their surrounding club areas clear of litter/rubbish



Fundraising

The Centre provides a weekly roster for clubs to fundraise. Please support clubs when they come around. We all operate as not for profit organisations, so every little bit helps.

On Track Program – Under 6's & 7's



The On Track Program is an athletic skills development program that will provide all children with increased instruction, practise opportunities and motivation.

The program focuses on the fundamental motor skills, all the way through to the athletic skills.

Children will participate in games, activities and drills that will help them develop their athletic skills for competing in all events.

The Under 6 athletes will participate in the On Track Program each week for approximately one hour and, subject to track availability. They will compete in 2 events each week which will include a Track event and a field event.

The Under 7 athletes will participate in the On Track Program each week until Christmas for approximately 25 minutes in addition to competing in 3 events - one run, one jump and one throw. After the Christmas break, they will go to 4 events.

What do kids want? Available evidence confirms children want:

- Active participation
- To learn and improve
- To have fun
- To experience excitement



Parent Helper Duties / Officials



No program of Little Athletics competition can be held without the help of parents to act as Officials/helpers.

As a condition of registering your child/children with LA Vic and your nominated club you are required to help with allocated club duties on various occasions throughout the season. The tasks assigned are not difficult and can be as simple as raking the sand in the pits or retrieving the discus after it has been thrown. This includes if your child/children are competing at region or state events.

If you are interested in getting more involved i.e. becoming a chief of an event, please ask your club, as there are various courses available from LA Vic that you can attend. The officials' course is free of charge and will take up one day of your weekend.

It is very rewarding when you can gain an understanding of events. Without enough help it is possible that events may be cancelled.

For more information, visit the WCLAC Parent Helper Policy on the WCLAC website.

Call of Events

The Competition Director will announce each event via the public address system. This will include requests for parents/volunteers to help run the event.

If after the second call. parent/volunteer support is not forthcoming; the event will be cancelled.

Set Up and Pack Up

All clubs must share this responsibility. Every week, each club is required to provide parent helpers to assist the Technical Manager, and Assistant Technical Officer, in setting up and packing up equipment before and after competition.

Duty helpers must be at the track by:

- 7:00am Saturdays,
- 4:30pm on Fridays and
- 12:30pm on Sundays.

The clubs will set up a roster and must advise the Centre by COB Thursday of each week with family name rostered on.

For more information, visit the WCLAC Parent Helper Policy on the WCLAC website.

Centre Special Event Information



Throughout the season, the Centre participates in other Special Events encouraging all athletes to join and participate to get the most out of your athletics experience.

Region & State Events

Region and state events run throughout the season.

Whittlesea City Little Athletics are part of the Northern Metro Region and compete with other NMR centers at region events. These include:

- Region Combined Events
- Region Relays Competition
- Region Track & Field Competition

State events are run by LA Vic. Region Relays & Region Track & Field are qualification events into the corresponding State event. State Combined event does not have a qualification event, and entries are on a first in basis. All region & state events are for ages Under 9 to Under 17 and will come with a small registration cost. As part of this registration, you are obligated to assist with parent helper duties.

For all dates including open & close dates for registration please click on the link below

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

Centre Open Days

From time-to-time other Centres within Little Athletics Victoria hold open days.

All registered athletes are invited to compete, usually for a fee. Whittlesea City Uniform or Club Uniform must be worn when competing at open days along with the Commonwealth Bank registration tag & Coles patch. Entry forms will be available from the Centre website or LA Vic web site. All registrations will incur a small fee to compete. As part of this registration, you are obligated to assist with parent helper duties.

For a list Open Days around Victoria please click on the link below

<https://lavic.com.au/competition/open-days/>

Cross Country



At the conclusion of the Track and Field season, a Cross-Country program runs from April to the end of August. As with the Track and Field season Cross-Country also has Region, State and open events for those who wish to enter. Details will be available throughout the Cross-Country season.

Cross Country is open to all summer registered athletes and any new athletes who meet the age requirements as set out in registrations. Your club or Centre uniform must be worn along with the Commonwealth Bank registration tag & Coles patch when competing. Our Centre compete in Division One Cross County, which is open to all Centres in the Northern Metro Region. A calendar of competition dates and venues is made available at the start of the Cross-Country season. Newly registered athletes in the Cross Country season will incur LA Vic fees.

