

# Toowong Harriers Inc

Little Athletics Centre Handbook 2024-25



Little Athletics meetings are conducted throughout Queensland, and in all States of Australia.

Little Athletics in Queensland is run by:  
Little Athletics Queensland (LAQ),  
Queensland Sport & Athletics Centre,  
Level 3, Cnr Mains & Kessels Road,  
NATHAN QLD 4111

You can find out more about the Association, other Centres and Australian Little Athletics (ALA) via the [Little Athletics Australia](#) and [Little Athletics Queensland](#) websites.



## 1. Table of Contents

2.	Welcome and Introduction .....	3
3.	Toowong Harriers Inc Management Committee .....	4
4.	Code of Conduct.....	6
5.	Parent Information.....	7
6.	Officials.....	8
7.	Parent Participation Deposit Refunds .....	11
8.	Child Supervision Policy .....	11
9.	COVID-19.....	11
10.	Registration .....	12
11.	Centre Uniform .....	13
12.	Season Calendar.....	14
13.	Types of Meetings.....	15
14.	Nominations.....	21
15.	Coaching.....	22
16.	Program of Events .....	25
17.	Grounds.....	26
18.	Equipment.....	27
19.	Rules and Qualifications.....	28
20.	Footwear .....	29
21.	Insurance.....	30
22.	SunSAFE Policy.....	30
23.	Non-Smoking Policy .....	30
24.	Young Athletes/Tiny Tots.....	31
25.	Multiclass Athletes .....	31
26.	Centre Records .....	32
27.	Trophies and Awards.....	33
28.	Communication .....	38
29.	Social and Fundraising.....	38
30.	Grants.....	39
31.	Canteen .....	39
32.	Senior Athletics .....	39
33.	Life Members .....	40
34.	Competition Venue Addresses .....	40
35.	Centre Best Performances.....	41
36.	Centre Sponsors and Supporters .....	50



## 2. Welcome and Introduction

On behalf of the Toowong Harriers Inc Committee, I would like to welcome all new and returning athletes and their families for another season of **Fun, Family and Fitness** at Toowong Harriers Little Athletics Centre.

The 2024/25 Season is the 42nd year Toowong Harriers has been competing as a Little Athletics Centre. This is a wonderful achievement, and we look forward to surging towards our 50<sup>th</sup> year, coinciding with the 2032 Brisbane Olympics.

Little Athletics is a sport designed for children aged five to seventeen. They are encouraged to participate in all disciplines with each centre meeting offering a balance of events i.e. running, jumping and throwing. This emphasis on full participation provides every opportunity for young athletes to develop balance, stamina, strength, coordination and self-control. Little Athletics is about encouraging each and every athlete to better their own previous best performances.

We welcome athletes with a disability and look forward to working with families to ensure that the benefits and joy of athletics is available to all.

In order to help bridge the gap between junior and senior athletics, our weekly Little Athletics meets will be available to open aged Toowong Harriers Members (must be QA registered). We hope our membership take advantage of this opportunity to compete regularly, in a local and social environment.

Little Athletics is about having **Fun** with friends. Athletes are grouped in ages (based on year of birth) and many relationships are developed with others away from their regular circle of school friends. It is about the **Family** playing together and growing strong together. The timekeepers, the judges, the long jump officials are all mums and dads just like you and I. Many have no previous experience, but we cannot run our weekly meets without parental involvement and I encourage you all to have a go. You might consider gaining qualifications for coaching or sitting for officials gradings, every little bit helps our athletes.

Little Athletics is a wonderful breeding ground for children as they develop their general **Fitness** in a safe and healthy sport. Athletics involves training sessions, warm-up sessions, coaching clinics and much encouragement and guidance from committed and caring parents. Little Athletics helps with children's confidence, resilience and coordination, and this strong base assists our children as they pursue future success in athletics, other sports and life in general.

Please read this handbook carefully as it contains most of the information you will need for the season ahead. You will receive regular news and updates that will provide further details for upcoming events, and updated performances of athletes. You can also find more information on the club's website and Facebook page.

I look forward to assisting where I can, to ensure that all athletes and families enjoy the season ahead.  
Centre Manager

Ross Anderson.

CENTRE MANAGER  
ROSS ANDERSON

Contact:

[president@toowongharriers.org.au](mailto:president@toowongharriers.org.au)



### 3. Toowong Harriers Inc Management Committee

Everyone is welcome to attend our committee meetings which are held on the 3rd Thursday of each month, starting at 7.15pm at the clubhouse. We would love to see you there.

The executive committee positions are marked with an asterisk. The committee roles broadly cover our main administrative and operational functions whereas the support roles generally support one or more of the committee roles.

Committee Roles		
Position	Incumbent	Email Address
<b>President *</b>	Ross Anderson	president@toowongharriers.org.au
<b>Centre Manager *</b>	Ross Anderson	president@toowongharriers.org.au
<b>Secretary *</b>	TBA	secretary@toowongharriers.org.au
<b>Treasurer *</b>	Luke Johnston	treasurer@toowongharriers.org.au
<b>Assistant Centre Manager</b>	VACANT	
<b>Communications Officer</b>	Ben Wallace	comms@toowongharriers.org.au
<b>Facilities &amp; Grounds Officer</b>	Darren Aldridge	facilities@toowongharriers.org.au
<b>Coaching Coordinator</b>	Sally Geagea	coaching@toowongharriers.org.au
<b>Team Manager</b>	Ben Wallace	teammanager@toowongharriers.org.au
<b>Recordings Officers</b>	VACANT	recording@toowongharriers.org.au
<b>Senior QA Co-ordinator</b>	Wayne Adams	seniors@toowongharriers.org.au
<b>Committee Members</b>	Bruce Jones	
	Darryn Bryant	
	Adam Scott	
	Chris Scott	
	Darren Aldridge	
	Alejandra Penaranda	
	Franklin Froget	
Support Roles (non-committee positions)		
<b>Officials Coordinator</b>	Sally Geagea	officials@toowongharriers.org.au
<b>Registrations Officer</b>	Kim Miers	registration@toowongharriers.org.au
<b>Program Officer</b>	Tessa Morrison	program@toowongharriers.org.au
<b>Race Technology Officer</b>	Anna Foeglein	admin@toowongharriers.org.au
<b>Canteen Coordinator</b>	Helen Webster	canteen@toowongharriers.org.au
<b>Uniforms Officer</b>	Alejandra Penaranda	uniforms@toowongharriers.org.au
<b>Grants Coordinator</b>	Lauren Aldridge	grants@toowongharriers.org.au
<b>Equipment Officer</b>	Chris Scott	equipment@toowongharriers.org.au
<b>Grounds Officer</b>	Peter Kolb	grounds@toowongharriers.org.au
<b>Winter Coordinator</b>	Wayne Adams	winter@toowongharriers.org.au



Toowong Harriers Inc, Little Athletics Centre Handbook 2024-25

Competition Venue:  
Jack Cook Memorial Park  
66 Indooroopilly Road  
TARINGA QLD 4068

Postal Address:  
Toowong Harriers Inc  
PO Box 938  
TOOWONG QLD 4066  
ABN: 96 100 365 471



## 4. Code of Conduct

Little Athletics Australia has outlined a Code of Behaviour, which it hopes will serve as a guide to the organisation and participation of parents and children within the Little Athletics Movement.

Parents, coaches and officials, by example of behaviour, hold an enormous influence over the youth of the community.

Participation of children and adults in Little Athletics should be associated with conduct that conforms with the aims and objectives of the Little Athletics Movement, as exemplified by the points outlined in the table below.

The Code is aimed at establishing an ‘across the board’ pattern of behaviour that should be considered of paramount importance to all parents, coaches, and officials, and indeed athletes, under the ideals and philosophies outlined in the aims and objectives of Little Athletics Australia. A full copy of the Code can be found on the Little Athletics website at <http://laq.org.au/about-us-2/policies-and-plans>.

Our committee will not hesitate to enact the policy guidelines outlined under this code. Please refer to the ‘LAQ Member Protection Policy’ and ‘Child Safeguarding and Young People Policy’ for guidelines on expectations around behaviour at all LAQ events. In the rare instances that we need to, the committee will not hesitate to enact the disciplinary actions required where breaches to these guidelines occur. It is very important to us that each and every child and adult participating in our program can do so safely and in a supportive environment. Bullying or unsportsmanlike behaviour is not accepted at our Centre.

If Little Athletics is to be enjoyed by all for the benefit of **Family, Fun, and Fitness** (to which we might add **Friendship**), then the co-operation and assistance of all parents, coaches and officials is of primary importance.



<b>DO NOT</b>	Criticise children in front of spectators. Rather, reserve constructive criticism for expression in private.
<b>ACCEPT</b>	Decisions of all officials or referees as being fair and called to the best of their ability.
<b>DO NOT</b>	Criticise opposing athletes or supporters by word or gestures.
<b>SET</b>	A good example by your own personal appearance. If you are a smoker, please note that it is Queensland Legislation that smoking is not permitted on the Arena (track & Field) during any Little Athletics competition, including Centre Meetings.
<b>MAKE</b>	Every athletics competition meeting serve as a training ground for life and as a basis for good mental and physical health.
<b>EMPHASISE</b>	That good sports people are good students and are both physically and mentally alert.
<b>PLACE</b>	The welfare and development of the individual child above win and loss records.



## 5. Parent Information

A warm welcome to all of our new and returning families.

At Toowong Harriers we pride ourselves on the supportive environment we offer. On the track and in the field, we aim to offer an inclusive and accepting environment which encourages children to be their best. We ask that all parents and supporters are encouraging of all our athletes and help our children to do the same.

During the season, all information will be shared on the Team App. It is really important that all families have access to this App to stay informed about the following:

- Meet information, including volunteer signup.
- Coaching sessions, including signup.

Keep an eye on the news section as this is where we will post important updates, including any cancellations due to weather.

Little Athletics relies on volunteers. Our weekly meets and regular coaching sessions cannot run without parents/family members assisting. Where vital roles are not filled, the weekly meets will not be able to get underway.

Each week we need assistance in setting up and putting away the equipment. This year we are continuing to distribute the job of set-up and pack-up to a given age group on a rotational basis. Duty rosters for all volunteer positions will be made available in Team App to enable you to register for a role.

If you are unsure about volunteering, please don't be shy, come and see us at the official's desk. Sally our official's coordinator ([officials@toowongharriers.org.au](mailto:officials@toowongharriers.org.au)) will be available to answer any of your questions. The official's desk can generally be found in the tent adjacent to the clubhouse and is easily spotted by the line of volunteers getting their names recorded! Alternatively, any committee member is always available to answer your questions.

To thank you for volunteering, the family deposit portion of your fees will be refunded in approx. May 2025 when 10 volunteer sessions per family have been completed for the season. These volunteer sessions will now include working bees, which will be advertised on the Toowong Facebook page and through TeamApp. Please refer to the [Parent Participation Deposit Refunds](#) section for further information.

If time gets away from you as it tends to do and you did not preregister a role, please make your way to Sally to see what roles are vacant.

It is important that volunteers officiating at events know what they are doing and convey this to the athletes. All the rules are provided in the folders located at each field event. Alternatively, don't be afraid to ask one of our committee members. We are always willing to provide assistance.

The Australian Athletics Officials' Education Scheme offers Level 1 Officiating courses online (free of charge) for all athletic events. Level 1 is the basic grading level aimed at officials wishing to officiate at a local club/centre/school level. We would love to see some of our parents take the opportunity to become accredited in a couple of events. Each course takes about 1 hour. Our coaching coordinator ([coaching@toowongharriers.org.au](mailto:coaching@toowongharriers.org.au)) will be able to provide you with more information. Alternatively, one of our committee members will respond to your enquiry ([enquiries@toowongharriers.org.au](mailto:enquiries@toowongharriers.org.au)).



## 6. Officials

At our meets, parents are the “officials”. Around 90 officials are required to run centre meets to time. Official duties are split into four groups, (1) Set up and pack up (2) Canteen (3) Event Officiating and (4) Age Group Marshalling. Parents/officials are also required whenever our centre participates in intercentre meetings and major competitions.

**OFFICIALS COORDINATOR  
SALLY GEAGEA**

Contact:

[officials@toowongharriers.org.au](mailto:officials@toowongharriers.org.au)

- 1. Set Up and Pack up.** In order to spread the set up and pack up duties evenly across all families, each age group has been allocated to specific set up and pack up duties for the season. The allocations are as follows:

2.

