

Tamworth Little Athletics



MISSION STATEMENT

“Little Athletics NSW aspires to provide the community with recreational athletics activities that contribute to the healthy development of our children. Such activities will promote: - Fun, Fitness, the development of skills, the building of character and self esteem, the fostering of good sportsmanship, in a safe, positive, family-friendly and inclusive environment.”

Handbook 2018/2019

Committee Members 2018/2019 Season

The committee members, whose names are below, meet on the first Monday of each month throughout the year at Tamworth Athletic Track Clubhouse. All members are welcome to contribute items for our committee meetings. Our website will keep up to date with information regarding these meetings.

| | | | |
|---|--|--|------------|
| President | Sam Cox | samdonmcb@bigpond.com | 0467347510 |
| Vice President / Grievance office & WWCC | Kristine Sharkey | Kristine.sharkey@det.nsw.edu.au | |
| Secretary | Melissa O'Connell | tlac.tamworth@outlook.com | |
| Treasurer | Margie Frazer | margi.frazer@hotmail.com | |
| Registrar | Leo Press | leojpress@hotmail.com | |
| Coaching & Development | Adam Jolliffe | ajolliffe@lansw.com.au | 0408737377 |
| Canteen Coordinator | Sally Osland | | |
| Championship Officer | Maree Warren | maree@countryaccounting.com.au | |
| Uniform Officer | Alex New | | |
| Point score Officials | Janine Wilkie | jbwilkie@bigpond.com | |
| School Liaison | Adam Jolliffe | ajolliffe@lansw.com.au | 0408737377 |
| Public Officer | Sam Cox | samdonmcb@bigpond.com | |
| General Committee | Sandra Pianta, Neshelle Battle, Darryl Moore | | |
| First Aid officer | Diana Pritchard | | |

A Note from the President

Dear Athletes and Parents,

Welcome to the 2018/2019 season of Tamworth Little Athletics Club. We are looking forward to another great season after a rewarding 2017/18 which saw some outstanding results, countless PB's and personal achievements. Little A's is about fun, family, and fitness.

Tamworth Little Athletics is one club under the Little Athletics Association of NSW Inc (LAANSW). Throughout NSW there are around 40,000 registered athletes with LAANSW and around 100,000 nationally.

Welcome to the parents, carers and athletes involved for the first time and welcome back to the parents and athletes who have previously been members of the Tamworth club, without continued support and volunteers we could not run our club.

Tamworth Little Athletics is operated on a non-profit basis and is entirely run by volunteers who have their children competing. It is important that all parents and carers be involved in the running of our competition afternoons raking a sandpit, holding a stop watch, or helping run one of our many age divisions. Competitions within our season are the Zone Championships at Tamworth on the 1st and 2nd of December 2018, and the Regional competition is at Glendale on the 2nd and 3rd of February 2019 and State is at SOPAC Homebush on the 15th, 16th and 17th of March 2019.

Thank you to the continued support from the Tamworth Little Athletics committee, who work tirelessly behind the scenes and we would not survive without their efforts and dedication. If you have any queries or need further information about Little Athletics please see any of the committee members.

Best of luck for all the Athletes, for the up and coming season,

Sam Cox President Tamworth Little Athletics 2018/19

Operational procedure for Friday nights

Season commences Friday 19th October 2018 - at 5.30pm.

Athletes must bring a drink – should an athlete not be provided with a drink this matter will be addressed with the parent or guardian. We also recommend sunscreen and a hat.

Like all organizations, Little Athletics has rules. These rules are there to ensure the safety of all athletes, parents and visitors. We ask children and parents to cooperate and to keep to the rules so that we can all enjoy our Friday nights in safety. All athletes must be registered with LANSW before they participate.

On arrival athletes are to line up behind age tub, placing drink bottle in the tub, ready for the warm up.

Athletes **must not** climb on or play with equipment that has been set up in preparation for the evenings events (especially High Jump mats & Hurdles) and there is to be no climbing or swinging on bars, fences or climbing up poles/nets. Athletes are not to climb on and/or sit at the top of the timekeeper stands either side of the finish line. Spikes must be removed at the end of each event and not worn between events.

