

JIMBOOMBA LITTLE ATHLETICS CENTRE



**Year Book
2011/12**

Triple Jump

Boys

U/11	Arron Kirby	8.79	02/03
U/12	Arron Kirby	9.71	03/04
U/13	Lindsay Newton-Smith	10.27	05/06
U/14	Lindsay Newton-Smith	11.43	06/07
U/15	Lindsay Newton-Smith	12.48	07/08
16/17	Lindsay Newton-Smith	13.54	09/10

Girls

U/11	Camryn Newton-Smith	8.60	10/11
U/12	Danielle Fisher	8.98	03/04
U/13	Nicole Kitson	9.57	07/08
U/14	Danielle Fisher	10.34	05/06
U/15	Danielle Fisher	10.33	06/07
16/17	Jaimee Newton-Smith	9.05	10/11

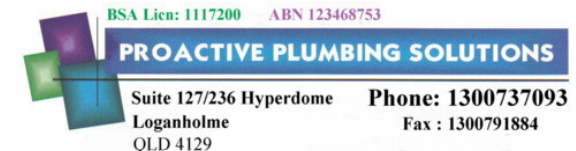
High Jump

Boys

U/8	Joshua Clarke	1.03	04/05
U/9	Heath Cox-Probert	1.13	10/11
U/10	Ryan Sheppard	1.21	00/01
U/11	Arron Kirby	1.30	02/03
U/12	James Scott	1.50	99/00
U/13	James Scott	1.53	00/01
	Jake Cook	1.53	08/09
U/14	Arron Kirby	1.66	05/06
U/15	Arron Kirby	1.71	06/07
16/17	Lindsay Newton-Smith	1.72	09/10

Girls

U/8	Tanielle Crase	1.05	02/03
U/9	Taneille Crase	1.18	03/04
U/10	Taneille Crase	1.20	04/05
U/11	Danielle Fisher	1.28	02/03
U/12	Sharne Mussell	1.28	99/00
U/13	Rebekah Carr	1.45	04/05
U/14	Rebekah Carr	1.45	05/06
U/15	Jasmine Sinclair	1.45	08/09
16/17	Jessica Pickles	1.50	09/10



JIMBOOMBA LITTLE ATHLETICS CENTRE



Year Book 2011/12

Your Committee

Centre Phone Number: 0403917097

E-Mail : jimboombalac@jac.asn.au

Website: www.jac.asn.au

Ralph Newton	Centre Manager	0431474149
Peta Smith	Secretary	0414 916109
Katrina Fielding-Smith	Treasurer	0439895588
Paul Tyler-Moss	Arena Manager	
Kim Stockham	Registrar A-K	
Benedicte Taylor	Registrar L-Z	
Loretta Tyler-Moss	Boys Recorder	
Robyn Howden	Girls Recorder	0427118079
Steven Fielding-Smith	Officials	
Jeanne Wilkins	Officials	
Anna Mullan	Canteen	0405642137
Bobby Lovaszi	Grounds	
Melinda Draper	Competitions	0400477468
Lauren Boyd	Publicity	

General Committee Members:

Lisa Bingham
Debbie Lovaszi
Judy McDonald

Welcome

On behalf of the committee, I am delighted to extend a warm welcome back to all of our athletes and parents for another wonderful season of Little Athletics. A special welcome to all families who are joining our centre for the first time.

This will be the Jimboomba Little Athletics Centre's 15th year of competition. The centre was established for the 1997/98 season and spent the first few years operating at the Hills International College before relocating here in 2002.

JLAC is affiliated with Queensland Little Athletics and follows the Little A's motto of "Family, Fun and Fitness". All children, regardless of ability, are encouraged to participate and we applaud those who experience the achievement of personal improvement as much as we do those athletes who may go on to compete at higher levels.

Athletes are reminded that it is not necessary to win on every occasion, but that it is important to compete to the best of your ability and to try and improve your own previous best effort. That way you will all be winners.

Athletes aged 12 years and older may be interested in our associated club, Jimboomba Athletics, which offers a wide range of other track and field competitions, activities and experiences for older athletes. Membership is free for athletes in the U13-15 age group.