	Meet # 1	Meet # 2	Meet # 3	Meet # 4	Meet # 5	Meet # 6	Meet # 7	Meet # 8	Meet # 9	Meet # 10	Meet # 11	Meet # 12	Meet # 13	W5G	Meet # 14	CC # 1	CC # 2	CC # 3	Meet # 15
	31-Aug	07-Sep	13-Sep	05-Oct	11-Oct	19-Oct	25-Oct	02-Nov	15-Nov	23-Nov	07-Dec	13-Dec	24-Jan	01-Feb	14-Feb	22-Feb	28-Feb	07-Mar	15-Mar
Set Up (8-10 volunteers)	U11 B	U10 G	U12 G	U7 G	U13 B	U7 B	U9 B	U8 G	U13 G	U6 B/G	U8 B	U14+ B	U10 B	U9 G	U11 G	U12 B	U14+ G	U12 G	U10 B
Pack Up (8-10 volunteers)	U11 G	U9 G	U14+ B	U6 B/G	U12 B	U8 B	U10 B	U9 B	U14+ G	U7 B	U7 G	U13 G	U10 G	U12 G	U13 B	U8 G	U11 B	U11 B	U11 G

	U6 G/Bs	U7 Girls	U7 Boys	U8 Girls	U8 Boys	U9 Girls	U9 Boys	U10 Girls	U10 Boys	U11 Girls	U11 Boys	U12 Girls	U12 Boys	U13 Girls	U13 Boys	U14+ Girls	U14+ Boys	
Set Up (8-10 volunteers)		23-Nov	05-Oct	19-Oct	02-Nov	07-Dec	01-Feb	25-Oct	07-Sep	15-Mar	14-Feb	7-Mar	13-Sep	22-Feb	15-Nov	11-Oct	28-Feb	13-Dec
Pack Up (8-10 volunteers)		05-Oct	07-Dec	23-Nov	22-Feb	19-Oct	07-Sep	02-Nov	24-Jan	25-Oct	15-Mar	28-Feb	7-Mar	11-Oct	13-Dec	14-Feb	15-Nov	13-Sep

- 3. Canteen.** The canteen requires three volunteers each meet to assist the Canteen Coordinator, it's great way to meet parents and athletes each week. One volunteer will need to BBQ cook and you get to help our in our fantastic new kitchen!
- 4. Event Officiating.** Each throws and jumps station and the track events require Event Officials.
  - Front straight – four officials (starter, starter marshal, timekeeper, finish marshal)
  - Back straight – four officials (starter, starter marshal, timekeeper, finish marshal)
  - Distance – three officials (starter, timekeeper and helper (2 out of 3 weeks)
  - Walks – six officials (starter, timekeeper and 4 judges (1 out of 3 weeks)
  - Hurdles – two officials on hurdles (2 out of 3 weeks)
  - Long Jump – one official at long jump A, B, C & D
  - High Jump – one official at high jump A, B & C
  - Discus – one official at disucs circle A & B
  - Shot Put – one official at shot put circle A, B & C
  - Javelin – one official at javelin
  - Vortex – one official at vortex

Signing up for event officiating is a great way to become proficient at one particular event and then you can share your knowledge with other parents and athletes.

- 5. Age Group Marshalling.** Marshals are required for each a group. The role of the age marshal is to move the athletes from event to event and at field events, instruct the athletes, collect and return shot puts/discuses, rack the long jump pit, move the high jump bar, measure throws/jumps and record results. The number of age marshals required for each group are as follows:
  - Tiny Tots – 2 age marshals (no results recording required)
  - U6 groups – 3 age marshals





- U7 groups – 3 age marshals
- U8 groups – 3 age marshals
- U9 groups – 2 age marshals
- U10 groups – 2 age marshals
- U11 groups – 2 age marshals
- U12 groups – 2 age marshals
- U13 groups – 1 age marshal
- U14+ groups – 1 age marshal

If a particular age group is large enough to warrant splitting into 2 groups each week (ie U11 boys group 1 and U11 boys group 2) double the number of age marshals listed above will be required.

The role of the age group marshal should not be underestimated. Their role is crucial in ensuring the orderly running of meetings. Little Athletics Centres are judged as much by the behaviour of the competing children as by their athletic performances. Some rules to follow are:

- Children should walk in an orderly group with their marshals when proceeding to events.
- Running across the field is not permitted
- Spikes must not be worn between events and the wearing of spikes, with or without blanks, for age groups U10 and below is not permitted.
- Children should remain in order, clear of the event, while waiting for their individual turn.
- For safety reasons, under no circumstances should any child play with spare discus, javelin or shot put equipment or cross the throwing sectors while events are in progress.
- If there is a delay before starting the next event, marshals should try to find something for the children to do.
  - For the little children, use the games leaflet provided.
  - For the older children, maybe coaching or exercises, if they are not amusing themselves productively.
- Children who continue to misbehave may be sent to a 'sin-bin' for one event. If their behaviour continues to be unsatisfactory, their parents may be asked to remove them from the meeting. Age marshals should speak to the centre manager or other committee members if there are concerns within their age group.

A duty roster will be added to the Stack Team App the week leading up to the meet, please assign yourself to a volunteer position as early as possible. This will really help the meet start on time.

When you arrive for your volunteering session, please present to the officials desk to have your name sign off.

If you are unsure about volunteering, please don't be shy; come and see us at the official's desk. Sally our official's coordinator ([officials@toowongharriers.org.au](mailto:officials@toowongharriers.org.au)) will be available to answer any of your questions. The official's desk can generally be found in the tent adjacent the clubhouse and is easily spotted by the line of volunteers getting their names recorded! Alternatively, David our Centre Manager or any committee member are always available to answer your questions.



To thank you for volunteering, the family deposit portion of your fees will be refunded in approx. May 2025 when 10 volunteer sessions per family have been completed for the season. Please refer to the Parent Participation Deposit Refunds section for further information.



## 7. Parent Participation Deposit Refunds

The family deposit of \$100 is refunded at completion of the season (approx. May 2025) if:

- A parent/carer takes on a committee role throughout the season; or
- 10 volunteer sessions per family are completed for the season. It is important to ensure your volunteer session/role is correctly recorded so please make your way to our official's coordinator before the meet starts so your attendance can be recorded. This is regardless of using Team App to register for a volunteer session/role as we require a signature to know you actually turned up! Our official's coordinator can generally be found in the tent adjacent the clubhouse and is easily spotted by the line of volunteers.

We encourage and welcome parental assistance for as much as your family is able to assist and if you are able to assist at more than 10 meets, the committee and children would greatly appreciate it. No doubt, it will sometimes be required to ensure meets run smoothly.

## 8. Child Supervision Policy

It is centre policy that all athletes participating in centre meets and training sessions must have a parent/guardian present at the venue for the duration of the meet/session. This is for safety reasons should your child become injured or fall ill. It is also in the case of the meet/session ending early due to a weather event and on some occasions an age group may finish earlier than scheduled. In this case it places an unfair burden on the age marshals and volunteers to care for children until they are collected.

Whilst it is our preference for all parents/guardians to remain at the meet/ session, we recognise that this cannot always happen. If circumstances prevent you from remaining, you are asked to nominate a parent who is known to you and your child, who is remaining at the meet/session to act as a contact. Please complete the Child Supervision Register at the recording desk before leaving the venue.

In the event of a medical emergency involving your child, the age marshal is still responsible for looking after the rest of the children in their group and in most cases will not be able to fulfil the role of guardian.

## 9. COVID-19

There are currently no COVID-19 restrictions to community sport outlined by the State Government. Athletes and spectators do not have to be double-vaccinated to attend community sport.

For members who have tested positive to COVID or are a close contact for someone who has tested positive, home isolation is an effective way of reducing the spread.

Queensland Health strongly recommends that you stay at home and isolate until you no longer have respiratory symptoms and that you have gone without fever for 24hrs, without using paracetamol or ibuprofen.



## 10. Registration

Children must be over five and under 17 years of age on the 31<sup>st</sup> December 2024 to be eligible for registration for the 2024-25 season.

Only registered (and paid-up) children are permitted to participate in Little Athletics meetings with the exception of new members trying out at no more than two consecutive meetings. A form is required to be completed first.

Trialists are required to register – the cost is \$10 for 2 consecutive meets. This fee will come off the registration fee if the athlete decides to join.

Each athlete will be provided with a registration label and age label which must be sewn onto the centre uniform.

The instructions for the placement of the labels can be found in the [Center Uniform](#) section.

The LAQ current season fees are:

- U6 (born 2019) \$150.00  
U7/U8 (2017/2018) \$215.00  
(Includes regional relay and championship entry fees)
- U9 - U17 (2008 - 2016) \$250.00
- Tiny Tot (see [Tiny Tots](#) section) \$67.00  
Family Participation Deposit\* \$100.00  
(per family)

\*Deposits are refundable if 10 volunteer sessions per family are completed in the season. Please refer to the [Parent Participation Deposit Refunds](#) section for further information.

The senior club (QA) membership for 24/25, running from 1<sup>st</sup> October through to 30<sup>th</sup> September 2025 will be \$48 club fee + a nominal \$12 (QA base membership) fee. This covers the years membership, access to club training equipment and facilities on set days throughout the Summer season and Thursday night general / middle distance / XC conditioning training all year. Also covered is entry into both the QA Relay Championships and Qld XC Relay Championships. 24/25 registered LAQ athletes wishing to compete in the QA season are eligible for a \$25 discount (\$48 to \$23).

### REGISTRATIONS KIM MIERS

Contact:

[registration@toowongharriers.org.au](mailto:registration@toowongharriers.org.au)



# 11. Centre Uniform

Athletes are required to wear the club uniform at all little athletics events.

The uniform is available for purchase at the Introduction to Athletics days and all centre meets.

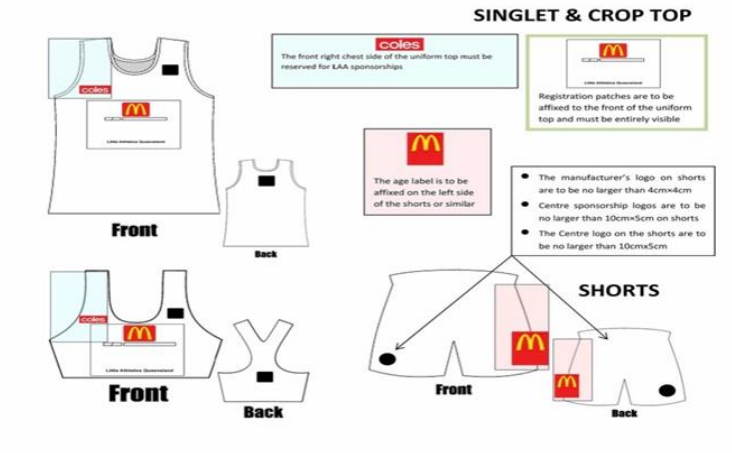
Please make use of the online shop located on the Toowong Harrier’s website. At the start of the season, your uniform will be packaged in the membership pack for easier collection.

Throughout the season, uniforms can also be purchased online and ready for collection at centre meets.

After registration, each athlete will be provided with a membership pack which includes an age label, registration number and sponsor's badge. On polo shirts, the age label **must** be sewn on the left shirt sleeve, preferably on three sides only, thus forming a pocket. The registration number **must** be sewn on the front of the shirt and sponsor's badge on the sleeve or chest. Placement of these items on the singlets and crop tops will vary as seen below.

**UNIFORM OFFICERS**  
**ALEJANDRA PENARANDA**

Contact:  
[uniforms@toowongharriers.org.au](mailto:uniforms@toowongharriers.org.au)



The uniform consists of the following items:

Top	Bottom
<p>For sun safety athletes should wear the centre uniform of a white polo shirt with royal blue sleeves.</p> <p>LAQ have indicated that the age restriction for use of singlets and crop tops is left to the discretion of the individual clubs. Toowong Harriers have elected to make these items available only to athletes in the U13+ ages. All younger age groups will be provided with polo shirts.</p> <p>Orders will be reviewed for next season based on expressed interest through the uniform shop.</p>	<p>Athletes are required to wear shorts, bike pants, racing briefs or compression garments in either royal blue (approved centre colour) or predominantly black.</p> <p>Walk events – all bottoms shall be above knee length</p> <p>All other events – Full length compression garments or tights <b>MAY</b> be worn</p>



## 12. Season Calendar

The season calendar is a selection of key shield meets, competitions and events that the club hosts and encourages members to support. There is no requirement for athletes to register for our centre meet. Just turn up on the day and have fun!

The calendar indicates which meets are considered when determining the various awards that form part of the Toowong Harriers Little Athletics Centre athletics season. Points are awarded according to the designation below.