NOTE : Athletes can only take the field if they have their current year registration number attached to their uniform. (This is a risk management procedure in the event of an emergency all athletes must be accounted for)

Whilst athletes are participating in warm up, volunteers will be called for to assist the age manager with the behaviour, retrieving equipment, raking pits, pencilling and co-ordination of the group etc. Each volunteer must sign the volunteer sign on sheet. Groups will not take the field if there are insufficient volunteers to assist the Age Manager (must be 3 or more). It is expected that all parents/carers volunteer throughout the year. If there is a lack of volunteers, a roster system will be put in place. Depending on the size of the group, each group will require between 3 & 6 volunteers. **All volunteers inside the fence must wear a yellow Hi-Vis vest.** Age Managers and area supervisors will wear orange vests. All spectators and smaller children must remain behind the fence. No prams are allowed onto the field. This procedure has been implemented to ensure the safety of both the athlete and the spectator. Volunteers will also be called for each week to be timekeepers and assist in the canteen.

Insurance

All registered athletes and parent volunteers who sign on at the canteen are covered by insurance taken out by Little Athletics Australia. If a parent fails to sign the attendance register, they are not covered by insurance and not permitted on the field.

Age Managers

Each age group will be appointed an Age Manager. Age Managers are parents like yourself and play a vital role in the smooth running of our centre nights. However it is still necessary to have other volunteers help the Age Managers to run each event. So that the Age Managers can provide the athletes with their attention and knowledge it is essential for at least three other volunteers to help run each event. Age Managers will be required to hold a Working with Children Check with the Club or have lodged an exemption.

Parent or Guardian attendance

So that athletics is as enjoyable and well run as possible for your children, WE ENCOURAGE, AND NEED YOUR HELP! Don't worry if you feel you may not know enough to assist. There is always someone who will show you. Parents can help with measuring throws or jumps and timing races. For smooth operation it is essential that parents assist in whatever capacity they feel comfortable. During competition parents and/or guardians must stay at the ground with their child/ren. Do not drop your child/ren off and leave. Unsupervised child/ren can, and will, be excluded from competition. Parents are asked to actively participate in the operation of the centre by assisting in the running of events at our regular weekly competitions.

Where to meet: With the exception of parents help set-up duty, all other parents are required to meet at 5.15pm at the front of the Clubhouse, to get a brief run down on the night ahead.

Parent Uniform: You will be given a bright yellow vest to wear, so you are easily identifiable to athletes. Please wear closed in shoes.

Working with Children Checks

All Coaches, Committee Members and Age Managers must have a Working with Children Check registered with the Club. Any volunteer that holds a WWCC number is encouraged to have this registered with the Club as well. To have your WWCC No registered with the Club, please complete a Declaration form which can be obtained from the secretary or from the LANSW website, present to the Clubhouse with a copy of your drivers licence. If you are a parent attending a Little A's event you may be exempt from requiring a WWCC, by completing the exemption form you will acknowledge and record your exemption to the Club.

No Smoking & Alcohol Policy

The Little Athletics Association of NSW has a strict No Smoking policy and Council regulations state that TRC Athletic Centre is a smoke and alcohol free zone. If you smoke please do so in the carpark and not on the grounds.

Code of Conduct

Behaviour of the children at our centre is paramount to the committee. Every person, adult and child, comes to Little A's to enjoy themselves. If a child is deemed to be behaving in an unsafe or unsportsmanlike manner, the age manager should be approached in the first instance. If the age manager is unable to resolve the situation, the age manager should report the problem to a committee member who will advise the child's guardian of the problem. The guardian is responsible for correcting the child's behaviour. Should the child continue to exhibit unwelcome behaviour, they will be excluded from further participation that night, and may be excluded from further competition nights. After resuming activities, further misbehaviour can result in suspension for the rest of the season.

Extreme offences can result in instant expulsion on the night.

Equipment

Everyone is reminded that athletic equipment is expensive. Please treat it with care. The equipment is not to be used **without** Team Manager or Official supervision.