Parents/carers are reminded that Little Athletics is very different to most junior sports. If you are used to sitting on the sideline and watching soccer, footy or netball, that cannot happen here. Most evenings athletes in ten different age groups will compete in four or five events each requiring officials and helpers to marshal, measure, time-keep, record results, write tickets and fulfill other roles. Approximately 90 parents are needed to run our Friday evening competitions – this truly is a sport requiring family involvement. If you have any special skills you think could benefit the centre please let us know.

Parents please also note that it is a requirement for at least one parent of all athletes to remain at the ground at all times during competition. Children without parents present will be required to sit out (exceptional circumstances with prior notification are excepted).

Our committee members are available to answer any questions you may have. Please feel free to join us at committee meetings which are held here at the centre on the third Wednesday of the month starting at 7:30pm.

I look forward to sharing this season of little athletics with you and wish you all an enjoyable and successful year.

Ralph Newton, Centre Manager

Recognitions

State Title Holders

1997-98	Nicola Daffey	U11	800m	2.38.9
2003-04	Taneille Crase	U9	60mH	11.8
2004-05	Taneille Crase	U10	60mH	10.67
2004-05	Taneille Crase	U10	H/J	1.20m
2004-05	Danielle Fisher	U13	200mh	29.68
2004-05	Arron Kirby	U13	200mh	28.41
2005-06	Danielle Fisher	U14	200mh	29.31
2005-06	Lindsay Newton-Smith	U13	Javelin	35.47
2007-08	Lindsay Newton-Smith	U15	Javelin	49.61
2008-09	Jessica Pickles	U15	1500mw	7:51.6
2008-09	Julian Watkins	U15	1500m	4:16.64
2009-10	Jessica Pickles	U17	1500mw	6:57.47
2009-10	Jessica Pickles	U17	1500m	5:23.62
2009-10	Rowan Brown	U15	100mh	15.36
2009-10	Miranda Ricketts	U14	800m	2:35.74
2010-11	Lachlan Bell	U13	400m	58.38
2010-11	Jaimee Newton-Smith	U17	800m	2:27.96
2010-11	Jaimee Newton-Smith	U17	1500m	5:04.43

2010/11 Awards

Most Improved Award

Girls

U6 Elektra McMillan
 U7 Shilah Morris
 U8 Abby Howden
 U9 Samantha McKenzie

U10 Laura Kenny
 U11 Kelsie Willoughby
 U12 Sarah Rogers

U13 Aimee Finlay
 U14 Jade Annakin
 U15 Tyleah Quinn-Woldhuis
 U16 Jaimee Newton-Smith
 U17

Boys

Nicholas Annakin
 Rory Wilcockson
 Aiden Barry
 Jackson Nix
 Benjamin Kelly
 Eric Mao
 Tyler Coburn
 Dylan Brennan
 Jayden Fielding-Smith

Cameron O'Hare
 Christopher Mao
 Joshua Buchmaier
 Allen Mao
 Luke Somerville

McDonald's Most Improved Overall

Kelsie Willoughby

Tyler Coburn
 Cameron O'Hare
 Christopher Mao

Good Sportsmanship Award

Not awarded

Long Jump

Boys

U/6	Joshua Boyton	2.72	05/06
U/7	Clay Hunter	3.22	07/08
U/8	Clay Hunter	3.59	08/09
U/9	Heath Cox-Probert	3.56	10/11
U/10	Josh Boyton	3.95	09/10
U/11	Geoffrey Klease	4.49	01/02
U/12	Geoffrey Klease	4.79	02/03
U/13	Geoffrey Klease	4.84	03/04
U/14	Arron Kirby	5.32	05/06
U/15	Arron Kirby	6.04	06/07
16/17	Aaron Raguse	5.97	04/05

Girls

U/6	Jesica Draper	2.66	09/10
U/7	Lilya Pidgeon	2.82	10/11
U/8	Taneille Crase	3.18	02/03
U/9	Taneille Crase	3.56	03/04
U/10	Taneille Crase	3.70	04/05
U/11	Holly Medbury	3.91	07/08
	Sarah Rogers	3.91	09/10
U/12	Danielle Fisher	4.36	03/04
U/13	Danielle Fisher	4.49	04/05
U/14	Danielle Fisher	4.78	05/06
U/15	Jasmine Sinclair	4.68	08/09
16/17	Jaimee Newton_Smith	4.32	10/11



