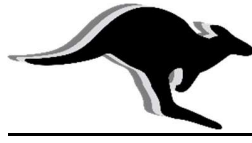




Campbelltown Little Athletics Season 2025 – 2026

Promoting family, fun, and fitness





CAMPBELLTOWN LITTLE ATHLETICS

Visit our website: <https://campbelltown.littleaths.com.au/>

Like us on Facebook – <https://www.facebook.com/campbelltownlitteathleticsclub/>

Follow us on Instagram – [@campbelltownlittleathletics](https://www.instagram.com/campbelltownlittleathletics)

Little Athletics SA – <https://salaa.org.au/>

Email – campbelltownlittleaths@gmail.com

CAMPBELLTOWN LITTLE ATHLETICS CENTRE COMMITTEE FOR 2025-2026

President: Kayla Petrovansky

Secretary: Jessica Voigt

Treasurer: Carl Purcell

Registrar: Kayla Petrovansky

Recorder: Kayla Petrovansky

Coach & Competitions Manager: Lyall Weir

Equipment Manager: Lyall Weir

Tiny Tots Co-Ordinator: Hannah Cirelli

School Grounds Liaison: Kayla Petrovansky

Marketing & Sponsorship: Maria Messineo

Please remember that all members of our committee are volunteer parents of competing athletes. We devote many hours to the successful operation of this club, not only for the benefit of our children but all club members. Please be supportive of our work.

If you feel you'd like to join our committee at any time, we welcome new members!

Campbelltown Little Athletics Club

2025/2026 Calendar

Date	Location/Time	Program/Set up Roster/Other Details
19 October 2025	9 am St Ignatius College	Program 1 – Equipment Set Up: Committee
26 October 2025	9 am St Ignatius College	Program 2 – Equipment Set up: U/13 – U/17
2 November 2025	9 am St Ignatius College	Program 3- Equipment Set up: U/12 *Nominations close for PB Classic #1 on 5 th Nov 2025
9 November 2025	9 am St Ignatius College	Program 1 – Equipment Set up: U/6 Coles Community Round
16 November 2025	9 am Bridgestone Athletics Centre	North-East Challenge – Host Centre: Ingle Farm LAC *No Home Meet Today
23 November 2025	SA Athletics Stadium	PB Classic 1 (all ages)
23 November 2025	9 am St Ignatius College	Program 2 – Equipment Set up: U/11
30 November 2025	9 am St Ignatius College	Program 3 – Equipment Set up: U/10
7 December 2025	9 am St Ignatius College	Program 1 - Equipment Set Up: U/7
14 December 2025	Athletics SA Stadium	State Relay Championships
14 December 2025	9 am St Ignatius College	Program 2 – Equipment Set up: U/9 *Also State Relay Championships
21 December 2025	9 am St Ignatius College	Xmas Meet - Program 3 – Equipment Set up: U/8 *Nominations close for PB Classic #2 on 31 st Dec 2025
Christmas Break		
4 January 2026	9 am St Ignatius College	Program 1 – Equipment Set up: U/13-17
11 January 2025	9 am St Ignatius College	Program 2 – Equipment Set up: U/12
18 January 2026	SA Athletics Stadium	PB Classic 2 (all ages) *No Home Meet Today

25 January 2026 - Australia Day Weekend – No Meet		
1 February 2026	9 am St Ignatius College	Program 3 – Equipment Set up: U/11 *Nominations close for State Combined Event on 4 th Feb 2026
8 February 2026	9 am St Ignatius College	Program 1 – Equipment Set up: U/10
15 February 2026	9 am St Ignatius College	Program 2 – Equipment Set up: U/9
21-22 February 2026	SA Athletics Stadium	State Combined Event Championships *For Qualifying U/9+ Athletes
22 February 2026	9 am St Ignatius College	Program 3 – Equipment Set up: U/8
1 March 2026	9 am St Ignatius College	Program 1 – Equipment Set up: U/7 *Also State Combined Event Championships (U/9+) *Nominations close for State Challenge and State Individuals Championships on 4 th Mar 2026
8 March 2026	9 am St Ignatius College	Program 2 – Equipment Set up: U/6
15 March 2026	9 am St Ignatius College	Program 3 – Equipment Set up U/12
21 -22 March 2026	Athletics SA Stadium	State Individual Championships *For Qualifying U/9+ Athletes
22 March 2026	9 am St Ignatius College	Program 1 – Equipment Set up: U/13-17 *Also State Individual Championships (U/9+)
29 March 2026	Athletics SA Stadium	2025 State Challenge *For Qualifying U/8-13 Athletes
29 March 2026	9am St Ignatius College	Program 2 – Equipment Set up: All Ages
12 April 2026 (date to be confirmed) - St Ignatius College End-of-Season Presentation		
11 July 2026	State Race Walking Championships: Adelaide Parklands, South Terrace *Nominations close for State Race Walking Championships – TBC *For Qualifying Athletes	
19 July 2026	State Cross Country Championships: Venue TBA *Nominations close for State Cross Country Championships on July 15th 2026 *For Qualifying Athletes	



WHAT IS LITTLE ATHLETICS?

