

**Jetstar** 



# **Winter Guide 2016**

**\$3.00**

# Codes of Conduct

Visiting Athletes, coaches, Officials and Administrators are also asked to respect our Codes of Conduct and No Smoking Policy.

## Little Athletes

1. Participate in Little Athletics for the “fun of it” and not just to please parents and coaches.
2. Compete according to the rules.
3. Any approach to an official should be in a courteous manner. Never argue with an Official.
4. Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking another athlete is neither acceptable nor permitted in our sport.
5. Be a good sport. Acknowledge all good results, whether they are by your Centre/Club, or the other Centre/Club.
6. Any form of cheating is unacceptable.
7. Work equally hard for yourself and/or your Centre/Club as both will benefit.
8. Treat all athletes, as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
9. Co-operate with your coach, club mates and other athletes. Without them there would be no competition.
10. Bad language is not to be used at any time. Substance abuse of any kind is un-acceptable.

# Parents

1. Encourage children to participate if they are interested. However, if a child is not willing do not force him or her.
2. Remember children are involved in Little Athletics for their enjoyment, not yours.
3. Focus upon the child's efforts rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
4. Teach children an honest effort is as important as victory, so the result of each event is accepted without undue disappointment.
5. Encourage athletes always to participate according to the rules.
6. Never ridicule or yell at a child for making a mistake or losing an event
7. Turn defeat to victory by encouraging your child to work towards skill improvement, good sportsmanship and attaining personal best performances.
8. Recognise the value and importance of coaches and officials of whom the vast majority are volunteers.
9. If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgment and honesty in public. Remember, officials give their time and effort for your child's involvement.
10. Demonstrate appropriate social behaviour, by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.

# Officials

1. Officiate according to the rules and where subjective judgment is necessary decide on the basis of what is fair to all athletes.
2. Be consistent, objective and courteous in calling all infractions.
3. Commend honest effort not just performance excellence
4. Condemn unsporting behaviour and promote respect for all opponents
5. Use common sense to ensure that the Spirit of the Sport is not lost by over officiating.
6. Ensure equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes
7. Encourage the principles of participation for fun and enjoyment.
8. Co-operate with other officials to discourage improper conduct by spectators.
9. Make a personal commitment to keep yourself informed of sound officiating principles and rule changes.
10. Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words
11. Bad language is not to be used at any time.
12. Substance abuse of any kind is un- acceptable.

## Spectators

1. Keep to designated spectator areas and do not encroach on the arena or other competition sites.
2. Remember children participate in Little Athletic activities for fun. They are not participating for the entertainment of spectators. They are not small adults
3. Applaud good performances and efforts from each athlete. Congratulate all participants upon their performances regardless of the event outcome.
4. Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the athletes to do likewise.
5. Never ridicule or scold an athlete for making a mistake during a competition. Positive comments are motivational.
6. Condemn the use of violence and verbal abuse in any form, be it by spectators, coaches, officials or athletes.
7. Show respect for each athlete. Without them there would be no events.
8. Encourage athletes to follow the rules and the officials' decisions.
9. Demonstrate appropriate social behaviour by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.
10. Bad language is not to be used at any time. Substance abuse of any kind is unacceptable.

# NO SMOKING POLICY

Little Athletics understands the harmful effects of smoking on health, fitness and performance in sport, and as a result has adopted the following Policy:

ATHLETES / PARTICIPANTS are reminded that smoking adversely affects performances and are prohibited from smoking at all whilst engaged in little Athletics activities.

COACHES AND OFFICIALS are reminded of their responsibilities as role models, particularly with juniors, and are asked to refrain from smoking whilst associated with our sport.

PREMISES AND COMPETITION AREAS should be declared smoke free zones – smoking permitted only where a special smoking area is designated.

SPECTATORS are reminded smoking is inappropriate behaviour in a sporting environment and are asked to respect our Smoking policy.

**IN CONSIDERATION OF THE  
ATHLETES WE REQUEST THAT ALL  
VENUES USED FOR CROSS COUNTRY  
AND ROAD WALKING COMPETITION  
BE CONSIDERED  
SMOKE FREE VENUES**