Shot Put

Boys

U/6	Kobe Annakin	4.74	08/09
U/7	Bailey Smith	6.44	04/05
U/8	Cody Donnelly	6.82	08/09
U/9	Bailey Smith	7.37	06/07
U/10	Bailey Smith	9.02	07/08
U/11	Bailey Smith	9.74	08/09
U/12	Nathan Wilkins	9.15	09/10
U/13	Zac McDonald	12.93	10/11
U/14	Anthony Emmett	10.89	08/09
U/15	Lindsay Newton-Smith	11.86	07/08
16/17	Lindsay Newton-Smith	13.00	09/10

Girls

U/6	Jesica Draper	4.09	09/10
U/7	Elle Vanveldhuizen	5.48	00/01
U/8	Elle Vanveldhuizen	5.87	01/02
U/9	Elle Vanveldhuizen	5.79	02/03
U/10	Kelly Maxwell	6.63	08/09
U/11	Emily Russell	9.28	09/10
U/12	Taylah Cleary	9.93	08/09
U/13	Abbie Ryan	10.12	07/08
U/14	Abbie Ryan	10.30	08/09
U/15	Abbie Ryan	9.75	09/10
16/17	JaimeeNewton-Smith	9.43	10/11

Age Champions 2010/2011

Girls

Under 6	Elektra McMillan
Under 7	Jesica Draper
Under 8	Maddison Aitkin
Under 9	Maeve Schmidt
Under 10	Madison Kelly
Under 11	Camryn Newton-Smith
Under 12	Erinn Howden
Under 13	Hannah Cox
Under 14	Jade Annakin
Under 15	Tyleah Quinn-Woldhuis
Under 16	Jaimee Newton-Smith

Boys

Under 6	Nicholas Annikan
Under 7	Josh Koplick
Under 8	Kobe Annakin
Under 9	Heath Cox-Probert
Under 10	Trent Fisher
Under 11	Joshua Boyton
Under 12	Jayden Fielding-Smith
Under 13	Cameron O'Hare
Under 14	Blake Rogers
Under 15	Joshua Buchmaier
Under 16	Allen Mao
Under 17	Luke Somerville

Centre Manager's Award

Nathan Wilkins

Rookie of the Year Award

Not awarded

Jimboomba Athletics Club

Centre Manager's Award :

This award is determined by the Centre Manager alone. It is for the athlete who has shown outstanding dedication to Little Athletics and the recipient will be someone whom the Centre Manager believes has consistently shown the qualities of good sportsmanship, a genuine willingness to participate, & co-operate with peers and officials.

Rookie of the Year Award :

Awarded by the Arena Manager to an athlete who is in their first season at Jimboomba Little A's and displays all the qualities we look for in an athlete becoming part of our centre.

McDonald's Award :

This award is presented to the boy & girl who has improved the most throughout the season in events held during Jimboomba LAC's weekly competition.

Volunteer of the Year Award :

This award is presented to the person who has accumulated the most amount of volunteer points throughout the current season. These points are awarded to non Committee members each time they help out either on a Friday evening or at other events through the year. The award points accumulate from April 1 to March 31 each year.

100% Participation Award :

These awards are presented to athletes who have attended every Friday competition at Jimboomba LAC from the start of the season and participate in all events on those Fridays unless they are injured on the day. This injury needs to be reported to the Records Officer on the day.

5 Year Badges :

These are awarded to athletes who have been registered for five consecutive years and have been eligible for a participation award in each of those seasons. These badges are also awarded to Committee members who have served five consecutive years on the Centre Committee.

Good Sportsmanship Award :

This award is presented to one athlete in each age group nominated by the Chief Officials at each event they participate in each Friday evening. This athlete will show outstanding qualities of good sportsmanship.

Most Improved Award :

This award is presented to the girl and boy athlete in each age group who is deemed to have improved the most throughout the season in events held during Jimboomba Little Athletics Centre Friday evening competition.

Athletes who are aged 12 and up and who would like a bit more of a challenge are encouraged to join our senior club, Jimboomba Athletics.