Campbelltown Little Athletics Centre (CLAC) encourages children aged from U6-U17, regardless of ability, to strive to achieve their best in the full range of athletics events. Tiny Tots (ages 3 to 5) are also catered for in a special fun/games/skills-based program. The emphasis is on fun, fitness and improvement, not winning. All events use equipment specifically designed to be appropriate to the size and ability of the child. It is safe, fun, and develops all-around fitness.

CLAC meets are held on Sunday mornings at St. Ignatius College, Senior Campus, Manresa Court Athelstone. Arrive by 8:45 am for a 9 am warm-up and information sharing.

GUIDELINES FOR PARTICIPATION

All children at our Centre participate in the full range of athletic events. The program is varied and well-balanced. Event specialisation is actively discouraged at all age levels. Parents and coaches teach children to be good winners as well as good losers. The major emphasis is on personal improvement, not winning. Little Athletics is a family activity, NOT a child-minding service. The involvement of parents goes hand in hand with the participation of the children for the enjoyment of all. Parents take turns recording their child's group results during Sunday meets, and also partake in measuring and correcting children's stance and technique. Children may not be left at Little Athletics without appropriate adult supervision, as agreed to at the time of registration.

CENTRE HEALTH & ACCIDENT POLICY

CLAC is run entirely by parent volunteers. Apart from very basic first aid for minor injuries, CLAC is not able to manage injuries or illness suffered by athletes. It is for this reason that **CLAC insists that parents of athletes remain with their children at all times. If you have multiple children at the meet, we ask you to write your mobile number on their scoresheets so that you can be contacted immediately if necessary.** If your child has a medical condition which may require urgent treatment or medication (e.g. asthma, bee sting allergy or the like), parents are required to take responsibility for managing that condition and have available at CLAC the necessary medication.



CAMPBELLTOWN LAC UNIFORM REQUIREMENTS

All athletes registered with the Centre must wear our Centre uniform which comprises of a **Club polo shirt and plain black running or bike shorts (no logos)**. Polo shirts and hats can be purchased through the Club. **The age group badge is attached on the front of the shirt (top left) and the registration number is attached to the front of the shirt in the middle.**

COACHING

Mid-week coaching sessions will be conducted on **Wednesday evenings from 5:45 pm to 6:45 pm**. The sessions will be run by Lyall Weir. Senior athlete Thomas Griffiths will be assisting Lyall. We also plan to have some specialist coaching sessions throughout the season and will share information on this during the season. If you would like to assist with coaching, we'd love to hear from you!

Campbelltown athletes are also welcome to attend Thursday training at Magill Little Athletics Club.

WEARING OF SPIKE SHOES

Athletes in the Under 11 age group and above may wear spiked shoes with spikes fitted in the following events:

- Track events – 100m, 200m, 400m, 80m Hurdles, 90m Hurdles, 100m Hurdles, 200m Hurdles.
- Field Events - Long, Triple and High Jumps and Javelin.
- Relay - sections run wholly in lanes (i.e. all runners in the 4x100m; the first and second runners in the 4x200m and Medley.)

Athletes in the Under 13 age group and above may also wear spiked shoes with spikes fitted in the 800m and 1500m events, and all legs of a relay.

Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11 and they must not exceed 7mm in length. Spikes or spike shoes are not permitted for the Walks or Cross Country events.



CODE OF CONDUCT FOR ATHLETES

- Play by the rules.
- Never argue with an official. If you disagree, ask your Team Manager, Chaperone or supervising adult to deal with the matter.
- Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted at our Centre, or within our sport.
- Be a good sport. Applaud all good results whether they are by athletes from your Centre or by an opponent.
- Participate in Athletics for the fun of it and try to achieve your best.
- Respect other athletes by being quiet while they are participating, you may be finished but they may not be.

AS A LITTLE ATHLETICS PARENT YOU ARE EXPECTED TO:

- Assist each weekly meeting by helping with tasks including setting up and packing up equipment, measuring field events, timekeeping, chaperoning age groups and recording results. It is not necessary to know a lot about athletics to help and the Committee members are happy to advise and show you what to do.
- Support all athletes in their participation and achievements.
- Not smoke or consume alcohol anywhere on the school grounds (even in the car park).
- Be at the Centre while your child(ren) competes for the duration of ALL events. If you can only be with one child, please leave your number on the scoresheet of the child in the other group for emergency situations.
- If any issues arise with somebody else's child, please seek their parent to resolve the issue. This may require calling their mobile number on the scoresheet if they are not present.