Date	Event	Times	Location	Notes	Event Type
Sat 17 Aug	Registration pack and Uniform collection	3pm-4pm	Jack Cook Park		
Sat 24 Aug	Intro to Little Athletics Registrations/Uniforms	2pm-5pm	Jack Cook Park	New athletes/parents	**
Sat, 31 Aug	Afternoon Meet	3pm-6pm	Jack Cook Park		A
Sat, 7 Sept	Afternoon Meet	3pm-6pm	Jack Cook Park		A
Fri, 13 Sept	Evening Meet	6pm-9pm	Jack Cook Park		A
<b>SCHOOL HOLIDAYS (Sat, 14 Sept – 29 Sept)</b>					
Sat, 5 Oct	Afternoon Meet	3pm-6pm	Jack Cook Park		AB
Fri, 11 Oct	Evening Meet	6pm-9pm	Jack Cook Park		AB
Sat, 19 Oct	Afternoon Meet	3pm-6pm	Jack Cook Park		AB
Fri, 25 Oct	Evening Meet	6pm-9pm	Jack Cook Park		AB
Sat, 26 Oct	Coles Summer Carnival	8am-5pm	State Athletics (Nathan)	U7+, Register via Results HQ	
Sat, 2 Nov	Afternoon Meet	3pm-6pm	Jack Cook Park		AB
Fri, 8 Nov	Relay Training Evening	6pm-8pm	Jack Cook Park		
Sun, 10 Nov	Regional Relay Day	8am – 3:30pm	UQ (St Lucia)	U7+ Registration incl.	
Fri, 15 Nov	Evening Meet	6pm-9pm	Jack Cook Park		AB
Sat, 23 Nov	Afternoon Meet	3pm-6pm	Jack Cook Park		AB
Sat, 30 Nov	State Relay Champs	8am-5pm	State Athletics (Nathan)	U9+, Qualify at Regionals	
Sat, 7 Dec	Twilight Meet	4pm-7pm	Jack Cook Park		AB
Fri, 13 Dec	Evening Meet	6pm-9pm	Jack Cook Park	Christmas Party	
<b>SCHOOL HOLIDAYS (Sat, 14 Dec – Mon, 27 Jan)</b>					
Fri, 24 Jan	Evening Meet	6pm-9pm			
Sat, 1 Feb	Western Suburb Games	3pm-6pm	Jack Cook Park		AB
Sat, 8 Feb	Regional Championships	8am – 4:30pm	UQ	U7+ Registration incl.	
Sun, 9 Feb		8am – 4:30pm	(St Lucia)		
Fri, 14 Feb	Evening Meet	6pm-9pm	Jack Cook Park		AB
Sat, 22 Feb	Centre Championships 1	3pm-6pm	Jack Cook Park		AB
Fri, 28 Feb	Centre Championships 2	6pm-9pm	Jack Cook Park		A
Sat, 1 Mar	McDonalds Combined Event	8:20am – 4:30pm	State Athletics (Nathan)	U7+ multi event, Register via Results HQ	
Sun, 2 Mar					
Fri, 7 Mar	Centre Championships 3	6pm-9pm	Jack Cook Park		A
Sat, 15 Mar	Afternoon Meet	3pm-6pm	Jack Cook Park		A
Fri, 21 Mar	State Championships	3:30pm-9pm	QSAC (Nathan)	U9+, Qualify at Regionals	
Sat, 22 Mar		8:30am-7:30pm			
Sun, 23 Mar		8:30am-4:30pm			
Sun, 30 Mar	Awards Presentation / Committee Nom's	3pm-5pm	Jack Cook Park		

**NOTES:**

A – Meet open to Open age athletes (must be Toowong Harriers QA member) - \$6/meet. Open age compete with U15+ athletes.

B - Points count for Laurie Baartz (improvement) Awards

\*\* Intro to Little Athletics days are scheduled primarily for new athletes to try an assortment of events and for younger athletes to receive instruction in new events. Purchasing of uniforms and registration queries.

\*\*\* Further Detail on the Competitive Events (highlighted in grey) can be found on the Little Athletics Queensland website. Competitors (U7+) must advise the Team Manager of nominated events (or withdrawal) by the following closing dates:

- Regional Relays – Sat 26 October, 2024
- Regional Championships – Sat 1 February, 2025

TOOWONG GIFT 3,000M – SUNDAY 6 OCTOBER



## 13. Types of Meetings

### Introduction to Athletics Day

These are non-competition events at the beginning of the season and are intended to introduce parents and athletes to Little Athletics procedures and rules. The date is included in the season calendar. All new athletes and parents should try to attend.

### Weekly Centre Meetings

Centre meets are conducted at Jack Cook Park, spread evenly between Friday evenings and Saturday afternoons. This is intentional to allow athletes who have other sporting commitments the opportunity to attend at least half of the meets. Please refer to the [Season Calendar](#) section for more information.

At Friday evening meets food is available from the canteen. Warm clothing is sometimes needed for evening meetings in September and October.

The meet commences with an update from our Centre Manager or President.

Athletes assemble in their age groups, carry out a warm-up routine and then take part in a scheduled program of five events (two field, usually three track; possibly some games or fitness circuits for the younger age groups) proceeding from event to event in the charge of age marshals. The weekly program varies each week so that each age group has a balanced frequency of events throughout the season.

Coaching sessions will not be held during the centre meets. Please refer to the [Coaching](#) section for more information.

### Centre Championships

The Centre Championship meets are held near the back end of the season and will include all events for each age group over the course of the championships.

Ribbons are awarded for first, second and third in each event, in each age group. Participation ribbons are awarded to all.

This will be the one of the last opportunities for athletes to try to attain that elusive colour level and to earn points for the Centre Champion trophy!

### Additional Competitive Opportunities

#### Western Suburb Games

The Western Suburbs Games, involving Centenary, Kenmore and our centre, are held annually in February. The Western Suburbs compete for a perpetual Shield but the atmosphere is quite informal. This year Toowong is hosting the event on Saturday 1st February, 2025.



### Regional Relays

Regional Relays will be held during November at UQ, Saint Lucia. The event is hosted by clubs on a rotational basis. Please check the season calendar for this years dates. We would like to see as many of our athletes as possible attending.

Regional Relays provide an opportunity for athletes (U7 – U17) to compete in teams. We feel there is a need to foster a ‘team spirit’ in our athletes and relay events are often the only opportunity we have for competing in team events. Regional Relays is also a means for qualifying for the McDonald’s State Relay Championships.

Regional Relays include both track and field events. In field events, athletes compete in two-person teams in a selection of events, where the team score is the sum of the individual performances.

Regional Relay events include:

Age Group	Events				
U7	4 x 70m	4 x 100m	Long Jump	Discus	
U8	4 x 70m	4 x 100m	Long Jump	Shot Put	
U9	4 x 100m	4 x 200m	High Jump	Shot Put	Discus
U10	4 x 100m	4 x 200m	High Jump	Long Jump	Shot Put
U11	4 x 100m	Swedish Relay	Long Jump	Shot Put	Discus
U12	4 x 100m	Swedish Relay	High Jump	Long Jump	Discus
U13	4 x 100m	Medley Relay	Long Jump	Shot Put	Discus
U14	4 x 100m	Medley Relay	High Jump	Long Jump	Shot Put
U15	4 x 100m	Swedish Relay	High Jump	Long Jump	Discus
U16	4 x 100m	Swedish Relay	Long Jump	Shot Put	Discus
U17	4 x 100m	Swedish Relay	Long Jump	Shot Put	Discus

The Swedish relay consist of a 1,000m relay with 4 legs run in the following order: 100m/300m/ 200m/400m. The Medley relay is 1,600m, run in the following order: 200m/200m/400m/800m.

Athletes may compete in higher age groups and girls can compete in boys’ events, but no competitor can plan to compete in the same event in two age groups. Parents should note that this is an all-day event from 8:00am to 4:00pm.

Regional Relays will be postponed to TBA if washed out by heavy and continuous rain or thunderstorms.

Our team manager ([teammanager@toowongharriers.org.au](mailto:teammanager@toowongharriers.org.au)) is responsible for completing the team nominations. Each athlete may nominate to participate in a maximum of five events. Athletes must notify the centre if they are not available for Regional Relays. Team App will provide communication about cut-off dates for athletes to communicate their lack of availability. U7 and U8 athletes receive participation medals.

Please refer to the [LAQ website](#) for further information.

Nomination Fee: Included in Toowong Harriers membership fees. This portion of the fee is not refundable.

### McDonald’s State Relay Championships

The first three placed teams in each event in the Regional Relays (except the U7 and U8) qualify to compete in the McDonald’s State Relay Championships held during December at the State Athletics Facility, Nathan.

It is important that we try to keep the qualifying teams together if possible. In cases where qualifying athletes will be unavailable for the McDonald’s State Relay Championship, our team manager ([teammanager@toowongharriers.org.au](mailto:teammanager@toowongharriers.org.au)) should be advised immediately.

**TEAM MANAGER  
BEN WALLACE**

Contact:  
[teammanager@toowongharriers.org.au](mailto:teammanager@toowongharriers.org.au)





The McDonald's State Relay Championship will be postponed only in extreme circumstances to a date to be advised.

Please refer to the [LAQ website](#) for further information.

Nomination Fee: Included in Toowong Harriers membership fees.

### Coles Spring Carnival

The Coles Spring Carnival will be held on during September at Bundaberg Region Athletics Facility, Enid Ethel Drive, Bundaberg.

The Spring Carnival is open to all U7 – U17 LAQ registered athletes. The competition provides a means for athletes a chance to gain additional competition towards the end of or leading into the LAQ season and leading into the higher-level school competitions.

To foster team spirit, all athletes registered with a LAQ Centre, through their competing, will earn points towards the Competition's Centre Weighted Points Trophy.

Spring Carnival 100m Gift Races are also included in the program. The first placed athletes in the U9 – U17 age groups are offered an opportunity to compete in a handicapped race using starting distances calculated on each competing athlete's 100m times.

The main purpose of the day is for athletes of all abilities to have an enjoyable day's competition and foster new friendships. Athletes can nominate for up to 5 events of their choice.

Please refer to the [LAQ website](#) for further information.

Register via [Results HQ](#).

Nomination Fees: \$20 per athlete.

### Coles Summer Carnival

The Coles Summer Carnival will be held on during October at the State Athletics Facility (SAF) Nathan, Brisbane.

This event aims to give all registered athletes in U7 – U17 age groups the opportunity to take part in a large-scale competition, without any of the pressures associated with a Championship. Additionally, it allows the athletes of the U13 age group to register performances that the State Team selectors may need to refer to later in the season when selecting the State Team.

The main purpose of the day is for athletes of all abilities to have an enjoyable day's competition and foster new friendships. Athletes can nominate for up to 5 events of their choice.

Please refer to the [LAQ website](#) for further information.

Register via [Results HQ](#).

Nomination Fee: \$20 per athlete.



### McDonald's Combined Event Championships

The McDonald's Combined Event Championships will be held over a weekend during March at State Athletics Facility (SAF) Nathan, Brisbane.

This Combined Event is for U9 – U17's and offers participation for U7 – U8's. The number of combined events per age group is a graduated increase to reduce undue pressure on younger athletes and encourage athlete's development. A strong emphasis is on the participation of children in a wider range of events, rather than the early specialisation in one or two specific events.

Additionally, the State Team Selectors will refer to the U15 Heptathlon results when selecting athletes for the State Team. The Combined Event is considered one event; therefore, athletes failing to start or make a trial, in any of the set events of the Combined Event will not be allowed to take part in the remaining events per the LAQ Rules.

The format is as follows:

- Eligible U9 – U12 athletes may nominate for one (1) combined event.
- Eligible U13 – U17 athletes may select more than one combined event, provided the two combined events selected are programmed on different days.
  - U13's and U14's may nominate for the Pentathlon and one Triathlon, or only two Triathlons.
  - U15's – U17's may nominate for two Triathlons or the Heptathlon.

Please refer to the [LAQ website](#) for further information.

Register via [Results HQ](#).

Nomination Fee: \$20 per athlete.

### Regional Championships

Regional Championships will be held over a weekend during February at UQ, Saint Lucia. Toowong Harriers will host the event this year.

Regional Championships primarily provide friendly regional competition for all athletes in the U7 – U17 age groups. A maximum of five events may be entered by each athlete. No special qualifications are necessary and the usual spirit of having fun predominates.

Our centre is a part of the Metropolitan West Region. Currently there are five other centres in the region:

- Centenary
- Ipswich
- Kenmore
- Rosewood
- Souths

U9 – U17 athletes competing who place 1<sup>st</sup> – 4<sup>th</sup> in their event may progress to the McDonald's State Championships.

U7 and U8s, however, do not go on from the Regional level competition to compete in the State Championships. If the Regional Championships are washed out, they will be held the following week

Nominations will be accepted from athletes who have competed in four or more centre meets before the Christmas break. If athletes have not competed in at least four meets before the Christmas break, approval to nominate can be sought from the committee. Please email the centre manager at



manager@toowongharriers.org.au with the details. Committee meetings are usually held on the third Thursday of each month so please ensure the email is received well before the nomination cut-off date.

Please refer to the [LAQ website](#) for further information.

Register via [Results HQ](#).

Registration Close: TBA

Nomination Fee: Included in Toowong Harriers membership fees.

### McDonalds State Championships

The State Championships will be conducted in March at the State Athletics Facility, Nathan.

This event is the season climax for our more talented athletes who qualify via the Regional Championships.

The U13 State Team (26 athletes – 13 Boys and 13 Girls) is selected at these Championships. The performance of the U13's at this event plays a significant part in their selection.

NB: The location for State Championships is held in FNQ every four years (next to be 2027). Our Centre offers an incentive and assistance to those who qualify for States. All athletes who attend States in FNQ will be provided with up to \$250 to assist with travel costs for the event.

Please refer to the [LAQ website](#) for further information.

Nomination Fee: Included in Toowong Harriers membership fees.

