



HANDBOOK

2022-2023



Box Hill

Little Athletics Club

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BOX HILL ATHLETICS CLUB

Welcome to Box Hill Little Athletics Centre

On behalf of the Box Hill LAC Committee, I would like to welcome you all to the new season of Little Athletics at Box Hill Little Athletics Centre for 2022/2023.

This year promises to be a fantastic year. With Covid mostly behind us we can really concentrate on getting the season up and running early to deliver a full season of competition for our members.

I would like to welcome our previous athletes and families back this season and also any new members that have chosen BHLAC for the first time. Over the last few years our committee has worked hard to improve the standards and provide a real fun environment which is not only inclusive but supportive to everyone.

We are the envy of many clubs around as we do have a strong culture that works together for the common goal. That is to give our athletes the best experience possible.

I would also like to officially welcome some new members of our Committee. Aidan Schanssema and Sam Hasset have come on to the Committee this season.

Both Aidan and Sam have been involved with athletics for most of their lives and as part BHLAC for a number of seasons. Aidan has replaced Rajinder Atwol as the club Secretary and Sam as a General Committee member. Thank you to both Aidan and Sam for joining the BHLAC Committee and I look forward to working with them for the upcoming season.

I'd also like to acknowledge our Club Sponsors who will be continuing their support for the upcoming season. Robinson Gill Lawyers, Smile to Go Dentistry and Lexus Blackburn. Thank you, for your support and financial commitment to our Centre.

With your support we were able to purchase new sun shades, a new club car, athletics equipment and marketing material, just to name a few.

To have local businesses support our athletics community is invaluable. In turn it would be remiss of me not to lean on our BHLAC family to support these businesses should you require legal or dental assistance or even a new car. I thank them once again for their ongoing support.

This season sees a change to the maximum age a Little Athlete can compete in the program. At the recent LAVic AGM it was announced that U17's are able to compete in the 2022/23 program. The reason is to provide an extension to athletes that wish to continue in the sport but do not want to compete in the Athletics Victoria program.

Whilst this may not affect BHLAC in a large capacity, it does allow regional athletes the opportunity to compete close to home without having to drive a number of hours just for one event. I would encourage any past athlete or any new athletes considering the U17 program to join us at BHLAC. We would love to have you!

Last season we conducted a member survey to all members asking for their thoughts regarding our program start time: Did they like the afternoon start time or would they prefer the morning? This followed on from a successful Sunday morning program in which we had a day forecast of extreme heat.

The results gave the Committee some great insight into the views of our members. Whilst the results showed generous support for change, it was no way near enough to consider changing the start time permanently.

Moving forward in the event of an extreme heat forecast for a program day, we will look to moving that particular day to the morning and try and avoid the heat in the afternoon.

With the success of the Australian Athletics Team at the IAAF World Championships in Oregon USA and the Commonwealth Games in Birmingham UK, we hope to see an increase in participation this season off the back of these events. BHLAC finished the 2021/22 season with 249 members after the Cross Country Season.

Last year's membership was an increase of 20% over the previous year. I encourage you all to promote Little Athletics to your family and friends as a great foundation sport for your children which will benefit them across a whole range of other sports.

There will be plenty of ways that we will communicate with our members this season. Our main stream will be via TeamApp. This proved to be a great success last season with most families receiving immediate content from BHLAC via this method. If you are not connected with BHLAC via this application then please search for 'Box Hill Little Aths' via the Stack Team App on your smart phone.

Our website is up to date and will feature the weekly blog once again with all our current news and event dates. Finally, Facebook and Instagram will top up with the latest images from our Program Days and main events.

I am really excited for the season ahead. I have no doubt it will be a huge season. We have lots planned for our members and we as a Committee are looking forward to delivering a great season of competition, friendships and a whole lot of fun.

I am always keen to hear from our members, with questions and feedback always welcome. You can get in touch with me at President@boxhilllac.com.au

See you at the track!



Dean Williams
President, Box Hill Little Athletics Centre

History

Box Hill Little Athletics Centre (Centre Number 21) is one of the very best Little Athletics Centres in Victoria.

The first day of Little Athletics in Box Hill was Saturday 12 October, 1968 at the Number 4 oval at Surrey Park (the oval in front of the Box Hill Swimming Pool today). The formation of the centre in 1968 was due to the promotional work of the Box Hill Apex Club as part of their community service activities with the backing from the Victorian Little Athletics Association and their principle sponsor, The Victorian Egg Board. After the initial year at Surrey Park, followed by several years at RHL Sparks Reserve— Northern oval (near the corner of Canterbury and Albion Roads) Little Athletics in Box Hill found its way to Hagenauer Reserve in the 1990s.

Since its formation in 1968, Box Hill Little Athletics Centre has had incredible success in Region and State Relays, Cross Country, and Region and State Track and Field Championships. Our Box Hill athlete achievements are reflected in the enthusiasm and keenness of the centre from the executive committee down to athletes and parents alike, marking Box Hill as a centre prepared to play its part in the promotion and future growth of Little Athletics in Victoria.

Some of the elite athletes who have come through Box Hill Little Athletics are:

<i>Steven Hooker</i>	<i>Olympic Games 2008 & 2012 – Pole Vault</i> <i>Commonwealth Games 2006 – Pole Vault</i>
<i>Leigh Miller</i>	<i>Olympic Games 1988 – 400m Hurdles & 4x400m Relay</i>
<i>Paul Grinsted</i>	<i>Commonwealth Games 1982 - 1500 metres</i>
<i>Scott Robertson</i>	<i>Commonwealth Games 2006 - Diving</i>
<i>Steven Parsons</i>	<i>Richmond Football Club 1970s</i>
<i>Jason Cripps</i>	<i>St Kilda Football Club 1990s</i>

As proud as a Little Athletics Centre can be with our achievements, the centre provides enjoyment, satisfaction and fun for both the elite athlete and the child who just loves to run, jump, throw and compete. Box Hill Little Athletics always emphasises trying to improve on your previous performance as measured by your “Personal Best” rather than solely focusing on winning at all costs. Box Hill prides itself on supporting this attitude through participation and support from parents as Age group Managers, Officials and Chief Officials in the running of the Sunday afternoon program.

The Box Hill Little Athletics Centre was traditionally divided into 4 clubs: North Box Hill, Canterbury, Koonung/Mont Albert and Whitehorse. When enrolling, athletes were put in a club based on the school they attended. The 2014-2015 season saw the end of the traditional club set up. The committee unanimously elected to begin a new era for the Centre in the 2015-2016 season with the dissolving of the club structure, opting to have ALL Box Hill Athletes compete together as a centre. Box Hill Little Athletics Centre celebrated its 50th Year in the 2018-2019 season.

We greatly appreciate the voluntary service many people have given in the past serving on committees and acting as officials. These efforts and contributions have made our centre what it is today.

Committee Members 2022 - 2023



President
Dean Williams



Vice President
Peter Walsh



Secretary
Aiden Schanssema



Treasurer
Rosa Deol



Registrar
Vanessa Alford



General Committee
Sam Hassett



Results Manager
Aggie Sutherland



Awards Manager
Debbie Plant



General Committee
Warren Paterson

Join the Box Hill Little Athletics Committee

The Committee is keen to encourage new members. If you are interested in contributing to the running of your centre and helping to shape the future of our club, please speak to one of the committee members.

General committee correspondence or enquiries can be sent to info@boxhilllac.com.au

Life Members

Les Armstrong (1979)	Peter Crowe (1981)	Judy Blackie (1985)
Peter Robbie (1990)	Graeme Collins (1993)	Bob Langton (1995)
Eddie Hassett (1997)	David Juricevich (2001)	Stuart Miller (2003)
Robert Bodo (2005)	Bill Dyer (2009)	Coral Barrett (2010)
Sherrie Boulter (2015)	Monique du Chateau (2018)	Wayne Andrew (2021)
Tom Kelly (1981)	Don Cuff (1981)	John Blackie (1985)
Judy Flintrop (1990)	Lexi Collins (1993)	Maureen Barker (1997)
Richard Piesse (1997)	Rosemary Chan (2002)	Warren Paterson (2003)
Todd Lucas (2006)	Scilla Dinnison (2009)	Alan Bertacco (2014)
Kent Barnes (2015)	Steve Taylor (2020)	Jim Murphy (1981)
Jon Dentith (1981)	Angela Robbie (1990)	Westley Windsor (1993)
Gerard O'Donnell (1993)	Janet Klotz (1997)	Diana Juricevich (1997)
Kerry Evans (2003)	Leana Tilley (2004)	Tim Cameron (2008)
Kerrie Lawrence (2010)	Jon Seddon (2014)	Pia Hunter (2016)
Rosslyn Starick (2021)		

*Life Governor VLAA (1983) & Life Member EMR (1980) – Les Armstrong
Life Member EMR (2016) – Warren Paterson*

Ramp Up Your Role and Get Involved

Love getting involved in junior sport and have a particular interest in helping kids develop within the Little Athletics program?

There are a range of areas for parents to extend their involvement and understanding of the sport of athletics. Little Athletics is run through the dedication of so many parents who volunteer their time to help make the athletic experience for kids a great one.

You can:

- Join the Box Hill Starter's team
- Become an Official and officiate Regional and possibly even State events
- Judge Race Walking
- Become an Age Group Manager at Box Hill LAC
- Become a Coach
- Team Manage Region and State teams at Relay and Track and Field events
- Become a Leader in the On Track program for our younger athletes aged U6&7.

Step forward and let someone know you'd like to do more. We will gladly show you the path and help you develop the knowledge and confidence in your chosen area of interest.

Contact the Box Hill Little Athletics Centre through info@boxhilllac.com.au to get things started.

WE ARE FOUNDATION OF ALL SPORTS



Meet new people and spend time with your family and friends.



Participate in a variety of different events at your weekly meets.



Improve your physical fitness and mental wellbeing.



Have the opportunity to participate at local centre meets & state competitions.



Achieve your personal best and continue to improve your skills.

General Information

Fees

Registration Fees for 2022-23 include all summer competition days, Winter Cross Country, training on Wednesdays and first aid (competition days only).

Athletes wishing to compete as a Box Hill athlete in the winter Cross Country program only are able to join with a reduced registration fee.

Age Groups

Box Hill Little Athletics Centre conducts events for U6-17 age groups.

The athlete's age on 31 December 2022 determines the athlete's age group for the season. To register, athletes must have turned 5 years of age, and be under 17. A copy of a birth certificate or other proof of age document needs to be shown when registering for the first time.

Track and Field Season

The Track and Field season runs from mid September until mid March and ends with the State Track and Field Championships.

Most competitions are scheduled on Sunday afternoon with coaches running a 15 minute warm up and stretching session before. Late arrivals should do their own warm up and make sure they are fully warmed up and flexible to compete.

Some of our competitions are twilight programs which run on Thursday or Friday evenings. See the calendar on *page 12* for specific dates and information.

Cross Country Season

The Cross Country season runs from April to July and ends with the State Cross Country Championships. Box Hill athletes compete in the Eastern 7 competition each Sunday and the Centre hosts two cross country events during the season.

For more information see the Cross Country Page on *page 30*.

Uniform

Athletes should wear:

- The current official Box Hill Little Athletics uniform singlet or crop top which is black with white and silver trimmings or the Box Hill LAC TShirt, and
- Black shorts or leggings.

The barcoded registration patch must be worn by all athletes. The barcode is essential as it is used for electronic timing and assists the Centre to run an efficient program.

More stringent uniforms rules are required for any Region or State competitions.

See Region and State Competition Section on *page 34* for further details.

General Information

Shoes

Good fitting running shoes with flexible soles, a supporting heel and laced so that foot cannot move in the shoe, should be used for all events. Advice on running shoes can be obtained from coaches.

Lightweight Shoes (Racing Waffles or Flats)

Competition shoes can be used for all hurdles and track events up to and including 400m, Long Jump, Triple Jump and High Jump. Some competition shoes have no heel and little shock absorption. They are not recommended for the full program and should not be used for the Walk, middle distance events and road training.

Spikes Guidelines

Athletes in the U13-17 age groups can wear spikes in all track and field events except Walks.

Athletes in the U11-12 age groups can wear spikes for:

- Hurdles, 70m, 100m, 200m and 400m (i.e. track events run in a separate lanes)
- Long Jump, Triple Jump, High Jump and Javelin field events.

- Athletes in the U9-10 age groups must not wear spikes.
- Spikes can only be worn during an event but not to or from the event.
- Spikes must be cone or Christmas tree shaped and must not exceed 7mm (except in High Jump and Javelin where they must not exceed 9mm).
- Spiked shoes with spikes removed are not permitted.
- Spikes must not be worn for cross country.

Basketball and Football Boots

Basketball and Football boots not designed for continuous forward running and should not be worn when taking part in Little Athletics.

Centre Records

Box Hill athletes can only set a Centre Record during Box Hill Little Athletics Centre competition days, LAVic Region and State Track and Field Championships, LAVic State Combined Championships and when representing LAVic at the Australian Little Athletics Championships (ALAC).

Centre Records achieved at a regular competition day must be handed to the Centre Recorder. If a Centre Record is set outside the centre, the result card should be sighted by the Centre Recorder for ratification. Athletes must have competed in their own age group for records to be awarded.

Hot or Wet Weather

The program may be cancelled at the discretion of the Arena Manager in the event of weather conditions which impact on the health and wellbeing of all participating athletes and volunteers.

A notice will be posted on the website and social media platforms an hour before start time if a program is cancelled.

General Information

Sun Protection Policy

Box Hill Little Athletics Centre is a Sun Smart Community. We acknowledge that the sun is harmful and damage can be caused from the sun's rays which can cause skin cancer.