AGE GROUP IDENTIFICATION CHART

AGE GROUPS FOR LITTLE ATHLETICS FOR 2025/2026 SEASON



YEAR	JAN	FEB	MAR	APRIL	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC	YEAR
2022	T/T	T/T	T/T	T/T	T/T	T/T	T/T	T/T	T/T	T/T	T/T	T/T	2022
2021	T/T	T/T	T/T	T/T	T/T	T/T	T/T	T/T	T/T	T/T	T/T	T/T	2021
2020	6	6	6	6	6	6	6	6	6	6	6	6	2020
2019	7	7	7	7	7	7	7	7	7	7	7	7	2019
2018	8	8	8	8	8	8	8	8	8	8	8	8	2018
2017	9	9	9	9	9	9	9	9	9	9	9	9	2017
2016	10	10	10	10	10	10	10	10	10	10	10	10	2016
2015	11	11	11	11	11	11	11	11	11	11	11	11	2015
2014	12	12	12	12	12	12	12	12	12	12	12	12	2014
2013	13	13	13	13	13	13	13	13	13	13	13	13	2013
2012	14	14	14	14	14	14	14	14	14	14	14	14	2012
2011	15	15	15	15	15	15	15	15	15	15	15	15	2011
2010	16	16	16	16	16	16	16	16	16	16	16	16	2010
2009	17	17	17	17	17	17	17	17	17	17	17	17	2009
2008 or earlier	Rec Aths	Rec Aths	Rec Aths	Rec Aths	Rec Aths	Rec Aths	Rec Aths	Rec Aths	Rec Aths	Rec Aths	Rec Aths	Rec Aths	2008 or earlier

If born in 2015, the age group will be Under 11.



STANDARD EVENTS AND SPECIFICATIONS

U9 – U17 Track and Field

	U9		U10		U11		U12		U13		U14		U15		U16		U17	
	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B
70m	✓	✓	✓	✓														
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
60m Hurdles	45cm	45cm	60cm	60cm														
80m Hurdles					60cm	60cm	68cm	68cm	76cm	76cm	76cm							
90m Hurdles												✓	✓		✓			
100m Hurdles													✓		✓	✓	✓	
110m Hurdles																		✓
200m Hurdles									68cm	68cm	76cm	76cm						
300m Hurdles													✓	✓	✓	✓	✓	✓
700m Walk	✓	✓																
1100m Walk			✓	✓	✓	✓												
1500m Walk							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Jump	✕	✕	✕	✕	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put	2kg	2kg	2kg	2kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg	3kg	3kg	4kg	3kg	4kg	3kg	5kg
Discus	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg	1kg	1.5kg
Javelin	*	*	*	*	400g	400g	400g	400g	400g	600g	400g	600g	500g	700g	500g	700g	500g	700g
4x100m Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x200m Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

✕ Athletes in the Under 9 and Under 10 age groups must jump using the “scissors” technique.

*Centres may offer the Vortex, TurboJav or Fly-Hi Kids Javelin at Centre competitions. This will not be offered as a Championship event.

Events in grey may not be offered to any athlete in that age group.

Centres may allow athletes to compete over a lesser distance in a track event, use a lower hurdle height, or use a lesser weight in a field event where an athlete would not be able to compete with the standard distance, height or weight. Such performances will not be valid for records or qualification purposes.

STANDARD EVENTS AND SPECIFICATIONS

U6 – U8 Track and Field Events

	Under 6		Under 7		Under 8	
	Girls	Boys	Girls	Boys	Girls	Boys
50m	✓	✓	✓	✓		
70m	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
Pack Start	300m	300m	500m	500m	700m	700m
60m Hurdles	*	*	*	*	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓
High Jump					✂	✂
Shot Put	1kg	1kg	1kg	1kg	1.5kg	1.5kg
Discus	350g	350g	350g	350g	500g	500g
Vortex	✓	✓	✓	✓	✓	✓

✂Athletes in the Under 8 age group must jump using the “scissors” technique.

High Jump will not be available for Under 6 and Under 7 athletes at any competition.

* Mini-hurdles must be used - up to 20cm in height for U6 hurdle events, and up to 30cm in height for U7 events. Standard hurdles are not to be used for these age groups.

Events in grey may not be offered to any athlete in that age group.

Centres may also conduct the LAVic “On Track” program in support of the standard events for the Under 6 to Under 8 age groups.



Home Meet Event Programs

PROGRAM 1					
Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Under 6	Shot Put	70 metres	Vortex	Long Jump	200 metres
Under 7	70 metres	Long Jump	100 metres	Discus	200 metres
Under 8	Discus	50 metres	100 metres	High Jump	200 metres
Under 9	70 metres	Vortex	100 metres	High Jump	400 metres
Under 10	100 metres	Long Jump	200 metres	Shot Put	400 metres
Under 11	100 metres	High Jump	200 metres	Javelin	800 metres
Under 12	High Jump	100 metres	200 metres	Discus	800 metres
Under 13 – 17	100 metres	Shot Put	200 metres	Triple Jump	800 metres