Nominations:

- U9 – U17 athletes qualifying 1st – 4th from the Regional Championships can nominate.
- In addition to the above, U9 – U17 by competing at the Regional Championships and achieving a 'Qualifying Performance Level' also qualify and can nominate.

### Australian Little Athletics Championships

The Australian Little Athletics Championships (ALAC) will be held for selected athletes in the U13 and U15 age groups in April 2025. The ALAC encompasses the Australian Teams Championships for U13 athletes and the Australian Combined Event Championships for U15 athletes. The 2024 and 2025 ALAC will be take place in Adelaide.

Although recognition is given to individual place-getters, the emphasis is on team performance and the main focus is on the team point scores.

The U13 team of 13 boys and 13 girls will be picked following the State Championships.

The ALAC is a teams competition, not an individual championship, so selection of team members is based on maximising team points. Team members are chosen on the basis of how many points they are likely to earn for the team, based on their performances at the State Championships and other Little Athletics meetings. LAQ produces a booklet titled 'State Team Selection Criteria and General Information' which contains a table of point scores, based on average placing in past Australian Little Athletics Championships. Please contact the centre manager to borrow a copy of this.

To be eligible for team selection, outstanding performances in more than one event are usually required.

The U13 team events;

- Boys & Girls: 100m, 200m, 400m, 800m, 1500m, 80m hurdles, 200m hurdles, 1500m walk, 4 x 100m team relay, long jump, triple jump, high jump, shot put, discus and javelin.

The U15 team consists of three boys and three girls, who compete for points in a heptathlon;



- Under 15 Boys: 100m Hurdles, Discus, Long Jump, 100m, High Jump, Javelin, 800m
- Under 15 Girls: 90m Hurdles, Shot Put, High Jump, 200m, Javelin, Long Jump, 800m two of the boys and two of the girls will also combine to form a 4 x 100m relay team.

The centre must also certify that each athlete selected (U13 and U15) has participated in at least 50 per cent of centre level meetings (or has a genuine reason for not complying).

Please refer to the [LAQ website](#) for further information.

## Other Club Opportunities

### Queensland Athletics (QA)

For athletes U12 – U17 a dual Little Athletics/Queensland Athletics membership is available.

QA run a series of meets from October until March. A small additional meet fee is payable (see [registration](#) section). These meets are suitable for athletes looking for higher level competition.

More information is available on the [Queensland Athletics website](#).

### Distance and Cross-Country

Queensland Athletics (QA) run a cross country series during the early winter months of April to June. There are eight series events and Toowong Harriers usually hosts one race.

To compete at cross country events, you must be a QA member.

U12 and above Toowong Harriers athletes may wish to consider joining QA (at a reduced fee) for the winter season. Please refer to our [website](#) for more information or contact our Winter Coordinator at [winter@toowongharriers.org.au](mailto:winter@toowongharriers.org.au) or President at [president@toowongharriers.org.au](mailto:president@toowongharriers.org.au).

### Toowong Gift (3000 metres)

The sixth annual Toowong Gift will be held on Sunday October 6th at Jack Cook Park. This event is a 3,000m track race open to all members, parents and friends and community. This is a Bronze Level Queensland Athletics event. Prizes will be awarded. We hope all families attend.

Events held will include:

- 1000m Junior Dash for children aged to 12 years
- 3000m Junior Gift – Youth category (U12-U17)
- 3000m Gift – Open Category
- 3000m Gift – Masters Category (35+)

Please refer to our [website](#) for more information.

Register via TBA

Nomination Fee: TBA.



## 14. Nominations

A number of meets and carnivals require athletes to nominate for particular events and pay the appropriate entry fee. For Season 2024-25 the events and dates are as follows:

Regional Relays and Regional Championships nominations are prepaid within your membership fee. Our team manager (teammanager@toowongharriers.org.au) is responsible for completing the team nominations.

All other carnivals (including Coles Summer Carnival and McDonald's Combined Event), athletes/parents are responsible for their own nominations via ResultsHQ.

Carnival/Meeting	Event date	Nomination Due Date
<b>Coles Spring Carnival</b>	21 September 2024	9 September 2024
<b>Coles Summer Carnival</b>	26 October 2024	7 October 2024
<b>Regional Relay Day (prepaid)</b>	10 November 2024	19 October 2024
<b>Regional Championships (prepaid)</b>	8/9 February 2025	TBA
<b>McDonalds Combined Event (Multi)</b>	1/2 March 2025	TBA



## 15. Coaching

Toowong Harriers offer a range of coaching options to suit beginner, intermediate and more advanced athletes. Athletes who attend coaching often see vast improvements as they work on their technique. Our offerings include:

- Tuesday fundamentals coaching – running/jumping/throwing.
- Thursday coaching – horizontal jumps/throws/middle distance running
- Sunday specialist coaching – track/jumps/throws
- Squad coaching – certain specialist events only (subject to coach availability)
- Athletic development and guidance for athletes progressing to Queensland Athletics competition as part of a pastoral care approach to athletic development and wellness.

Meet our coaches:

- Joanne Lane – Level 2 Club coach, Level 3 Performance Coach in Jumps, Sprints & Hurdles. Also Advanced in Throws, Jumps, Young Athletes & Multi Events and Level 1 Strength & Conditioning.
- Lauren Somerville – Level 2 Club coach. Level 3 Performance Coach in Jumps, Sprints & Hurdles.
- John Davis – Level 4 Senior IAAF Coach - Advanced in Long/Triple Jump, Steeple Chase, Middle & Long Distance.
- Ian Thompson - Level 4 Specialist Event Coach – Throws, Jumps, Sprints, Hurdles, Relays. Level 3 Advanced Group Coach, Athletes with disabilities.
- Sean Josey –Level 2 Club Coach – Cross Country, Middle Distance, junior coach
- Acceleration Coaching team - & Agility Training.

All coaching sessions will be advertised on Team App. Please ensure that you sign up for the sessions to ensure your place. Many sessions will have limited places.

### In-Meet Coaching

Whilst Toowong Harriers no longer schedules 'In-meet' coaching, age marshals and event chiefs are encouraged to assist athletes with technique and feedback, particularly early in the season.

We encourage athletes to attend our coaching sessions to gain basic technique coaching for all events.

### Tuesday Coaching

On Tuesdays between 4pm – 5.30pm from the 2<sup>nd</sup> week of school term 4 and throughout the season, we run coaching sessions at Jack Cook Park.

The afternoon is divided into two 45 minute sessions and athletes are divided into three groups. The Tuesday sessions are focused on introducing athletes to the basic technique of all their events.

Weekday coaching is not compulsory to attend, however it is included as part of each athlete's registration fees. If the athlete is able to attend any or all coaching sessions, they will benefit from the skills and exercise provided.



## Thursday Coaching

On Thursdays between 5pm – 6pm, jumps and throws will be offered in rotation as follows:

- Triple Jump – U11+
- Long Jump – U9+
- Javelin – U11+
- Discus – U9+
- Shot Put – U9+

These sessions will continue throughout the season based on level of attendance.

Middle distance training will take place from 6pm -7pm and continue throughout the year. This is open to both our Senior Club (QA), and Little Athletics Centre (LAQ) members (U9+). Parents are encouraged to attend and run with their children. This is a great way to build and maintain general cardio conditioning. The focus of this session is endurance, fitness and interval work.

## Sunday Specialist Coaching

On On Sundays between 7.30am – 10.30am, specialist coaching will be offered to our U9+ athletes. The athletes will generally be split into two groups of U9/U10 and U11+. The following events will be offered in rotation throughout the season:

7.30am – 8.30am

- Walks, approximately every fortnight

8.30am – 9.30am and 9.30am – 10.30am

- Hurdles – U9+
- Sprints – U9+
- Long Jump – U9+
- Triple Jump – U11+
- Scissor High Jump – U9/U10
- Fosbury Flop High Jump – U11+
- Javelin – U11+
- Discus – U9+
- Shot Put – U9+

Sessions will be advertised on Team App.

## Coaching - Expectations

When athletes attend our coaching session, please note the following code of conduct:

- Please sign your child in for coaching via the Toowong Harriers TeamApp.
- Parents/Guardians/Babysitters of athletes U12 years of age must remain on site, at Jack Cook Park. You may nominate another parent/adult whom your child knows to be responsible for your child, but this must be registered in the Toowong Harriers Team App at sign in.
- Please assist the coach to set up and put away the equipment, don't just run off at the end.



- We ask that children come along prepared to participate, listen and try their hardest.
- Parents, if there are large groups of children (particularly early in the season), we would appreciate it greatly if you could offer to assist the coaches. Even if it is working on some drills with a small group of children whilst others are getting one on one instruction. We want the children to get as much out of these sessions as possible.
- Bullying behaviour is not tolerated at Little Athletics and we pride ourselves in being an inclusive centre for children of all abilities and backgrounds. Please celebrate the diversity of our athletes and the improvement and effort of all athletes with equal encouragement.
- Athletes who are misbehaving or acting inappropriately may be asked to sit out for 10 minutes if they are disrupting the session. Usually this will prove successful in regaining the child's focus. We ask that you support us in this decision. However, where athletes show little/no interest in being in the coaching session the coach may ask the parent to take the athlete home.
- Remember, enjoy yourself and have fun! Improvement takes practice!





## 16. Program of Events

Event programs are scheduled to ensure that all events for each age group are balanced, and that each event is offered at least four times in the season.

Athletes will participate in five events (taken from the table below) at each centre meet, consisting of a minimum of one sprint or hurdle event, one distance or walk event, one throw and one jump event.

Generally, the track runs almost continuously, sometimes with a distance event in the innermost lanes and concurrent sprints in the outer lanes or sprints on both straights. Similarly, field events must be run to schedule and the right stations - delays with one group can lead to a late finish for all.

**PROGRAM OFFICER  
TESSA MORRISON**

Contact:

[program@toowongharriers.org.au](mailto:program@toowongharriers.org.au)

Group	Event	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Hurdles	60m	C	C	Z	S	S							
	80m						S	S	S	Sg			
	90m									Sb	Sg	Sg	
	100m										Sb	Sb	Sg
	110m												Sb
	200m								S	S			
	300m											S	S
Sprints	50m	C	C										
	70m	C	Z	Z	S	S							
	100m	C	Z	Z	S	S	S	S	S	S	S	S	S
	200m	C	Z	Z	S	S	S	S	S	S	S	S	S
Distance	300m	C											
	400m			C	S	S	S	S	S	S	S	S	S
	500m		C										
	700m			C									
	800m				S	S	S	S	S	S	S	S	S
	1500m						S	S	S	S	S	S	S
Walks	300m	C	C	C	C								
	700m			C	S	C	C						
	1100m					S	S	C	C	C	C	C	C
	1500m							S	S	S	S	S	S
Throws	Vortex	C	C	C	C	C							
	Discus	C	Z	Z	S	S	S	S	S	S	S	S	S
	Shot Put	C	Z	Z	S	S	S	S	S	S	S	S	S
	Javelin						S	S	S	S	S	S	S
Jumps	Long Jump	C	Z	Z	S	S	S	S	S	S	S	S	S
	High Jump			C	S	S	S	S	S	S	S	S	S
	Triple Jump						S	S	S	S	S	S	S

S – Event conducted at all levels (Centre, Regional, and State) – LAA **Standard** events