Canteen - BBQ

Please take advantage of these facilities. Funds from canteen and BBQ sales go towards the purchase of new equipment. Each week we will call for Canteen assistants, parents who are not involved in the running of events, please assist with counter service and the running of the BBQ.

Lost Property

Our lost property collection can be found at the clubhouse. Please check regularly for any missing hats, jumpers, shoes etc. The collection of lost property operates under an honor system. Tamworth LAC will endeavor to return items which are clearly marked to their owners, but the lost property container will periodically be cleaned out and any unmarked or unclaimed items will be donated to charity.

Grievance policy & procedures

Kristine Sharkey Kristine.Sharkey@det.nsw.edu.au is the Club grievance officer, please discuss any issues or submit in writing to be actioned by the Committee at the next Meeting.

The Club uses the LANSW procedures for complaint handling

[https://assets.imgstg.com/assets/console/document/documents/Regulation 11 -
_Complaint Handling & Grievance Procedures.pdf](https://assets.imgstg.com/assets/console/document/documents/Regulation_11_-_Complaint_Handling_&_Grievance_Procedures.pdf)

Awards & Point Scores

Point score and attendance calculations commence on the 1st club night Friday 19th October 2018. Should you join after the 1st competition night your point score and attendance calculations will not be pro rata.

Friday is Point Score Competition day for our Centre. This is when children compete in their own age group in selected athletic events. Points are awarded for participation, placing and improvement of PBs. At the end of the season trophies will be awarded to the three athletes, in each age group, with the highest point score. Each athlete should aim to improve their "Personal Best" (PB) on each competition night. This system is designed to reward an individual's attendance, participation and athletic improvement over the season.

To be eligible for a Point Score Trophy, State jackets/vouchers, an Athlete must participate in a minimum of 60% of Competition Nights.

Tamworth Little Athletics has a range of perpetual trophies presented each year. Criteria for each trophy can be found on the Tamworth Little Athletics website. <http://tamworthlac.org.au/centre-information/?p=15>

Dual Registration

For the upcoming 2018/19 season, the LANSW/ANSW Dual Athlete Membership will encompass a new, easier and most importantly, single registration process. Changes to the Dual Athlete Membership are proposed for the coming season which will see a single registration process for dual aged athletes (under 12-Under 17) and the same registration number for use at both LANSW and ANSW events. Essentially this means that all dual aged LANSW members will now automatically become ANSW members in summary it will be:

- Dual aged athletes will register only once and this will be through the LANSW website.
- During their registration on the LANSW website, all athletes will now also pick their senior club. A club finder and other information will be available to help athletes search their club of choice (or they can remain independent). **TAMWORTH has a senior Club**
- All athletes registered in these age groups will receive a unique 'One Sport' registration number (bib) from their LANSW centre and they will use this when competing at both LANSW and ANSW events. LANSW centres will be issued with these bibs/numbers prior to their Registration Days. The bibs/numbers will commence at 6000 (TBC) and increase upwards, with a unique set of numbers issued to each centre. Centres will be provided with a set of 3 bibs/numbers for every athlete (1 for their LA uniform and 2 for their senior uniform; where this is the same uniform they will obviously only need to use 2 of these numbers)

Communication with members

| | |
|----------------------|---|
| Announcements | During warm up @ 5.30pm parents are asked to listen to the Club announcements so not to miss out on important information |
| Notice Board | Information is posted weekly on the notice board |
| Website | Regular updates and detailed information about the Club is available on the website |
| Facebook | Regular updates are on our facebook page Tamworth Little Athletics – this is a closed page, for the safety of minors and you will need to request access. |
| Cancellations | In the event of rain, excessive heat or Council closure of the fields - cancellation will be advised via Facebook, the website & 92.9FM radio |
| Bulk Emailing | Once all regos have been finalised and entered into the system the Club will be able to issue bulk emails to registered athletes |

Uniforms

Uniforms can be obtained from the club. Full uniform must be worn on Friday nights or no points will be awarded to the offending athlete. The uniform consists of

- navy & white singlet for both boys & girls
- navy & white crop top for girls
- navy & white athletic briefs or bike pants for girls.
- navy & white shorts for boys & girls
- above the knee compression pants may be worn under shorts
- Hats are optional but we advise that you wear one in the sun and also remember a suitable sun block.

