



Centre Handbook

2025/2026



Helensvale Little Athletics 25/26 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 Club Website:

www.helensvalelittleathletics.org.au

Contact:

Centre Manager: Tracey Phillis via email below
President: Michael Murray via email below

Email:

info@helensvalelittleathletics.org.au



Please make sure you check the Helensvale Little Athletics website and Facebook page (www.facebook.com/helensvalelittleathletics) and join the 25/26 Parents Group (<https://www.facebook.com/groups/hla2526>) for important club news, information and any last-minute changes.

In the interest of the 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 Helensvale families!

It's Tracey here - your Centre Manager at Helensvale Little Athletics 🤝

I'm so excited to welcome all our new families and give a big "welcome back" to our returning ones. We can't wait to kick off another season full of *Family, Fun, and Fitness!*

We've been working hard over the break and we're excited to share some updates - including a brand new long jump pit! And there's plenty more improvements on the way too, so stay tuned.

Here's to an amazing season ahead. Let's go Helensvale!

Tracey



CENTRE COMMITTEE FOR THE 2025/2026 SEASON

The committee is made up of 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!

Centre Manager	Tracey Phillis	Head Coach	Tracey Phillis
President	Michael Murray	Assistant Coach	Sasha Rochford
Secretary	Karen Viller		Darren Schneider
Treasurer	April Coles		Mia Watson
Asst Treasurer	Cindy Bhana	First Aid	Deb Barrow
Registrar	Rachel Watson		Sasha Rochford
Asst Registrar	April Coles		April Coles
Recorder	Michael Murray		Matthew Walsh
Programme	Sasha Rochford	Tiny Tots	Sasha Rochford
Assistant	Erin Nichols		
Carnivals	Michael Murray	General Committee	Thida Murray
Assistant	Sasha Rochford		Leanne Ralston
Equipment	Darren Schneider		Bertrum Bhana
	Matthew Walsh		Chez Barlow
Fundraising	Naomi Grant		
Grants	Karen Viller	Life Members	<i>Leanne Handsaker 2006</i>
	Cindy Bhana		<i>Steve Handsaker 2007</i>
Uniforms	Deb Barrow		<i>Lyn Donnelly 2008</i>
Blue Cards	Karen Viller		<i>Paul Donnelly 2008</i>
Canteen	Deb Barrow		<i>Heather Truskinger 2008</i>
			<i>Natasha Evans 2015</i>
			<i>Tracey Phillis 2021</i>
			<i>Michael Murray 2024</i>
			<i>Debbie Barrow 2024</i>

REGISTRATION 2025/2026

This year all registrations will be completed online, including payments, via [Sport:80](#). 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 any 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 age 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 do not go up an age group when they have a birthday.

FEES

Centre Registration Fee	Tiny Tots	\$120
Including AWD	U6-U17 1 st Athlete	\$230
	U6-U17 2 nd Athlete	\$220
	U6-U17 Consecutive Athletes	\$210

What's included in your registration fees?

- Fees include membership to LAQ
- Insurance for training, competition, and carnivals
- Registration number (to be attached to the front 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 16th August 1 pm and Saturday 23rd August 1 pm**. The cost for trials will be \$20 for both weeks including training and when you register completely, this will be taken off your fees.

Please make sure to attend a sign-on day, our friendly committee will be there to assist with any questions you may have.

Family, Fun, Fitness



Be Your Best

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/>

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 1 pm (tiny tots 12:15pm) 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 5 pm (tiny tots 4:15pm). 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 athlete's performance for every centre competition day. However, all athletes are encouraged to keep their records of performances and can access their weekly results via the ResultsHQ website.

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

Visit www.resultshq.com.au and log in with your registration username and password (what you used to register online). 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 Mondays from 4:30 pm-5:30 pm. 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 Monday will be geared towards the events taking place on the next competition day.

CANCELLATION OF COMPETITION OR COACHING

In the event of light rain, the 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 12 pm on the Saturday or 4 pm on the Friday. This will be communicated to families via the centre's Facebook page, Helensvale Little Athletics Parents Group and WhatsApp community chat. 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.