## 5.6 SPECIFIC EVENT RULES FOR WINTER COMPETITION

### 5.6.1 General

- (i) The Cross Country season is from April/May to August.
- (ii) Competition is alternated between Cross Country Runs & Road Walks each Saturday afternoon at various locations.
- (iii) The Program for each meeting will commence at 1.00pm for Cross Country and 1:00pm for Road walk. State Championships events to start at 12:00 noon.
- (iv) Competitors must adhere to instructions given by a course official. An appropriate coloured vest will identify course officials.
- (v) Misbehaviour by a competitor may lead to disqualification.
- (vi) Parents may only walk the courses when walking with athletes. If you are on the course without an athlete you **may** have your athlete disqualified.
- (vii) The Association Winter Manager has the authority to disqualify any competitor for undesirable behaviour and the competitor will not be able to take part in that event.
- (viii) Competitors must compete only in their own age group. As a rule each age group will run separately. However, under special circumstances, two or more age groups may be combined at the discretion of the Association Winter Manager.
- (ix) All events listed in the program count towards Championship eligibility.
- (x) Competitors who are registered with Country Centres do not have to qualify for State Championships.
- (xi) Competitors will be allowed to run/walk out of age group **once** in a season if they have missed the scheduled time their event is run. If an athlete competes out of age then the result will be recorded as a DNF, they will receive no time.  
However this race will **NOT** count for championship eligibility.

- (xii) In handicap events competitors will be handicapped according to the WALA handicap system.
- (xiii) Competitors competing for the first time that season in the run or walk will automatically go off scratch.
- (xiv) Competitors must marshal before competing.
- (xv) On arrival at the venue competitors must report to the marshalling table, except at State Championship events, where they will be marshalled on the start line.
- (xvi) With the exception of State Championships, a dispute committee will handle any dispute or protest on the day of competition. This committee will comprise the authorised Association Winter Manager and four (4) other neutral Officers for Winter competition.
- (xvii) At the Winter State Run and Walks Championships the Centre Winter Officer will be the Protest Officer. Protests must be lodged by the Centre Winter Officer (within 30 minutes of completion of the event) on the Official Protest Form to the Association Winter Manager and should be accompanied by \$55.00, which shall be forfeited if the complaint is dismissed. The Association Winter Manager, the Board member for Competition and Special Events and one (1) other neutral Winter Officer will make the decision.
- (xviii) At State Championships within 10 minutes after the Association Winter Manager has relayed his decision to the Centre Winter Protest Officer, there shall be a right to appeal to the Jury of Appeal. An application to the Jury of Appeal must be presented within 10 minutes of the Association Winter Manager's decision with a further \$55.00. The Jury of Appeal will consist of three (3) Board Members. (The Officer for Competition & Special Events is excluded from this Jury). The decision made by the Jury of Appeal is final and **NO** discussion will be entered into. All queries by Parents and Coaches must be made through their respective Centre Protest Officer to the Association Winter Manager.

*Note: Refer to 3.1.1 (ix) in the Rules of Competition for the conduct of the Jury of Appeal.*



- (xix) The only people to discuss matters with the Association Winter Manager are the nominated Centre Winter Officers. Walks and Runs may have different people but this person(s) must be nominated in writing to the WALA office prior to commencement of the winter season. Parents are only to communicate with the Centre Winter Officer.
- (xx) Winter Officers and All Officials must sign on when they arrive, with the Association Winter Manager or the appointed Official. WALA will provide the Association Winter Manager with a book / sign on sheet for Officials to sign.
- (xxi) At the State Championships competitors who have qualified will not be required to marshal but must be in the Marshalling Area not later than 10 minutes before the scheduled time of their event.
- (xxii) At State Championships events the course will be closed until the completion of the day's competition, with the exception when presentations are in progress this is to enable competitors to walk the course. **Failure to observe this rule may result in the disqualification of a competitor.**
- (xxiii) Competitors must wear their registered competition number affixed to the front of their uniform top, with age tags and secured as shown in the Rules of Competition.
- (xxiv) Please see your Centre Winter Officer if any competitor has lost or forgotten their registration number and/or age tag; they must purchase a blank number onto which their original number is written. There will be a fee charged for the blank number.
- (xxv) State Championships are held on the date of the last Run and Walk respectively and placegetters are awarded Gold, Silver and Bronze medals.

## 5.6.2 CROSS COUNTRY RUNS

- (i) Distances
  - U7, 8, 9 - 1500 metres White Flags
  - U10, 11, 12 - 2000 metres Fluoro green Flags
  - U13 – U17 - 3000 metres Orange Flags

(with a variance of 100 metres either way)
- (ii) Competitors must record a **minimum of four (4) times** in Cross Country runs to be eligible for State Championships.
- (iii) Competitors must run within 3 metres to the side of the flag designated by the officials. Normally flags must be on the competitors left.
- (iv) Pacing is not allowed at any time, on or off the course, during a race.