Centre uniform only is required for Region, State and Open Day events along with your Commonwealth Bank registration tag and Coles patch.

The following distances apply to the age group listed:

| | |
|------------------------|-------|
| U6 Boys & Girls | 500m |
| U7 Boys & Girls | 1000m |
| U8 Boys & Girls | 1000m |
| U9/10 Boys & Girls | 1500m |
| U11/12 Boys & Girls | 2000m |
| U13 - U17 Boys & Girls | 3000m |

Participation and place awards are presented to athletes at the end of the Cross-Country season.

Policies & Procedures



Working with Children Checks (WWCC)

The Victorian Government through the Department of Justice & Community Safety introduced the “*Working with Children Act 2005*,” which had distinct implications on the conduct of Little Athletics. Revoked in 2020, the current legislation that applies to Little Athletics in Victoria is “*The Worker Screening Act 2020*”, in New South Wales the applicable legislation is “The Child Protection (Working with Children) Act 2012.”

The WWCC applies to adults who work with children or are engaged in volunteer roles involving children (under 18 years of age) and is the mandatory minimum standard for a range of child – related industries.

Legislation in both states is continually revised and updated and now cover all areas of administration, officiating, coaching and overnight supervision at camps and clinics. People working or volunteering in connection with Little Athletics are required to have their WWCC if they fall into a category listed below.



If you are asked to apply for the WWCC through your connection with Little Athletics, then it is considered that your work as an employee or volunteer is vital to the ongoing success of your Region or Centre. We thank you for your ongoing assistance to provide safe environments for our children to grow.

ROLES REQUIRING A WWCC

To ensure that the Association, Regions and Centres meet their compliance obligations, individuals occupying the following roles are required to obtain a WWCC:

- Board of Directors – LAVic; (Victorian employee check required)
- LAVic employees; (Victorian employee check required)
- Members of Committees / Working Parties – LAVic.
- Region Committee members.
- Centre Committee members.
- Club Committee members.
- Volunteers involved in communication activities to athletes via any means, including oral, written, or electronic (emails, social media, video conferencing).
- Child Safety Officers.
- Coaches & Assistant Coaches.
- Member Protection Information Officers
- Appointed Officials at State and Region level; (not parent helpers whose child is participating on the day).
- Team Managers & Assistant Team Managers.
- Volunteers without children registered at the Centre.
- Overnight Supervisors at camps/clinics/functions.
- Selectors for State Teams / Squads.
- First Aid Personnel.
- Development Officers (DO) working in schools; (Victorian Employee Check Required)
- Presenters of clinics, workshops, seminars.

- Appointed volunteers at official LAVic (not Centre) sanctioned activities.
- Officially appointed photographers at Region & State events.

* **Note: Parents**, who have a child registered at the Centre where they work or volunteer, are **exempt** from the WWCC, unless they fall under one of the categories listed above.

Volunteers who are registered teachers in Victoria

School teachers currently registered with the Victorian Institute of Teaching (VIT) are exempt from requiring a WWCC (unless they have been issued with a ‘Negative Notice’ by the Department of Justice & Community Safety or are currently suspended or have had registration revoked by the VIT).

However, a registered teacher who does child-related work, other than teaching in a school or early childhood service, must notify the WWCC Unit of the person or organisation with whom the teacher is engaged by and this includes volunteering at Little Athletics. Victorian teacher information | Working with Children

Volunteers who are members of the Police force

Volunteers that are current sworn members of a State or Federal Police force do not need a WWCC but should provide evidence (employee registered number or certificates of identity) of their membership.

VICTORIAN APPLICATION PROCESS

The application form is only available online www.workingwithchildren.vic.gov.au a passport photo is supplied free at the Post Office when you confirm your application. However, the entire process can be done online (including photo) provided that the specified ID documents including one with a photo are to hand. Volunteers receive their WWCC FREE, paid employees cost \$128.20, effective July 2023. This fee is adjusted each July by the Department of Justice & Community Safety.

“Little Athletics Victoria” is to be used as the name & address of the organization on the application form. Centre addresses are NOT to be used.

When you receive your WWCC card, please advise the Centre or Region the following additional information, as well as showing your card.