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 the 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, helping 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 the safety of all athletes
- Gather all athletes for each event
- Follow the program IN ORDER unless a change is authorised by the 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 afternoons and evenings 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	\$40
CROP TOPS for girls	\$40
SHORTS unisex	\$40
BUMMERS bike pants for girls	\$40

Three weeks after registering, you will receive a bib with your registration number and age group in the address provided upon signing up. The registration number should be attached in the centre on the front of the shirt and be clearly visible. The Coles patch should be attached on the opposite side to our club logo, on the top front of the shirt. 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 afternoon/night. For safety reasons, please report any damaged/ faulty equipment to our equipment officers, Darren Schneider and Matthew Walsh. 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

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 bikes/scooters
- Throwing stones or any other projectiles, including any equipment e.g. 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 days and nights. Under no circumstance (regardless of their age) should an athlete be left on 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 performance. Should you decide to attend a carnival you must wear the correct centre uniform and compete in your age group. When attending carnivals, it is encouraged (where possible) that all athletes sit together as a team and support their 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 officers, Michael Murray and Sasha Rochford.

SUPPORTERS

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

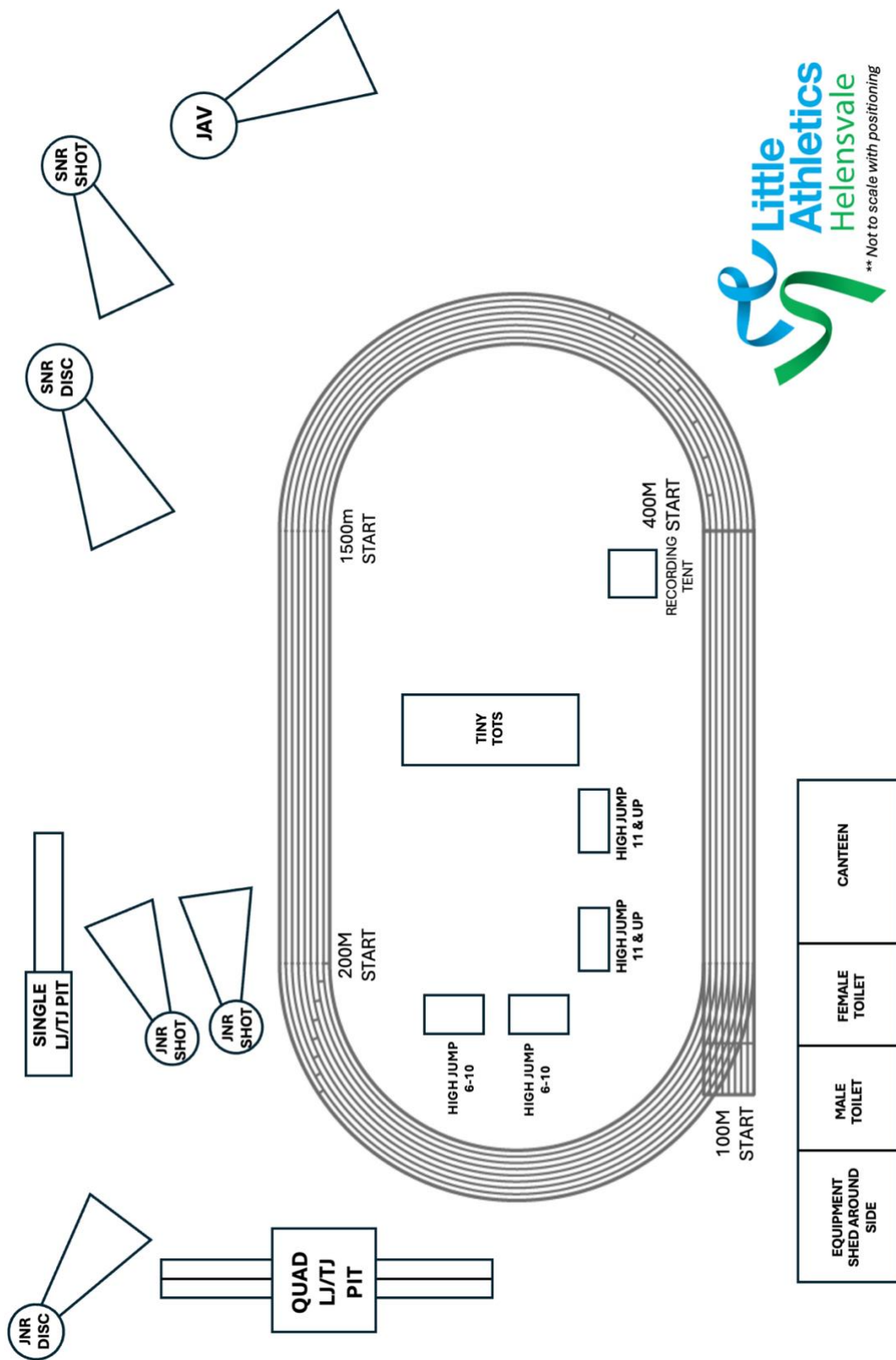




UNDER 12 GIRLS 2024/25 SEASON

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 (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 (pack away)	200M
U11	800M	TRIPLE JUMP	100M	JAV – girls 200M – boys	200M – girls JAV - boys
U12	800M	JAV – boys HJ – girls	HJ – boys JAV – girls	100M	200M
U13	JAVELIN	800M	LONG JUMP	200M	DISCUS (pack away)
