

# Cranbourne Little Athletics Centre



2019-2020 Season  
Handbook

[www.cranbournelac.com.au](http://www.cranbournelac.com.au)



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# Find Us at:



Public Page: Cranbourne Little Athletics Centre  
Closed Group: Cranbourne Little Athletics Members



Team App- Free download to keep you up to date on all Cranbourne Little Athletics notifications.



Instagram

@cranbournelittleaths



twitter

@Cranbourne59

## Centre Contact Details

**Venue Address: 160 Berwick-Cranbourne Road, Cranbourne East VIC 3977**

**Postal Address: PO Box 511 Cranbourne VIC 3977**

**Centre Number: 59**

**Email: [cranbourne@lavic.com.au](mailto:cranbourne@lavic.com.au)**

**Website: [www.cranbournelac.com.au](http://www.cranbournelac.com.au)**

### Bank Account Details:

**Bendigo Bank Account Name: Cranbourne Little Athletics Centre**

**BSB: 633 000 Account No: 150050714**



# President- Holger Philipp



It is my pleasure on behalf of the Cranbourne Little Athletics Committee to welcome all returning and new members and their families. Season 2019/2020 promises to be very exciting for the Cranbourne Little Athletics club.

On a personal note, I am honoured to be appointed as President of the Cranbourne Little Athletics Centre. I will do all I can in this role to maintain the family friendly culture the club has, as we strive not to just develop our athletes, but responsible and respectful members of our community.

To ensure our success, this handbook, in conjunction with our Strategic Plan and our policies, has been prepared to provide you with a basic understanding of our mission, vision, and your responsibilities as a member. It was prepared to make you aware of what you can expect from Cranbourne Little Athletics Centre – and what the Centre will expect from you. The information we have included in this handbook is necessarily brief and may be subject to change. Any questions regarding the content of this handbook or our policies should be addressed through a Committee member.

We are proud to be a strong, inclusive club where everyone is welcome. We encourage good sportsmanship and fair play. We foster respect and commitment, hoping to leave a positive impact on all the young people that are involved with Cranbourne Little Athletics Centre.



## Executive Team

Ross Thomson - Registrar & Special Events Team

Gail Clappers - Treasurer, Program Manager & Announcer

Nina O'Dea - Secretary & Child Protection Officer

Mark Sullivan - Vice President & Region/State Team Manager

Matt Warwick - Head Coach

Dean McCaughan - Grants & Sponsorship Manager & Child Protection Officer





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### CONTACT INFORMATION

4/1085 Gippsland hwy,  
Cranbourne North 3977

0420 247 910

### ASSOCIATIONS





# 2019-2020 Season Committee Members

## Assistant Registrar's

Rebecca Crossley  
Nicole van Brakel  
Letetia Herbert  
Kim Thomson

## Assistant Coach's

Paul Ryan  
Chloe Brannan  
Lisa Black  
Jon Black  
Kelly Carvill  
Tony Howell  
John Frenken  
Letetia Herbert  
Pieter Greyling  
Michelle Frenken  
Andrew Pryn  
Brianna Briet  
Shaun Warren

## Assistant Treasurer

Leonie Woodworth

## Team Managers

Multi Class- Kara James  
Junior Girls- Katrina Bocor  
Junior Boys- Meagan Borg  
Senior Girls- Bec Parker  
Senior Boys- Adam Maling  
Assistant Region/State- Paul Freestone

## Special Events Team

Dion Jelley  
Michelle Baxter Hanna  
Caroline Frenken

## Grounds & Equipment

Manager- Brendan Crowley  
Assistant- Paul Freestone

## Results & Records

Annette Neilson  
Kim Thomson

## On Track Coordinator

Chloe Brannan  
Holger Philipp

## Merchandise Store

Manager- Angela Canning  
Assistant- Olivia D'Souza

## Communications Manager

Bronwyn Philipp

## Photographer

Melissa Faithful  
Connie Meier

CLA will be seeking a Cross Country Team Manager for our winter season beginning in April 2020.  
If you would like to take up this opportunity, please chat with Holger or Nina.



## Life Members

Bill Brooks  
George Scott  
Lyn Abaloz  
Janice Hatfield  
Andrew Hatfield  
Paul Hatfield  
Lyn Royal

Charlie Greig  
Peter Pryn  
Dianne Pryn  
Lee Bendon  
Julie Thomas  
Hans Krammer  
Faye Pratt

Daryl Jackson  
Carolyn Bowes  
Linda Gladstone  
Kim Adamson  
Annette Neilson  
Steve Smith  
Mary Anne Cannizzaro

Michelle Baxter Hanna  
Gail Clappers  
Mark Jouvelet  
Kim Jouvelet



## 10 Year Athletes

Chris Williams  
Stuart Grieg  
Leigh Royal  
Steven Smith  
Kelly Bendon  
Sian Thomas  
Aleesha Bendon  
Belinda Pryn  
Michelle Pryn  
Daniel Krammer  
Joanne Pratt  
Jessica Krammer

Andrew Pryn  
Danielle Jackson  
Drew Jolley  
Jodie Gladstone  
Michael Clewett  
Kaitlin Adamson  
Steven Bonfadini  
Samantha Cannizzaro  
William Neilson  
Jessica Cannizzaro  
Drew Gardner  
Daniel Neilson

Mitchel Bradford  
Stacey Corrigan  
Alan Murphy  
Kristy Watson  
Emma Adamson  
Ross Neilson  
Laura Sculley  
Nichole Cannizzaro  
James De Silva  
Summa Wood  
Thomas Neilson  
Rhianna Adamson

Keenan O'Hanlon  
Felicity Jouvelet  
Brianna Briet  
Georgia Neilson



# Code of Conduct- Little Athletics Victoria



Little Athletics Victoria expects all members to comply with the Codes of Conduct. Appropriate action may be taken in the case of any breaches of the Code of Conduct. Little Athletics Victoria will ensure that all athletes, coaches, spectators, parents, officials and administrators are not prone to sexual abuse, neglect, physical abuse or emotional abuse. They will ensure that all persons are included, protected and not discriminated against in any manner.

Little Athletics Victoria is registered as an Incorporated Association as protection for its Centres, Committees and its Members Codes of Conduct.

## Parent's Code of Conduct

- Encourage children to participate if they are interested. However, if a child is not willing, do not force him or her.
- Focus upon the child's efforts rather than the overall outcome of the event. This assists the children in setting realistic goals related to his/her own ability by reducing the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing an event.
- Remember children are involved in Little Athletics for their enjoyment, not yours.
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public. Remember, most officials give their time and effort for your child's involvement.
- Support all efforts to remove all verbal and physical abuse at Little Athletics activities.
- Recognise the value and importance of being a volunteer official and/or coach. They give their time and resources to provide recreational activities for the children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- Avoid use of bad language.

