



# Centre Handbook

2023/2024



# Helensvale Little Athletics 23/24 Season

**Location:**

Upper Coomera State College  
137 Reserve Road  
Upper Coomera, QLD, 4209  
Entry via Gate 1

**Postal Address:**

PO Box 214  
Helensvale QLD 4212

**Helensvale Website:**

[www.helensvalelittleathletics.org.au](http://www.helensvalelittleathletics.org.au)

**Contact:**

Tracey Phillis: 0411 032 297

**Email:**

[helensvaleathletics@gmail.com](mailto:helensvaleathletics@gmail.com)



Please make sure you check the Helensvale Little Athletics website and Facebook page ([www.facebook.com/helensvalelittleathletics](http://www.facebook.com/helensvalelittleathletics)) and request to join the 23/24 Parents Group for important club news, information and any last minute changes.

In the interest of health and safety of our athletes and spectators, our club including the track, field, eating areas and storage sheds are smoke and vape free zones. Thank you for your co-operation with this matter.

## **CENTRE MANAGER WELCOME**

Hi all,

Tracey here, your centre manager. Welcome to our Helensvale family..

To start with I would like to welcome you to a very special year of Helensvale little athletics as this season is our first year at our new home ground that we have been trying to get for the past 5 years. We are looking forward to a great season ahead and building up our wonderful club back up to where it has always been.

First thing is our club cannot run without you, the parents, although we have a fantastic committee, we need you the parents to help run every event and with help on setting up and pack down of all the equipment. There will be a roster each week posted with our weekly program asking each age group to have some help with our canteen, set up and pack down. Please keep an eye out for that and help out. Your kids love to have their parents involved even if it is retrieval of a shot put or raking the sand pit... don't be shy ask any of our friendly committee what you can do to help.

Like I said our first year back and so excited to meet all our new and old members and share lots of fun times. We at Helensvale love to travel together to carnivals held by other centres so pack your gazebo and join us in going to carnivals sitting together and cheering on your teammates. We will post in plenty of time all the carnivals where and when.

Also, regional relays will sneak up on us very fast, this is a day of teams getting together and competing as Helensvale a fun filled day and some even can make it through to state relays... more on that after we start our season.

I could go on and on about our great family club but hopefully you will see for yourself. Any questions once again feel free to ask myself or any of our friendly committee.

Thanks,  
Tracey



## CENTRE COMMITTEE FOR THE 2023/2024 SEASON

The committee is made up from volunteers who give up their time to ensure that the club is up and running throughout the whole season. Thank you to the following team who are doing what they can to support our club and the athletes!

|                          |                 |                          |   |
|--------------------------|-----------------|--------------------------|---|
| <b>Centre Manager</b>    | Tracey Phillis  | <b>Canteen</b>           | Karen Viller  |
| <b>Asst. Centre Mgr.</b> | Michael Murray  | <b>Head Coach</b>        | Tracey Phillis  |
| <b>Secretary</b>         | Karen Viller    | <b>Assistant Coach</b>   |   |
| <b>Treasurer</b>         | Deb Barrow      | <b>First Aid</b>         | Deb Barrow  |
| <b>Registrar</b>         | Rebecca Charles | <b>General Committee</b> | Trish Mackey,<br>Thida Murray,<br>Alana Brown   |
| <b>Recorder</b>          | Michael Murray  |                          |   |
| <b>Programme</b>         | Tracey Phillis  |                          |   |
| <b>Carnivals</b>         | Michael Murray  |                          |   |
| <b>Equipment</b>         | Michael Murray  | <b>Life Members</b>      | <i>Leanne Handsaker 2006</i><br><i>Steve Handsaker 2007</i><br><i>Lyn Donnelly 2008</i><br><i>Paul Donnelly 2008</i><br><i>Heather Truskinger 2008</i><br><i>Natasha Evans 2015</i><br><i>Tracey Phillis 2021</i> |
| <b>Fundraising</b>       | -               |                          |   |
| <b>Grants</b>            | -               |                          |   |
| <b>Uniforms</b>          | Deb Barrow      |                          |   |
| <b>Blue Cards</b>        | Karen Viller    |                          |   |

## REGISTRATION 2023/2024

This year all registrations will be completed online, including payments, via ResultsHQ. All fees are to be paid at the time of registration. Registration fees are non-refundable.

The registration fee includes membership to Little Athletics Queensland and covers athletes with insurance at training sessions, during the competition season and at ant LAQ carnivals throughout the season. End of season trophies, certificates and awards are also included.

Athletes are assigned to a particular age group based on their year of birth. Please refer to the registration are table on the website.

New members must produce a proof of age document at the time of registration, or within 28 days of the start of competition. Athletes remain in the same age group for the whole season; they go not go up an age group when they have a birthday.

## FEES

|                         |                                |       |
|-------------------------|--------------------------------|-------|
| Centre Registration Fee | Tiny Tots                      | \$120 |
| Including AWD           | U6-U17 1 <sup>st</sup> Athlete | \$200 |
|                         | U6-U17 2 <sup>nd</sup> Athlete | \$190 |
|                         | U6-U17 Consecutive Athletes    | \$180 |

What's included in your registration fees?

- Fees include membership to LAQ
- Insurance for training, competition, and carnivals
- Registration number (to be attached to front of uniform)
- Age label (to be attached to left sleeve of uniform)

**\*\* Please note that once fees are paid to Helensvale Little Athletics, those fees are non-refundable.**

## TRIALS

Athletes are welcome to come along to our trial dates of Saturday 9<sup>th</sup> September 1pm and Saturday 16<sup>th</sup> September 1pm. The cost for trials will be \$20 for both weeks, and when you register completely, this will be taken off your fees.

Please make sure to attend a sign-on day, fill out our trialist form then pay your fee. EFTPOS preferred.







# HELENSVALE LITTLE ATHLETICS CODES OF BEHAVIOUR

## **ATHLETES:**

<https://helensvalelittleathletics.org.au/athletes/>

## **PARENTS AND SPECTATORS:**

<https://helensvalelittleathletics.org.au/parents/>

## **OFFICIALS**

<https://helensvalelittleathletics.org.au/officials-code-of-conduct/>

## **COVID SAFE**

<https://helensvalelittleathletics.org.au/covid-safe/>

## **COACHES**

<https://helensvalelittleathletics.org.au/coaches/>

## **IMPORTANT POLICIES**

<https://helensvalelittleathletics.org.au/policies/>

**Remember our motto is Family, Fun and Fitness. Relax and enjoy your child's sport.**

## WEEKLY COMPETITION

Our competition commences at 1pm each Saturday for the first half of the season, beginning with the centre manager passing on important information to athletes and parents. For the second half of the season after the mid-season break, we will be running on Friday evenings starting at 5pm. This will follow with a warmup for all athletes to get them ready for competition which will include 4 events. An age manager will oversee each group ensuring that the times and distances are recorded for each athlete at each event. Parents can work together to be age managers as well. Parent helpers are required at each and every competition night to help measure, record, retrieve, etc to ensure the night runs smoothly and efficiently. If there are no parent helpers for an age group, the athletes cannot run. Please ask how you can get involved.

