



PRESTONS ROBINS LITTLE ATHLETICS CENTRE



**2022 / 2023
SEASON HANDBOOK**



Welcome to the 2022/2023 Season

The Prestons Robins Little Athletics Centre Committee would like to extend a warm welcome to our new and returning families to the 2022/2023 season, our 15th since the club was established in 2008.

The past few seasons have been difficult, navigating our way through continually changing COVID restrictions, heat, bush-fire smoke and washouts. We are hoping that we can provide a full season of athletics competition for you over the next 6 months.

Despite the shortened 2021/22 season, our athletes continued to perform brilliantly. We had 21 athletes qualify for the LANSW State Championships, earning 4 Gold, 1 Silver and 2 Bronze medals. Our club has earned a great reputation among the Little Athletics community for the spirit that we display at all the events that we attend.

Whilst we are very proud of our high-achieving athletes, it is just as important to encourage the participation of all our members, regardless of ability, and we aim to promote fun and fitness through the development of skills and the fostering of good sportsmanship in a safe, positive, family friendly and inclusive environment. We encourage all athletes to strive for their own personal bests.

This handbook has been developed to provide information about our Centre and to answer many frequently asked questions. However, if at any stage during the season you require further information, please do not hesitate to approach one of our committee members (wearing red and black shirts on a Friday night) — we will be more than happy to assist you.

We wish you all the best of luck for a successful and enjoyable season.



2022/2023 Committee

The Prestons Robins LAC committee is made up of parents with a passion for the sport of track & field.

We are all unpaid volunteers who give our time to ensure that our Centre runs smoothly.

Executive Members		Non-Executive Members		General Committee
President	Craig Hardman	Championships	Annette Chan	Scott Brogan
Vice President	Andrew Menteith	Canteen	Vacant	Brendan Hodgson
Secretary	Rebecca Siemionow	Equipment	David Harkness	Ken Neale
Registrar	Katherine Neale	First Aid & Safety	Annie Bozic	Corey Wall
Treasurer	Rebecca Best	Publicity	Katherine Neale	
		Fundraising	Anna Raciti	
		Records & Rankings	Michelle Harkness	
			Lil Brogan	



2022/2023 Season Calendar

Friday 2 September 2022	Orientation Night—For New and Trialing Members
Friday 9 December	First Full Competition Night
Sat 10 & Sun 11 December	Zone Championships—hosted by Warradale LAC
Friday 16 December	Christmas Breakup Night
Friday 13 January 2023	Return from Christmas Break
Sunday 29 January	Zone Multi-Event—Hosted by Western Blues, Austral
Fri 10, Sat 11, Sun 12 February	Regional Championships—The Crest, Bass Hill
Friday 10 March	Final PRLAC Competition Night
Sat 18 & Sun 19 March	State Championships—Sydney Olympic Park
May 2023	Presentation Day—Venue TBC



Registration Fees

The registration fees for 2022/2023 are as follows:

U6-U17	\$135
Tiny Tots	\$90

The \$100 Active Kids Voucher for school-aged children can be used to reduce the registration fee. Please note that as per the LANSW policy (stated in the Registration portal), registration fees are non-refundable.

Where do your registration fees go:

- LANSW State Fee (\$80)
- Insurance
- Council Ground Hire fees
- Electricity for Floodlights
- Line marking
- New equipment & maintenance
- Entry into Zone, Region and State Championships
- Access to **Results HQ** online results system
- Participation Trophies at our end of season presentation (for qualifying athletes)