## Spectator's Code of Conduct

- Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators, nor are they miniature professionals.
- Applaud good performances and efforts from each athlete. Congratulate all participants upon their performance regardless of the event outcome.
- Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the children to do likewise.
- Never ridicule or scold a child for making a mistake during a competition. Positive comments are motivational.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or athletes.
- Show respect for each participant. Without them there would be no events.
- Encourage athletes to follow the rules and the officials' decisions.
- Demonstrate appropriate social behaviour by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- Avoid use of bad language.

# Code of Conduct- Little Athletics Victoria



## Athlete's Code of Conduct

- Play by the rules.
- Never argue with an official, if you disagree, ask your Team Manager or Age Group Manager to deal with the matter.
- Control your temper. Verbal abuse of officials, coaches, parents or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
- Work equally hard for yourself and/or your Centre/Club. Your Centre/Club's performance will benefit.
- Be a good sport. Applaud all good results whether they are by your Centre/Club, opponent or the other Centre/Club.
- 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 officials, coaches, club mates and other participants. Without them there would be no competition.
- Participate in Little Athletics for the "fun of it" and not just to please parents and coaches.
- Avoid use of bad language.

## Club Policies & Procedures

In addition to the LAVic policies and procedures, this year's Committee has developed and approved some of our own CLA policies and procedures to better handle any grievances/complaints that may arise throughout the CLA season.

Policies developed to date are;

1. Code of Conduct
2. Anti-discrimination, Harassment and Bullying
3. Managing Complaints and Grievances
4. Managing Conduct and Behaviours

By having our own set of policies that complement the LAVic ones, they help ensure everyone understands what is expected of them with respect to standards of behaviour. They set rules and guidelines for decision-making in routine situations by setting a framework for delegation of decision-making.

We all operate in an environment, which is based on fair play and the encouragement and participation/enjoyment of all children. We all therefore have the responsibility to make an effort to ensure acceptable standards of conduct and behaviour are observed at all times.

These policies are available on our website, however if you have any further questions, or would like to speak to someone about these policies and procedure please do not hesitate to speak with a Committee member.



# Track & Field Rules

- The centre of the arena MUST be left clear for field events. Athletes must walk at all times around the outside of the track and fence, and NOT cut across the Arena. PLEASE KEEP THE ARENA CLEAR.
- Unauthorised entry to the arena may lead to disqualification. Pacing of competitors is not permitted. The President or Head Coach may stop the person doing the pacing. The competitor, or team, being paced risks disqualification.
- All Athletes, parents and spectators are not to be on the inside of the track unless competing or officiating.
- All athletes and officials are to enter the field via the designated areas only and are to watch for athletes on the track.
- Parent helpers are to wear a HI-VIS vest at all times on the track.
- All event protests, complaints or disputes are to be referred to the President via a Committee Member.
- **Parent Supervision-** NO child is to be dropped off to or left at any event without the supervision of a parent/guardian or other responsible adult. A supervising parent/guardian needs to be present at all times and no committee members or volunteers are responsible for looking after your children during or after competition.
- Children found to be without a parent/guardian will NOT be allowed to compete. Please note that if a child is injured and an ambulance is called, the responsibility for this is that of the parents.
- **Dogs and Bicycles-** The presence of dogs and the riding of bicycles, or the use of skateboards or scooters within the boundaries of the Athletics Complex during training and competition periods is forbidden.
- **Smoking & Alcohol-** The Centre has a NO SMOKING and NO ALCOHOL policy inside the Athletics Complex during the course of any Little Athletics competition; your compliance of this policy is appreciated. Smokers are required to be at least 50m from the arena.
- **Lost Property-** Lost items can be found in a Lost Property Box located in the Uniform Shop or in clubrooms.
- **Results-** All results from competition events are tracked electronically and are available online on the Monday following competition (no tickets or results are handed out on competition days). These can be accessed online via [www.resultshq.com.au](http://www.resultshq.com.au). A login is provided to each family which allows you to track your child's results across the season at your leisure.
- **Weather-** As we are on an all-weather track, the chance of a program having to be cancelled or changed is unlikely, however should extreme weather occur, the Committee reserves the right to amend or cancel the program when it is deemed to be in the best interest of the athletes and officials to ensure their safety. If in doubt, check on our Team App or Facebook page and we will post a cancellation message if that decision has been made.
- Ensure your athlete is wearing the appropriate clothing for the weather (including our searing summer heat- be sun smart and drink plenty of fluids).
- **First Aid-** First Aid and medical services will be provided by St John's Ambulance this season. They have been engaged by CLAC to be present at all our Centre meets.
- Trained first aider officials, who are Committee Members will also be available during the running of all official centre activities. Anyone requiring first aid must be taken to the first aid van parked in the driveway for attendance by St John Ambulance member.
- Coach's during training evenings are First Aid trained.
- **Insurance-** Little Athletics Victoria's insurance policy covers all Little Athletics activities from the date of registration.
- All athletes and officials are covered while attending official Centre, Division, Region and/or State competition; training and other LAVic approved activities.
- Officials/parents need to have signed the ordinary members form (waiver) to be covered by insurance (located with CLAC Secretary).
- Note that any athlete participating with a known injury is not covered by our insurance. Common sense dictates that participation may aggravate the injury to the detriment of the athlete's recovery and health. Parental responsibility for advising Team Managers of any injuries is paramount and compulsory.
- NOTE: THE INSURANCE POLICY IS VERY LIMITED AND SHOULD NOT BE SEEN AS A SUBSTITUTE FOR YOUR OWN PRIVATE HEALTH INSURANCE.