**IMPORTANT NOTICE TO ALL PARENTS AND GUARDIANS** – All athletes must be accompanied by an adult, at training and competition nights. An athlete who doesn't have a parent or guardian present will not be allowed to compete.

## RECORDING AND RESULTS

Once an athlete has finished a track race, the times will be uploaded onto their online record for you to access in ResultsHQ. Field events may not initially be recorded as quickly, but our recording officers will endeavour to get these results uploaded by the end of the weekend.

The centre recorders maintain master recording sheets that list each athletes' individual performances for every centre competition day. However, all athletes are encouraged to keep their own record of performances and can access their weekly results via the ResultsHQ website.

Features on this website include results by date, results by family members, a graph of results per event with the athletes' average results, and personal best.

Visit [www.resultshq.com.au](http://www.resultshq.com.au) and log in with your registration username and password (what you used to register online with). If you do not know your password, go to <https://resultshq.com.au/Login/forgotpassword> and enter your registered email address. Your password will then be emailed to you.

## TRAINING AND COACHING

Weekly training is held on Tuesdays from 4:30pm-5:30pm. This training is included in your fees. Whilst not compulsory to attend, it is very beneficial to help with events for competition days. Training sessions will be varied to ensure athletes learn and progress in all events.

Our club head coach is Tracey Phillis and she will be assisted by other members of the club who have coaching qualifications and experience to help each athlete reach their full potential. Generally, coaching on a Tuesday will be geared towards the events taking place on the next competition day.



## **CANCELLATION OF COMPETITION OR COACHING**

In the event of light rain, weekly competition will still go ahead, however, may be called off in heavy rain and will be called off in the event of lightning. A decision will be made by approximately 12pm on the Saturday or 4pm on the Friday. This will be communicated to families via the clubs Facebook page and Helensvale Little Athletics Parents Group. Please make sure you have 'liked' our page and requested to join the group. This will ensure you are kept up to date on everything happening during the season.



## **PARENT HELP AND PARTICIPATION ON COMPETITION DAYS**

To enable the smooth running of Helensvale Little Athletics each week we require the assistance of parent helpers and/or family members. It has been proven that parents who volunteer and get involved with their kids' sports will give their children the confidence and support to be their best.

Please don't wait to be asked - come forward and offer your assistance to help keep the centre running effectively!

### **Before competition – set up**

- Putting out equipment, high jump mats, age baskets/vests
- Offering to cook BBQ

### **During competition**

- Be an age manager
- Assist the age manager by spiking, fetching, recording, raking, helping with hurdles when needed, help keep athletes waiting patiently and quietly
- Helping at the starting line or finishing line
- Cooking the BBQ if needed

### **After competition**

- Return all equipment and trolleys to the shed, along with high jump mats.

### **Age Group Managers**

- Manage an age group by ensuring safety of all athletes
- Gather all athletes for each event
- Follow the program IN ORDER unless a change is authorised by centre manager
- Encourage other parents in your age group to assist in the running of events
- If your age group is last on the program – pack away the equipment together
- Be visible by wearing the Hi-Vis vest supplied. Your age number is on the back
- Wait until all athletes in your age group are finished before moving on.

For the safety of all athletes, it is a policy of Helensvale Little Athletics centre that all athletes always remain on the grounds during competition or training. The centre takes no responsibility should your child leave the grounds. Parents or guardians **MUST** stay on the grounds whilst their athlete is participating in competition or training.

## UNIFORM

The Helensvale Little Athletics uniform consists of dark purple, dark blue and teal. The Centre uniform is **COMPULSORY** at all centre competition bight and when representing Helensvale Little Athletic centre at any carnivals. It is not compulsory to wear your uniform to our training sessions. The full uniform is available to purchase online or at the centre and the prices are as follows:

|                                  |      |
|----------------------------------|------|
| POLO SHIRT unisex                | \$45 |
| SINGLET unisex (for U13 and up)  | \$40 |
| CROP TOPS for girls (U13 and up) | \$40 |
| SHORTS unisex                    | \$40 |
| BUMMERS bike pants for girls     | \$40 |

At the time of registration pack pick-up, you will receive an age label and a registration number. The age label must be attached to the left sleeve of the shirt, The registration number should be attached in the centre on the front of the shirt and be clearly visible. The name of the athlete and age group should be clearly written in the space provided, in black waterproof permanent marker e.g. John Smith U15. Please see the uniform tab on the website for patch placement.

If an athlete chooses to wear 'skins', they may do so underneath their club uniform. No logos should be visible on these items of clothing. Please refer to the UNIFORM POLICY on the website.

**\*\* Please note: Athletes can be disqualified for not wearing the correct uniform. Please ensure your athletes are correctly attired to avoid any disappointments.**

## FOOTWEAR

Suitable footwear must be worn by all athletes while competing in all events at Little Athletics centres. Parents should encourage their children to always wear shoes. Please refer to the FOOTWEAR POLICY on the website.

## SPIKE RULES

<https://helensvalelittleathletics.org.au/wp-content/uploads/2019/05/Footwear-Policy.pdf>

## LAQ SUNSAFE POLICY

<https://helensvalelittleathletics.org.au/wp-content/uploads/2019/10/Sun-Safe-Policy.pdf>

Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE

## **EQUIPMENT**

The equipment belongs to the centre, and therefore may be only used under the supervision of coaches and age managers and should be returned to the shed after each training session/competition nights. For safety reasons, please report any damaged/ faulty equipment to the equipment officer, Michael Murray, or another committee member. All equipment guidelines can be found on the Helensvale website.

## **BLUE CARDS**

All the parents/caregivers of children attending our centre are encouraged to complete the volunteer blue card application form. This service is provided free of charge to volunteers by the Commission for Children and Young People. The move for all adults in contact with children to have a Blue Card is strongly supported by Little Athletics Queensland. Please see our blue card officer, Karen Viller, or email us at [helensvaleathletics@gmail.com](mailto:helensvaleathletics@gmail.com)

## **ZERO TOLERANCE DISCIPLINE POLICY**

Athletes should note that persons displaying unacceptable behaviour, which may cause danger and disruption to others, will be stopped from further participation in their competition and no points will be allocated. Should the Centre Manager decide the behaviour warrants discipline, the athlete may be dismissed from any further competition with Helensvale Little Athletics.