TAMWORTH LITTLE ATHLETICS UNIFORMS

GIRLS

CROP TOPS

BRIEFS

BIKE PANTS

SINGLETS

What to wear – Girls

Navy & White Singlet or Navy & White crop top
 Navy & White athletic Briefs or Navy & White bike pants
 Hats are optional but we advise that you wear a hat in the sun and a suitable sunscreen.

Placement of patches & No's
 Athlete's registration Number securely affixed to the front of uniform top – note must have the printed red border showing
 Centre Number (67) securely affixed to the back of the uniform top
 Age patch securely affixed to the front left hand side of uniform either top or bottom
 IGA Sponsors patch securely affixed on the right-hand chest

| | SIZES | PRICE |
|-------------------|---------------|-------------|
| CROP TOPS | 4-20 | \$27 |
| BRIEFS | 4-20 | \$27 |
| BIKE PANTS | 4-L | \$36 |
| SINGLETS | 6-16 | \$36 |
| SINGLETS | XS-XXL | \$40 |

Uniforms must be worn on Friday night competition or no point score will awarded to the offending athlete. Full uniform is compulsory for Zone/Regional/state & Interclub competition. TLA's does not make a profit from the sale of uniforms and does not keep stock on hand. Uniforms orders take approx 4 weeks for delivery. Uniforms are to be paid for when ordered (if possible) and must be paid in full before collection. If uniforms have not been paid for 3 weeks after delivery and no arrangement has been made for payment, the Club can on sell unpaid orders to those seeking to purchase uniforms. We suggest uniforms are ordered on the registration day to allow for delivery time. Payment by Chq or cash only.

TAMWORTH LITTLE ATHLETICS UNIFORMS

BOYS

RUNNING SHORTS

SOCCER SHORTS

SINGLETS

What to wear – Boys

Navy & White singlet
 Navy & White shorts – running shorts or soccer shorts
 Above the knee compression pants may be worn under shorts
 Hats are optional but we advise that you wear a hat in the sun and a suitable sunscreen.

Placement of patches & No's
 Athlete's registration Number securely affixed to the front of uniform top – note must have the printed red border showing
 Centre Number (67) securely affixed to the back of the uniform top
 Age patch securely affixed to the front left hand side of uniform either top or bottom
 IGA Sponsors patch securely affixed on the right-hand chest

| | SIZES | PRICE |
|-----------------------|---------------|-------------|
| RUNNING SHORTS | 6-16 | \$33 |
| RUNNING SHORTS | XS-XXL | \$36 |
| SOCCER SHORTS | 6-14 | \$36 |
| SOCCER SHORTS | S-XXL | \$40 |
| SINGLETS | 6-16 | \$36 |
| SINGLETS | XS-XXL | \$40 |

Uniforms must be worn on Friday night competition or no point score will awarded to the offending athlete. Full uniform is compulsory for Zone/Regional/state & Interclub competition. TLA's does not make a profit from the sale of uniforms and does not keep stock on hand. Uniforms orders take approx 4 weeks for delivery. Uniforms are to be paid for when ordered (if possible) and must be paid in full before collection. If uniforms have not been paid for 3 weeks after delivery and no arrangement has been made for payment, the Club can on sell unpaid orders to those seeking to purchase uniforms. We suggest uniforms are ordered on the registration day to allow for delivery time. Payment by Chq or cash only.

A guide to the placement of numbers and patches can be found on the Club website

New England Zone Super Clinic – Coaching for Athletes

Saturday 13th October 2018 - Tamworth

Further information and prices to be released soon.

For more information and to register go to: <http://www.lansw.com.au/Education-Training/Athletes/Coaching-Camps-Clinics> All clinics are open to members and non-members.

