



EDGEWORTH LITTLE ATHLETICS

# 2026/27

## SEASON HANDBOOK

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ATHLETICS FOR EVERY AGE. EVERY ABILITY.

ONE CLUB. ONE FAMILY. ONE GOAL.



## President's Message

Welcome to the 2026/27 Edgeworth Little Athletics season.

It is an honour to continue as President of Edgeworth Little Athletics and to welcome back our returning athletes, families, coaches and volunteers. I also extend a very warm welcome to all the new athletes and families joining our club this season.

The 2025/26 season was important year of growth for Edgeworth Little Athletics. We welcomed more families into our club, increased participation across our competition nights and continued to create more opportunities for athletes of all ages and abilities.

Our athletes achieved outstanding results at club, zone, regional, state and national-level competitions. However, some of our greatest achievements were the personal bests, new friendships, increased confidence and the athletes who challenged themselves by attempting a new event for the first time.

Our club's success is not measured only by medals or championship results. It is measured by whether every athlete feels supported, included and proud to represent Edgeworth.

As we enter the 2026/27 season, our goal is to build on the progress made last year while continuing to provide an affordable, welcoming and well-organised athletics program for our community.

Our key goals for the season include:

- Continuing to grow athlete registrations and family participation.
- Providing athletes with quality coaching and development opportunities.
- Supporting athletes who wish to compete at regional, state and national levels.
- Encouraging participation, personal improvement and enjoyment at every ability level.
- Increasing parent and volunteer involvement across competition nights.
- Continuing to improve our equipment, facilities and competition-night experience.
- Maintaining affordable registration fees for local families.
- Strengthening our relationships with sponsors, schools and the wider community.
- Creating an inclusive environment where every athlete feels welcome and valued.



One of the club's proudest commitments is continuing to support athletes who qualify for Zone and Regional Championships by covering their championship entry fees. We believe athletes should be encouraged and supported to take the next step in their athletics journey.

Our continued growth would not be possible without the dedication of our committee, age managers, canteen helpers and volunteers. Little Athletics relies heavily on parent involvement, and I sincerely thank everyone who gives their time to help us provide a safe, enjoyable and successful season.

I encourage every parent and carer to become involved wherever possible. You do not need previous athletics experience, and there are many small roles that can make a significant difference. The more families who contribute, the stronger and more enjoyable our club becomes.

I would also like to acknowledge our valued sponsors and community partners. Their continued support assists us with purchasing equipment, improving our facilities, supporting athlete development and keeping registration fees affordable. We are extremely grateful for their investment in our athletes and our community.

To our athletes, I encourage you to work hard, support your teammates, listen to your coaches and officials, and always be willing to give something new a go.

Success looks different for every athlete. It may be winning a medal, achieving a personal best, mastering a new technique, finishing an event or simply having the confidence to step onto the track.

I am incredibly proud of how far Edgeworth Little Athletics has come, and I am excited about what we can achieve together during the 2026/27 season.

Thank you for choosing to be part of the Edgeworth Little Athletics family. I look forward to seeing our athletes, families and volunteers at the track for another successful and enjoyable season.

**Jared Dailey**

President

Edgeworth Little Athletics

## Footwear:

- Footwear is compulsory for ALL competitors in ALL events.
- Competitors in the U6 – U10 age groups are not required to wear spike shoes
- Competitors in the U11 – U17 age groups have the option to wear spike shoes for events that are run entirely in lanes, as well as long jump, triple jump, high jump and javelin.
- In addition to the notes above, competitors in the U13 – U17 age groups also have the option to wear spike shoes in events not entirely run in lanes, with the exception of walks.
- Spike shoes can only be worn during the event and are not to be worn to and from an event.
- Competitors must not wear spike shoes with the spike pins removed in any event.

## Rego Number & Age patch:

**Attach to top left or right shoulder of singlet/crop top. (Age and Coles Logo must show) Rego Number: Front centre of singlet/crop top. Numbers can be folded over (provided the number and McDonalds Logo is not obscured).**

## Rego number and age patch are compulsory.

Friday Night Exemption: In the absence of uniform, please wear plain black shirt/singlet and black shorts as a temporary measure only.

Athletes must comply with track regulations regarding the length of spikes.