# Rules of the Track & Field

- **Training-** Training is held at Casey Fields every Tuesday and Thursday for all age groups and all abilities- see training schedule below. This is subject to change and may be altered due to extreme weather or any other unforeseen events and will be advised through social media (Facebook and Team App).
- No training will be conducted on public holidays and/or when the temperature is 32 degrees or above.
- Athletes must be supervised during training- parents must stay in the arena during training.
- Remember, that the coaches are volunteering to give up their time for the benefit of the children and the Centre will do its best to provide quality coaching in all events on all training nights.
- Any parent or older siblings interested in coaching, please speak to the Head Coach Matt Warwick. LAVic conducts courses for beginner coaches.
- **Region Championships-** All Regions host these Region Championship events each season:
  - Region Relays
  - Region Track & Field
  - Region Cross Country.
- Athletes may enter Region Championships, dependent on the entry qualifications having been met for that particular Championships. The Region Relays, Track & Field and Cross Country Championships are the qualifying competition for the respective State Championship event.
- **State Championships-** Little Athletics Victoria hosts these State Championship events each season:

| State Championships  | Qualifying Competition             | Age Group | Max. Events     |
|----------------------|------------------------------------|-----------|-----------------|
| State Relays         | Region Relay Championships         | U9-U16    | Three           |
| State Combined Event |                                    | U9-U16    | 5-8 Disciplines |
| State Track & Field  | Region Track & Field Championships | U9-U16    | Four            |
| State Road Relays    |                                    | U9-U16    | One             |
| State Cross Country  | Region Cross Country Championships | U9-U16    | One             |

- **Under 6 - Under 8 Junior Carnival**  
Little Athletics Victoria run this event specifically for all athletes in the Under 6 - Under 8 age groups. The carnival focuses on fun and skill development.

## TUESDAY & THURSDAY

# TRAINING

Under 6 - Under 8 - Tuesday 4.45pm-5.45pm  
 Under 9 - Under 16 - Tuesday 5.45pm-6.45pm  
 Multi Class Athletes - Tuesday 5.45pm-6.45pm  
 Under 9 - Under 16 - Thursday 5.45pm-6.45pm



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# Approved Uniform

The only uniform allowed for all competition days are listed below. Please note that jumpers will need to be taken off during the child's event (they are welcome to place back on straight after their event/in-between marshalling). It is a LAVic regulation that during the child's event, only the approved uniforms are to be worn. This now also includes the wearing of compression tights/shorts in the following colours ONLY: royal blue (same colour as the shorts), black or beige. Uniforms must not carry any manufacturer branding larger than 30mm x 30mm square. All Little Athletes must be registered and in full uniform with compulsory registration label and the Coles chest patch attached to the front of the singlet/crop top/t-shirt. With permission from the Committee, exceptions can be made to uniform for cultural or medical reasons.

Footwear must be either runners or track shoes - bare feet and socks are NOT permitted. Only Under 11- Under 16 athletes are permitted to wear spikes during long jump, triple jump, high jump, javelin and running in laned track events, after which spikes must be replaced with normal running shoes. This season, uniforms will be policed and warnings issued for non-compliance. Non-compliance over a three-week period will result in deduction of parent points (which count towards your child's end of season medal/trophy eligibility and failure to have 30 parent points will disqualify your athlete from Centre Awards and trophies).

Uniforms are available for purchase at the Uniform Shop (located in the sheds under the far grandstands towards finish line) or online via the Team App Merchandise Store. A training top is also available for purchase; however these tops are not part of the approved competition uniform, and therefore are not appropriate for weekly meets, Region or State events.



# Online

## MERCHANDISE STORE

You can now order & pay for your uniform online using the Team App Online Store. You can opt for pick up (free) or have it shipped to your home (shipping fees apply).

**coles** chest patches are available at the Uniform shop.




To ensure each athlete's results are recorded each week, you must wear your individualised Chest Patch.

Name \_\_\_\_\_

Age Group \_\_\_\_\_

Registration / Barcode \_\_\_\_\_

This patch should not be washed and has a coil replacement if damaged or misplaced.



# Relay Championships

The Relay Championship is our main team competition for the season. This is the only Championship where boys and girls can run against each other and also be on the same team. Athletes carry a baton, which they pass onto the next member of their team. Athletes can compete in a maximum of three (3) teams. These teams can be in one of the following events:

\* 4 x 100m

\* 4 x 200m

\* Medley (The Medley event consist of the following legs: 2 x 100m, 1 x 200m, 1 x 400m).

Athletes can compete in single sex teams or mixed sex teams teams. A mixed gender team is made up of 2 girls and 2 boys. There is no Medley event for mixed gender teams. The mixed aged team is made up of athletes from each Age Group. The age break up for this event is Under 9 – Under 11 (1x U9, 1xU10, 2 x U11); Under 12- Under 13 (2 x U12, 2 x U13); Under 14- Under 16 (1 x U14, 1 x U15, 2 x U16). Mixed Age teams can only complete in the Medley event. U16's can only compete in the Mixed sex events.

Where Cranbourne Little Athletics does not have enough registered athletes in an age group to form a Team, it may be possible to form a Region Team, which includes athletes from other Centres. The Championship is held at a Region level on November 23rd/24th 2019, where teams have to qualify or be progressed into the State Championship. This year the State Championship will be held on December 14th 2018 at Casey Fields (home ground).

Athletes in the Under 9-16 Age Groups wishing to run in relays must hand in entry form and payment to the Centre by November 3rd 2019. Entry Fees: \$5 per athlete.

Parents/Guardians Note: Before returning the form, please make sure your child is available for BOTH Championships Dates. Late withdrawals disadvantage other team members and may result in the whole team being unable to compete. Athletes who withdraw without a valid reason may not be able to participate the following year. You must be available for duty, which is approximately 2 hours at Region and State Championships

Training: All children who enter the relays are expected to attend relay training. This is organised by the coaching team.

Events: Each athlete can compete in up to 3 events. The coaching team select the teams and running order. THIS MUST NOT BE CHANGED.

Uniform: Cranbourne Little Athletics Centre Competition Uniform is to be worn.

Athletes running in a Region composite Team will wear a Region Uniform provided by the Region.



## Relay

# TRAINING

Held each Sunday morning at CLA Track:  
8.30am-9.30am - Under 9's - Under 11's  
9.30am-10.30am - Under 12's - Under 16's





# Cross Country: April- August 2020

## What is Cross Country?

Cross Country (XC) is our Winter Athletics season. It is family orientated and we encourage and allow all members of the family to participate. We run and race on all types of tracks...through puddles, bush trails, mud and open grass, and in all weather conditions. We encourage all abilities and rewards PB's (personal bests). It's not just how fast you run, it's how much you can improve. We participate in a number of team events, competition events and Open days.

We also have a Championship event where all athletes receive a medal or ribbon and a presentation night to cap off the season. Trophies are awarded to all the children who have run a minimum of 6 events.

Each Saturday we will run events with the approximate distances:

|                      |       |
|----------------------|-------|
| Under 6 to Under 7   | 1000m |
| Under 8 to Under 9   | 1500m |
| Under 10 to Under 11 | 3000m |
| Under 12 to Under 16 | 3000m |

## When:

Saturday mornings 9am to 10am, from April to August 2020.

