

PRESTONS ROBINS LITTLE ATHLETICS CENTRE



Prestons Robins
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2025 / 2026 SEASON HANDBOOK





PRESTONS ROBINS LITTLE ATHLETICS CENTRE 2024/2025 SEASON HANDBOOK



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Welcome to the 2025/2026 Season

The Prestons Robins Little Athletics Centre Committee would like to extend a warm welcome to our new and returning families to the 2025/2026 season, our 18th since the club was established in 2008.

2024/25 was another great season for our club with over 400 registrations and it was very pleasing watching our athletes compete on Friday nights and at the championship level. We had 20 athletes compete at the State Championships, earning 1 Gold, 6 Silver and 1 Bronze medal. Four of those athletes also competed at the National Championships in Perth. Our club has earned a great reputation among the Athletics community for the spirit that we display at all events.

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. 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. Last season, our athletes achieved over 6,400 PBs in Friday night competition!

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 with Prestons Robins Little Athletics.

2025/2026 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	Championships	Lil	Michelle
Vice President	David	Canteen	Vacant	Ken
Secretary	Rebecca	Equipment	Brendan	Sherelle
Registrar	Katherine	First Aid & Safety	Annie	Sue
Treasurer	Marjorie	Publicity	Katherine	Andrew
		Fundraising	Linda	
		Records & Rankings	Brett & Thach	

2025/2026 Season Calendar

Friday 5 September 2025	Orientation Night—For New and Trialing Members
Friday 12 September 2025	First Competition Night—for Members and Triallists
Sunday 2 November 2025	Zone Combined Events Carnival—Dwyer Oval, Warwick Farm
Sat 8 & Sun 9 November 2025	State Relay Championships (8-12 Age Groups) - Blacktown
Fri 14, Sat 15 & Sun 16 November 2025	State Relay Championships (13+ Age Groups) - Blacktown
Friday 5 December 2025	No Friday Night competition at Ash Road
Fri 5, Sat 6 & Sun 7 December 2025	Zone Championships—Warragamba Sports Ground
Friday 12 December 2025	Christmas Breakup Night
Friday 16 January 2026	Return from Christmas Break
Friday 13 February 2026	No Friday Night competition at Ash Road
Fri 13, Sat 14 and Sun 15 February 2026	Regional Championships—Narellan Sports Hub
Sat 28 February & Sun 1 March 2026	State Combined Events Carnival—Maitland
Friday 6 March 2026	Final Prestons Competition Night at Ash Road
Thursday 12 to Sunday 15 March 2026	NSW Junior Championships (13-20) - Sydney Olympic Park
Saturday 21 & Sunday 22 March 2026	LANSW State Championships (9-12)— Sydney Olympic Park
Sunday 3 May 2026	Presentation Day—Whitlam Leisure Centre
May 2026	Annual General Meeting—Date & Venue TBC

Registration Fees

The registration fees for 2025/2026 are as follows:

Tiny Tots \$80

U6-U17 \$155

U20 \$90*

The NSW Active Kids Voucher for eligible 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 (\$90)
- Insurance
- Council Ground Hire fees
- Electricity for Floodlights
- Line marking (Council does not mark our track)
- New equipment & maintenance
- Access to **Results HQ** online results system
- Entry into Zone and Region championships
- Participation Trophies at our end of season presentation (for qualifying athletes)

Additional Expenses:

- Uniforms
- Entry fees to ANSW events (eg Treloar shield) and club gala days
- Entry fees to State Championships

*U20 Conditions:

We do not conduct U20 events on Friday nights, however, the \$90 fee allows access to ANSW permit meets such as Treloar Shield, High Velocity and NSW Junior Champs.

OUR UNIFORM

Our official centre uniform consists of a singlet or crop top and plain black pants.

Our Uniform can be purchased when you collect your Rego Pack.

Alternatively, plain black shorts or tights can be purchased from any sports or department store.

- The Coles Age Patch **MUST** be attached to the right hand side of the singlet or crop top.
- The "McDonalds" Registration number **MUST BE ATTACHED TO THE FRONT OF THE UNIFORM AT ALL TIMES.**



- Shorts or tights must be plain black in colour.
- Boys must wear plain black shorts over compression tights.