### **5.6.3 WINTER ROAD WALKS**

- (i) Distances
  - U7 - 9 - 1000 metres
  - U10 - 12 - 1500 metres
  - U13 – 17 - 2000 metres
- (ii) Competitors will be given a bib to wear during their event, which will have a number, which will be used by the judges when issuing an infringement.
- (iii) Each Centre that has competitors competing must endeavour to supply one **qualified** Walk Judge.
- (iv) Please see changes in the general Rules of Competition.
- (v) Six (6) Judges and the Chief Judge will be stationed for all events and the Chief Judge will Judge. Judging will be in accordance with the Walk Rules in the WALA Rules of Competition Book.
- (vi) Competitors must record a **minimum of four (4)** Road walks times to be eligible for State Championships.
- (vii) Pacing is not allowed at any time, on or off the course, during a race.

### **CODE OF DRESS FOR MEDAL AND TROPHY PRESENTATIONS**

1. Correct Centre competition uniform must be worn (U7's to 9's club uniform may be worn)..
2. Registration number and age tag and any other material as directed by WALA must be affixed to competition top.
3. Competition tops must be tucked into top of briefs/shorts where appropriate.

### **OFFICIALS**

**OFFICER FOR WINTER COMPETITION**

9388 2339



## **WINTER COMPETITION DATES 2016**

### **CROSS COUNTRY**

<b>Date</b>	<b>Event Type</b>	<b>Host Centre</b>	<b>Venue</b>
7 <sup>th</sup> May 2016	Scratch Race	Cockburn	Manning Park (Azalea Road, Hamilton Hill)
21 <sup>st</sup> May 2016	Handicap	Southern Districts	TBC
4 <sup>th</sup> June 2016	Scratch Race / Invitational	Margaret River (or free weekend)	TBC
18 <sup>th</sup> June 2016	Handicap	Melville	Troy Park (Burke Drive, Attadale)
2 <sup>nd</sup> July 2016	Handicap	Peel / Baldivis	Coolup Equestrian Centre TBC
16 <sup>th</sup> July 2016	Scratch Race / Senior Invitational	UWA	Perry Lakes (Perry Lakes Drive, Floreat)
30 <sup>th</sup> July 2016	Handicap	Hamersley	Lake Gwelup Reserve
13 <sup>th</sup> Aug. 2016	Championship	Belmont	Jorgenson Park (Kalamunda)

***\*Please check WALA website [www.walittleathletics.com.au/calendar](http://www.walittleathletics.com.au/calendar)  
for up to date information***



## WINTER COMPETITION DATES 2016

### ROADWALKING

Date	Event Type	Host Centre	Venue
14 <sup>th</sup> May 2016	Scratch	Cockburn	Adventure World
28 <sup>th</sup> May 2016	Handicap	Kingsway	TBC
11 <sup>th</sup> June 2016	Handicap	Belmont	Brownes Stadium (Roberts Rd., Lathlain)
25 <sup>th</sup> June 2016	Scratch	Kingsway	John Septimus Roe College (Boyare Ave, Mirrabooka)
9 <sup>th</sup> July 2016	Handicap	Gosnells	TBC
23 <sup>rd</sup> July 2016	Handicap	Dale	TBC
6 <sup>th</sup> August 2016	Championships	Peel	TBC

***\*Please check WALA website [www.walittleathletics.com.au/calendar](http://www.walittleathletics.com.au/calendar) for up to date information***

## CROSS COUNTRY RUNS

### Distances

U7, 8, 9	-	1500 metres	White Flags
U10, 11, 12	-	2000 metres	Fluoro-green Flags
U13 – U17	-	3000 metres	Orange Flags

(with a variance of 100 metres either way)

First race for each program (excluding championships on 8<sup>th</sup> August) will **begin at 1:00pm** with the order of running as below.

**First race of next block will start 30 minutes after the start of the last race in previous block, to allow athletes to walk the track from the STARTING LINE.**

### ORDER OF RUNNING - MAY CHANGE ON DAY - DEPENDS ON NUMBERS

May	7	13 14 15 16 17	9 8 7	10 11 12	BOYS FIRST
	21	10 11 12	13 14 15 16 17	7 8 9	GIRLS FIRST
June	4	9 8 7	10 11 12	13 14 15 16 17	BOYS FIRST
	18	13 14 15 16 17	9 8 7	10 11 12	GIRLS FIRST
July	2	10 11 12	13 14 15 16 17	7 8 9	BOYS FIRST
	16	9 8 7	10 11 12	13 14 15 16 17	GIRLS FIRST
	30	13 14 15 16 17	9 8 7	10 11 12	BOYS FIRST
August	13	<b>CHAMPIONSHIPS</b>			