PROGRAM 2					
Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Under 6	50 metres	Shot Put	70 metres	Discus	300 metres
Under 7	50 metres	70 metres	Shot Put	500 metres	Long Jump
Under 8	50 metres	Vortex	70 metres	700 metres	Long Jump
Under 9	70 metres	Long Jump	100 metres	Discus	800 metres
Under 10	Vortex	70 metres	100 metres	High Jump	800 metres
Under 11	Triple Jump	100 metres	200 metres	Shot Put	1500 metres
Under 12	100 metres	Javelin	200 metres	Triple Jump	1500 metres
Under 13-17	100 metres	Long Jump	200 metres	Javelin	1500 metres

PROGRAM 3					
Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Under 6	Long Jump	50 metres	70 metres	Vortex	100 metres
Under 7	50 metres	60m Hurdles	Vortex	Shot Put	100 metres
Under 8	Vortex	60m Hurdles	Shot Put	70 metres	100 metres
Under 9	70 metres	60m Hurdles	Long Jump	200 metres	Shot Put
Under 10	70 metres	Discus	60m Hurdles	Long Jump	200 metres
Under 11	Long Jump	100 m	80m Hurdles	Discus	400 metres
Under 12	100 metres	Shot Put	80m Hurdles	Long Jump	400 metres
Under 13 – 17	100 metres	Discus	80m Hurdles	High Jump	400 metres



Important Meets for the 2025/26 Season

Sunday 16th November 2025

North-East Challenge, 8:45am @ Bridgestone Athletics Centre

Location: Ingle Farm LAC Frost Road, Salisbury SA 5108

(Special Program)

Athletes must be registered to compete and be in full uniform

A competition held between Ingle Farm, Campbelltown, Enfield and Magill Little Athletics Centres on a rotating basis. Points are awarded to the best performer in each event for each club. We need the support of athletes and parents to try to win the North-East Challenge Trophy!

Sunday 23rd November 2025

STATE PB Classic #1

(TT – U17)

Location: SA Athletics Stadium, Railway Terrace, Mile End

Entry Fee: TT- U17 (\$27 per athlete)

Athletes select up to five of the events on offer to work on their Personal Bests (PB's) in the exciting atmosphere of the SA Athletics Stadium. While not every event may be on offer, there is something for everyone, and what better way to try something new. There is even a Tiny Tots session available for your little ones to experience the Stadium. **If you register your child for this event you will be rostered to assist on the day for 1 hour to help the day run smoothly.**

Nominations Open: 8th October 2025

Nominations Close: 5th November 2025

For more information on this event; go to: [SA \(salaa.org.au\)](http://salaa.org.au)

All nominations will be done on [ResultsHQ](#)

Sunday 14th December 2025

State Relay Championships

U8-U17

Location: SA Athletics Stadium, Railway Terrace, Mile End.

Entry Fee: \$36 per team paid by CLAC

A team event for either track or field teams for U8-U17 athletes. The Team Manager will select teams from interested athletes. This is potentially an all-day commitment (if teams qualify for finals) and event times may be altered without prior notice so our full team should arrive early to avoid disappointing other team members. **Parents of competing athletes will be rostered to help officiate on Relay Day.**

For more information and to refer to eligibility requirements please go to:

[SA \(salaa.org.au\)](http://SA(salaa.org.au))

Sunday 18th January 2026

STATE PB Classic #2

(TT – U17)

Location: SA Athletics Stadium, Railway Terrace, Mile End

Entry Fee: TT- U17 (\$27 per athlete)

Athletes can again select up to five of the events on offer to work on their Personal Bests (PB's) in the exciting atmosphere of the SA Athletics Stadium. There will be some different events on offer this time, so you can participate in favourites you missed last time, or even try something new! There will also be another Tiny Tots session available for your little ones to experience the Stadium too. **If you register your child for this event you will be rostered to assist on the day for 1 hour to help the day run smoothly.**

Nominations Open: 3rd December 2025

Nominations Close: 31st December 2025

For more information on this event; go to:

[SA \(salaa.org.au\)](http://SA(salaa.org.au))

All nominations will be done on [ResultsHQ](#)

Saturday 21st & Sunday 22nd February 2026

STATE COMBINED EVENT CHAMPIONSHIPS (U9 – U17)

Location: SA Athletics Stadium, Railway Terrace, Mile End

Entry Fee: \$31 per athlete

Under 9 to Under 13 age groups will participate in a pentathlon event held on the Sunday. Under 14 to Under 17 athletes will compete in Hex/Heptathlons (depending on age) with events conducted over both days.

Athletes accrue points based on their performances in the individual events, with medals presented to the three highest point scorers in each age group.