Note: 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 2025/2026: \$35 Singlet or Crop Top; \$25 Shorts or Tights. *Tap & Go EFTPOS payments only.

Friday Night Competition

6—17 Age Groups

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.



- We aim to have the younger age groups finish between 7.30—8pm and older age groups between 8.30 and 9pm. Competition usually takes longer in the first few nights of the new season.
- 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 26 September**). On Week 1 are Race Walking (9 & up) and 200/300/400m Hurdles (13 & up), while on Week 2, we conduct Javelin (11 & up).

Event	6	7	8	9	U0	11	12	13	14	15	16/17
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	G 80m B 90m	G 90m B 100m	G 90m B 100m	G 100m B 110m
Long Hurdles								200m	300m	300m	400m
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



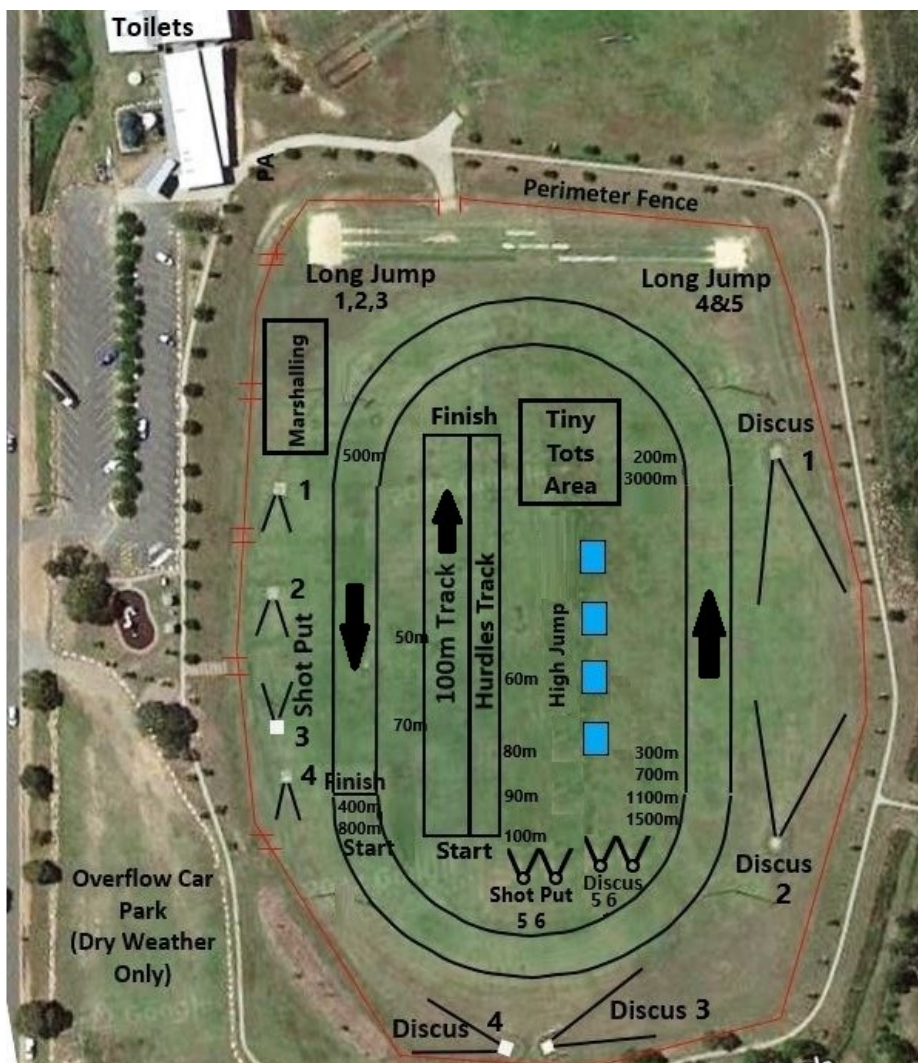
The Tiny Tots Program is where children from 3-5 years of age commence their Little Athletics journey. It is a modified introductory program designed to develop fundamental movement skills of running, walking, jumping and throwing through fun and enjoyable activities. The aim of the program is to improve the physical, social, emotional and cognitive development of children through an age appropriate, active and free play-based approach that is engaging and stimulating.

Depending on final registration numbers, we may split the group into Juniors (3 years) and Seniors (4 years).

