



NSLAC



Northern Suburbs Little Athletics Centre

Essential Guide

2024-25

Last modified 10 Sep 2024

NSLAC Contact details

Northern Suburbs Little Athletics Centre, Inc

ABN 17 543 387 073

Website

- www.nslac.com.au

Members Area

- members.nslac.com.au

Online Uniform Shop

- [Academy Sportswear](#)

Weekly Results

- [ResultsHQ](#)

Email

- info@nslac.com.au

Social Media

- [Facebook](#)
- [Instagram](#)

Broadcast

- [WhatsApp Channel](#)

Mail

- PO Box 882
Willoughby NSW 2068

Phone

- 02 8313 5414 (not monitored)

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Introduction

Northern Suburbs Little Athletics Centre

Northern Suburbs Little Athletics provides athletics for children aged 4 to 19. Northern Suburbs Little Athletics Centre Inc. (NSLAC) was founded in 1973 and is committed to providing sporting activities to children from the local area. We are affiliated with Little Athletics NSW (LANSW) and with Athletics NSW (ANSW) and are able to provide both “Little Athletics (6-12)” and “Junior Athletics” (13-19) programs.

Philosophy and Goals

The Little Athletics motto is FAMILY FUN AND FITNESS. At NSLAC, we focus on providing children of all abilities the opportunity to learn new skills and to practise those skills in a friendly and safe environment. We also recognise the importance of making the sporting activities fun and enjoyable for athletes, parents, and volunteers.

We encourage athletes to focus on their individual personal improvement more than comparing themselves to others. We celebrate improvement and encourage all of our athletes to be supportive of others, regardless of their ability.

Registration Fees

The modest annual registration fee covers all NSLAC Saturday carnivals and includes access to our coaching sessions throughout the season. The fee also covers the entry costs to most of the LANSW events throughout the season - although some representative activities may incur an additional levy. We try to subsidise representative event costs as much as possible. The only other mandatory cost to be a member is to purchase a club competition top.

Management

NSLAC is run entirely by volunteers. The only paid employees of the centre are some of our qualified coaches. The Management Committee meets on the second Tuesday of each month throughout the year - even during the off season. All members are welcome to attend committee meetings. Please contact the Secretary for details.

Every year our committee has turnover and enthusiastic parents who are interested in helping should let one of our committee members know of their interest. There is no reason to wait for an AGM to offer your help as we are always eager to maximise the benefit we can get from the skills and interests of our volunteers.

Committee Roles

The following executive committee roles are required to be filled each season - the club cannot function without members appointed to the roles:

- President
- Vice President
- Secretary
- Treasurer
- Registrar

Additional general committee roles that we are required to fill each season are:

- Championships Officer
- Results & Records Officer
- Equipment Officer
- Canteen & BBQ Coordinators
- Age Manager Coordinator
- Uniforms Officer
- Coaching Coordinator
- Website Officer
- Social Media Officer

Other roles we aim to fill each season from either committee members or general (non-committee) members are:

- Member Protection / Grievance
- Social Activities
- Health & Safety
- Publicity Officer
- Fundraising Officer
- Officials Officer
- Track & Field Coordinator

Not everyone on the committee needs a role - we typically need multiple "general" committee members who are just available to help with manage things at our Saturday carnivals and for other events such as registration collection days and presentation day.

Season Overview

The table below provides a broad overview of the NSLAC season dates. Please refer to the website for this season's specific dates in our [Season Calendar](#).

Timing	Event
Early August	Registration opens
Early September	Registration and Uniform Collection
Mid-September	First Day of NSLAC Competition
November	NSLAC Age Group Photos
Mid to Late November	Little Athletics NSW State Relays
Late November or Early December	Northern Metropolitan Zone Championships
Mid-December	Last NSLAC competition before Christmas
Mid-January	NSLAC Competition resumes
Mid-February	Region 5 Championships
Early March	Little Athletics NSW State Combined Events Carnival
Mid to Late March	Final NSLAC Competition for the Season
Late March	LANSW State Championships
April	Australian Little Athletics Championships
May	Presentation day and Annual General Meeting

Saturday Morning Competition

Program of Events

During the season, we hold a competitive carnival every Saturday morning. Athletes compete in 4 to 7 events each week, depending on their age group and the specific program being run.

We have a 5-week cycle of events with each program labelled "A" through "E". At the end of each cycle, we revert to Program A and start the cycle again. If a carnival is cancelled due to wet weather or when the ground is closed, the cancelled carnival event program will be used at the next carnival.

Most age groups will participate in each individual event twice every 5 week cycle, while some of the younger age groups with fewer events will run their events three times per 5 week cycle.

Wet weather

If the weather has been particularly wet, the Council may choose to close the ground to protect it from damage in muddy conditions. It is worth checking the council's [Ground Closures](#) page early on a Saturday morning - if the grounds are closed, we are not permitted to run a carnival.

If the grounds are still open, the committee will assess conditions at Rotary and make a decision on whether it is safe and appropriate to continue. We will advise members via social media, our members area and our WhatsApp broadcast channel if we will be cancelling the carnival.

Local weather conditions at Rotary can be very different to other areas - so just because it is raining at your place, don't assume we will be cancelling the carnival! It is often dry enough to continue with a carnival, and in some cases we will run a modified "wet weather" program removing some of the events that are more affected by a wet track, such as hurdles and high jump.