The following measures are taken at Box Hill Little Athletics Centre to help prevent sun damage and most importantly skin cancer:

- Competition and training programs will be conducted when possible outside the hours of 11am – 3pm
- Whilst shade will be provided on track by the club, all participants are encouraged to bring their own shade structures to club or regional events.
- Box Hill Little Athletics Centre will maximise the use of centre facilities, buildings and trees to provide shade and comfort to individuals.
- Track marshalling, field and jump venues will be provided with adequate shade to accommodate individuals that are exposed.
- Sun smart appropriate clothing will be promoted by BHLAC. Long sleeves, wide brimmed hats, and sunglasses are recommended.
- Sunscreen, drink bottles and umbrellas are recommended which can also be carried during event programs and training.
- SPF 30+ sunscreen is recommended and supplied by BHLAC for all training and competition days.
- Sun smart promotion is part of the BHLAC culture. Regular encouragement is provided through our social and media platforms.
- BHLAC Committee, coaches and officials are regarded as sun smart role models. We empower our team to encourage sun smart awareness and processes.

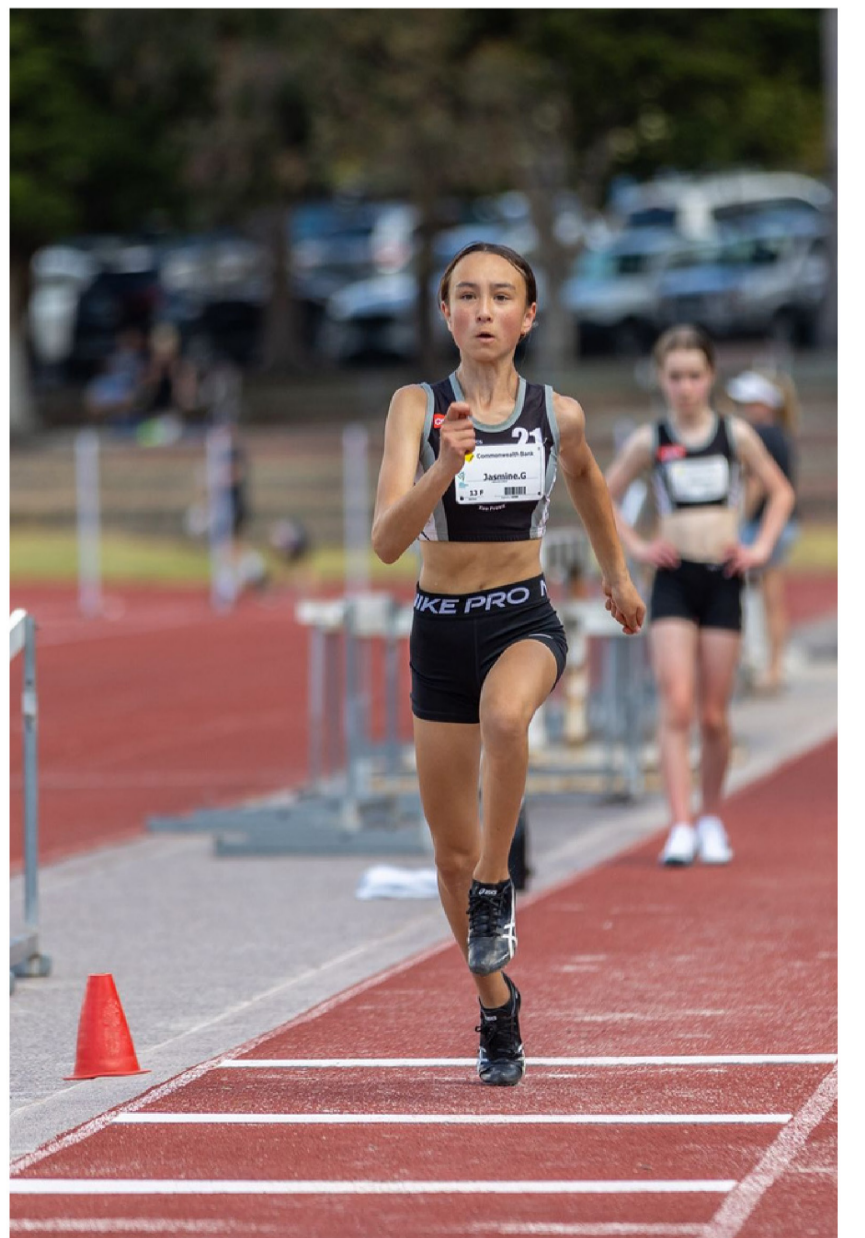
First Aid

A first aid room is attended by a qualified First Aid Officer on all competition days.

Whilst all athletes and officials are insured under a standard policy held by Australian Little Athletics Incorporated it is recommended all families consider and review their health and medical insurance arrangements. If the nature of the injury is urgent, please see a doctor or go to Box Hill Hospital Emergency Department.

If it is a soft tissue injury, the R.I.C.E. treatment is recommended:

- Rest.
- Ice should be put on the injured area for 15-20 minutes and repeated during the day.
- Compression bandages should be used when swelling occurs.
- Elevate injured knees and ankles with a chair or stool.





Season Calendar 2022-2023

2022					
Sun	2	October		Come and Try Program	Box Hill
Sun	9	October	1	Centre Program A	Box Hill
Sun	16	October	2	Centre Program B	Box Hill
Sun	23	October	3	Centre Program C	Box Hill
Fri	28	October	4	Twilight Event - Program A	Box Hill
Tues	1	November		Melbourne Cup Day	
Sun	6	November	5	Centre Program B	Box Hill
Sat	12	November		LAVic State Combined Championships	Lakeside
Sun	13	November		LAVic State Combined Championships	Lakeside
Sun	20	November		Box Hill Relay Day	Box Hill
Sun	27	November	6	Centre Program C	Box Hill
Sat	3	December		EMR Regional Relay Carnival	RLAC
Sun	11	December	7	Centre Program A - Xmas Break Up	Box Hill
2023					
Sun	15	January	8	Centre Program B	Box Hill
Sun	22	January	9	Centre Program C	Box Hill
Sun	29	January	10	Centre Program A	Box Hill
Sat	4	February		LAVic State Relay Championships	Lakeside
Sun	12	February	11	Centre Program B	Box Hill
Sat	18	February		EMR Track & Field Championships	DLAC
Sun	19	February		EMR Track & Field Championships	DLAC
Sun	26	February	12	Centre Program C	Box Hill
Sun	5	March	13	Centre Program A - Official Season Program Ends	Box Hill
Sat	11	March		LAVic State Track & Field Championships	Lakeside
Sun	12	March		LAVic State Track and Field Championships	Lakeside
Sun	2	April		Season Awards, Break Up and AGM	Box Hill

Program of Events 2022-2023

Note: Events are not listed in running order

PROGRAM A

U6	U7	U8	U9	U10	U11	U12	U13-17
ON TRACK*	ON TRACK*	70m	400m	400m	100m	100m	100m
100m	100m	300m	HJ	HJ	400m	400m	400m
LJ	LJ	LJ	DIS	DIS	LJ	TJ	TJ
DIS	DIS	DIS	100m	100m	SP	SP	SP

PROGRAM B

U6	U7	U8	U9	U10	U11	U12	U13-17
ON TRACK*	ON TRACK*	100m	100m	100m	200m	200m	200m
100m	100m	200m	800m	800m	800m	800m	800m
LJ	LJ	60mH	60mH	60mH	80mH	80mH	80-100mH
DIS	DIS	LJ	LJ	SP	HJ	HJ	LJ
					JAV	JAV	JAV

PROGRAM C

U6	U7	U8	U9	U10	U11	U12	U13-17
ON TRACK*	ON TRACK*	70m	70m	70m	100m	100m	100m
70m	70m	100m	100m	200m	200m	200m	1500m
LJ	LJ	HJ	200m	1100m	1500m	1500M	200-300mH
SP	SP	SP	SP	LJ	TJ	TJ	HJ
					DIS	DIS	DIS

* After the Christmas break, ON TRACK will be replaced with another event in U6 and U7.

* Competitive walk events will be held during *Program A* throughout the season (experienced walkers only).

KEY:

DIS: Discus

H: Hurdles

HJ: High Jump

JAV: Javelin

LJ: Long Jump

SP: Shot Put

TJ: Triple Jump

Program Start Times

Sunday Competition:

U6-U7 age groups 1.30pm start

U8-17 age groups 2.00pm warm up, 2.15pm start

Twilight Competition:

U6-U7 age groups 5.30pm start

U8-17 age groups 6.00pm warm up, 6.15pm start

LAVic COVID-19 Competition and Training Protocols

Appointment of a COVID Safe Official (CSO)

- Affiliated Centres intending to conduct competition and training must appoint a minimum of one COVID Safe Official.
- A CSO is responsible for the Centre's implementation and compliance of COVID protocols
- The tasks and responsibilities assigned to a CSO are documented in the CSO Duty Statement
- CSOs who are rostered can only undertake the role of a CSO and no other volunteer duties
- All CSOs are encouraged to complete the online Australian Government COVID-19 Infection Control Training.

COVID Safe Plan (CSP)

- All Centres are required to have a completed Community Sport COVID Safe Plan
- Centres may be required to produce a copy of their CSP upon request by an authorised officer (typically Victoria Police, WorkSafe, DHS or local government).

Equipment

- Athletes are encouraged to bring their own water bottles, towels and other personal items to avoid sharing. Athlete clothing items, such as tops, hoodies, etc, are to be separated when not worn to avoid contact with other athletes' items. Uniform items must not be shared.
- Athletes will be required to only use the equipment allocated unless they supply their own.
- Starting blocks must be cleaned with disinfectant prior to each use.
- All throwing equipment are to be cleaned with disinfectant wipes after every attempt.
- High jump is permissible if all equipment is thoroughly cleaned after the session.
- Athletes will be required to sanitise their hands after using shared equipment and after each High, Long or Triple Jump.
- All shared equipment (ie rakes, brooms, measuring tapes and gym equipment) must be cleaned with disinfectant after each use.
- Centres are required to allocate the responsibility for handling equipment and accessing the equipment shed. Access to the equipment shed should be for authorised people only.

Preventing the Spread of COVID-19

- Centres will conduct regular and thorough cleaning to disinfect all common areas and high touch surfaces.
- The toilets must be thoroughly cleaned and disinfected before and after each competition and training session.
- Hand sanitiser must be provided for use at the athlete registration area and each event site.
- Disinfectant wipes must be available at each event site where equipment is used.

Personal Infection Control and Management

- CSOs must advise those attending sanctioned competition and training to go home if they have any cold or flu symptoms.
- Any attendee who tests positive for COVID-19 should remain in isolation at home and cannot attend Little Athletics activities until they have been notified by DHS that they are no longer required to self-isolate and have met the criteria for release.

Note: The most updated protocols can be found on the LAVic website, LAVIC.com.au

Coronavirus
(COVID-19)

GOOD HYGIENE IS IN YOUR HANDS.

Wash your hands thoroughly with soap and water for at least 20 seconds to prevent passing on germs. Dry your hands.

**TOGETHER WE CAN HELP STOP
THE SPREAD AND STAY HEALTHY.**

For more information about **Coronavirus
(COVID-19)** visit **health.gov.au**



Parent Support Program

Each week Box Hill Little Athletics meets, it takes approximately 100 parents to enable our little athletes to participate in a comprehensive program of events. It's a combination of permanent roles and flexible rostered roles which makes the parent support program run effectively.

Parent/Guardian supervision of their athletes is compulsory at Little Athletics competition meets. Parents/Guardians should always ensure their little athletes are attending under the care of a nominated adult and not left alone at the centre for the duration of the meet.

Little Athletics Victoria mandates parent support is compulsory. At Box Hill LAC, we ask parents to volunteer their help on approximately a fortnightly basis or 50% of centre meets, which equates to a *minimum of seven sessions*. You can find out more about the Parent Support Program and how to use Sign Up on our website at boxhilllac.com.au.

Permanent Roles

Some Parent Support roles require significant experience and will be filled on a permanent basis. Each week outside of competition days, there are many additional hours volunteered by Committee Members to manage registrations, uniforms and prepare all of our athlete lists and programs for each week of competition.

Permanent roles include:

- IT and track timing specialists
- Equipment set up
- Age Group Managers
- Race Starters
- Canteen Co-ordinator.

Flexible Rostered Roles Week to Week

These roles require keen parent support week to week but do not require athletics experience. Training will be provided to compliment your enthusiasm.

Flexible roles include:

- Age Group Assistants
- Track Marshalls
- Data Entry
- Canteen support
- Set Up and Pack Up Crew.

Sign Up

Box Hill Little Athletics Centre uses an online parent support program (Sign Up) to fill parent support positions. This system allows families to self select their preferred dates and preferred support roles.

Optional Competition Events

Optional competition events occur throughout the season including Relays, Track and Field, Combined Events and Cross Country. Each of these optional competition events carries additional parent duty support commitments.

Athletic Development

Whether your athlete is 5 or 15, there is a program to suit the varying experience and skills of little athletes at Box Hill Little Athletics Centre. Little Athletics is a fundamental skills development program designed to progress a participant's skills and experience over time. Balance, co-ordination and technique are taught at an early age to enhance development and the participant's enjoyment of the sport. Research shows when a child can perform the skill correctly, both their enjoyment and achievement levels increase.

At Box Hill Little Athletics we are committed to progressing an athlete's development using age appropriate training techniques and programs that will help bring out the athlete's potential.

Coaching Support

Accredited athletics coaches deliver and support our development programs during Sunday competition and during mid-week training.

Mid week training

A structured training program is offered free of charge to all registered athletes each Wednesday afternoon throughout the season at Hagenauer Reserve. Steve Cain is the head coach and one of Australia's leading Decathletes, having represented Australia at the Commonwealth Games. As well as being an accomplished athlete, Steve is a Level 4 IAAF Coach under the Athletics Coach Accreditation Framework.

'On Track' Skills Development

Each Sunday when competition is held, the Centre runs skills based activity programs designed to progress the development of young participants aged U6&7. This skills training is based on the 'On Track' program endorsed by Little Athletics Victoria (LAVic). More information about this program can be found on the [LAVic website](#).