Entry is open to athletes in the Under 9 to Under 17 age groups who are registered with Little Athletics SA before 31st December 2025. Athletes must have a valid recorded result in each event for their age group. **If you register your child for this event you will be rostered to assist on the day for 1 hour to help the day run smoothly.**

To register and to refer to eligibility requirements please go to: <https://salaa.org.au/state-combined-event-championships/>

Nominations Open: 7th January 2026

Nominations Close: 4th February 2026

Sunday 29th March 2026

STATE CHALLENGE (U8-U13)

Location: SA Athletics Stadium, Railway Terrace, Mile End

Entry Fee: \$18.00 per event for the first three events, then \$9.00 for the fourth and fifth event. Capped at \$63.00

This State event provides an opportunity for athletes who didn't quite qualify for the State Individual Championships with a chance to compete in a Championship event. Finals will not be run - medals for each age group are based on heat times. Heats will be drawn based on PBs of nominated entries and Field events will be best of three attempts (no final 8).

Entry is open to athletes in the Under 8 to Under 13 age groups who are registered with Little Athletics SA before 31st December 2025. **If you register your child for this event you will be rostered to assist on the day for 1 hour to help the day run smoothly.**

To register and see eligibility requirements please go to: <https://salaa.org.au/state-challenge-state-individual-championships/>

Nominations Open: 4th February 2026

Nominations Close: 4th March 2026

Saturday 21st – Sunday 22nd March 2026

STATE INDIVIDUAL CHAMPIONSHIPS

U9 – U17

Location: SA Athletics Stadium, Railway Terrace, Mile End.

Entry Fee: \$18.00 per event for the first three events, then \$9.00 for the fourth and fifth event. Capped at \$63.00

The State Individual Championships is the pinnacle event for many athletes. Athletes strive throughout the season to qualify to compete at these Championships. All individual events are held for each age group, with the top three achievers awarded medals.

Entry is open to athletes in the Under 9 to Under 17 age groups who are registered with Little Athletics SA before 31st December 2025 and meet entry standards.

If you register your child for this event you will be rostered to assist on the day for 1 hour to help the day run smoothly.

To register and to refer to eligibility requirements please go to:

<https://salaa.org.au/state-challenge-state-individual-championships/>

Nominations Open: 4th February 2026

Nominations Close: 4th March 2026



State Cross Country Program

May-July 2026

The 2026 Cross Country season commences in May 2026 and will be conducted most Sundays culminating in the State Cross Country Championships on 19th July, 2026.

The Cross Country season provides athletes with an opportunity to run a distance race over various terrain and courses each week - most events include creeks, mud, and hills; so remember to bring a change of clothes and dry shoes!

Athletes from the under 6 to under 17 age group may take part in cross-country events. All Cross Country meets also include events for mums and dads, Tiny Tots, and an open event. Events start at 10.30am.

If you are a current member of the 2025-26 Little Athletics season, you can just turn up on the day. However, if you are not registered, you can register with a local Little Athletics Centre before the day, or attend one meet as a come and try. All athletes are to pay a \$2.00 entry fee at the start line on the day of competition.

To be eligible for the Cross Country Championships, all athletes must be registered with a Little Athletics SA centre. To qualify for the Championships, all athletes must compete in at least three cross-country meets during the season.

State Cross Country Championships

Sunday 19th July 2026

All athletes who have met the eligibility requirements for the Cross Country Championships are invited to register for the event.

The Championship event is only open to athletes in the under 9 to under 17 age groups, but fun events are still held for the under 6 to under 8's, mums and dads, and Tiny Tots

Nominations Open: Tuesday 17 June 2026

Nominations Close: Tuesday 15 July 2026

To register and for more information; please go to:

[SA \(salaa.org.au\)](http://SA(salaa.org.au))



CLUB RECORDS at end of Season 2024/25

BOYS U6 TO U9

Boys	Under 6 Boys			Under 7 Boys			Under 8 Boys			Under 9 Boys		
50m	Z. Moran	9.56	2021	N. Williams	9.03	2024	M. Taylor	8.67	2024			
70m	J. McCallum	13.58	2024	N. Williams	12.55	2025	T. Stagg	11.69	2021	A.Lord	10.30	2013
100m	Old Record	19.99	2019	M. Taylor	17.22	2022	T. Stagg	16.77	2021	A.Lord	14.44	2013
200m	M. Taylor	43.53	2022	Z. Amodeo	39.43	2023	M. Taylor	35.79	2024	A.Lord	30.70	2013
300m	Z. Amodeo	01:09.44	2022									
400m										D. Mayger	1.14.30	1980
500m				Z. Carberry	01:51.69	2020						
700m							Z. Carberry	02:39.44	2022			
800m										A Crouch	2.50.00	1989
60m Hurdles	Old Record	15.4	2019	Old Record	13.30	2018	T. Stagg	12.50	2022	A.Lord	10.40	2013
700m Walk										S. Narayan	4.33.10	2000
1000m Cross Country							G.Laidlin	06:01.59	2024			
LJ	T. Plenty	2.72	2018	C. Annicchiarico	3.32	2019	E. Young	4.04	2017	M. Wilson	4.09	1991
HJ							Z. Moran	1.01	2023	M. Wilson	1.25	1991
Discus	M. Taylor	11.01	2022	T. Stagg	14.42	2021	Old Record	13.63	2019	M. Wilson	26.23	1991
SP	Old Record	6.59	2019	Old Record	8.40	2017	T. Stagg	6.36	2022	M. Whipp	7.40	1989
Vortex	L. Crawford	8.96	2022	Z. Carberry	11.15	2020	T. Stagg	17.27	2021	T.Stagg	15.50	2022