## Track type Maximum Length

|                     |      |
|---------------------|------|
| Synthetic Track     | 7mm  |
| Jump Events/Javelin | 9mm  |
| Grass Track         | 12mm |

## The two permitted spike shapes are:

**Pyramid**

**Christmas Tree**

All athletes wearing spike shoes must put them on at the start of their event and remove them immediately after the event, before moving to the next event. This rule applies to all Little Athletic carnivals and championships.

## What is a Member Protection Information Officer?

Member Protection Information Officers (MPIOs) play a vital role in community and sporting organisations. They offer guidance and support on how to handle complaints, acting as the first point of contact within the club for concerns about harassment, abuse, or other inappropriate behaviour.

An MPIO provides information on the options available for resolving issues and offers emotional support to individuals who raise concerns, as well as to those who may be the subject of a complaint. All discussions with the MPIO are treated with strict confidentiality.

At Edgeworth Little Athletics, we are committed to fostering a safe, fair, and inclusive environment where everyone is treated with respect.

**Lara James** is our club's MPIO and is available during run nights if you'd like to have a chat or raise any concerns.

## Code of Behaviour

The Australian Sports Commission has developed Codes of Behaviour for children's sporting programs. Little Athletics fully endorses these codes, and they apply to all participants. You can view the Behavioural Guidelines and Code of Conduct policies by visiting the NSW Athletics Website.

In addition, the Edgeworth and District Little Athletics Centre has its own specific Code of Conduct policies to support a safe, inclusive, and respectful environment. Our Policy are made available on our website.

As part of this, the centre has adopted a "Hands Off Policy" to ensure all athletes can enjoy athletics in a secure and friendly setting. The centre committee and its appointed representatives are responsible for enforcing this policy and may stand down any athlete from events if necessary for safety reasons. We encourage all parents and guardians to support a positive environment by reporting any concerns about behaviour, disruption, or safety to the centre committee.

## Child Protection

Under the Child Protection (Prohibited Employment) Act 1998, it is an offence for any person convicted of a serious sex offence (a prohibited person) to apply for, undertake, or remain in child-related employment. This includes both paid and unpaid roles involving direct, unsupervised contact with children. Exceptions apply only if a legal authority, such as the Industrial Relations Commission or the Administrative Decisions Tribunal, determines otherwise.

Edgeworth Little Athletics recognises that parents and guardians of registered members often volunteer as officials or assistants at centre events. These individuals are considered to be in child-related employment under the Act. To comply with this legislation, all officials, parents, and guardians involved with the Centre must complete the child protection screening process, which is included in our registration process.

If you have any questions or concerns about child protection, please contact **Jared Dailey** (President), who also serves as the Child Protection Officer.

**If you are worried about a child's safety or wellbeing:**

- Report concerns to a committee member
- Call the Child Protection Hotline: 132 111 (NSW Child Protection Helpline)
- In emergency situations, call 000

Edgeworth Little Athletics also has its own centre-specific child protection policies, available on our website, along with the National Child Protection Policy and the Working With Children Check Policy.

## **Cancellations: Wet/Bad Weather or Dangerous Conditions**

If a decision has been made to cancel a carnival, and announcement will be made at approx. 5.00pm via our Facebook page, website and onsite wherever possible.

***A decision is made in keeping with all relevant safety policies as per NSW Athletics policies with respect to lightning, heat and dangerous conditions.***

If no announcement is made, it is fair to assume the carnival will run.

*Note: The safety of volunteers and centre staff during setup is a consideration into the decision.*

Best endeavours are made to make the correct decision with the information at hand with a slight bias toward doing what we can to proceed, however this may lead to either conditions changing quickly or not clearing up / cooling down as expected. In such instances, little or no advance notice of cancellation is always possible, and we trust for your understanding. In addition to this, programs may be modified at any time to suit the conditions or start times delayed.

## **Uniforms**

Our club uniforms and merchandise are sourced through Sports Magic and can be ordered via their website at this address:

<https://sportsmagic.com.au/collections/edgeworth-little-athletics-club>

Delivery delays can happen, so we suggest ordering at your earliest opportunity. We will have some stock on hand at season commencement, however to ensure you receive correct uniforms prior to major events, please order via the link above. It is vital that correct sizing is selected.