## Where:

Most events will be held in the grass areas surrounding Edwin Flack reserve, Manuka Rd, Berwick alongside Berwick LAC. To make things interesting, we also run in local parklands such as Cardinia Reservoir, Lysterfield Lake and Aranmore Lake.

## Who:

Open to ALL ages from 5 years to 16 years. Mum's, dad's and under 5's are invited to have a run/walk too, but will need to sign a waiver.

## Why:

- Improve your fitness or build fitness for other sports
- Be outdoors in winter, away from the computer/TV/phone screens
- Be with your friends and create new friendships
- To be healthy, create good habits and improve yourself
- Training for Little Athletics Championships or school events
- Park Run is too long or doesn't offer enough variety
- Or just because you love running and being active!

## How much:

- Free for registered athletes in the 2019-2020 summer season- already included in the track & field season cost
- New members, only \$80.00.
- Small fee applies for the End of Season trophies and medals for Championship event. Other small fees may include entering Region, State events or Open Days.

For further information, please contact:

Cross Country Coordinator- Email: [cranbourne@lavic.com.au](mailto:cranbourne@lavic.com.au)





# Centre Awards



## Participation Trophies.

All athletes are eligible for a Participation trophy provided that they compete in at least 60% of the available events to them from their date of registration. By advising the Centre (in writing) of an illness or custody arrangement which prevents the athlete from participating, the Centre can consider these circumstances in determining the eligibility for a trophy. Families must complete the required family duty for the season (30 Parent Points). Unless there have been extraordinary circumstances, as determined by the committee, no athlete shall be eligible for a Centre Champion, Aged Champion and Runner Up award if they haven't met the minimum criteria detailed below under each award. Point scoring works over all competition days and special program events - Region and State events DO NOT Count.

## The Coach's Perpetual Shield.

This is a perpetual shield awarded each year to one male and one female athlete, who is judged by the Head Coach on a point system for general behaviour and sportsmanship, at training and Centre competition days.

The Coach's Perpetual Shield winners for 2018/19 were: Benjamin Crowley & Ruby Cormack.

## Centre Champion Award.

During the season, points are automatically allocated within our results system based on the performance of the athletes for every single event they compete in. In this system, every centimetre thrown/jumped and seconds ran, attracts points every time they complete an event according to a pre-set table. The Centre Champion Awards are given to the most outstanding girl and boy athlete who gains the highest total individual point score for the Track and Field competition season across all age groups. They must have completed a minimum of 75% participation of total events and have the 30 parent duty points. The Centre Champion system is designed to recognise the most consistently high-performing, all-round, girl and boy athlete. So high performance across most events competed in, combined with a high participation rate, is what is needed to have a chance at winning these awards.

The Boys & Girls Centre Champion of the Year winners in 2018/19 were: Declan Maling & Billie Greyling.

## The "Lyn Abaloz Memorial' Shield.

Introduced in season 1988/89 as a tribute to Lyn Abaloz, in recognition of her long involvement and contribution to the development of Little Athletics in Cranbourne. The 'Lyn Abaloz Memorial Shield' will be bestowed upon one girl and one boy athlete each year based on the following criteria: General behaviour, attendance at Training and Centre competitions, self-improvement throughout the season, good sportsmanship and highest personal best performance over the season.

They must have completed a minimum of 60% participation of total events and 30 parent duty points.

The Lyn Abaloz winners for 2018/19 were: Justin Flynn and Madison McCaughan.

## Most Improved Athlete.

Awards for Junior's (U6 to U8), Intermediate's (U9 to U12), Senior's (U13 to U16) and Multi Class age groups will be determined by the number of Personal Best performances recorded over the season. They must have completed a minimum of 60% participation of total events and 30 parent duty points.

The Most Improved Athlete winners for 2018/19 were: Junior- Thomas Philipp & Lani Warwick.

Intermediate- Ethan McCaughan & Allie Whittaker. Senior- Joshua Sullivan & Georgia Neilson. Multi Class- Tane Wyatt & Alicia Culpin/Teagan James.

## President's Award.

This award is given to a member of the club determined by the CLA President as someone who has made a significant, long-term, and often unheralded behind-the-scenes contribution as a volunteer helper.

The President's award winner for 2018/19 was Dean McCaughan.

## CLA Family Award.

This award is given to a family who has shown great support and participation in the club throughout the season to make a strong contribution to the success of our program and the centre overall.

The CLA Family Award winner for 2018/19 was the Blair Family.

## Age Group Champions.

The Age-Group Champion and Runner-Up Awards are determined by having the most total points determined by the average results per event across a season. The average performances (i.e. times/distances) for each event are allocated points based on the % of the club record that was achieved (i.e. a maximum of 100% of available points if the average equals the current club record). All percentages (and therefore points) are calculated at the end of the season. Athletes must have completed a minimum of 75% participation of total events and 30 parent duty points. U6 through to U16.

2018/19 recipients listed on our website.

## Bendigo Bank Volunteer of the Year Award.

This award is voted on by the Committee to recognise one of our Centre family members who have gone 'above and beyond' in volunteering their time and services for the benefit of the club throughout the season.

The Bendigo Bank Volunteer of the Year award winners for 2018/19 were Denise Whittaker & Ross Thomson.



# Star & Personal Best (PB's) Awards

Star Awards are offered to athletes as an incentive to reach the set benchmarks in each Age Group. Stars are awarded according to the guideline outlined below.

Personal Best (PB) Awards recognise athletes improved performances in each event throughout the season.

We will have all the results available online following competition at [www.resultshq.com.au](http://www.resultshq.com.au) which can also be accessed by Team App. This allows each family to track their child's results.

