

2024/25

# HANDBOOK



# Welcome

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Welcome to the Kingsway Little Athletics Centre (KLAC) for the Summer 2024/25 season.

Little Athletics is a uniquely Australian activity for children from 3 to 16 years. As the name suggests, it is based on the sport of Athletics (track & field) and the events are specifically modified to suit the ages and abilities of children. A wide range of running, jumping, throwing and walking events are conducted.

Little A's is all about "being your best", and in doing so having fun, making friends and encouraging families to be involved in healthy activities. The emphasis is on participation and personal improvement. For over 40 years now across Australia the Little A's motto has been Family, Fun & Fitness.

This information booklet is intended as a starting point for parents new to the sport of Athletics as well as a handy reference for all those returning families throughout the season.

Athletics is a hands on sport with our Centre and our affiliated Clubs being completely run by volunteers. Every parent is an important part of the Kingsway family. Without your help there wouldn't be anyone to conduct the events for our children. Parents, like our athletes, come in many shapes and sizes with all sorts of experience and talents that they don't even know they have.

If you are new to Little Athletics I know it can feel overwhelming stepping forward to help in the beginning, but I assure you that not every role requires special skills or knowledge and there will be lots of people on hand to help guide you. Don't underestimate the effect you can have as a role model on your child's long term participation and enjoyment in our sport.

We aim to be a Centre which caters to all levels of athletes, with our great facilities, a committed group of volunteers, a strong financial position and the support of our local community. We look forward to welcoming you and your family to our community at KLAC.

Danni Dix  
KLAC Chairperson

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# ABOUT KINGSWAY LAC



Kingsway Little Athletics Centre began from humble beginnings in 1977 consisting of just one club and 210 athletes.

Since this time, the centre has achieved wonderful success, producing many state and national athletes as well as officials.

Over the last forty seven years the dedication and passion of our volunteers have seen these numbers grow significantly.

In the 2012/13 season Kingsway was home to eight clubs and over 800 athletes. With the creation of the Swan Valley Little Athletics centre in 2014, our registered athletes decreased to an average of 500 children spread over six clubs. These numbers have seen us recognised as the largest Little Athletics Centre in the State in many seasons.

Our Centre has a long proud history in our community and it fills us with pride to see many families returning with the third generation of athletes looking to make their own cherished memories at the Centre, just as their parents and grandparents did in seasons gone by.

The Little Athletics Australia Mission Statement is *'to develop children of all abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in athletic activities'*. Something Kingsway LAC firmly believes in.

Athletics is all about everyone, parents included, getting fit, having fun, making friends and learning new skills. Many of our volunteers have made wonderful life long friends within the Centre so whatever your experience, don't feel scared or intimidated about putting your hand up and 'giving it a go'. After all, isn't that what we ask our kids to do?

# Meet the KLAC Committee

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The Centre Committee comprises of volunteers who help to run the centre during the year. We are always happy to have new people join the committee as roles are flexible - its all about making sure we provide the best experience for all families.

Chairman	Danni Dix
Vice C/man & Secretary	Bec Miller
Treasurer	Jocelyn Patchett
Records & Ranking	Helen Hahn
Equipment	Chad Hill
Events	Erin Sims
Office Manager	Kaylena Miller
Winter Club	Serena Roberts
Social Media	Kym Fleming
Canteen Manager	Natalie Thai
Coaching	Kelly Jones

# Structure of Athletics

Athletics comprises of many different organisations and the below hopes to guide you on how each level works with one another.

## National Body



Athletics Australia is the national governing body for the sports of athletics in Australia and is the only organisation recognised as such by World Athletics, the Australian Olympic Committee, Paralympics Australia, Commonwealth Games Australia and the Australian Sports Commission. Together with the State and Territory governing bodies, they are charged with ensuring the encouragement, pathway and promotion of athletics in Australia and acting in the best interests of the sport of across all ages.

## State Body



Athletics West is the governing body for athletics in Western Australia, delivering programs and services to conduct, encourage and promote the sport within our State. In July 2020, Little Athletics WA and Athletics WA became Athletics West, forming one organisation with the common vision of enabling West Australians to engage with athletics in meaningful and positive ways, and offering opportunities for more people to become involved, and stay involved with our sport. In 2024, Athletics West ceased their affiliation with Little Athletics Australia following a vote of their members.

## Centre



The Centre is the body that organises and conducts the weekly competitions for all athletes ensuring it is in line with State body requirements. Each Centre is responsible for designing their own program and timetable each week. Many Centres, like Kingsway, have affiliated clubs that train separately during the week and then come together to compete at the Centre for weekly competitions. Some Centres do not operate a club structure and run both training and competitions at the same Centre venue.

## Club



Each Club is managed independently by a Committee of volunteers. Clubs are responsible for organising training sessions for their athletes and keeping them informed of any nomination forms or events that are being held. Kingsway has six affiliated Clubs - Ballajura, Greenwood, Landsdale, Wanneroo, Woodvale and Kingsway Tiny Tots. Each Club forms a part of and is tied to the Kingsway Centre.

# Our Affiliated Clubs



Formed  
1982/83

Red top with white stripe and navy trim.

- Train Tuesday & Thursday
- Kingfisher Park, Ballajura
- ballajuralac@hotmail.com

Emerald green top with navy blue trim.

- Not currently taking registrations in 2024/25
- Penistone Reserve, Greenwood
- greenwoodlittleathletics@gmail.com

Formed  
1977/78



Formed  
2003/04

Jade and navy blue top.