Insurance

A Little Athletics Victoria insurance policy covers all Little Athletes, officials, accredited coaches & voluntary workers. All Little Athletes and Officials are covered during the conduct of Official club, Centre, Region and State Competition, training and Official activities. For more information, please visit the LA Vic website <https://lavic.com.au/about-us/insurance/>

Notice of injuries must be advised to the Centre Secretary as soon as practical, with supporting documentation (e.g. medical certificate).

Alcohol Free Zone



Alcohol is not permitted to be consumed within the grounds at any competition and training. Whittlesea City LAC holds a very strong stance on this issue and the breaking of this rule will result in the offender/s being asked to leave the venue. The Centre will not accept any alcohol related sponsorships or advertising.

Smoke & Vape Free Venue

Meadowglen International Athletics Stadium is a smoke and vape free venue. Smoking and vaping are not permitted at any Little Athletics Events. Smokers are advised to exit the venue and must be a minimum of 10 metres from the perimeter fence. Smokers are also required to dispose of their butts thoughtfully.



Sun Smart Policy



Whittlesea City LAC is a sun smart Centre. Shade Shelters will be erected to protect athletes from the sun. Sunscreen will be provided by the Centre to all Clubs for all athletes and officials and athletes and officials are advised to wear hat and carry drink bottles to events.

Separately, WCLAC Is bound by the LA Vic Heat Policy and the WCLAC Heat and Wet Weather Policy. For more information, please visit [LAVic-Heat-Policy-2024-v1.pdf](#) or WCLAC Heat Policy on the website.

Pets

No pets are allowed within Meadowglen International Athletics Stadium or at any Little Athletics event. Registered Service animals are exempt.

Standards of Behaviour Policy



Whittlesea City Little Athletics Centre (WCLAC), in alignment with Little Athletics Victoria (LA Vic), upholds a set of Codes of Conduct that all members are expected to follow. WCLAC is committed to ensuring that athletes, coaches, spectators, parents, officials, and administrators are aware of and adhere to the expected standards of behaviour.

Below is a summary of the behavioural expectations for all participants:

Little Athletes Code of Behaviour

- Adhere to the rules and refrain from disputing decisions made by officials.
- Treat officials, parents, and fellow athletes with respect. Deliberate distractions, verbal abuse, or provocation are unacceptable.
- Strive equally for personal and team success.
- Exhibit good sportsmanship and treat others as you wish to be treated.
- Cooperate with coaches, club members, and other participants.
- Engage in Little Athletics for enjoyment and personal growth.

Parents, Spectators, and Officials Code of Behaviour

- Encourage children to participate willingly; do not force involvement.
- Emphasise effort and personal improvement over competition outcomes.
- Teach children that honest effort is as valuable as winning.
- Promote rule-abiding participation.
- Applaud all athletes for their performance and effort.
- Avoid ridiculing or yelling at children for mistakes or losses.
- Recognise that children participate for their own enjoyment, not to meet others' expectations.
- Address disagreements with officials respectfully through appropriate channels (e.g., Event Chief, Chief of Officials, or Child Protection Officers).
- Support efforts to eliminate verbal and physical abuse in Little Athletics.
- Acknowledge and appreciate the contributions of volunteers and coaches.
- Exhibit respectful social behaviour and refrain from harassing athletes, coaches, or officials.
- Note: The entire venue—including premises, track grounds, and playing areas—is a no-smoking zone, which includes vaping.

WCLAC maintains a zero-tolerance policy toward behaviour that violates the LA Vic Code of Conduct. This applies to athletes, parents, guardians, officials, and spectators. Any misconduct identified will be addressed promptly to minimise harm and uphold a safe environment.

For further information, please refer to the LA Vic Code of Conduct and Child Safe Policy, available on the LA Vic website (<https://lavic.com.au/child-safe/child-safe-policies/>)

If you have concerns or questions, please contact your Club Child Protection Officer, Club President, or the WCLAC Child Protection Officers directly.

Emergency Management Plan



An emergency is any type of occurrence such as an Explosion, Fire, Bomb Scare, Public Disturbance, Armed Confrontation or Natural Disaster, that threatens or is likely to threaten the safety of any person within the Meadowglen Athletics Centre which requires an immediate response or evacuation of the venue or clubrooms.