Star Awards can be found in the Athlete Folders in the clubrooms. PB Awards will be announced and presented by Centre Officials during scheduled centre programs.

| AGE GROUP | NO. OF EVENTS | FIRST STAR | SECOND STAR | THIRD STAR | FOURTH STAR | FIFTH STAR |
|-----------|---------------|------------|-------------|------------|-------------|------------|
| MC        | 11            | 2          | 4           | 6          | 8           | 10         |
| U6        | 9             | 2          | 4           | 5          | 8           | 9          |
| U7        | 10            | 2          | 4           | 5          | 8           | 9          |
| U8        | 11            | 2          | 4           | 5          | 8           | 10         |
| U9        | 12            | 2          | 4           | 5          | 8           | 10         |
| U10       | 12            | 2          | 4           | 5          | 8           | 10         |
| U11       | 13            | 2          | 5           | 7          | 10          | 12         |
| U12       | 13            | 2          | 5           | 7          | 10          | 12         |
| U13       | 14            | 2          | 5           | 7          | 10          | 12         |
| U14       | 14            | 2          | 5           | 7          | 10          | 12         |
| U15       | 14            | 2          | 5           | 7          | 10          | 12         |
| U16       | 14            | 2          | 5           | 7          | 10          | 12         |



# Progressing After Little Athletics- Seniors

Casey Cardinia Athletics has been established to foster the sport of athletics in the Casey and Cardinia regions and to provide athletes aged 12 and over with the opportunity to participate in the sport with a local club. CCA is affiliated with Athletics Victoria and Athletics Australia, and participates in the Athletics Victoria Shield competition in the summer and XCR Cross Country and Road Racing series in the winter.



Training and Coaching Casey Cardinia Athletics provides regular training sessions covering the full range of athletics events. We have a number of qualified and experienced coaches available to provide members with training and competition advice.

For more information about coaching or training with CCA, please contact Gordon Talbot on [coaching@caseycardiniaaths.org.au](mailto:coaching@caseycardiniaaths.org.au).



# Gold Sponsors- Villawood

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## Meteorite Gift

The Cranbourne Little Athletics Centre hosts an open invitation to all Little Athletics Centres across the State for the annual Cranbourne Meteorite Gift. This event is an annual handicap event based on registered athletes' season Personal Bests. The Meteorite Gift will be held on Saturday January 11th 2020, at Cranbourne Little Athletics Centre.

Athletes and families will arrive approximately 4.30pm for a twilight event of 100m, 200m and a 400m race. This year we will again be offering two races for Multi Class athletes (para-athletes). The Multi Class athletes will be running in shorter races of 50m and 100m. Medals are given to place getters of 1st, 2nd or 3rd.

Registrations open early-mid November 2019.



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### Contact Us

196 Sladen St, Cranbourne

Phone: 5995 1655

Email: [reception@frenkenhomes.com.au](mailto:reception@frenkenhomes.com.au)

Website: [www.frenkenhomes.com.au](http://www.frenkenhomes.com.au)





# Weights & Hurdle Flights per Age Group

| THROWS   | SHOT PUT |        | JAVELIN |       | DISCUS |       |
|----------|----------|--------|---------|-------|--------|-------|
|          | BOYS     | GIRLS  | BOYS    | GIRLS | BOYS   | GIRLS |
| Under 6  | 1 kg     | 1 kg   |         |       | 350g   | 350g  |
| Under 7  | 1.5 kg   | 1.5 kg |         |       | 350g   | 350g  |
| Under 8  | 1.5 kg   | 1.5 kg |         |       | 500g   | 500g  |
| Under 9  | 2 kg     | 2 kg   |         |       | 500g   | 500g  |
| Under 10 | 2 kg     | 2 kg   |         |       | 500g   | 500g  |
| Under 11 | 2 kg     | 2 kg   | 400g    | 400g  | 500g   | 500g  |
| Under 12 | 2 kg     | 2 kg   | 400g    | 400g  | 750g   | 750g  |
| Under 13 | 3 kg     | 3 kg   | 600g    | 400g  | 750g   | 750g  |
| Under 14 | 3 kg     | 3 kg   | 600g    | 400g  | 1kg    | 1kg   |
| Under 15 | 4 kg     | 4 kg   | 700g    | 500g  | 1kg    | 1kg   |
| Under 16 | 4 kg     | 4 kg   | 700g    | 500g  | 1kg    | 1kg   |

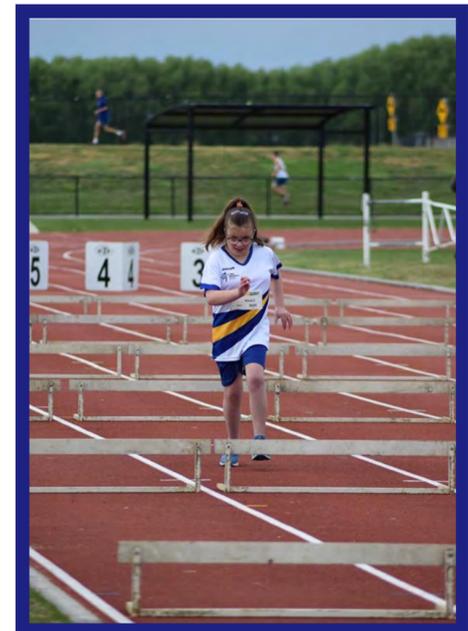
**JUMP MATS:**

U6-U8:  
1.22m x 1.0m mat  
with thin layer of sand

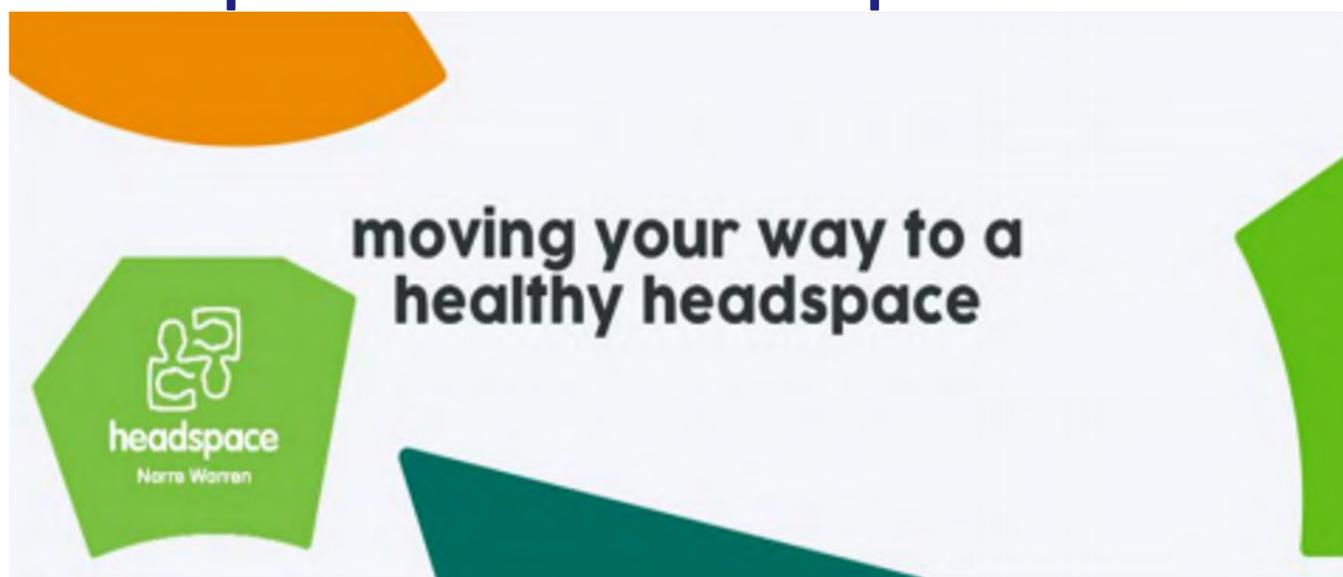
U9-U10  
1.22m x 0.5m mat  
with thin layer of sand