U14 U15 U16	DISCUS	800M	TRIPLE JUMP	200M	LONG JUMP (pack away)



EQUIPMENT SHED AROUND SIDE	MALE TOILET	FEMALE TOILET	CANTEEN
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HELENSVALE LITTLE ATHLETICS RECORD HOLDERS

AGE	EVENT	NAME	RECORD	DATE
U6 G	70m	Amilia Glavan	14.77	28/9/2018
U6 G	100m	Amilia Glavan	21.62	14/9/2018
U6 G	200m	Amilia Glavan	47.04	14/9/2018
U6 G	Long Jump	Ruby Hatfield	2.46m	31/1/2020
U6 G	Discus	Rianna Taikato	8.00m	5/10/2024
U6 G	Shot Put	Amilia Glavan	4.29m	1/2/2019
U6 B	70m	Braxton Waiariki	13.96	6/9/2019
U6 B	100m	Kyzer Charles	19.62	26/1/2024
U6 B	200m	William Knibbs	43.98	14/9/2018
U6 B	Long Jump	Ayrton Muller	2.60m	1/2/2019
U6 B	Discus	Beau Bendell	11.57m	26/10/2018
U6 B	Shot Put	Beau Bendell	4.64m	15/2/2019
U7 G	70m	Josephine Seitz	13.03	24/1/2020
U7 G	100m	Josephine Seitz	18.75	10/1/2020
U7 G	200m	Armi Balo	42.4	8/10/2021
U7 G	300m	Arabella Rochford	112.65	18/1/2019
U7 G	Long Jump	Holly Petrie	2.98m	2/11/2018
U7 G	Discus	Phoenix Sarain Walker-Cash	11.67m	26/1/2024
U7 G	Shot Put	Phoenix Sarain Walker-Cash	4.95	26/1/2024
U7 B	70m	Hamish Brown	12.63	6/9/2019
U7 B	100m	Harry Johnson-Blacow	18.69	19/10/2024
U7 B	200m	Ayrton Muller	40.48	6/12/2019
U7 B	300m	Russell Mahe	1.15.72	7/9/2024
U7 B	Long Jump	Hamish Brown	3.02m	6/12/2019
U7 B	Discus	Brooklyn Brown	13.1	2/2/2024
U7 B	Shot Put	Jeremy Ryan	5.55m	30/11/2018
U7 B	Shot Put	Beau Bendell	5.55m	22/11/2019
U 8 G	70m	Phoenix Sarain Walker-Cash	12.05	12/10/2024
U 8 G	100m	Phoenix Sarain Walker-Cash	17.52	24/1/2025
U 8 G	200m	Shariyah Chambers	39.19	30/11/2018
U 8 G	500m	Havana Charles	2.05.74	11/2/2022
U 8 G	60m Hurdles	Havana Charles	12.66	5/11/2021
U 8 G	Long Jump	Shariyah Chambers	3.50m	19/10/2018
U 8 G	High Jump	Phoenix Sarain Walker-Cash	0.97	16/1/2025
U 8 G	Discus	Havana Charles	14.04m	29/10/2021
U 8 G	Shot Put	Phoenix Sarain Walker-Cash	5.61m	16/1/2025
U 8 B	70m	Zak Barlow	12.47	10/1/2020
U 8 B	100m	Reef Lalic	17.43	7/11/2021
U 8 B	200m	Reef Lalic	37.82	14/1/2022
U 8 B	500m	Zak Barlow	155.1	31/1/2020
U 8 B	60m Hurdles	Zak Barlow	12.65	31/1/2020
U 8 B	Long Jump	Finn Henderson	3.12m	15/2/2019
U 8 B	High Jump	Peter Zhu	1.05m	1/3/2019
U 8 B	Discus	George Fields	14.78m	24/1/2025
U 8 B	Shot Put	Jeremy Ryan	5.99m	29/11/2019