Gala Days & Carnivals

During the season Centres throughout the state hold their own carnivals. (There is detailed information on our website about how a “gala day” operates). Entry is usually done on the day of the carnival. Please refer to the 2018/2019 calendar of events on the LANSW & Tamworth LAC websites for the full list of carnivals held throughout the season or our website for carnivals within the region.

Tamworth will not be holding a Gala Day this year due to holding the Zone Carnival on the 1st and 2nd of December 2018.

Championships – State Multi Event

The State Multi-Event Championships are held on the first full weekend in March each year.

Information can be found at <http://lansw.com.au/Competition/Championships/State-Multi-Event-Championships>

The **2019 State Multi-Event Championships** will be held at **Barden Park, Dubbo** on **Saturday & Sunday, 2 & 3 March 2019**. Entries will be open ONLINE at the beginning of the season, with entries closing online on *Monday, 5 February*.

The events per age are: -

| | | |
|-----|--------------|---|
| U7 | Boys & Girls | 50m; 100m; pack start; long jump; shot put; discus |
| U8 | Boys & Girls | 70m; 200m; pack start; long jump; shot put; discus |
| U9 | Boys & Girls | 100m; 60m hurdles; 800m; long jump; shot put; discus |
| U10 | Boys & Girls | 200m; 60m hurdles; 800m; long jump; shot put; discus |
| U11 | Boys & Girls | 100m; 60m hurdles; 800m; long jump; shot put; discus |
| U12 | Boys & Girls | 200m; 60m hurdles; 800m; long jump; shot put; discus |
| U13 | Boys & Girls | 100m; 80m hurdles; 800m; long jump; shot put; discus |
| U14 | Girls | 200m; 80m hurdles; 800m; long jump; shot put; discus |
| U14 | Boys | 200m; 90m hurdles; 800m; long jump; shot put; discus |
| U15 | Girls | 200m; 90m hurdles; 800m; long jump; shot put; high jump; javelin |
| U15 | Boys | 100m; 100m hurdles; 800m; long jump; discus; high jump; javelin |
| U17 | Girls | 200m; 100m hurdles; 800m; long jump; shot put; high jump; javelin |
| U17 | Boys | 100m; 110m hurdles; 800m; long jump; discus; high jump; javelin |

Championships – Zone, Regional & State

- **Zone – Tamworth, 1st and 2nd December 2018**
- **Regional – Glendale, 2nd and 3rd February 2019**
- **State - Olympic Park, Sydney – 15th, 16th and 17th March 2019**

All Little Athletics centres in NSW are divided into zones and regions. Tamworth LAC is in the New England Zone. The other centres in the Zone are Quirindi, Gunnedah, Inverell, Glen Innes, Armidale , Moree & Narrabri. The New England Zone is part of Region 1. There is an 8 region structure. 4 metropolitan and 4 country.

For an athlete to compete in the Championships a parent or family member must be prepared to volunteer their time at the Championships. If you are unable or not prepared to do this then you may need to reconsider the athletes nomination. More information regarding age group entry, nominations, fees etc can be found on our website. Athletes must compete in full Club uniform at all championships.

Zone Championships

Zone Championships are the qualifying stage process to regional and state championships. Selected athletes from U7-U17 age groups from all centres within our Zone are eligible to compete at the New England Zone. The venue will change from year to year.

Regional Championships

Regional Championships are the next qualifying stage to the State Championships. Regional Championships are held over one full weekend in late January or February. Our Region Championships are made up of qualifiers from 3 Zones. This is much like the Zone Championships, excluding the U7 age group and athletes must have qualified through Zone. The location of the Regional Championships varies each season within our Region. Each season a different Zone is asked to host these championships.