Unacceptable behaviour, which may be reported when the athlete is representing Helensvale Little Athletics at another venue, will also result in dismissal from the centre. It may also be noted that should dismissal occur. no refund of fees will be given.

<https://laq.org.au/wp-content/uploads/sites/5/2021/03/Zero-Tolerance-Policy.pdf>

## **PROHIBITIONS**

The following are prohibited at Helensvale Little Athletics, and at venues we compete at:

- Dogs
- Smoking
- Alcohol/drugs
- Riding of bikes/scooters
- Throwing stones or any other projectiles, including any equipment eg javelin, shot put or discus when not supervised
- Crossing the track whilst an event is in progress
- Abusive language will not be tolerated by any athlete or parent at any time.

## **PARENTAL SUPERVISION POLICY**

It is a requirement of HLA that all athletes are supervised by a parent or caregiver on all training sessions and competition nights. Under no circumstance (regardless of their age) should an athlete be left at the grounds unattended.

## CANTEEN

We will be running a canteen this season. We will also have a BBQ and sell a sausage sizzle, along with some drinks and snacks. We are always looking for someone to cook some snags or help in the canteen, please come forward, we'd love to see you! All profits go directly back into our Club so please support where you can.

## CARNIVALS

Your centre committee encourages you to attend as many carnivals as possible. The experience in competition gained from these carnivals will help improve your performances. Should you decide to attend a carnival you must wear the correct centre uniform and compete in your own age group. When attending carnivals, it is encouraged (where possible) that all athletes sit together as a team and support your fellow athletes in their events. Watch our Facebook page and parents' group for upcoming carnivals, changes in dates and closing dates for nominations. If you have any questions regarding carnivals, please message us or speak with our carnival officer, Michael Murray.

## SUPPORTERS

We'd love to thank these wonderful businesses for their support of Helensvale Little Athletics!



## EXAMPLE OF WEEKLY PROGRAM

| HLA WEEK 1        |           |                          |                          |                            |                            |
|-------------------|-----------|--------------------------|--------------------------|----------------------------|----------------------------|
| AGE GROUP         | EVENT 1   | EVENT 2                  | EVENT 3                  | EVENT 4                    | EVENT 5                    |
| U6                | LONG JUMP | 100M                     | DISCUS                   | 70M                        |                            |
| U7                | 100M      | DISCUS                   | 70M                      | SHOT PUT<br>(pack away)    |                            |
| U8                | 100M      | SHOT PUT                 | 70M                      | LONG JUMP                  | 200M                       |
| U9                | 800M      | SHOT PUT                 | 100M                     | LONG JUMP                  | 200M                       |
| U10               | 400M      | LONG JUMP                | 100M                     | SHOT PUT<br>(pack away)    | 200M                       |
| U11               | 800M      | TRIPLE JUMP              | 100M                     | JAV – girls<br>200M – boys | 200M – girls<br>JAV - boys |
| U12               | 800M      | JAV – boys<br>HJ – girls | HJ – boys<br>JAV – girls | 100M                       | 200M                       |
| U13               | JAVELIN   | 800M                     | LONG JUMP                | 200M                       | DISCUS<br>(pack away)      |
| U14<br>U15<br>U16 | DISCUS    | 800M                     | TRIPLE JUMP              | 200M                       | LONG JUMP<br>(pack away)   |