Z – Event conducted at Centre and LAQ meetings only

C – Event conducted at Centre level only – LAQ **optional** events

b – Event for boys only

g – Event for girls only

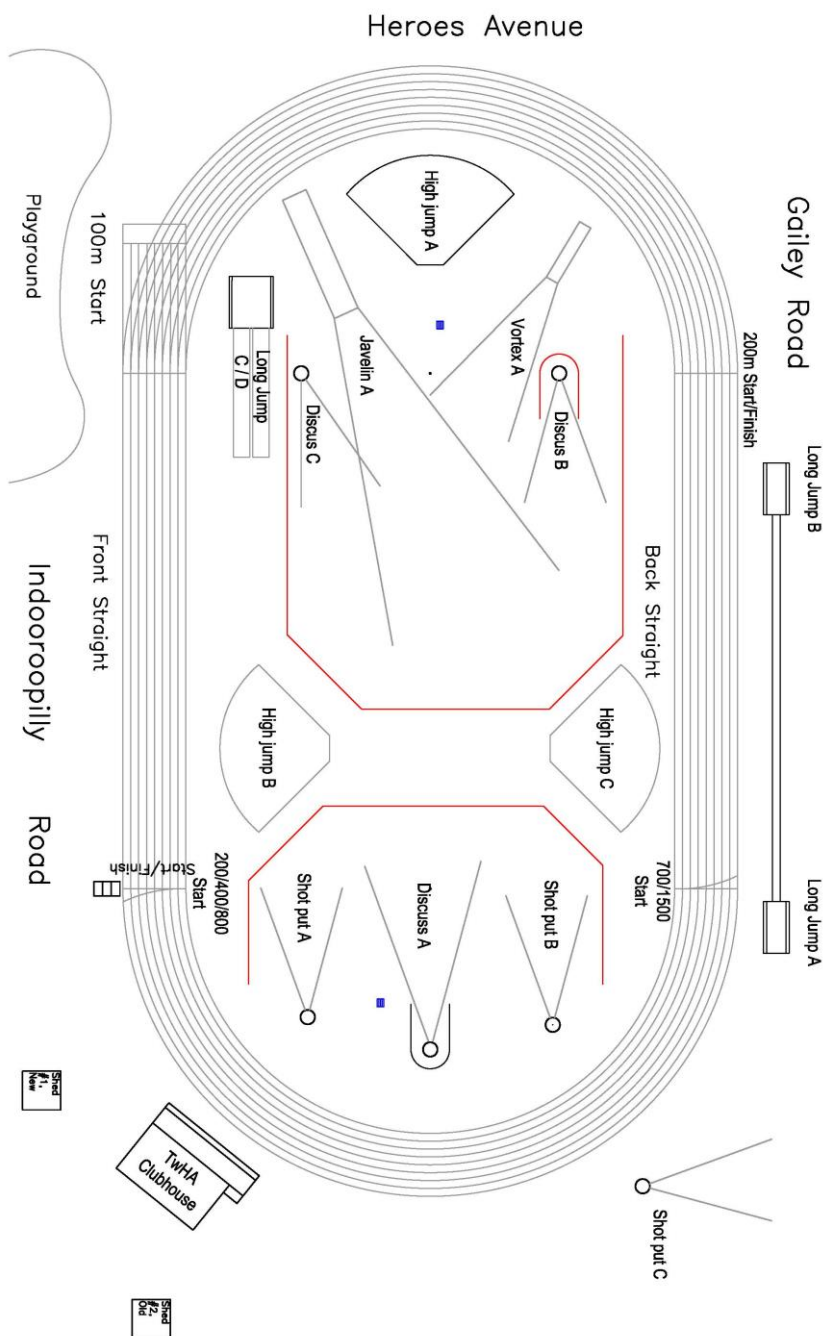


# 17. Grounds

The map below shows the layout of the oval at Jack Cook Park, including start/finish locations and field event stations. All locations will be sign-posted during meets throughout the season.

**GROUNDS OFFICER  
DARREN ALDRIDGE**

Contact:  
[grounds@toowongharriers.org.au](mailto:grounds@toowongharriers.org.au)





## 18. Equipment

The Toowong Harriers Athletics Centre has a full set of equipment, including triplicate sets of throwing items, a set of 80 four-height hurdles and four sets of high jump mats.

Specifications for hurdles and throws appear in the tables below.

Please ensure you return equipment to the sheds after each meet. If any equipment is broken or damaged, please contact our equipment officer.

**EQUIPMENT OFFICER  
CHRIS SCOTT**

Contact:  
equipment@toowongharriers.org.au

### HURDLES

AGE	DISTANCE (M)	HEIGHT (CM)	RUN IN (M)	NO. @ SPACE
7	60	30	12	6 @ 7m
8	60	45	12	6 @ 7m
9	60	45	12	6 @ 7m
10	60	60	12	6 @ 7m
11	80	60	12	9 @ 7m
12	80	68	12	9 @ 7m
13, 14G	80	76	12	9 @ 7m
14B, 15-16G	90	76	13	9 @ 8m
15-16B, 17G	100	76	13	10 @ 8.5m
17B	110	76	13.72	10 @ 9.14m
13	200	68	20	5 @ 35m
14	200	76	20	5 @ 35m
15-17	300	76	50	7 @ 35m

	Girls				Boys			
Age	Discus	Shot	Javelin	VORTEX	Discus	Shot	Javelin	VORTEX
6,7	350g	1kg (Blue)	n/a	300g	350g	1 kg (Blue)	n/a	300g
8	500g	1.5kg (Yellow)	n/a	300g	500g	1.5kg (Yellow)	n/a	300g
9,10	500g	2kg (Orange)	n/a	n/a	500g	2kg (Orange)	n/a	n/a
11	500g	2kg (Orange)	400g	n/a	500g	2kg (Orange)	400g	n/a
12	750g	2kg (Orange)	400g	n/a	750g	2kg (Orange)	400g	n/a
13	750g	3kg (White)	400g	n/a	750g	3kg (White)	600g	n/a
14	1kg	3kg (White)	400g	n/a	1kg	3kg (White)	600g	n/a
15-16, 17G	1kg	3kg (White)	500g	n/a	1kg	4kg (Red)	700g	n/a
17B					1.5kg	5kg (Green)	700g	n/a



## 19. Rules and Qualifications

Little Athletics competitions are conducted according to the Handbook of the IAAF (International Association Athletics Federation), except for:

### High Jump

For reasons of safety and technique development, the Fosbury Flop technique is not allowed for age groups below U11. A fair jump (for scissor technique) is therefore one where:

- The head of the athlete does not go over the bar before the leading foot (the foot closest to the bar at take off).
- The head of the athlete is not below the buttocks when the buttocks clear the bar.
- The athlete's foot touches the landing area before any other part of the body.

### Walks

There are a number of administrative rules for judging walks which are peculiar to Little Athletics. Details can be provided on request from the chief walk judge.

### Long and Triple Jump

Age groups up to U10 use a half metre board for these events instead of the standard 20cm take-off board. The board is covered in sand so that jumps can be measured from the leading edge of the imprint made by the jumper in the sand. For triple jump, the board may be placed at 3, 5, 7, or 9 metres from the pit, at the discretion of the jumper.

Jumps for U11-17 age groups are measured from the front of the take-off board. They use a standard (20cm wide) take-off board when available.

### 800 Metre Track Events

These races will sometimes start from a massed start near the regular finish line, rather than in lanes as set out in the IAAF Handbook. Laned starts apply at LAQ carnivals.

### Starting Blocks

Starting blocks may be used by U11 - U17 athletes in laned events. However, an effective crouch start, with or without blocks, depends very much on core body strength, which is rarely developed until the early teens.

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#### *Obtaining qualifications*

*The Centre is always in need of qualified officials. While it is appreciated that many parents and helpers want only to help out, we will be endeavouring during meetings to provide tuition in some of the more basic rules of competition. Multiple-choice examinations can be completed in order to receive formal qualifications as a Little Athletics official. Please contact our Centre Manager for more information.*

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## Medley and Swedish Relay

The standard distance 4x400m relay for U11-U17 has been replaced by

- U13 & U14 - Medley Relay - mixed distance relay consisting of two legs of 200m, one of 400m and one of 800m.
- U11, U12, U15, U16, U17 - Swedish Relay - mixed distance relay consisting of 300m, 100m, 200m, 400m.

## 20. Footwear

LAQ policy on footwear states that it is compulsory to wear shoes when competing in any Little Athletics event, at any venue. Also, the wearing of spike shoes, with or without blanks, is not permitted for age groups U10 and below. These athletes are best advised to wear appropriate lightweight footwear.

For the safety of all Toowong athletes and to avoid injuries (that may arise from broken glass, needle-stick etc.), it is imperative that we ensure full compliance with the footwear rule: no competing in bare feet.

Running spikes up to 7mm may be worn by age groups U11 and up in javelin, jumping and laned running events but only while actually competing. They must be removed immediately after the completion of each event (or at our centre, at the starting line, if necessary to retrieve shoes) and must be kept in a bag when not being worn.

Any athlete found wearing spikes between events risks being asked to leave. The LAQ spike shoe rules are shown in the following table:

Event/Age	U6-10	U11-12	U13-17
Laned		SS	SS
Unlaned		SB	SS
Relays		SB	SS
Walks		SB	SB
HJ/LJ/TJ/Jav		SS	SS

Blank = No spike shoes allowed

SS = Spike shoes with spikes

SB = Spike shoes with blanks or no spikes.



## 21. Insurance

When you join Little Athletics, your registration includes a small insurance premium (around \$5). This charge provides insurance not only for registered athletes, but also for all officials and voluntary workers.

The policy provides cover for all accidental injuries, which occur in any activities associated with Little Athletics, including travel to or from these activities.

For example, if you are involved in a car accident, or even if you trip and hurt yourself on the way to a Little Athletics meeting, you are covered.

Activities associated with Little Athletics include athletics meetings at Jack Cook Park and elsewhere, working bees, committee meetings and coaching (by centre coaches).

The policy provides both personal accident insurance and public liability insurance.

Thus you are covered by the personal accident policy if a centre member or athlete is injured, and by the public liability policy if you cause injury to, or damage the property of, a bystander when participating in any Little Athletics activity.

## 22. Sunsafe Policy

While the dangers of exposure to the sun are well documented, they are to some extent unavoidable in outdoor sport. However, we can all endorse, adopt and implement practices designed to minimise our risk.

Please ensure that, for daytime activities, the members of your family participating are adequately protected with sunscreen (30+ or greater recommended), hats (preferably broad-brimmed or legionnaire style) and any other individual needs e.g. sunglasses. Adults are expected to set an example and be responsible for ensuring that the policy is followed.

When helping out at daytime meets, each age marshal or person controlling the results folder should check that their assigned group is adequately protected for the day's conditions. Please note, sunscreen is available in the clubhouse (at no charge) should anyone forget to bring their own. Also, there are several trees in Jack Cook Park, which offer shade to athletes waiting to compete, and athletes should be encouraged to use it.

Remember, it is your responsibility to take adequate precautions.

## 23. Non-Smoking Policy

Smoking has not been permitted at Little Athletics meetings since the Queensland Little Athletics 1999 State Conference.

From 1 September 2016, it is an offence under Queensland legislation to smoke at or near under-age organised sporting events.





## 24. Young Athletes/Tiny Tots

In keeping with National Sports Policy, our younger athletes engage in a smaller range of events than the older athletes.

They may take part in organised games with a hint of athletic training between events. Some of these games are found in the LAQ publication *Play Training*. Also, the U6s may only participate at centre level meets (not Association, Regional or Multi-Event Days).

At this early stage, the emphasis is very much on play and fun rather than athletic prowess, although we do ensure they get sufficient aerobic exercise.

We provide a Tiny Tot Program (athletic activities but no measured performances, plus games) for siblings of registered athletes at all centre competition meetings.

## 25. Multiclass Athletes

The centre will endeavour to cater for athletes with disabilities, following guidelines issued by Little Athletics Queensland, modifying procedures as necessary to ensure maximum safe participation.

They will usually be included with able bodied athletes of the same age group.

Families are encouraged to discuss with us their individual athlete's disabilities and capabilities so we can optimise the experience.



## 26. Centre Records

Centre Best Performances are a 'best performance' by a TWH Little Athlete at any Little Athletics Competition, regardless of venue. The recorded event must be a 'blue level' McDonald's achievement level or higher to be recorded. Note – achievement levels are reviewed annually by Little Athletics, so there can be some discretion to award a record for a 'high red level'.

Process:

### a) Centre Meet

Field event – recording paperwork completed by age marshal and ratified by arena manager/ appropriate committee member.

Track – Results sensibility checked.

Results HQ will list new centre best performances. The Recording Officer should review the records after each meet. Performances meeting the criteria should be sent to President & Centre Manager for approval.

### b) External Little A Meets

Recording Officer should review if any centre records have been broken at external Little A meets (Relays and Other events). Update and accept these records in Results HQ.

### End of Season

- a) End of Season Awards Day – all record holders are acknowledged at annual awards day and presented with a certificate.
- b) Centre Best Performances Summary is updated and sent to the Secretary for publication.





## 27. Trophies and Awards

Throughout the season, incentive awards are made as encouragement to those who do not always win their events and also as a means of goal-setting for the more talented athletes.

### Mid Season Awards

#### Progress Award

**Presented:**

- Sat 19<sup>th</sup> October – October Award (covering Meets 1-5)
- Sat 15<sup>th</sup> November – November Award (covering Meets 6-9)
- Fri 14<sup>th</sup> February – Summer Award (covering meets 10-14)

\*Subject to change – dependant on weather

**Reward:** Prize and certificate.

**Sponsor for 2024/25 Season:** IMPI Sportswear.

Awarded to the boy and girl who achieve the greatest number of improved performances (personal bests - PB's) over the agreed competition meets.

(per calendar and subject to change per meet availability).

**Notes:**

1. Personal Best - to achieve a personal best, a first performance is recorded as a base and an improvement is measured against that performance.
2. Venue - Jack Cook Park & Western Suburb Games meet (other venues excluded from PB calculation)
3. Results HQ calculates the PB performance for the selected time period.

Responsible person - Records Officer.

### Encouragement Award

**Presented:**

- Sat 19<sup>th</sup> October – October Award (covering Meets 1-5)
- Sat 15<sup>th</sup> November – November Award (covering Meets 6-9)
- Fri 14<sup>th</sup> February – Summer Award (covering meets 10-14)

\*Subject to change – dependant on weather

**Reward:** Prize and certificate

Awarded to two athletes whose contribution to the centre deserve special recognition.

**Notes:**

1. Centre Manager Award - Consideration about attitude, attendance, behaviour and embracing LA values.
2. Feedback is encouraged from LA Age Marshals.
3. Venue - All venues (meets, training & external meets).