State Championships

The State Championships are usually held towards the end of March, at Sydney Olympic Park Athletic Centre. This is a 3 day carnival. You must have progressed from the Regional Championships to be able to participate at this championship. Rules of Competition are accessible @ <http://lansw.com.au/Competition/Rules-of-Competition>
More information relating to Championships is available at <http://lansw.com.au/Competition/Championships>

SCHEDULED WEEKLY PROGRAM 2018/19 – Now a new 3 week Rotation of Events

Week 1

| U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13/14 | U15/16/17 |
|--------|----------|----------|------------|------------|-----------|-----------|-----------|-------------|
| 100m | 100m | 100m | 400m | 400m | Javelin | High Jump | Discus | Triple Jump |
| Discus | Shot Put | Shot Put | Scissor HJ | Scissor HJ | 100m | 100m | 100m | 100m |
| 50m | 50m | 400m | 100m | 100m | Long Jump | Discus | High Jump | Javelin |
| | | | | | 800m | 800m | 800m | 800m |

Week 2

| U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13/14 | U15/16/17 |
|----------|--------|-----------|-----------|-----------|-----------|-----------|-------------|-----------|
| 200m | 200m | 200m | Long Jump | Discus | Shot Put | Javelin | 200m | 200m |
| Shot Put | Discus | Long Jump | 200m | 200m | 200m | 200m | Javelin | High Jump |
| 70m | 70m | 70m | Shot Put | Long Jump | High Jump | Long Jump | Triple Jump | Discus |
| | | | 70m | 70m | 1500m | 1500m | 1500m | 1500m |

Week 3

| U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13/14 | U15/16/17 |
|-----------|-----------|--------|--------|----------|-------------|-------------|-----------|------------|
| 300m | 500m | 60mH | 60mH | 60mH | Triple Jump | Triple Jump | Shot Put | Shot Put |
| Long Jump | Long Jump | Discus | Discus | Shot Put | 60mH | 60mH | 80mH/90mH | 90mH/100mH |
| | | 700m | 800m | 800m | Discus | Shot Put | 400m | 400m |
| | | | | | 400m | 400m | Long Jump | Long Jump |

Rules changes for 2018/19 season

Changes to events & standard rules are as follows:

- Under 10 Age Group will no longer compete in 1500m races.
- Discus:
 - U11 Boys change from 750g to 500g.
 - U11 Girls change from 750g to 500g.
 - U13 Boys change from 1kg to 750g – no rubber discs.
- Shot Put U12 Boys change from 3kg to 2kg.
- 400m races at Zone, Region and State Championships will be run as timed finals.

Little Athletics NSW has put together a series of Basic Event Fact Sheets, aimed at providing centre volunteers with the essential knowledge for helping at an event at the local centre.

The fact sheets are a suitable resource for people with little or no knowledge of the sport and cover such things as:

- ages and correct specifications for the various age groups
- basic instruction on how to do the event
- basic rules
- basic officiating procedures
- safety considerations
- handy tips for conducting the event at centre level

You can download copies of the Fact Sheets, from <http://lansw.com.au/Education-Training/Centre-Helpers/Event-Fact-Sheets> events include

[Starters / Starting](#)

[Timekeeping](#)

[Place Judging](#)

[Hurdles](#)

[Relays](#)

[Walks](#)

[Shot Put](#)

[Discus](#)

[Javelin](#)

[Long Jump](#)

[Triple Jump](#)

[High Jump](#)

Whilst participating in Little Athletics, athletes should work towards the improvement of their technique in the various events. This will not only help improve their performance in Little Athletics, but the correct movement patterns will carry across to other sports and activities.

You can download copies of the basic technical model for some of the Little Athletics events from <http://lansw.com.au/Education-Training/Athletes/Basic-Technique> . Events include

[Standing Start](#)

[Crouch Start](#)

[Sprinting](#)

[Middle Distance](#)

[Hurdles](#)

[Shuttle Relay](#)

Circular Relay

[Shot Put](#)

[Discus](#)

[Long Jump](#)

[High Jump](#) (scissors technique)