**For times of Cross Country Championships on 13 August please refer to the next page**



## ROAD WALKS

Distances

U7 - 9	-	1000 metres
U10 - 12	-	1500 metres
U13 - 17	-	2000 metres

First race for each program (excluding championships on 1<sup>st</sup> August) will begin at **1:00pm**

## ORDER OF WALKING - MAY CHANGE ON DAY - DEPENDS ON NUMBERS

		1:00PM					
May	14	U10/11/12B	U10/11/12G	U13 - U17B	U13 - U17G	U7/8/9B	U7/8/9G
	28	U13 - U17G	U13 - U17B	U7/8/9G	U7/8/9B	U10/11/12G	U10/11/12B
June	11	U7/8/9B	U7/8/9G	U10/11/12B	U10/11/12G	U13 - U17B	U13 - U17G
	25	U10/11/12G	U10/11/12B	U13 - U17G	U13 - U17B	U7/8/9G	U7/8/9B
July	9	U13 - U17B	U13 - U17G	U7/8/9B	U7/8/9G	U10/11/12B	U10/11/12G
	23	U7/8/9G	U7/8/9B	U10/11/12G	U10/11/12B	U13 - U17G	U13 - U17B
August	6	12:00noon CHAMPIONSHIPS					

**For times of Road walking Championships on 1 August  
please  
refer to the next page.**



## CROSS COUNTRY CHAMPIONSHIPS

### ORDER OF RUNNING ON 13 AUGUST 2016

There is no cost for entrance to the State Cross Country Championships.

Athletes are marshalled on the start line; so do not need to register.

Presentation of medals and awards as listed below.

U9 BOYS	12.00 noon	U16/17 BOYS	2.35
U8 GIRLS	12.10	U13 BOYS	2.50
U7 BOYS	12.20	U16/17 GIRLS	3.05
U9 GIRLS	12.30	<b>PRESENTATION</b>	<b>3.20</b>
U8 BOYS	12.40	U10 BOYS	3.35
U7 GIRLS	12.50	U10 GIRLS	3.50
<b>PRESENTATION</b>	<b>1.00</b>	U12 GIRLS	4.05
U13 GIRLS	1.20	U11 BOYS	4.20
U14 BOYS	1.35	U12 BOYS	4.35
U15 GIRLS	1.50	U11 GIRLS	4.50
U 14 GIRLS	2.05	<b>PRESENTATION</b>	<b>5.00</b>
U15 BOYS	2.20		

Athletes are able to walk the course during presentations & can start to walk between

12:50 and 1:10pm or between 3:05 and 3:25pm.

No one is allowed to start walking the course after 1:10 or 3:25pm.



## ROADWALKING CHAMPIONSHIPS

### ORDER OF WALKING ON 6 AUGUST 2016

There is no cost for entrance to the State Road Walk Championships.

Athletes are marshalled on the start line; so do not need to register

Presentation of medals and awards as listed below.

U9 BOYS	12.00 noon	U10 GIRLS	2.00
U9 GIRLS	12.10	U11 BOYS	2.15
U8 BOYS	12.20	U 11 GIRLS	2.45
U8 GIRLS	12.30	U12 GIRLS	3.00
U7 BOYS	12.40	U12 BOYS	3.15
U7 GIRLS	12.50	U 10 BOYS	3.30
<b>PRESENTATION</b>	<b>1.00</b>	<b>PRESENTATION</b>	<b>3.45</b>
U13 - 17 GIRLS	1.15		
U13 – 17 BOYS	1.30		
<b>PRESENTATION</b>	<b>1.45</b>		

## 2015 STATE ROADWALKING CHAMPIONSHIPS

BOYS			
AGE	NAME	CENTRE	TIME
u7			
U8	Cilia Ryan	SD	7.17
	Cameron Doyle	ING	7.58
	Beau Hart	BAYS	8.39
U9	Alastair Stewart	ING	7.12
	Marcus Lethinen	ROC	7.40
U10	Reuben Wickham	ROC	9.28
	Jackson Cramer	ROC	9.42
	Brody Pearson	DAL	10.20
U11	Zach Pivac	SD	9.48
	Byron Jonker	PD	11.56
U12	Josheph Hall	GOS	8.01
	Zak Ellis	ROC	9.16
	Thomas Hartwig	GOS	10.36
U13	Declan Lewis	DAL	11.13
	Thomas Millard	ROC	11.48
	Liam Grosse	BAY	12.27
U14	Zachary Newton	CBN	9.31
	Benjamin Reid	GOS	9.52
	Andrew Hilditch	BEL	12.09
U15			
U16	Declan Tingay	SD	11.17
	Bradley Mann	RW	11.56
U17			