PROCEDURE:

In the event of an emergency during event day, all present members of the Executive Committee will act as Wardens and report directly to the Competition Director who will then notify the President of the emergency. In the event of the President's absence, the committee members must report to the most senior Committee Member present at the time with the order of seniority as follows:

1. President,
2. Vice President,
3. Secretary,
4. Treasurer
5. Registrar

The President (or most senior Executive Committee member) will be the Incident Controller until arrival of the relevant emergency services personnel.

STOP EVENT PROCEDURE:

The Competition Director will immediately via two-way radio and Public Address (PA) announcement, notify all event chiefs to suspend their events. All event chiefs will hold athletes present in their current locations until further instruction is provided. Following this, an Emergency Management Team (EMT) will be immediately formed at the Centre Table / Tent which will include the President (or most senior member of the Executive Committee), Competition Director and a Child Protection Officer. Communication should be clear, sharp and succinct.

Member/s of the committee will be appointed by the EMT to co-ordinate, manage or facilitate:

- Contacting 000 for emergency services
- The deliverance of first aid by first aiders present at the venue
- Unlocking emergency gates in the car park to facilitate emergency services vehicle access
- Being present at the First Aid room to record patients or attendances

EVACUATION OF VENUE:

The President (or most senior member of the Committee) will order an Emergency Evacuation via repeated PA Announcements and the two-way radio where there is an immediate threat to safety of any person and where a stop event procedure has been declared.

The President (or most senior member of the Committee) will proceed to the evacuation area, where the Wardens and Age Group Team Managers will report directly to them. In the event of a power outage, the evacuation will be declared via the battery-operated PA speakers used by the Starters. Once an evacuation has been declared, all athletes, parents, officials and spectators must quickly, in an orderly manner, make their way to the evacuation assembly area in the middle of the competition arena. The backup evacuation area on the cricket field (behind the clubrooms) will only be used if declared by the President (or most senior member of the Committee) and the primary location in the middle of the competition area is not suitable.

Team Age Group Managers will be responsible for gathering all children present in their age group and will report directly to the EMT informing that the children are safe, present and accounted for.

All Wardens will be directed by the President (or most senior member of the Committee) to search each area of the Clubrooms, including the Canteen, Canteen Storeroom, Equipment Rooms, Committee Room, Toilets and Clubroom area, Technical Room, as well as the Public Toilet Block, Equipment Sheds, and Car Parks. On completion, Wardens will immediately report to the President (or most senior member of the Committee), who will check off each area as the Wardens report.

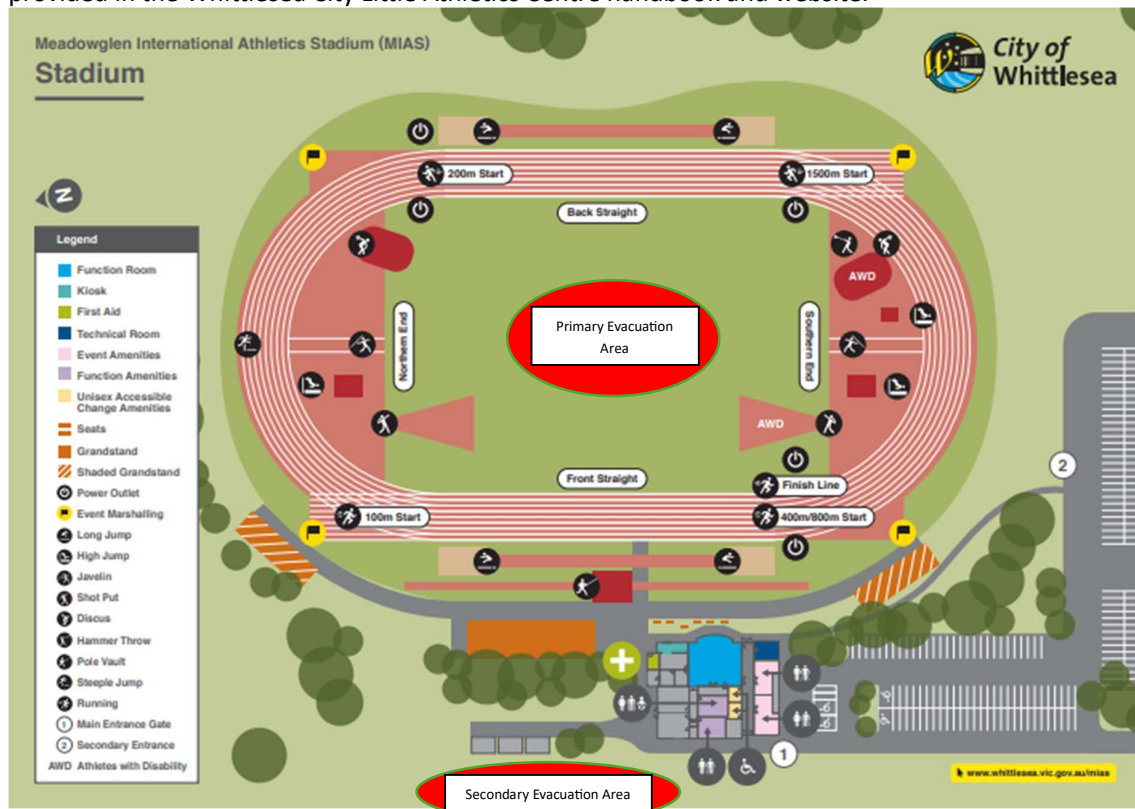
Once the Emergency Services Personnel arrive, they shall assume full responsibility, and everyone will obey their directions. No person shall leave the Evacuation Area until the President (or most senior member of the Committee) and/or the emergency services commander declares the emergency incident as “safe”.