Event Area Coaching During Competition

Each Sunday when competition is held, the Centre supplies 'event specialists' to assist both athletes and parents. The aim of the event specialist is to provide guidance to new parents and participants on running the event along with answering any technical questions, and help athletes improve technique.

Other Development Programs

A range of additional programs and development resources exist for athletes and parents.

These include:

- Private or squad based coaching (for athletes between 9-15years)
- Eastern Metro Region Crystal Creek Coaching Camp
- Junior Development Squad (JDS) run by LAVic and requires qualifying standards, and
- Parent courses (i.e. Introduction to coaching, Starters and Officials training).
- Information regarding the scheduling of courses is found on the LAVic website.

Box Hill Little Athletics Centre reimburses the fees for these courses to any parents willing to use their learnt skills and contribute to our program.

The Little Athletics Code of Conduct

- Play by the rules.
- Never argue with an official. If you disagree, ask your Team or Age Manager to deal with the matter.
- Control your temper. Verbal abuse of officials, coaches, parents or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
- Work equally hard for yourself and/or your Centre/Club. Your Centre/Club's performance will benefit.
- Be a good sport. Applaud all good results whether they are by your Centre/Club, opponent or the other Centre/Club.
- Treat all athletes, as you would like to be treated.
- Co-operate with officials, coaches, club mates and other participants. Without them there would be no competition.
- Participate in Little Athletics for the "fun of it" and not just to please parents and coaches.
- Avoid use of bad language.

Codes of Conduct

Officials' Code of Conduct

- Compliment all participants on their efforts.
- Be consistent, objective and courteous in calling all infractions.
- Condemn unsporting behaviour and promote respect for all opponents.
- Ensure that the "spirit of the game" for children is not lost by using common sense and not over-emphasising errors.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
- Publicly encourage rule changes, which will reinforce the principles of participation for fun and enjoyment.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
- Make a personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.
- Hold a current Working with Children Check as required by LAVic.
- Avoid use of bad language

Spectators' Code of Conduct

- Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators, nor are they miniature professionals.
- Applaud good performances and efforts from each athlete. Congratulate all participants upon their performance regardless of the event outcome.
- Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the children to do likewise.
- Never ridicule or scold a child for making a mistake during a competition. Positive comments are motivational.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or athletes.
- Show respect for each participant. Without them there would be no events.
- Encourage athletes to follow the rules and the officials' decisions.
- Demonstrate appropriate social behaviour by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- Avoid use of bad language.

Parents' Code of Conduct

- Encourage children to participate if they are interested. However, if a child is not willing, do not force him or her.
- Focus upon the child's efforts rather than the overall outcome of the event. This assists the children in setting realistic goals related to his/her own ability by reducing the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing an event.
- Remember children are involved in Little Athletics for their enjoyment, not yours.
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public. Remember, most officials give their time and effort for your child's involvement.
- Support all efforts to remove all verbal and physical abuse at Little Athletics activities.
- Recognise the value and importance of being a volunteer official and/or coach. They give their time and resources to provide recreational activities for the children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- Avoid use of bad language.

LAVic Policy

Working with Children Check - WWC Check

Under the Victorian Government's *Working with Children Act 2005* legislation, the following roles need to obtain a Working with Children Check, (WWC Check):

- LAVic: Board of Management, staff and members of Standing committees, Region Executive Committee members, Centre Executive Committee members, Club Executive Committee members,
- Committee Members/volunteers involved in communication activities to athletes via any means, including oral, written or electronic (emails, social media, video conferencing).
- Child Safety Officers, Coaches and Assistant Coaches, Officials at State and Region level – (not parent helpers whose child is participating on the day), Team Managers, Volunteers without children registered at the Centre, Overnight Supervisors at camps/clinics/functions,
- Selectors for State Teams / Squads, First Aid Personnel, Athletic Development Officers (ADO) working in schools, Presenters of clinics, workshops, seminars, Volunteers at Association run activities (not Centre events – LAVic events).

WWC Check holders must have LAVic listed as an organisation with the following details: Little Athletics Victoria - Box Hill 21 Locked Bag 1011, Port Melbourne, Vic, 3207 ph: 03 8646 4510

Parents, who have a child registered at the Centre where they work or volunteer, are exempt from the WWC Check, unless they fall under one of the categories listed above.

For more information on Working with Children Checks, visit workingwithchildren.vic.gov.au

Centre Awards Information

The Box Hill Little Athletics Centre presents a number of awards to athletes. In order to be eligible for an award, an athlete must be a registered member and have attended at least 50% of all available Box Hill Centre competition days. See the Calendar on *page 12* for competition days. Cancelled meets (e.g. due to hot or wet weather) will be removed from the calendar and the minimum 50% eligibility requirement is recalculated on a reduced calendar.

For the purpose of attendance eligibility, other included events are:

- JDS members attending JDS training days and JDS camp (in lieu of days which clash with Box Hill Centre competition days).
- Attendance at EMR Crystal Creek coaching camps, and attendance at LAVic State Combined Championships in lieu of the Box Hill Centre competition day (cannot count both).
- For the purpose of attendance eligibility, excluded events are: Box Hill Relay Day, LAVic EMR Championships, LAVic State Championships, and AV Junior Championships.

Athlete of the Year

Athlete of the year is awarded to:

Junior Athlete of the Year — one girl and one boy in the U8-10 age groups, and
Senior Athlete of the Year — one girl and one boy in the U11-16 age groups.

Winners are the athletes in each age bracket with the highest aggregate points score of the athlete's two best performances (relevant to their age group) in each track and field event achieved at a Box Hill Centre Competition.

Age Group Champions 1st, 2nd and 3rd

Age Group Champion awards are presented to the top three boys and the top three girls in each age group (U8-16) with the highest aggregate points score.

The aggregate point score is the total of the athlete's two best performances (relevant to their age group) in each track and field event achieved at a Box Hill Centre Competition day.

Note: it is important to attend as many competition days as possible so the athlete can record at least two performances in every event.

U6 Achievement Award

All Under 6 athletes receive an award at the end of the season. This award recognises the athlete's dedication and continued efforts to improve their athletic abilities during the season and successful completion of the On Track program.

Personal Best Award

Medals are awarded to athletes in the U7-16 age groups. These medals recognise each athlete's efforts to compete as much as possible and their endeavour to improve on their own best performances. These awards do not compare one athlete's performance on the track or field with another. There are three levels of achievement awards for each age group based on the number of Personal Bests (PBs) achieved during the season calculated using the following criteria:

Age Group	Gold	Silver	Bronze
U7	12+	8–11	4 – 7
U8-10	16+	11–15	6–10
U11-17	20+	14–19	7–13

For the purpose of calculating PB awards, only results achieved at Box Hill Centre Competition days are considered.

Box Hill Multi Awards

Box Hill Multi Awards are presented to the top three placed Box Hill athletes in the U6-16 age groups who competed at the Inter Centre Multi Day.

Cross Country Attendance

An award is presented in recognition of the athlete's continued efforts to improve and their dedication in representing the Box Hill Little Athletics Centre during the cross country season. Athletes must have attended at least two-thirds of the Eastern 7 cross country meets held throughout the season to be eligible for an award (excluded events are LAVic State Road Relays, LAVic Region Cross Country Championships and LAVic State Cross Country Championships).

Long Service Awards

Awards are presented to athletes who have had either 5 or 10 years continuous membership with Box Hill Little Athletics Centre. LAVic also recognises 10 years of continuous involvement.

Warren Paterson Award

A Volunteer Award was introduced in the 2016-17 season to recognise outstanding service to Box Hill Little Athletics Centre during the season.

This award is based on the following criteria:

- Must be a current member,
- Contribution was above and beyond minimum requirements,
- Demonstrated behaviour consistent with the Parents Code of Conduct, and
- Consistent actions have led to the positive experiences of other members (parents or children).





Centre Awards 2021-2022

Senior Athletes of the Year (Under 11-16)

Under 13 Boys Harrison Dolman

Under 13 Girls Lacey Williams

Junior Athletes of the Year (Under 8-10)

Under 10 Boys Eric Plant

Under 10 Girls Addie Taylor

Warren Paterson Award

David Ross

Age Group Champions

Age	First	Second	Third
Under 8 Girls	Aimee Griffin	Harper Cornish	Amiya Shekar
Under 8 Boys	Noah Falla	Flynn Taylor	Jet Sinclair
Under 9 Girls	Kiyara Munasinghe	Ava Baird	Sarah Yang
Under 9 Boys	Max Flynn	Lachlan Prior	Hugo McKenry
Under 10 Girls	Addie Taylor	Chloe Sinclair	Amelia Rankin
Under 10 Boys	Eric Plant	Max Taylor	Jake Reed
Under 11 Girls	Eliza Griffin	Mia Nardelli	Mia Alford
Under 11 Boys	Oliver Giret	Max Pagram	Ryan Daniels
Under 12 Girls	Ava Plant	Alexa Schultz	Lauren Tay
Under 12 Boys	Henry Curlewis	Riley Flynn	Llywelyn Schoenborn
Under 13 Girls	Lacey Williams	Ishara Ross	Jasmine Giret
Under 13 Boys	Harrison Dolman	Chellian Kanthasamy	Sajan Deol
Under 14 Girls	Charlie Harbison	Rose Harbison	Amelia Paice
Under 14 Boys	Dylan Bee	-	-
Under 15 Girls	Sienna Kurdian	Annabelle Smith	Olivia Gossan
Under 15 Boys	Darcy Nixon	-	-
Under 16 Girls	Eva Wilson	Emma Starick	Rebecca Starick
Under 16 Boys	Hamish Davison	-	-

Multi Event Awards (Four Pillars Event)

Age	First	Second	Third
Under 6 Boys	<i>Not contested</i>	-	-
Under 6 Girls	Matilda Reed	Ruby Cornish	-
Under 7 Boys	Ryan Young	Kayden Munasinghe	Michael Herft
Under 7 Girls	<i>Not contested</i>	-	-
Under 8 Boys	Noah Falla	Flynn Taylor	Jet Sinclair
Under 8 Girls	Harper Cornish	Nilani Smith	-
Under 9 Boys	Lakyn Reuter	-	-
Under 9 Girls	Kiyara Munasinghe	-	-
Under 10 Boys	Max Taylor	Eric Plant	Jake Reed
Under 10 Girls	Addie Taylor	Chloe Sinclair	Kathleen Herft
Under 11 Boys	Oliver Giret	-	-
Under 11 Girls	Maeve Gray	Willow Cornish	-
Under 12 Boys	Levi Taylor	-	-
Under 12 Girls	Lauren Tay	Ava Plant	Lauren Turney
Under 13 Boys	<i>Not contested</i>		
Under 13 Girls	Jasmine Giret	-	-
Under 14 Boys	Dylan Bee	-	-
Under 14 Girls	<i>Not contested</i>	-	-
Under 15 Boys	<i>Not contested</i>		
Under 15 Girls	<i>Not contested</i>	-	-
Under 16 Girls	<i>Emma Starick</i>	-	-

Personal Best Awards

Age	Name	Points	Award
Under 7 Boys	Kayden Munasinghe	17	Gold
Under 7 Boys	Alex Jin	15	Gold
Under 7 Boys	Austin Baird	14	Gold
Under 7 Boys	Ryan Yang	12	Gold
Under 7 Boys	Oscar Sherry	12	Gold
Under 7 Boys	Michael Herft	11	Silver
Under 7 Boys	Luke Peng	10	Silver
Under 7 Boys	Spencer Brand	8	Silver
Under 8 Girls	Harper Cornish	22	Gold
Under 8 Girls	Amiya Shekar	15	Gold
Under 8 Girls	Madison Alford	13	Gold
Under 8 Girls	Aimee Griffin	12	Gold
Under 8 Girls	Tegan Schanssema	12	Gold
Under 8 Girls	Ira Dand	10	Silver
Under 8 Girls	Nilani Smith	8	Silver
Under 8 Girls	Emma Frost	8	Silver
Under 8 Boys	Jet Sinclair	19	Gold
Under 8 Boys	Flynn Taylor	17	Gold
Under 8 Boys	Noah Falla	14	Gold
Under 8 Boys	Flynn Davis	13	Gold
Under 8 Boys	Hugo Schildberger	13	Gold
Under 8 Boys	Jack Langrish	12	Gold
Under 8 Boys	Jamerson Chan	11	Silver
Under 8 Boys	Isaac Chiang	10	Silver
Under 8 Boys	William Young	8	Silver
Under 8 Boys	Max Marsden	7	Bronze
Under 8 Boys	Jack Young	6	Bronze
Under 9 Girls	Jasmine Peng	18	Gold
Under 9 Girls	Ava Moore	17	Gold
Under 9 Girls	Kiyara Munasinghe	16	Gold
Under 9 Girls	Sarah Yang	13	Gold
Under 9 Girls	Madeline Arsenis	9	Silver
Under 9 Girls	Lily Downes	9	Silver
Under 9 Girls	Tanisha Sutharsan	8	Silver
Under 9 Girls	Ava Baird	8	Silver
Under 9 Girls	Alice O'Brien	8	Silver
Under 9 Girls	Evie Sanbrook	4	Bronze
Under 9 Boys	Leon Marais	15	Gold
Under 9 Boys	Max Flynn	15	Gold
Under 9 Boys	Rafael Little	12	Gold
Under 9 Boys	Lachlan Prior	12	Gold
Under 9 Boys	Hugo McKenry	11	Silver
Under 9 Boys	Harrison Daniels	10	Silver
Under 9 Boys	Saxon Sauvey	10	Silver
Under 9 Boys	Hamish Sinclair	6	Bronze
Under 9 Boys	Jude Peace	4	Bronze
Under 10 Girls	Addie Taylor	21	Gold
Under 10 Girls	Jamie Dolman	20	Gold
Under 10 Girls	Chloe Sinclair	16	Gold
Under 10 Girls	Jade Hassett	16	Gold
Under 10 Girls	Mia Woodlock	14	Gold
Under 10 Girls	Kathleen Herft	11	Silver
Under 10 Girls	Mackenzie Schanssema	10	Silver
Under 10 Girls	Amelia Rankin	8	Silver
Under 10 Boys	Eric Plant	18	Gold
Under 10 Boys	Max Taylor	17	Gold
Under 10 Boys	Lachlan Curlewis	17	Gold
Under 10 Boys	Tomas Lahde	15	Gold
Under 10 Boys	Oliver Davis	15	Gold
Under 10 Boys	Robert Soong	13	Gold
Under 10 Boys	Kai Ross	13	Gold
Under 10 Boys	Jake Reed	12	Gold
Under 10 Boys	Kirin Shekar	9	Silver