Membership is free for U13-U17 athletes.

As a senior club member, you can take part in lots of outside carnivals organised by Queensland Athletics (QA) on the tartan tracks at QSAC (ANZ stadium), the University of Queensland and other places on Saturdays and Sundays.

Please see the calendar on the Senior Club notice board or visit the Jimboomba Athletics website.

Jimboomba Athletics is a QA First Division Club and takes part in Shield meets and team-based competitions and relays. Members also have the opportunity to learn new events like hammer throw, pole vault, steeplechase and multi-events.

Extra training is provided for senior club members.

Senior Calendar

Saturday	5th November	Interclub 1	SAF
	12th November	Interclub 2	UQAC
	19th November	Interclub 3	SAF
	26th November	Interclub 4	GCCAT
Sunday	10th December	State Relays	SAF
	14th January	Interclub 5	SAF
28th & 29th	January	Multi events	Championships
	21st January	Interclub 6	UQAC
	4th February	Interclub 7	SAF
	11th February	Interclub 8	SAF
	17th-19th February	Queensland State	Championships

About our Centre

Refund Policy:

The centre has a NO refund policy with regard to registrations. Athletes may trial for a two week period during September at a cost of \$20 which comes off the registration fee when you join.

Late Sign on:

For athletes joining late in the season you are still required to meet the centre awards conditions to be eligible to receive any award or trophy. Obviously the later you join up the harder it will be to meet this criteria. Athletes can join up any time before the beginning of February but may not be ineligible for any centre awards or trophies

Friday Evening competition:

Our weekly Friday evening competition is held at our grounds at Henderson Road, Jimboomba. Competition starts at 5.45pm with a compulsory warm up and finishes at approximately 8.30pm..

Uniform:

We are proud of our centre uniform and it must be worn at **all** competitions. This includes Friday evenings and carnivals. If athletes are not in full uniform, performances may not be counted towards centre results.

How to apply registration numbers and age patches:

Registration Number: The registration number must be attached to the **front** of the Jimboomba Little Athletic Centre top. (Sew, Velcro or press stud).

Age Patch: If wearing the polo shirt, sew the age patch on to the **left-hand-side sleeve** so that it forms a "pocket" which athletes can use to hold their performance tickets during competition. (i.e. sew the left side, bottom and right side only of the age patch leaving the top open). If wearing the Lycra top, the age patch won't fit on the sleeve, so attach it to the **left-hand side** of the shorts instead. Again, sew three sides only to create a pocket.

Centre Awards

Centre Awards Conditions:

To be eligible for any centre award or trophy an athlete must have participated in a minimum of 60% of available **EVENTS** that were on offer to their age group at our centre during the competition Season.

Uniform: An athlete must wear the full uniform for the duration of the competition season. An athlete who is not in full uniform at any time during competition will forfeit their points for that week.

A full uniform consists of: the centre shirt with number and age patch attached and bottle green shorts. This condition may be waived by the committee under certain circumstances.

Competition Season:

Refers to the period from the 1st October 2010 to the 18th of March 2011 inclusive. This is also referred to as the Age Championship Period.

Events:

Each week during the competition season there will be a number of athletic events on offer for each age group. Events are dependent on the age of athlete. Modified and fun events will be counted towards participation only. The number of events on offer each week may vary due to weather or track conditions, the availability of volunteers or officials.

Athlete: Refers to a fully financial member of Jimboomba LAC inc.

Age Championship :

This competition is held from the first competition day in October to the last competition day in March, inclusive.

This translates to a possible 19 weeks of competition, weather permitting.

To be eligible for an age championship trophy an athlete must have competed in a minimum 60% of available events during the season, and will not include any events in September. It will also not include any carnivals offered by other centres or QLAA .(As a guide only this would be approximately 12 weeks of normal competition, all conditions permitting.)

Points Score:

Points are accumulated for every event that is participated in during the age championship period, and on the basis of, 1st=7, 2nd=5, 3rd=4, 4th=3, 5th place down receive 2points. If you start a track event but do not finish, you receive 1 point. If you compete in a field event & get three fouls you will receive 2 points for finishing. If you do not compete in an event you will not receive any points. **This means**, if you miss a competition evening or choose not to compete in an event you will receive no points towards age championship for those events. **Alternatively**, the more events you do the more points you score towards age championship.