Tiny Tots

Our Tiny Tots program has our youngest athletes engage in "play training" to develop movement fundamentals for running, jumping, and throwing. Tiny Tots do not participate in regular athletics events and there is no measuring of results. The program encompasses games and activities designed to prepare the tots for their introduction to athletics in the 6's age group when they turn 5.

Management of Age Groups

Athletes are organised into age groups according to their date of birth. An age manager is responsible for coordinating the group, along with the help of one or two assistant age managers. During the carnival, parents are expected to help run each event for their age group. Age Managers are volunteer parents with a registered athlete in the age group.

Athletes leaving the group for any reason (going home, visiting the BBQ etc) should advise their Age Manager or Assistant Age Manager before doing so. Age Managers will maintain regular contact with their age group during the week, as well as at carnivals.

Canteen and BBQ

The canteen and BBQ are open every Saturday morning and are an important source of funding for the centre. These facilities are run by Committee members, assisted by rostered parents. We are very proud of our canteen and BBQ - we think we provide some of the best Saturday morning food you'll get in the area.

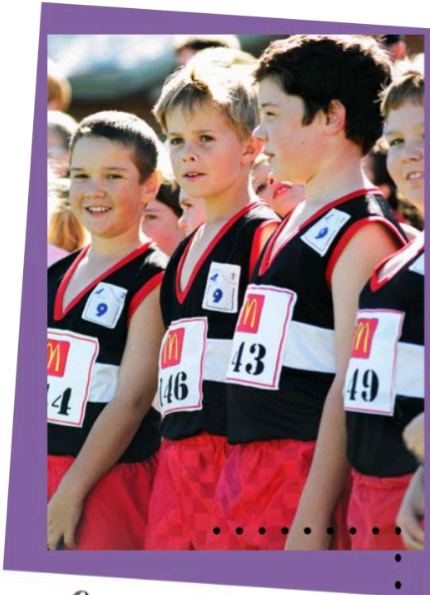
Conduct

Our members have a right to participate in a safe and supportive environment. Athletes, parents, coaches, and volunteers are all expected to act within the [LANSW Codes of Conduct and Behavioural Guidelines](#) at all times, whether it is a NSLAC carnival or a LANSW event. See more information on the following pages of this guide.

Please take the time to read these guidelines and commit to always behave in accordance with the principles in them. The privilege of membership with NSLAC may be withdrawn where it is determined that a person's conduct is in clear breach of the Codes of Conduct or Behavioural Guidelines. Breaches of the Codes of Conduct or Behavioural Guidelines will be handled in accordance with Centre Regulation 3 – Disciplinary Procedures & Appeals – available under “Constitution” as published on the NSLAC website.

If a member of NSLAC is uncomfortable with the behaviour of another person involved with the Club and you are not confident in managing the issue yourself, please raise your concerns with any member of the NSLAC committee. Disciplinary procedures are described in the NSLAC Constitution.

It is also important to note the [Conditions of Venue Entry](#) which apply to all LANSW events, including NSLAC carnivals run at Rotary Athletics Field. A copy of this document has been added as an appendix to this guide.



CODES OF CONDUCT

(adapted from the Australian Sports Commissions' Junior Sport Codes of Behaviour)

Australians are justifiably proud of the place sport has in their daily lives. But what is equally important to us all is the way the "game" is played and the manner in which our sportsmen and sportswomen conduct themselves.

Unfortunately, some people (both participants and spectators) fail to live up to the traditional values of sport. Young people involved in sport have a right to participate in a safe and supportive environment. Over-zealous parents and adults, and ill-tempered, disrespectful athletes, sometimes need to be reminded of appropriate standards of behaviour for Little Athletics.

Little Athletics is a community activity, which utilises athletics to help foster the development of Australia's children, and as such, endorses and applies the following Codes of Conduct.

The privilege of membership with the Little Athletics NSW (LANSW) may be withdrawn where it is determined that a person's conduct is inconsistent with the mission of the LANSW and in clear breach of the Codes of Conduct.



Athletes

1. Show respect to coaches and officials. Any approach to an official should be in a courteous manner. Never argue with an official.
2. Control your temper - no "mouthing off", throwing equipment etc.
3. Never verbally abuse or sledge other athletes, deliberately distract or provoke another athlete.
4. Do not bully or harm another athlete.
5. Do not use bad language or obscene gestures at any time.
6. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.
7. Do not bring the sport of Little Athletics into disrepute.

Adults

1. Never ridicule or yell at an athlete for making a mistake during a competition.
2. Respect the officials' decisions. If there is a disagreement, always follow the appropriate procedure/s in order to question the decision.
3. Never use violence, threats or abuse in any form.
4. Keep to designated spectator areas and do not encroach on the arena or other competition sites if you are not officiating.
5. Demonstrate appropriate social behaviour, by not harassing athletes, coaches, officials or spectators, smoking outside designated areas, being intoxicated or using bad language.
6. Ensure that any physical contact with a young person is appropriate to the situation and/or necessary for the athlete's skill development.
7. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.
8. Do not bring the sport of Little Athletics into disrepute.

PENALTIES FOR BREACHES OF CODES OF BEHAVIOUR

The principles of natural justice will be observed when making decisions on breaches of the Codes of Conduct and in deciding any penalties for such breaches.

Any penalties that are imposed are to be appropriate to the seriousness of the breach.

Penalties for breaches of the Codes of Conduct that occur at events conducted by the LANSW that are confined to the day of competition shall be determined by the Carnival Manager. Penalties that go beyond the day of competition shall be determined by the Board of Management and could include banning families from future participation in the sport.