- Train Monday & Wednesday
- Kingsway Football oval, Madeley
- landsdalelac@gmail.com

Purple, navy and white top.

- Train Tuesday & Thursday
- East Wanneroo Primary, Wanneroo
- wanneroolac@gmail.com

Formed  
1974/75



Formed  
1987/88

Yellow top with navy blue markings.

- Train Monday & Wednesday
- Woodvale Senior High School, Woodvale
- woodvalelac@gmail.com

Green top with navy blue print.

- No training
- Open to athletes born in 2020 & 2021
- tinytots@kingswaylac.com.au

Formed  
2019/20



KINGSWAY ATHLETICS

Tiny Tot Club

# Competition events and how to help

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Every parent is an important part of the Kingsway Athletics community. Without your help, there would not be anyone to conduct the events for our children.

During the Summer Athletics season, you will be required to help out and this could be in many different ways, including as a Chaperone, Official, in the canteen, General Helper or setting up or packing away equipment.

New parents are advised to read this section before you help on an event so you have a basic understanding of how to help. This knowledge will make things easier for you, other helpers and the athletes.

If you wish to gain more knowledge so you can help at Centre competitions, then you can simply contact our Committee at [admin@kingswaylac.com.au](mailto:admin@kingswaylac.com.au) who will then be able to provide you with assistance.

Just like athletes, officials also have their own pathway. The WA Athletics Officials Club (WAAOC) was formed in 2015 and is a basis for promoting officiating in Western Australia and beyond. If you find you are enjoying the role of an Official, we would recommend reaching out to the Officials Club as they will be able to provide further guidance. Many of our own Officials are members of the club and can also provide you guidance to progress (the 2032 Brisbane Olympics will be here before you know it!)

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## Age group Chaperones

Chaperones are one of the most vital roles during Competitions as they take a group of athletes (generally of the same age group) from one event to another while recording the athletes achievements from the different events onto a recording sheet.

The recording sheets are provided in the age groups recording folder and must be provided back to the Office at the conclusion of the event so that our Records and Ranking Officer, Helen, can input the results.

Age groups are not able to begin any event until they have a Chaperone and the role can definitely be shared with others.





## Sprints

Sprints are short running events, from 70 to 400 metres.

At the start of a sprint, the athletes are placed in a lane one metre behind the line.

The starter gives three commands:

1. “On your marks” — the athlete puts the toes of one foot to (but not on) the line. The opposite arm is held out in front to balance.
2. “Set” — the athlete leans forward with weight over the front foot.
3. Gun Sounds — the athlete runs.

All runners must stay in their allotted lane for the whole race.

Under 12 to Under 17 athletes can use starting blocks if they wish.

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## Distance Races

Distance races for Little Athletes are 800 metres (U9-U17) and 1500 metres (U10-U17).

The starter gives only two commands to begin a distance race;

1. “On Your Marks”
2. Gun Sounds

The athletes can’t use a crouch start and do not have to run in set lanes.



# Track Events

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## Hurdles

Hurdle races are sprints with obstacles (hurdles) placed in each lane.

Hurdle sizes change with the age group of the athletes. They start at 45cm in height and go up to 76cm. Distances range from 60m to 300m.

All hurdle races are run in lanes and the starter gives the same signals as for sprints. Your Athlete will need some coaching and practice at Club training before they try the real thing.



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## Relays

Relays are the most spectacular to watch and fun for athletes to compete in. It's one of the few opportunities athletes have to compete as a team.

Each season, the Centre selects teams to enter into the WA State Relay Championships held in December.

Relay teams consist of four runners who each run a set distance — 100, 200, 300 or 400 metres according to age and the type of relay. The athletes carry a baton that must be passed to the next runner within a specific 30m changeover zone.

In a Shuttle Relay, athletes line up opposite one another e.g. 2 athletes up one end, 2 at the other. The first runner starts with the baton, runs to the other end and passes it to the second runner. They continue back and forth until the last runner crosses the finish line.

Each year at Christmas, we also hold our annual Parent relay race which is tightly contested. All Clubs will be on the lookout for family members keen to represent their club and take home the Dennis Knight trophy (plus bragging rights!)

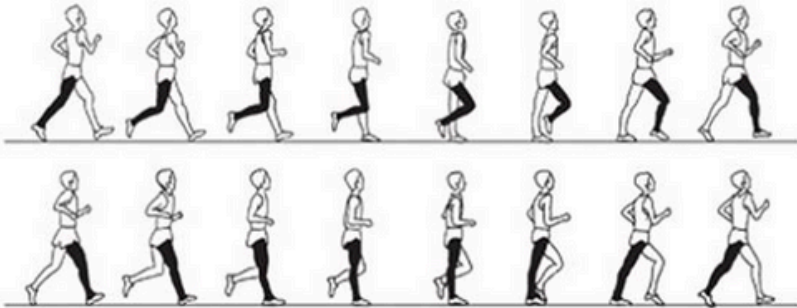


## Race Walking

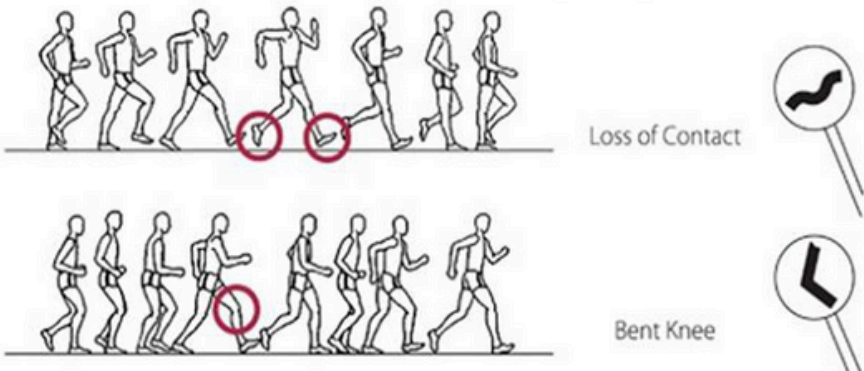
Race Walking is a technical event. It is a distance race so athletes don't have to stay in designated lanes. Distances include 700, 1100 or 1500 metres depending on the age.