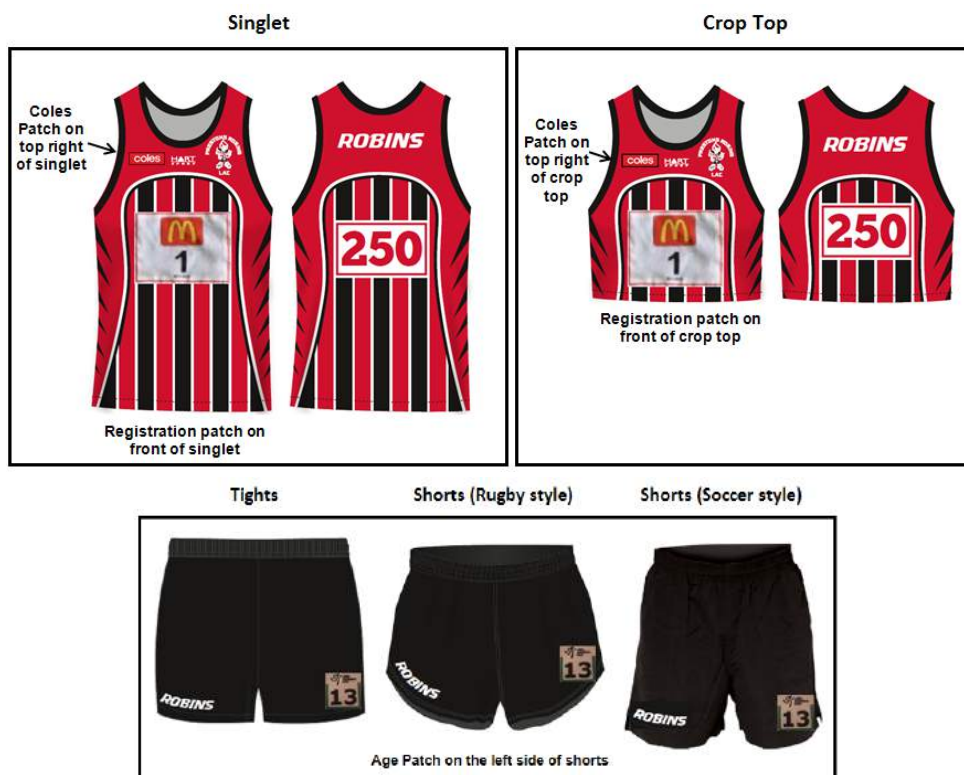


Uniforms

Our official centre uniform consists of a singlet or crop top and plain black pants. These items can be purchased at the canteen. Alternatively, plain black shorts or tights can be purchased from any sports or department store.

A plain red shirt may be worn in place of a club singlet for Friday nights, however, the official club uniform must be worn in all external competitions.

Uniform Costs for 2022/2023: \$35 Singlet or Crop Top; \$25 Shorts or Tights. Please note that payments will only be accepted using our **'Tap & Go' EFTPOS terminal**.



- The **"McDonalds" Registration number MUST BE ATTACHED TO THE FRONT OF THE UNIFORM AT ALL TIMES.**
- The Coles Patch is attached to the right hand side of the singlet or crop top.
- The Age Patch is attached to the left hand side of the uniform, usually on the shorts.
- Shorts or tights must be plain black in colour.
- Boys must wear plain black shorts over compression tights.



Friday Night Competition—U6 to U17

Our Friday night competition is held at the Ash Road Sporting Complex in Prestons.

Competition starts at 6.30 pm.

Athletes assemble with their age group to hear important announcements and recognition of achievements.

Athletes will have their name marked off by their Age Manager before being taken to their first event.

Jump

Throw

Run

We aim to have the younger age groups finish between 7.30—8pm and older age groups between 8.30 and 9pm.

All age groups follow a 2 week alternating program—see the events conducted for each age group below. It is not compulsory that you enter all events, but we encourage all athletes to have a go.

We also conduct events at 6pm for interested athletes (**starting on 23 September**). On Week 1 are Race Walking (U9 & up) and 200/300m Hurdles (U13 & Up), while on Week 2, we conduct Javelin (U11 & up).

Event	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
50m	X	X									
70m	X	X	X	X	X						
100m	X	X	X	X	X	X	X	X	X	X	X
200m	Pack Start	X	X	X	X	X	X	X	X	X	X
400m			Pack Start	X	X	X	X	X	X	X	X
Pack Start	300m	500m	700m								
800m				X	X	X	X	X	X	X	X
1500m						X	X	X	X	X	X
3000m								X	X	X	X
Walk				700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m
Short Hurdles			60m	60m	60m	80m	80m	80m	G 80m B 90m	G 90m B 100m	G 100m B 110m
Long Hurdles								200m	200m	300m	300m
Long Jump	X	X	X	X	X	X	X	X	X	X	X
High Jump				Scissors	Scissors	X	X	X	X	X	X
Triple Jump						X	X	X	X	X	X
Shot Put	X	X	X	X	X	X	X	X	X	X	X
Discus	X	X	X	X	X	X	X	X	X	X	X
Javelin						X	X	X	X	X	X

TINY TOTS PROGRAM

Our smallest athletes are split into Junior and Senior Tots groups.