HELENSVALE LITTLE ATHLETICS RECORD HOLDERS

AGE	EVENT	NAME	RECORD	DATE
U 9 G	70m	Tia Murray	11.04	22/2/2019
U 9 G	100m	Lynkin Oneroa	16.02	8/3/2024
U 9 G	200m	Sybella Hinze	35.76	23/11/2018
U 9 G	400m	Sybella Hinze	118.4	1/3/2019
U 9 G	800m	Sybella Hinze	256.97	22/2/2019
U 9 G	60 Hurdles	Anika Lemusu	12.53	23/11/2018
U 9 G	Long Jump	Sybella Hinze	3.69m	15/2/2019
U 9 G	High Jump	Sybella Hinze	1.05m	23/11/2018
U 9 G	High Jump	Amy Bynge	1.05m	31/1/2020
U 9 G	Discus	Tia Murray	20.01m	1/2/2019
U 9 G	Shot Put	Charlotte Morgan	5.54m	15/2/2019
U 9 B	70m	Noah Renneberg	10.49	22/2/2019
U 9 B	100m	Noah Renneberg	15.52	22/2/2019
U 9 B	200m	Hamish Brown	33.26	14/1/2022
U 9 B	400m	Benjamin Lamperd	116.92	1/3/2019
U 9 B	800m	Benjamin Lamperd	254.31	22/2/2019
U 9 B	60 Hurdles	Benjamin Lamperd	11.88	23/11/2018
U 9 B	Long Jump	Benjamin Lamperd	3.97m	1/3/2019
U 9 B	High Jump	Benjamin Lamperd	1.06m	14/9/2018
U 9 B	Discus	Noah Renneberg	27.01m	1/2/2019
U 9 B	Shot Put	Noah Renneberg	7.28m	15/2/2019
U 10 G	70m	Charleigh Allen	10.75	22/2/2019
U 10 G	100m	Charleigh Allen	14.99	14/9/2018
U 10 G	200m	Mackenzie May	32.7	2/11/2018
U 10 G	400m	Charleigh Allen	116.51	1/3/2019
U 10 G	800m	Sybella Hinze	2.53.61	4/10/2019
U 10 G	60 Hurdles	Alyssa McDonald	12.02	23/11/2018
U 10 G	Long Jump	Alyssa McDonald	4.07	22/2/2019
U 10 G	High Jump	Georgia Smith	1.19m	23/11/2018
U 10 G	Discus	Alyssa McDonald	24.31	22/2/2019
U 10 G	Shot Put	Alyssa McDonald	7.48m	1/3/2019
U 10 B	70m	Timana Tima	10.68	24/012020
U 10 B	100m	Benjamin Lamperd	15.35	27/9/2019
U 10 B	200m	Benjamin Lamperd	31.66	6/12/2019
U 10 B	400m	Benjamin Lamperd	116.22	18/10/2019
U 10 B	800m	Benjamin Lamperd	2.46.88	4/10/2019
U 10 B	60 Hurdles	Benjamin Lamperd	12.3	31/01.2020
U 10 B	Long Jump	Noah Renneberg	3.88m	29/11/2019
U 10 B	High Jump	Benjamin Lamperd	1.18	27/9/2019
U 10 B	Discus	Noah Renneberg	26.55m	1/11/2019
U 10 B	Shot Put	Noah Renneberg	8.12m	31/1/2020
U 11 G	100m	Alyssa McDonald	14.32	6/9/2019
U 11 G	200m	Charleigh Allen	30.02	31/1/2020