Many weekend carnivals/gala days also provide fun activities for Tiny Tots. Keep an eye on our Facebook and Instagram pages for information (a small entry fee usually applies).

In November, "The Scamper" is held providing a free twilight carnival for Tiny Tots, 6 & 7 Age Groups. Information will be posted on our Social Media pages closer to the event.

Ash Road Sporting Complex—Field Map



Parent/Carer Participation



IMPORTANT

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

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

If an athlete is discovered not to have a parent present at the field, 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 'child-care 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.

HOW CAN YOU HELP?

- measuring jumps and throws
- retrieving shot puts and discus
- raking the sand pit
- re-setting the high jump bar
- organising athletes at the start of a race
- issuing place cards at the finish line
- setting out or packing up equipment
- cooking the BBQ

The more parents that get involved to help our committee and age managers, the quicker the night will run. Event rules and 'how to measure' information are attached to the equipment crates at each field event location. If you are unsure of event rules, please do not hesitate to speak to one of our committee members—we are more than happy to answer any question that you may have.

Working With Children Checks

All Prestons Robins LAC Committee Members, Officials 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 competing 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.

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, a committee member or send an email to prestonsrobins@gmail.com if injury, illness or other extenuating circumstances prevent an athlete from competing on a Friday night. This will be taken into account when calculating attendance percentages.

Age Group Awards

Tiny Tots—All Tiny Tot athletes will receive a Participation Trophy at our Presentation Day

6's Age Group

From the 25/26 Season, we will not be awarding Age Champion and Best-In Trophies to the 6s Age Group. As this is their first year competing athletics events, we want athletes and parents to concentrate on learning correct techniques rather than focusing on point-scores and trophies. We will still record times and distances and PBs and you can access these in Results HQ (see Page 9 for details). Athletes will receive a Participation Trophy at our Presentation Day.

7's to 17's Age Groups

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 placings in each event as well as 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.**

Timing Errors

If Timing Errors are detected on the night, a race **MAY** be re-run, otherwise athletes will be recorded in Results HQ as "Participation" ie no times will be recorded and no placings or points will be awarded.

Major Trophies

Major trophies are awarded to Junior (7 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 & leadership), Club Encouragement Award and Club Most Improved. These awards are voted for by the Committee.

Representative Apparel

Athletes qualifying for the State Championships will be awarded a State Representative Jacket and Polo shirt at our end of season presentation. Our 7 Years Zone Medalists, 8 Years Regional Medalists and 9 –17 Years Regional Medalists (that did not qualify for State) will be awarded Polo Shirts at our end of season Presentation.

Club Records

Club Records are awarded on performances achieved during Friday Night competition at Ash Road (not outside carnivals). Records will be announced each Friday night before the commencement of competition.



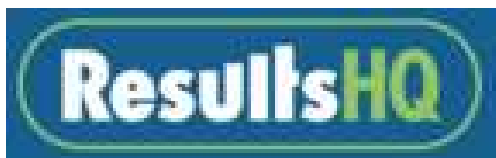
IMPORTANT: A COMMITTEE MEMBER MUST VERIFY ALL RECORDS OTHERWISE THE RECORD WILL NOT BE RECOGNISED

TRACK EVENTS—The Timekeeper must check the time recorded on the sheet against the timing tape before signing-off the record. All timing tapes must be left in the age group folder.

DISCUS, SHOT PUT, LONG/TRIPLE JUMP—A Committee member must be called to measure the throw or jump, and sign off the recording sheet.

HIGH JUMP—A Committee Member must called to measure the height of the bar **before** the jump is attempted.

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 are maintained in the online **ResultsHQ** system. A secure family logon will allow you to view your family's results and track progress throughout the season.

Results are manually entered by our Results Team, and are usually completed by the middle of the following week. Please be patient—results entry may be delayed when we are attending weekend carnivals or have family/work commitments.

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. You will then be asked to add a new password.

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

Canteen & BBQ

We will be running a BBQ and selling drinks on most Friday nights. This will be located near the equipment shed. 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 run the BBQ — please let us know if you can assist.

Training

Mid-week Sprint, Middle Distance and Hurdles training is provided by coaches accredited by Athletics Australia. The sessions are available to registered club members only. Days and Times will be confirmed closer to the start of the season.