BEHAVIOURAL GUIDELINES

(adapted from the Australian Sports Commissions' Junior Sport Codes of Behaviour)

These Behavioural Guidelines aim to give everyone a guide to what is expected of them if they are part of Little Athletics, be it participating, volunteering or standing on the sideline cheering for their child, relative or friend. The guidelines set down what is an acceptable standard of conduct and behaviour and reflect the principles upon which Little Athletics is based.

Acceptance of, and compliance with these guidelines will ensure that Little Athletes will develop good sporting behaviours and be an enjoyable sporting experience, encouraging them to remain involved in sport or otherwise be active throughout their lives.

We ask that everyone take the time to read the guidelines and make a personal commitment to always behave in accordance

Athletes

1. Compete according to the rules.
2. Work equally hard for yourself and/or your Centre.
3. Always address officials in a polite manner.
4. Be a good sport. Acknowledge all good results, whether they are made by your Centre or friends or an athlete from another Centre.
5. Only cheer good performances, not when other competitors make an error or don't perform well.
6. Treat other competitors with respect.
7. Do not act smart or 'cocky'.
8. Treat all athletes as you like to be treated. Do not bully or take unfair advantage of another competitor.
9. Cooperate with your coach, Centre-mates and other competitors. Without them there would be no competition.
10. Participate for your own enjoyment and benefit, not just to please parents and coaches.
11. Remember that all that is ever requested of you is to

BE YOUR BEST.

Parents, Relatives & Spectators

1. Remember that young people are involved in Little Athletics for their enjoyment, not yours.
2. Encourage children to participate, do not force them.
3. Focus on the child's efforts and performance rather than winning or losing.
4. Encourage athletes to always participate according to the rules.
5. Applaud good performances and efforts from all competitors.
6. Support all efforts to remove verbal and physical abuse from Little Athletics. Condemn the use of violence in any form, whether it is by spectators, coaches, officials or athletes.
7. Recognise the value and importance of being a volunteer.
8. Respect officials' decisions and teach young people to do likewise. Remember, officials freely give their time and effort for your child's involvement and enjoyment.
9. Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.



BEHAVIOURAL GUIDELINES

(adapted from the Australian Sports Commissions' Junior Sport Codes of Behaviour)



Officials

1. Officiate according to the rules and where subjective judgment is necessary decide on the basis of what is fair to all athletes. Be impartial.
2. Be consistent, objective and courteous when making decisions.
3. Avoid any situation which may be perceived as a conflict of interest.
4. Accept responsibility for all actions taken. If you make a mistake, admit it.
5. Condemn unsporting behaviour and promote respect for all competitors.
6. Emphasise the spirit of the competition rather than the errors. Do not 'over officiate'.
7. Ensure that your behaviour and comments are always positive and supportive.
8. Keep up to date with the latest trends in officiating and the principles of growth and development of young people.
9. Place the safety and welfare of the athletes above all else.



Coaches

1. Remember that young people participate for fun and enjoyment and winning is only part of their motivation.
2. Be reasonable in your demands on the young athlete's time, energy and enthusiasm.
3. Operate within the rules and spirit of Little Athletics and teach your athletes to do the same.
4. Ensure that the time athletes spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
5. Avoid over-attention to the talented athletes; the 'just-average' need and deserve equal time.
6. Ensure that equipment and facilities meet relevant safety standards and are appropriate to the age and ability of all athletes.
7. Display control, respect and professionalism to all involved with Little Athletics. Encourage athletes to do the same.
8. Explain to athletes and their parents what you are aiming to achieve and why.
9. Show concern and caution toward sick and injured athletes. Follow medical advice when determining whether an injured athlete is ready to recommence training and competition.
10. Obtain suitable qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.

Administrators

1. Ensure all young people have equal opportunities for participation.
2. Ensure that rules and equipment are modified to suit the age, ability and maturity level of athletes and that equipment and facilities are safe.
3. Provide quality supervision and instruction.
4. Be fair, considerate and honest in all dealings.
5. Resolve conflicts fairly and promptly through established procedures.
6. Remember that young people participate for their enjoyment and benefit. Do not overemphasise awards.
7. Support the efforts of coaches and officials and help improve the standards of coaching and officiating.
8. Involve, where appropriate, members in planning, leadership, evaluation and decision making related to the actual activity.
9. Ensure that everyone involved in Little Athletics emphasises 'fair play' and not winning at all costs.
10. Develop Codes of Conduct and Behavioural Guidelines and encourage everyone to follow them.
11. Make it clear that abusing young people in any way is unacceptable and will result in reporting and appropriate disciplinary action.



Parent Responsibility and Duty Roster

Little Athletics is run by parents for the benefit of all our children. The nature of athletics is such that it requires more helpers than most other sports. It is essential that all attending parents assist in the many activities each Saturday morning and when otherwise asked to assist.

Parent Responsibility

For both Safety and Child Protection reasons, it is a condition of membership of NSLAC that when your children are participating, a parent or responsible adult for your athlete must be present at Rotary Athletics Field (or any other Little Athletics venue). There are no exceptions, regardless of the age of the athlete concerned. Parents of all athletes have completed a declaration to this effect during registration.

When it is unavoidable that a parent must leave while their child is still at the oval, they must designate another adult to be responsible for their child in their absence and the age manager must be informed. This should be considered an exception rather than a normal occurrence - we always expect a parent to be on site at all times.

Parent Duty Roster and Obligations

There is a Parent Roster in operation for each Saturday carnival. Duties are assigned to age groups for specific dates in the season calendar. The roster for these duties will be published to members through our members area.