Race Walkers must keep one foot in contact with the ground at all times and make sure that the advancing leg is straight when it first makes contact with the ground, until it's directly under the body.

### Correct Race Walking Technique



### Incorrect Race Walking Posture



# Track Events and how to help

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You Can Help at;

## **Sprint & Distance Races** by:

- Being a Chaperone
- Marshalling athletes and placing them behind the line.
- Timing the race using a manual stop watch or our electronic timing gates.
- Judging the places.
- Marshalling runners after the race and making sure their times are recorded.
- Recording athletes times.
- Be the starter and fire the gun!
- Being a back up starter to spot false starts.

## **Hurdles** by:

- Doing the same jobs as for Sprints and Distance Races.
- Setting up the hurdles (we have marks on the side of the track to show where the hurdles go).
- Picking up hurdles knocked over by athletes or blown over in the wind.
- Adjusting the heights of the hurdles as required.



## **Relays** by:

- Marshalling runners and escorting them to their starting positions.
- Learning the rules and becoming a changeover judge.
- Offering to Coach a relay team.
- Running for your club in the annual Parent Relay race!

## **Race Walks** by:

- Doing the same jobs as for Sprints and Distance Races.
- Learning the rules and becoming a Walks Judge.





## Long jump

A Long Jump venue consists of a run up (grass, dirt, asphalt or synthetic material) and a sand pit.

Kingsway has six synthetic run ups. The run ups have the following designated age groups;

- the two blue run ups closest to the fence are for our U13 to U17's
- the two blue run ups in the middle are for our U6 to U9's and Tiny Tots
- the two green run ups closest to the oval are for our U10 to U12's

The athletes run along the run up until they reach the take-off mat, jumping from one foot into the sand pit. The take-off foot must be on or behind the take-off mat. Athletes must land in the pit and walk out of the pit forward of the mark they made on landing.

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## Triple Jump

Triple Jump requires the same venue as Long Jump, is measured the same way and has the same basic rules. Triple Jump is only available for athletes in Under 11's or higher.

The mat is placed at a whole metre distance from the edge of the pit depending on the age and ability of the athlete. The athlete chooses the distance that will be their take off mark. Coaches at Club training will assist athletes in knowing which distance they should jump from .

Triple Jump has three distinct stages:

1. HOP - Take off from the board on one foot and land on the same foot.
2. STEP - Take off from that foot to land on the other foot.
3. JUMP - Jump forward and land in the pit.

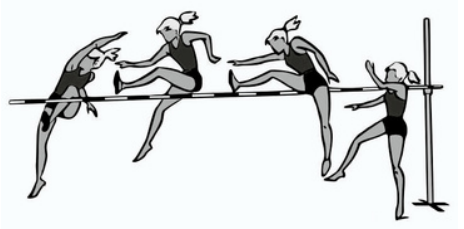
# Field Events - Jumps

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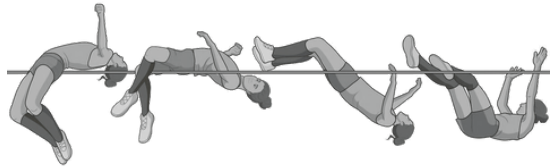
## High Jump

High Jump is an event for Under 8's and above only.

U8-U10's must use the "Scissor Jump".



U11-17's may use the "Fosbury Flop" or "Scissor Jump".



Athletes must show that they can safely pass the minimum height at Club training before being allowed to compete at Centre competitions. Club Coaches will provide guidance on the correct technique and advise the Centre once you have qualified to compete. Qualification needs to be renewed each season.

The High Jump equipment consists of a landing mat, two uprights, a bar and a measuring stick.

The athlete must run up, take off from one foot, clear the bar and land on the bag without knocking the bar off the stand.

Each athlete usually has three chances to clear a height. If they clear it on the first or second attempt, they must wait until the bar is raised before having another jump.



# Jump Events and how to help

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You Can Help at;

## Long jump by:

- Being a Chaperone
- Watching that the athlete's foot does not go over the edge of the mat
- Spiking — marking the spot where the jumper landed. Place a spike with a tape measure attached at the edge of the mark in the pit closest to the take-off area.
- Measuring the jump. Hold the other end of the spiker's tape, pull it tightly over the take-off area and read the measurement. When a mat is used, the measurement is taken from the front of the imprint made by the take-off foot. If a board is used, the measurement is taken from the edge of the board nearest the pit.
- Raking the pit after each jump to remove evidence of the last jump and make it level and safe for the next jumper.
- Helping look after the athletes at the end of the run up and ensuring the correct athlete attempts their jump when it's their turn.
- Recording the athlete's performances.