## McDonald's Award

Achievement Levels		
<b>1st Level</b>	Green	Most Little Athletes should achieve this
<b>2nd Level</b>	Red	Achievable by more than half
<b>3rd Level</b>	Blue	More difficult level
<b>4th Level</b>	Silver	Outstanding achievement
<b>5th Level</b>	Gold	Achieved only by an exceptional few

### Presented:

- Sat 15<sup>th</sup> November – November Award
- Fri 14<sup>th</sup> February – Summer Award

**Reward:** McDonald's voucher.

\*Dependant on parent helpers – to write up cards for age groups

Level of achievement in event groups relevant to age group.

Green, Red & Blue.

### Notes:

1. Achievement levels are published and are calculated from average performances attained by Qld LA's.
2. Green should be achievable by 95% of children. Red is a very good performance (65% of children) and Blue excellent performance (20% of children).
3. Venue - All venues (centre & external meets).
4. Toowong Harriers has calculated Gold and Silver Levels based on State and National Achievement levels.
5. To receive a McDonald's Achievement Level Award Certificate, an athlete must reach the relevant level in all events applicable to their age group in event groups. At the end of the season all athletes eligible for green level.
6. Athletes with a disability/special requirements - can work with club to set achievement levels suited to their athlete to encourage performance.



## End of Season Awards

### All Athletes

**Reward:** Issued to all athletes including Tiny Tots who attend the centre and a confirm they will collect their award at the end of the season

Participation Medal – Engraved with Child’s name, Age Group and year

Athlete’s Season Best Performance Record (includes external LA carnivals)

McDonald’s Achievement Card – Final Achievement Level for season

### Age Group Award

Awarded to the boy and girl with the highest aggregate points at the end of the season per each age group. 13+ age group are combined.

**Reward:** Medal; Gold 1<sup>st</sup>, Silver 2<sup>nd</sup> & Bronze 3<sup>rd</sup>

**Calculation:** For each event attempted the athlete is awarded points based on the achievement level.

#### Points per event :

Published Performance Levels

- Participation 4
- Green Level 5
- Red Level 6
- Blue Level 7
- Silver Leve 8
- Gold Level 9

Progress points will be communicated to athletes throughout the season (in line with the progress awards). All meets can contribute to the points calculation. The final season points calculation will only include the top 13 meets for the athlete's FY24 season (based on planned 18 meets). The number of meets may be 'pro rata'd for loss of events ,ie meet cancelled due to weather (ie 75% of meets). The winner of each Age Group award is eligible for the Centre Champion Award.

### Centre Championship Award

Awarded to the boy and girl with the highest aggregate points at the end of the season.

**Reward:** Names inscribed on perpetual trophy and individual trophy.

**Calculation:** As per Age Champion Award.



## Personal Best Award

Awarded to the boy and girl with the highest number of PB's over the season per each age group.

13+ Age Group are combined.

**Reward:** Certificate.

**Calculation:**

1. Personal Best - to achieve a personal best - a first performance is recorded as a base and an improvement is measured against that performance.
2. Venue - Jack Cook Park & Western Suburb Games meet (other venues excluded from PB calculation).
3. The winner is the athlete with the most number of PB's for the season. (Responsible person - Records Officer).

The winner of each Age Group award is eligible for the Most Improved Award.

## Most Improved Award

Awarded to the boy and girl with the highest number of PB's over the season.

**Reward:** Names inscribed on perpetual trophy and individual trophy.

**Calculation:** As per Age Group Personal Best Award.

## Outstanding Achievement Award

Awarded to athletes who achieve an exceptional performance level across all events.

**Reward:** Names inscribed on perpetual trophy and Individual Trophy.

**Calculation:**

1. Events include performances at all Little Athletic competitions (ie Jack Cook Park, Coles Carnivals, Regionals & States etc).
2. Best performance is recorded for each event and points are awarded based on the performance level achieved.
  - 5 Points Gold Level
  - 4 Points Silver Level
  - 3 Points Blue Level
  - 2 Points Red Level
  - 1 Points Green Level
3. A trophy is awarded to all little athletes who achieve an average point score of more than 3.00 over all events for their age-group.

Note: Athletes will receive '0' points for events not attempted/ completed and this is included when calculating the average.

## Commitment Award

Awarded to the boy and girl to reward participation, improvement, club spirit and sportsmanship over the whole season.

*The Centre Champion winner is not eligible for this award.*



**Reward:** Council award \$50 gift voucher.

**Calculation:**

1. A point for each centre meet attended.
2. A point for each event completed during the season.
3. Regional Relay Participation (10 points for attendance).
4. Regional Events (10 points for attendance).
5. Little Athletic State Carnival attendance ie Coles Summer / Spring / Combined Carnivals (5 points for attendance).
6. Feedback from Age Marshalls, Officials and Coaches.

Responsible person – Centre Manager & Records Officer

### Laurie Baartz Memorial Trophy

Athlete with highest points per Baartz Trophy Calculation. Open to boys and girls of all age groups.  
Nominated for potential State Award

**Reward:** Certificate.

**Calculation:**

1. Based on personal achievements over a range of events:  
Sprints & Hurdles/ Middle Distance & Walks / Throws / Jumps.
2. Meets are designated as 'Baartz Meets' in the calendar 10 meets are used in the calculation.
3. Points are to be awarded for exceeding personal bests on the basis of one point per event group per nominated week ie a maximum of four (4) points per athlete per nominated week. The point for a particular group can be scored for any event within the group however only one (1) point per group per nominated week can be scored. The number of nominated weeks is ten (10) therefore the maximum number of points is 40.

Refer LAQ Handbook for additional information about award calculation.

### George Harvey Award (Optional)

Centre nominated athlete who is thought to exemplify the ideals of the movement.

**Reward:** Certificate & State-wide award.

**Required Attributes:**

- Leadership
- Respect
- Perseverance
- Sportsmanship
- Enthusiasm
- Ambassador for little athletics, proud of his/her involvement in the sport and have promoted it amongst his/her peers.



## 28. Communication

### Communication

Official communication for upcoming events and results will be provided through the Team App, Facebook (Toowong Harriers) and Toowong Harriers website ([toowongharriers.org.au](http://toowongharriers.org.au)).

For information, results and announcements extending to XC season and events outside the LAQ season, the 'Team Toowong Harriers' Facebook page is also recommended.

**COMMUNICATIONS  
OFFICER  
BEN WALLACE**

Contact:

[comms@toowongharriers.org.au](mailto:comms@toowongharriers.org.au)

### Press

This centre receives some coverage through the Quest Community Newspapers local press. Look for news about the centre in the South-West News and the Westside News. The support given to us by Quest is acknowledged with thanks.

### Centre Newsletters

The centre publishes several newsletters throughout the season. Please contact our communications officer at [comms@toowongharriers.org.au](mailto:comms@toowongharriers.org.au) if you have photos or stories to contribute.

## 29. Social and Fundraising

As a non-profit organisation, Toowong Harriers Inc requires more than just your annual subscription fees to keep running.

There is also the possibility of raffles, sweet sales or other fundraising activities throughout the season. If you would like to help out with any fundraising activities or ideas, please contact our treasurer.

**TREASURER  
LUKE JOHNSTON**

Contact:

[treasurer@toowongharriers.org.au](mailto:treasurer@toowongharriers.org.au)



## 30. Grants

In 2021/22 our centre benefited from the following grant:

- \$5 000 – Coles Community Grant which was put towards the automatic timing gates.

If you see any grant opportunities, please contact our grants coordinator.

**GRANTS COORDINATOR  
LAUREN ALDRIDGE**

Contact:

[grants@toowongharriers.org.au](mailto:grants@toowongharriers.org.au)

## 31. Canteen

We will continue to provide catering options at Jack Cook Park meets even though there will be some disruption upon commencement of the clubhouse renovation. This may mean that there are some limitations on hot food, when electricity supplies are interrupted. A BBQ will continue to be held on Friday nights so don't rush through an early meal or go hungry at the meet. Come and support the centre. All monies raised go back into the club!

During the season Coles will continue to donate bananas for the majority of our centre meets.

**CANTEEN COORDINATOR  
HELEN WEBSTER**

Contact:

[canteen@toowongharriers.org.au](mailto:canteen@toowongharriers.org.au)

## 32. Senior Athletics

Toowong Harriers Athletics Club, established in 1894, is proudly Queensland's first athletics club and one of Australia's oldest with an impressive line of State and National representatives across a very broad range of events through to international level competitors at Commonwealth and Olympic games levels.

In 2015, Toowong Harriers Amateur Athletic Club and Toowong Harriers Little Athletics amalgamated to form Toowong Harriers Inc.

Jack Cook Park is named in honour of the late Jack Cook, who was president of the club for many years. Our club looks forward to being the custodian of Jack Cook Park and providing access to athletics for participants of all ages.

Our club has over 500 Little Athletics Queensland athletes competing from September through to March every year, and 120 Open and Masters athletes competing across a myriad of events and team relays throughout the year. Fees for senior members are outlined in the [registration](#) section above.

For more information, please contact the seniors' coordinators.

**SENIORS/QA COORDINATOR  
WAYNE ADAMS**

Contact:

[seniors@toowongharriers.org.au](mailto:seniors@toowongharriers.org.au)



### 33. Life Members

Life Membership is an honour bestowed through unanimous endorsement by the club upon an individual club member who has demonstrated exceptional service, contribution and dedication to the Toowong Harriers Athletics Club over a long and consistent period on time.

This is through the provision of measurable benefits to the club and its members in preserving the highest standards of athletic pursuits in competition, officiating, coaching and or committee representation. Examples of criteria below that may qualify a member to Life Status, but are not limited to these, to be unanimously endorsed by the club.

- This may be demonstrated through a minimum 15 years of club membership
- Has served on the club committee for a minimum of 10 years, or 8 years in an accountable role or Executive position.

A written nomination for Life membership can be made by any member, at any time, and must be received by the club secretary ([secretary@toowongharriers.org.au](mailto:secretary@toowongharriers.org.au)) prior to the monthly committee meeting before the AGM.

Our LAQ centre has awarded four life memberships for long and meritorious service:

- Neal Ashkanasy, who helped to establish the centre with his wife Linda, was centre manager from 1983 to 1990, covering the duties of at least 3 of the current committee positions, coaching and officiating throughout. He was made a life member in 1993.
- Rik Hedge was centre manager from 1991 to 1995, and was program officer from 1989 to 2017, covering other positions when necessary.
- Trudy Lennox was the centre manager from 2018 to 2022. Her hard work and dedication in all areas of the clubs running was paramount in building the club to its record high membership numbers.
- Ross Anderson is the current club president. He has played an instrumental part in the building the club to its current strong status and overseeing the rebuild of our new clubhouse.

All of our life members have immersed themselves in the running of the centre and have set the tradition of high standards and credibility, which we continue to strive for today.

### 34. Competition Venue Addresses

#### Jack Cook Park

Jack Cook Park  
66 Indooroopilly Road  
TARINGA QLD 4068

#### The University of Queensland Athletics

Sir Fred Schonnell Drive  
ST LUCIA QLD 4067

#### Bill Paterson Oval

Lion Street  
IPSWICH QLD 4300

#### Queensland Sport & Athletics Centre (QSAC/State Athletic Facility)

Cnr Mains & Kessels Road  
NATHAN QLD 4111

#### Kenmore Little Athletics

Kenmore State High School  
Dumbarton Drive  
KENMORE QLD 4069

#### Centenary Little Athletics

Jindalee Recreation Reserve  
Wongaburra Street  
JINDALEE QLD 4074





## 35. Centre Best Performances

(Best performance, blue level or better, by a TWH Little Athlete at any Little Athletics Competition, regardless of venue)

GIRLS				BOYS			
<b>60m Hurdle</b>							
U6	Madeleine Wallace	14.0	2021	U6	Zac Fowler	14.5	2023
U7	Madeleine Wallace	12.6	2022	U7	Jude Van Tonder	12.5	2022
	Amelie McLennan	13.7	2017				
	Gracie Hefner	13.7	2018				
U8	Charlotte Caslick	11.9	2003	U8	A-J. Brimson	11.4	2006
					Joey Davis	11.4	2006
U9	Lauren Rowney	10.8	1998	U9	Trent McArdle	10.2	1996
U10	Kathryn McCormack	10.9	1994	U10	Francis Otto	10.5	1995
					Oscar Sullivan	10.5	2011
U11	Cassie Bailey	10.1	2006	U11	Cedric Dubler	9.8	2006
U12	Lara Ulasowski	10.2	1999	U12	Jack Clancy	9.6	1998
	Eloise Grigg	10.2	2019				
<b>80m Hurdle</b>							
U11	Audrey Goh	14.44	2024	U11	Hugh Donaghy	13.28	2024
U12	Aurelia Boyd/C.Frere (2024)	15.08	2021	U12	Felix Birchall	13.0	2022
U13	Lara Ulasowski	13.3	2000	U13	Andrew Cameron	12.8	1994
U14	Virginia Trad	13.3	2005				
<b>90m Hurdle</b>							
				U14	Andrew Cameron	13.0	1995
U15	Virginia Trad	13.5	2006				
U16	Eloise Grigg	14.4	2023				
<b>100m Hurdle</b>							
				U15	Tom Toro	14.1	1999
				U16	Daon Choi	13.94	2024
U17	Hannah Sheehan	18.67	2022				
<b>110m Hurdle</b>							
				U17	Callen Jensen	13.89	2024
<b>200m Hurdle</b>							
U13	Virginia Trad	31.0	2004	U13	Andrew Cameron	28.1	1994
U14	Virginia Trad	29.6	2005	U14	Andrew Cameron	26.9	1995
	Emily First	29.6	2009				
<b>300m Hurdle</b>							
U15	Eloise Grigg	46.9	2022	U15	Samuel Anderson	45.30	2024
U16	Annika Jensen	50.16	2023	U16	Daon Choi	40.07	2024
U17	Eloise Grigg	44.56	2024	U17	Callen Jensen	38.47	2024