U 11 G	400m	Charleigh Allen	1.13.34	30/8/2019
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HELENSVALE LITTLE ATHLETICS RECORD HOLDERS

AGE	EVENT	NAME	RECORD	DATE
U 11 G	800m	Torah Luadaka	3.04.86	21/9/2018
U 11 G	80 Hurdles	Alyssa McDonald	13.91	31/1/2020
U 11 G	1500m	Olive Mott	6.14.49	22/11/2019
U 11 G	Tripple Jump	Alyssa McDonald	9.15m	1/11/2019
U 11 G	Long Jump	Tiarni Hewitson	4.28m	7/9/2018
U 11 G	High Jump	Alyssa McDonald	1.28m	31/1/2020
U 11 G	Discus	Torah Luadaka	36.68m	7/12/2018
U 11 G	Shot Put	Torah Luadaka	9.13m	26/10/2018
U 11 G	Javelin	Torah Luadaka	13.05m	11/1/2019
U 11 B	100m	Luke Chapman	13.99	14/9/2018
U 11 B	200m	Luke Chapman	30.82	23/11/2018
U 11 B	400m	Bailey Teasel	1.10.70	30/11/2018
U 11 B	800m	Bailey Teasel	2.51.32	21/9/2018
U 11 B	80 Hurdles	Jeval Pitman	16.24	31/1/2020
U 11 B	1500m	Bailey Teasel	5.44.55	1/2/2019
U 11 B	Triple Jump	Luke Chapman	8.55m	30/11/2018
U 11 B	Long Jump	Luke Chapman	4.32m	23/11/2018
U 11 B	High Jump	Kobe Raoma	1.30m	14/1/2022
U 11 B	Discus	Connor Hopgood	42.84m	1/2/2019
U 11 B	Shot Put	Connor Hopgood	9.60m	14/9/2018
U 11 B	Javelin	Connor Hopgood	18.06m	21/9/2018
U 12 G	100m	Arabella Rochford	14.51	21/10/2023
U 12 G	200m	Kira Thornton	30.8	28/9/2018
U 12 G	400m	Aasha Elliot	112.91	15/2/2019
U 12 G	800m	Kira Thornton	2.52.04	5/10/2018
U 12 G	80 Hurdles	Arabella Rochford	15.29	1/3/2024
U 12 G	1500m	Aasha Elliot	6.12.18	23/11/2018
U 12 G	Tripple Jump	Carlee Smith	9.39m	30/11/2018
U 12 G	Long Jump	Carlee Smith	4.57m	1/3/2019
U 12 G	High Jump	Carlee Smith	1.28m	26/10/2018
U 12 G	Discus	Kira Thornton	24.10m	28/9/2018
U 12 G	Shot Put	Kira Thornton	10.92m	22/2/2019
U 12 G	Javelin	Tia Murray	22m	7/1/2022
U 12 B	100m	Cudjoe Lapkin	13.95	14/10/2023
U 12 B	200m	Luke Chapman	30.2	6/12/2019
U 12 B	400m	Cooper McGarrigle	1.09.55	5/11/2021
U 12 B	800m	Marlin Lalic	2.44.58	14/1/2022
U 12 B	80 Hurdles	Cooper McGarrigle	17.14	5/11/2021
U 12 B	1500m	Marlin Lalic	5.34.40	21/1/2022
U 12 B	Triple Jump	Hayden Renneberg	9.10m	30/11/2018
U 12 B	Long Jump	Hayden Renneberg	4.51m	22/2/2019
U 12 B	High Jump	Connor Hopgood	1.35m	22/11/2019
U 12 B	Discus	Connor Hopgood	38.2	13/9/2019
U 12 B	Shot Put	Hayden Renneberg	11.88m	11/1/2019
U 12 B	Javelin	Connor Hopgood	22.96m	29/11/2019