## Girls Achievement Levels

|                |       | U 6    | U 7      | U 8    | U 9      | U 10     | U 11     | U 12     | U 13     | U 14     | U 15     | U 16     | U 17     |
|----------------|-------|--------|----------|--------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                |       | 60m    |          |        | 80m      |          |          |          | 90m      |          |          | 100m     |          |
| Sprint Hurdles | BLUE  |        |          | ^ 14.3 | 13.4     | 13.7     | 17.6     | 17.6     | 17.9     | 16.8     | 18.2     | 17.7     | 19.4     |
|                | RED   |        |          | ^ 16.6 | 15.3     | 15.5     | 20.5     | 20.5     | 20.7     | 20.6     | 21.4     | 20.9     | 23.0     |
|                | GREEN |        |          | ^ 20.0 | 18.2     | 18.7     | 26.0     | 26.0     | 27.0     | 26.5     | 30.0     | 28.0     | 34.0     |
| 200m Hurdles   | BLUE  |        |          |        |          |          |          |          | 36.1     | 35.5     |          |          |          |
|                | RED   |        |          |        |          |          |          |          | 40.5     | 40.1     |          |          |          |
|                | GREEN |        |          |        |          |          |          |          | 50.0     | 49.0     |          |          |          |
| 300m Hurdles   | BLUE  |        |          |        |          |          |          |          |          |          | 57.4     | 56.2     | 54.6     |
|                | RED   |        |          |        |          |          |          |          |          |          | 1:05.7   | 1:05.0   | 1:05.0   |
|                | GREEN |        |          |        |          |          |          |          |          |          | 1:20.0   | 1:19.0   | 1:18.0   |
| 70m            | BLUE  | 15.4   | ^ 13.9   | ^ 13.3 | 12.6     | 11.9     | * 11.6   | * 11.2   | * 10.8   | * 10.6   | * 10.4   | * 10.2   | * 10.1   |
|                | RED   | 17.5   | ^ 16.0   | ^ 15.2 | 14.5     | 13.5     | * 13.4   | * 12.5   | * 12.0   | * 11.7   | * 11.5   | * 11.3   | * 11.1   |
|                | GREEN | 20.7   | ^ 18.6   | ^ 16.7 | 16.1     | 15.2     | * 14.5   | * 14.2   | * 13.9   | * 13.4   | * 13.1   | * 12.6   | * 12.6   |
| 100m           | BLUE  | 22.6   | ^ 20.1   | ^ 18.9 | 17.9     | 17.0     | 16.1     | 15.5     | 15.0     | 14.4     | 14.2     | 14.1     | 14.0     |
|                | RED   | 25.8   | ^ 22.7   | ^ 21.4 | 21.1     | 18.8     | 18.2     | 17.7     | 17.0     | 16.2     | 15.8     | 15.6     | 15.5     |
|                | GREEN | 32.0   | ^ 29.0   | ^ 26.0 | 24.0     | 21.7     | 20.8     | 20.2     | 19.7     | 18.4     | 18.2     | 18.1     | 17.9     |
| 200m           | BLUE  | 51.0   | ^ 45.5   | ^ 41.5 | 39.0     | 36.5     | 34.5     | 33.0     | 31.5     | 31.0     | 30.5     | 30.0     | 29.5     |
|                | RED   | 1:00.5 | ^ 53.0   | ^ 47.5 | 44.5     | 42.0     | 40.0     | 38.5     | 36.0     | 35.0     | 34.0     | 34.0     | 33.5     |
|                | GREEN | 1:15.0 | ^ 1:06.0 | ^ 58.0 | 54.0     | 50.0     | 48.0     | 46.0     | 44.0     | 43.0     | 42.0     | 42.0     | 42.0     |
| 300m           | BLUE  |        | 1:16.0   |        |          |          |          |          |          |          |          |          |          |
|                | RED   |        | 1:27.0   |        |          |          |          |          |          |          |          |          |          |
|                | GREEN |        | 1:46.0   |        |          |          |          |          |          |          |          |          |          |
| 400m           | BLUE  |        |          |        | 1:33.0   | 1:29.0   | 1:24.0   | 1:21.0   | 1:16.0   | 1:14.0   | 1:12.0   | 1:11.0   | 1:10.0   |
|                | RED   |        |          |        | 1:49.0   | 1:43.0   | 1:36.0   | 1:35.0   | 1:30.0   | 1:28.0   | 1:27.0   | 1:26.0   | 1:26.0   |
|                | GREEN |        |          |        | 2:21.0   | 2:04.0   | 2:03.0   | 2:00.0   | 1:58.0   | 1:56.0   | 1:54.0   | 1:50.0   | 1:50.0   |
| 500m           | BLUE  |        |          | 2:15.0 |          |          |          |          |          |          |          |          |          |
|                | RED   |        |          | 2:35.0 |          |          |          |          |          |          |          |          |          |
|                | GREEN |        |          | 3:15.0 |          |          |          |          |          |          |          |          |          |
| 800m           | BLUE  |        |          |        | 3:40.0   | 3:30.0   | 3:20.0   | 3:15.0   | 3:10.0   | 3:05.0   | 3:05.0   | 3:00.0   | 3:00.0   |
|                | RED   |        |          |        | 4:15.0   | 4:10.0   | 4:05.0   | 4:00.0   | 3:55.0   | 3:50.0   | 3:50.0   | 3:50.0   | 3:50.0   |
|                | GREEN |        |          |        | 5:35.0   | 5:05.0   | 4:55.0   | 4:50.0   | 4:45.0   | 4:45.0   | 4:35.0   | 4:35.0   | 4:35.0   |
| 1500m          | BLUE  |        |          |        |          |          | 6:50.0   | 6:45.0   | 6:40.0   | 6:35.0   | 6:25.0   | 6:25.0   | 6:25.0   |
|                | RED   |        |          |        |          |          | 8:15.0   | 8:10.0   | 8:00.0   | 7:55.0   | 7:50.0   | 7:50.0   | 7:50.0   |
|                | GREEN |        |          |        |          |          | 10:50.0  | 10:40.0  | 10:30.0  | 10:20.0  | 10:00.0  | 10:00.0  | 10:00.0  |
| 300mW          | BLUE  |        |          | 2:15.0 | * 2:10.0 |          |          |          |          |          |          |          |          |
|                | RED   |        |          | 2:30.0 | * 2:25.0 |          |          |          |          |          |          |          |          |
|                | GREEN |        |          | 3:40.0 | * 3:15.0 |          |          |          |          |          |          |          |          |
| 700mW          | BLUE  |        |          |        | 5:15.0   | * 5:10.0 | * 4:50.0 | * 4:50.0 | * 4:45.0 | * 4:35.0 | * 4:30.0 | * 4:30.0 | * 4:30.0 |
|                | RED   |        |          |        | 6:05.0   | * 5:55.0 | * 5:45.0 | * 5:45.0 | * 5:40.0 | * 5:30.0 | * 5:30.0 | * 5:30.0 | * 5:30.0 |
|                | GREEN |        |          |        | 7:40.0   | * 7:20.0 | * 7:00.0 | * 7:00.0 | * 6:50.0 | * 6:50.0 | * 6:50.0 | * 6:50.0 | * 6:50.0 |
| 1100mW         | BLUE  |        |          |        |          | 8:10.0   | 8:05.0   |          |          |          |          |          |          |
|                | RED   |        |          |        |          | 9:10.0   | 9:05.0   |          |          |          |          |          |          |
|                | GREEN |        |          |        |          | 10:50.0  | 10:40.0  |          |          |          |          |          |          |
| 1500mW         | BLUE  |        |          |        |          |          |          | 11:20.0  | 11:10.0  | 10:40.0  | 10:40.0  | 10:40.0  | 10:40.0  |
|                | RED   |        |          |        |          |          |          | 12:40.0  | 12:30.0  | 12:30.0  | 12:30.0  | 12:30.0  | 12:30.0  |
|                | GREEN |        |          |        |          |          |          | 15:00.0  | 14:50.0  | 14:40.0  | 14:40.0  | 14:40.0  | 14:40.0  |
| SHOT PUT       | BLUE  | 3.00   | ^ 3.70   | ^ 4.10 | 4.40     | 5.00     | 6.00     | 6.50     | 6.70     | 7.00     | 8.00     | 8.50     | 8.50     |
|                | RED   | 2.20   | ^ 2.70   | ^ 3.00 | 3.30     | 4.00     | 4.60     | 5.20     | 5.10     | 5.50     | 5.80     | 6.10     | 6.50     |
|                | GREEN | 1.50   | ^ 2.00   | ^ 2.10 | 2.50     | 2.80     | 3.70     | 3.80     | 3.70     | 4.10     | 4.90     | 5.00     | 5.30     |
| DISCUS         | BLUE  | 5.50   | ^ 8.00   | ^ 8.50 | 10.50    | 13.50    | 15.50    | 15.00    | 18.00    | 17.50    | 19.00    | 21.50    | 21.50    |
|                | RED   | 4.00   | ^ 5.00   | ^ 5.50 | 7.00     | 9.00     | 11.00    | 11.00    | 12.00    | 13.50    | 14.00    | 14.50    | 15.00    |
|                | GREEN | 2.50   | ^ 3.50   | ^ 4.00 | 5.00     | 6.00     | 7.50     | 7.00     | 8.50     | 9.00     | 10.00    | 10.50    | 10.50    |
| JAVELIN        | BLUE  |        |          |        |          |          | 10.50    | 12.00    | 15.00    | 17.50    | 16.50    | 19.50    | 21.50    |
|                | RED   |        |          |        |          |          | 7.50     | 8.50     | 9.50     | 11.50    | 12.00    | 13.00    | 13.50    |
|                | GREEN |        |          |        |          |          | 5.00     | 6.00     | 6.50     | 7.00     | 8.50     | 9.00     | 9.50     |
| HIGH JUMP      | BLUE  |        |          | 0.85   | 0.95     | 1.05     | 1.10     | 1.20     | 1.25     | 1.30     | 1.35     | 1.35     | 1.35     |
|                | RED   |        |          | 0.70   | 0.80     | 0.85     | 0.95     | 1.00     | 1.05     | 1.10     | 1.15     | 1.15     | 1.15     |
|                | GREEN |        |          | 0.55   | 0.65     | 0.70     | 0.80     | 0.85     | 0.85     | 0.95     | 1.00     | 1.00     | 1.00     |
| LONG JUMP      | BLUE  | 2.00   | ^ 2.40   | ^ 2.60 | 2.80     | 3.10     | 3.40     | 3.60     | 3.90     | 4.10     | 4.20     | 4.30     | 4.40     |
|                | RED   | 1.60   | ^ 1.90   | ^ 2.10 | 2.40     | 2.70     | 2.90     | 3.00     | 3.20     | 3.30     | 3.40     | 3.50     | 3.60     |
|                | GREEN | 1.10   | ^ 1.30   | ^ 1.50 | 1.80     | 2.00     | 2.20     | 2.40     | 2.60     | 2.70     | 2.70     | 2.70     | 2.70     |
| TRIPLE JUMP    | BLUE  |        |          |        |          |          | 7.00     | 7.70     | 8.10     | 8.60     | 9.00     | 9.10     | 9.30     |
|                | RED   |        |          |        |          |          | 5.70     | 6.10     | 6.60     | 7.20     | 7.60     | 7.70     | 7.90     |
|                | GREEN |        |          |        |          |          | 4.50     | 4.80     | 5.10     | 5.60     | 5.80     | 5.90     | 6.40     |