COMMUNICATION & REHABILITATION

Following the emergency, the President (or most senior member of the Committee), will need to coordinate the rehabilitation of the event day and venue to resume normal event day operations. Consideration should be given to reassurance PA announcements, suspension or cancellation of specific events or cancellation of the event day. In the following days, the Executive Committee will meet and consider communications to all registered athletes providing the various support agency details and club points of contact should feedback or concerns wish to be raised.

NOTIFICATION OF PLAN:

All Committee Members, Age Group Team Managers and Officials will be provided with a copy of this plan prior to the start of every season. The Executive Committee will brief all Age Group Team Managers and Officials on this plan and outline their responsibilities. A copy of this plan will be provided in the Whittlesea City Little Athletics Centre handbook and website.



Complaints & Code of Conduct



Complaints

Complaints concerning competition events **MUST** be directed through your **Club Team Manager**. If your complaint cannot be dealt with immediately, you will be requested to put the complaint in writing.

Under NO circumstances are you to approach an event chief, age group team manager or any other official in a public forum (See Code of Behaviour).

The longer you leave your complaint, the harder it will be for the committee to investigate. Complaints about the general running of the Centre should be referred to the Centre Secretary in writing.

Please do not write or phone Little Athletics Victoria, as your complaint will only be referred to the Centre to be managed in the first instance.

When considering whether a complaint is justified, please remember that we are all volunteers, and our priority is for the enjoyment of all children at the Centre.

A copy of the Code of Conduct can be found on the LAVic website – see link below
[LAVic-Code-of-Conduct-Policy-v1.3X-August-2023.pdf](#)

Centre Awards



Competitive Member Awards

7, 10, 11, 12 & 13 Year Service Awards

These awards are presented to competitive members who have attained 7, 10, 11, 12 and 13 years of competing in Little Athletics at Whittlesea City Little Athletics Centre.

Trophies and Participation Awards

Registered competitive members are awarded points every time they compete. The points they receive are calculated relative to the centre record for their age group in the particular event. If they were to exactly match the centre record, they would receive 100 points. If they threw or jumped half of the record for an event, then they would receive 50 points. If they went 20% longer than the record for a race, then they would get 80 points. There is a minimum of 25 points awarded for each event.

The best 12 weeks of competition are totalled to determine the overall trophy winners for each age group. With 18 weeks in the competition calendar, this allows for absences due to sickness, region or state preparation and other occasional absences. The number of weeks used to calculate the points will be scaled down when weeks are lost due to weather or other unforeseen circumstances. Basically, we will count the best 2/3 of possible full weeks.

Points may only be gained from competition at Centre programs at which points are scored.

To qualify for trophies at the end of the season, each athlete must have attained at least 75% of attendance at weekly competition from their registration date.

All Athletes who have met the participation requirements, including those who place in the top 3 and receive a trophy, will receive a participation gift from the centre. Trophies, Awards and the Participation Gifts are presented at the completion of Championship Weekend.

