



# 25/26 SEASON HANDBOOK

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With Us



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# EDGEWORTH & DISTRICTS LITTLE ATHLETICS CLUB INC

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Welcome Letter from the President

Season 25/26

Dear Families, Athletes, and Supporters,

Edgeworth Little Athletics would like to acknowledge the Traditional Custodians of the land on which we run, the Awabakal people. We pay our respects to Elders past, present and emerging, and extend that respect to all Aboriginal and Torres Strait Islander people. It is with great pride and excitement that I welcome you all to the 2025/26 season.

As someone who once stood on this same oval as a junior athlete, it is an incredible honour to now lead the very club that gave me some of my most memorable moments in sport. I'm genuinely thrilled to give back to a place that helped shape me, and to help create that same magic for the next generation of athletes.

While we are always grateful for the efforts of past committees, this season welcomes a newly appointed committee, made up of a broad group of parents and carers representing all age groups—from Tiny Tots through to our senior athletes. It's one of the largest and most diverse committees we've had in years, and we're confident this will ensure that every age group has a voice at the table. This year, our focus is on the athlete.

We are proud to be introducing a range of exciting initiatives, including:

- Specialised coaching workshops led by experienced professionals in a variety of events
- The return of "Star of the Week" to celebrate effort and improvement
- Committee members regularly dropping in on each age group during competition nights to lend a hand and connect with families.
- Fun nights to keep the energy up and build friendships.
- A whole new Canteen menu with specials to enjoy after events.
- Ongoing equipment and facility upgrades, including improvements to our track and field layout.

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Jared Dailey (President)

EMAIL: [president-edlac@outlook.com](mailto:president-edlac@outlook.com)

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## EDGEWORTH & DISTRICTS LITTLE ATHLETICS CLUB INC

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We're also excited about welcoming new commercial and community partners, which will help support our athlete-first approach and ensure we can continue to offer high-quality experiences for all.

If you or someone you know is interested in becoming a sponsor, please reach out. Another core focus this year is bringing our club back to its foundations – “A Family Club.” We want to empower and support parents and carers, helping them to feel confident in both assisting their own child and supporting the wider club. Whether it's through education, encouragement, or simply lending a hand, your involvement is what keeps Little Athletics running strong. We'd like to extend a warm welcome to our returning athletes, and to all those joining us for the first time – we're so glad to have you here.

A highlight this season will be the return of the Edgeworth Challenge Carnival in November, open to all age groups with ribbons awarded to every participating athlete. It promises to be a great day that brings athletes together from near and far. This handbook contains key information for the season—uniforms, codes of conduct, awards, run nights and more. Please check our website and Facebook page for updates throughout the year.

A reminder that Little Athletics is a completely volunteer-run sport, and your involvement makes all the difference. Whether it's timing, measuring, encouraging or helping in the canteen, we truly appreciate your support. Finally, please remember that athletes under 16 must be accompanied by a guardian on run nights.

On behalf of the committee,

I'd like to thank you for being part of the Edgeworth Little Athletics family.

We're looking forward to a season full of fun, friendship, growth and achievement—for our athletes, families, and the community.

Warm regards,

Jared Dailey

President

Edgeworth Little Athletics

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Jared Dailey (President)  
EMAIL: [president-edlac@outlook.com](mailto:president-edlac@outlook.com)

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# MEET OUR COMMITTEE



**Jared Dailey**

President

**Geraldine Bertoli**

Secretary

**Bree Walker**

Registrar

**Kerryn Richardson**

Fundraising Co-Ordinator

**Cindy Flynn**

Canteen Co-Ordinator

**Bianca Mills**

Vice President

**Alanah James**

Championship Officer

**Christine Dailey**

Results & Records Officer

**Lara James**

General Committee

**Chris Ward**

General Committee

Treasurer Position currently Vacant\*





## 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.

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
High & Triple Jump	9mm
Grass Track	12mm

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.