## Triple Jump by:

- Doing the same jobs as for Long jump.
- Moving the mat from one distance to another.
- Check the athlete is performing the correct sequence of hop, step and jump.

## High Jump by:

- Picking up the bar if the athlete knocks it off.
- Raising the bar after all the athletes have finished at a particular height.
- Recording the athlete's performances



# Field Events - Throws

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## Shot Put

A Shot Put venue consists of a ring and landing area (sector). The shot is a metal ball. Its weight and size varies according to the age of the athlete.

The athlete stands in the ring with the shot balanced at the base of the fingers (not on the palm) and the shot shall touch or be in close proximity to the neck or chin.

The shot is pushed forward like a 'high five' so that it lands in the sector.

The arm must not be pulled backwards or dropped downwards during the attempt — this gives an illegal throwing motion.

The athlete must wait until the shot has landed before stepping out the back of the ring.

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## Discus



A discus is a rubber, wooden or synthetic disc that is thrown from a ring and must land inside a marked sector.

The discus is usually thrown one handed, using a backward swing to build up momentum before slinging it into the sector. For safety reasons, the discus ring is surrounded by a cage when someone is throwing.

Common rules apply for the throwing events, however there are no rules on how a discus is to be thrown.

The athlete must wait until the discus has landed before stepping out the back of the ring.





# Field Events - Throws

## Javelin

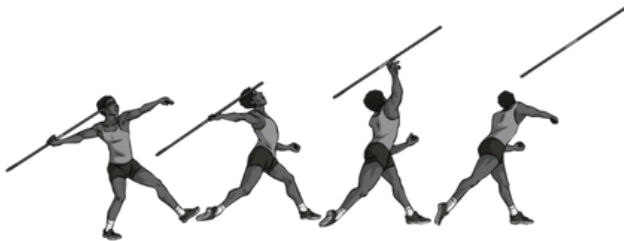


Athletes don't start Javelin until Under 11, however younger age groups use modified javelins called vortexes or TurboJavs (depending on their age).



Metal Javelins weight and size varies according to the age of the athlete.

The thrower holds the javelin in one hand and pulls the implement back, turns side on and throws the javelin into the sector.



The javelins tip must strike the ground first, but it does not need to stick into the ground. Athletes cannot cross or touch the front throwing line.

The throw is measured similarly to the other throw events.

As the javelin is a dangerous implement, all athletes, officials and spectators should keep well away from the runway and the sector. Some of our older athletes can throw in excess of 50 metres!

# Throw Events and how to help

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You Can Help at;

## Shot Put by:

- Being a Chaperone
- Watching that the athlete's foot does not go over the edge of the circle
- Spiking - marking where the shot lands. It must be within the sector lines but cannot land on the sector lines.
- Pulling the tape through the centre of the ring so that the put can be measured.
- Measuring - reading the distance from the inner edge of the ring to the place the shot landed.
- Retrieving the shot and returning it to the ring.
- Learning how to judge a fair put in order to officiate the event.
- Recording the athlete's performances.

## Discus by:

- Doing the same jobs as for Shot Put.

## Javelin, Turbo and Vortex by:

- Doing the same jobs as for Shot Put.
- Watching that the athlete does not cross or touch the throwing line.
- Watching that the head strikes the ground first.
- Ensuring that athletes, officials and spectators are in a safe area, well away from the runway and the sector.



## Track

Where an athlete starts but does not finish the race, mark “DNF” (Did Not Finish).

## Throws and Long / Triple Jump

- Athletes receive three (3) throw / jump attempts, with each result recorded in the columns.
- The best result of the 3 is indicated in the “Best” column.
- Results are recorded as 4.32m, 9.59m, 14.83m etc.
- For any fouls, mark an “X”.

Long Jump

Name	Trial 1	Trial 2	Trial 3
John	5.39	5.32	5.19
Peter	4.31	X	4.23
Dylan	4.97	5.10	5.21
Brodie	x	x	x
Ethan	5.38	5.10	x

Best	Place
5.39	1
4.31	4
5.21	3
NJ	-
5.38	2

## High Jump

- Athletes are allowed 3 attempts at each height.
- For any successful attempts, mark a “O”
- For any fouls, mark an “X”.
- For any skipped heights, mark a “-”

High Jump

Name	1.30	1.35	1.40	1.45	1.50	1.55	1.57	1.59	1.62
Amber	-	-	-	O	O	XO	O	XXO	XXX
Madison	-	-	O	O	O	XO	XXX		
Harper	-	-	O	O	O	XO	XXX		
Summer	O	-	O	O	XO	XXO	XO	XXX	
Jessica	XO	O	XO	XXX					

Best	Place
1.62	1
1.57	3
1.57	3
1.59	2
1.45	5

# Tiny Tot Club

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The Kingsway Tiny Tot Program is for children who are 3 - 4 years of age and are in the Tiny Tots age group. The program seeks to encourage the development of Fundamental Movement Skills that underpin the growth of specialised sporting skills in athletics and other sports.

The aim of the program is to improve the physical, social, emotional and cognitive development of children through a play-based approach that is engaging and stimulating. All Tiny Tots participate together as a group, using modified equipment in a variety of fun activities. There are no winners or losers, just development of individual skills!

The program is run by our Tiny Tot Club Manager, Pam, however extra hands are always very useful. You do not need to have a coaching background to assist. The program strongly encourages parents to share the experience with their children.

You can help by;

- Assisting the Tiny Tots Manager with activities
- Helping set up or packing away equipment.
- Being involved and having fun with your child!