Five Year Badges

Jennifer Barnett	Michael James	Fraser Diebert
Natalie Barnett	Stuart James	Lindsay Newton-Smith
Madeline Barnett	Arron Kirby	Jaimee Newton-Smith
Stephanie Barnett	Ryan Sheppard	Kendal Newton-Smith
Stacey Bell	Tara Sheppard	Jessica Pickles
Matthew Walker	Rebekka Bramble	Bailey Smith
Sam Croft	Jasmine Sinclair	Taylah Diebert
Emily Hagan	Christopher Gaunt	Camryn Newton-Smith
Isaac Hagan	Daniel Gaunt	Joshua Clarke
David Carrick	Jake Irvine	Jacob Knights
Samantha Nind	Gabrielle Hagan	Jesse Smith
Liam Burnett	Cody Donnelly	Mathew Stockham
Kylie Kitson		

Centre Best Performances

70 Metres

Boys

U/6	Joshua Boyton	13.0	05/06
U/7	Brook Croft	12.5	01/02
	Cooper Parsons	12.5	09/10
U/8	Matthew Walker	11.9	99/00
U/9	Heath Cox-Probert	11.2	10/11
U/10	Ryan Sheppard	10.7	00/01

Girls

U/6	Jesica Draper	13.2	09/10
U/7	Jesica Draper	12.3	10/11
U/8	Cassie Dignan	12.0	99/00
U/9	Taneille Crase	11.5	03/04
U/10	Angela Cusack	11.0	99/00

Discus

Boys

U/6	Brook Croft	13.25	00/01
U/7	Bailey Smit	17.00	04/05
U/8	Bailey Smith	19.77	05/06
U/9	Matthew Walker	22.04	00/01
U/10	Matthew Walker	24.87	01/02
U/11	Bailey Smith	25.10	08/09
U/12	James Scott	29.23	99/00
U/13	Scott Bode	34.15	04/05
U/14	Anthony Emmett	37.62	08/09
U/15	Lindsay Newton-Smith	37.70	07/08
16/17	Lindsay Newton-Smith	47.32	09/10

Girls

U/6	Zali Karamollaoglu	10.20	07/08
U/7	Emily Hagan	12.73	99/00
U/8	Elle Vanveldhuizen	13.89	01/02
U/9	Elle Vanveldhuizen	19.33	02/03
U/10	Elle Vanveldhuizen	19.69	03/04
U/11	Elle Vanveldhuizen	20.26	04/05
U/12	Kaitlyn Maxwell	23.90	08/09
U/13	Abbie Ryan	26.49	07/08
U/14	Abbie Ryan	27.83	08/09
U/15	Stacey Bell	28.83	02/03
16/17	Jessica Pickles	27.52	09/10



200 metre Hurdles

Boys

U/13	Nick Catalano	31.0	05/06
U/14	Arron Kirby	29.0	05/06
U/15	Arron Kirby	27.2	06/07
16/17	Aaron Raguse	27.3	04.05

Girls

U/13	Danielle Fisher	31.4	04/05
U/14	Danielle Fisher	30.7	05/06
U/15	Jasmine Sinclair	31.6	08/09
16/17	Jessica Pickles	34.2	09/10

Javelin

Boys

U/11	Kendal Newton-Smith	26.67	07/08
U/12	Nathan Wilkins	30.84	09/10
U/13	Lindsay Newton-Smith	32.11	05/06
U/14	Lindsay Newton-Smith	41.40	06/07
U/15	Lindsay Newton-Smith	43.81	07/08
16/17	Lindsay Newton-Smith	52.57	08/09

Girls

U/11	Camryn Newton-Smith	20.62	10/11
U/12	Shaye Rickwood	23.35	07/08
U/13	Jessica Pickles	25.10	06/07
U/14	Jessica Pickles	26.44	07/08
U/15	Jessica Pickles	30.21	08/09
16/17	Jessica Pickles	27.86	09/10