Please take time to study the roster carefully. Ask your Age Manager or a committee member if you have any questions about a duty. No specific knowledge or skills are needed to assist with parent duties – and there'll always be someone around to help or advise.

Safety and Other Expectations

- Visiting Athletes - Athletes registered with other LANSW Centres are welcome to compete with us on Saturday mornings, provided they can show proof of registration with another centre, complete the necessary visitor formalities before competing, and compete in their own centre uniform.
- Unregistered siblings and other unregistered children are not permitted to enter the competition oval at any time, for any reason.
- Insurance - Anyone entering the field who is not a registered athlete, or an adult helper is not covered by insurance. Please report any injury or accident to the Secretary at the registration desk on Saturday or as soon as possible thereafter. These must be recorded in writing in the centre's records.
- Parking - Car movements are prohibited in the areas around the change room between 7.00am and 12:00pm every Saturday morning. When parking or dropping off children please put safety before convenience. Parking in an unmarked carpark

will likely attract the attention of council rangers and fines issued. Any car parking in such a way as to block access to the car parks or any other part of the facility will be reported to the council.

- Sun Safety - Athletes are allowed to wear hats in all events and, except in the high jump, and will not be penalised in any way if the hat falls off. If an athlete's hat dislodges the bar in the high jump it will be ruled a foul. Sun block is provided for all athletes and parent volunteers free of charge at the canteen. Encourage your child to stay in the shade when not competing, and make sure they have a water bottle and drink plenty during the morning.
- Out of Bounds - It is the responsibility of all parents to ensure their children do not venture into any of these out of bounds areas:
 - The embankment of the river and the boardwalk, mud flats behind the sheds and to the North of the ground.
 - The bush area to the north of the ground, either side of the pathway to the grandstand and above the ground.
 - The car park area except when coming from or going to your car.
- No Smoking – Our facility is a designated no smoking area, and NSLAC will enforce this ruling in order not to be in breach of its lease agreement. This includes vaping.
- No Pets - Please leave your pets at home when coming to the Saturday morning competition. They are not allowed on the competition field at any time during an NSLAC event or training.
- No Ball Games - The playing of any ball or other games on the athletics field, on the road or asphalt areas is strictly prohibited for the safety of all athletes. Any balls being used on the field during Saturday carnivals or mid-week training sessions will be confiscated indefinitely.
- No Pacing - Parents are not permitted to run on or alongside the track. This is against the rules of athletic competition and if any records are set under such circumstances they will not be recognised. (However, some younger children may need emotional support/assistance, particularly when starting on the longer events and encouragement in these circumstances is OK.)

Lost Property

Our lost property collection can usually be found near the registration desk/canteen. Please regularly check for any missing items. NSLAC will endeavour 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 or thrown away. An announcement will be made to alert you when lost property is going to be disposed of.

Uniform and Shoes

Uniform

Every athlete must wear a Northern Suburbs uniform top at all club and external competitions, including every Saturday carnival at Rotary. The Northern Suburbs T-shirts, singlet and crop tops are red with black trim and feature our Club logo and the logo of our major sponsor. At registration you will be supplied with information about how your number, age patch and any other attachments are to be applied to your uniform. It is important to follow this direction – especially if you are going to compete at events away from NSLAC.

- If you are unsure about placement, please ask for clarification before stitching patches onto the uniform.
- A new registration number patch is issued each season, and the previous season patch must be replaced.
- Compression garments may be worn but they must be above the knee and our club rules require that they are plain black.
- Competition singlet/t-shirts must not cover any compulsory numbers and athletes may be prevented from participating if they do not follow instructions from officials regarding their uniform.

Shoes

Shoes must be always worn by athletes in all events. For safety reasons, it is never acceptable for athletes to run in bare feet.

It is recommended that parents wear enclosed shoes at Rotary. Parents *must* wear enclosed shoes when performing a parent duty at a Little Athletics event.

Spikes

Spike shoes can be dangerous and cause injury to both the wearer and other athletes.

- Athletes in all age groups up to and including the 10s cannot wear spiked shoes at any time under any circumstances.
- The 11s and 12s age groups may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump, and javelin (subject to conditions below)
- 13s and above age groups may wear spike shoes in all relevant events except for walks.

These rules are specified by Little Athletics Australia and are strictly enforced, both for our Saturday carnivals and also at Little Athletics events.

General rules regarding spikes:

- Spike shoes must have all holes filled with spikes, with no more than 2 blanks/slugs installed.
- Spike shoes must only be worn during the event and are not to be worn to and from an event.
- The number of spike positions can not exceed 11.
- The use of spikes at NSLAC carnivals is at the discretion of the Age Manager, considering the safety of all athletes and other attendees on the day.
- Spikes can only be put on just before an event when the age manager instructs athletes to put them on.
- Spikes must be taken off immediately after finishing an event (and before leaving the track or the event area).
- Children's spikes usually measure 5mm or 7mm and most facilities do not allow spikes which are longer to be used for Little Athletics events.

Communication

Website

Our website (www.nslac.com.au) includes links to our results site, online uniform shop and our members area. Anyone new to the club should familiarise themselves with the contents of our comprehensive [Frequently Asked Questions](#) list.

Members Area

NSLAC has a private members area website which we use to communicate detailed and timely information to our members - members.nslac.com.au. This site is used to post announcements from the committee and for age managers to discuss matters with their age groups.