U11-U16  
1.22m x 0.2m tape/board-  
NO MAT DUE TO SPIKES

| HURDLES       | GENDER       | DISTANCE     | No. FLIGHTS | HEIGHT |
|---------------|--------------|--------------|-------------|--------|
| Under 9       | Boys / Girls | 60m Hurdles  | 6           | 45cm   |
| Under 10      | Boys / Girls | 60m Hurdles  | 6           | 60cm   |
| Under 11      | Boys / Girls | 80m Hurdles  | 9           | 60cm   |
| Under 12      | Boys / Girls | 80m Hurdles  | 9           | 68cm   |
| Under 13      | Boys / Girls | 80m Hurdles  | 9           | 76cm   |
| Under 14      | Boys         | 90m Hurdles  | 9           | 76cm   |
|               | Girls        | 80m Hurdles  | 9           | 76cm   |
| Under 15 / 16 | Girls        | 90m Hurdles  | 9           | 76cm   |
| Under 15 / 16 | Boys         | 100m Hurdles | 10          | 76cm   |
| Under 13 / 14 | Boys / Girls | 200m Hurdles | 5           | 68cm   |
| Under 15 / 16 | Boys / Girls | 300m Hurdles | 7           | 76cm   |



## Silver Sponsors - Headspace



headspace began in 2006 to address the unique barriers that young people face when accessing mental health support, by providing tailored and holistic mental health support to 12 - 25 year olds. With a focus on early intervention, we work with young people to provide support at a crucial time in their lives - to help get them back on track and strengthen their ability to manage their mental health in the future.

Narre Warren Centre: 66 Victor Crescent, Narre Warren  
Phone: 1800 367 968



## Gold Sponsors- Rebel Sports

# rebel

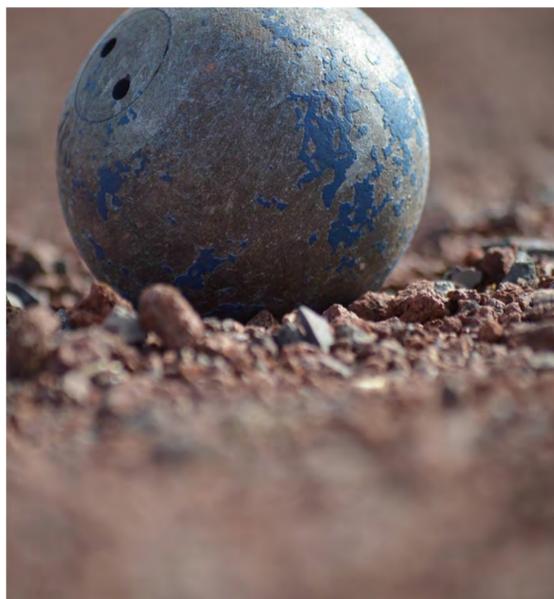
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[www.rebelsport.com.au](http://www.rebelsport.com.au)  
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# Frequently Asked Questions (FAQ's)

Cranbourne Little Athletics Centre is a family run club that promotes family, fun and fitness. There are no paid positions within the club and our Committee members are parents of athletes themselves who volunteer their time. It is impossible to run our program each week without additional support and assistance in a range of areas from our athletes' families.

## **What can I do to help?**

Assistance is required in many areas including marshalling, measuring, recording and general supervision of all athletes in the age group assigned, canteen and BBQ and other miscellaneous duties.

## **What happens if there is not enough help?**

If there are not enough volunteers, events cannot be run.

## **How do I learn to help at events?**

Simply attend an event with your athlete and let someone know you are keen to help. Other parents and/or Committee members are only too willing to show others how the task is done. Guidance is also available on our website.

## **Is volunteering compulsory?**

Yes. We require all families to contribute and accumulate a minimum 30 points worth of duties across the season. This was part of your registration requirements to accept upon signing up.

## **How many points is each task worth?**

In addition to the list below, other tasks/points will be available ad hoc throughout the season. See table on the following page for more information.

## **How are points recorded?**

Ensure you sign your name to the duty you are undertaking at the marshalling area, so we can accurately track and record your points. If you do not sign in the parent point sheets, we cannot allocate points.

## **Is the name tag/barcode compulsory?**

Yes. These MUST be worn each week to record the athletes' results. If you need a replacement tag, there is an out-of-pocket cost to you of \$5 per tag. A handy tip is to take a picture of it, print and leave in the car or an athletics bag for each week's use. Laminating them may cause damage to the barcode itself. If you do not have your name tag, you take a high risk for no results to be recorded for your athlete that day. See the Secretary or Registrar for a replacement.

## **How do I find out what's going on?**

We communicate our information via email, Team App, as well as our social media platforms (Facebook, Twitter and Instagram). Our website is a comprehensive tool to locating all our information, including this Handbook. Please speak with a Committee member if you would like assistance with connecting with any of our communication channels.

## **Where can I find my athletes certificates?**

Athletes can achieve certificates for 10, 20 and 30 PB's, as well as achieving standards (1-5 Star Standards). These can be found in the file boxes located in the clubrooms. These are divided up into Age Groups.

# MAP OF THE ARENA



## Who can I ask for help?

If you have any questions or concerns, please chat with a Committee member who will endeavour to resolve your query as soon as possible. You can find Committee members wearing pink vests or come into the clubrooms to locate one of us. Alternatively, you can email [cranbourne@lavic.com.au](mailto:cranbourne@lavic.com.au) with any queries.

# 59 Parent Duty Points

It takes over one hundred parents each week to help run our athletics program for our children. Obviously, there aren't one hundred parents on the Committee, and we all need to pitch in to ensure the day runs smoothly. By pitching in, the program will be able to start on time and finish as early as possible.