Personal Best Awards

Age	Name	Points	Award
Under 10 Boys	Oscar O'Sullivan	8	Silver
Under 10 Boys	Ryan Frost	5	Bronze
Under 11 Girls	Ruby Paice	22	Gold
Under 11 Girls	Willow Cornish	21	Gold
Under 11 Girls	Mia Alford	17	Gold
Under 11 Girls	Mia Nardelli	17	Gold
Under 11 Girls	Eliza Griffin	16	Gold
Under 11 Girls	Davina Sutharsan	13	Silver
Under 11 Girls	Maeve Gray	13	Silver
Under 11 Girls	Alexis Stodden	13	Silver
Under 11 Girls	Audrey Walsh	12	Silver
Under 11 Girls	Olivia Prior	12	Silver
Under 11 Girls	Penelope Donovan	6	Bronze
Under 11 Boys	Ryan Daniels	15	Silver
Under 11 Boys	Christiaan Marx	14	Silver
Under 11 Boys	Max Pagram	13	Silver
Under 11 Boys	Oliver Giret	13	Silver
Under 11 Boys	Patrick Beard	6	Bronze
Under 12 Girls	Samara Sutherland	22	Gold
Under 12 Girls	Lauren Turney	21	Gold
Under 12 Girls	Ava Plant	19	Gold
Under 12 Girls	Jasmine Arsenis	14	Silver
Under 12 Girls	Lauren Tay	14	Silver
Under 12 Girls	Alyssa Kurdian	13	Silver
Under 12 Girls	Alice Allsop	11	Silver
Under 12 Girls	Alexa Schultz	11	Silver
Under 12 Girls	Sienna Cornish	10	Bronze
Under 12 Girls	Abbey Tempany	8	Bronze
Under 12 Girls	Marlo Fisher	6	Bronze
Under 12 Girls	Zoe Schultz	6	Bronze
Under 12 Boys	Levi Taylor	17	Gold
Under 12 Boys	Henry Curlewis	14	Silver
Under 12 Boys	Riley Flynn	13	Silver
Under 12 Boys	Daniel Herft	10	Bronze
Under 12 Boys	Llywelyn Schoenborn	8	Bronze
Under 12 Boys	Hartley Peace	6	Bronze
Under 13 Girls	Ishara Ross	18	Gold
Under 13 Girls	Monique Williams	16	Gold
Under 13 Girls	Chelsea Daniels	16	Gold
Under 13 Girls	Jasmine Giret	14	Silver
Under 13 Girls	Lacey Williams	14	Silver
Under 13 Girls	Millicent Fraser	13	Silver
Under 13 Girls	Sophie Woodlock	8	Bronze
Under 13 Girls	Imogen Davison	6	Bronze
Under 13 Boys	Chellian Kanthasamy	21	Gold
Under 13 Boys	Harrison Dolman	16	Gold
Under 13 Boys	Vinujan Pirapakaran	15	Silver
Under 13 Boys	Benjamin Parker	12	Silver
Under 13 Boys	Sajan Deol	7	Bronze
Under 13 Boys	Dylan Sutharsan	6	Bronze
Under 14 Girls	Amelia Paice	17	Gold
Under 14 Girls	Charlie Harbison	13	Silver
Under 14 Girls	Rose Harbison	12	Silver
Under 14 Girls	Freya Wilson	10	Bronze
Under 14 Girls	Madeline McGregor	10	Bronze
Under 14 Girls	Janelle Chan	6	Bronze
Under 14 Boys	Dylan Bee	15	Silver
Under 14 Boys	Austin Herft	9	Bronze
Under 15 Girls	Sarah McDiarmid	19	Gold
Under 15 Girls	Kirwan Schoenborn	14	Silver
Under 15 Girls	Akira Little	14	Silver
Under 15 Girls	Hannah Plant	12	Silver
Under 15 Girls	Sienna Kurdian	10	Bronze
Under 15 Girls	Annabelle Smith	10	Bronze

Personal Best Awards

Age	Name	Points	Award
Under 15 Girls	Ava Walsh	9	Bronze
Under 15 Girls	Olivia Gossan	7	Bronze
Under 15 Girls	Khushi Deol	6	Bronze
Under 15 Boys	Darcy Nixon	9	Bronze
Under 16 Girls	Eva Wilson	9	Bronze
Under 16 Girls	Rebecca Starick	8	Bronze
Under 16 Girls	Emma Starick	7	Bronze
Under 16 Girls	Ashleigh Western	7	Bronze

U6 Achievement Awards

Girls		Boys	
Ruby Cornish	Matilda Reed	James Stodden	Luka Nardelli
Sophie Downes	Elyse Arsenis	Harvey Schanssema	Jack Moore
Frankie Lucas	Zoe Sauvey	Angus Sinclair	Lennon Marx
Anna Beard	Carolyn Fu	Harry Sanbrook	Max Chen
Lucia Campagna	Prisha Sodhani	Zachariah Dunstan	James Prior

Participation Awards

Age	Name	Age	Name
Under 7 Girls	Georgie Asenberger	Under 12 Girls	Alba Little
Under 7 Girls	Harriet Moate	Under 12 Boys	Angus Dunstan
Under 8 Boys	Cameron Ma	Under 12 Boys	Levi Bench
Under 8 Boys	Jeremy Zhang	Under 12 Boys	Oliver Sutherland
Under 8 Girls	Madeline O'Sullivan	Under 13 Girls	Sylvie Waddick
Under 8 Girls	Grace Newman-King	Under 13 Girls	Priya Deol
Under 8 Girls	Chelsea Rankin	Under 13 Girls	Anna Phelan
Under 9 Girls	Olivia Sidmore	Under 14 Girls	Sophia Staehr
Under 10 Girls	Stella Newman-King	Under 15 Girls	Mei Nagaoka
Under 11 Girls	Zarina Annis	Under 15 Girls	Sienna Oxnam
Under 11 Girls	Sienna Mumme	Under 16 Girls	Gemma Thomas
Under 12 Girls	ShNaajh Chakrabarty Saha		

Long Service Awards

Five Year Service			
Age	Name	Age	Name
Under 10 Boys	Eric Plant	Under 12 Girls	Sophie Tonso
Under 10 Boys	Jamie Dolman	Under 13 Boys	Chellian Kanthasamy
Under 11 Boys	Oliver Giret	Under 13 Girls	Jasmine Giret
Under 11 Girls	Audrey Walsh	Under 15 Boys	Darcy Nixon
Under 12 Boys	Llywelyn Schoenborn		
Seven Year Service			
Under 12 Boys	Angus Dunstan	Under 12 Boys	Mac Hammerstein
Under 12 Girls	Alba Little	Under 12 Girls	Lauren Tay
Under 12 Girls	Ava Plant	Under 13 Girls	Sophie Woodlock
Under 14 Girls	Madeline McGregor	Under 13 Girls	Amma Phelan
Under 15 Girls	Hannah Plant	Under 14 Girls	Rose Harbison
Under 16 Girls	Ashleigh Western	Under 14 Girls	Charlie Harbison
Under 13 Boys	Dylan Sutharsan		
Ten Year Service			
Under 16 Boys	Hamish Davison	Under 16 Girls	Emma Starick
Under 16 Boys	Zachary Matters	Under 16 Girls	Rebecca Starick
Under 16 Girls	Ava Dunstan		

Cross Country Information

Competition

All summer registered athletes are encouraged to participate in our Eastern 7 Cross Country program. The season runs mid April through to July on Sunday mornings from 9.30am. The program allows athletes to compete at a different venue each week against athletes from seven Eastern Region Centres.

Eastern 7s Competition		
Start	Distance	Age Group
9.30am	3000m	U13-17
9.45am	2000m	U11-12
10.00am	500m	U6
10.15am	1500m	U9-10
10.30am	1000m	U7-8

* The same start times will run every week. Marshall 15 minutes before start time.

Events do not always run to schedule depending on number of athletes competing.

Athletes aged U9-16 are also encouraged to participate in the Region and State Championships usually scheduled to run towards the end of the season.

Box Hill athletes who are unable to compete on Sunday mornings, have the opportunity of competing in the Knox Cross Country program, held on Saturday mornings. See the [Knox Little Athletics website](#) for further information.

Training

Cross Country training is held on Wednesday evenings from 4.30pm and is conducted by experienced athletic coaches.

Registration

The Box Hill Little Athletics Club registration fees include enrolment for the winter Eastern 7 Cross Country season, Eastern 7 Rewards Day, Box Hill Open Day and State Road Relays. Region and State Cross Country Championships incur an additional charge and require separate online entry by the athlete.

If you are interested in either the Saturday or Sunday Cross Country Programs, see our website or email: bhlacompetition@gmail.com. You will be added to the Box Hill Cross Country Team email list, which will keep you up to date with any important information including when to register when the season opens.

Athletes wishing to compete as a Box Hill athlete in the winter Cross Country program only are able to join April to August with a reduced registration fee. When registering, athletes must join the Cross Country Team in the member portal and Team App.

Parent Assistance

Parents are required for official duties at Box Hill hosted events and Eastern 7 Rewards Day. Parents may also be required for Region and State Championships if their child has been entered. Parents will be required to perform at least two duties during the winter Cross Country season for their child to be eligible for an end of season award.

Cross Country End of Season 2021/22 Awards

Box Hill Little Athletics Centre presents a number of awards to athletes who complete in the Cross Country season.

In order to be eligible for an award, an athlete must be a registered member, must have attended at least 5 or more Cross Country sessions held by Box Hill or other EMR centres throughout the season and families must have completed at least 1 parent duty for Box Hill hosted sessions and Open Day.

Outstanding Award			
Age	Name	Age	Name
Under 8 Girls	Aimee Griffin	Under 10 Girls	Chloe Sinclair
Under 11 Girls	Ruby Paice	Under 12 Girls	Ava Plant
Under 14 Girls	Amelia Paice	Under 15 Girls	Sarah McDiarmid
Under 16 Boys	Henry Ferns		

Participation Award			
Age	Name	Age	Name
Under 6 Girls	Lucia Campagna	Under 6 Boys	Jack Moore
Under 6 Girls	Zoe Sauvey	Under 6 Boys	Harvey Schanessma
Under 6 Girls	Holly Sinclair	Under 6 Boys	James Stodden
Under 7 Boys	Henry Barnes	Under 7 Boys	Ryan Yang
Under 8 Girls	Madison Alford	Under 8 Girls	Zoe Collins
Under 8 Girls	Madison Glennly	Under 8 Boys	Fletcher Morrison
Under 8 Boys	Harvey Rofe	Under 8 Girls	Tegan Schanssema
Under 8 Boys	Jet Sinclair	Under 8 Boys	Flynn Taylor
Under 9 Girls	Ava Moore	Under 9 Boys	Saxon Sauvey
Under 10 Boys	Henry Anderson	Under 10 Girls	Jamie Dolman
Under 10 Boys	Thomas Hazlett	Under 10 Boys	Tomas Lahde
Under 10 Girls	Mackenzie Schanssema	Under 10 Girls	Addie Taylor
Under 10 Girls	Mia Woodlock	Under 11 Girls	Mia Alford
Under 11 Girls	Olivia Collins	Under 11 Girls	Eliza Griffin
Under 11 Girls	Ella Moore	Under 11 Girls	Sienna Mumme
Under 11 Girls	Alexis Stodden	Under 12 Boys	Henry Curlewis
Under 12 Girls	Gabrielle Morrison	Under 12 Boys	Sterling Rofe
Under 12 Girls	Alexa Schultz	Under 12 Girls	Zoe Schultz
Under 12 Girls	Abbey Tempany	Under 12 Boys	Levi Taylor
Under 12 Girls	Lucy Collins	Under 13 Girls	Millicent Fraser
Under 13 Girls	Sylvie Waddick	Under 13 Girls	Monique Williams
Under 13 Girls	Lacey Williams	Under 15 Girls	Hannah Plant
Under 16 Boys	Zachary Matters		



Cross Country Season



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Box Hill Events Information

Box Hill Relay Day

Box Hill Relay Day is an exciting invitational relay event hosted by Box Hill. All athletes from U8–17 are encouraged to participate. Box Hill teams compete against other centres from mostly within our region. Box Hill Relay Day presents a great opportunity for young athletes to learn the skill of running relays and the enjoyment of participating in teams. It is also the ideal lead up for those athletes competing in Regional and State relays, where teams can practise their skills on the track in a relaxed and fun environment.

In addition to the competition, this event is always a great success, it raises valuable funds for the centre and is usually well supported by our parent group. To run an effective event, all parents with athletes competing on the day will need to fulfil a support role.

Although more relaxed, the official Box Hill Little Athletics uniform should be worn by all athletes competing, consisting of singlet or crop top which is black with white and silver trimmings and plain black shorts.

Entry is free however early registration is essential so that team numbers can be determined. For more information please refer to our website, contact your Age Group Manager or our Competition Events Manager at bhlacompetition@gmail.com

Royal Children's Hospital Relayathon

The annual Relayathon is a fundraiser event for the Royal Children's Hospital. Little Athletics Victoria have been a major contributor to the Good Friday Appeal for over forty years, where centres host their own Relayathon event to contribute to the fundraising effort.

The Relayathon is a continuous relay event run over the duration of a competition meet, around the track undertaken by little athletes and parents. The aim is to complete as many laps as possible.