HELENSVALE LITTLE ATHLETICS RECORD HOLDERS

AGE	EVENT	NAME	RECORD	DATE
U 13 G	100m	Arabella Rochford	13.21	12/10/2024
U 13 G	200m	Aasha Elliot	28.03	25/10/2019
U 13 G	400m	Aasha Elliot	1.07.22	30/8/2019
U 13 G	800m	Haru Steele	2.41.27	14/9/2018
U 13 G	80 Hurdles	Arabella Rochford	13.72	24/01/2025
U 13 G	200 Hurdles	Mackenzie May	32.64	15/10/2021
U 13 G	1500m	Haru Steele	5.40.64	1/2/2019
U 13 G	Triple Jump	Carlee Smith	9.33m	6/9/2019
U 13 G	Long Jump	Arabella Rochford	4.74m	28/2/2025
U 13 G	High Jump	Tori Stone	1.38m	1/3/2019
U 13 G	High Jump	Aasha Elliot	1.38m	13/9/2019
U 13 G	Discus	Natasha Lynch	35.14m	5/10/2018
U 13 G	Shot Put	Kira Thornton	9.89m	30/8/2019
U 13 G	Javelin	Charlie Douglas	28.05m	23/11/2018
U 13 B	100m	Cody McCaig	13.3	14/9/2018
U 13 B	200m	Cody McCaig	28.56	28/9/2018
U 13 B	400m	Cody McCaig	1.03.76	1/3/2019
U 13 B	800m	Harrison Ellis	2.35.69	22/2/2019
U 13 B	80 Hurdles	Riley Taylor	16.9	24/1/2025
U 13 B	200 Hurdles	Xavier Lalic	32.73	21/1/2022
U 13 B	1500m	Harrison Ellis	5.27.34	1/2/2019
U 13 B	Triple Jump	Xavier Lalic	10.31m	7/1/2022
U 13 B	Long Jump	Xavier Lalic	5.06m	14/1/2022
U 13 B	High Jump	Xavier Lalic	1.43m	21/1/2022
U 13 B	Discus	Koby Pocock	34.59m	25/1/2019
U 13 B	Shot Put	Riley Morgan	9.12	30/8/2019
U 13 B	Javelin	Xavier Lalic	21.85	7/1/2022
U 14 G	100m	Tia Murray	14.13	30/9/2023
U 14 G	200m	Jessica Petrie	29.89	21/9/2018
U 14 G	400m	Indianna Brown	1.15.15	13/9/2019
U 14 G	800m	Charlotte Hinze	2.58.01	20/9/2019
U 14 G	80 Hurdles	Tia Murray	15.81	1/3/2024
U 14 G	200 Hurdles	Sarah Alle	35.41	31/1/2020
U 14 G	1500m	Emilie Hutt	5.59.63	23/11/2018
U 14 G	Triple Jump	Ashlin Copping	9.78m	7/9/2018
U 14 G	Long Jump	Jessica Petrie	4.31m	19/10/2018
U 14 G	High Jump	Ashlin Copping	1.48m	11/1/2019
U 14 G	Discus	Jessica Petrie	24.05m	21/9/2018
U 14 G	Shot Put	Mhia Mackey - Taylor	9.82m	10/1/2020
U 14 G	Javelin	Tia Murray	27.29	23/2/2024
U 14 B	100m	Jacob Monaghan	12.12	22/2/2019
U 14 B	200m	Jacob Monaghan	25.46	28/9/2018
U 14 B	400m	Jacob Monaghan	59.39	1/3/2019

U 14 B	800m	Jacob Monaghan	2.36.41	28/9/2018
U 14 B	90 Hurdles	Jose Delmiguez	17.92	1/2/2019
U 14 B	200 Hurdles	Cooper Wee	32.57	15/10/2021