100 Metres

Boys

U/6	Joshua Boyton	18.8	05/06
U/7	Joshua Clarke	17.1	03/04
U/8	Matthew Walker	16.7	99/00
U/9	Matthew Walker	16.0	00/01
U/10	Matthew Walker	15.3	01/02
	Dylan Tyler-Moss	15.3	10/11
U/11	Geoffery Klease	14.3	01/02
U/12	Geoffery Klease	14.0	02/03
U/13	Cameron O'Hare	13.3	10/11
U/14	Ryan Rutherford	12.5	05/06
U/15	Ryan Rutherford	11.9	06/07
16/17	Lindsay Newton-Smith	11.8	09/10

Girls

U/6	Jesica Draper	19.2	09/10
U/7	Jesica Draper	17.8	10/11
U/8	Cassie Dignan	17.5	99/00
	Tara Sheppard	17.5	01/02
U/9	Angela Cusack	16.8	98/99
U/10	Angela Cusack	15.5	99/00
U/11	Nicola Daffey	14.9	97/98
U/12	Danielle Fisher	14.2	03/04
U/13	Jasmine Sinclair	13.5	06/07
	Kayla Florence	13.5	06/07
U/14	Danielle Fisher	13.5	05/06
U/15	Jasmine Radburn	13.7	03/04
16/17	Jennifer Barnett	14.0	04/05

Carnivals and QLAA Competitions

Jimboomba LAC is part of the South East Region. The other Centres in our region are: Browns Plains, Algester, Sunnybank, Beenleigh, Springwood, Mount Gravatt, Balmoral, Wynnum Manly & Redland Bay. The idea of regionals is very similar to School Regions whereby athletes compete to qualify for the State Championships.

There are two regional competitions:

Regional relays are held in November. This competition gives all athletes the opportunity to compete as part of a team with the first three teams in the U9 and up age groups going on to compete at the State Relay championships. This is a great day and we hope everyone will take part.

Regional championships are held in February. An athlete may enter up to five events of their choice with the first 4 placegetters proceeding to State Championships for the U/9-U/17 age groups. This is another opportunity to get out there and have a go no matter what your level of ability.

QLAA Junior Carnival/Senior Pentathlon

Athletes in the U7-U10 age groups may choose up to 4 events and compete against athletes from all over Queensland. This is a fun day for athletes to be able to compete on a tartan track and see if they are able to improve their performances.

Athletes in the U11 age groups and up compete in a pentathlon-5 designated events usually a sprint, hurdles and middle distance race, a jump and a throw. They are awarded points in each event based on their performance.

QLAA Senior Carnival /Junior Pentathlon

This carnival is the same format as above only with the senior athletes (U11 and up) competing in individual events and junior athletes U9-U10 competing in a pentathlon.

Centre Carnivals

Many Centres hold carnivals throughout the season. You may choose to attend all, some or none of these. The details of these carnivals will be posted on the notice board. If you have any queries contact the Competitions Officer, Nikky Baker, or any member of the Committee.

Footwear:

Appropriate footwear is compulsory for all events.

Spike shoes are not allowed in any event up to and including the U10 age group.

Spikes are permitted for the U11 to U12 age groups in the following events : laned track events, long, triple and high jump and javelin.

U13 to U17 age groups may wear spikes in all track events, long, triple and high jump and javelin.

Spikes must be carried to events and removed before the athlete leaves the event.

Athletes who do not comply with this rule will lose the privilege.

Smoking Policy:

Smoking is only permitted in the designated smoking area which is **behind the amenities block out of view of any of the children.**

Pets:

Pets and animals are not permitted at the centre at any time.

Balls:

It is the centre policy that we do not permit balls of any description to be played with on the oval during competition or training sessions.

Insurance:

All registered children and parents who are working as officials (this means you must have signed in as an official) are covered by insurance. There is an incident report book at the shed.

Please report any incidences to the Centre Manager or Arena Manager and then arrange for the book to be filled out. There is a first aid kits in the canteen.

Noticeboard:

Please check the notice board or the website each week for important information regarding upcoming carnivals.

Public Relations:

During the season we endeavour to have regular articles in the local papers. If you do not wish to have your child's name or photo in the papers please let the Centre Manager know.

A newsletter is available from the canteen most weeks & is also available online.