**GIRLS**

**BOYS**

**50m**

U6	Anna Nicklin	9.9	2000	U6	Joey Davis	9.2	2004
U7	Sophie Scott	8.8	2003	U7	Joe Jenkins	8.9	2003
U8	Sophie Scott	8.3	2004	U8	A Brimson	8.3	2006

**70m**

U6	Sophie Scott	13.2	2002	U6	Dane McArdle	12.7	1998
	Laura Buttner	13.2	2010				
U7	Charlotte Davis	12.1	2001	U7	Clint Devereaux	11.7	1991
U8	Sophie Moore	11.2	2016	U8	Timothy Williams	11.1	1990
U9	Indianna Baart	10.69	2023	U9	Hamish Jackson	10.3	1996
U10	Rebecca Moore	10.5	1991	U10	Shaun Molenda	10.0	1991
	Courtney Schirmer	10.5	2000		Tom Kaighin	9.98	2023
	Lily Neill	10.5	2016				
U11	Kathryn Jukes	10.3	2009	U11	Jack Seawright	9.9	2008
					Paddy Cunningham	9.9	2013
U12	Kathryn Jukes	10.2	2010	U12	Callum Grady	9.6	2006

**100m**

U6	Bree-Arne McArdle	19.3	1996	U6	James Waterman	18.7	1995
U7	Mary Tiffin	17.4	1986	U7	William Bannah	16.2	1985
	Isabelle McCarthy	17.4	2021				
	Tara Ryan	17.4	2021				
U8	Cassidy.Jackson-Carroll	16.1	1987	U8	Tim Garrett	14.6	1992
	Bree-Arne McArdle	16.1	1998				
U9	Rebecca Moore	15.2	1990	U9	Clint Devereaux	14.4	1993
	Loren Rowney	15.2	1998				
U10	Meg Charlton	14.6	2005	U10	Matthew Crooke	14.2	1985
					Max Newstead	14.2	2001
					Callum Grady	14.2	2004
					Sam Vaughan	14.2	2005
U11	Jackie Bayliss	14.1	1987	U11	Jack Clancy	13.6	1997
	Charlotte Caslick	14.1	2006				
U12	Nina White	13.3	1990	U12	Jack Clancy	12.6	1998
U13	Erica Jones	12.6	1995	U13	Jack Clancy	12.4	1999
U14	Jackie Bayliss	12.7	1990	U14	Jack Clancy	11.5	2000
	Anais Dewilde	12.7	2017				
U15	Virginia Trad	12.7	2006	U15	Jack Clancy	11.9	2001
U16	Imelda Middleton	13.3	2017	U16	Duncan Scott	11.7	2007
U17	Eloise Grigg	13.07	2024	U17	Callen Jensen	11.76	2024

**U6 300m / U7 500m/ U8 700m**

U6	Florence Turnbull	1.22.5	2023	U6	Zac Fowler	1.19.9	2023
U7	Nina Meyers	2.03.7	2023	U7	Elias Mahony	2.07.0	2023
U8	Madeleine Wallace	2.48.7	2023	U8	Samuel Warren	2.49.6	2023



**GIRLS**

**BOYS**

**200m**

U6	Bree-Arne McArdle	42.1	1996	U6	Sam Vaughan	41.1	2001
U7	Mary Tiffin	37.3	1986	U7	Daniel Mulvihill	34.3	1989
U8	Bree-Arne McArdle	33.9	1998	U8	Daniel Heckenberg	32.4	1985
U9	Sophie Moore	32.2	2017	U9	Anton Mugaba	29.88	2023
U10	Rebecca Moore	30.1	1991	U10	Sam Vaughan	29.1	2005
	Bree-Arne McArdle	30.1	2000		Tom Kaighin	29.01	2023
U11	Nina White	29.1	1989	U11	Hugh Donaghy	28.18	2024
U12	Nina White	27.6	1990	U12	Jack Clancy	26.3	1998
U13	Erica Jones	26.5	1995	U13	Jack Clancy	25.3	1999
U14	Jackie Bayliss	26.0	1990	U14	Jack Clancy	24.6	2000
U15	Virginia Trad	25.9	2006	U15	Daon Choi	24.2	2023
U16	Annika Jensen	27.11	2023	U16	Daon Choi	23.58	2024
U17	Eloise Grigg	26.56	2024	U17	Callen Jensen	23.29	

**400m**

U8	Bree-Arne McArdle	1:20.0	1998	U8	Clint Devereaux	1:17.5	1992
U9	Bree-Arne McArdle	1:14.1	1999	U9	Shawn Ashkanasy	1:09.2	1985
U10	Bree-Arne McArdle	1:08.5	2000	U10	Sam Vaughan	1:06.0	2005
U11	Bree-Arne McArdle	1:03.7	2001	U11	Shawn Ashkanasy	1:04.4	1987
U12	Jackie Bayliss	1:03.3	1988	U12	Samuel Anderson	1:00.50	2021
U13	Jackie Bayliss	1:00.5	1989	U13	Jack Clancy	57.0	1999
U14	Jackie Bayliss	1:02.5	1990	U14	Samuel Anderson	54.35	2023
U15	Susan Holden	1:02.9	1991	U15	Samuel Anderson	53.03	2024
U16	Annika Jensen	59.9	2020	U16	Daon Choi	52.46	2024
U17	Annika Jensen	1:01.41	2024	U17	Callen Jensen	56.00	2024

**800m**

U9	Loren Rowney	2:48.2	1998	U9	Raphael Jadin	2:39.5	1988
U10	Bree-Arne McArdle	2:39.3	2000	U10	Evan Wilkes	2:34.4	1987
U11	Bree-Arne McArdle	2:29.6	2001	U11	Benjamin Ganko	2:25.3	2012
U12	Tenille Morrissey	2:30.8	1989	U12	Shawn Ashkanasy	2:18.2	1988
U13	Emma-Kate Watt	2:25.3	2017	U13	Evan Wilkes	2:15.0	1990
U14	Emma Hossack	2:20.1	2017	U14	Peter Shanks	2:12.1	1991
U15	Emma Hossack	2:21.2	2018	U15	Samuel Anderson	2:05.94	2024
U16	Celine Lekieffre	2:22.2	2023	U16	Thomas Bryant	2:30.78	2021
U17	Olivia Boyd	2:17.67	2021	U17	Thomas Bryant	2:20.2	2022

**1500m**

U11	Juliana Stander	5:08.3	2023	U11	Benjamin Ganko	4:47.8	2012
U12	Tenille Morrissey	5:02.3	1989	U12	Lachlan Gordon	4:43.79	
U13	Zoe Renton	5:02.11	2024	U13	James Turnbull	4:36.7	1994
U14	Emma Hossack	4:45.9	2017	U14	Patrick Cornwell	4:32.0	1987
U15	Emma Hossack	4:54.5	2018	U15	Conrad Hoskin	4:23.8	1991
U16	Celine Lekieffre	5:02.1	2023	U16	Zac Tully	5:12.1	2007
U17	Olivia Boyd	4:49.66	2021	U17	Thomas Bryant	5:12.3	2022



**GIRLS**

**BOYS**

**300m Walk**

U6	Katrina Riese	2:07.5	2004	U6	Nilsen Berquier	1:59.5	1994
U7	Jane Mulvihill	1:39.2	1991	U7	Timbi Poon	1:43.4	1993
U8	Kristina Kedwell	1:29.4	1993	U8	William Armstrong	1:33.5	1991
U9	Sophie Rose	1:27.9	1992	U9	Geoff Martin	1:23.3	1994

**700m Walk**

U8*	Andie Ganter	5:12.9	2020	U8*	Alex Sanders	5:19.3	2020
U9	Sophie Rose	3:39.4	1992	U9	Geoff Martin	3:30.5	1994
U10	Katrina Riese	3:56.6	2008	U10	William Armstrong	3:27.6	1993
U11	Rebecca Teahen	3:44.5	2018	U11	Geoff Martin	3:26.7	1996
U12	Sarah Bitomsky	3:38.5	1994	U12	Oliver Zuk	3:11.2	1993
U13	Kate Sanford	3:22.8	2004	U13	Oliver Zuk	3:02.4	1994
U14	Roxy Schmidt	3:10.7	1998	U14	Oliver Zuk	2:58.4	1995
U15	Roxy Schmidt	2:57.4	1999	U15	William Armstrong	2:53.5	1998
U16	Mikaela Woodward	3:18.8	2015				

**1100m Walk**

U10	Zoe Renton	6:07.25	2021	U10	Geoff Martin	5:42.6	1995
U11	Rebecca Teahen	5:38.0	2018	U11	Geoff Martin	5:51.7	1996

**1500m Walk**

U12	Rebecca Teahen	7:55.6	2019	U12	Oliver Zuk	7:21.3	1993
U13	Kate Sanford	7:29.2	2004	U13	Oliver Zuk	6:53.3	1994
U14	Rebecca Teahen	7:05.39	2021	U14	Oliver Zuk	7:12.5	1995
U15	Roxy Schmidt	6:55.3	1999	U15	William Armstrong	6:45.6	1998
U16	Rebecca Teahen	7:27.95	2023	U16	Liam Sheehan	9:31.20	2023
U17	Hannah Sheehan	10:26.5	2022	U17	Thomas Bryant	10:01.6	2022

**Shot Put**

U6	Emily Ryan	4.78	2012	U6	Luke Donaldson	5.32	2000
U7	Sophie Scott	5.39	2003	U7	Jamie Lowndes	8.55	1987
U8	Jade Somerville	5.92	2012	U8	Kiran Henry	7.30	1994
				U8	Max Newstead	7.30	1999
U9	Wasie Toolis	7.47	2004	U9	Jack Clayton	8.00	2008
U10	Wasie Toolis	8.92	2005	U10	Oscar Sullivan	10.90	2011
U11	Wasie Toolis	10.56	2006	U11	Oscar Sullivan	12.72	2012
U12	Joanne Lane	12.56	1989	U12	Ryan MacGillivray	10.44	2022
U13	Wasie Toolis	10.66	2008	U13	Adam Curnock	12.48	1988
U14	Alison Lever	11.68	1987	U14	Harry Cohen	12.10	2022
U15	Erica Sitcheff	13.40	2017	U15	Augustine Otto	12.80	2000
U16	Lillian Kolb	10.28	2019	U16	Zac Tully	13.34	2007
U17	Min Heo	9.85	2017				



**GIRLS**

**BOYS**

**Discus**

U6	Sophie Ulcoq	10.94	2002	U6	Luke Donaldson	14.64	2000
U7	Susan Hedge	14.34	1992	U7	Luke Donaldson	19.80	2001
U8	Sophie Rose	14.74	1991	U8	Max Newstead	24.86	1999
	Bridget Seawright	14.74	2007				
U9	Kate Woodhouse	19.24	2004	U9	Gareth Estwick	26.70	1987
U10	Jovana Ilic	24.50	2019	U10	Oscar Sullivan	33.40	2011
U11	Wasie Toolis	27.82	2006	U11	Tim Winterflood	29.02	1999
U12	Wasie Toolis	36.08	2007	U12	Tim Winterflood	37.78	2000
U13	Wasie Toolis	39.02	2008	U13	Tim Winterflood	42.44	2001
U14	Alison Lever	35.22	1987	U14	Tim Winterflood	44.00	2002
U15	Lillian Kolb	33.39	2018	U15	Andrew French	56.70	2006
U16	Lillian Kolb	31.07	2019	U16	Kuzivakwashe Harwood	34.53	2022
U17	Hannah Sheehan	22.29	2022	U17	Kuzivakwashe Harwood	32.23	2023

**Javelin**

U11	Wasie Toolis	27.00	2006	U11	Augustine Otto	33.34	1996
U12	Wasie Toolis	35.24	2007	U12	Thomas Scott	38.56	2022
U13	Wasie Toolis	47.19	2008	U13	Thomas Scott	41.74	2023
U14	Ashleigh.Sitcheff	46.23	2017	U14	Andrew Fittell	48.72	1987
U15	Erica Sitcheff	42.53	2017	U15	Liam Sheehan	37.35	2022
U16	Lillian Kolb	31.07	2019	U16	Joshua Watt	48.74	2017
U17	Hannah Sheehan	31.01	2022				