# Age Groups for 2024/25

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Age groups are aligned to year of birth and are automatically allocated when you register.

Athletes are grouped into their own age brackets (Under 6, Under 12 etc.) for competitions. There is no standards or requirements that athletes have to meet to be able to participate in Little Athletics, meaning children of ALL abilities are more than welcome to join in.

## Year born - Age Group

2008 - Under 17

2009 - Under 16

2010 - Under 15

2011 - Under 14

2012 - Under 13

2013 - Under 12

2014 - Under 11

2015 - Under 10

2016 - Under 9

2017 - Under 8

2018 - Under 7

2019 - Under 6

2020 - Tiny Tot

2021 - Tiny Tot

Athletes then participate in different running, jumping, throwing and walking events each competition based on their age group. Because there are so many events to cover, we break up the events into two different weekly timetables so that all athletes have the chance to try all events an equal amount of times over the season.

The two different timetables are called Program 1 and Program 2 and these are detailed on the following page.

# Program 1

Below is the schedule of events for Competitions running on Program 1.

There is no particular order for events - age groups will be called by the announcer as an event site becomes available.

<b>U6</b>	Mini H	70m	200m			Vortex	Long	
<b>U7</b>	Mini H	70m	200m		Shot		Long	
<b>U8</b>	60m H	70m	200m		Discus			High - SC

<b>U9</b>	60m H	70m	200m	400m	Shot		Long	
<b>U10</b>	60m H	70m	400m		Discus	Turbo		High - SC
<b>U11</b>		100m	400m	1500m	Discus		Long	High - FF

<b>U12</b>		100m	400m	1500m	Shot	Discus	Triple	
<b>U13</b>	200m H	100m	400m	1500m	Shot	Javelin	Triple	
<b>U14</b>	200m H	100m	400m	1500m	Shot	Javelin	Triple	

<b>U15</b>	300m H	100m	400m	1500m	Discus		Long	High - FF
<b>U16</b>	300m H	100m	400m	1500m	Discus		Long	High - FF
<b>U17</b>	300m H	100m	400m	1500m	Discus		Long	High - FF

When called for an event, age groups meet at the Marshalling tents for roll-call before heading to the event site. When called, you will need to go to the following Marshall tents;

Marshall 1

- 70m, 100m, 200m, 500m, Hurdles (mini to 110m)
- Discus (6-8's only)
- Long Jump, Triple Jump, High Jump

# Program 2

Below is the schedule of events for Competitions running on Program 2.

All competitions on both Program 1 and 2 will begin with Athlete warm up at 7.15am followed by the 'first call' for events made at 7.30am.

<b>U6</b>	100m	300m	Shot	Discus	Long
<b>U7</b>	100m	300m	Discus	Vortex	Long
<b>U8</b>	100m	500m	Shot	Turbo	Long

<b>U9</b>	100m	700m W	800m	Discus	Turbo	High - SC	
<b>U10</b>	100m	200m	1100m W	800m	Shot	Long	
<b>U11</b>	80m H	200m	1100m W	800m	Shot	Javelin	Triple

<b>U12</b>	80m H	200m	1500m W	800m	Javelin	Long	High - FF
<b>U13</b>	80m H	200m	1500m W	800m	Discus	Long	High - FF
<b>U14</b>	(F) 80m H (M) 90m H	200m	1500m W	800m	Discus	Long	High - FF

<b>U15</b>	(F) 90m H (M) 100m H	200m	1500m W	800m	Shot	Javelin	Triple
<b>U16</b>	(F) 100m H (M) 110m H	200m	1500m W	800m	Shot	Javelin	Triple
<b>U17</b>	(F) 100m H (M) 110m H	200m	1500m W	800m	Shot	Javelin	Triple

Marshall 2

- 300m, 400m, 800m, 1500m, Walks, Hurdles (200-300m)
- Shot, Discus, Javelin,

Either Marshall tent (listen carefully to the announcer)

- Turbo, Discus

# Kingsway LAC Calendar

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## OCTOBER

SAT 12th	Program 1	Kingsway LAC
SAT 19th	Program 2	Kingsway LAC
SAT 26th	Opening Ceremony & Modified Program	Kingsway LAC

## NOVEMBER

SAT 2nd	Program 1	Kingsway LAC
SAT 9th	Program 2	Kingsway LAC
SAT 16th	Program 1	Kingsway LAC
SAT 23rd	Program 2	Kingsway LAC
SAT 30th	Program 1	Kingsway LAC

## DECEMBER

SAT 7th	Program 2	Kingsway LAC
WED 18th	Twilight Competition & Christmas wind-up	Kingsway LAC

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## JANUARY 2024

SAT 11th	Program 1	Kingsway LAC
SAT 18th	Program 2	Kingsway LAC
FRI 24th	January Twilight Competition	Kingsway LAC

## FEBRUARY

SAT 1st	Program 1	Kingsway LAC
SAT 8th	Program 2	Kingsway LAC
SAT 22nd	State Preparation Training	TBA

## MARCH

SAT 1st	Centre Championships Day 1	Kingsway LAC
SUN 2nd	Centre Championships Day 2	Kingsway LAC
SAT 15th	TIM Program	Kingsway LAC
SAT 29th	End of season celebration, trophies & AGM	Kingsway LAC



# Athletics West Calendar

## OCTOBER

FRU 18th	Strive Competition A	WA Athletics Stadium
FRI 25th	Strive Competition B	WA Athletics Stadium

