



Season 2011-12

INFORMATION BOOKLET

FAMILY FUN AND FITNESS



www.corroboreela.com

PRESIDENT'S MESSAGE

Welcome to Corroboree (North Canberra) Little Athletics for the 2011-12 season. With the World Athletics Championships commencing later this month and the London 2012 Olympics just around the corner, this season promises to be another strong one for our Club and athletics as a whole.

We are, as a Club, especially proud that one of our former athletes (and who after we have named our Girls Champion Trophy), Lauren Boden, has been selected to compete in the World Championships in Daegu, South Korea. We are so proud of Lauren's efforts and wish her well at the Championships and as she seeks her place in the 2012 Australian Olympic team. Last year Lauren coached a small group of Corroboree athletes; all benefitted enormously from the sessions.

We look forward to offering this program again. With the new season almost upon us, it is probably the first time ever we can say that all our Committee positions have been filled. I, on behalf of the Club, would like to thank all those who have already stepped up and volunteered to serve on the Committee (Nerys, Chris, Lucy, Desiree and Tony who are returning, and Ingrid, Carol, Ben, Lori, Bernard, David and Selina who are new to the Committee). We also thank our Club coach John Hunt for his ongoing support. John will continue to run training sessions each Monday and Wednesday afternoon from 5.30pm.

We will remain at Merici College Oval this season as the irrigation system upgrade and the Dickson Wetlands are still under construction. We intend to return to Dickson the following season and will see some new facilities including new throwing circles and a throwing cage.

Following the success of the revised On-Track program last year, the Committee has decided to retain the program through to and including the Under 9s. This will continue to bring a greater level of skills development, as well as enjoyment to those children.

Whilst, we are delighted to see many athletes and their parents returning, I, on behalf of the Committee, would like to offer a big welcome to our new athletes and families. Little Athletics, like no other sport, relies especially heavily on the involvement of parents. So I implore all parents to become involved in actively supporting their children by becoming an Age Group Co-ordinator, helping time-keep, measuring jumps and throws, result recording etc.

One of focuses at the start of the season will be to find Age Group Co-ordinators for all groups and to provide them with a level of training so that taking on the role doesn't appear too daunting. If you are interested in finding out more about the role or wish to volunteer, please make yourself known to one of the Committee when registering your child. Having been in this role previously, it is enormously rewarding and gives you a different perspective on the sport of athletics.

While athletics is by its very nature a competitive sport, our goal for all our athletes is for them to improve their times, distances and heights and above all to have fun. Speaking from experience, being actively involved you will find their improvement, and see their joy at having a go and succeeding, all the more enjoyable. We look forward to an outstanding season and seeing all our wonderful athletes and their families participate.

Andrew Sutton
Corroboree President 2011-12

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CORROBOREE COMMITTEE 2011-12

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Awards and Uniforms	Carol Grossman E-mail: grosca@netspeed.com.au
Publications	David Canavan and Selina Mitchell E-mail: canavan@homemail.com.au
BBQ/Canteen	Lori Van-Dore E-mail: lsvdore@bigpond.com
First Aid	Ben Laffan E-mail: benmalin99@hotmail.com
Equipment	Bernard Nutt E-mail: nutts@grapevine.net.au
General Committee	Desirée Rees Phone: 6249 7530 (h) E-mail: desirée.rees@bigpond.com

SEASON 2011-12 CALENDAR

CORROBOREE AND ACTLAA

October 2011

Sat 22	Corroboree meet #1	8:45am	Merici College Oval
Sat 29	Corroboree meet #2	8:45am	Merici College Oval
Sun 30	<i>Gininderra Carnival</i>	<i>8:30am</i>	<i>Charnwood Oval</i>

November 2010

Sat 5	Corroboree meet #3	8:45am	Merici College Oval
Sat 12	Corroboree meet #4	8:45am	Merici College Oval
Sun 13	<i>ACT Multi-Event Carnival</i>	<i>8:30am</i>	<i>AIS</i>
Sat 19	Corroboree meet #5	8:45am	Merici College Oval
Sat 26	Corroboree meet #6	8:45am	Merici College Oval

December 2010

Sat 3	Corroboree meet #7	8:45am	Merici College Oval
Sat 10	Corroboree meet #8	8:45am	Merici College Oval
Sun 11	<i>ACTLAA Relay Carnival</i>	<i>8:30am</i>	<i>AIS</i>
Sat 17	Last Corroboree meet #9 & Christmas Party	8:45am	Merici College Oval

January 2011

Sat 14	<i>Woden Carnival</i>	<i>8:30am</i>	<i>Woden</i>
Sun 29	<i>Queanbeyan Carnival</i>	<i>8:30am</i>	<i>Queanbeyan</i>

February 2011

Sat 4	Corroboree meet #10 (Welcome Back)	8:45am	Merici College Oval
Sat 11	Corroboree meet #11	8:45am	Merici College Oval
Sun 12	<i>Lanyon Carnival</i>	<i>8:30am</i>	<i>Banks Oval</i>
Sat 18	Corroboree meet #12	8:45am	Merici College Oval

March 2011

Sat 3	<i>ACTLAA Northside Regional Championships</i>	<i>8:30am</i>	<i>Charnwood Oval</i>
Sun 4	<i>ACTLAA Northside Regional Championships</i>	<i>8:30am</i>	<i>Charnwood Oval</i>
Sat 10	Corroboree meet #13	8:45am	Merici College Oval
15-19	<i>Under 14-20 National Championships</i>		<i>Sydney</i>
Sat 17	Last Corroboree meet #14	8:45am	Merici College Oval
Sat 24	<i>ACTLAA Championships</i>	<i>8:30am</i>	<i>AIS</i>
Sun 25	<i>ACTLAA Championships</i>	<i>8:30am</i>	<i>AIS</i>

April 2011

TBA	Corroboree AGM/Presentation Day	TBA	Merici College Oval
20-22	<i>Australian Little Athletics Championships</i>		<i>Hobart</i>

CENTRE ACTIVITIES

WEEKLY MEETS - WHERE AND WHEN

Merici College Oval (corner of Wise and Henty Streets, Braddon – at the back end of Merici College). Car parking available off both Wise and Henty Streets.

Saturday mornings commencing at 8:45am with a 15min warm-up, finishing approximately 10:30am - 11:00am. Season begins on 22nd October 2011 (after term 3 holidays), until 17th December, breaks for summer holidays, resuming again on 4th February 2012 through to 17th March.