Lost Property:

All lost property may be collected from the box situated near the canteen. Any unclaimed property at the end of the season will be donated to charity.

Wet Weather Days:

If it is raining on Friday, please call the Centre on 0403917097 after 4.30pm. A decision regarding cancellation will be made at this time.

Zero Tolerance Policy:

QLAA has developed a zero tolerance policy to eliminate all forms of unsportsmanlike behaviour from athletes, parents, spectators and officials. It lists penalties for a range of violations including verbal and physical abuse. The full policy is on display on the noticeboard & can be downloaded from our website.

Performance Tickets

For every event an athlete competes in, they receive a ticket detailing the date, event and performance.

These can be stuck into the achievement book supplied so that athletes can monitor their progress throughout the season.

McDonald's Achievement Cards

The McDonald's Achievement Cards enable athletes and their parents to record improvements. They are pink for girls & blue for boys.

How to Use the Cards

1. Highlight the athlete's age group on the reverse side of the card
2. Check athlete's performance tickets to see if a green, red or blue level has been reached
3. If a new level is achieved tick the circle corresponding to that achievement on the front of the card.
4. Hand your card to the Recording Officer throughout the season
5. McDonald's green and red certificates will be presented throughout the season with the blue certificates handed out on Presentation Day.
To be presented with a certificate an athlete must have achieved that level in three or more sections of the card.

Recognised Competition for McDonald's Cards

- * Friday evening competition at Jimboomba
- * Junior and Senior / Pentathlon Carnivals
- * Regional Championships
- * State Championships

200 metres**Boys**

U/7	Ashley Pagan	38.8	98/99
	Brook Croft	38.8	00/01
U/8	Matthew Walker	35.4	99/00
U/9	Daniel Campbell	34.0	00/01
U/10	Joshua Clarke	32.4	06/07
U/11	Tyler Coburn	30.8	10/11
U/12	Arron Kirby	28.7	03/04
U/13	Steven Hillman	27.6	99/00
U/14	Liam Burnett	26.0	08/09
U/15	Arron Kirby	24.7	06/07
16/17	Lindsay Newton-Smith	24.1	09/10

Girls

U/7	Jesica Draper	39.1	10/11
U/8	Cassie Dignan	37.6	99/00
	Taneille Crase	37.6	02/03
U/9	Taneille Crase	34.3	03/04
U/10	Angela Cusack	33.5	99/00
U/11	Danielle Fisher	31.7	02/03
U/12	Danielle Fisher	28.7	03/04
U/13	Danielle Fisher	28.3	04/05
U/14	Danielle Fisher	27.8	05/06
U/15	Jasmine Sinclair	27.6	08/09
16/17	Jasmine Radburn	30.0	04/05

Hurdles**Boys 60 metres**

U/8	Ryan Sheppard	12.3	98/99
	Jahlan Baker	12.3	09/10
U/9	Trent Fisher	11.2	09/10
U/10	Arron Kirby	11.7	01/02
	Trent Fisher	11.7	10/11
U/11	Geoffery Klease	10.4	01/02
U/12	Ryan Sheppard	10.7	02/03

80 metres

U/13	Joe Hagan	14.0	99/00
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90 metres

U/14	Arron Kirby	14.1	05/06
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100 metres

U/15	Arron Kirby	14.9	06/07
16/17	Aaron Raguse	14.7	04/05

Girls 60 metres

U/8	Taneille Crase	12.2	02/03
U/9	Taneille Crase	11.4	03/04
U/10	Taneille Crase	11.5	04/05
U/11	Sharne Mussell	11.7	98/99
	Emma Lenden	11.7	99/00
	Danielle Fisher	11.7	02/03
U/12	Danielle Fisher	11.0	03/04

80 metres

U/13	Danielle Fisher	14.3	04/05
U/14	Danielle Fisher	13.6	05/06

90 metres

U/15	Danielle Fisher	16.1	06/07
16/17	Jessica Pickles	17.6	09/10

800 metres

Boys

U/9	Toby Campbell	2.59.1	02/03
U/10	Toby Campbell	2.46.2	03/04
U/11	Jake Irvine	2.47.0	03/04
U/12	Jake Irvine	2.36.4	04/05
U/13	Jonathan Gabbert	2.21.0	08/09
U/14	Julian Watkins	2.21.8	07/08
U/15	Julian Watkins	2.13.4	08/09
16/17	Tayem Renton	2.11.3	09/10