## NOVEMBER

FRU 1st - SUN 3rd	<b>WA All Schools Champs</b>	WA Athletics Stadium
FRI 8th	Strive Competition C	WA Athletics Stadium
SAT 16th	Strive Competition Special Program	WA Athletics Stadium
SAT 16th - SUN 17th	Combined Competition (U11-U18s)	WA Athletics Stadium
FRI 22nd	Strive Competition D	WA Athletics Stadium
FRI 29th	Strive Competition A	WA Athletics Stadium

## DECEMBER

SAT 7th	Strive Competition B	WA Athletics Stadium
SAT 14th	<b>WA State Relay Championships</b>	WA Athletics Stadium
FRI 20th	Strive Competition C	WA Athletics Stadium

## JANUARY 2024

FRI 10th	Strive Competition D	WA Athletics Stadium
SAT 18th	Strive Competition Special Program	WA Athletics Stadium
FRI 24th	Strive Competition A	WA Athletics Stadium

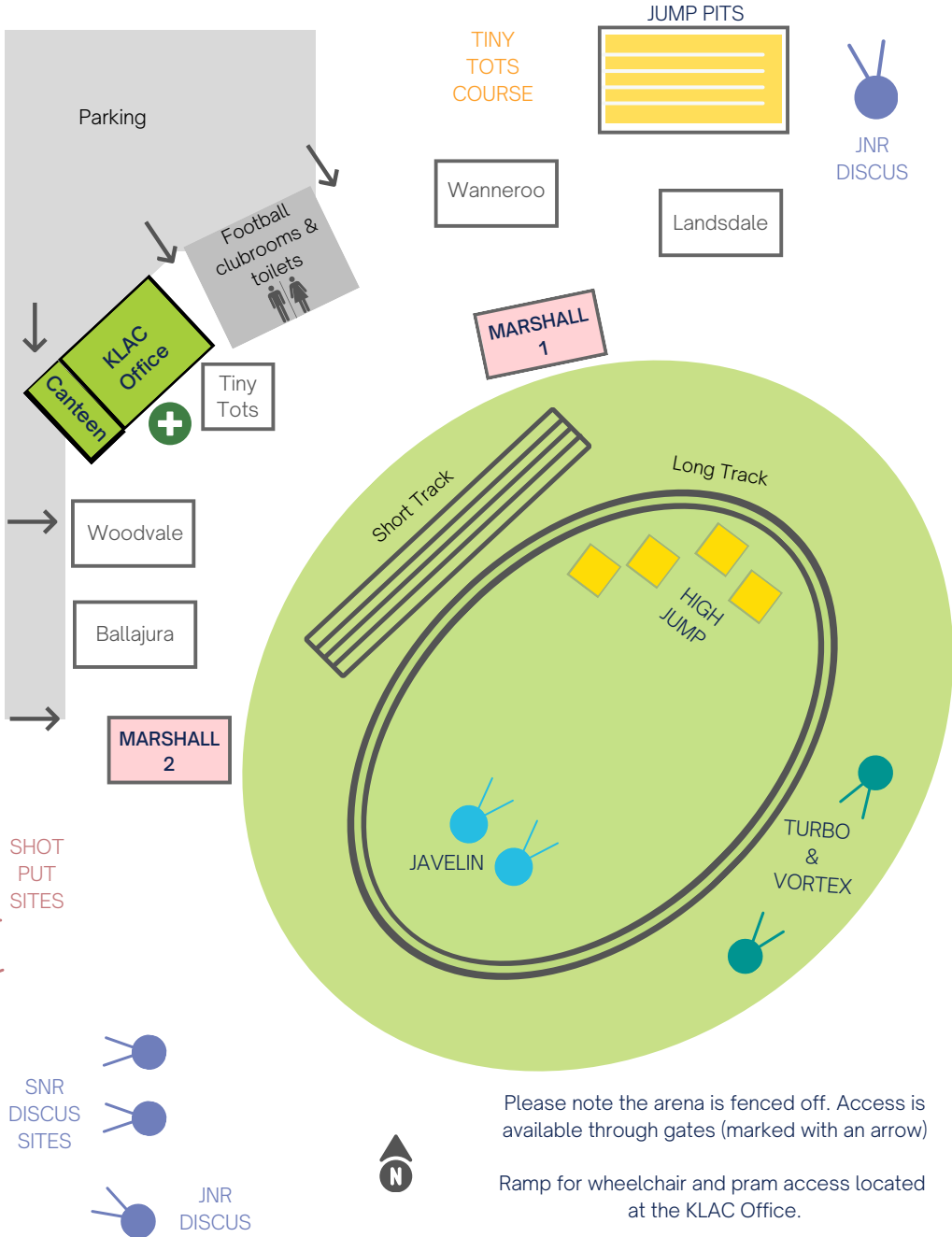
## FEBRUARY

SAT 1st - SUN 2nd	<b>State Combined Champs (U11+)</b>	WA Athletics Stadium
SAT 8th	Strive Competition B	WA Athletics Stadium
FRI 14th	Strive Competition C	WA Athletics Stadium
SAT 15th - SUN 16th	<b>Zones Championships</b>	Venue TBC
SAT 22nd	Strive Competition D	WA Athletics Stadium
WED 26th	Strive Competition A	WA Athletics Stadium

## MARCH

FRI 7th - SUN 9th	<b>Senior State Championships (U13+)</b>	WA Athletics Stadium
FRI 14th	Strive Competition B	WA Athletics Stadium
FRI 21st	Strive Competition C	WA Athletics Stadium
SAT 22nd - SUN 23rd	<b>Junior State Championships (U9-U13)</b>	WA Athletics Stadium
FRI 28th	Strive Competition D & Junior Challenge	WA Athletics Stadium

# Map of Kingsway LAC Arena



Please note the arena is fenced off. Access is available through gates (marked with an arrow)

Ramp for wheelchair and pram access located at the KLAC Office.