CANCELLATION OF MEETINGS

In the event of rain, poor weather, etc., an announcement of cancellation will be posted on the Corroboree website by 8:00am (www.corroboreela.com – see Weather Watch on the Home Page) and broadcast on radio ABC 666 from 7:00am that morning.

Please note that each ACT Little Athletics Centre makes its own decision regarding cancellations, so listen carefully for Corroboree's details. If you do not hear an announcement on Saturday morning, it is safe to assume the meeting is ON.

Athletes will receive an attendance credit for a cancelled meet.

TRAINING SESSIONS

Training sessions are held on **Monday and Wednesday afternoons from 5:30pm - 6:30pm at Merici College Oval**. Training sessions will start on Monday 24th October 2011 and will continue every Monday and Wednesday until 14 December, breaking for school holidays and recommencing again from 6 February until 14 March 2012.

Special training sessions may be held on 19 and 21 March 2012 for athletes selected to compete at the ACT Championships. Further information will be provided closer to the date.

Coaching includes the basics of all events, as well as the importance of safety, fitness training and warm-up before competition. John Hunt conducts the training sessions with helpers. If you would like to become involved or know more about other available training programs, please contact John Hunt.

GENERAL INFORMATION

PARENTAL INVOLVEMENT

Little Athletics is a sport where families can enjoy a morning together and it is important for children to enjoy their experience. We cannot do this without your help because about 45 parents are required to run a full program. In this way athletics is more resource intensive than most other sports. Here is how you can help:

- Parent help is required to help run the BBQ/canteen and to assist in setting up and packing up for each meet. Please see the weekly duty roster for a list of which age groups are rostered on to help. Plan to come a bit early - your help is appreciated.
- We encourage at least one parent per family to provide assistance in the form of simple tasks, such as time keeping, measuring and recording results at their athlete's events. No previous experience is necessary. Experienced club officials will be on hand to help where necessary. Please be on deck by 8.45am each Saturday and be ready to move to the relevant event locations.
- You may wish to act as an **Age Group Coordinator**, moving with the children from event to event and organising them so that each event runs smoothly. This is a particularly rewarding task, being able to follow your child closely, encouraging their progress in improving on their personal bests, and it is also a way to get to know other athletes/parents of the same age group.
- If children compete in any ACT Carnivals (i.e. Multi-Event, Relays, Regional & ACT Championships) **one parent per family MUST officiate for a session.**

COST OF REGISTRATION

Registration fees for 2011-12 are as follows: \$125 for one child, \$215 for two children, \$295 for three children, \$365 for four children and \$425 for five children. This season as part of the registration fee, athletes will be provided with a white t-shirt and iron-on Corroboree logo. Registrations taken from January 2012 will be \$65 per child.

If you have difficulty meeting the nominated registration fee, please speak with one of our committee members to discuss payment options.

This season Corroboree has introduced a discounted registration program. We have invited 13 primary schools in our catchment area (North Canberra) to nominate up to two students each to receive discounted registration. The Committee believes this is a socially responsible policy and a policy that will allow some athletes access to our sport who may not otherwise be able to participate.

UNIFORMS

Corroboree does not enforce a uniform policy, however we do encourage children to participate in one of the following:

Basic Uniform

As part of the Corroboree registration fee, all athletes will be provided with a basic white t-shirt and an iron-on Corroboree logo.

The Corroboree logo is attached to the right front upper chest, an IGA logo attached to the left front upper chest and an appropriate age patch on the left shoulder sleeve. The registration number is centred just above the waistline and can form a pocket to hold results tickets when received. To facilitate the processing of results, it is important that registration numbers are visible for all events.

Boys wear royal blue footy/soccer shorts either with or without a gold trim and the girls have the option of the same shorts or royal blue bike pants.

Competition Uniform

The boys competition uniform is a royal blue and gold singlet and matching royal blue shorts. Both items are printed with the club logo.

The girls competition uniform is a lycra crop top in blue, white and gold, with matching bike shorts. Both items are printed with the club logo. Girls may of course also choose to wear shorts and singlet.



These outfits are not compulsory and athletes may opt to continue to wear the white t-shirt and royal blue shorts at inter-club carnivals.

Uniforms can be purchased at meets from the Committee Table.

Footwear

All persons at our meets and training sessions must wear footwear. For safety reasons, footwear is compulsory for all events.

The U9 to U17 age groups only may wear spikes, but only in events run entirely in lanes (i.e. 50m–400m) as well as Javelin, Long Jump, High Jump and Triple Jump. Spikes must be no longer than 9 mm for grass tracks, and no longer than 6 mm for all other surfaces.

CANTEEN/BBQ and SET-UP/PACK-UP ROSTER

Corroboree provides canteen and BBQ facilities every meet. The canteen and BBQ gives Corroboree its main source of income for key activities such as the purchase of new equipment, Christmas Party and Presentation Day.

You, the parents, carry out the actual running of the canteen and BBQ. Please see the roster below for the age group that is responsible for each meet. It is suggested that at least 6 parents share the task, working in pairs for approximately 45 minutes each – that way you still have time to watch your children participating during the morning. Please see our BBQ/Canteen Manager by 8:45am for assistance in getting started.

Duty age group parents are also requested to arrive a little earlier on duty days to assist with set-up and stay back a little longer to help with pack-up. This is especially helpful during programs running hurdles and high jump. Set-up generally commences around 8:15am.

Meet date	Canteen/BBQ and set-up/pack-up duty age group
Meet # 1: 22 October	Under 7
Meet #2: 29 October	Under 11
Meet #3: 5 November	Under 6 boys
Meet #4: 12 November	Under 10
Meet #5: 19 November	Under 9
Meet #6: 26 November	Seniors and under 6 girls
Meet #7: 3 December	Under 12
Meet #8: 10 December	Under 8
Meet #9: 17 December	Christmas Party – no duty
Meet #10: 4 February	Under 7
Meet #11: 11 February	Under 11
Meet #12: 18 February	Under 6 boys
Meet #13: 10 March	Under 10
Meet #14: 17 March	Under 9

RULES AND CODES OF BEHAVIOUR

RULES

Corroboree conducts its meetings under the rules of competition of the ACT Little Athletics Association (ACTLAA), together with the following Centre rules:

- Centre uniform is optional at weekly meetings, but basic uniform is compulsory at ACT level competition.
- All athletes must do a supervised 15 minute warm-up before competition to protect themselves from injury.
- Corroboree promotes a **smoke, alcohol and drug free environment**. Parents and spectators are therefore requested to refrain from smoking, or consuming alcohol during meets.