In circumstances where there are parental custody issues, the Centre will award the equivalence of attendance points to those athletes who cannot attend. A written letter addressed to the Centre Secretary is required at the beginning of the season detailing which weekends the athlete will not be able to attend. This will allow the child to at least reach their participation eligibility.

All Athletes who attend the On Track program each week will receive attendance points for this program.

Event Champion Type Awards

Awards are given to the best male and female athlete in 6 different categories: Sprint, Distance, Hurdles, Walks, Throws and Jumps.

President's Award

Nominations are submitted by each of the 5 Affiliated Clubs to the Centre. This is awarded to one male athlete and one female athlete, and the recipient is determined by the Centre President.

There are no set criteria, and it may be awarded to those athletes who show courage and determination, who follow the code of conduct, make some type of contribution to their club, the Centre or the sport, or who always compete in the spirit of Little Athletics.

Adam Marangon Award

This is awarded to the highest placed male athlete representing the Centre in the Little Athletics Victoria State Combined Event Championship. They must finish in the top 8 to be eligible.

Keely Henderson Award

This is awarded to the highest placed female athlete representing the Centre in the Little Athletics Victoria State Combined Event Championship. They must finish in the top 8 to be eligible.

On Track Young Leaders Award

This is awarded to one or more young leaders assisting with the delivery of the On Track program.

Adult Members Awards

Volunteer of the Year Award

This award is given to at least one adult member or volunteer and the recipient is determined by the Centre President. The award is based on their contribution to the Centre during the season.

Life Membership

This prestigious award is bestowed upon adult members or volunteers who have served the Centre over several years and who have reached a certain criterion. Written nominations must be submitted by an Affiliated Club by a date set by the Centre committee and addressed to the Centre Secretary.

2024-2025 Season - Results

| | |
|--------------------------------------|--|
| President's Award | Xander Mitsopoulos & Pia Knight |
| Adam Marangon Award | Archer Morley |
| Keely Henderson Award | Layla Dela Cruz-Smaldon & Taihlar-Jo Kampf |
| On-Track Young Leader's Award | Charlotte Adrichem & Claudia Karmiste |
| Volunteers of the Year Award | Luke Gilbert & Laura Karmiste |
| Life Membership | Lisa Hegarty & Janina Chapman |

LAVic - State Championships & Region Carnivals



All enquiries for State Championships and Region Carnivals are to be directed to the Centre Team Managers

2025-26 Summer Season Dates and Venues

| EVENT | DATE(S) | VENUE |
|-------------------------------------|--|------------------|
| Region Relay Carnivals | Sat 22 nd November 2025 | Essendon |
| Region Combined Event Carnival | Sat 30 th November 2025 | Craigieburn |
| State Relay Championships | Sat 13 th /Sun 14 th December 2025 | Lakeside Stadium |
| State Combined Event Championships | Sat 17 th /Sun 18 th January 2026 | Casey Fields |
| Region Track and Field Carnivals | Sat 7 th /Sun 8 th February 2026 | TBC |
| State Track and Field Championships | Sat 8 th /Sun 9 th March 2026 | Knox |

2024-2025 Season - Results

2024 NORTHERN METRO REGION RELAYS

We had a total of 68 Teams that entered the Northern Metro Region Relays Carnival which was held at Diamond Valley LAC on Saturday 16th November 2024.

We had a total Medal Tally of 36 Medals out of 68 races.

| MEDAL TALLY | |
|-------------|----|
| GOLD | 11 |
| SILVER | 14 |
| BRONZE | 11 |

2024 STATE RELAY CHAMPIONSHIPS

We had a total of 43 Teams who progressed through to State Relay Championships on 14th December 2024 which was held at the Meadowglen International Athletics Stadium.

| MEDAL TALLY | |
|-------------|---|
| GOLD | 0 |
| SILVER | 2 |
| BRONZE | 0 |

2024 NORTHERN METRO COMBINED EVENTS CARNIVAL

We had 47 athletes compete in the Northern Metro Region Combined Event Carnival on Sunday 1st December 2024 held at Sunbury LAC.

We had a total Medal Tally of 15 Medals and 15 top 10 finishes.

| MEDAL TALLY | |
|--------------------|---|
| GOLD | 9 |
| SILVER | 4 |
| BRONZE | 2 |

2025 STATE COMBINED EVENTS CHAMPIONSHIPS

We had 35 Athletes that competed at State Combined Events Championship over the weekend of Saturday 1st February & Sunday 2nd February 2025.