BOYS U10 TO U13

Boys	Under 10 Boys			Under 11 Boys			Under 12 Boys			Under 13 Boys		
70m	Old Record	10.10	1980									
100m	A.Lord	13.90	2014	T Griffiths	14.04	2017	S. Narayan	13.20	2004	T Griffiths	12.07	2019
200m	A.Lord	29.80	2014	T. Abrahams	28.60	1977	T Griffiths	27.39	2018	T Griffiths	25.24	2019
300m				S. Izzini	58.78	2024						
400m	A.Lord	01:06.60	2014	T. Abrahams	01:02.80	1977	L. Crouch	01:01.30	1995	L. Crouch	56.10	1996
800m	S. Vimpari	02:46.30	1989	T. Abrahams	02:25.90	1977	S. Purdle	02:21.00	1977	L. Crouch	02:20.20	1996
1500m				T. Abrahams	05:19.20	1981	G. Doyle	05:05.00	1989	M. O'Hagen	04:52.80	1979
60m Hurdles	S. Narayan	11.00	2002	S. Narayan	9.90	2003	S. Narayan	9.40	2004			
80m Hurdles				L. Kiener	15.64	2023	J. Faraonio	16.20	2021	M. Zillante	13.00	1993
1100m Walk	A. Jackson	07:09.70	1997	V. Riviere	06:02.00	1994						
1500m Walk							V.Riviere	07:52.00	1995	V.Riviere	07:14.50	1996
1000m Cross Country	D. Green	04:11.12	2024									
1500m Cross Country	D. Green	06:18.75	2024									
2000m Cross Country	Z. Carberry	08:02.17	2024									
LJ	D. Nicholls	4.35	1990	D. McLachan	4.69	1980	S. Narayan	5.29	2004	A. Datson	5.17	1994
HJ	S. Narayan	1.31	2001	L. Barie	1.40	1989	A. Barie	1.54	1984	T. Burdon	1.69	1995
TJ	S. Narayan	8.13	2002	Old Record	9.84	1994	S. Narayan	10.77	2004	M. Zillante	10.87	1993
Discus	M. Wilson	28.32	1992	M. Wilson	27.29	1993	A. Crouch	39.10	1992	A. Crouch	36.48	1993
SP	M. Wilson	9.03	1992	T. Crouch	8.75	1997	S. Narayan	10.37	2004	T. Burdon	11.61	1995
Vortex/Javelin	N. Williams	16.32	2025	M. Wilson	31.62	1993	B. Melville	34.04	1995	T. Burdon	36.12	1995

BOYS U14 TO U17

Boys	Under 14 Boys			Under 15 Boys			Under 16 Boys			Under 17 Boys		
100m	V. Msomi	11.60	1999	T. Griffiths	11.26	2020	A. Jackson	12.20	2003	A. Jackson	11.70	2004
200m	T. Griffiths	24.62	2019	T. Griffiths	22.63	2021	A. Jackson	25.50	2002	A. Jackson	24.00	2004
400m	L. Crouch	54.80	1997	G.Norris	52.90	1995	W. Moulden	56.86	2023	A. Jackson	58.90	2003
800m	W. Moulden	02:21.18	2021	J. Aurisch	02:08.20	1989	W. Moulden	02:14.26	2023	A. Jackson	02:15.50	2004
1500m	V. Riviere	04:55.30	1997	J. Aurisch	04:23.20	1989	W. Moulden	04:58.94	2023	A. Jackson	05:41.00	2003
90m Hurdles	R. Thomas	12.90	2002									
100m Hurdles				A. Datson	14.10	1996	A. Jackson	15.10	2003	A. Jackson	14.60	2004
200m Hurdles				A. Datson	26.90	1996	A. Jackson	27.60	2003	A. Jackson	25.70	2004
1500m Walk	V.Riviere	07:02.20	1997	G. Irranca	08:04.40	1992	A. Jackson	08:45.90	2002	A. Jackson	09:12.30	2003
2000m Cross Country				J. Hicks	09:46.44	2024						
3000m Cross Country				J. Hicks	11:21.80	2024						
LJ	R. Hearn	5.75	1991	J. Crouch	6.23	1993	A. Jackson	5.06	2003	A. Jackson	5.83	2004
HJ	G. Mugford	1.75	1983	M. Mason	1.84	1990	A. Jackson	1.60	2003	A. Jackson	1.70	2004
TJ	J. Crouch	11.69	1992	J. Crouch	12.47	1993	T. Chandrasena	11.18	2021	A. Jackson	11.00	2003
Discus	A. Crouch	41.56	1994	A. Crouch	46.36	1995	D. Jackson	32.30	2006	J. Jackson (1kg)	37.21	2005
SP	T. Burdon (4kg)	12.52	1994	A. Crouch (4kg)	12.91	1995	D. Jackson (4kg)	10.68	2007	D. Jackson (4kg)	12.59	2008
	K. French (3kg)	10.24	2013									
Javelin	L. Crouch (600g)	41.20	1997	M. Zillante (600gm)	44.70	1995	J. Jackson (600gm)	36.30	2004	J. Jackson (600gm)	37.40	2005
				W. Moulden (700g)	29.31	2022						