### ACHIEVEMENT AWARD RULES

- Group awards are achieved when all of the same level is reached in all events in the associated Group e.g. to achieve the Green Group award for sprints, the competitor must achieve green level in 70m, 100m, 200m, events. The same rule applies for Red and Blue Group Awards.
- The number of Group Awards required is age group adjusted: U6's need 2 groups of 3; U7's need 2 groups of 4; U8 – U17's need 3 groups of 6.
- Performance levels can be achieved at any LAQ Centre or Association Competitions where the event is conducted.
- Attendance awards are achieved by attending Centre competition meetings. Cancelled competition days are considered in the competitor's favour.
- Symbols \* or ^ against time / distances:  
 Events with \* are optional events not conducted at State Championships or Carnivals competitions (U9 – U17's)  
 Events with ^ are optional events that may be conducted at Regional & LAQ Carnival Competitions (U7 & U8's).

updated August 2020





### Boys Achievement Levels

|                |       | U 6    | U 7      | U 8     | U 9      | U 10     | U 11     | U 12     | U 13     | U 14     | U 15     | U 16     | U 17     |
|----------------|-------|--------|----------|---------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                |       |        |          |         | 60m      |          | 80m      |          | 90m      |          | 100m     |          | 110m     |
| Sprint Hurdles | BLUE  |        |          | ^ 13.6  | 12.7     | 13.0     | 16.7     | 16.5     | 16.8     | 16.9     | 17.6     | 16.0     | 17.9     |
|                | RED   |        |          | ^ 15.5  | 14.6     | 14.8     | 19.2     | 19.3     | 19.6     | 20.3     | 20.2     | 19.4     | 20.8     |
|                | GREEN |        |          | ^ 19.5  | 18.3     | 18.5     | 24.0     | 24.1     | 24.5     | 25.0     | 27.0     | 26.0     | 25.6     |
| 200mH          | BLUE  |        |          |         |          |          |          |          | 35.0     | 32.5     |          |          |          |
|                | RED   |        |          |         |          |          |          |          | 38.8     | 36.4     |          |          |          |
|                | GREEN |        |          |         |          |          |          |          | 48.0     | 47.0     |          |          |          |
| 300mH          | BLUE  |        |          |         |          |          |          |          |          |          | 50.5     | 50.0     | 48.5     |
|                | RED   |        |          |         |          |          |          |          |          |          | 57.5     | 56.5     | 56.5     |
|                | GREEN |        |          |         |          |          |          |          |          |          | 1:10.0   | 1:09.0   | 1:08.0   |
| 70m            | BLUE  | 15.0   | ^ 13.6   | ^ 12.8  | 12.0     | 11.6     | * 11.1   | * 10.8   | * 10.3   | * 9.7    | * 9.4    | * 9.1    | * 8.7    |
|                | RED   | 17.2   | ^ 16.0   | ^ 14.5  | 14.0     | 13.0     | * 12.5   | * 12.0   | * 11.5   | * 11.3   | * 10.5   | * 10.4   | * 10.0   |
|                | GREEN | 20.0   | ^ 18.1   | ^ 16.5  | 15.7     | 14.5     | * 14.3   | * 13.8   | * 13.3   | * 13.0   | * 12.6   | * 12.5   | * 12.5   |
| 100m           | BLUE  | 21.8   | ^ 19.5   | ^ 18.2  | 17.1     | 16.3     | 15.4     | 14.9     | 14.4     | 13.3     | 12.7     | 12.3     | 12.1     |
|                | RED   | 25.1   | ^ 22.6   | ^ 20.3  | 19.1     | 18.2     | 17.7     | 16.8     | 16.1     | 15.0     | 14.2     | 13.7     | 13.2     |
|                | GREEN | 31.0   | ^ 27.0   | ^ 25.0  | 23.0     | 21.5     | 20.4     | 19.2     | 18.7     | 17.9     | 17.1     | 16.6     | 16.2     |
| 200m           | BLUE  | 49.0   | ^ 43.0   | ^ 40.0  | 37.0     | 35.0     | 33.5     | 32.0     | 30.5     | 28.0     | 27.0     | 26.0     | 25.5     |
|                | RED   | 57.5   | ^ 51.0   | ^ 44.5  | 42.5     | 40.0     | 38.0     | 36.0     | 34.5     | 32.0     | 30.0     | 29.0     | 28.5     |
|                | GREEN | 1:13.0 | ^ 1:04.0 | ^ 55.0  | 53.0     | 48.5     | 45.5     | 45.5     | 42.5     | 40.0     | 39.0     | 38.0     | 37.0     |
| 300m           | BLUE  |        | 1:10.0   |         |          |          |          |          |          |          |          |          |          |
|                | RED   |        | 1:26.0   |         |          |          |          |          |          |          |          |          |          |
|                | GREEN |        | 1:45.0   |         |          |          |          |          |          |          |          |          |          |
| 400m           | BLUE  |        |          |         | 1:28.0   | 1:23.0   | 1:20.0   | 1:17.0   | 1:12.0   | 1:05.0   | 1:03.0   | 1:00.0   | 59.0     |
|                | RED   |        |          |         | 1:41.0   | 1:37.0   | 1:33.0   | 1:30.0   | 1:25.0   | 1:20.0   | 1:15.0   | 1:10.0   | 1:10.0   |
|                | GREEN |        |          |         | 2:10.0   | 2:02.0   | 1:52.0   | 1:50.0   | 1:45.0   | 1:40.0   | 1:35.0   | 1:30.0   | 1:30.0   |
| 500m           | BLUE  |        |          | 2:05.0  |          |          |          |          |          |          |          |          |          |
|                | RED   |        |          | 2:25.0  |          |          |          |          |          |          |          |          |          |
|                | GREEN |        |          | 3:10.0  |          |          |          |          |          |          |          |          |          |