The Junior Tots (U4) participate in a program of modified games, play training activities and short races designed to develop gross motor skills.

The Senior Tots (U5) participate in short races and field events with modified equipment to prepare them for their introduction to athletics in the U6 age group. Events are not timed or measured.

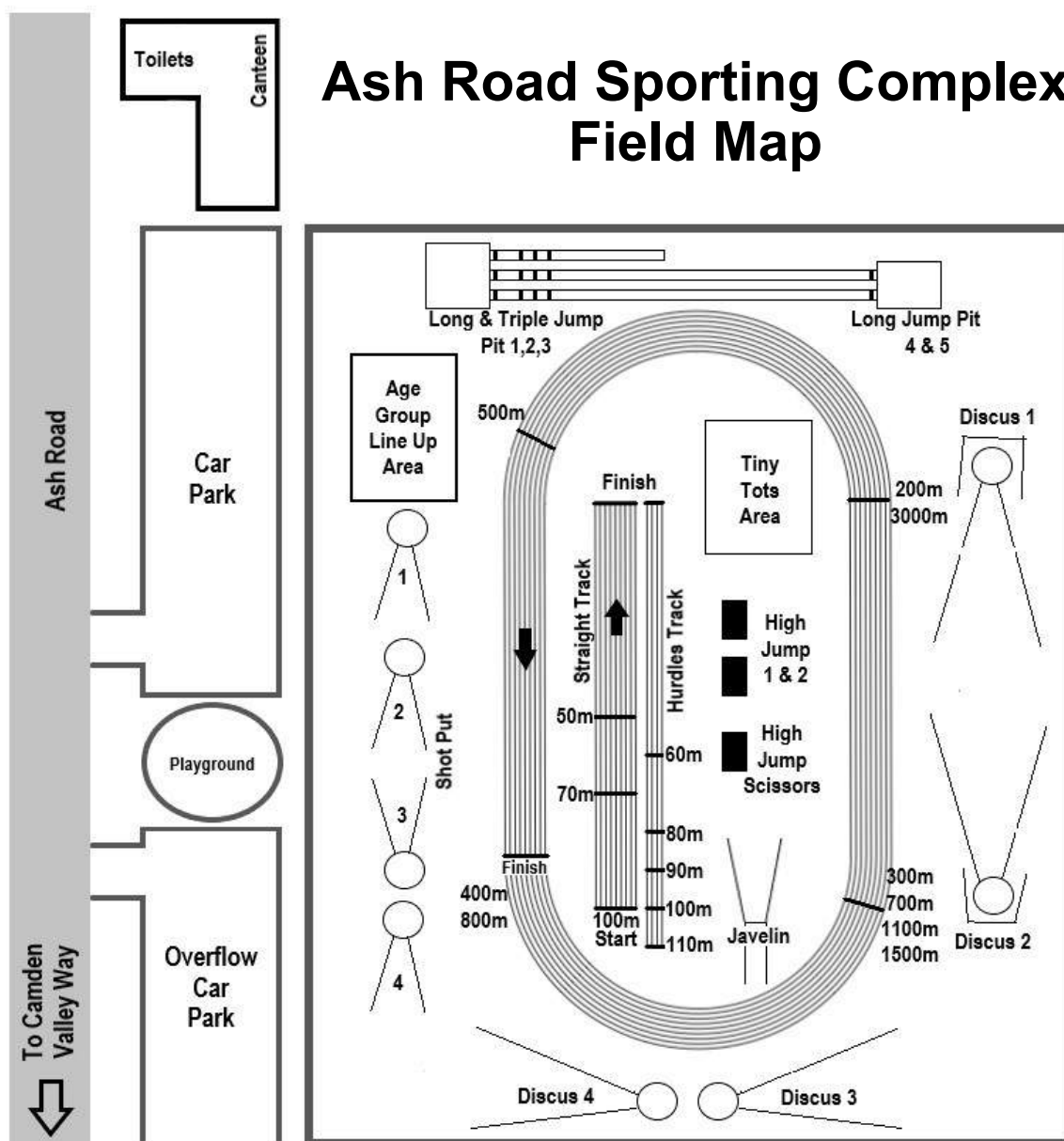
The Tiny Tots commence at 6.30pm and aim to finish by 7.30pm.