It is recommended that you register an account using the same email address that was entered when registering your athletes - but that is not mandatory. Once logged in, if you cannot see the age group discussions for your athletes, ensure you link athletes to your profile using the link at the bottom of the page.

There are instructions in the members area for installing the site as a “Progressive Web App” which makes it act like an app on your phone. You should ensure you turn on notifications for the site as well, to be informed about new content and replies to any messages you post.

If you have any questions or difficulties using the site, please contact support@nlsac.com.au

Social Media

NSLAC is on [Facebook](#) and [Instagram](#) (@NorthsLAC) - please follow us. Notifications about wet weather cancellations will be posted to our social media accounts.

Broadcast Announcements / WhatsApp channel

As an experiment, we are trialling a new [WhatsApp broadcast channel](#) for important (brief) announcements such as web weather cancellations. We encourage anyone who uses WhatsApp to subscribe to our channel - but note that only phone apps seem to support this currently and broadcast channels are not currently supported on web or desktop versions of WhatsApp.

Email Newsletters

During the season, we send weekly newsletters to all current members with important updates about the upcoming carnival. We may occasionally send additional emails with important information relating to specific events.

We automatically add every email address associated with athlete accounts registered for the season to our mailing list. You are welcome to subscribe to our newsletters directly via the signup form on our website.

You may also receive emails from our registration platform, from our members area, or directly from your age managers.

Photographs

If you do not want photographs of your children to appear in NSLAC material such as social media; our annual yearbook; or the website, you must advise the Secretary in writing at secretary@nslac.com.au. You should include current season bib numbers to help us identify your children in any photographs.

PA Announcements

Please be alert for announcements made over the public-address system during a Saturday morning carnival, it may be something you need to hear.

Coaching and Development

Children who want to improve their technique and performance should attend our club coaching sessions which are provided free of charge to registered athletes. Our coaches are all accredited by Athletics Australia and must have at least a Level 1 Youth Coach accreditation.

Coaching on Saturday Mornings

During the first cycle of our event program at the start of the season, we provide coaching at our Saturday morning carnivals. The coaches will be prioritised to assist our youngest age groups and age groups commencing new events, but they will assist any athlete/age manager as time allows.

Sunday Coaching Sessions

Coaching sessions are conducted throughout the season at Rotary Athletics Field on Sunday afternoons. This is exclusively for athletes in the 8s - 17s age groups. The sessions will be advertised to members when they are available.

The events offered each weekend will depend on the availability of coaches, but we aim to cover as many events as possible. Spaces in each session are limited (based on the event and the coach) to ensure athletes get the best value possible. Unfortunately, sometimes athletes will miss their preferred session.

Private Coaching

Some of our coaches may also conduct private or squad-based sessions at other times through the week. Contact details of NSLAC coaches can be provided to members on request.

Education for Parents

Little Athletics NSW provide educational material on their website and occasionally offer face-to-face courses for parents and age managers looking to improve their knowledge of athletics events and procedures. Please watch for notices from the club, or speak to a Committee member to find out what is available. There will also be links to information published in our members area.

Learn to Coach

For parents who are interested in teaching skills to the athletes, Introduction to Coaching Courses will be held at many local clubs during the season. Local courses will be advertised by NSLAC to members.

Course fees may be subsidised by the club, but a commitment to assist with coaching our athletes during the season would be required in return. If you are interested in doing a

coaching course, ask a committee member. Read the Athletics NSW information on [coaching courses and accreditation](#).

Officiating

It takes more than 100 qualified officials to conduct a Zone, Region or State level championship. We are always in need of parents to obtain qualifications to assist as officials. NSLAC recommends that parents do a level 1 Officiating course in any event (or events) that interest you. These courses are online and will help you to understand your child's sport and put you in a great position to assist during our Saturday carnivals and potentially at our championship events.

Doing a course does not obligate you to become an official and if you do offer to help, you will be mentored by our qualified and experienced officials. You are not expected to be an expert and you will not be left on your own.

Information about being an official can be found here:
<https://lansw.com.au/get-involved/officials-2/>

Championships

All the Little Athletics Clubs in NSW are organised into Zones and Regions. Northern Suburbs is in the Northern Metropolitan Zone (which includes Parramatta, Cherrybrook, Ryde, and North Rocks Carlingford).

The Northern Metropolitan Zone is part of Region 5 which is made up of two Zones: The Northern Metropolitan Zone and the North East Metropolitan Zone (Hornsby, Mosman, Ku-ring-gai, Manly-Warringah and Northern Districts).

Zone Championships

The Zone Championships are held on a weekend in late-November or early-December. Selected athletes from the 7s to 17s age groups are eligible to compete at the Zone Championships. Zone is open to athletes of all abilities - we encourage participation from as many athletes as we can accommodate within the limits.

The club will select a Junior Relay Team consisting of one athlete from each of the U9, U10, U11 and U12 age groups - and a Senior Relay Team consisting of one athlete from each of the U13, U14, U15 and U17 age groups, for both boys and girls.

There are limits on the number of events an athlete can compete in and the number of athletes a centre can enter in each age group. Because of the restrictions on entry numbers, all nominations are reviewed by the Age Manager, the Championships Officer and if necessary, the Management Committee to assign places. Unfortunately, not everyone will get to do all the events they might want to. Members will be advised when the nominations are open.

Athletes in the 7s age group will not proceed past Zone level. For athletes in the 8s - 15s age groups, the first 6 place getters from our Zone will automatically progress to the Region Championships. A maximum of 4 "next best qualifiers" from each of the two Zones will be selected to compete at the Region Championships.