A register of your "pitching in", is recorded via parent points. Parent points are points allocated to those that help at the events. Each family must reach a total of 30 points for their child(ren) to be eligible for a trophy or award at the end of the season.

Points are allocated as follows;

|                     |  |   |
|---------------------|--|---|
| Age Group Helper    | Assists with an age group when they go out to a field event to measure, record or manage the athletes.   | 1 |
| Start Line Marshall | Assists with organising and lining up the athletes in lanes on the track for their event, includes helping all age groups.   | 1 |
| Set Up              | Arrive at 7am (or 4.30pm for twilights) and assist with setting up track & field equipment for competition. Your child's age will be allocated during the season for this duty.                          | 1 |
| Pack Up             | At the end of competition, assist with packing up equipment and ensuring the stadium is tidy and presentable for other users. Age Group rosters apply.   | 1 |
| Canteen/BBQ         | Assist Canteen Manager by stocking up food/drinks, serving members, cooking BBQ items, set up/pack up canteen as required. Age Group rosters apply.  | 1 |
| Age Group Leader    | Takes Age Group folder, ensures results sheets are filled out neatly and correctly and supervises the group for the day.   | 1 |
| Gate Operator       | For parents who have received training to operate the electronic gates system (please speak with a Committee member if you are interested in learning).  | 1 |
| Gate Assistant      | Scans athletes barcoded tags at the end of every race. May need to wave flags, hand out lane numbers and ensure that athletes remain in their lanes until released.                                      | 1 |
| Starter             | Conduct the starting of the races, using the device supplied. You must have completed a Starter induction to be able to complete this duty (please speak with a Committee member if you are interested). | 1 |

Other points may be allocated depending on the situation and may be subject to change and at the discretion of the Committee - i.e. helping with State or Regional events, picking up the banana's from Coles each week or bagging up sweets for some of our special events.

Only parents with an 'Officials' orange vest who have signed in their name for duty will be permitted in the arena. All other parents must remain outside the fence. Parent points are tallied and recorded after each week. If you would like to know your tally, please email [cranbourne@lavic.com.au](mailto:cranbourne@lavic.com.au) (be sure to include your child's first, surname and age group).

Parent support is appreciated and very much needed. Our children love to see us involved in their activities. Get involved today and have fun!





# PARENT DUTY ROSTER

| DATE                          | Canteen<br>(x2 Helpers)  | BBQ<br>(x2 Helpers) | Set Up     | Pack Up    |
|-------------------------------|--|---------------------|------------|------------|
| Sat 5th October               | U10 GIRLS  | U10 BOYS            | U8 B&G     | U9 B&G     |
| Sat 12th October              | U11 BOYS   | U11 GIRLS           | U10 B&G    | U13 B&G    |
| Sat 19th October              | U12 GIRLS  | U12 BOYS            | U14-16 B&G | U6 B&G     |
| Sat 26th October              | U13 BOYS   | U13 GIRLS           | U7 B&G     | U11 B&G    |
| Fri 1st November              | U14-16 GIRLS   | U14-16 BOYS         | U12 B&G    | U7 B&G     |
| Sat 9th November              | U9 BOYS  | U9 GIRLS            | U6 B&G     | U10 B&G    |
| Fri 15th November             | U8 GIRLS   | U8 BOYS             | U13 B&G    | U12 B&G    |
| Fri 22nd November             | U7 BOYS  | U7 GIRLS            | U9 B&G     | U14-16 B&G |
| Sat 30th November             | U6 GIRLS   | U6 BOYS             | U11 B&G    | U8 B&G     |
| Sat 7th December              | U10 GIRLS  | U10 BOYS            | U13 B&G    | U14-16 B&G |
| Sat 14th December             | State Relays (Casey Fields) - Special Duty Roster Applies        |                     |            |            |
| <b>Christmas/Summer Break</b> |  |                     |            |            |
| Sat 11th January              | Meteorite Gift - Special Duty Roster Applies                     |                     |            |            |
| Sat 18th January              | U11 BOYS   | U11 GIRLS           | U7 B&G     | U6 B&G     |
| Fri 24th January              | -  | -                   | -          | -          |
| Fri 31st January              | U13 GIRLS  | U13 BOYS            | U6 B&G     | U7 B&G     |
| Sat 8th February              | U9 BOYS  | U9 GIRLS            | U12 B&G    | U11 B&G    |
| Sat 22nd February             | U8 GIRLS   | U8 BOYS             | U10 B&G    | U13 B&G    |
| Sat 29th February             | -  | -                   | -          | -          |
| Fri 6th March                 | U7 BOYS  | U7 GIRLS            | U14-16 B&G | U10 B&G    |
| Sat 14th March                | State Track & Field (Casey Fields) - Special Duty Roster Applies |                     |            |            |
| Sat 21st March                | U6 GIRLS   | U6 BOYS             | U9 B&G     | U8 B&G     |
| Sat 28th March                | U10 GIRLS  | U10 BOYS            | U11 B&G    | U12 B&G    |

**All duties must be covered for the your child's event to begin. If your Age Group is rostered on, please commit to the duty to ensure your family receives their allocated Parent Points (signing in for your duty is vital to being allocated your points).**  
**Please stay in touch via social media and email for any changes.**