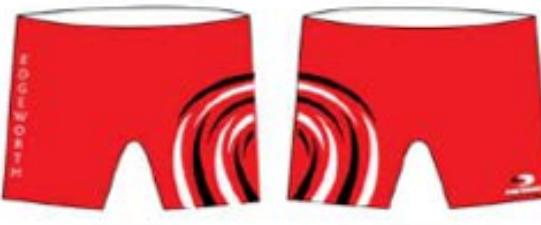
Purchasers are responsible for returning items and receiving a refund with Sports Magic directly (postage fee will apply). Items must be in original packaging.

Sports Magic's Size Charts are available here:

<https://sportsmagic.com.au/pages/sizecharts>

**Style codes are cited in our uniform chart in the next page to assist with looking up size charts.**

## Club Uniforms

|                                                                                                       |                                                                                                        |
|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
|  <p>Front Back</p>   |  <p>Front Back</p>   |
| <p><b>UNISEX SINGLET \$37</b><br/>CODE: LABS / LAMS</p>                                               | <p><b>CROP TOP \$39</b><br/>CODE: LACY / LACL</p>                                                      |
|  <p>Front Back</p>  |  <p>Front Back</p>  |
| <p><b>ATHLETIC SHORTS \$37</b><br/>CODE: SMSY / SMSA</p>                                              | <p><b>RUNNING SHORTS \$39</b><br/>CODE: SMRSK / SMRSA</p>                                              |
|  <p>Front Back</p> |  <p>Front Back</p> |
| <p><b>Female Boyleg \$37</b><br/>CODE: LAYB / LAWB</p>                                                | <p><b>Tights \$39</b><br/>CODE: LATY, LATA</p>                                                         |





## Athlete Specifications

| FIELD        | 6s<br>Born 2021 | 7s<br>Born 2020 | 8s<br>Born 2019 | 9s<br>Born 2018 | 10s<br>Born 2017 | 11s<br>Born 2016 | 12s<br>Born 2015 | 13s<br>Born 2014     | 14s<br>Born 2013     | 15s<br>Born 2012     | 16s<br>Born 2011     | 17s<br>Born 2010     | U20<br>Born 2009/2008 |
|--------------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|----------------------|----------------------|----------------------|----------------------|----------------------|-----------------------|
| Discus Throw | 350g            | 350g            | 500g            | 500g            | 500g             | 500g             | 750g             | 750g                 | 1kg                  | 1kg                  | 1kg (F)<br>1.5kg (M) | 1kg (F)<br>1.5kg (M) | 1kg (F)<br>1.75kg (M) |
| Hammer Throw |                 |                 |                 |                 |                  |                  |                  | 3kg                  | 3kg (F)<br>4kg (M)   | 3kg (F)<br>4kg (M)   | 3kg (F)<br>5kg (M)   | 3kg (F)<br>5kg (M)   | 4kg (F)<br>6kg (M)    |
| Javelin      |                 |                 |                 |                 |                  | 400g             | 400g             | 400g (F)<br>600g (M) | 500g (F)<br>700g (M) | 500g (F)<br>700g (M) | 500g (F)<br>700g (M) | 500g (F)<br>700g (M) | 600g (F)<br>800g (M)  |
| Shot Put (F) | 500g            | 1kg             | 1.0kg           | 2kg             | 2kg              | 2kg              | 2kg              | 3kg                  | 3kg                  | 3kg                  | 3kg                  | 3kg                  | 4kg                   |
| Shot Colour  | Pink            | Blue            | Yellow          | Orange          | Orange           | Orange           | Orange           | White                | White                | White                | White                | White                | Red                   |
| Shot Put (M) | 500g            | 1kg             | 1.0kg           | 2kg             | 2kg              | 2kg              | 2kg              | 3kg                  | 4kg                  | 4kg                  | 5kg                  | 5kg                  | 6kg                   |
| Shot Colour  | Pink            | Blue            | Yellow          | Orange          | Orange           | Orange           | Orange           | White                | Red                  | Red                  | Green                | Green                |                       |