GIRLS U6 TO U9

Girls	Under 6 Girls			Under 7 Girls			Under 8 Girls			Under 9 Girls		
50m	C. Griffin	9.86	2021	E. Addabbo	9.70	2018	Z. Lau	8.87	2023			
70m	H. Chadwick-Parker	13.53	2025	G. Ruotolo	13.36	2017	G.Ruotolo	12.30	2019	T.Cargin-Rowe	10.4	2015
100m	C. Griffin	20.26	2021	G. Ruotolo	19.40	2019	G.Ruotolo	17.90	2019	T.Cargin-Rowe	15.00	2015
200m	H. Chadwick-Paker	46.13	2025	G. Ruotolo	43.00	2017	Z. Lau	40.19	2023	T.Cargin-Rowe	31.8	2015
300m	A. Monier	01:17.41	2024									
400m										S. Harris	01:28.6	2020
500m				E. Tunn	02:04.50	2020						
700m							E. Tunn	03:04.33	2021			
800m										A. Halsall	03:07.30	2009
60m Hurdles				L. Stone	14.29	2023	L. Giannakis	13.10	2019	T.Cargin-Rowe	10.8	2015
700m Walk										M. Moir	04:06.70	1995
750m Cross Country							L. Stone	04:49.34	2024			
1000m Cross Country							L. Stone	05:05.60	2024			
LJ	E. Tunn	2.80	2019	M. Schutz	2.84	2020	Z. Lau	2.94	2024	K. Saunderson	3.80	1990
HJ							G.Ruotolo	0.94	2019	G. Zillante	1.14	1994
Discus	O. Willington	6.84	2021	Old Record	10.88	2019	T. Waddell	10.72	2019	J. Pugh	18.56	1980
SP	C. Griffin	3.54	2021	Old Record	5.46	2017	G.Ruotolo	5.12	2018	M. Smith	6.18	1980
Vortex	O. Willington	6.83	2021	E. Tunn	7.81	2020	L. Stone	11.72	2024	L. Stone	11.39	2024

GIRLS U10 TO U13

Girls	Under 10 Girls			Under 11 Girls			Under 12 Girls			Under 13 Girls		
70m	C. Galipo	10.40	1996									
100m	C. Galipo	14.60	1995	T. Cargin-Rowe	13.7	2017	K. Wagener	13.80	1986	I. Tabeni	13.49	2024
200m	C. Galipo	31.10	1996	T.Cargin-Rowe	27.92	2017	A. Borillo	28.40	1989	L. Giannakis	27.85	2022
400m	A. Whitehall	01:15.50	1991	J. Olner	01:09.60	1976	E. Sloan	01:08.90	2020	R.Etherington	01:05.90	2014
800m	A. Halsall	02:54.60	2010	H. Tilbrook	02:44.80	1976	J. Olner	02:29.10	1977	J. Olner	02:39.00	1977
1500m				K. Beaton	05:50.00	1979	J. Olner	05:13.50	1976	J. Olner	05:27.20	1977
60m Hurdles	T. Cargin-Rowe	11.7	2016	M. Matiscsak	11.00	2013	P. Hansen	11.10	2017			
80m Hurdles				L. Giannakis	13.59	2020	L.Giannakis	13.60	2021	T. Jones	15.20	1997
1100m Walk	M. Moir	07:45.20	1996	M. Moir	06:37.00	1997						
1500m Walk							M. Doyle	08:17.00	1992	M. Doyle	08:40.0	1993
LJ	K. Wagener	4.17	1983	J. Olner	4.62	1985	A. Bierer	4.55	1983	L. Giannakis	5.00	2022
HJ	G. Zillante	1.24	1995	J. Ruole	1.33	1987	E. Sloan	1.52	2020	E. Sloan	1.55	2021
TJ	G. Zillante	7.31	1995	T.Cargin-Rowe	9.25	2017	M. Nicholls	9.97	1990	L. Giannakis	10.02	2022
Discus	T. Frith	21.34	1982	T. Frith	24.48	1984	T. Frith	26.60	1984	El. Jackson	27.65	2010
SP	R. Clelland	8.56	1982	T. Frith	8.9	1984	E Best	10.50	2016	K. Wagener	9.57	1987
Vortex/Javelin	P. Maczohan	11.93	2023	G. Zillante	18.62	1996	M.Paxton	19.57	2007	M. Moir	23.72	1999