As of the 2024/25 season, competition at Zone is optional for athletes in the 16s and 17s age groups - they will have direct entry to the State Championships and results from Zone do not count towards qualification.

Regional Championships

Regional Championships are held over one full weekend – usually in early or mid-February. Athletes in the 8s age group do not proceed past Region level.

For athletes in the 9s to 12s age groups, qualification from Region to State is the first two place getters from Region 5, plus the next 8 best performances from across the State.

As of the 2024/25 season, qualification from Region to State for the 13s - 15s age groups is the first two place getters from Region 5, plus the next 8 best performances from any LANSW qualifying event (specifically any round of the Treloar Shield or the Region championships).

As of the 2024/25 season, competition at Region is optional for athletes in the 16s and 17s age groups - they will have direct entry to the State Championships and results from Region do not count towards qualification.

State Championships

The State Championships are held at Sydney Olympic Park Athletic Centre. The level of competition at State Championships is extremely high. Only exceptional athletes at their age level qualify. Northern Suburbs athletes who qualify to compete at the State Championships will receive recognition from our centre.

For the 2024/25 season, there will be two state championship events - the Little Athletics State Championships will be for 9s - 12s and will be held over one weekend in March.

The NSW Junior State Championships will be for 13s - U20s and will be held over 4 days including a weekend in March.

Athletes in the 16s and older age groups will be able to enter directly into the State Championships - no qualification process is required.

Australian Little Athletics Championships (ALAC)

At the completion of the State Track & Field Championships, a team of U13 athletes will be selected to compete at the Australian Little Athletics Championships held in April. The venue changes each year, but can be anywhere around Australia.

Four girls and four boys in the U15 age group will also represent NSW at the Australian Little Athletics Championships, with their selection based on their performances at the State Combined Events Championships.

Note that this information may be obsolete as of the 2024/25 season - we are still waiting for confirmation on how ALAC will work this season.

NSLAC Selection Criteria

For some representative events, such as the Zone Championships and State Relays, there are limited places allocated to each centre. Selection criteria are applied when choosing athletes to compete at these events.

The guidelines used by the NSLAC committee when considering which athletes will be selected to compete at a particular event include:

- The athlete must be a registered member of NSLAC
- The performances of the athlete at NSLAC Saturday carnivals
- The availability of a parent/guardian of the athlete to assist the officials on the day of the carnival
- Any other factor deemed appropriate (e.g. injury, availability, attendance, behaviour)
- All representative carnivals are run by volunteers and parents of the athletes. As a condition of entry to these carnivals, each centre has an obligation to provide officials

and parent helpers to assist with the running of the events. Athletes whose parents are unable to fulfil this obligation may be prevented from competing in the external championships.

Other LANSW Events

Little Athletics NSW also hold other championships and carnivals throughout the season.

State Relay Championships

The State Relay Championships are held each November. This is a team event where centres can enter relay teams in both track and field events.

- Athletes in the 8s to 12s age groups may compete at the Little Athletics NSW State Relay Championships held on a single day. Athletes may compete in either track or field events but not both.
- Athletes in the 13s and older age groups may compete at the Athletics NSW State Relay Championships, held over a separate weekend to the LANSW event. Athletes may compete in both track and field teams.

It is NSLAC policy to enter teams in as many events as possible to enable many athletes to experience the team championships format and to compete at a State level event. If an athlete is selected in a relay team, they are expected to attend training sessions for the team prior to the event.

To be eligible to represent NSLAC at the State Relays, an athlete must have recorded a time/jump/throw at an NSLAC Saturday competition during the current season. Exceptions to this selection policy will only be considered in circumstances where there are not sufficient other athletes available to fill the places in the team - and must be approved by the NSLAC committee.

State Combined Events Carnival

The State Combined Events Carnival is open to all athletes in the 7s and older age groups and is held over the first full weekend in March, usually at a regional venue somewhere in NSW. Athletes take part in several events over 2 days. No finals are run, and points are awarded to the athlete depending on the result in accordance with the LANSW multi-event points table. Final placings are awarded based on the accumulated point scores of each athlete.

Any athlete may take part. It is a very popular event with some age groups having 80 or more participants.

Rules of Competition

The full Little Athletics [Rules of Competition](#) can be found on the LANSW website.

Athletics NSW Membership

Starting with the 2024/25 season, all athletes in the 13s and older age groups are registered with both Little Athletics NSW and Athletics NSW. This now allows our older athletes to compete in any event or championship offered by Athletics NSW.

Events available include:

- Treloar Shield interclub competition
- Specialist meets
- Athletics NSW State Relay Championships
- Athletics NSW Combined Events Championship

Multi-Club Membership

Athletes in the 13s and older age groups may choose to be a member of multiple Athletics NSW clubs. Some smaller clubs may have difficulty fielding teams in certain events - particularly relays, so the intention is to allow athletes to compete for a second club to increase participation opportunities.

For example, the Treloar Shield and State Relay Championships both offer relay events. If NSLAC is unable to field a relay team at one of these events, our athletes may choose to join UTS Norths and compete for them instead.

UTS Norths are offering free membership to any NSLAC athlete in the 13s and older age groups. NSLAC offer discounted membership to any UTS Norths registered athlete who also wants to be a member of our club. The total cost for joining UTS Norths and then NSLAC vs joining NSLAC and then UTS Norths, is the same.