| Events        | OPEN                  | 30-34                 | 35-39                 | 40-44                 | 45-49                 | 50-54                | 55-59                | 60-64                | 65-69                | 70-74              | 75-79                | 80+                 |
|---------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------|----------------------|----------------------|----------------------|--------------------|----------------------|---------------------|
| Discus Throw  | 2kg (M)<br>1kg (F)    | 2kg (M)<br>1kg (F)    | 2kg (M)<br>1kg (F)    | 2kg (M)<br>1kg (F)    | 2kg (M)<br>1kg (F)    | 1.5kg (M)<br>1kg (F) | 1.5kg (M)<br>1kg (F) | 1kg                  | 1kg                  | 1kg                | 1kg (M)<br>750g (F)  | 1kg (M)<br>750g (F) |
| Hammer Throw  | 7.26kg (M)<br>4kg (F) | 7.26kg (M)<br>4kg (F) | 7.26kg (M)<br>4kg (F) | 7.26kg (M)<br>4kg (F) | 7.26kg (M)<br>4kg (F) | 6kg (M)<br>3kg (F)   | 6kg (M)<br>3kg (F)   | 5kg (M)<br>3kg (F)   | 5kg (M)<br>3kg (F)   | 4kg (M)<br>3kg (F) | 4kg (M)<br>2kg (F)   | 3kg (M)<br>2kg (F)  |
| Javelin Throw | 800g (M)<br>600g (F)  | 800g (M)<br>600g (F)  | 800g (M)<br>600g (F)  | 800g (M)<br>600g (F)  | 800g (M)<br>600g (F)  | 700g (M)<br>500g (F) | 700g (M)<br>500g (F) | 600g (M)<br>500g (F) | 600g (M)<br>500g (F) | 500g               | 500g (M)<br>400g (F) | 400g                |
| Shot Put      | 7.26kg (M)<br>4kg (F) | 7.26kg (M)<br>4kg (F) | 7.26kg (M)<br>4kg (F) | 7.26kg (M)<br>4kg (F) | 7.26kg (M)<br>4kg (F) | 6kg (M)<br>3kg (F)   | 6kg (M)<br>3kg (F)   | 5kg (M)<br>3kg (F)   | 5kg (M)<br>3kg (F)   | 4kg (M)<br>3kg (F) | 4kg (M)<br>2kg (F)   | 3kg (M)<br>2kg (F)  |



Results available online

Login to **Results HQ** for your child’s results and to check their progress.

- The username to login to results HQ is the email address you supplied to NSW Athletics when you registered.
- The first time you go to results HQ select “Forgot your username or password?” to get a password.

Weekly Results Viewing

Parents/ Athletes can view their results and results tickets within the ResultsHQ reporting portal once they are logged in. Simply click on the Member’s name, date or event tile to get more details.



Child's Name

LATEST RESULTS

30 May 2025 -

★

800m

4:51.20

★

200m

38.42

16 May 2025 -

★

Shot Put

6.37

★

60m Hurdles

14.27

★

1100m Walk

7:51.00

★

Discus

18.90

★

70m

12.41

Event View

Clicking on an event tile takes you to the Event View showing results history with charting to see how you/ your child has improved over time.

Child's Name

400m SB: 1:21.46

Results



| Date        | Type | Position | Result  | Status | Centre    |
|-------------|------|----------|---------|--------|-----------|
| 21 Mar 2025 | Heat | 2        | 1:23.94 | OK     | Edgeworth |
| 14 Mar 2025 | Heat | 1        | 1:21.46 | ★ OK   | Edgeworth |
| 05 Mar 2025 | Heat | 1        | 1:24.52 | ★ OK   | Edgeworth |
| 28 Feb 2025 | Heat | 4        |         |        |           |

Child's Name

Season PB's 2024/25

| Event     | Season PB |    |
|-----------|-----------|----|
| Javelin   | 19.59     | ★3 |
| 1500m     | 8:10.78   | ★1 |
| 100m      | 15.43     | ★4 |
| Discus    | 21.56     | ★4 |
| 70m       | 11.11     |    |
| 800m      | 3:34.16   | ★1 |
| High Jump | 1.28      | ★3 |



## THANK YOU TO OUR 2026/27 SPONSORS

Your generous support helps us provide equipment, athlete development opportunities and an affordable athletics program for our local community.

### MAJOR PARTNERS

BYD Glendale • Clever Kids Early Learning Academy

### DIAMOND PARTNER

Flooring Xtra Hunter Valley

### GOLD PARTNER

Taylor Hedley Property

### SILVER PARTNERS

Edgeworth Physiotherapy • Hip Pocket Workwear & Safety Newcastle • Dailey Family Funerals

**WE COULD NOT DO IT WITHOUT YOU.**