EVENT DETAILS

| Event | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U17 |
|-------------------|------|------|-------|------|------|------|------|----------------------|----------------------|----------------------|----------------------|
| 50m | X | X | | | | | | | | | |
| 70m | X | X | X | X | X | | | | | | |
| 100m | X | X | X | X | X | X | X | X | X | X | X |
| 200m | X | X | X | X | X | X | X | X | X | X | X |
| 400m | | | X | X | X | X | X | X | X | X | X |
| 500m (pack start) | | X | | | | | | | | | |
| 700m (pack start) | | | X | | | | | | | | |
| 800m (pack start) | | | X | X | X | X | X | X | X | X | X |
| 1500m | | | | | | X | X | X | X | X | X |
| 3000m | | | | | | | | X | X | X | X |
| 700m Walk | | | | X | | | | | | | |
| 1100m Walk | | | | | X | X | | | | | |
| 1500m Walk | | | | | | | X | X | X | X | X |
| 60m Hurdle | | | X | X | X | X | X | | | | |
| 80m Hurdle | | | | | | | | X | Girls | | |
| 90m Hurdle | | | | | | | | | Boys | Girls | |
| 100m Hurdle | | | | | | | | | | Boys | Girls |
| 110m Hurdle | | | | | | | | | | | Boys |
| 200m Hurdle | | | | | | | | X | X | | |
| 300m Hurdle | | | | | | | | | | X | X |
| Long Jump | X | X | X | X | X | X | X | X | X | X | X |
| High Jump | | | | | X | X | X | X | X | X | X |
| Triple Jump | | | | | | X | X | X | X | X | X |
| Shot Put | 500g | 1kg | 1.5kg | 2kg | 2kg | 2kg | 2kg | 3kg | 3kg | 3kg (G) 4kg (B) | 3kg (G) 5kg (B) |
| Discus | 350g | 350g | 500g | 500g | 500g | 500g | 750g | 750g | 1kg | 1kg | 1kg (G) 1.5kg (B) |
| Javelin | | | | | | 400g | 400g | 400g (G) 600g (B) | 400g (G) 600g (B) | 500g (G) 700g (B) | 500g (G) 700g (B) |

Tiny Tots - Play training activities and modified games

Frequently asked questions

- **What happens if it rains or is very hot?**

A Club committee person will communicate the cancellation on our website tamworthlac.org.au or Facebook page and 92.9fm radio.

- **Will my child be taught the correct technique or have access to coaching?**

Little Athletics NSW conducts coaching clinics and camps at various venues and times throughout the season.

Tamworth Little Athletics also have qualified coaches or parents who offer training session/s during the week. Limited skill development instruction is given on Friday evenings.

If at any stage would like more information about policies, plans, rules or information on education and training, please contact the committee at Tamworth LAC, Tamworth website tamworthlac.org.au or contact Little Athletics NSW via their website littleathletics.com.au

Programme of Events for 2018-19

| | | |
|-----------------|-----------------|---|
| Friday | 19/10/18 | 1 st Competition Night – No Come & Try |
| Friday | 26/10/18 | Competition Night |
| Friday | 2/11/18 | Competition Night |
| Friday | 9/11/18 | Competition Night |
| Friday | 16/11/18 | Competition Night |
| Friday | 23/11/18 | Competition Night |
| Friday | 30/11/18 | No Competition due to Zone Championships |
| Saturday | 1/12/18 | Zone Championships - Tamworth |
| Sunday | 2/12/18 | Zone Championships - Tamworth |
| Friday | 7/12/18 | Competition Night |
| Friday | 14/12/18 | Competition Night |
| | | Competition Break for school Holidays |
| Friday | 25/01/19 | No Competition due to Australia Day |
| Friday | 1/02/19 | No Competition due to Regionals |
| Saturday | 2/02/19 | Regional Championships - Glendale |
| Sunday | 3/02/19 | Regional Championships - Glendale |
| Friday | 8/02/19 | Competition Night |
| Friday | 15/02/19 | Competition Night |
| Friday | 22/02/19 | Competition Night |
| Friday | 1/03/19 | No Competition due to State Multi in Dubbo |
| Friday | 8/03/19 | Competition Night |
| Friday | 15/03/19 | No Competition due to State SOPAC |
| Saturday | 16/03/19 | State Championships SOPAC |
| Sunday | 17/03/19 | State Championships SOPAC |
| Friday | 22/3/19 | Competition Night |
| Friday | 29/3/19 | Competition Night |
| Friday | 5/4/19 | Competition Night |
| Friday | 12/4/19 | Possible Presentation Night |