Box Hill Centre Athletes at Stawell Gift

For several years, Box Hill little athletes have competed at the Stawell Gift in events co-ordinated by Little Athletics Victoria. Events which can be entered are 100m, 400m, 800m and 1600m. Athletes need to have an official time from an approved event to enter, which are listed with the entry conditions. Past Box Hill athletes who have won events at Stawell are Emily Bertacco (400m) and Lauren Boulter (100m). This can be an enjoyable weekend away at Easter with other Box Hill LAC athletics families.

Box Hill Cross Country Open Day

Box Hill Cross Country (XC) Open Day is held annually during the Cross Country Season at Wattle Park, Burwood. U6-U17 athletes from Box Hill LAC and from all Little Athletics centres are welcome to register and participate. The off-road course distance depends on age group and varies from 500m to 3000m.



Region and State Competition Information

Region and State Championship events can be entered by Box Hill athletes interested in more competitive athletics events. There are four main competition types: Relays, Track and Field, Multi Event and Cross Country. All athletes in U9-16 are eligible to enter these competitions.

Eastern Metro Region

Box Hill is part of the Eastern Metro Region (EMR) which comprises of the following centres: Box Hill, Camberwell\Malvern, Cockatoo, Collingwood, Croydon, Doncaster, Kew, Knox, Nunawading, Ringwood, Sherbrooke and Yarra Ranges. There are six other regions (3 Metro and 3 Country).

Relay Competitions

There are three main relay events the club enters: Box Hill Relay Day, Region and State Relay Championships. Only teams who qualify at Region championships progress to State Championships. Athlete may be placed in up to three teams/events. Age Group Relay Managers select the teams.

Relays contested are 4x100m, 4x200m and medleys (100, 300, 200, 400) and there are limited mixed sex and mixed age events. All athletes who enter relays are expected to attend training organised by the Age Group Relay Manager. Please ensure athletes are available before entering as late withdrawals disadvantage other team members.

Track and Field Competitions

There are two main track and field events: Region and State Track and Field Championships. Athletes may enter Region Championships in up to 5 events. Only athletes who qualify at Region championships (top 16-24 athletes) progress to State Championships.

State Multi Competition

State Multi Championships are held over a weekend. Each athlete competes in 5–7 events dependent on age group. Age group numbers are capped. A great opportunity to meet other athletes from all over the state.

Cross Country Competitions

There are two main cross country events: Region and State Cross Country Championships. Only athletes who qualify at Region championships progress to State Championships. At both of these events athletes compete as individuals as well as members of a Box Hill team where a team comprises of a minimum of three athletes.

Entries

All entries for Track & Field, Multi Event and Cross Country are completed and paid for by the athlete online through the LAVic website. Relay entries are completed by the Box Hill Relay Team Manager and paid for by the club. If an athlete fails to compete, they may be asked for reimbursement.

Parent Assistance

Parents are required for official duties at all entered competition events.

Regional and State Events Uniform

The official Box Hill Little Athletics Club uniform and bar-coded registration patch must be worn by all athletes competing in any of these competitions. Bar-coded registration patches may need to be replaced by a LAVic registration patch when provided.

The current official Box Hill Little Athletics uniform is:

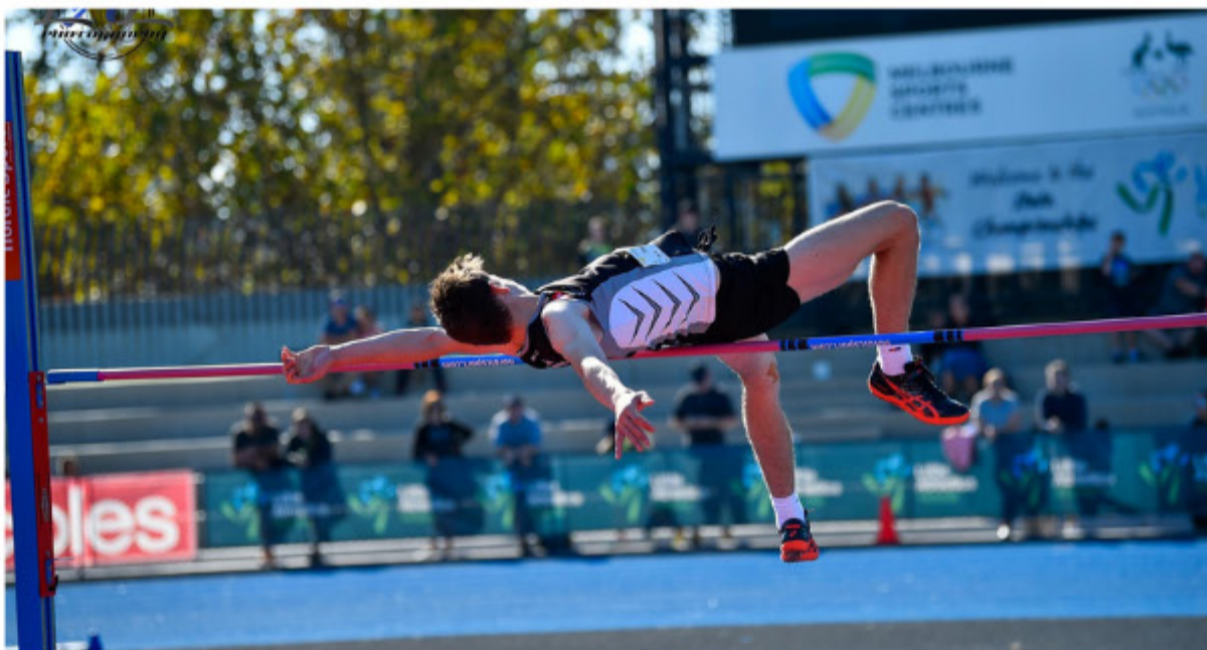
- **Singlet or crop top which is black with white and silver trimmings and has the approved sponsor logo correctly affixed, and**
- **Black shorts or leggings which are plain with no brand advertising, have no open pockets and if shorts, are not below the knee.**
- **Compression items may be worn under shorts but they must be natural colour or black with no brand advertising.**



Regional and State Events

BOX HILL ATHLETES IN ACTION





2021/22 Region and State Results

State Combined Events Championships

State Combined Events were held at Lakeside Stadium on the 29th and 30th January 2022. Box Hill LAC had 23 athletes compete, with 2 finishing on the podium and 9 finishing in the top eight.

Overall results were as follows:

Place	Athlete	Age Group
1st	Zoe Schultz	Under 11-12 Girls MC
2nd	Ishara Ross	Under 13 Girls
4th	Harrison Dolman	Under 13 Boys
4th	Addie Taylor	Under 10 Girls
5th	Jasmine Giret	Under 13 Girls
6th	Max Taylor	Under 10 Boys
7th	Kiara Munasinghe	Under 9 Girls
7th	Lauren Tay	Under 12 Girls
8th	Chellian Kanthasamy	Under 13 Boys
11th	Aiden Tickle	Under 15 Boys
14th	Ava Plant	Under 12 Girls
16th	Darcy Nixon	Under 15 Boys
18th	Eric Plant	Under 10 Boys
19th	Riley Flynn	Under 12 Boys
22nd	Jake Reed	Under 10 Boys
23rd	Alyssa Kurdian	Under 12 Girls
26th	Jamie Dolman	Under 10 Girls
26th	Alexa Schultz	Under 12 Girls
29th	Samara Sutherland	Under 12 Girls
29th	Max Flynn	Under 9 Boys
31st	Oliver Giret	Under 11 Boys
34th	Lauren Turney	Under 12 Girls
43rd	Vinujan Pirapakaran	Under 13 Boys

Regional Track and Field

The Regional Track and Field Championships were held on 13th and 14th of February 2022 at Knox Athletics track. Box Hill had 80 athletes entered the EMR (Eastern) Track and Field. Our athletes performed exceptionally well, coming home with 40 gold, 28 silver and 29 bronze medals. 63 Box Hill athletes qualified for the State Track and Field Championships.

State Track and Field Finalists

The State Track and Field Championships were held at Lakeside Stadium on 12th - 13th March 2022.

PLACE	ATHLETE	AGE GROUP	EVENT
1st	Sienna Kurdian	Under 15 Girls	400m
1st	Khushi Deol	Under 15 Girls	800m, 1500m
1st	Madeline McGregor	Under 14 Girls	1500m walk
1st	Lacey Williams	Under 13 Girls	200m hurdles
1st	Lauren Tay	Under 12 Girls	400m
1st	Harrison Dolman	Under 13 Boys	Long jump
1st	Zoe Schultz	Under 12 Girls MC	200m, Discus, Long jump, Shot put
2nd	Sienna Kurdian	Under 15 Girls	100m, 200m
2nd	Annabelle Smith	Under 15 Girls	800m
2nd	Lacey Williams	Under 13 Girls	80m hurdles
2nd	Imogen Davison	Under 13 Girls	Triple jump
2nd	Lauren Tay	Under 12 Girls	1500m
2nd	Sienna Cornish	Under 12 Girls	Javelin
2nd	Addie Taylor	Under 10 Girls	800m, 60m hurdles
2nd	Kiyara Munasinghe	Under 9 Girls	High jump
2nd	Zachary Matters	Under 16 Boys	1500m walk

State Track and Field Finalists

2nd	Harrison Dolman	Under 13 Boys	High jump, Triple jump
3rd	Hannah Plant	Under 15 Girls	Javelin
3rd	Ishara Ross	Under 13 Girls	100m, 200m hurdles, Long jump
3rd	Lacey Williams	Under 13 Girls	400m
3rd	Chloe Sinclair	Under 10 Girls	Long jump
3rd	Hamish Davison	Under 16 Boys	High jump
3rd	Sajan Deol	Under 13 Boys	1500m
3rd	Chellian Kanthasamy	Under 13 Boys	Triple jump
3rd	Riley Flynn	Under 12 Boys	High jump
3rd	Max Taylor	Under 10 Boys	800m
3rd	Jude Peace	Under 9 Boys	Discus
4th	Kiyara Munasinghe	Under 9 Girls	Shot put
4th	Chellian Kanthasamy	Under 13 Boys	Long jump
4th	Jude Peace	Under 9 Boys	Shot put
4th	Olivia Gossan	Under 15 Girls	400m
4th	Monique Williams	Under 13 Girls	800m
5th	Max Taylor	Under 10 Boys	60m hurdles
5th	Eric Plant	Under 10 Boys	High jump
5th	Ishara Ross	Under 13 Girls	200m
5th	Monique Williams	Under 13 Girls	400m
5th	Lauren Tay	Under 12 Girls	800m
5th	Addie Taylor	Under 10 Girls	400m
6th	Kiyara Munasinghe	Under 9 Girls	Discus
6th	Aiden Tickle	Under 15 Boys	Long jump, Triple jump
6th	Henry Curlewis	Under 12 Boys	1500m
6th	Imogen Davison	Under 13 Girls	80m hurdles
6th	Lauren Tay	Under 12 Girls	200m
6th	Sienna Cornish	Under 12 Girls	Shot put
7th	Hamish Davison	Under 16 Boys	100m hurdles
7th	Darcy Nixon	Under 15 Boys	200m
7th	Dylan Bee	Under 14 Boys	200m
7th	Heath Fox	Under 14 Boys	Javelin
7th	Max Taylor	Under 10 Boys	400m
7th	Babette Nathan	Under 13 Girls	Shot put
7th	Eva Wilson	Under 15 Girls	Discus
8th	Lacey Williams	Under 13 Girls	200m
8th	Mia Nardelli	Under 11 Girls	Javelin, Shot put
8th	Darcy Nixon	Under 15 Boys	100m, Long jump

State Cross Country Championships

The Cross Country Championships were held at Lake Dewar, Myrning on Saturday 6th August. Our top athletes from Box Hill LAC were:

PLACE	ATHLETE	AGE GROUP	EVENT
1st	Zoe Schultz	Mixed 11-12 MC	2000m
3rd	Addie Taylor	Under 10 Girls	1500m
3rd	Henry Curlewis	Under 12 Boys	2000m
3rd	Priya Deol	Under 13 Girls	3000m
5th	Max Taylor	Under 10 Boys	1500m
7th	Lauren Tay	Under 12 Girls	2000m

State Cross Country Championships

The State Cross-Country Relay Championships was held at Cruden Farm, Langwarrin on Saturday 4th June 2022. Congratulations to our Box Hill teams:

PLACE	TEAM	ATHLETES	EVENT
1st	Under 13 Girls	Priya Deol, Lacey Williams, Monique Williams	3x3km
2nd	Under 10 Boys	Eric Plant, Jake Reed, Max Taylor	3x1km
2nd	Under 10 Girls	Chloe Sinclair, Mackenzie Schanssema, Addie Taylor	3x1km
3rd	Under 12 Girls	Ava Plant, Samara Sutherland, Lauren Tay	3x1.5km
6th	Under 11 Girls	Eliza Griffin, Olivia Collins, Mia Alford	3x1.5km

Australian Little Athletics Championships

The Australian Little Athletics Championships (ALAC) is a two-day Championships that incorporates three events. The ATC is the Australian Teams Championships for the U13 athletes, ACEC is the Australian Combined Events Championships for the U15 athletes, while the Australian Multi-Class Championships for the U15 Multi-Class athletes. The athletes selected to represent Victoria, can not only perform at their best but also more importantly form part of a committed team.