PRESTONS ROBINS
LITTLE ATHLETICS CENTRE

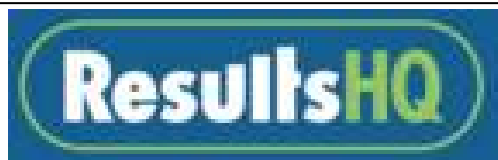
Find out more at
prestonsrobinslac.org

Ash Road Sporting Complex Field Map





Weekly Results



Discus SB:10.48



Date	Type	Result	Position	Status	Centre
16 Mar 2018	Heat	10.48	5	OK	Prestons Robins LAC
09 Feb 2018	Heat	6.45	7	OK	Prestons Robins LAC
19 Jan 2018	Heat	7.67	5	OK	Prestons Robins LAC
01 Dec 2017	Heat	8.03	7	OK	Prestons Robins LAC
17 Nov 2017	Heat	8.21	8	OK	Prestons Robins LAC
03 Nov 2017	Heat	8.58	6	OK	Prestons Robins LAC
13 Oct 2017	Heat	8.15	7	OK	Prestons Robins LAC
29 Sep 2017	Heat	7.70	4	OK	Prestons Robins LAC
15 Sep 2017	Heat	7.05	5	OK	Prestons Robins LAC

All results will be maintained in the online ResultsHQ software package. A secure family logon will allow you to view your family's results and track their progress throughout the season.

Results are manually entered by our Results Officers, and are usually entered by the middle of the following week.

To log on for the first time, go to www.resultshq.com.au, and click **Forgot Password**. Enter the email address that was used in the online registration process at the start of this season.

A temporary password will be emailed to you.

Once you receive this password, return to www.resultshq.com.au and enter your email address and temporary password.

If you are unable to logon, please email us at prestonsrobins@gmail.com and we will investigate.



Point Score, Trophies & Records



IMPORTANT: AN ATHLETE MUST ATTEND AT LEAST 50% OF FRIDAY NIGHT COMPETITIONS TO QUALIFY FOR AN END OF SEASON TROPHY

Please notify your Age Manager, committee member or email prestonsrobins@gmail.com if injury, illness or other extenuating circumstances prevent an athlete from competing on a Friday night.

Age Group Awards

Age Champion, Runner Up, 3rd Place, "Best in Event," Encouragement and Participation trophies are awarded for each boys and girls age group at our end of season presentation. Points are accumulated throughout the season based on performance and attendance. Tiny Tots will receive a Participation trophy and certificate.

Points are accumulated throughout the season based on placings in each event and attendance.

1st	7 Points	4th +	1 Point each
2nd	5 Points	Attendance	1 Point per night
3rd	3 Points		

Where more than one heat is conducted in an event, or if an age group is split due to high numbers, **placings are determined on performances across all heats.**

Major Trophies

Major trophies are awarded to Junior (6 to 8 years), Intermediate (9 to 12) and Senior (13 to 17) Boy and Girl Champions. These awards are calculated using the LANSW Multi-event point score tables for each age group.

Other major trophies include the Club Boy and Club Girl (awarded for club spirit, sportsmanship and behaviour), Club Encouragement Award and Club Most Improved. These awards are voted for by the committee.

Records

Club Records are awarded on performances achieved during Friday Night competition at Ash Road.



IMPORTANT: A COMMITTEE MEMBER MUST VERIFY ALL RECORDS.
FOR RECORDS BROKEN IN FIELD EVENTS, A COMMITTEE MEMBER MUST BE CALLED TO MEASURE.
FOR TRACK EVENTS, THE RECORD MUST BE CHECKED AND SIGNED BY THE TIMEKEEPER.



Parent/Carer Participation



A PARENT/CARER MUST BE PRESENT AT THE GROUND AT ALL TIMES

Children cannot be dropped off at the ground and picked up at the end of the night

If a child is discovered not to have a parent present, they will not be permitted to compete.

Prestons Robins LAC is a voluntary organisation, and we cannot operate without the assistance of parents and carers each week. We are not a baby-sitting service—we encourage parents not to sit and watch from the car park, but follow their age group around the field whilst their children compete.

SO HOW CAN YOU HELP?