We had a total of 4 Medals and another 14 top 10 finishes.

| MEDAL TALLY | |
|--------------------|---|
| GOLD | 2 |
| SILVER | 1 |
| BRONZE | 1 |

2025 NORTHERN METRO REGION TRACK & FIELD CARNIVAL

Keilor LAC hosted the NMR Track & Field Carnival over the weekend of Saturday 15th February & Sunday 16th February 2025. We had 95 athletes registered, with most athletes competing in more than 1 event over the weekend.

- We received a total of 147 medals.
- 4 x NMR Records broken.

| MEDAL TALLY | |
|--------------------|----|
| GOLD | 59 |
| SILVER | 55 |
| BRONZE | 33 |

2025 STATE TRACK & FIELD CHAMPIONSHIPS

The event took place at Casey Fields over the weekend of Saturday 8th March & Sunday 9th March 2025.

We had 69 athletes qualified and finished with 34 medals, finishing 8th in the State.

| MEDAL TALLY | |
|--------------------|----|
| GOLD | 10 |
| SILVER | 12 |
| BRONZE | 12 |

For all individual results see [LA Vic Results Hub](#)

Affiliated Clubs



EPPING LITTLE ATHLETICS CLUB

| | |
|-------------------|--|
| <u>President</u> | Jacinta Clarke |
| <u>Secretary</u> | Candice Lewis |
| <u>Head Coach</u> | Dale Lewis |
| <u>Email</u> | eppinglac1980@gmail.com |
| <u>Training</u> | Thursday 5:00pm to 6:00pm |
| <u>Uniform</u> | Red Singlet or Crop Top with black and white Club Logo; black shorts |



MEADOWGLEN/LALOR LITTLE ATHLETICS CLUB

| | |
|---------------------|---|
| <u>President</u> | Joe Furfano |
| <u>Secretary</u> | Christian Dalla Rosa |
| <u>Team Manager</u> | Joseph Furfano |
| <u>Email</u> | meadowglenlalorlac@outlook.com |
| <u>Uniform</u> | Sky-blue Singlet or Crop Top with navy swirls. LA Vic logo, Club Logo and name in white; black shorts |
| <u>Training</u> | Wednesday 6:00pm to 7:00pm |
| <u>Website</u> | http://www.meadowglenlalorlac.org.au |



METRO LITTLE ATHLETES

| | |
|---------------------|---|
| <u>President</u> | Linda Carprezza |
| <u>Secretary</u> | Ross Dack |
| <u>Team Manager</u> | Matthew Hand |
| <u>Email</u> | info@metrolittleathletics.org.au |
| <u>Uniform</u> | Fluorescent Green T-Shirt or Crop Top with Club Logo; black shorts |
| <u>Training</u> | Thursday 6:00pm to 7:00pm |
| <u>Website</u> | http://www.metrolittleathletics.org.au |



MILL PARK-SOUTH MORANG LITTLE ATHLETICS CLUB

| | |
|-------------------|--|
| <u>President</u> | Tameeka Robertson |
| <u>Secretary</u> | Laura Karmiste |
| <u>Head Coach</u> | Paul Pasonage |
| <u>Email</u> | millparksthmorang@lavic.com.au |
| <u>Uniform:</u> | White Singlet or SunSmart Top with Club Logo and silhouette of horse and athlete; Black shorts |
| <u>Website:</u> | http://www.mpsmlac.org.au |



MILL PARK * SOUTH MORANG
Little Athletics Club
ESTABLISHED 1980

NORTHERN STARS LITTLE ATHLETICS CLUB

| | |
|-------------------|--|
| <u>President</u> | Melissa Calli |
| <u>Secretary</u> | Paul McCallum |
| <u>Club Coach</u> | Mark Rainer |
| <u>Email</u> | Nstarslac@gmail.com |
| <u>Uniform</u> | Navy-Blue Top with White Trim and Club Logo; Navy shorts |
| <u>Training</u> | Wednesday 6:00pm to 7:00pm |



All club training is held at Meadowglen International Athletics Stadium, 146-176 McDonalds Road, Epping.

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