**Vortex**

U6	Madeleine Wallace	9.82	2021	U6	Owen Trenton	16.81	2022
U7	Frankie Kuchler	12.77	2023	U7	Conor Geagea	18.46	2022
U8	Ava Schweizer	18.66	2021	U8	Conor Geagea	26.25	2023
U9	Zoe Renton	19.65	2020	U9	Justin Fowler	31.85	2022
U10	Emma Sheehan	23.17	2019				
				U11	Thomas Scott	36.60	2020

**High Jump**

U8	Sarah Taylor	1.02	2010	U8	James Gurn	1.10	1991
U9	Alice Nicklin	1.14	1999	U9	James Gurn	1.25	1992
	Annabel Ryan	1.14	2010				
U10	Claire Patterson	1.24	1985	U10	James Gurn	1.30	1993
U11	Alison O'Dwyer	1.31	1992	U11	Duncan Scott	1.38	2002
				U11	Joshua Fowler	1.38	2022
U12	Joanne Lane	1.51	1989	U12	Shaun Clough	1.55	1987
					James Gurn	1.55	1995
U13	Mya Thomas	1.57	2016	U13	Samuel Anderson	1.64	2022
U14	N Barker	1.65	2017	U14	Henry Bryan	1.78	2001
U15	Zara Leembruggen	1.65	2016	U15	Henry Bryan	1.75	2002
U16	Annika Jensen	1.50	2023	U16	Charlie Irving	1.78	2020



**GIRLS**

**BOYS**

**Long Jump**

U6	Anna Nicklin	2.57	2000	U6	Levi Paige	2.80	2015
U7	Mary Tiffin	3.14	1986	U7	Max Newstead	3.38	1998
U8	Cassidy.Jackson-Carroll	3.41	1987	U8	Daniel Heckenberg	3.90	1985
U9	Lauren Rowney	3.77	1998	U9	Max Newstead	4.31	2000
U10	Bree-Arne McArdle	4.24	2000	U10	Ben Hogan	4.63	1991
U11	Jackie Bayliss	4.52	1987	U11	Max Newstead	4.70	2002
U12	Nina White	5.22	1990	U12	Jack Clancy	5.32	1998
U13	Harriet Lawrence	5.13	2005	U13	Tim Winterflood	5.50	2001
U14	Jackie Bayliss	5.08	1990	U14	Jack Clancy	5.83	2000
U15	Jackie Bayliss	5.10	1991	U15	Santi Chimyong	5.88	1991
U16	Annika Jensen	4.91	2023	U16	Oliver Verbiest	5.73	2023

**Triple Jump**

U11	Nina White	9.52	1989	U11	Max Newstead	9.66	2002
U12	Jackie Bayliss	10.80	1988	U12	Max Newstead	10.87	2003
U13	Harriet Lawrence	11.15	2005	U13	Dominic Trad	10.97	2005
U14	Eloise Grigg	10.55	2021	U14	Dominic Trad	11.97	2006
U15	Jackie Bayliss	10.72	1991	U15	Daon Choi	12.03	2023
U16	Maya Thompson	9.61	2023	U16	Oliver Verbiest	12.46	2023
U17	Olivia Boyd	9.54	2021				



### BEST RELAY PERFORMANCES

#### 4x70m Shuttle

U7B	52.1	1992	Lachlan Boyle, Hamish Jackson, Leif Lyons, John Toro
U7G	55.9	1992	Alana Dempsey, Cassidy Herps, Jennifer Martin, Bryony Willis
U8B	48.1	1989	Richard Halliday, Ryan Hansford, Daniel Mulvihill, Timothy Williams
	48.1	1998	Nicholas Muggeridge, Max Newstead, Nick Northcott, Sam Williams
U8G	50.4	1987	Stephanie Ellis, Anna Guerney, Kate Mulvihill, Phoebe Papas

#### 4x100m Shuttle

U7B	1:14.6	1998	Alexander Burko, Dane McArdle, Alexander Pattison, Duncan Scott
U7G	1:20.4	2002	Gillian Angliss, Johanna Davie, Sophie Scott, Sophie Ulcoq
U8B	1:09.6	1998	Nicholas Muggeridge, Max Newstead, Nick Northcott, Sam Williams
	1:09.6	2000	Tom Barnes, Nick Connolly, William Read, Tom Vaughan
U8G	1:13.8	1997	Sarah Atley, Alice Nicklin, Alice Turnbull, Sarah Wilson

#### Mixed 4x70m

U7	59.31	2024	Regionals
U8	56.55	2022	Elise Smith, Chloe Gower, Pippa Donaghy, Sophie Nolan

#### 4x100m Circ.

U9B	1:02.1	1996	Kyle Beard, Martin Jacobson, Chidozie Uruakpa, Tim Winterflood
U9G	1:04.69	2023	Indianna Baart, Chloe Gower, Isabelle McCarthy, Tara Ryan
U10B	58.2	1993	Adrian Constantine, Clint Devereaux, Tim Garrett, Nick Haug
U10G	1:01.3	1987	Nadine McMillan, Maria Nearhos, Tanya Richards, Nina White
	1:01.3	2005	Cassie Bailey, Charlotte Caslick, Meg Charlton, Emily First
U11B	56.9	2005	Corey Brown, Callum Grady, Tom Harvey, Dan Winter
U11G	59.6	2000	Bree-Arne McArdle, Alice Nicklin, Courtney Schirmer, Sarah Wilson
U12B	54.9	2021	Lucas Anderson, Daniel Antonio, Thomas Froget Penaranda, Samuel Anderson
U12G	57.5	2005	Charlotte Davis, Alice First, Laura Sharpe, Chiaki Takahashi
U13B	52.6	2006	Charlie Brimson, Callum Grady, Andreas Ruggieri, Aaron Sands
U13G	52.85	2020	Sophie Moore, Isabelle Palmer, Kya Horridge, Eloise Grigg
U14B	51.56	2023	Dahoon Choi, Thomas Crespy-Worth, Thomas Froget Penaranda, Marius Mony
U14G	54.9	1999	Alice Duniam, Matilda Gunn, Emily Malcolm, Bridget O'Shea
U15B	49.4	1989	Ian Bohn, Barry-Jay Cook, Tim Lawson, Jerome Sarris
U15G	54.5	1990	Jackie Bayliss, Christine Egan, Susan Holden, Stephanie West
U16B	58.39	2020	Angus Lee(U13), Olivia Boyd(U16), Hannah Sheehan(U15), Cameron Dubbeldam(U14)
U16G	55.85	2023	Annika Jensen, Celine Lekieffre, Sophie Scott, Rebecca Teahen



### Combined 4x100m

U8	1:15.61	2024	Regionals
U8	1:24.07	2022	Elise Smith, Chloe Gower, Pippa Donaghy, Amelia McCarthy
U8-U9	1:10.91	2024	States
U9-U10	1:12.42	2023	James Eadie(U9), Audrey Goh (U10), Luca Lancelot (U9), Aston Mahony (U9)
U10-U12	59.59	2024	States
U11-U13	58.15	2023	Luke Aldridge(U13), Barbara Froget Pendranda(U12), Charlotte Wallace(U13), Oliver Waters (U13)
U9-U12	1:02.42	2022	Ruth Howlett, Archie Harrison, Charlotte Wallace, Benjamin Cohen
U14-U17	47.67	2023	Daon Choi (U15), Nevaan Dias (U15), Cillian Verbiest (U16), Oliver Verbiest (U16)

### 4x200m

U9B	2:13.4	1996	Louis Dodgson, Martin Jacobson, Chidozie Uruakpa, Tim Winterflood
U9G	2:22.1	1998	Bree-Arne McArdle, Alice Nicklin, Alice Turnbull, Rachel Willims
U10B	2:06.1	1993	Adrian Constantine, Clint Devereaux, Tim Garrett, Nick Haug
U10G	2:10.5	1987	Nadine McMillan, Maria Nearhos, Tanya Richards, Nina White

### 4xSwedish (100m, 200m, 300m,400m) Partially replaced 4xMedley from 2018

U9B	3:12.85	2023	Leo Baradel, Luca Lancelot, Aston Mahony, Anton Mugaba
U9G	3:10.62	2023	Indianna Baart, Chloe Gower, Isabelle McCarthy, Tara Ryan
U10B	2:56.31	2023	Hugh Donaghy, Harrison Groom, Justin Fowler, Tom Kaighin
U10G	2:59.59	2024	Indianna Baart, Chloe Gower, Isabelle McCarthy, Tara Ryan
U11B	2:50.79	2021	Luke Aldridge, Felix Birchall, Harry Hill, Oliver Waters
U11G	2:56.52	2022	Barbara Froget Penaranda, Eloise Singer, Brooke Tregidgo, Sienna Pearsall
U12B*	2:35.32	2021	Lucas Anderson, Daniel Antonio, Thomas Froget Penaranda, Samuel Anderson
U12G	2:47.45	2021	Layla Pennisi, Giselle Singer, Isabelle Mortensen, Emily Boyd
U13B/G & U14G	No records recorded		
U14B	2:27.56	2023	Dahoon Choi, Thomas Crespy-Worth, Thomas Froget Penaranda, Marius Mony
U15B	2:34.27	2020	Jonathan Riese, Thomas Bryant, Cameron Dubbeldam, Noah Cowley
U15G	2:38.33	2022	MacKenzie King, Sophie Scott, Rebecca Teahen, Eloise Grigg
U16B	2:54.12	2021	Thomas Bryant, Hannah Sheehan, Cameron Dubbeldam, Liam Sheehan
U16G	2:40.91	2023	Annika Jensen, Celine Lekieffre, Sophie Scott, Rebecca Teahen

### Combined Swedish

U9-U12	3:23.63	2022	Lucy Hensley, Taylor Baart, Phoebe Dwyer, Alexandra Vanner
U13-U17	2:12.03	2024	Regionals





#### 4xMedley (200m,200m,400m,800m)

U11G	4:55.5	2000	Bree-Arne McArdle, Alice Nicklin, C Schirmer, S Wilson
U12B	4:42.51	2024	States
U12G	4:49.44	2023	Lily Barnett, Sienna Pearsall, Zoe Renton, Brooke Tregidgo
U13B	4:29.01	2024	States
U13G	4:36.01	2024	Lily Barnett, Sienna Pearsall, Zoe Renton, Brooke Tregidgo
U14B	4:41.78	2019	Thomas Bryant, Lauren Guppy, Alexander Webster, Xavier Kolb
U14G	4:29.37	2017	Emma Crowhurst, Emma Hossack, Anais Dewilde, Lillan Kolb
U15B	5:45.79	2016	Kay Shin, Caitlin Miller, Maddison Wood, Chloe Haughey(mixed race)
U15G	4:25.75	2018	Lillian Kolb, Ashleigh Sticheff, Emma Hossack, Emma Crowhurst
U16B			No records recorded
U16G	4:59.59	2016	Min Heo, Kelly Johnston, Jessica O'Reilly, Maddison Wood
U17B	4:40.53	2017	Nicolas Yem, Joshua Watt, Chloe Haughey, Naomi Barker
U17G			No records recorded

#### Combined Medley

U10-U12	5:06.05	2024	Regionals
U11-U13	5:07.79	2023	Advay Bhargava, Mateo Carrigan, Barbara Froget Penaranda, Harry Hill

#### 4x400m to 1999 - (to review historical records for U11G/U12B/U12G)

U11B	4.36.6	1995	N McVeigh, G Martin, A Otto, F Otto
U13B	4:17.7	1990	Joel Boogers, Robert Gooley, Mark Jones, Mark West
U13G	4:23.4	1989	Joanne Lane, Sarah McEvoy, Dana Morrissey, Tenille Morrissey
U14B	4:08.1	1988	Barry-Jay Cook, Tim Lawson, Jerome Sarris, Daniel White
U14G	4:27.4	1989	Jackie Bayliss, Megan Goudie, Emily Moore, Adria White

\*State Best Performance



## 36. Centre Sponsors and Supporters

This centre benefits from three levels of sponsorship: National, State, and Local. National and State sponsors this year include Coles, McDonalds, Nordic Sport and the Queensland Government.

Each season, this centre is fortunate enough to obtain sponsorship from a number of local businesses. This year we have been supported by Chemist Warehouse – Toowong, The Athlete’s Foot – Indooroopilly, Rebel – Indooroopilly, Impi Sportswear and Rock Trade Industries.

Please show your appreciation by preferring their products and services. Acknowledgment of further support will be made in newsletters. Please contact the president ([president@toowongharriers.org.au](mailto:president@toowongharriers.org.au)) or treasurer ([treasurer@toowong.org.au](mailto:treasurer@toowong.org.au)) if you can help with funding.

At centre level we are proudly supported by James Mackay (Councillor for Brisbane City Council ward of Walter Taylor), Michael Berkman MP Member for Maiwar (State) and Peter Matic (Councillor for Brisbane City Council ward of Paddington).

Toowong Harriers Little Athletics Centre would like to gratefully acknowledge the generous supporters.