CODES OF BEHAVIOUR

Running a successful and enjoyable Little Athletics Centre requires the co-operation of all those involved; athletes, coaches, officials, parents and spectators. This co-operation cannot exist without everyone observing appropriate behaviour. For this reason the Committee has developed 'Codes of Behaviour' which are set out below. The Committee will take action against anyone who consistently violates any of the behaviour codes.

Code for Athletes

- Participate in Little Athletics for the "fun of it" and not just to please parents and coaches.
- Do your best. Your own performance is the one you need to beat.
- Play by the rules of sport: "To break them is to cheat yourself as well as others."
- Never argue with an official. If you disagree, ask your age or team manager to deal with the matter.
- Control your temper. Oral abuse of officials or other athletes and deliberately distracting or provoking an opponent are not acceptable or permitted in our sport.
- Work equally hard for yourself and your Club.
- Be a good sport. Applaud all results.
- Treat all athletes, as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- Co-operate with your coach, club mates and other participants - without them there would be no competition.
- Refrain from the use of bad language.
- Slip on a shirt, slap on a hat and slop on a sunscreen.

Code for Parents and Spectators

- Encourage children to participate only if they are interested.
- Focus upon the child's efforts rather than the outcome of the event. Reducing the emphasis on winning assists the child to set realistic goals and ensures long-term satisfaction from the sport.
- Teach children that effort is what counts.
- Encourage children always to participate according to the Club's rules.
- Never ridicule or shout at a child for making a mistake or losing an event.
- Remember children are involved in Little Athletics for their enjoyment, not yours.
- Remember that officials are volunteers. If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's honesty and judgement in public.
- Support efforts to eliminate verbal and physical abuse from Little Athletics activities.
- Help your child's Club as much as you are able; without your help the events cannot be run.
- Demonstrate appropriate social behaviour by not harassing others, smoking on the arena or being intoxicated.
- Avoid use of bad language.
- If your child is on medication, please confirm with the doctor that it is not an enhancing performance drug.

Code for Officials

- Compliment participants on their efforts.
- Be consistent, objective and courteous in calling all infractions.
- Condemn unsporting behaviour and promote respect for all competitors
- Ensure that the "spirit of the game" for children is not lost. Use common sense and do not over-emphasise errors.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
- Enhance fun and enjoyment in conducting events.
- Ensure that your behaviour is consistent with the principles of being a good sport. Actions speak louder than words.
- Keep yourself informed of sound officiating principles and the principles of growth and development of children.
- Avoid use of bad language.

Code for Coaches

- Foster in all children performance to the best of their ability by imparting to them skills and encouraging them.
- Be reasonable in your demands on young athletes' time, energy and enthusiasm.
- Develop respect for the rules of sport: "To break them is to cheat yourself as well as others."
- Wherever possible children should be matched against others of about the same competence.
- Avoid over-coaching the better performing athletes; the "just average" athletes need and deserve equal time.
- Remember that children participate for fun, enjoyment and skill development and that winning is only part of their motivation. Never ridicule or shout at the children for making mistakes or losing an event.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes.
- Take into consideration the age and physical maturity of the children when scheduling and determining the length of training times and competition.
- Develop respect for the ability of opponents as well as for the judgement of officials and coaches.
- Follow the advice of medical professionals when determining whether an injured athlete is ready to recommence training or competition.
- Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.
- Demonstrate appropriate social behaviour, by not harassing others, smoking on the arena or being intoxicated.
- Refrain from the use of bad language.



'ON TRACK' SKILLS DEVELOPMENT PROGRAM

U6-U9 Athletes

The On Track Program aims to provide athletes with quality instruction, practice opportunities, and motivation to participate in athletic events. The program is designed to be fun and allows athletes a chance to develop skills in a sequential format. On Track sessions will be incorporated into the weekly meet format and be offered to athletes in the U6-9 age groups. On Track sessions will form one of the events that the athletes rotate through. This season the program has been supplemented with additional events to account for their participation in On Track. The additional event will be run if time permits and at the discretion of the Age Group Co-ordinator.

Chris Bacchus, together with Ruud Van Scheppingen, will coordinate and manage the On Track program. Assistance will also be provided by Corroboree's coaching staff, U6-9 Age-Group Co-ordinators and parents/guardians to successfully run the sessions.

The On Track program:

- Gradually introduces athletes to the skills/events of athletics through drills and games and teaches skills in a sequential format
- Emphasises skill development
- Uses fun equipment and alternatives to official competition areas
- Reduces the need for highly accurate and time consuming measures of distance, time and height
- Reinforces skills learnt through fun competition
- Focuses on participation, effort and improvement.

On Track is a fun coaching program that teaches the children the simple basic skills first, then adds to these skills through the season. The athletics skills have been broken down into components and each of these components can be simply described, demonstrated and taught to the children until that skill is mastered and the child advances to the next stage of skill.

On Track skills

- Start, run, walk
- Run and leap activities (hurdles)
- Vertical jump: hop and leap activities (long jump)
- Horizontal jump: hop, run and leap
- Projection and run activities (throws)
- Passing objects: run and receiving objects activities (relays)



AWARDS – ALL AGE GROUPS

Corroboree has an extensive awards system that recognises participation and personal best (PB) performance.

The award system is split into two-parts, firstly a series of 'Progress Awards' to recognise consistent week-to-week performances which are given throughout the season, and secondly 'End of Season Awards'.

PROGRESS AWARDS

Performance Awards

- **Blue ribbon:** 2 personal bests (PB) in an event.
- **White ribbon:** Further 3 (5 in all) personal bests (PB) in an event. The personal bests need not be achieved in consecutive attempts.
- **Gold ribbon:** 3 personal bests (PB) in a row in one event.

It is important that you stick the tickets on the appropriate page/s of your Achievement Book following each meet and track your progress. Choose a page/section for each event you will participate in the season - this way it is easier to detect when you have 2 PBs or more. Please do not stick the tickets from different events on the same page. When you have achieved 2 PB or more in one event, place your Achievement Book in the box at the Committee Table. We will endeavour to return your book and ribbon the following meet. A first attempt at an event is used as the benchmark performance. An improvement on that result will achieve a blue ribbon.

Centre Record Certificates

Awarded to athletes who break a Corroboree Centre record – this can be achieved at any ACTLAA sanctioned meeting. Record Certificates are generally presented to the athlete the meet after the record has been ratified.



END OF SEASON AWARDS

This season we have 14 Corroboree meets. To be eligible for an end of season award, an athlete must have participated in nine (9) meets or more during the season. This quota may include up to 2 ACTLAA sanctioned meets. This criteria works best as it avoids a talented athlete only attending a few meets and being awarded the trophy at the end of the season. Athletes will receive an attendance credit if a meet is cancelled.