GIRLS			
AGE	NAME	CENTRE	TIME
U7	Ruby Henshall	BEL	6.52
	Kaleisha Launders	GOS	6.52
	Heidi Thompson	BEL	7.22
U8	Lucy Greenwood	ING	6.27
	Casey Mortimore	GOS	6.32
	Bonnie Greenway	BEL	10.25
U9	Hannah Doyle	ING	5.44
	Alessia Andritsos	GOS	5.45
	Amber Richards	SD	6.05
U10	Alexandra Griffin	ROC	8.04
	Brooke Mortimore	GOS	8.53
	Kristine Wells	SD	9.03
U11	Kate Ralston	ING	8.01
	Amy Holland	GOS	8.24
	Tameka Butt	DL	9.15
U12	Hannah Ireland	ROC	7.46
	Richelle Morales	GOS	7.49
	Eliza Griffin	ROC	8.19
U13	Courtney Johns	MEL	11.13
	Emily Miles	KSY	12.05
	Caitlin Gallagher	RW	12.26
U14	Tiahna Ruane	GOS	10.16
	Angel Bordaje	GOS	11.50
U15	Emily Pivac	SD	10.23
	Tina Kezic	ING	13.51
U16	Hayley Jackson	DAL	10.41
U17	Holly Hughes	MEL	10.32
	Samantha Heuvink	DAL	11.12

## 2015 STATE CROSS COUNTRY CHAMPIONSHIPS

BOYS				GIRLS			
AGE	NAME	CENTRE	TIME	AGE	NAME	CENTRE	TIME
u7	Angus Fricket	JND	5.49	U7	Rosy Smith	JND	6.13
	Casey Spratling	JND	5.52		Isabella Heathcote	HAM	6.17
	Joshua Kelly	MEL	5.57		Ava Cuffe-Hodges	KWI	6.19
U8	Coen Davies	JND	5.32	U8	Gabrielle Maxton	UWA	6.04
	Kai Richards	HAM	5.34		Sasson Notley	ING	6.05
	Jackson Brown	JND	5.40		Evelyn Doyle	ING	6.07
U9	Eddy Purser	CBN	5.12	U9	Sinead Ryall	ROC	5.18
	Oscar Crossby	UWA	5.18		Maya Kenny	MEL	5.22
	Tom Alexander	HAM	5.20		Nadia Godley	JND	5.31
U10	Tait Saunders	HAM	8.04	U10	Tia McArthur	MEL	8.41
	Dominic Saunders	HAM	8.06		Megan Bell	CBN	8.44
	Norah Amess	DM	8.08		Alexandra Griffith	ROC	8.50
U11	Louie Oakes	UWA	8.03	U11	Cleo Kenny	MEL	8.09
	Harvey Kemp	HAM	8.12		Noelle Chitty	UWA	8.12
	Daniel Baltis	UWA	8.13		Tiana Laing	BDS	8.36
U12	Jay Lindorff	MEL	7.42	U12	Madison Good	BDS	8.03
	Blake Nielsen	MEL	7.50		Jemima Crosby	UWA	8.04
	Brandon Ford	HAM	8.12		Abigail Graham	RW	8.22
U13	Luke Shaw	MEL	10.03	U13	Jasmine Pugh	HAM	11.12
	Jaco Jansen van Rensburg	SD	10.09		Tia Chitty	UWA	11.18
	Daniel Kempson	MEL	10.31		Mia Lockwood	HAM	11.26
U14	Ben Hillen	JND	10.26	U14	Melany Smart	HAM	10.43
	Zac Thomas	UWA	10.49		Kiarah Kirk	ROC	12.20
	Michail Muller	UWA	11.05		Emily Lowe	UWA	12.36
U15	MJ Jansen van Rensburg	SD	10.02	U15	Clarissa Herbst	ROC	11.13
	Thomas Moorcroft	UWA	10.10		Cassia Boglio	UWA	11.31
	Luke Burrows	MEL	10.34		Kiarra Nazaroff	UWA	11.38
U16	Mitchell Lees	KSY	10.46	U16	Jessica Emery	ING	13.20
	Liam Gasbarro	CBN	11.10		Zayne O'Meara	MEL	13.36
	Declan Tingay	SD	11.10		Ashlee Glands	MEL	14.46
U17	Abdul Kamara	CBN	12.06	U17	Jennifer Delpup	SD	12.55
					Gemma Devitt	HAM	13.08
					Samantha Heuvink	DAL	13.10

# BEYOURBEST

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