Congratulations to the following Box Hill Little Athletes who were selected to represent Victoria in 2021-22:

- Ishara Ross
- Harrison Dolman
- Lacey Williams
- Chellian Kanthasamy
- Monique Williams



*Pictured (l-r)
Chellian Kanthasamy, Harrison Dolman, Ishara Ross, Lacey Williams and Monique Williams.*

New Box Hill Little Athletics Centre Records

Event	Specifics	Athlete	Record	Meet	Previous Record
Under 8 Girls					
High Jump	Scissor	Aimee Griffin	0.99	Box Hill Little Athletics Centre Meet	A Plant 0.98 2018
Long Jump	Mat	Aimee Griffin	3.67	Box Hill Little Athletics Centre Meet	C Hall 3.66 1982
Under 9 Girls					
High Jump	Scissor	Kiyara Munasinghe	0.99	State Little Athletics Championships	A Plant 0.98 2018
Under 10 Girls					
60m Hurdles	60cm/6flts	Addie Taylor	10.69	State Little Athletics Championships	J Sexton 10.85 2010
Under 12 Boys					
Shot Put	2kg	Llywelyn Schoenborn	0.99	Box Hill Little Athletics Centre Meet	H Peace 8.97 2021
Under 13 Girls					
100m		Ishara Ross	12.80	State Little Athletics Championships	J Tulloch 12.88 1995
200m Hurdles	68cm/5flts	Ishara Ross	29.39	Australian Little Athletics Championships	L Williams 29.68 2022
Under 13 Boys					
Triple Jump	Board	Harrison Dolman	11.23	Region Little Athletics Championships	J Tulloch 12.88 1995
Long Jump	Board	Harrison Dolman	5.77	Australian Little Athletics Championships	H Dolman 5.62 2022
Under 15 Girls					
100m		Sienna Kurdian	12.19	Region Little Athletics Championships	S Ferrier 12.29 2011
800m		Khushi Deol	2.18:16	State Little Athletics Championships	L O'Donnell 2.19:17 1994
1500m		Khushi Deol	4.46:73	State Little Athletics Championships	B Croall 5.01:63 2019
Under 16 Boys					
300m Hurdles	76cm/7flts	Hamish Davison	45.78	Box Hill Little Athletics Centre Meet	H Davison 49.64 2022
High Jump		Hamish Davison	1.80	State Little Athletics Championships	H Davison 1.76 2022
100m Hurdles		Hamish Davison	15.27	Region Little Athletics Championships	D Deol 15.60 2019

Box Hill Little Athletics Centre Records *Current as at 31 August 2022*

Box Hill athletes can only set a Centre Record during Box Hill Little Athletics Centre competition days, LAVic Region and State Track and Field Championships, LAVic State Multi Championships and when representing LAVic at the Australian Little Athletics Championships (ALAC). Athletes must have competed in their correct age group for records to be awarded. Centre Records achieved at a regular competition day must be handed to the Centre Recorder.

For a record to be recognised, the Key Official must seek verification by a Committee member immediately. All timing and measuring devices, hurdle heights, objects thrown and marks made must be left untouched until the record has been validated. If a Centre Record is set outside the centre, the result card should be sighted by the Centre Recorder.

All records will be ratified at the next Committee meeting. A certificate will be awarded to the athlete to acknowledge their achievements.

There is an accepted variation between manual and electronic timing. All hand time performances are adjusted as follows: distances under 400m +0.24 sec, distances of 400m +0.14 sec and distances greater than 400m, no change.

Note: All manually timed Box Hill centre records have been adjusted.

Event	Specifics	Athlete	Record	Meet	Year
Under 6 Girls					
70m		Matilda Dinnison	13.22	Box Hill Little Athletics Centre Meet	2003
100m		Kayla Herbert	18.60	Box Hill Little Athletics Centre Meet	2007
200m		Matilda Dinnison	39.86	Box Hill Little Athletics Centre Meet	2003
300m		Matilda Dinnison	1.04:86	Box Hill Little Athletics Centre Meet	2003
Long Jump	Mat	Emily Beratacco	2.73	Box Hill Little Athletics Centre Meet	2007
Shot Put	1kg	J Harker	5.17	Box Hill Little Athletics Centre Meet	2010
Discus	350g	Amy Collyer	10.06	Box Hill Little Athletics Centre Meet	2005
Under 6 Boys					
70m		Sam Cleeve	12.80	Box Hill Little Athletics Centre Meet	2002
100m		Ryan Miller	18.63	Box Hill Little Athletics Centre Meet	2002
200m		Darcy Hellriegal	39.32	Box Hill Little Athletics Centre Meet	2002
300m		Charlie Simondson	1.04:48	Box Hill Little Athletics Centre Meet	2005
Long Jump	Mat	Ryan Miller	2.91	Box Hill Little Athletics Centre Meet	2002
Shot Put	1kg	Jack Woods	5.31	Box Hill Little Athletics Centre Meet	2009
Discus	350g	Ryan Miller	15.10	Box Hill Little Athletics Centre Meet	2002
Under 7 Girls					
70m		E Sharp	11.64	Box Hill Little Athletics Centre Meet	1986
100m		B Ying	17.24	Box Hill Little Athletics Centre Meet	1985
		Abbey Kuluveouski	17.24	Box Hill Little Athletics Centre Meet	2013
200m		E Sharp	36.14	Box Hill Little Athletics Centre Meet	1986
300m		Imogen Gray	56.30	Box Hill Little Athletics Centre Meet	2013
Long Jump	Mat	Sarah Klotz	3.14	Box Hill Little Athletics Centre Meet	1988
Shot Put	1kg	Lauren Boulter	5.95	Box Hill Little Athletics Centre Meet	2011
Discus	350g	D Nash	12.73	Box Hill Little Athletics Centre Meet	1983
Under 7 Boys					
70m		Jason Cripps	11.34	Box Hill Little Athletics Centre Meet	1984
100m		Jason Cripps	15.94	Box Hill Little Athletics Centre Meet	1984
200m		Jason Cripps	32.54	Box Hill Little Athletics Centre Meet	1984
300m		Lachlan Doehmann	57.83	Box Hill Little Athletics Centre Meet	2009
Long Jump	Mat	Jason Cripps	3.53	Box Hill Little Athletics Centre Meet	1984
Shot Put	1kg	Jason Cripps	7.27	Box Hill Little Athletics Centre Meet	1984
Discus	350g	A Collins	18.40	Box Hill Little Athletics Centre Meet	1990
Under 8 Girls					
70m		B Ying	10.64	Box Hill Little Athletics Centre Meet	1986
100m		S McIntyre	15.54	Box Hill Little Athletics Centre Meet	1971
200m		Kayla Herbert	34.77	Box Hill Little Athletics Centre Meet	2008
300m		Kayla Herbert	55.66	Box Hill Little Athletics Centre Meet	2008
60m Hurdles	45cm/6flts	S McIntyre	11.64	Box Hill Little Athletics Centre Meet	1970
Long Jump	Mat	Aimee Griffin	3.67	Box Hill Little Athletics Centre Meet	2022
High Jump	Scissor	Aimee Griffin	0.99	Box Hill Little Athletics Centre Meet	2022
Shot Put	1.5kg	D Nash	7.51	Box Hill Little Athletics Centre Meet	1984
Discus	500g				

Box Hill Little Athletics Centre Records *Current as at 31 August 2022*

Event	Specifics	Athlete	Record	Meet	Year
Under 8 Boys					
70m		Jason Cripps	10.54	Box Hill Little Athletics Centre Meet	1985
100m		David Reeves	15.04	Box Hill Little Athletics Centre Meet	1972
200m		Jason Cripps	31.64	Box Hill Little Athletics Centre Meet	1984
300m		David Eliou	54.24	Box Hill Little Athletics Centre Meet	1995
60m Hurdles	45cm/6flts	Jason Cripps	10.94	Box Hill Little Athletics Centre Meet	1985
Long Jump	Mat	Jason Cripps	4.05	Box Hill Little Athletics Centre Meet	1984
High Jump	Scissor	Angus Dunstan	1.08	Box Hill Little Athletics Centre Meet	2018
Shot Put	1.5kg	Lachlan Doehmann	8.48	Box Hill Little Athletics Centre Meet	2011
Discus	500g				
Under 9 Girls					
70m		Dianne Watts	10.44	Box Hill Little Athletics Centre Meet	1973
100m		Dianne Watts	14.54	Box Hill Little Athletics Centre Meet	1973
200m		Dianne Watts	30.34	Box Hill Little Athletics Centre Meet	1973
400m		Amelie Holah	1.12:22	State Little Athletics Championships	2014
800m		Madeline Cleeve-Gerkins	2.47:24	Box Hill Little Athletics Centre Meet	2002
60m Hurdles	45cm/6flts	Laura O'Donnell	10.74	Box Hill Little Athletics Centre Meet	1988
700m Walk		Abbey Tempany	4.13:50	State Little Athletics Championships	2019
Long Jump	Mat	Sarah Klotz	4.00	Box Hill Little Athletics Centre Meet	1991
High Jump	Scissor	Kiyara Munasinghe	1.10	State Little Athletics Championships	2022
Shot Put	2kg	Kate Boulter	7.70	State Little Athletics Championships	2009
Discus	500g	D Nash	21.62	Box Hill Little Athletics Centre Meet	1985
Under 9 Boys					
70m		B Haugh	10.14	Box Hill Little Athletics Centre Meet	1986
100m		Des Cullen	14.43	Box Hill Little Athletics Centre Meet	1969
200m		S Wilson	30.14	Box Hill Little Athletics Centre Meet	1979
400m		Des Cullen	1.08:04	Box Hill Little Athletics Centre Meet	1969
800m		M Masoni	2.35:80	Box Hill Little Athletics Centre Meet	1977
60m Hurdles	45cm/6flts	Sebastian Purcell	10.47	Box Hill Little Athletics Centre Meet	2002
700m Walk		Max Malone	4.41:93	Box Hill Little Athletics Centre Meet	2017
Long Jump	Mat	M Jeffrey	4.45	Box Hill Little Athletics Centre Meet	1968
High Jump	Scissor	Angus Dunstan	1.23	State Little Athletics Championships	2019
Shot Put	2kg	Lachlan Doehmann	8.11	Box Hill Little Athletics Centre Meet	2012
Discus	500g	W Blackie	27.74	Box Hill Little Athletics Centre Meet	1982
Under 10 Girls					
70m		Dianne Watts	10.14	Box Hill Little Athletics Centre Meet	1974
		J Palmer	10.14	Box Hill Little Athletics Centre Meet	1974
100m		Dianne Watts	13.84	Box Hill Little Athletics Centre Meet	1974
200m		Dianne Watts	29.14	Box Hill Little Athletics Centre Meet	1974
400m		Jessica Sexton	1.06:79	Box Hill Little Athletics Centre Meet	2010
800m		Jessica Sexton	2.30:41	Box Hill Little Athletics Centre Meet	2010
1100m		Laura Powell	3.48:25	Box Hill Little Athletics Centre Meet	2009
60m Hurdles	60cm/6flts	Addie Taylor	10.69	State Little Athletics Championships	2022
1100m Walk		L Marland	6.05:00	Box Hill Little Athletics Centre Meet	1989
Long Jump	Mat	Sarah Ferrier	4.50	Box Hill Little Athletics Centre Meet	2005
High Jump	Scissor	Ava Plant	1.19	Region Little Athletics Championships	2020
Shot Put	2kg	Gabrielle Clarke	9.22	Box Hill Little Athletics Centre Meet	2011
Discus	500g	Kate Boulter	27.22	Box Hill Little Athletics Centre Meet	2010
Under 10 Boys					
70m		David Tyrell	10.04	Box Hill Little Athletics Centre Meet	1972
100m		David Tyrell	13.74	Box Hill Little Athletics Centre Meet	1972
200m		Michael Saunders	29.15	Box Hill Little Athletics Centre Meet	1996
400m		Des Cullen	1.04:94	Box Hill Little Athletics Centre Meet	1971
800m		M Masoni	2.28:10	Box Hill Little Athletics Centre Meet	1978
1100m		Luca Tevere	3.46:07	Box Hill Little Athletics Centre Meet	2012
60m Hurdles	60cm/6flts	B Haugh	9.64	Box Hill Little Athletics Centre Meet	1987
1100m Walk		Zachary Matters	5.44:79	State Little Athletics Championships	2017
Long Jump	Mat	Tim Crowe	4.49	Box Hill Little Athletics Centre Meet	1978
High Jump	Scissor	Riley Flynn	1.25	Region Little Athletics Championships	2020
Shot Put	2kg	Sam Kilworth	9.90	Box Hill Little Athletics Centre Meet	2002
Discus	500g	W Blackie	39.94	Box Hill Little Athletics Centre Meet	1983