| 800m           | BLUE  |        |          |         | 3:20.0   | 3:15.0   | 3:05.0   | 3:00.0   | 2:55.0   | 2:45.0   | 2:40.0   | 2:35.0   | 2:30.0   |
|                | RED   |        |          |         | 3:55.0   | 3:40.0   | 3:35.0   | 3:30.0   | 3:25.0   | 3:20.0   | 3:20.0   | 3:20.0   | 3:20.0   |
|                | GREEN |        |          |         | 5:05.0   | 4:50.0   | 4:40.0   | 4:35.0   | 4:30.0   | 4:30.0   | 4:20.0   | 4:20.0   | 4:20.0   |
| 1500m          | BLUE  |        |          |         |          |          | 6:20.0   | 6:05.0   | 6:00.0   | 5:50.0   | 5:45.0   | 5:30.0   | 5:20.0   |
|                | RED   |        |          |         |          |          | 7:30.0   | 7:05.0   | 7:00.0   | 6:55.0   | 6:35.0   | 6:30.0   | 6:20.0   |
|                | GREEN |        |          |         |          |          | 9:40.0   | 9:30.0   | 9:20.0   | 9:10.0   | 9:00.0   | 9:00.0   | 9:00.0   |
| 300mW          | BLUE  |        |          | 2:10.0  | * 2:05.0 |          |          |          |          |          |          |          |          |
|                | RED   |        |          | 2:25.0  | * 2:20.0 |          |          |          |          |          |          |          |          |
|                | GREEN |        |          | 3:40.0  | * 3:15.0 |          |          |          |          |          |          |          |          |
| 700mW          | BLUE  |        |          |         | 5:05.0   | * 5:00.0 | * 4:50.0 | * 4:45.0 | * 4:40.0 | * 4:25.0 | * 4:20.0 | * 4:20.0 | * 4:20.0 |
|                | RED   |        |          |         | 5:50.0   | * 5:40.0 | * 5:30.0 | * 5:30.0 | * 5:25.0 | * 5:20.0 | * 5:20.0 | * 5:20.0 | * 5:20.0 |
|                | GREEN |        |          |         | 7:20.0   | * 7:15.0 | * 6:50.0 | * 6:50.0 | * 6:40.0 | * 6:40.0 | * 6:40.0 | * 6:40.0 | * 6:40.0 |
| 1100mW         | BLUE  |        |          |         |          | 8:00.0   | 7:45.0   |          |          |          |          |          |          |
|                | RED   |        |          |         |          | 9:05.0   | 8:55.0   |          |          |          |          |          |          |
|                | GREEN |        |          |         |          | 10:40.0  | 10:30.0  |          |          |          |          |          |          |
| 1500mW         | BLUE  |        |          |         |          |          |          | 10:40.0  | 10:35.0  | 10:35.0  | 10:20.0  | 10:20.0  | 10:20.0  |
|                | RED   |        |          |         |          |          |          | 12:30.0  | 12:20.0  | 12:20.0  | 12:20.0  | 12:20.0  | 12:20.0  |
|                | GREEN |        |          |         |          |          |          | 14:30.0  | 14:20.0  | 14:10.0  | 14:10.0  | 14:10.0  | 14:10.0  |
| SHOT PUT       | BLUE  | 3.60   | ^ 4.70   | ^ 4.90  | 5.30     | 6.00     | 7.00     | 7.50     | 7.50     | 8.70     | 9.50     | 11.20    | 9.80     |
|                | RED   | 2.60   | ^ 3.40   | ^ 3.60  | 3.90     | 4.70     | 5.40     | 6.20     | 5.50     | 6.50     | 7.00     | 7.50     | 8.00     |
|                | GREEN | 1.80   | ^ 2.20   | ^ 2.70  | 2.80     | 3.60     | 4.10     | 4.60     | 4.50     | 4.80     | 5.40     | 6.00     | 5.40     |
| DISCUS         | BLUE  | 7.50   | ^ 11.00  | ^ 11.00 | 13.50    | 16.00    | 18.00    | 19.00    | 22.50    | 23.50    | 29.50    | 33.50    | 29.50    |
|                | RED   | 5.00   | ^ 7.50   | ^ 8.00  | 10.00    | 12.00    | 13.50    | 14.50    | 15.50    | 16.50    | 20.00    | 22.00    | 21.00    |
|                | GREEN | 3.50   | ^ 4.50   | ^ 5.00  | 6.00     | 7.50     | 9.00     | 9.00     | 10.00    | 11.00    | 14.00    | 15.00    | 14.00    |
| JAVELIN        | BLUE  |        |          |         |          |          | 14.50    | 18.00    | 18.50    | 22.00    | 26.50    | 27.50    | 33.00    |
|                | RED   |        |          |         |          |          | 10.00    | 12.50    | 12.50    | 14.50    | 17.50    | 20.00    | 24.00    |
|                | GREEN |        |          |         |          |          | 6.00     | 7.50     | 8.00     | 9.50     | 11.00    | 13.00    | 13.00    |
| HIGH JUMP      | BLUE  |        |          | 0.90    | 1.00     | 1.10     | 1.15     | 1.25     | 1.35     | 1.45     | 1.55     | 1.60     | 1.70     |
|                | RED   |        |          | 0.75    | 0.85     | 0.90     | 1.00     | 1.05     | 1.10     | 1.20     | 1.30     | 1.35     | 1.45     |
|                | GREEN |        |          | 0.60    | 0.70     | 0.80     | 0.85     | 0.90     | 1.00     | 1.05     | 1.05     | 1.10     | 1.15     |
| LONG JUMP      | BLUE  | 2.10   | ^ 2.50   | ^ 2.90  | 3.10     | 3.40     | 3.70     | 3.90     | 4.20     | 4.80     | 5.00     | 5.30     | 5.60     |
|                | RED   | 1.70   | ^ 2.00   | ^ 2.40  | 2.60     | 2.90     | 3.00     | 3.30     | 3.50     | 3.90     | 4.10     | 4.30     | 4.50     |
|                | GREEN | 1.20   | ^ 1.40   | ^ 1.60  | 1.90     | 2.30     | 2.30     | 2.50     | 2.70     | 2.90     | 3.10     | 3.30     | 3.50     |
| TRIPLE JUMP    | BLUE  |        |          |         |          |          | 7.60     | 8.20     | 8.90     | 9.90     | 10.50    | 10.90    | 11.10    |
|                | RED   |        |          |         |          |          | 6.20     | 6.50     | 7.20     | 7.70     | 8.50     | 9.00     | 9.50     |
|                | GREEN |        |          |         |          |          | 4.70     | 5.20     | 5.70     | 6.00     | 6.50     | 7.00     | 7.50     |