Water fountain located in front of the KLAC Office.

# Kingsway Arena Location

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The Kingsway Little Athletic Centre is located within the Kingsway Sporting Complex on the corner of Sporting and Spectator Drives.

Entrance to the Sporting Complex is available from Hepburn Avenue, Hartman Drive or Bellerive Road.



# Uniform

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## Kingsway Competitions

- Club shirt (Ballajura, Greenwood, Landsdale, Wanneroo or Woodvale)
- Plain navy shorts or Kingsway branded shorts  
*note: Kingsway branded shorts will be compulsory from the 2025/26 season*
- □ Registration bib

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## State Events

- U6 to U8's - Club shirt
- U9 to U17's - Centre shirt (green Kingsway singlet)
- Kingsway branded shorts (mandatory)
- Registration bib

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## Registration bib & age tag

- These will be provided to you by your Club Registrar once all fees have been paid.
- The registration bib may need to be moved from a Club shirt to a Centre shirt, so we do not recommend sewing the bib directly onto the shirt.

Instead you can protect the edges of the bib by sewing them over or using non sewing webbing tape (available from Spotlight etc).

The bib can then be secured to your shirt by safety pins (one in each corner).

Keep the bib as it may be needed next year.



## Tiny Tots

- Tiny Tot Club shirt (will be provided on your first day)
- Comfortable shorts or skirt etc
- Comfortable shoes (sneakers or sandals etc, please no thongs or flip flops)
- Hat

## Shoes & Spikes

Shoes are compulsory in all events.

The wearing of spikes is optional for athletes in the U11 to U17 age groups.

Before an athlete is permitted to wear spikes at any competition, they must first apply to their Club for permission. The athlete must be able to show they understand that spikes can pose a safety risk to others and agree to conditions that keep everyone safe.

U11 - U12's may wear spike shoes for;




- Track events run entirely in lanes
- Long Jump, Triple Jump, High Jump and Javelin

U13 - U17's may wear spike shoes for;

- All track events with the exception of walks
- Long Jump, Triple Jump, High Jump and Javelin

Spike lengths are as follows;

- Track spikes - 7mm maximum
- Field spikes - 9mm maximum
- Javelin and High Jump - 11mm maximum

 <p>Christmas Tree</p>	 <p>Pyramid</p>	 <p>Needle</p>
Approved	Approved	<b>NOT Permitted</b>



## Opening Ceremony

The Opening ceremony represents the official commencement of the season. A traditional part of the opening ceremony starts with a "Parade of Clubs", during which most participating athletes march into the stadium, club by club. Each club's delegation is led by their Club Captains holding a sign identifying the Club and their flag. After all Clubs have entered, a number of speeches and awards are presented including the 'best club on parade'.

The Opening ceremony is attended by Life Members, local politicians and many other special guests. Following the ceremony, a modified program takes place.

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## Twilight Competitions

Each season, Kingsway LAC aims to hold at least two Twilight Competitions. These Competitions differ from normal Saturday Competitions as athletes usually only compete in four events - one jump, one throw, one long track and one short track event.

Athletes are awarded points for their achievement in each event with the points from all four events tallied together to determine the Age Groups highest achiever. This athlete is presented with a medal recognising the achievement.

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## Centre Championships

Centre Championships are a chance for athletes in all age groups to compete in their favourite events, be awarded with ribbons for each personal best (PB) achieved and win medals if competing in a final.

The weekend is always full of big smiles from proud athletes excitedly displaying their achievements.

Please read the Centre Championship Policy available on our website for more information on who is eligible to take part and how to nominate for the event.

## Strive Competitions

The Strive Program offers weekly athletics competitions for Athletics West members throughout the year, predominantly on Friday evenings at the WA Athletics Stadium (Mt Claremont).

Registration for Strive Membership is open for athletes 11 years of age and over (as at the 31 December 2024) and athletes can choose to register through Athletics West directly as an independent or through an affiliate club.

Athletes can compete as both a Centre Athlete and a Strive Athlete if they wish but must be mindful there are some minor rule differences and some difference in events ie weight changes, distance allowed, number of hurdle flights etc.

Kingsway LAC are working toward providing a one sport opportunity for athletes however it will not be in place for season 2024/25.

If you are interested in finding out more about the Strive Program, contact Athletics West via email [admin@athleticswest.com.au](mailto:admin@athleticswest.com.au) or calling their office on (08) 6272 0480.

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## WA State Relay Championships

This event is conducted by Athletics West and will be held at the WA Athletics Stadium. As this is a large State event that involves many Kingsway athletes and volunteers, no competition is held at Kingsway on this date.

The WA State Relay Championships are open to athletes in the U9 to U17 age groups. Kingsway LAC chooses the athletes who will represent the Centre and covers the full nomination costs, however athletes are able to select whether they wish to be selected for Track or Field Teams.

Please read the Relay Selection Policy available on our website for more information on who is eligible to take part and how teams are chosen.

## WA Combined Events Championships

This event is open to all registered athletes in the Under 11 to Under 17 age groups. U11 to U13's compete in five (5) events while U14 to U17 compete in seven (7) events.