Box Hill Little Athletics Centre Records *Current as at 31 August 2022*

Event	Specifics	Athlete	Record	Meet	Year
Under 11 Girls					
100m		Dianne Watts	13.64	Box Hill Little Athletics Centre Meet	1975
200m		Dianne Watts	28.24	Box Hill Little Athletics Centre Meet	1975
400m		S Prowse	1.04:54	Box Hill Little Athletics Centre Meet	1975
800m		Laura Powell	2.24:33	Box Hill Little Athletics Centre Meet	2009
1500m		Laura Powell	4.52:02	Region Little Athletics Championships	2010
80m Hurdles	60cm/9flts	Kate Boulter	13.61	Box Hill Little Athletics Centre Meet	2011
1100m Walk		Madeline McGregor	6.00:58	State Little Athletics Championships	2019
Long Jump	Board	Sarah Ferrier	4.78	Box Hill Little Athletics Centre Meet	2007
Triple Jump	Board	Sarah Ferrier	10.20	Box Hill Little Athletics Centre Meet	2010
High Jump		Claire O'Brien	1.43	Box Hill Little Athletics Centre Meet	2010
		Olivia Hojok	1.43	Region Little Athletics Championships	2015
Shot Put	2kg	Kate Boulter	10.39	Box Hill Little Athletics Centre Meet	2011
Discus	500g	Ruby Zosel	25.36	Region Little Athletics Championships	2020
Javelin	400g	Chelsea Dyer	24.08	Box Hill Little Athletics Centre Meet	2005
Under 11 Boys					
100m		Des Cullen	13.34	Box Hill Little Athletics Centre Meet	1971
		David Tyrell	13.34	State Little Athletics Championships	1973
200m		Sebastian Beck	28.36	State Little Athletics Championships	2017
400m		Des Cullen	1.02:44	Box Hill Little Athletics Centre Meet	1972
800m		R Moors	2.19:90	Box Hill Little Athletics Centre Meet	1978
1500m		M Masoni	4.49:90	Box Hill Little Athletics Centre Meet	1979
80m Hurdles	60cm/9flts	Sebastian Purcell	13.28	Box Hill Little Athletics Centre Meet	2004
		Xavier Purcell	13.28	Box Hill Little Athletics Centre Meet	2006
1100m Walk		Zachary Matters	5.34:97	State Little Athletics Championships	2018
Long Jump	Board	David Tyrell	4.95	State Little Athletics Championships	1973
Triple Jump	Board	David Reeves	10.28	Box Hill Little Athletics Centre Meet	1976
High Jump		Ryan Miller	1.51	Box Hill Little Athletics Centre Meet	2006
Shot Put	2kg	Sam Killworth	11.03	Box Hill Little Athletics Centre Meet	2003
Discus	500g	William Kauvai	29.35	Box Hill Little Athletics Centre Meet	2019
Javelin	400g	Edward Yarnton	28.95	Box Hill Little Athletics Centre Meet	2000
Under 12 Girls					
100m		K Jesudhason	12.94	Box Hill Little Athletics Centre Meet	1977
200m		Dianne Watts	27.44	Box Hill Little Athletics Centre Meet	1976
400m		C Wilson	59.34	Box Hill Little Athletics Centre Meet	1979
800m		Laura Powell	2.18:69	Box Hill Little Athletics Centre Meet	2011
1500m		Laura Powell	4.46:56	Box Hill Little Athletics Centre Meet	2011
80m Hurdles	68cm/9flts	Georgina Power	12.84	Box Hill Little Athletics Centre Meet	1995
1500m Walk		Chelsea Dyer	8.02:12	Box Hill Little Athletics Centre Meet	2006
Long Jump	Board	Grace Mackie	4.96	Box Hill Little Athletics Centre Meet	2006
Triple Jump	Board	Sarah Ferrier	10.44	Box Hill Little Athletics Centre Meet	2006
High Jump		Olivia Carter	1.52	Box Hill Little Athletics Centre Meet	2006
Shot Put	2kg	Kate Boulter	12.06	Box Hill Little Athletics Centre Meet	2012
Discus	750g	Eleanor Dwyer	33.20	Box Hill Little Athletics Centre Meet	1992
Javelin	400g	Chelsea Dyer	34.34	Box Hill Little Athletics Centre Meet	2006
Under 12 Boys					
100m		Sebastian Beck	12.59	State Little Athletics Championships	2018
200m		Sebastian Beck	25.33	State Little Athletics Championships	2018
400m		Michael Saunders	1.00:46	Box Hill Little Athletics Centre Meet	1998
800m		James Stanley	2.19:07	Box Hill Little Athletics Centre Meet	2010
1500m		R Moors	4.47:10	Box Hill Little Athletics Centre Meet	1979
80m Hurdles	68cm/9flts	Sebastian Purcell	12.70	Box Hill Little Athletics Centre Meet	2005
1500m Walk		Brendan Shallvey	7.34:30	Box Hill Little Athletics Centre Meet	1978
Long Jump	Board	David Tyrrell	5.21	State Little Athletics Championships	1974
Triple Jump	Board	Sebastian Beck	11.09	State Little Athletics Championships	2018
High Jump		Ryan Miller	1.55	Box Hill Little Athletics Centre Meet	2007
Shot Put	2kg	Llywelyn Schoenborn	11.54	Box Hill Little Athletics Centre Meet	2022
Discus	750g	Alain Yachou	39.66	Box Hill Little Athletics Centre Meet	1994
Javelin	400g	Sebastian Purcell	36.17	Box Hill Little Athletics Centre Meet	2005

Box Hill Little Athletics Centre Records *Current as at 31 August 2022*

Event	Specifics	Athlete	Record	Meet	Year
Under 13 Girls					
100m		Ishara Ross	12.80	State Little Athletics Championships	2022
200m		Jane Tulloch	26.34	Box Hill Little Athletics Centre Meet	1995
400m		Dee Dee Deng	59.62	State Little Athletics Championships	2017
800m		Dee Dee Deng	2.19:39	State Little Athletics Championships	2017
1500m		Hayley Tomlinson	4.45:00	Box Hill Little Athletics Centre Meet	2000
80m Hurdles	76cm/9flts	Georgina Power	12.41	Box Hill Little Athletics Centre Meet	1996
200m Hurdles	68cm/5flts	Ishara Ross	29.39	Australian Little Athletics Championships	2022
1500m Walk		Chelsea Dyer	7.11:82	Australian Little Athletics Championships	2007
Long Jump	Board	Sarah Ferrier	5.31	Box Hill Little Athletics Centre Meet	2009
Triple Jump	Board	Sarah Ferrier	12.09	State Little Athletics Championships	2009
High Jump		Sarah Ferrier	1.63	Box Hill Little Athletics Centre Meet	2009
Shot Put	3kg	Teah Wilson	10.89	State Little Athletics Championships	2019
Discus	750g	L Nunn	38.15	Box Hill Little Athletics Centre Meet	1996
Javelin	400g	Chelsea Dyer	34.96	Australian Little Athletics Championships	2007
Under 13 Boys					
100m		Colin Crewes	12.12	Box Hill Little Athletics Centre Meet	1999
200m		Daniel Doyle	25.16	Australian Little Athletics Championships	2016
400m		Michael Saunders	57.48	Box Hill Little Athletics Centre Meet	1998
800m		Michael Saunders	2.12:90	Box Hill Little Athletics Centre Meet	1998
1500m		Joel Tobin-White	4.38:62	Box Hill Little Athletics Centre Meet	2007
80m Hurdles	76cm/9flts	Thomas Cornelius	12.48	Box Hill Little Athletics Centre Meet	2006
200m Hurdles	68cm/5flts	Eli Taylor	29.47	State Little Athletics Championships	2018
1500m Walk		Mitchell Dyer	7.47:35	Box Hill Little Athletics Centre Meet	2009
Long Jump	Board	Harrison Dolman	5.77	Australian Little Athletics Championships	2022
Triple Jump	Board	Harrison Dolman	11.23	Region Little Athletics Championships	2022
High Jump		Eli Taylor	1.70	Box Hill Little Athletics Centre Meet	2018
Shot Put	3kg	Sam Killworth	11.32	Box Hill Little Athletics Centre Meet	2005
Discus	750g	Thomas Tsatas	32.09	State Little Athletics Championships	2019
Javelin	600g	Eli Taylor	40.41	Box Hill Little Athletics Centre Meet	2018
Under 14 Girls					
100m		Jane Tulloch	12.56	Box Hill Little Athletics Centre Meet	1995
200m		Sarah Ferrier	25.71	Box Hill Little Athletics Centre Meet	2009
400m		Sarah Billings	57.09	Box Hill Little Athletics Centre Meet	2012
800m		Tamsyn Lovass	2.21:87	State Little Athletics Championships	2016
1500m		Grace Kalac	4.51:78	State Little Athletics Championships	2009
80m Hurdles	76cm/9flts	Ngarelle Gordon	12.46	Box Hill Little Athletics Centre Meet	1996
200m Hurdles	76cm/5flts	Ella Doherty	28.99	State Little Athletics Championships	2017
1500m Walk		Elizabeth Windsor	7.07:88	Box Hill Little Athletics Centre Meet	1995
Long Jump	Board	Sarah Ferrier	5.68	Region Little Athletics Championships	2010
Triple Jump	Board	Sarah Ferrier	12.19	Region Little Athletics Championships	2010
High Jump		Olivia Carter	1.59	State Little Athletics Championships	2008
Shot Put	3kg	Kate Boulter	11.41	State Little Athletics Championships	2014
Discus	1kg	N Langton	34.69	Box Hill Little Athletics Centre Meet	1989
Javelin	400g	Kathryn Brooks	42.98	Box Hill Little Athletics Centre Meet	2012
Under 14 Boys					
100m		Adam Remmers	11.68	Box Hill Little Athletics Centre Meet	2000
200m		Thomas Cornelius	24.21	Box Hill Little Athletics Centre Meet	2007
400m		Michael Saunders	53.71	Box Hill Little Athletics Centre Meet	2000
800m		Michael Saunders	2.06:63	Box Hill Little Athletics Centre Meet	2000
1500m		J Collins	4.35:10	Box Hill Little Athletics Centre Meet	1991
90m Hurdles	76cm/9flts	Sebastian Purcell	12.31	Box Hill Little Athletics Centre Meet	2007
200m Hurdles	76cm/5flts	Bailey Culbert	27.45	State Little Athletics Championships	2017
1500m Walk		Sam Hassett	7.33:55	Box Hill Little Athletics Centre Meet	1996
Long Jump	Board	Matthew Bertacco	5.96	Box Hill Little Athletics Centre Meet	2008
Triple Jump	Board	Thomas Cornelius	12.31	Box Hill Little Athletics Centre Meet	2007
High Jump		Jack Ymer	1.82	Box Hill Little Athletics Centre Meet	2005
Shot Put	3kg	Samuel Latu	12.28	Box Hill Little Athletics Centre Meet	2015
Discus	1kg	Daniel Molloy	41.07	Box Hill Little Athletics Centre Meet	1995
Javelin	600g	Joshua Purcell	42.83	Box Hill Little Athletics Centre Meet	2005

Box Hill Little Athletics Centre Records *Current as at 31 August 2022*

Event	Specifics	Athlete	Record	Meet	Year
Under 15 Girls					
100m		Sienna Kurdian	12.19	Region Little Athletics Championships	2022
200m		Grace Mackie	25.46	Box Hill Little Athletics Centre Meet	2009
400m		Sarah Billings	57.06	Region Little Athletics Championships	2013
800m		Khushi Deol	2.18:16	State Little Athletics Championships	2022
1500m		Khushi Deol	4.46:73	State Little Athletics Championships	2022
90m Hurdles	76cm/9flts	Georgina Power	12.90	Box Hill Little Athletics Centre Meet	1998
300m Hurdles	76cm/5flts	Amelie Holah	47.64	Region Little Athletics Championships	2020
1500m Walk		Chelsea Dyer	7.23:65	State Little Athletics Championships	2009
Long Jump	Board	Sarah Ferrier	5.56	Box Hill Little Athletics Centre Meet	2011
Triple Jump	Board	Sarah Ferrier	12.43	State Little Athletics Championships	2011
High Jump		Natalie Crow	1.60	Box Hill Little Athletics Centre Meet	2000
		Rachel Limburg	1.60	Box Hill Little Athletics Centre Meet	2012
Shot Put	3kg	Chelsea Dyer	12.60	Box Hill Little Athletics Centre Meet	2009
Discus	1kg	N Langton	37.99	Box Hill Little Athletics Centre Meet	1991
Javelin	500g	Kathryn Brooks	42.96	Box Hill Little Athletics Centre Meet	2013
Under 15 Boys					
100m		Adam Remmers	11.15	Box Hill Little Athletics Centre Meet	2001
200m		Joshua Ross	22.84	Box Hill Little Athletics Centre Meet	2004
400m		Alex Kostov	51.34	Region Little Athletics Championships	2004
800m		Lachlan Doehmann	2.03:56	State Little Athletics Championships	2018
1500m		Lachlan Doehmann	4.18:28	State Little Athletics Championships	2018
100m Hurdles	76cm/10flts	Sebastian Purcell	13.15	State Little Athletics Championships	2008
300m Hurdles	76cm/7flts	Jeremy Shum	43.85	Region Little Athletics Championships	2018
1500m Walk		Sam Hassett	6.58:60	Box Hill Little Athletics Centre Meet	1997
Long Jump	Board	Sebastian Purcell	6.70	State Little Athletics Championships	2008
Triple Jump	Board	Thomas Cornelius	13.67	State Little Athletics Championships	2008
High Jump		Bede Waters	1.83	Box Hill Little Athletics Centre Meet	2018
Shot Put	4kg	William Seton	14.22	Box Hill Little Athletics Centre Meet	2012
Discus	1kg	Sebastian Purcell	49.67	Box Hill Little Athletics Centre Meet	2008
Javelin	700g	Bede Waters	40.16	State Little Athletics Championships	2018
Under 16 Girls					
100m		Holly Nieuwenhuizen	12.67	Box Hill Little Athletics Centre Meet	2021
200m		Holly Nieuwenhuizen	26.22	State Little Athletics Combined Events	2021
400m		Amelie Holah	1.00:93	State Little Athletics Championships	2021
800m		Amelie Holah	2.35:68	State Little Athletics Combined Events	2021
1500m		Amelie Holah	6.10:51	Box Hill Little Athletics Centre Meet	2020
90m Hurdles	76cm/10flts	Holly Nieuwenhuizen	13.67	State Little Athletics Combined Events	2021
300m Hurdles	76cm/7flts	Amelie Holah	45.75	State Little Athletics Championships	2021
1500m Walk		Erica Brown-Yamada	8.24:72	State Little Athletics Championships	2019
Long Jump	Board	Holly Nieuwenhuizen	5.21	State Little Athletics Combined Events	2021
Triple Jump	Board	Sophie Zarafa	10.89	Region Little Athletics Championships	2021
High Jump		Amelie Holah	1.45	Box Hill Little Athletics Centre Meet	2020
		Sophie Zarafa	1.45	Box Hill Little Athletics Centre Meet	2020
Shot Put	3kg	Jessica Stefanovic	13.80	Region Little Athletics Championships	2020
Discus	1kg	Jessica Stefanovic	34.41	Box Hill Little Athletics Centre Meet	2019
Javelin	500g	Amelie Alleva	23.13	State Little Athletics Combined Events	2020
Under 16 Boys					
100m		Ewan Webber	12.52	State Little Athletics Combined Events	2019
200m					
400m		Ewan Webber	54.35	State Little Athletics Championships	2019
800m		Ewan Webber	2.07:96	Region Little Athletics Championships	2019
1500m		Dharam Deol	4.37:62	Box Hill Little Athletics Centre Meet	2019
100m Hurdles	76cm/10flts	Hamish Davison	15.27	Region Little Athletics Championships	2022
300m Hurdles	76cm/7flts	Hamish Davison	45.78	Region Little Athletics Championships	2022
1500m Walk					
Long Jump	Board	Ewan Webber	5.40	State Little Athletics Combined Events	2019
Triple Jump	Board				
High Jump		Hamish Davison	1.80	State Little Athletics Championships	2022
Shot Put	4kg				
Discus	1kg	Dharam Deol	36.07	State Little Athletics Combined Events	2019
Javelin	700g	Dharam Deol	30.80	State Little Athletics Combined Events	2019