# 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**

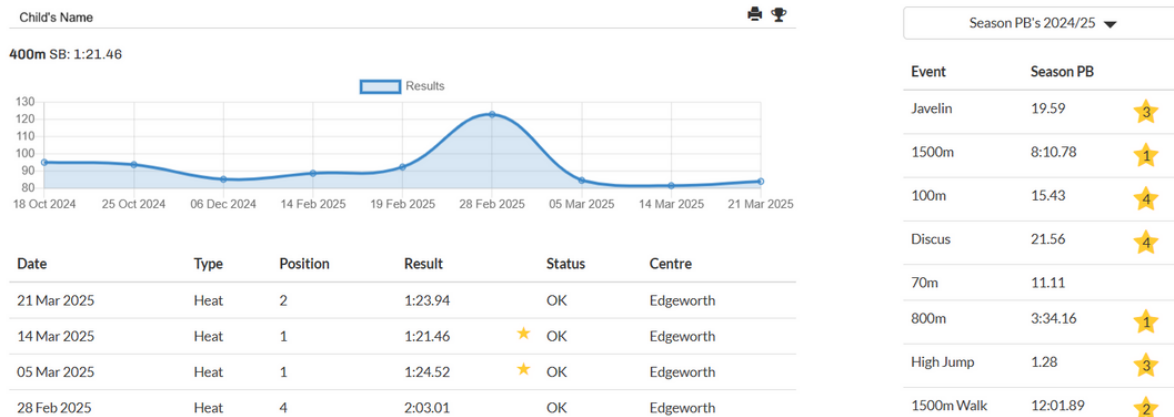
★  
1100m Walk  
**7:51.00**

★  
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.





## **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/size-charts> and style codes are cited in our uniform chart in the next page to assist with looking up size charts.

## CLUB UNIFORM:



Front

Back

**UNISEX SINGLET \$37**

CODE: LABS / LAMS



Front

Back

**CROP TOP \$39**

CODE: LACY / LACL



Front

Back

**ATHLETIC SHORTS \$37**

CODE: SMSY / SMSA



Front

Back

**RUNNING SHORTS \$39**

CODE: SMRSK / SMRSA



Front

Back

**Female Boyleg \$37**

CODE: LAYB / LAWB



Front

Back

**Tights \$39**

CODE: LATY, LATA



## 2025/26 Age Groups

### Tiny Tots Athletics

Year Born	Age Group
2022	Tiny Tots
2021	Tiny Tots

### Little Athletics

Year Born	Age Group
2020	6s
2019	7s
2018	8s
2017	9s
2016	10s
2015	11s
2014	12s

### Junior Athletics

Year Born	Age Group
2013	13s
2012	14s
2011	15s
2010	16s
2009	17s
2008	U20
2007	U20



# FIELD EVENT SPECIFICATIONS

FIELD	6s Born 2020	7s Born 2019	8s Born 2018	9s Born 2017	10s Born 2016	11s Born 2015	12s Born 2014	13s Born 2013	14s Born 2012	15s Born 2011	16s Born 2010	17s Born 2009	U20 Born 2008/2007
Discus Throw	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg (F) 1.5kg (M)	1kg (F) 1.5kg (M)	1kg (F) 1.75kg (M)
Hammer Throw								3kg	3kg (F) 4kg (M)	3kg (F) 4kg (M)	3kg (F) 5kg (M)	3kg (F) 5kg (M)	4kg (F) 6kg (M)
Javelin						400g	400g	400g (F) 600g (M)	500g (F) 700g (M)	500g (F) 700g (M)	500g (F) 700g (M)	500g (F) 700g (M)	600g (F) 800g (M)
Shot Put (F)	500g	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg	3kg	3kg	4kg
Shotput Colour	Pink	Blue	Yellow	Orange	Orange	Orange	Orange	White	White	White	White	White	Red
Shot Put (M)	500g	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	4kg	4kg	5kg	5kg	6kg
Shotput Colour	Pink	Blue	Yellow	Orange	Orange	Orange	Orange	White	Red	Red	Green	Green	

# FIELD EVENT SPECIFICATIONS

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



# CHAMPIONSHIPS

2025	4 OCT	11 OCT	18 OCT	25 OCT
1 NOV	8 -9 NOV NSW Relay Championships (8s-12s) BISP	14-16 NOV NSW Relay Championships (13s-Masters) BISP	22 NOV	29 NOV
6 DEC	13 DEC	20 DEC	25 DEC 	27 DEC
2026 	10 JAN Illawarra Track Challenge	16 - 18 JAN NSW Country Championships Dubbo	24 - 25 JAN Combined Event Championships SOPAC	31 JAN
	7 FEB	14 FEB	20-22 FEB NSW Masters Championships SOPAC	28 FEB - 1 MAR Combined Event Carnival Maitland
7 MAR	12-15 MAR NSW Junior Championships SOPAC	19-22 MAR NSW Open Championships SOPAC	21-22 MAR HART Sport Little Athletics Championships SOPAC	28 MAR

The Dates for the Zone and Region Championships, Treloar Shield, Distance Championships, and specialist meets will progressively be released over the coming months.

# THANKS TO OUR SPONSORS!

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Diamond Sponsor



Gold Sponsors



**Edgeworth & District  
Little Athletics Club**