#### ACHIEVEMENT AWARD RULES

- Group awards are achieved when all of the same level is reached in all events in the associated Group e.g. to achieve the Green Group award for sprints, the competitor must achieve green level in 70m, 100m, 200m, events. The same rule applies for Red and Blue Group Awards.
- The number of Group Awards required is age group adjusted: U6's need 2 groups of 3; U7's need 2 groups of 4; U8 – U17's need 3 groups of 6.
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updated August 2020

# Gold Achievement Levels

## GIRLS

| Event          | U9<br>Gold | U10<br>Gold | U11<br>Gold | U12<br>Gold | U13<br>Gold | U14<br>Gold | U15<br>Gold | U16<br>Gold | U17<br>Gold |
|----------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 70m            | 11.40      | 10.80       | -           | -           | -           | -           | -           | -           | -           |
| 100m           | 16.00      | 15.30       | 14.50       | 14.00       | 13.60       | 13.20       | 13.10       | 13.10       | 12.90       |
| 200m           | 33.90      | 32.40       | 30.30       | 29.30       | 28.20       | 27.70       | 27.40       | 27.20       | 27.00       |
| 400m           | 01:19.8    | 01:16.4     | 01:12.0     | 01:09.0     | 01:04.1     | 01:05.0     | 01:03.8     | 01:05.0     | 01:04.4     |
| 800m           | 03:06.5    | 02:58.6     | 02:50.9     | 02:45.8     | 02:42.2     | 02:38.9     | 02:37.3     | 02:38.4     | 02:39.7     |
| 1500m          | -          | -           | 05:47.0     | 05:39.7     | 05:36.6     | 05:35.1     | 05:26.3     | 05:32.6     | 05:38.0     |
| 60/80/90/100mH | 11.70      | 11.70       | 15.50       | 15.20       | 15.00       | 14.40       | 15.20       | 15.40       | 18.80       |
| 200mH          | -          | -           | -           | -           | 31.80       | 31.30       | -           | -           | -           |
| 300mH          | -          | -           | -           | -           | -           | -           | 50.80       | 51.20       | 49.20       |
| ShotPut        | 7.00       | 8.50        | 10.00       | 11.30       | 10.70       | 11.50       | 11.80       | 11.30       | 11.50       |
| Discus         | 21.50      | 27.10       | 27.40       | 30.60       | 34.90       | 31.60       | 34.00       | 32.80       | 34.60       |
| Javelin        | -          | -           | 22.30       | 26.40       | 28.60       | 34.90       | 31.20       | 33.50       | 33.20       |
| HighJump       | 1.17       | 1.26        | 1.33        | 1.43        | 1.53        | 1.53        | 1.58        | 1.54        | 1.53        |
| TripleJump     | -          | -           | 8.70        | 9.40        | 10.10       | 10.50       | 10.70       | 10.10       | 10.30       |
| LongJump       | 3.60       | 3.90        | 4.20        | 4.60        | 4.80        | 5.00        | 5.20        | 4.90        | 5.00        |
| 700mWalk       | 04:18.3    | -           | -           | -           | -           | -           | -           | -           | -           |
| 1100mWalk      | -          | 06:45.6     | 06:33.2     | -           | -           | -           | -           | -           | -           |
| 1500mWalk      | -          | -           | -           | 08:59.3     | 08:52.7     | 08:27.7     | 08:30.4     | 08:26.8     | 08:48.7     |

## BOYS

| Event      | U9<br>Gold | U10<br>Gold | U11<br>Gold | U12<br>Gold | U13<br>Gold | U14<br>Gold | U15<br>Gold | U16<br>Gold | U17<br>Gold |
|------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 70m        | 10.90      | 10.50       | -           | -           | -           | -           | -           | -           | -           |
| 100m       | 15.40      | 14.60       | 14.00       | 13.50       | 12.90       | 12.30       | 11.70       | 11.60       | 11.50       |
| 200m       | 32.50      | 31.00       | 29.70       | 28.20       | 26.60       | 25.30       | 24.40       | 24.30       | 23.90       |
| 400m       | 01:16.0    | 01:12.2     | 01:08.8     | 01:06.1     | 01:02.0     | 00:58.0     | 00:56.3     | 00:55.6     | 00:54.7     |
| 800m       | 02:52.9    | 02:48.3     | 02:41.2     | 02:35.1     | 02:29.3     | 02:22.1     | 02:18.0     | 02:17.4     | 02:14.8     |
| 1500m      | -          | -           | 05:28.4     | 05:15.1     | 05:08.6     | 04:59.4     | 04:54.4     | 04:55.2     | 04:44.7     |
| 60-110mH   | 11.10      | 11.40       | 14.80       | 14.70       | 14.30       | 14.50       | 15.10       | 14.80       | 17.90       |
| 200mH      | -          | -           | -           | -           | 30.40       | 28.60       | -           | -           | -           |
| 300mH      | -          | -           | -           | -           | -           | -           | 44.70       | 45.00       | 44.20       |
| ShotPut    | 8.30       | 9.60        | 10.70       | 11.80       | 13.30       | 13.40       | 14.60       | 13.70       | 12.80       |
| Discus     | 25.10      | 29.60       | 31.50       | 36.90       | 41.60       | 42.00       | 47.00       | 48.80       | 41.60       |
| Javelin    | -          | -           | 28.20       | 34.40       | 37.00       | 40.30       | 43.10       | 42.00       | 49.40       |
| HighJump   | 1.22       | 1.32        | 1.39        | 1.53        | 1.59        | 1.70        | 1.83        | 1.80        | 1.88        |
| TripleJump | -          | -           | 9.40        | 10.50       | 11.00       | 12.20       | 12.40       | 12.10       | 12.60       |
| LongJump   | 3.90       | 4.30        | 4.70        | 4.90        | 5.40        | 5.80        | 6.10        | 6.10        | 6.30        |
| 700mWalk   | 04:12.7    | -           | -           | -           | -           | -           | -           | -           | -           |
| 1100mWalk  | -          | 06:33.4     | 06:19.4     | -           | -           | -           | -           | -           | -           |
| 1500mWalk  | -          | -           | -           | 08:35.8     | 08:28.5     | 08:24.2     | 08:04.1     | 08:30.1     | 08:02.4     |