GIRLS U14 TO U17

Girls	Under 14 Girls			Under 15 Girls			Under 16 Girls			Under 17 Girls		
70m	C. Izzini	11.01	2024									
100m	L. Giannakis	12.54	2023	L. Giannakis	12.43	2024	J. Moir	13.3	1999	J. Moir	13.50	2000
200m	L. Giannakis	25.53	2022	L. Giannakis	24.48	2024	J. Moir	27.8	1999	J. Moir	29.90	2000
300m	C. Izzini	52.91	2024									
400m	T. Negri	01:02.90	2024	J. Moir	01:03.20	1999	J. Moir	01:07.00	1999	J. Moir	01:09.50	2000
500m	C. Izzini	01:42.66	2024									
800m	M. Doyle	02:31.00	1994	J. Moir	02:29.90	1999	M. Moir	03:06.0	2001	J. Moir	02:34.80	2000
1500m	M. Doyle	05:16.00	1994	M. Doyle	05:03.20	1995	L.Pavia	8.11.47	2020	Em. Jackson	07:21.90	2002
80m Hurdles	L. Giannakis	13.03	2023									
90m Hurdles				L. Giannakis	14.81	2024	M. Moir	16.60	2002	J. Moir	16.30	2000
100m Hurdles				J. Moir (200m)	34.10	1996	J. Moir	32.9	1999	J. Moir	32.90	2000
1500m Walk	J. Ruole	09:03.30	1989	J. Ruole	08:40.00	1990	Em. Jackson	10:58.90	2000	Em. Jackson	10:31.50	2001
LJ	L. Giannakis	5.39	2023	L. Giannakis	5.58	2024	L.Pavia	4.32	2020	J. Moir	4.09	2000
HJ	E. Sloan	1.53	2022	L. Giannakis	1.55	2024	Em. Jackson	1.40	2000	Em. Jackson	1.35	2001
TJ	L. Giannakis	10.40	2022	L. Giannakis	9.95	2024	L. Pavia	9.27	2020	Em. Jackson	7.75	2002
Discus	El. Jackson	27.52	2010	El. Jackson	29.80	2012	El. Jackson	33.44	2013	El.Jackson	35.00	2014
SP	K. Wagener	11.44	1988	El. Jackson	11.93	2012	El. Jackson	11.91	2000	El. Jackson	14.18	2014
Javelin	N Whitfield (600gm)	25.68	1992	L. Pavia (500gm)	19.64	2020	M.Moir (600gm)	26.15	2001	Em. Jackson (600gm)	20	2002
	J. .Ledgard (400gm)	28.35	2014	C. Tucker (600gm)	25.00	1996	El.Jackson (500gm)	25.17	2013	El. Jackson (500gm)	25.1	2013

CLAC STATE RECORD HOLDERS

Dec 1994	Under 15M Boys Relay	4 x 400m	3.42.4 min
Mar 2002	Under 17F Emily Jackson	200m Hurdles	33.8 secs
Mar 2002	Under 14M Richard Thomas	90m Hurdles	12.9 secs
Feb 2004	Under 17M Andrew Jackson	High Jump	1.70m
Mar 2004	Under 17M Andrew Jackson	100m Hurdles	14.6 secs
Mar 2004	Under 17M Andrew Jackson	200m Hurdles	25.7 secs
Mar 2013	Under 9M Alastair Lord	100m	14.44 secs
Mar 2014	Under 17F Elisabeth Jackson	Shot Put	14.81m
Mar 2017	Under 11F Talia Cargin-Rowe	200m	27.92 sec
Mar 2020	Under 11F Lillia Giannakis	80m Hurdles	13.59 sec
Mar 2021	Under 15M Thomas Griffiths	100m	11.43 sec
Mar 2021	Under 15M Thomas Griffiths	200m	22.81 sec
Mar 2024	Under 15M Lillia Giannakis	100m	12.23 sec
Mar 2024	Under 15F Lillia Giannakis	200m	24.63 sec

(Records still current are in bold)

CLAC LIFE MEMBERS

Season Awarded

Girls

Boys

Season 1994 / 1995

Bridget Doyle

Adam Crouch

Mairead Doyle

Glenn Norris

Season 1995 / 1996

Jonathan Knoblauch

Season 1996 / 1997

Thane Burdon

Paul Norris

Season 1997 / 1998

Luke Crouch

Season 1999 / 2000

Jane Moir

Season 2001 / 2002

Emily Jackson

Season 2002 / 2003

Merridy Moir

Andrew Jackson

Season 2004 / 2005

John Jackson

Season 2007 / 2008

Daniel Jackson

Season 2013 / 2014

Elisabeth Jackson

Season 2014 / 2015

Kyle French

Season 2019 / 2020

Oscar Cohen

Season 2020 / 2021

Ella Sloan

Thomas Griffiths

Season 2022 / 2023

Lauren Sloan

Season 2023 / 2024

Gabriella Ruotolo

Luca Ruotolo