Please read the Athletics NSW [Multi-Club Membership Policy](#) for more details and for information on how to apply to be a member of a second club - the process is manual and you'll need to submit a form.

Note that there is no requirement to join a second Athletics NSW club - NSLAC members can now participate in any event that UTS Norths members can do, including qualifying for the Australian Athletics Championships.

The multi-club membership does not allow athletes to compete for multiple Little Athletics clubs at Little Athletics events.

Athletes in the 12s and under age groups may only be a member of a single club - this multi-club membership offering does not apply to them.

Results

ResultsHQ

Results from the 6s and older age groups are recorded each week and are uploaded to the [ResultsHQ](#) website.

To log in you, use the email address specified when registering your children at the start of the season. Use the “forgot your username or password” option to obtain a password. If you log into ResultsHQ and are unable to see all your athletes listed, please email the Results Officer for assistance: results@nslac.com.au

Note that we do not record throws results for the 6s and 7s age groups during the first 5 week cycle of the event program, as this time is used to concentrate on skill development and proper technique.

Data Entry

All track events are run using the RaceHQ software which links directly to ResultsHQ. Each event requires a parent helper to operate the computer and link lane results to athletes. It's not a difficult task and is easily taught to new parents.

Field event results are recorded manually on results sheets printed out by the committee each week. At the end of the event, a parent helper will be sent to enter the data into the computers which run software called CompetitionHQ, which also links directly to ResultsHQ.

All results must be entered by the end of the carnival and results sheets submitted to the committee at the front desk. If there are any issues with the data on the computers due to operator error or otherwise, the Results Officer will use the paper sheets for reference.

Records

The weekly results will indicate “Record” if the result recorded by the athlete was equal to or better than an existing Rotary record. All such records are provisional until the record is ratified at a meeting of the Management Committee.

For a result in a field event to be considered for ratification, the measurement of the distance must have been checked by two Management Committee members at the actual time of measurement for U12 and under and by an Age Manager and one Committee Member for U13 and above.

In the case of high jump, the height of the bar must have been checked as described above *before* the record equaling or breaking jump.

For pack start events to be ratified, at least two timing devices must have been used to record times for each athlete - and they must not be operated by the same person. The slowest time is used for the purposes of Records. All manual timing printouts must be

labelled and attached to the notebook for the Results Officer to refer to when ratifying results.

Home Records

A “home” record is any record set at a Saturday morning carnival at Rotary Athletics Field by a NSLAC athlete.

Records must be ratified to be included and all records, including historic records - are listed on the ResultsHQ website.

Home records are listed on the results data entry sheets for field events and should be used as reference by age managers and parent helpers when identifying whether committee members need to be present for record ratification purposes.

If multiple athletes from an age group break the same home record in the same carnival (regardless of whether it was the same heat or not), only the best result will be recorded as a record.

Open Records

An “open” record is any record set by an NSLAC athlete at an official Little Athletics NSW event - specifically Zone, Region or the State Championships - or an individual event at the combined events carnival.

Official results published by Little Athletics NSW will be automatically ratified by the committee.

A ratified “home” record set at Rotary can also be an “open” record. In this case, two entries will be made in the records system - one for the home record and one for the open record.

If multiple athletes break an open record in the same heat or the same field event, only the best result will be recorded as a record. If an athlete in one heat breaks an open record which is then subsequently broken by that same athlete or another athlete in a later heat or in the final, the first result will be entered as a “historic” record and the subsequent result entered as the “current” record.

Away Records

An away record specifically relates to points totals from the Little Athletics NSW State Combined Events Carnivals.

Specification Changes

When an event specification changes for an age group (for example, change of weights in throws events, or change in height/distance for hurdles events), all previous records are marked as “historic” in ResultsHQ and a new set of records started with the new specifications.

Athlete Awards

NSLAC recognises personal improvement in each athlete's performances during the season in several ways. The club also recognises outstanding performances by athletes as well as perseverance and commitment by others. End of season awards will be presented at the club's Presentation Day, usually held in early May. An athlete is only eligible to receive one end of season award at the presentation day. The Tiny Tots receive a special medal or trophy.

Performances recorded by athletes when visiting other centres are not used in the calculation of NSLAC end of season awards.

Improvement Certificates

Improvement certificates are awarded as athletes achieve personal best performances across the season. There are 4 levels: Red, Bronze, Silver and Gold. All athletes have an equal chance of receiving all four certificates because they are awarded on personal improvement and not on who wins an event.

Improvement Points

Athletes are awarded improvement points based on their performances in comparison to their previous best performances (PBs). The points awarded are:

- 0 improvement points for the first performance in an event each season.
- 11 improvement points for a performance better than the previous best result.
- 5 improvement points when an existing PB is equalled.

Improvement points are tallied across all events (track and field) for each athlete across the season.

Age Champion Points

Each week, athletes are awarded points for each event they enter, according to their overall placing in that event. 10 points are awarded for 1st place (i.e. to the best performing athlete in the event over all heats), 9 points for 2nd place, 8 points for 3rd place and so on down to one point for 10th place. One point is also awarded for all subsequent places to encourage participation in all events.

Note that participating in an event, but failing to record a result (for example, three fouls in a field event) will be entered as "no result" in the system, but still allocated 1 point for participation.

Under this system NSLAC celebrates both performance and participation at an NSLAC club level and, as such, awards may not always go to the athlete who might otherwise be considered the "best" in the age group.

Age Group Awards

These end of season awards are based on all club performances during the season and trophies are awarded for each award. An athlete can only win one of these awards.