Centre Best Certificates

Awarded to athletes achieving the best performance in an event, in an age group at a Corroboree club meet at Dickson. Certificates are issued at the end of the season. This is the only end of season award that does not require you to attend 9 meets.

Consistent Effort Medal

Awarded to every athlete in each age group who have participated in a minimum of 9 meets during the season.

Most Improved Trophy

The athlete who has the highest total number of Personal Bests (PBs) across all events is the recipient of this award in each age group. Therefore, it's not about winning your event; it's about improving on your last achievement. There can be more than one recipient of this award in each age group.

Age Champion Trophy

At the end of the season, each event has a Centre Best (CB) performance in each age group (see Centre Best Certificates). These end of season CB are totalled and the athlete with the highest number receives this award. If a Corroboree or ACTLAA record has been broken, then 1 point is added for each broken record. There can be more than one recipient of this award in each age group. Only awarded to athletes in each age group who have participated in a minimum of 9 meets during the season.

Club Champion Trophy

The Club Champion Award will be awarded to the Club's best athlete over the course of the season. A male and female champion will be awarded. The key criteria used to determine the Club Champion will be:

- Performance at the ACTLAA Championships (and if unable to participate at the Championships through illness or injury the ACT Northside Regional Championships)
- ACT/Club records broken by the athlete
- Consistent effort at Corroboree meetings including winning the Age Champion Trophy
- General behaviour/good sportsmanship whilst representing the Club at ACTLAA Championships/Carnivals and at Club meets
- If necessary, performance at other ACTLAA Carnivals including the Multi-Event and Relay Events can be used if the above is not sufficient to determine a clear Club Champion.

John Hunt Award (Club Person of the Year)

The John Hunt Award will be awarded to the person (athlete, committee member, parent or family) who contributes the most to the Club during the year. The Award will be at the sole discretion of the Committee, however nominations will be invited from anyone within the Club, and are welcome, to assist the Committee in reaching their decision.



ACTLAA EVENTS

When you are on holidays away from Canberra you can find a local 'Little As' centre that will be happy to let you compete. A number of the Canberra and surrounding centres have carnival days to which you, as a registered Little Athlete, are invited to compete. There may be a small registration/event fee to participate.

This season the ACT Little Athletics Association (ACTLAA), with which Corroboree is affiliated, is conducting carnivals for all Centres in the Canberra and surrounding region. Most of these meets provide the opportunity of competing at the Australian Institute of Sport (AIS) at Bruce.

Multi-Event Carnival – Sunday 13 November 2011

Athletes U7 to U9 may complete in 4 events (comprising 2 running, 1 throw and 1 jump), with older athletes able to compete in 5 events. Events include a short and a long run, a throw and a jump, plus (for older athletes) another event of your choice. Children and parents should not be put off attending because it is early in the season or you are new to the sport. It is an opportunity to compete at a first class venue which helps you achieve your personal bests. All athletes are welcome and the atmosphere is a friendly one.

ACTLAA Relay Carnival - Sunday 11 December 2011

Corroboree will aim to field relay teams of 4 athletes in each age group. However where a team cannot be fielded, composite teams can be made up on the day of the event with other clubs. Athletes should remember that once you commit to being part of the team, you must turn up on the day, otherwise you will greatly disappoint your team mates!



You will compete in a short and long relay plus two individual field events, a jump and throw. This is a good opportunity to get familiar early in the season with the championship format.

This event is open to athletes under 7 and above.

ACTLAA Regional Northside/Southside Championships - 3 + 4 March 2012

The ACTLAA comprises of 18+ Centres in Canberra and the surrounding NSW region. These centres are split into 'north' and 'south' zones for the Regional Championships.

Corroboree competes in the 'Northern' Regional Championships which this year will be hosted by the Ginninderra LAC and held at the **Charnwood Oval, Charnwood**. The Southside Regionals will be held on the same weekend at Woden Park.

Regionals are held towards the end of the athletic season and provide a great opportunity to see how the children have improved. Regional Championships are for all athletes from U8 and above and not just the "top" performers. Last year some of our athletes were very surprised and excited when they qualified for the Championships. Athletes are permitted to compete in a select number of events (5 for younger athletes and up to 7 for older athletes). Athletes may therefore select events that suit their individual strengths.

Performance at Regionals is the only way to qualify for the ACTLAA State Championships.

ACTLAA Championships - 24 + 25 March 2012

This is the last event on the ACTLAA calendar. It will be held at the AIS track, Bruce. To compete here you must have qualified at the Regionals Championships. This event is open to athletes U9 and above.

Australian Little Athletics Championships - 20-22 April 2012

Following the Championships, a team of U13 and U15 athletes will be selected to represent the ACT in the Australian Little Athletics Championships (ALAC) to be held in Hobart.

If you would like to be considered for selection, then you must fill out a nomination form and lodge it with the ACTLAA Office by the due date. Forms must be endorsed by our Club President. Please see Committee members or visit www.actlaa.org.au for further information.

U14-20 ACT Championships - February 2012 (dates TBA)

As part of our Senior Team (U14-U17) you will be eligible to Trial for Nationals in Sydney. To be considered as part of an ACT Squad you will need to compete at the U14-U20 ACT Championships which will be held over two days.

U14-U20 Nationals - 15-19 March 2012

This year's event will be held at Sydney Olympic Park, Sydney, NSW.

North Canberra Senior Athletics

Senior Athletics are every Saturday afternoon at the AIS track for athletes turning 12 before the end of 2011 and above. Please see John Hunt for further details or visit the following websites:

www.ncga.coolrunning.com.au

www.athleticsact.org.au



CORROBOREE RECORDS

All Corroboree event records will be subject to stringent requirements of timing and track measurement before verification. Track events must have first place double timed (ie. either 2 handheld stopwatches, or a multi-timer plus a handheld stopwatch, recording the first place result). Track records must be signed off by a Committee member prior to the end of the meet. Field event records must be verified by a Committee member at the time of the record being performed. Records can be equalled or broken at any Corroboree meet or ACTLAA sanctioned event.