# PROGRAM A, B & C + TWILIGHT A, B & C

| Age Group   | Program A  | Twilight A  | Program B  | Twilight B   | Program C   | Twilight C  |
|-------------|--|---|--|--|---|---|
| Multi Class | Walk, 100m, 400m<br>High Jump, Shot Put              | 70m, 100m, Long<br>Jump, Shot Put                   | 200m, 70m/800m,<br>Long Jump, Discus<br>Jnr Hurdles    | 70m, 200m,<br>Long Jump, Discus                      | 50m, Javelin, 400m,<br>High Jump,<br>Jnr Hurdles        | 50m, 100m,<br>Long Jump,<br>Javelin                       |
| Under 6     | 50m, 100m, Long<br>Jump, Shot Put,<br>On Track       | 50m, 100m, Long<br>Jump, Shot Put                   | 70m, Jnr Hurdles,<br>Turbo Javelin,<br>On Track, 200m  | 200m, Long Jump,<br>Turbo Javelin, 70m               | 50m, 100m,<br>Jnr Hurdles, Discus,<br>Long Jump         | 50m, 100m,<br>Long Jump,<br>Discus                        |
| Under 7     | 50m, Long Jump,<br>70m, Discus, 100m                 | Long Jump, 50m,<br>100m, Discus                     | Long Jump, 200m,<br>Jnr Hurdles, 70m,<br>Shot Put      | Long Jump, 200m,<br>70m, Shot Put                    | Long Jump, 50m,<br>Jnr Hurdles, 300m,<br>Turbo Javelin  | Turbo Javelin,<br>Long Jump,<br>50m, 300m                 |
| Under 8     | High Jump, 70m,<br>Turbo Javelin, 100m,<br>700m Walk | Turbo Javelin, 70m,<br>Long Jump, 100m              | 60m Hurdles, 70m,<br>Long Jump, Shot Put,<br>100m      | Long Jump, 200m,<br>Shot Put, 70m                    | 60m Hurdles, 400m,<br>100m, Long Jump,<br>Discus        | Long Jump,<br>100m, 400m,<br>Discus                       |
| Under 9     | Long Jump, 70m,<br>Mini Javelin, 100m,<br>700m Walk  | 700m Walk, 70m,<br>Long Jump,<br>Mini Javelin, 100m | 800m, High Jump,<br>200m, Discus,<br>60m Hurdles       | Long Jump, 200m,<br>800m, Discus                     | 60m Hurdles, 100m,<br>400m, High Jump,<br>Shot Put      | Long Jump,<br>100m, 400m,<br>Shot Put                     |
| Under 10    | 1100m Walk, 70m,<br>Long Jump, 100m,<br>Discus       | Long Jump, 70m,<br>1100m Walk, Discus,<br>100m      | 60m Hurdles, 200m,<br>High Jump, 800m,<br>Mini Javelin | Long Jump,<br>200m, 800m,<br>Mini Javelin            | 60m Hurdles, 400m,<br>High Jump, 100m,<br>Shot Put      | 100m, Shot Put<br>400m,<br>Long Jump                      |
| Under 11    | High Jump, 100m,<br>1100m Walk, 400m,<br>Shot Put    | High Jump, 100m,<br>1100m Walk, 400m,<br>Shot Put   | 80m Hurdles, 200m,<br>800m, Discus,<br>Long Jump       | 200m, Discus,<br>800m, Long Jump                     | 1500m, Javelin,<br>100m, 80m Hurdles,<br>Triple Jump    | 1500m, Javelin,<br>100m,<br>Triple Jump                   |
| Under 12    | 1500m Walk, 400m,<br>Triple Jump,<br>Shot Put, 100m  | 1500m Walk, 400m,<br>Triple Jump,<br>Shot Put, 100m | 200m, 80m Hurdles,<br>High Jump, Discus,<br>800m       | 200m, 800m,<br>High Jump, Discus                     | 1500m, 100m,<br>80m Hurdles, Javelin,<br>Long Jump      | Long Jump,<br>1500m, 100m,<br>Javelin                     |
| Under 13    | 1500m Walk, 100m,<br>High Jump, 400m,<br>Shot Put    | 1500m Walk, 100m,<br>High Jump, 400m,<br>Shot Put   | 200m Hurdles,<br>Javelin, 200m<br>800m, Triple Jump,   | 200m Hurdles, Javelin,<br>800m, Triple Jump,<br>200m | Discus, 1500m, 100m,<br>Long Jump,<br>80m Hurdles       | Discus, 1500m,<br>100m, Long Jump,<br>80m Hurdles         |
| Under 14    | Triple Jump, 400m,<br>100m, 1500m Walk,<br>Discus    | Triple Jump, 400m,<br>100m, 1500m Walk,<br>Discus   | 200m Hurdles,<br>800m, Long Jump,<br>Javelin, 200m     | 200m Hurdles, 800m,<br>Long Jump, Javelin,<br>200m   | 80/90m Hurdles,<br>High Jump, 1500m,<br>Shot Put, 100m  | 80/90m Hurdles,<br>High Jump,<br>100m, 1500m,<br>Shot Put |
| Under 15/16 | 1500m Walk, Discus,<br>Triple Jump, 100m,<br>400m    | 1500m Walk, Discus,<br>Triple Jump, 100m,<br>400m   | 300m Hurdles,<br>800m, 200m,<br>Javelin,<br>High Jump  | 300m Hurdles, 800m,<br>200m, Javelin,<br>High Jump   | 90/100m Hurdles,<br>Long Jump, 100m,<br>Shot Put, 1500m | 90/100m Hurdles,<br>Long Jump, 100m,<br>Shot Put, 1500m   |





# SEASON 2019-2020 CALENDAR

| MEET NUMBER                   | DATE              | PROGRAM TYPE    | NOTES  |
|-------------------------------|-------------------|-----------------|--|
| 1                             | Sat 5th October   | A               |  |
| 2                             | Sat 12th October  | B               |  |
| 3                             | Sat 19th October  | C               | Pinkletics   |
| 4                             | Sat 26th October  | A               | Bring A Friend Day   |
| 5                             | Fri 1st November  | Twilight B      | Spooky Halloween Spectacular/<br>Melbourne Cup Long Weekend  |
| 6                             | Sat 9th November  | B               |  |
| 7                             | Fri 15th November | Twilight C      |  |
| 8                             | Fri 22nd November | Twilight A      | Regional Relays (Venue TBC)                                  |
| 9                             | Sat 30th November | C               | Superhuman Day   |
| 10                            | Sat 7th December  | A               | Christmas Event.<br>Last comp for 2019. Return 18th Jan 2020 |
|                               | Sat 14th December | No Comp         | State Relays (Venue: Casey Fields)                           |
| <b>Christmas/Summer Break</b> |                   |                 |  |
|                               | Sat 11th January  |                 | Meteorite Gift (Open Event)                                  |
| 11                            | Sat 18th January  | B               |  |
|                               | Fri 24th January  | No Comp         | Australia Day Long Weekend                                   |
| 12                            | Fri 31st January  | Twilight A      | State Combined (Venue: Lakeside Stadium)                     |
| 13                            | Sat 8th February  | C               |  |
| 14                            | Sat 22nd February | A               |  |
| 15                            | Sat 29th February | Special Program | Cranbourne vs. Pakenham<br>(Venue: Pakenham LAC)             |
| 16                            | Fri 6th March     | Twilight C      | Labour Day Long Weekend                                      |
|                               | Sat 14th March    | No Comp         | State Track & Field (Venue: Casey Fields)                    |
| 17                            | Sat 21st March    | Special Program | Champ Day  |
| 18                            | Sat 28th March    | Special Program | Last Day of Season   |

Cross Country Season (winter season) begins early April until end of August. An email will be sent with complete season dates in March.

All dates and venues are correct at time of printing. Please stay in touch via social media and email for any changes.

# CRANBOURNE