In each age group a particular athlete can only receive one of the following awards. The recipients are determined in the following order. The Age Champion is determined first, then Best in Track and Best in Field, Runner Up Track and Runner Up Field, and Most Improved.

Award	6 - 11	12 - 17
Age Champion	Y	Y
Best in Track	Y	Y
Best in Field	Y	Y
Runner Up Track	Y	-
Runner Up Field	Y	-
Most Improved	Y	Y
Age Manager's Award	Y	Optional*
Encouragement Award	Optional*	-
Rotary Award	Y	Y

* At the age Manager's discretion

Age Champion

For each age group the boys' and girls' Age Champion is the athlete with the highest Age Champion points.

Best in Track/Runner Up Track and Best in Field/Runner Up Field

These are awarded in each age group according to athletes' Best in Track or Field points scores. Because of the order in which the awards are calculated, someone who considers themselves a "field" athlete may still win a "Best in Track" award if they happen to accumulate more track points than the other athletes.

Most Improved Athlete

This award is given to the athlete in each age group with the most improvement points during the season overall.

Age Managers Award and Encouragement Award

These awards are discretionary awards selected by the Age Manager for each age group. The Age Manager considers many factors including an athlete's determination, perseverance, commitment, and behaviour during the season.

Participation (Rotary) Award

All athletes in an age group will receive an end of season award.

Club Champions

Note that with the changes introduced as a result of the new Little Athletics NSW / Athletics NSW partnership for the 2024/25 season - there may be some adjustments required to how we calculate the Senior Club Champion award. The information presented here is subject to change for this season. There are not expected to be any changes to the Junior Club Champion award.

Senior Club Champion

This award recognises an athlete from the Senior Age Groups (13s to 17s) with the most outstanding performances in Club and LANSW carnivals during the season.

Junior Club Champion

This award recognises an athlete from the Junior Age Groups (7s to 12s) with the most outstanding performances in Club and LANSW carnivals during the season.

These awards are determined by a points system and are presented to the athlete with the greatest number of Club Championship points. Club Championship points are tallied at the end of the season and depend on an athlete's performances at club carnivals and Little Athletics NSW championship events - specifically Zone, Region and the State Championships.

Age Champion Points Table

Points are awarded for club carnivals according to the final Age Champion points total as follows:

Age Champion Points	Club Champion Points
0 – 99	2
100 – 199	4
200 – 299	6
300 – 399	8
400 – 499	10
500 – 599	12
600 – 699	14
700 – 799	16
800 – 899	18
900 – 999	20
1000 – 1099	22
1100 - 1199	24

Championship Performance Points Table

Points are awarded for performance at Little Athletics championship events as follows.

Result	Zone Championships	Region Championships	State Track & Field Championships
1st	4	8	20
2nd	3	7	16
3rd	2	6	14
4th	1	5	12
5th		4	8
6th		3	6
7th		2	4
8th		1	2

Records Points Table

Points are awarded for NSLAC home, open or away records and for Little Athletics NSW state records. State records are specifically defined as the “best ever performance by any athlete at the Little Athletics NSW State Championships”.

Record Type*	Club Champion Points
NSLAC Home, Open or Away Record	5
Little Athletics NSW State Record	10

Points will only be awarded for one record per event per carnival (i.e. separate points will not be awarded if a record is set in both heat and final or if the record is both a Zone and NSLAC record)

In the event of a specification change for an age group resulting in all previous club records being marked historic - only the home and the open record holders from that age group at the end of the season will be awarded points for club champion purposes.

Other Awards

Rick Healy Memorial Jumps Award

In 2015 we mourned the sudden passing of Management Committee Member, State Level Official and very active parent volunteer Rick Healy. One of Rick’s particular passions was jumps, and in recognition of Rick’s contribution to our club and to jumps in particular, a perpetual Rick Healy Memorial Jumps Award was established. This award is presented to the athlete achieving the highest level of success in jumps events at the Little Athletics NSW State Championships each season, using the championship performance points table above for the calculations.

State Representatives

Athletes who represent NSLAC at the State Track and Field Championships will receive recognition by the club.

Attendance Awards

NSLAC Attendance Awards recognise those athletes who are active participants in the Club competitions every Saturday morning over several years. Attendance awards recognise 50 club meetings, 100 club meetings, and 150 club meetings.

The current attendance record is held by David Gardiner who graduated from the U17’s in 2014 having attended 231 carnivals.



CONDITIONS OF VENUE ENTRY

By entering this venue, all persons agree to be bound by the following terms and conditions:

- All persons must conduct themselves in a proper and reasonable manner in accordance with the Little Athletics NSW Codes of Conduct and Behavioural Guidelines.
- All persons will be bound by the Little Athletics NSW constitution, by-laws, rules and policies, and submit themselves to any disciplinary procedures connected with the sport.
- Consumption of alcohol is prohibited during the conduct of any Little Athletics activity.
- Possession or consumption of prohibited drugs is banned during the conduct of any Little Athletics activity.
- Persons under the influence of alcohol or drugs are prohibited from entering, or remaining on, the premises.
- Smoking is not permitted in any competition or spectator area during any Little Athletics activity/competition.
- All persons must abide by the LANSW Guidelines for Taking and Using Images of Children.
- Mobile phones and cameras must not be used in toilets or change rooms.
- All persons will comply with any reasonable direction of any official connected with Little Athletics NSW.
- The right to remove any person from the venue is reserved if the person's behaviour is considered dangerous or unacceptable.