Helping is easy—tasks include measuring jumps and throws, retrieving shot puts and discus, raking the sand pit, organising athletes at the start of a race, issuing place cards at the finish line of a race. The more parents that get involved to help our committee and age managers, the quicker the night will run. If you are unsure of event rules, please do not hesitate to speak to one of our committee members.



Canteen & BBQ

For this season will be running a BBQ on most Friday nights. It will be located near the 'start of night' marshalling area. Please note that we will again be **"CASHLESS"** - we will have a **'Tap and go' EFTPOS terminal** for all payments. We are always on the lookout for parents to help us on the BBQ — Please let us know if you can assist.



Training

Midweek Sprint, Middle Distance and Hurdles training is provided by coaches accredited by Athletics Australia, and is available to registered club members. Days and Times will be confirmed closer to the start of the season.



Gala Days

Gala Days and inter-club carnivals are a great way to gain experience by competing against athletes. We will make an announcement on Friday Nights or our Facebook page if these will be allowed to go ahead.

Entries and payment for Gala Days are now made directly with the host centre (usually online via ResultsHQ)



Photos & Video

We will often publish photos of athletes competing at outside carnivals on our Social Media pages. During the Registration process, parents were asked to provide permission to publish photo & videos. If you would like to change your preference, or would like any particular photo to be removed, please contact us via email prestonsrobins@gmail.com.



Safety Guidelines

The committee will suspend or cancel competition if conditions present a danger to athletes, officials or spectators.

Wet Weather & Extreme Temperatures

Competition will be cancelled if our field is closed by Liverpool City Council **OR** if the committee decides that our track is unsafe or if there are extreme temperatures. We will post a message by **5.00pm Friday** on our Facebook page and our wet weather phone number **0403 762 467 (or 0403 ROBINS)** if competition is cancelled.

Our Centre adheres to the LANSW Hot Weather Guidelines:

- At 31-35 degrees, 300m to 3000m events will be suspended until temperatures cools (or cancelled for the night).
- At 38 degrees in dry heat, or 36 degrees with high humidity, our competition night will be cancelled.

Air Quality

Hourly readings are published by the NSW Office of Environment & Heritage. When the Air Quality Index at the Liverpool monitoring station is “Fair” or “Poor”, 300m to 3000m events will be cancelled. When the index is “Very Poor” or “Hazardous,” our competition night will be cancelled.

Lightning

According to the LANSW Lightning guidelines. The committee will suspend or cancel competition if a storm is approaching. Where the ‘flash to bang’ (lightning to thunder) count approaches 30 seconds, all individuals should be under a safe shelter (the canteen area). At least 30 minutes must pass from the last sound of thunder or observation of lightning before the resumption of competition. In most cases, competition will be cancelled for the night.

First Aid

Our First Aid and Safety Officer is Annie Bozic who is normally located at the finish line of the round track. If first aid is required, Age Managers or parents should approach the nearest committee member who will request that the first aid officer attend your location.

Spikes

Metal Spikes may only be worn in the U11 age groups and above, in track events that are run in lanes (up to 400m) and for long, triple and high jump. Spikes must only be put on at the start area of your event, and must be removed as soon as your event is completed. Age groups up to U10 can wear “waffles” (rubber soles) or any running shoe. Football boots can not be worn.

Throwing Events

All non-competing athletes & spectators are to remain **behind the discus cage or shot put circle** whilst an event is in progress. Do not allow athletes to lean against, or place their fingers through the cage.

Crossing the Track

There have been many near misses over the past few years from athletes and parents wandering onto the track without looking. **Cross the track as if you are crossing a road—always stop and look to see if an event is in progress before crossing.**

Smoking

As per the LANSW Policy, “Smoking shall not be permitted in any competition or spectator area during any Little Athletics competition.” Our designated smoking area is on the top of the hill, adjacent to the car park, away from the track, playground and amenities block.

Alcohol

As per the LANSW Policy, our centre has a zero tolerance towards the consumption of alcohol during any sanctioned event.



Working With Children Checks

All Prestons Robins LAC Committee Members and Coaches hold a valid Working With Children Check (WWCC).

Under LANSW guidelines, Age Managers receive an exemption from holding a WWCC if their child is in the age group that they manage.

If an age manager does not have a child in their age group, they will be asked to supply a valid WWCC from the NSW Office of the Children’s Guardian. The checks are free for volunteers.