U6 Girls				U6 Boys			
50m	S. Sutton	9.89s	07/08	50m	J. Warren	9.30s	02/03
70m	E. Boak	12.50s	06/07	70m	L. Moran	12.20s	06/07
100m	S. Sutton	18.98s	07/08	100m	J. Warren	18.42s	02/03
200m	L. Boden	43.84s	93/94	200m	J. Warren	40.33s	02/03
60m Hurdles	L. Boden	14.70s	93/94	60m	J. Warren	13.30s	02/03
				Hurdles			
Long Jump	S. Sutton	2.68m	07/08	Long Jump	J. Warren	2.94m	02/03
Shot Put 1kg	L. Read	5.05m	00/01	Shot Put1kg	J. Maynard	6.65m	01/02
Discus 350g	A. Haridemos	9.79m	01/02	Discus 350g	J. Warren	10.56m	02/03

U7 Girls				U7 Boys			
50m	L. Hartley	8.70s	91/92	50m	J. Soward	8.50s	90/91
70m	C. Burleigh	11.40s	89/90	70m	R. Wilson	10.90s	06/07
100m	G. Sutherland	16.20s	1987	100m	N. Donlan	15.40s	1986
200m	J. Young	35.40s	1980	200m	N. Donlan	33.50s	1986
300m Walk	S. McKay	2.24.00s	09/10	300m Walk	J. Divett-Moro	1.59.00s	09/10
60m Hurdles	H. Kaci	12.90s	98/99	60m	D. Kelly	12.40s	01/02
				Hurdles			
Long Jump	J. Tassell	3.13m	90/91	Long Jump	N. Donlan	3.47m	1986
Shot Put 1kg	J. Rowe	5.16m	97/98	Shot Put1kg	K. Kouparitsas	8.85m	93/94
Discus 350g	S. Lound	14.60m	00/01	Discus 350g	K. Kouparitsas	20.88m	93/94

U8 Girls				U8 Boys			
50m	T. Lemmon	8.13s	93/94	50m	R. Gibson	8.10s	93/94
70m	L. Hartley	10.7s	92/93	70m	R. Moore	10.6s	1986
					D. Kelly		1986
					T. Vincent		89/90
					J. Matthews		89/90
100m	A. Kirby	15.5s	1986	100m	N. Donlan	14.5s	1987
200m	S. Siva	32.9s	1986	200m	N. Donlan	31.1s	1987
400m	S. Siva	1:18.7s	1986	400m	M. Miller	1:15.8s	1986
300m Walk	E. Rixon	1:52.03s	09/10	300m Walk	H. Tayloe	1:46.07s	10/11
60m Hurdles	K. Hetenyi	12.00s	02/03	60m	S. Judge	11.4s	00/01
	M. McGarry		03/04	Hurdles	J. Warren		04/05
Long Jump	A. Kirby	3.55m	1986	Long Jump	N. Donlan	4.01m	1987
Shot Put 1.5kg	A. Gray	6.14m	02/03	Shot Put	K. Kouparitsas	9.77m	94/95
				1.5kg			
Discus 500g	S. Read	21.62m	1983	Discus 500g	A. King	25.56m	1980
Turbo Javelin	E. Niven	9.67m	09/10	Turbo	S. Raivaroro	13.61m	09/10
				Javelin			

U9 Girls				U9 Boys			
50m	E. Vardon	8.4s	09/10	50m	W. Taylor-Steele	8.38s	09/10
70m	J. Tassell	10.5s	92/93	70m	R. Gibson	10.3s	94/95
100m	V. Fielding	14.9s	1980	100m	N. Donlan	14.00s	1988
	H. Kennedy		88/89				
200m	R. Tassell	31.5s	90/91	200m	D. Kelly	30.3s	1987
400m	K. Hetenyi	1:14.4s	03/04	400m	A. King	1:12.00s	1981
800m	K. Hetenyi	2:50.31s	03/04	800m	D. Bankovsky	2:40.7s	1989
700m Walk	J. McGarry	4:24.42s	04/05	700m Walk	M. Hetenyi	4:28.4s	05/06
60m Hurdles	G. Maher	11.08s	07/08	60m	R. Wilson	10.28s	08/09
				Hurdles			
High Jump	L. Boden	1.14m	96/97	High Jump	R. Priddle	1.20m	1984
Long Jump	H. Kennedy	4.09m	88/89	Long Jump	S. Crowe	4.05m	92/93
Shot Put 2kg	S. Read	7.62m	1984	Shot Put 2k	K. Kouparitsas	9.30m	95/96
Discus 500g	S. Read	27.82m	1984	Discus 500g	A. King	27.90m	1981
Turbo Javelin	E. Vardon	10.16m	09/10	Turbo Javelin	W. Corin	12.85m	09/10
10 Girls				U10 Boys			
50m	H. Black	8.31s	09/10	50m	M. Clifton	7.65s	09/10
70m	T. Hawke	9.3s	06/07	70m	D. Prosser	9.69s	07/08
100m	J. Cowie	13.8s	1978	100m	D. Kite	13.3s	1987
200m	S. Truedale	29.6s	89/90	200m	N. Donlan	28.6s	1989
400m	R. Tassell	1:11.4s	91/92	400m	H. Schofield	1:08.3s	96/97
800m	K. Reavley	2:42.00s	84/85	800m	B. Wilson	2:37.6s	1985
1500m	A. Culyer	5:19.00s	1980	1500m	S. Kirby	5:17.8s	90/91
1100m Walk	A. Flanagan	6:40.8s	01/02	1100m Walk	P. Stanley	7:05.8s	93/94
60m Hurdles	L. Boden	10.7s	97/98	60m	R. Gibson	11.00s	95/96
				Hurdles	M. Cooper		00/01
High Jump	A. Flanagan	1.24m	01/02	High Jump	A. Batterbury	1.30m	1986
Long Jump	H. Kennedy	4.53m	89/90	Long Jump	M. Cooper	4.52m	00/01
Shot Put 2kg	S. Lound	7.91m	03/04	Shot Put 2k	K. Kouparitsas	9.30m	95/96
Discus 500g	S. Read	29.20m	1985	Discus 500g	G. Duffy	31.50m	1980
Javelin	E. Vardon	9.78m	10/11	Javelin	H. Smith-Shields	13.85m	09/10
U11 Girls				U11 Boys			
50m	K. Aylott	7.67s	09/10	50m	O. Buntine	7.93s	09/10
70m	K. Aylott	10.5s	09/10	70m	H. Smith-Shields	9:61s	10/11
100m	M. D'Ambrosio	13.83s	05/06	100m	N. Donlan	13.1s	89/90
200m	M. D'Ambrosio	28.64s	05/06	200m	N. Donlan	27.00s	89/90
400m	K. Reavley	1:06.8s	85/86	400m	S. Laws	1:06.5s	1986
800m	K. Reavley	2:33.9s	85/86	800m	J. Chalker	2:28.7s	1985
1500m	L. Carr	5:15.7s	1986	1500m	J. Chalker	4:58.5s	1985
1100m Walk	Y. Kidane	6:26.43s	01/02	1100m Walk	R. Frawley	6:48.07s	06/07
60m Hurdles	A. Flanagan	10.2s	02/03	60m	J. Shippley	10.2s	02/03
				Hurdles			
High Jump	A. Flanagan	1.34m	02/03	High Jump	T. Madsen	1.40m	03/04
Long Jump	A. Kirby	4.32m	1989	Long Jump	N. Donlan	5.08m	89/90
Triple Jump	C. Rhodes	9.21m	95/96	Triple Jump	B. Green	9.11m	07/08
Shot Put 2kg	S. Lound	9.11m	04/05	Shot Put 2k	R. Gibson	10.43m	96/97
Discus 750g	S. Barker	24.46m	1982	Discus 750g	N. Kouparitsas	28.60m	94/95
Javelin 400g	L. Hartley	19.70m	95/96	Javelin 400g	H. Schofield	32.84m	97/98