HELENSVALE LITTLE ATHLETICS RECORD HOLDERS

AGE	EVENT	NAME	RECORD	DATE
U 14 B	1500m	Jacob Monaghan	5.50.32	1/2/2019
U 14 B	Triple Jump	Jose Delmiguez	10.34m	22/2/2019
U 14 B	Long Jump	Jacob Monaghan	5.23m	28/9/2018
U 14 B	High Jump	Jacob Monaghan	1.65m	1/2/2019
U 14 B	Discus	Connor Hopgood	44.38m	5/11/2021
U 14 B	Shot Put	Kobe Raoma	11.68m	28/2/2025
U 14 B	Javelin	Kobe Raoma	22m	7/9/2024
U 15 G	100m	Imogen Gustafson	13.21	14/9/2018
U 15 G	200m	Imogen Gustafson	28.48	28/9/2018
U 15 G	400m	Matilda Brown	1.08.04	30/11/2018
U 15 G	800m	Emilie Hutt	2.46.34	29/11/2019
U 15 G	90 Hurdles	Jessica McKie	15.89	13/9/2019
U 15 G	300m Hurdles	Carlee Smith	58.61	3/12/2021
U 15 G	1500m	Emilie Hutt	5.47.21	31/1/2019
U 15 G	Triple Jump	Tahli Devine	10.75m	7/9/2018
U 15 G	Long Jump	Carlee Smith	5.21m	15/10/2021
U 15 G	High Jump	Ashlin Copping	1.55m	6/9/2019
U 15 G	Discus	Jessica McKie	27.54m	18/10/2019
U 15 G	Shot Put	Ashlin Copping	9.83m	13/9/2019
U 15 G	Javelin	Ashlin Copping	28.75m	4/10/2019
U 15 B	100m	Jacob Monaghan	12.14	1/11/2019
U 15 B	200m	Jacob Monaghan	24.78	25/10/2019
U 15 B	400m	Jacob Monaghan	1.01.72	25/10/2019
U 15 B	800m	Jackson Munro	2.29.95	26/1/2024
U 15 B	100 Hurdles	Gregory Fowlds	18.34	1/2/2019
U 15 B	300m Hurdles	Jackson Munro	49.73	1/3/2024
U 15 B	1500m	Gregory Fowlds	5.34.89	18/1/2019
U 15 B	Triple Jump	Gregory Fowlds	10.93m	22/2/2019
U 15 B	Long Jump	Jacob Monaghan	5.26m	30/8/2019
U 15 B	High Jump	Jacob Monaghan	1.70m	10/1/2020
U 15 B	Discus	Gregory Fowlds	35.34m	25/1/2019
U 15 B	Shot Put	Gregory Fowlds	11.23m	30/11/2018
U 15 B	Javelin	Owen Wang	30.98	14/1/2022
U 16 G	100m	Indianna Brown	14.31	7/1/2022
U 16 G	200m	Matilda Brown	29.65	27/9/2019
U 16 G	400m	Matilda Brown	1.12.85	27/9/2019
U 16 G	800m	Matilda Brown	3.07.93	6/9/2019
U 16 G	90m Hurdles	Matilda Brown	16.91	13/9/2019
U 16 G	300m Hurdles	Matilda Brown	49.92	31/1/2020
U 16 G	1500m	Matilda Brown	7.59.17	31/1/2020
U 16 G	Triple Jump	Indianna Brown	9.12m	14/1/2022
U 16 G	Long Jump	Matilda Brown	4.91m	13/9/2019

U 16 G	High Jump	Matilda Brown	1.50m	6/9/2019
U 16 G	Discus	Matilda Brown	19.12m	29/11/2019
U 16 G	Shot Put	Matilda Brown	9.62m	27/9/2019
U 16 G	Javelin	Matilda Brown	19.60m	31/1/2020