Code of Conduct

Prestons Robins Little Athletics Centre follows the Code of Conduct set out by Little Athletics NSW. Please take the time to read through our Code and assist your child in understanding what is expected of them. We take the Code of Conduct very seriously as Little Athletics is about everyone being able to participate and enjoy themselves in a supportive and inclusive environment.

Any breach of the code of conduct will be investigated by the committee, and may result in a formal warning or in serious cases, suspension/expulsion from our centre and notification to Little Athletics NSW.

IMPORTANT: If you see an incident or behaviour that concerns you, **DO NOT TAKE MATTERS INTO YOUR OWN HANDS**, but approach your Age Manager or a Committee Member in the first instance.

Athletes:

1. Show respect to coaches and officials. Any approach to an official must be in a courteous manner. Never argue with an official.
2. Control your temper – no “mouthing off,” throwing equipment etc.
3. Never verbally abuse or sledge other athletes, deliberately distract or provoke another athlete.
4. Do not bully or harm another athlete
5. Do not use bad language or obscene gestures at any time
6. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.
7. Do not bring the sport of Little Athletics into disrepute.

Adults:

1. Never ridicule or yell at an athlete.
2. Respect the official's decisions. If there is a disagreement, always follow the appropriate procedure(s) in order to question the decision.
3. Never use violence, threats or abuse in any form.
4. Keep to designated spectator areas and do not encroach on the arena or other competition sites if you are not officiating.
5. Demonstrate appropriate social behaviour, by not harassing athletes, coaches, officials or spectators, being intoxicated or using bad language.
6. Ensure that any physical contact with a young person is appropriate to the situation and/or necessary for the athlete's skill development.
7. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.
8. Do not bring the sport of Little Athletics into disrepute.



Championships

ZONE, REGION & STATE CHAMPIONSHIPS:

ZONE CHAMPIONSHIPS—10 & 11 December 2023—Warragamba

Our Centre is a member of the Central West Metropolitan Zone. We compete against Liverpool City, Smithfield, Waradale and Western Blues. Athletes from U7 to U12 Age groups can nominate up to 4 events to compete in. U13 to U17 Age Groups can nominate up to 6 events. The top 4 place getters from each event at Zone will progress to Region. The next best 4 performances across all 3 zones will also progress. U7 athletes do not progress to region. Nominations will open in early November.

REGIONAL CHAMPIONSHIPS—10, 11, 12 February—The Crest, Bass Hill

Our Zone competes in Region 7, which comprises centres from South Western Sydney. The top 2 place-getters from each event will automatically progress to the State Championships. The next best 8 performances across all 8 Regions will also progress to State. Under 8 athletes do not progress to State.

STATE TRACK AND FIELD CHAMPIONSHIPS—18 & 19 March 2023—SOPAC—Homebush

The State Championships is a 2-day carnival held at Sydney Olympic Park Athletics Centre, Homebush. Athletes in the U9 to U17 Age Groups that have qualified from all 8 Regions will compete.

OTHER CHAMPIONSHIPS:

STATE RELAY CHAMPIONSHIPS—12 & 13 November 2022—SOPAC—Homebush.

Teams of 4 from each Age Group will be selected based on their Friday night performances to compete in the 4 x 100m event. Selections will be announced by mid-October.

ZONE COMBINED EVENTS CHAMPIONSHIPS—Sunday 29 January 2023—Craig Park, Austral

A 1 day competition where athletes gain points based on their performances in all 6 events.

STATE COMBINED EVENTS CHAMPIONSHIPS—4 & 5 March 2023 — Wagga Wagga

A 2 day competition held at a country venue, where athletes gain points based on their performances in all 6 events.



IMPORTANT: PARENT PARTICIPATION AT CHAMPIONSHIPS

Carnivals do not happen without parent helpers. Our Centre is allocated duties at each major championship.

Your child's entry into a championship is made with the understanding that a parent will volunteer to assist with at least one event for each day that their child competes.



For more information:

Phone	President	Craig Hardman	0407 709 610
	Secretary	Rebecca Siemionow	0401 960 806
	Registrar	Katherine Neale	0416 293 616
	Wet Weather		0403 ROBINS (0403 762 467)
Email	prestonsrobins@gmail.com		
Website	www.prestonsrobinslac.org		
Facebook	www.facebook.com/prestonsrobinslac		
Little Athletics NSW Website	www.lansw.com.au		