U12 Girls				U12 Boys			
70m	M. Corin	11.43s	09/10	70m	J. Smith-Shields	9.77s	09/10
100m	J. Schwab	13.32s	02/03	100m	N. Donlan	12.8s	90/91
200m	P. Johnston	28.1s	1986	200m	N. Donlan	26.7s	90/91
400m	K. Reavley	1:01.5s	86/87	400m	J. Pearson	1:04.6s	95/96
800m	K. Reavley	2:25.00s	86/87	800m	J. Chalker	2:21.5s	1986
1500m	J. Gledhill	5:22.4s	1986	1500m	J. Chalker	4:50.00s	1986
1500m Walk	H. Harding	9:27.9s	99/00	1500m W	D. Griffiths	9:32.41s	10/11
60m Hurdles	A. Flanagan	10.14s	03/04	60m	K. Allan	10.12s	10/11
				Hurdles			
High Jump	S. Nutt	1.50m	10/11	High Jump	G. Bishop	1.54m	92/93
Long Jump	A. Bott	4.62m	92/93	Long Jump	N. Donlan	5.20m	90/91
Triple Jump	S. Alchin	10.11m	95/96	Triple Jump	B. Green	10.64m	08/09
Shot Put 2kg	S. Read	12.17m	1987	Shot Put 3k	N. Kouparitsas	10.71m	95/96
Discus 750g	S. Read	35.20m	1987	Discus 750g	A. King	32.18m	1984
Javelin 400g	C. Wright	24.12m	00/01	Javelin 400g	S. Boden	35.29m	01/02
U13 Girls				U13 Boys			
100m	H. O'Neill	13.25s	05/06	100m	N. Donlan	12.2s	91/92
200m	K. Davis	27.8s	02/03	200m	N. Donlan	26.3s	91/92
400m	C. Larque	1:00.99s	99/00	400m	L. Lodi	58.51s	01/02
800m	M. McGarry	2:29.44s	08/09	800m	J. Pearson	2:17.4s	96/97
1500m	P. Grant	4:59.2s	92/93	1500m	J. Chalker	4:50.6s	1987
1500m Walk	S. Griffin	8:21.01s	06/07	1500m	F. Cloney	9:31.6s	05/06
				Walk			
80m Hurdles	C. Larque	13.5s	99/00	80m	C. Perks	13.8s	1986
				Hurdles			
200m Hurdles	N. Weiss	42.74s	09/10	200m			
				Hurdles			
High Jump	S. Griffin	1.50m	06/07	High Jump	A. Read	1.67m	1983
Long Jump	T. Staunton	4.76m	1991	Long Jump	B. Green	5.34m	09/10
	S.Paine						10/11
Triple Jump	J. Schwab	10.23m	03/04	Triple Jump	B. Green	11.05m	09/10
Shot Put 3kg	A. Flanagan	9.68m	04/05	Shot Put	K. Kouparitsas	14.68m	99/00
				3kg			
Discus 750g	A. Flanagan	30.66m	04/05	Discus 1kg	A. Forster	39.80m	1989
Javelin 400g	C. Wright	26.88m	01/02	Javelin 600g	K. Kouparitsas	44.10m	99/00
U14 Girls				U14 Boys			
100m	A. McIlrick	12.89s	02/03	100m	N. Donlan	11.8s	92/93
200m	M. McGarry	26.73s	09/10	200m	N. Donlan	24.6s	92/93
400m	C. Larque	1:00.19s	00/01	400m	J. Pearson	58.92s	97/98
800m	M. McGarry	2:25.10s	09/10	800m	J. Pearson	2:20.1s	97/98
1500m	A. Baker	5:34.26s	04/05	1500m	D. Fordham	4:58.7s	1989
1500m Walk	L. Boden	8:45.6s	01/02	1500m	T. Madsen	9:18.7s	06/07
				Walk			
80m Hurdles	A. Flanagan	13.21s	05/06	90m Hurd	J. Boreham	13.7s	98/99
200m Hurdles	J. McGarry	43.12s	09/10	200m Hurd			
High Jump	K. Reavley	1.46m	88/89	High Jump	C. O'Neill	1.60m	1988
	C. Larque		00/01		A. Kitto		1988
					T. Madsen		06/07
Long Jump	W. Law	5.02m	1988	Long Jump	R.Allan	5.80m	10/11
Triple Jump	L. Boden	10.32m	01/02	Triple Jump	R.Allan	12.07m	10/11
Shot Put 3kg	L. Horvath	11.08m	94/95	Shot Put 4k	A. Forster	12.80m	89/90
Discus 1kg	A. Flanagan	30.88m	05/06	Discus 1kg	N. Brown	40.37m	1989

U15 Girls				U15 Boys			
100m	A. McIlrick	12.75s	03/04	100m	N. Donlan	11.5s	93/94
200m	C. Larque	26.1s	01/02	200m	N. Donlan	24.3s	93/94
400m	C. Larque	59.28s	01/02	400m	J. Pearson	55.6s	98/99
800m	K. Davis	2:24.3s	04/05	800m	J. Pearson	2:11.1s	98/99
1500m	A. Baker	5:15.11s	05/06	1500m	S. Donlan	5:18.1s	1989
1500m Walk	L. Boden	9:09.1s	02/03	1500m Walk	S. Mulvaney	9:25.0s	07/08
90m Hurdles	L. Boden	13.8s	02/03	100m Hurdles	J. Boreham	14.4s	99/00
200m Hurdles	K. Mulvaney	1:01.1s	09/10	200m Hurdles			
High Jump	N. Matthaehi	1.55m	96/97	High Jump	A. Kitto	1.75m	1989
Long Jump	L. Boden	5.14m	02/03	Long Jump	T. Madsen	5.72m	07/08
Triple Jump	L. Boden	10.86m	02/03	Triple Jump	T. Madsen	12.03m	07/08
Shot Put 3kg	L. Horvath	11.70m	95/96	Shot Put 4kg	J. Boreham	11.90m	99/00
Discus 1kg	C. Larque	27.84m	01/02	Discus 1kg	J. Boreham	33.95m	99/00
Javelin 600g	S. Allan	28.26m	10/11	Javelin 600g	J. Boreham	46.33m	99/00