Girls

U/9	Tara Sheppard	3.12.1	02/03
U/10	Taneille Crase	3.00.4	04/05
U/11	Madeline Foote	2.51.6	04/05
U/12	Madeline Barnett	2.46.8	04/05
U/13	Hannah Cox	2.44.1	10/11
U/14	Miranda Ricketts	2.48.2	09/10
U/15	Jessica Pickles	2.35.3	08/09
16/17	Jessica Pickles	2.46.3	09/10

1500 metres

Boys

U/11	Toby Campbell	5.37.7	04/05
U/12	Lachlan Bell	5.23.2	09/10
U/13	Jonathan Gabbert	5.00.4	08/09
U/14	Julian Watkins	4.50.0	07/08
U/15	Julian Watkins	4.38.6	08/09
16/17	Tayem Renton	4.35.5	09/10

Girls

U/11	Madeline Barnett	5.57.0	03/04
U/12	Madeline Barnett	5.50.6	04/05
U/13	Sarah Inwood	5.36.1	99/00
U/14	Miranda Ricketts	5.44.8	09/10
U/15	Jessica Pickles	5.29.8	08/09
16/17	Jaimie Newton-Smith	5.29.9	10/11

400 metres

Boys

U/9	Connor Lewis	1.19.8	09/010
U/10	Andrew Baty	1.11.9	98/99
U/11	Arron Kirby	1.10.0	02/03
U/12	Geoffery Klease	1.08.1	02/03
U/13	Steven Hillman	1.01.0	99/00
U/14	Arron Kirby	57.5	05/06
U/15	Liam Burnett	55.1	09/10
16/17	Lindsay Newton-Smith	54.0	09/10

Girls

U/9	Jennifer Barnett	1.23.3	97/98
U/10	Jennifer Barnett	1.18.2	98/99
U/11	Angela Cusack	1.15.3	00/01
U/12	Kailee Howard	1.08.9	09/10
U/13	Kailee Howard	1.05.8	10/11
U/14	Danielle Fisher	1.08.8	05/06
U/15	Jasmine Sinclair	1.07.5	08/09
16/17	Jessica Pickles	1.09.0	09/10



Parental Help, the Family Levy and what it means for your Centre

We are not a baby sitting service.

The family levy encourages parents/caregivers to help run our competitions. We require a minimum of 80 adults to effectively age marshal the 12 age groups, start track races, time-keep, judge and run field events every week.

Previous experience is not necessary.

The levy is refunded at the end of the season—or carried over to the next season—to all families who have helped out enough times throughout the season. Most credits are for helping on Friday evenings. Extra credits can come from working bees and other activities.

It is required that at least one parent of an athlete remains on the grounds at all times during competition.

If an athlete is found not to have a parent/caregiver present the centre reserves the right to exclude that athlete from competing. This also includes regional relays, regional championships and state championships.



Bendigo Bank

Ph: 5546 3840

Coaching

Coaching:

A coaching session will be held on Wednesday from 4.30pm to 6pm. This session is run by qualified coaches at no cost. Centre uniform does not need to be worn, however, suitable shorts, shirt and shoes must be worn.

ATFCA & AA Accredited Coaches:

- **Ralph Newton** Level 3
Young Athlete, Jumps,
Throws and Sprints
- **Steven Fielding-Smith** Level 2
Young Athlete, Sprints & Jumps
- **Loretta Tyler-Moss** Level 1
Young Athlete
- **Paul Tyler-Moss** Level 1
Young Athlete
- **Lindsay Newton-Smith** Level 1
Jumps & Throws

If you would like to help with coaching, please see Ralph.

Becoming an Official

QLAA has a “D” Grade Official qualification for parents helping at Centre competitions.

To obtain a “D” Grade qualification all you need to do is complete a practical assessment and a short open book questionnaire. You may hold a “D” Grade in as many events as you like.

We always need qualified officials, if you are interested, please see our officials officers Jeanne Wilkins and Steven Fielding-Smith.