Points are allocated to each athlete for each event based on the performance, the athlete's points are tallied. Medals are presented to the first three places in each age group for finals.

Athletes in the U14 and U15 age groups who win a medal will be eligible to be a member of the International State Team in the following July.

All Under 15 athletes who wish to be considered for the State U15 Multi Event Team competing at the Australian Little Athletics Championships (ALACs) in April each year must nominate by 5pm on the Friday prior to the WA Combined Events Championships. The top three highest placed athletes that have nominated for selection will be offered a place in the WA State Team.

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## Zone Championships

The Zone Championships is an event spread over two days where athletes can compete against other Centres in their own nominated events.

The event is conducted by the North Metro Zone Centres, consisting of Kingsway, Ridgewood, Joondalup, Swan Valley, Hamersley and UWA. The venue for this season's Zones Championship will be determined by the Centres in late 2024.

*This event has changed from previous seasons and further Information will be provided once finalised by Athletics West. Information confirmed by Athletics West to date;*

- U9 - U13's may use this event for qualification for Junior States
- The Centres have been split into three 'Zones'





## Senior State Championships

The State Track and Field Championships is the event where the States best (senior) athletes compete for medals. Nomination is open to athletes in the U13 to U17 age groups.

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## Junior State Championships

Athletes in the U9 to U13 age groups who qualified either by meeting the entry standard or at the Zones Championships go on to compete against qualifiers from the other Metro Zones and Country Centres.

After qualifying, athletes must nominate to take their position in the events they wish to compete in.

The Championships are held at the WA Athletics Stadium over three days. Athletics West finalise the timetable once all entries have been confirmed.

Medals are presented to the first three places in each age group for finals.

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## Athletics West website

Athletics West has a vast amount of information on their website regarding both Little Athletics and Strive Competitions.

The website contains season calendars, information about State selection opportunities, equipment specifications and pathways - whether it be athletes, officials, coaches or volunteers.

Please save [www.athleticswest.com.au](http://www.athleticswest.com.au) as a valuable resource for you to refer to throughout your time in our sport.

# Other General Information

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## **Competition Results**

Results will be available on your family portal available at [www.resultshq.com.au](http://www.resultshq.com.au). Some results (such as track events run in lanes) will usually be available straight after the event however many other events need to be manually checked and entered into the system.

If you find that your athlete's results are missing or you believe they are incorrect, please wait 48 hours after the competition before emailing our Results Officer Helen at [results@kingswaylac.com.au](mailto:results@kingswaylac.com.au)

## **Protests**

If you do not agree with the result or conduct of an event, please do not argue with the officials or volunteers. Instead, you may lodge what is known as a 'protest'.

To do this at a Kingsway Competition, you will need to see your Club Manager. At a State Event, you will need to speak with the Centre Team Manager.

## **Weather**

In extreme weather conditions the Kingsway Committee may decide to modify the program to protect athletes, officials and other participants from exposure to the elements or physical stress.

The onus will always rest with the parents/guardians to decide what is best for their athlete when weather extremes are experienced.

Please assist us by ensuring your athlete is provided with, and encouraged to;

- wear good quality sunscreen
- wear a hat
- drink plenty of fluids (water is best)

## **First Aid**

If you or your athlete become injured or unwell, please attend the Kingsway LAC Office where First Aid can be provided.

# Other General Information

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## **Competition Rules**

Athletics is a very technical sport and this handbook is designed to provide a basic overview. The full Competition rules will be available on our website once provided by Athletics West.

## **Non smoking**

The Kingsway LAC Arena is a smoke free environment, which also includes vaping. Smoking and vaping are permitted 50m outside the complex (outer fencing) in the carpark well away from any site.

## **Policies**

Kingsway LAC have a number of policies that cover a wide variety of topics. These policies as well as our Centre Constitution and Bylaws can be found on our website - [www.kingswaylac.com.au](http://www.kingswaylac.com.au)

## **Senior Club**

If you are an older athlete (U12 or above) interested in learning about Strive or having one on one coaching, Kingsway Athletics Club are located within the same premises as Kingsway LAC.

The Kingsway Senior Club trains Tuesday and Thursday at Kingsway Oval. Please contact Allan Savage on 0421 494 056 or [ajscoach@hotmail.com](mailto:ajscoach@hotmail.com) if you are interested in finding out more.

## **Centre Records**

All current and historic Centre records can be found on our website. If a record is broken during the season, it will be announced via our newsletter and at the Centre Competition.

## **Newsletter**

Kingsway LAC sends out a fortnightly newsletter to keep all members up to date. The newsletter will be sent to the email address that you registered your athlete with. If you would like another person added to the newsletter list, please email [admin@kingswaylac.com.au](mailto:admin@kingswaylac.com.au)

# PB RECORD

**ATHLETE NAME:**

October

November

December

# PB RECORD

**ATHLETE NAME:**

January

February

March

# Kingsway **WINTER CLUB**

## **DID YOU KNOW YOUR SUMMER REGISTRATION ALSO COVERS THE WINTER SEASON?**

Members who are registered with Kingsway LAC for the 2024/25 Summer season are eligible to compete in a range of Little Athletics events in the 2025 Winter Season including;

Cross Country Events

Road Walking Events

or just come along to Training to keep fit over Winter!

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Contact Serena for more information  
[winters@kingswaylac.com.au](mailto:winters@kingswaylac.com.au)