U16 Girls				U16 Boys			
100m	E. Baker	14.11s	04/05	100m	C. Wilson	11.78s	08/09
200m	E. Baker	29.31s	04/05	200m	C. Wilson	24.37s	08/09
400m	E. Baker	1:08.0s	04/05	400m	C. Arnold	1:08.9s	06/07
800m	A. Baker	2:47.0s	06/07	800m	B. Dowley	2:40.2s	03/04
1500m	A. Baker	5:52.5s	06/07	1500m	K. Davey	6:24.2s	05/06
1500m Walk	E. Baker	6:50.9s	04/05	1500m Walk			
100m Hurdles	E. Baker	19.08s	04/05	100m Hurd	K. Davey	18.1s	05/06
200m Hurdles				200m Hurd	M. Madsen	37.92s	09/10
High Jump	E. Baker	1.28m	04/05	High Jump	T. Madsen	1.76m	08/09
Long Jump	E. Baker	4.26m	04/05	Long Jump	T. Madsen	5.67m	08/09
Triple Jump	E. Baker	10.14m	04/05	Triple Jump	R. Moran	11.19m	07/08
Shot Put 4kg	E. Baker	5.62m	04/05	Shot Put 5k	K. Davey	10.46m	05/06
Discus 1kg	E. Baker	13.01m	04/05	Discus 1.5kg	K. Davey	30.50m	05/06
Javelin 600g	E. Baker	16.81m	04/05	Javelin 700g	K. Davey	24.70m	05/06

U17 Girls				U17 Boys			
100m	E. Baker	13.0s	05/06	100m	C. Wilson	11.64s	09/10
200m	E. Baker	27.97s	05/06	200m	C. Wilson	23.88	09/10
400m	E. Baker	1:07.03s	05/06	400m	C. Wilson	55.76	09/10
800m	E. Baker	2:58.5s	05/06	800m	S. Mulvaney	2:32.38s	09/10
1500m	E. Baker	6:31.0s	05/06	1500m	S. Mulvaney	5:00.21s	09/10
1500m Walk				1500m W	S. Mulvaney	10:54.00s	09/10
100m Hurdles	E. Baker	19.76s	05/06	100m H	T. Madsen	18.44s	09/10
200m Hurdles				200m H	S. Mulvaney	38.31s	09/10
High Jump	E. Baker	1.28m	05/06	High Jump	T. Madsen	1.8m	09/10
Long Jump	E. Baker	4.92m	05/06	Long Jump	T. Madsen	5.61m	09/10
Triple Jump	E. Baker	10.34m	05/06	Triple Jump	T. Madsen	11.73m	09/10
Shot Put 4kg	E. Baker	7.16m	05/06	Shot Put 5k	T. Madsen	11.05m	09/10
Discus 1kg	E. Baker	19.6m	05/06	Discus 1.5kg	T. Madsen	29.97m	09/10
Javelin 600g	E. Baker	22.12m	05/06	Javelin 700g	T. Madsen	17.73m	09/10

EVENTS BY AGE GROUP

The tables below show all of the events that are available for each age group.

Straight Track

AGE	Shuttle R	50m	70m	100m	60mH	80mH	90mH	100mH
U6								
U7								
U8								
U9								
U10								
U11								
U12								
U13								
U14								
U15								
U17								

Circular Track

AGE	200m	400m	800m	1500m	300mW	700mW	1100mW	200mH	4x100m
U6									
U7									
U8									
U9									
U10									
U11									
U12									
U13									
U14									
U15									
U17									

Field events

AGE	Turbo Jav	Javelin	Shot put	Discus	Long Jump	High Jump	Triple Jump
U6							
U7							
U8							
U9							
U10							
U11							
U12							
U13							
U14							
U15							
U17							

WEEKLY PROGRAMS

Warm-up for each meet will start at 8:45am and will be led by the senior athletes or coaches. Please ensure that you arrive by 8:45am so that you can take part in this essential component of athletics.

In order for Corroboree to include the full range of track and field events offered to each age group, the schedule for each meet will rotate between the following four (4) programs. Please note that the order of events may change depending on the number of children in each age group, ground conditions and availability of officials. Event 5 (marked with an asterisk (*)) in each program) will be run at the discretion of the Age Group Co-Ordinator and only if it commences prior to 10:30am.

Program 1:

AGE	1	2	3	4	5*	On Track
U6	On Track	50m	Turbo Jav	Shuttle Relay	70m	Running
U7	50m	On Track	Long Jump 2	300m Walk	70m	
U8	300m Walk	Long Jump 1	On Track	50m	70m	
U9	Long Jump 1	High Jump	70m	On Track	200m	
U10	1500m	100m	High Jump	70m	Long Jump	
U11	100m	Discus	1500m	70m		
U12	Discus	1500m	Long Jump 1	100m		
Seniors	100m	1500m	Discus	Long Jump 1		

Program 2:

AGE	1	2	3	4	5*	On Track
U6	Shot	100m	Long Jump 2	On Track	50m	Throwing
U7	On Track	Shot	100m	Shuttle Relay	50m	
U8	Shuttle Relay	On Track	Shot	100m	50m	
U9	200m	Discus	On Track	4x50m	100m	
U10	Discus	200m	Javelin	800m	100m	
U11	800m	Javelin	200m	Long Jump 2		
U12	Javelin	800m	Triple Jump	200m		
Seniors	Triple Jump	800m	Javelin	200m		

Program 3:

AGE	1	2	3	4	5*	On Track
U6	Discus	70m	On Track	60mH	100m	Hopping and projection skills
U7	60mH	70m	Discus	On Track	Turbo Jav	
U8	On Track	60mH	70m	Discus	Turbo Jav	
U9	400m	On Track	Long Jump 1	60mH	700m Walk	
U10	60mH	400m	Long Jump 2	100m	70m	
U11	Long Jump 1	60mH	400m	Shot	100m	
U12	Shot	Long Jump 2	60mH	400m		
Seniors	400m	Long Jump 1	Shot	Hurdles		

Program 4:

AGE	1	2	3	4	5*	On Track
U6	100m	On Track	50m	Long Jump 2	70m	Leaping and vertical jump
U7	Long Jump 2	200m	On Track	100m	70m	
U8	200m	Long Jump 2	100m	On Track	70m	
U9	On Track	100m	800m#	Shot	70m	
U10	1100m Walk	Shot	Discus	4x100m	50m	
U11	1100m Walk	Triple jump	High Jump 1	4x100m	70m	
U12	High Jump 2	1500m Walk	200mH#	4x100m		
Seniors	High Jump 1	1500m Walk	200mH#	4x100m		

#800m lanes 1-2, 200mH lanes 3-6

EQUIPMENT SIZES, HEIGHTS AND WEIGHTS

Hurdles	Distance	Height	Lead-in	Lead-out	Distance Between	Flights
U6-9	60m	45cm	12m	13m	7m	6
U10-11	60m	60cm	12m	13m	7m	6
U12	60m	68cm	12m	13m	7m	6
U13, U14G	80m	76cm	12m	12m	7m	9
U14B,U15G	90m	76cm	13m	13m	8m	9
U15B,U16-17	100m	76cm	13m	10.5m	8.5m	10

Shot Put	1kg	1.5kg	2kg	3kg	4kg	5kg
Boys	U6-7	U8	U9-11	U12-13	U14-15	U16-17
Girls	U6-7	U8	U9-12	U13-17		

Discus	350g	500g	750g	1kg	1.5kg
Boys	U6-7	U8-10	U11-12	U13-15	U16-17
Girls	U6-7	U8-10	U11-13	U14-17	

Javelin	400g	500g	600g	700g
Boys	U11-12		U13-15	U16-17
Girls	U11-14	U15-17		

Long Jump	1m square mat	1m x 1/2m mat	1m x 20cm board
Boys and Girls	U6-9	U10-12	U13-17

Triple Jump	1m x 1/2m mats at 5m, 7m, 9m	1m x 20cm boards at 5m, 7m, 9m
Boys and Girls	U11-12	U13-17

CORROBOREE SPONSORS



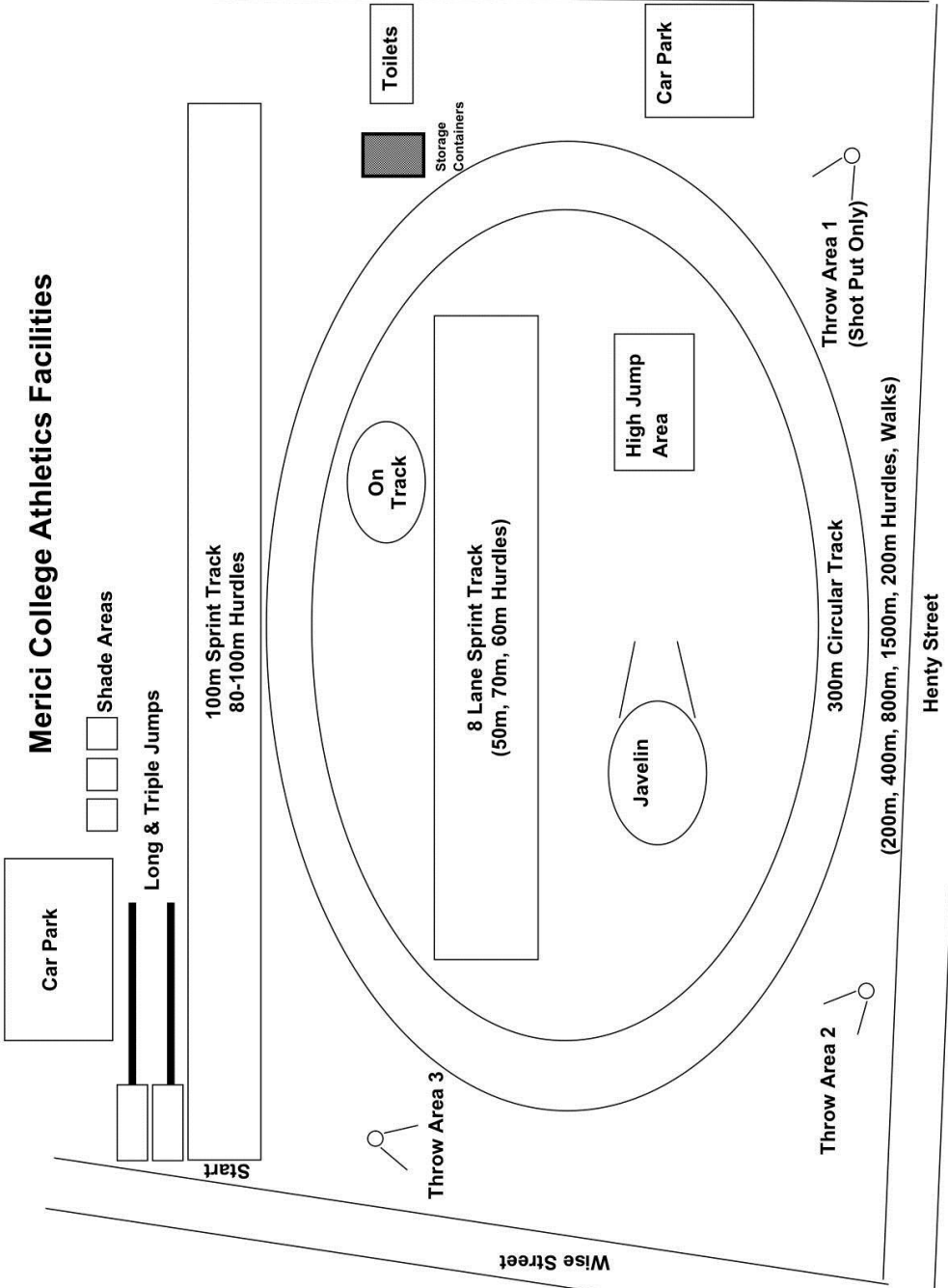
ACTLAA PARTNERS



Local Heroes



Merici College Athletics Facilities



Car Park

Shade Areas

Long & Triple Jumps

100m Sprint Track
80-100m Hurdles

Start

Toilets

Storage
Containers

On
Track

8 Lane Sprint Track
(50m, 70m, 60m Hurdles)

Javelin

High Jump
Area

Car Park

Throw Area 3

Throw Area 2

Throw Area 1
(Shot Put Only)

300m Circular Track
(200m, 400m, 800m, 1500m, 200m Hurdles, Walks)

Henty Street

Wise Street

Limestone Avenue