Multi-Class Levels can be found here: <https://laq.org.au/wp-content/uploads/sites/5/2022/02/Multi-Class-McDonalds-Tables-2020.pdf>



## HELENSVALE LITTLE ATHLETICS RECORD HOLDERS

We have two set of records at Helensvale Little Athletics.

Old Home Grounds

<https://helensvalelittleathletics.org.au/wp-content/uploads/2022/05/Record-Holders-2021-2022a.pdf>

Our Season at the Gold Coast Performance Centre

<https://helensvalelittleathletics.org.au/wp-content/uploads/2021/04/1.pdf>

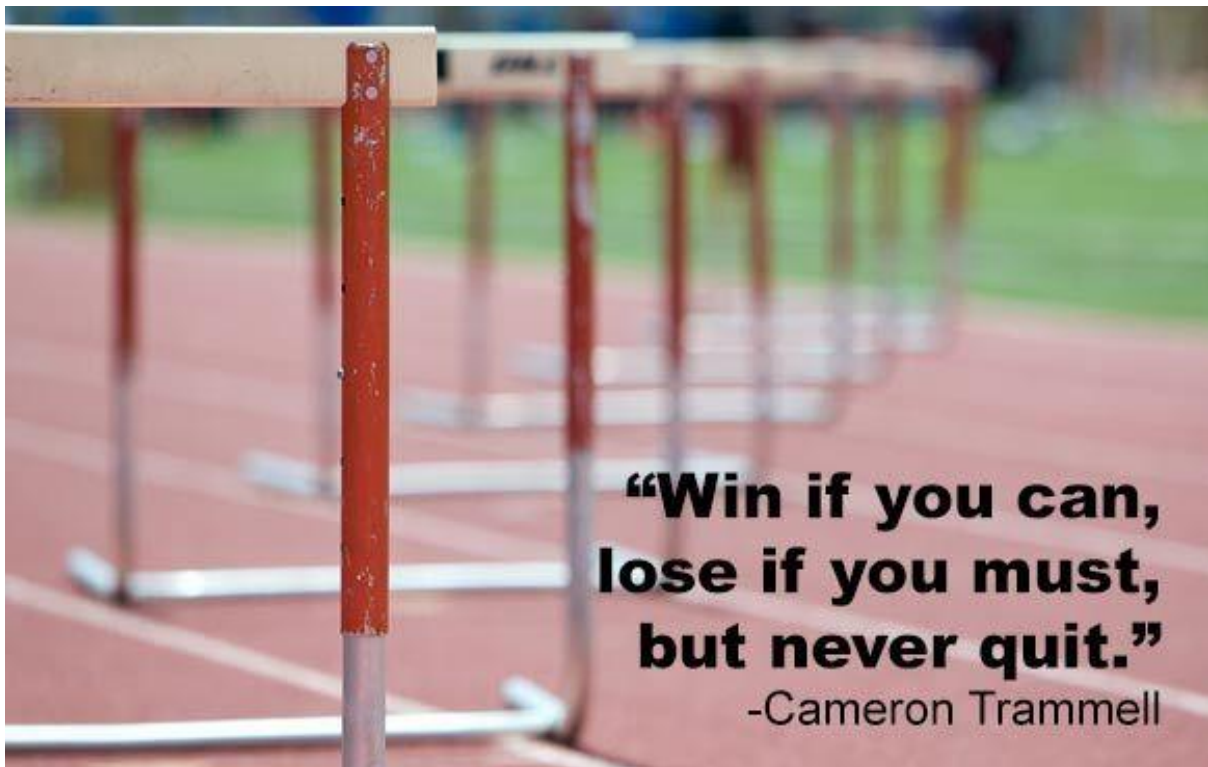


## CLUB CAPTAINS FOR THE 23/24 SEASON

Every year at our end of season presentation we announce our club captains for the following season. There are certain criteria taken into account when considering athletes for this important role.

- Athlete is within the senior age group
- Athlete is a positive role model
- Athlete is a good example to all centre members
- Athlete shows great sportsmanship
- Athlete represents the club with high morale
- Athlete demonstrates good behaviour on and off the track
- Athlete has shown a commitment by attending at least 75% of all HLA competition nights during the previous season and has been a member of the club for a minimum of 3 years

This season we will have two club captains and we will announce later in the season. Should your senior athlete (u14-u17) wish to apply, please come and speak to a member of our committee!



## Useful Links

Helensvale Little Athletics

[www.helensvalelittleathletics.org.au](http://www.helensvalelittleathletics.org.au)

Helensvale Little Athletics Facebook page

[www.facebook.com/helensvalelittleathletics](http://www.facebook.com/helensvalelittleathletics)

Helensvale Little Athletics 23/24 Parents Group

<https://www.facebook.com/groups/hlaparents2324>

LAQ

[www.laq.org.au](http://www.laq.org.au)

ResultsHQ

[www.resultshq.com.au](http://www.resultshq.com.au)



“  
**YOU GOT TO TRY  
AND REACH FOR  
THE STARS OR  
TRY AND  
ACHIEVE THE  
UNREACHABLE.**

---

**CATHY FREEMAN**

 @d.bcreative

COURTESY: BIGPOND SPORT