Victorian State Individual Records Held by Box Hill Athletes *Current as at 31 August 2022*

Age Group	Athlete	Event	Record	Year
U9 Girls	Dianne Watts	200m	30.10 (M) 30.34 (S)	1973
U10 Girls	Dianne Watts	100m	13.60 (M) 13.84 (S)	1974
U10 Girls	Sarah Ferrier	Triple Jump	9.71*	2006
U11 Girls	Laura Powell	1500m	4.52:02	2010
U13 Girls	Sarah Ferrier	Triple Jump	12.09	2009
U14 Girls	Sarah Ferrier	Triple Jump	12.19**	2010
U14 Girls	Sarah Ferrier	Long Jump	5.68	2010
U15 Girls	Kathryn Brooks	Javelin 500g	41.99	2013
U16 Girls	Amelie Holah	300m Hurdles	45.75	2021
U16 Girls	Holly Nieuwenhuizen	90m Hurdles	13.67	2021

* No longer contested

** Australian Record

(M) Manual Timing (S) Standardised Time

Victorian State Relay Records Held by Box Hill Athletes

Age Group	Event	Record	Year
U11 Girls	4x100m	55.40 (M) 55.54 (S)	1977

(M) Manual Timing (S) Standardised Time

Box Hill Little Athletics Centre Records No Longer Contested

Event	Specifics	Athlete	Record	Meet	Year
Under 6 Girls					
60m Hurdles	45cm/ 6flts	Chloe Worner	14.51	Box Hill Little Athletics Centre	2005
Under 6 Boys					
60m Hurdles	45cm/ 6flts	Ryan Miller	14.35	Box Hill Little Athletics Centre	2002
Under 7 Girls					
400m		V Webb	1:25:34	Box Hill Little Athletics Centre Meet	1983
60m Hurdles	45cm/ 6flts	B Ying	12.84	Box Hill Little Athletics Centre Meet	1985
		L Hall	12.84	Box Hill Little Athletics Centre Meet	1985
		Laura O'Donnell	12.84	Box Hill Little Athletics Centre Meet	1986
300m Walk		Freya Evans	1:56:49	Box Hill Little Athletics Centre Meet	2012
400m Walk		V Webb	2:38:00	Box Hill Little Athletics Centre Meet	1982
		S Dann	2:38:00	Box Hill Little Athletics Centre Meet	1982
Under 7 Boys					
400m		Jason Cripps	1:18.84	Box Hill Little Athletics Centre Meet	1984
60m Hurdles	45cm/ 6flts	Jason Cripps	11.31	Box Hill Little Athletics Centre Meet	1984
300m Walk		Zachary Matters	2:01:91	Box Hill Little Athletics Centre Meet	2014
400m Walk		C Reid	2:38:00	Box Hill Little Athletics Centre Meet	1983
Under 8 Girls					
400m		S Ronwarth	1:19:44	Box Hill Little Athletics Centre Meet	1976
80m Hurdles	45cm/ 9flts	Sarah Evans	18.36	Box Hill Little Athletics Centre Meet	1985
700m Walk		Elizabeth Windsor	4:41:00	Box Hill Little Athletics Centre Meet	1989
Discus	350g	J Royle	17.61	Box Hill Little Athletics Centre Meet	1977
Under 8 Boys					
400m		Jason Cripps	1:12:24	Box Hill Little Athletics Centre Meet	1984
80m Hurdles	45cm/ 9flts	David Eliou	16.64	Box Hill Little Athletics Centre Meet	1995
700m Walk		Lachlan Doehmann	4:48:54	Box Hill Little Athletics Centre Meet	2011
Discus	350g	Jason Cripps	21.93	Box Hill Little Athletics Centre Meet	1985
Under 9 Girls					
80m Hurdles	45cm/ 9flts	Kayla Herbert	13.57	Box Hill Little Athletics Centre Meet	2009
1100m Walk		L Marland	5:48:70	Box Hill Little Athletics Centre Meet	1988
Triple Jump	Mat	C Hall	8.56	Box Hill Little Athletics Centre Meet	1983
High Jump	Any Jump	Freya Evans	1.21	Box Hill Little Athletics Centre Meet	2014
Under 9 Boys					
80m Hurdles	45cm/ 9flts	Sebastian Purcell	13.10	Box Hill Little Athletics Centre Meet	2002
1100m Walk		Corey Fiddes	6:28:02	State Little Athletics Championships	2009
Triple Jump	Mat	S Gilchrist	8.89	Box Hill Little Athletics Centre Meet	1986
High Jump	Any Jump	Ryan Miller	1.28	Box Hill Little Athletics Centre Meet	2005
Under 10 Girls					
80m Hurdles	60cm/ 9flts	Kate Boulter	14.39	Box Hill Little Athletics Centre Meet	2010
Triple Jump	Mat	Sarah Ferrier	9.71	State Little Athletics Championships	2006
High Jump	Any Jump	Claire O'Brien	1.38	State Little Athletics Championships	2009
Under 10 Boys					
80m Hurdles	60cm/ 9flts	J Adams	13.97	Box Hill Little Athletics Centre Meet	1995
Triple Jump	Mat	David Reeves	9.42	Box Hill Little Athletics Centre Meet	1975
High Jump	Any Jump	Ryan Miller	1.30	Box Hill Little Athletics Centre Meet	2006
		Eli Taylor	1.30	State Little Athletics Championships	2015
Under 11 Girls					
70m		Grace Mackie	9.87	Box Hill Little Athletics Centre Meet	2007
60m Hurdles	60cm/ 6flts	C Wilson	9.54	Box Hill Little Athletics Centre Meet	1978
1500m Walk		Mia Holah	8:28:31	State Little Athletics Championships	2013
Discus	750g	Kate Boulter	30.78	Box Hill Little Athletics Centre Meet	2011
Under 11 Boys					
70m		David Tyrell	9.64	State Little Athletics Championships	1973
		S Birchall	9.64	Box Hill Little Athletics Centre Meet	1986
60m Hurdles	60cm/ 6flts	Sebastian Purcell	9.65	Box Hill Little Athletics Centre Meet	2004
1500m Walk		Leo Webb	8:14:70	Box Hill Little Athletics Centre Meet	1975
Discus	750g	D Molloy	30.34	Box Hill Little Athletics Centre Meet	1992
Under 12 Girls					
70m		Grace Mackie	9.46	Box Hill Little Athletics Centre Meet	2007
60m Hurdles	60cm/ 6flts	C Wilson	9.34	Box Hill Little Athletics Centre Meet	1978
200m Hurdles	68cm/ 5flts	Natalie Crow	31.03	Box Hill Little Athletics Centre Meet	1997

Box Hill Little Athletics Centre Records No Longer Contested

Event	Specifics	Athlete	Record	Meet	Year
Under 12 Boys					
70m		Edward Whitehead	9.17	Box Hill Little Athletics Centre Meet	1998
60m Hurdles	60cm/ 6flts	Sebastian Purcell	9.61	Box Hill Little Athletics Centre Meet	2005
200m Hurdles	68cm/ 5flts	Colin Crewes	30.47	Box Hill Little Athletics Centre Meet	1998
Shot Put	3kg	Alain Yachou	10.60	Box Hill Little Athletics Centre Meet	1994
Under 13 Girls					
70m		Jane Tulloch	9.23	Box Hill Little Athletics Centre Meet	1995
300m Hurdles	68cm/ 7flts	Annie Purcell	47.43	State Little Athletics Championships	2015
1000 Steeple		Katrina Geddes	3.40:41	Box Hill Little Athletics Centre Meet	1997
Under 13 Boys					
70m		Colin Crewes	8.87	Box Hill Little Athletics Centre Meet	1999
300m Hurdles	68cm/ 7flts	Matthew Dougan	47.43	State Little Athletics Championships	2016
Discus	1kg	Alain Yachou	42.10	Box Hill Little Athletics Centre Meet	1995
1000m Steeple		Andrew White	3.03:31	Box Hill Little Athletics Centre Meet	1997
Under 14 Girls					
70m		Jane Tulloch	8.97	Box Hill Little Athletics Centre Meet	1995
90m Hurdles	76cm / 9flts	E Charlett	14.50	Box Hill Little Athletics Centre Meet	1991
300m Hurdles	68cm/ 7flts	Georgina Power	44.66	Box Hill Little Athletics Centre Meet	1997
Javelin	600g	Chelsea Dyer	36.49	State Little Athletics Championships	2008
1000m Steeple		Jocelyn Keage	3.28:12	Box Hill Little Athletics Centre Meet	1997
Under 14 Boys					
70m		Matthew Bertacco	8.34	Box Hill Little Athletics Centre Meet	2008
300m Hurdles	68cm/ 7flts	Jonathan Taylor	42.09	Box Hill Little Athletics Centre Meet	2012
Shot Put	4kg	George Asu	11.97	Box Hill Little Athletics Centre Meet	2014
1000m Steeple		Michael Saunders	3.06:72	Box Hill Little Athletics Centre Meet	1999
Under 15 Girls					
70m		Ngarelle Gordon	9.39	Box Hill Little Athletics Centre Meet	1997
300m Hurdles	68cm/ 7flts	Georgina Power	44.15	Box Hill Little Athletics Centre Meet	1998
Javelin	600g	Chelsea Dyer	39.64	Box Hill Little Athletics Centre Meet	2009
1000m Steeple		Jocelyn Keage	3.28:75	Box Hill Little Athletics Centre Meet	1998
Under 15 Boys					
70m		Joshua Ross	8.00	Box Hill Little Athletics Centre Meet	2004
90m Hurdles	76cm / 9flts	D Abbott	14.84	Box Hill Little Athletics Centre Meet	1991
300m Hurdles	68cm/ 7flts	Thomas Cornelius	39.77	State Little Athletics Championships	2008
Javelin	600g	Joshua Purcell	50.43	Box Hill Little Athletics Centre Meet	2006
1000m Steeple		Alex de Greenlaw	2.57:55	Box Hill Little Athletics Centre Meet	2001

Our Sponsors

Box Hill Little Athletics is proudly supported by a number of local sponsors, which helps us deliver a fantastic club and program to our young athletes.

Lexus of Blackburn has been supporting local and professional sporting clubs for decades.

They offer a full range of services on Whitehorse Rd in Blackburn including New & Pre-owned vehicle sales, service, finance and insurance.



BLACKBURN

If you are looking for a new vehicle Lexus Blackburn would love to assist BHLAC families.

Visit: lexusofblackburn.com.au

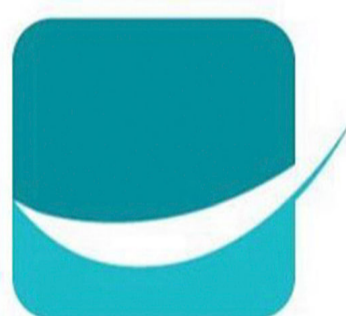
ROBINSON GILL.LAWYERS

Situated in the heart of Box Hill, Robinson Gill Lawyers specialise in a broad range of legal areas such as Family, Wills, Business, Property, Conveyancing and Injury Law.

Contact: 9890 3321 or
email legal@robinsongill.com.au

For all BHLAC members the first consultation is at no charge.

Conveniently located at 308 Middleborough Road in Blackburn, Smile to Go has been supporting the local community for many years.



Smile To Go

Smile to Go can assist BHLAC members and families with routine dental work including GAP free check ups/cleans, braces, cosmetic and tooth whitening.

Visit: smiletogo.com.au to book or find out more



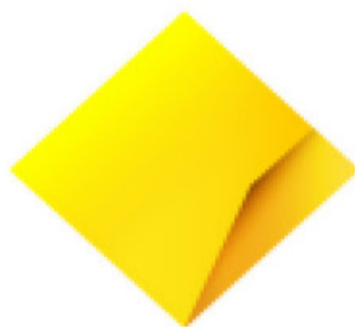
Bread Street has been the official bread supplier for Box Hill LAC for many years. Head down to see their full range at **22 Hamilton Street, Mont Albert.**

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LAVic Policy References

Box Hill Little Athletics Centre actively supports and promotes all LAVic policies which are set by the LAVic Board of Directors.

There are many LAVic policies that athletes, parents, spectators and officials need to be aware of.

These are (but not limited to):

- Codes of Conduct Policy
- Child Protection Policy
- Child Safe Policy
- Working with Children Check Policy
- Privacy Policy 2014
- Extreme Weather Policy
- Competition Rules (Regulations 8)
- Sun Protection Policy
- Smoke Free Policy
- Healthy Food Choice Policy
- Responsible Alcohol Management
- Competition Uniform and Spike Guidelines
- Social Media Policy

For further details refer to the LAVic website lavic.com.au

Continue Your Athletics Journey with Box Hill Athletics Club



When your journey at little athletics finishes, another one begins with the opportunity to continue your athletics career with the Box Hill Athletic Club.

Also located at Hagenaur Reserve, Box Hill, the club competes in all levels and disciplines of athletics competition from shield to elite with teams in Under 14, 16, 18, 20 and open competition.

Coaching is available in all events to help you achieve your athletics goals.

For more information visit boxhillathleticclub.org

Photo Acknowledgments

Thank you to professional photographer, Jazz Deol, who provided his photos for inclusion into the 2022/23 handbook. If anyone is interested in contributing photos or ideas for the handbook for next year, please email our Centre at info@boxhillac.com.au

Can Your Business Help our Centre?

Local business is key to helping Box Hill Little Athletics thrive. If your business can support our centre, we'd love to talk to you.

Dean Williams is our President and he would love to talk with you about how you can get involved. Contact Dean Williams on 0417 346 382.



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