Weekend Competitions

Gala Days and inter-club meets (such as "Treloar Shield") are a great way to gain experience by competing against athletes from other clubs. We will provide information on these carnivals on our Facebook and Instagram pages as soon as information becomes available. Entries and payment for Gala Days are made directly with the host centre, usually online via ResultsHQ or the NSW Athletics website.

Photos, Video & Social Media

We will often publish photos and video on our Social Media pages of our athletes competing at outside carnivals. Any acknowledgment of Athletes on our Social Media pages will use first names only—we will not use surnames. During the Registration process, parents/carers 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.

Merchandise

Club Jackets, Hoodies, Bags and Training/Supporter Shirts can be ordered. Payment is required at the time of placing the order. Further information will be provided after the season commences.



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 and Instagram pages and our wet weather phone number 0466 383 921 if competition is cancelled.



Our Centre adheres to the LANSW Hot Weather Guidelines, where we review both ambient temperature and humidity. We may decide to suspend or cancel long races (300m to 3000m) but continue to run sprint races and field events. In high temperatures and/or high humidity, we will cancel the competition night.



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

LANSW guidelines state that competition will be suspended or cancelled 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 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 a first aid officer attends your location.



Spikes

Metal Spikes may only be worn in the 11s 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 the 10's 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 years from athletes and parents wandering onto the track without looking. Age Managers & Parents should escort athletes across the tracks.

PLEASE REMIND YOUR ATHLETES: Cross the track as if you are crossing a road—always assume that a race is in progress—STOP AND LOOK before safely crossing.



Smoking and Vaping

As per the LANSW Policy, "Smoking and Vaping 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, amenities block and BBQ.



Alcohol

As per the LANSW Policy, our centre has a zero tolerance towards the consumption of alcohol during any sanctioned event. Parents/Carers must not attend our Friday night competition if intoxicated.



No Dogs or other Pets on the Field

Dogs and other pets must not be brought onto competition area. They must remain outside the perimeter fence at all times.

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—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—Friday 5, Saturday 6 & Sunday 7 December—Warragamba

Our Centre is a member of the Central West Metropolitan Zone. We compete against Liverpool City, Smithfield, Waradale and Western Blues, Mounties Seniors and Westfields. Athletes from the 7 to 12 Age groups can nominate up to 4 events to compete in. Athletes in the 13 to 17 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—Friday 13, Saturday 14 and Sunday 15 February—Narellan Sports Hub

Our Zone competes in Region 7, which comprises centres from South Western Sydney. In the 9-15 Age Groups, the top 2 place-getters from each event will automatically progress to the State Championships. The next best 8 performances in each event across all 8 Regions will also progress to State. Under 8 athletes do not progress to State.

NSW JUNIOR CHAMPIONSHIPS—Thursday 12 to Sunday 15 March—SOPAC Homebush

Athletes from the 13, 14 and 15 Age Groups must qualify through Region to compete at the NSW Junior Championships. Athletes from 16, 17 and U20 Age Groups can directly enter these championships without needing to qualify at Region.

LANSW STATE CHAMPIONSHIPS—Saturday 21 & Sunday 22 March—SOPAC Homebush

Athletes from the 9 to 12 Age Groups must qualify through Region to compete at the LANSW State Championships

OTHER CHAMPIONSHIPS:

STATE RELAY CHAMPIONSHIPS—Blacktown

8-12 Age Groups— Sat 8 & Sun 9 November

13-20 Age Groups — Fri 14, Sat 15 & Sun 16 November

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 CARNIVAL—Sunday 2 November—Dwyer Oval, Warwick Farm

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

STATE COMBINED EVENT CARNIVAL —Saturday 28 February & Sunday 1 March—Maitland

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 perform at least 1 allocated club duty over the duration of the carnival.

For more information:

The quickest way of getting into contact with us is by sending an email or a message via our Facebook page or website. Please note that all of our committee have full time jobs outside of athletics. We will aim to answer your enquiry as soon as we can.

Email	prestonsrobins@gmail.com
Website	www.prestonsrobinslac.org
Facebook	www.facebook.com/prestonsrobinslac
NSW Athletics Website	https://www.nswathletics.org.au/
Wet Weather Phone	0466 383 921 (updated by 5pm on Competition Nights)