HELENSVALE LITTLE ATHLETICS RECORD HOLDERS

AGE	EVENT	NAME	RECORD	DATE
U 16 B	100m	Samarth Soi	12.19	27/09/2019
U 16 B	200m	Samarth Soi	24.70	6/12/2019
U 16 B	400m	Jackson Munro	56.08	19/10/2024
U 16 B	800m	Gregory Fowlds	2.32.27	18/10/2019
U 16 B	100 Hurdles	Samarth Soi	15.80	31/01/2020
U 16 B	300 Hurdles	Samarth Soi	51.04	31/01/2020
U 16 B	1500m	Gregory Fowlds	5.22.69	22/11/2019
U 16 B	Triple Jump	Gregory Fowlds	10.82m	29/11/2019
U 16 B	Long Jump	Gregory Fowlds	5.67	30/08/2019
U 16 B	High Jump	Gregory Fowlds	1.50m	10/01/2020
U 16 B	Discus	Kobie Mackey - Taylor	45.07m	10/01/2020
U 16 B	Shot Put	Kobie Mackey - Taylor	13.53m	6/12/2019
U 16 B	Javelin	Valance Raoma	27.83	04/11/2023
U 17 G	100m	Malaika Imran	16.15	12/10/2024
U 17 G	100m Hurdles	/		
U 17 G	200m	Maddison Barrow	32.97	8/10/2021
U 17 G	300m Hurdles	Maddison Barrow	1.29.29	15/10/2021
U 17 G	400m	Malaika Imran	1.27.15	19/10/2024
U 17 G	800m	Maddison Barrow	3.27.29	8/10/2021
U 17 G	1500m	Maddison Barrow	7.03.37	15/10/2021
U 17 G	Triple Jump	Maddison Barrow	8.60m	1/10/2021
U 17 G	Long Jump	Maddison Barrow	3.41m	15/10/2021
U 17 G	Discus	Maddison Barrow	17.06m	15/10/2021
U 17 G	Shot Put	Malaika Imran	4.79m	12/10/2024
U 17 G	Javelin	Maddison Barrow	13.95m	8/10/2021
U 17 B	100m	/		
U17B	100m Hurdles	Valance Raoma	22.25	19/10/2024
U 17 B	200m	/		
U 17 B	300m Hurdles	Randall Wang	1.10.93	24/1/2025
U 17 B	400m	/		
U 17 B	800m	/		
U 17 B	1500m	/		
U 17 B	Triple Jump	Randall Wang	9.03m	16/1/2025
U 17 B	Long Jump	Randall Wang	4.14m	24/1/2025
U 17 B	Discus	Randall Wang	44.09m	31/1/2025
U 17 B	Shot Put	Valance Raoma	12.61m	12/10/2024
U 17 B	Javelin	Valance Raoma	27.90m	19/10/2024



Senior high jump at our home grounds



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.
- 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

Gold Achievement Levels

GIRLS

Event	U9 Gold	U10 Gold	U11 Gold	U12 Gold	U13 Gold	U14 Gold	U15 Gold	U16 Gold	U17 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 Gold	U10 Gold	U11 Gold	U12 Gold	U13 Gold	U14 Gold	U15 Gold	U16 Gold	U17 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/2022/02/Multi-Class-McDonalds-Tables-2020.pdf>

HELENSVALE LITTLE ATHLETICS RECORD HOLDERS

We have two sets of records at Helensvale Little Athletics.

Home Grounds

<https://helensvalelittleathletics.org.au/club-records/>

Our Season at the Gold Coast Performance Centre

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



CLUB CAPTAINS FOR THE 25/26 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.

- The 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
- The athlete has shown a commitment by attending at least 75% of all HLA competition nights during the previous season

This season we will have two club captains and two vice captains, and we are proud to announce that Tia Murray and Layla Feehan will be our 25/26 captains along with Chloe Murray and Arabella Rochford as our vice captains! We wish you all the best in being leaders at Helensvale Little Athletics ☺



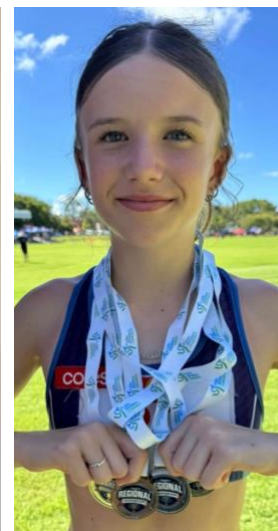
Tia Murray



Layla Feehan



Chloe Murray



Arabella Rochford

Useful Links

Helensvale Little Athletics
www.helensvalelittleathletics.org.au

Helensvale Little Athletics Facebook page
www.facebook.com/helensvalelittleathletics

Helensvale Little Athletics 25/26 Parents Group
<https://www.facebook.com/groups/hla2526>

LAQ
www.laq.org.au

ResultsHQ
www.resultshq.com.au

Sport:80
<https://laq.sport80.com/>



“
YOU GOT TO TRY
AND REACH FOR
THE STARS OR
TRY AND
ACHIEVE THE
UNREACHABLE.
CATHY FREEMAN
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COURTESY, BIGPOND SPORT