



**2024/25**

**Season**

**Information**

**Pack**

# Welcome

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 the Elders, past, present, and emerging and extend that respect to all Aboriginal and Torres Strait Islander people.

We would also like to extend a warm welcome to our returning athletes and our newly registered ones.

In November we will host the Edgeworth Challenge, a carnival that brings athletes from afar. It is open to all age groups with every participating athlete receiving a ribbon.

With the newly announced NSW Athletics Partnership between Little Athletics NSW and Athletics NSW comes a few changes to allow a single registration to events and championships with a slight change in the naming structure of the age groups. More information can be found [here](#). Zone, Regional and State championships will go ahead with a few changes. The previous link contains frequently asked questions about Competitions and Events.

Edgeworth Little Athletics committee has worked hard to upgrade our sporting equipment and facilities and with the light pole closest to the clubhouse moved last season, this season will be the first for some time that we have a complete 8-lane track.

We will continue to apply for grants and funding that will allow us to protect the ground from damage, by making it harder for motorbikes to enter the oval. Any fundraising undertaken this year will again assist us in upgrading equipment.

Last season saw some amazing results and we look forward to another fun and successful season for all our families, athletes and committee members.

This document provides the information you need for the season, such as uniform requirements, code of conduct, behaviour guidelines, club awards, championships and weekly run nights. Any changes to this information will be added to our [website](#) and [Facebook page](#).

The committee is determined to make Edgeworth Athletics the best it can be by providing our athletes opportunities to develop their abilities, and skills while providing a fun, enjoyable experience for all involved.

Everyone is welcome to attend the committee meetings, held on the first Tuesday of each month at the Edgeworth Sport and Rec Club at 6:30 pm. If you have any feedback or suggestions, please speak to a committee member or feel free to attend the committee meetings.

Little Athletics is a completely volunteer-run sport, which means your children and the club need your assistance to ensure each run night goes smoothly. You may be required to help with measuring, place allocating, recording, managing your child's age group or just to encourage and support the children. Canteen duties will be shared between the families with each family expected to assist in the canteen for a few hours at least once per season. When picking up registration packs, each family needs to select a night they can help in the canteen. The volunteer roster will be posted on our Facebook page as a reminder. If you need to change your canteen night, please organise to swap with someone prior to that date.

Please remember athletes must have a guardian at the ground on run nights to supervise them if they are under the age of 16.

The committee is looking forward to an amazing season of Little Athletics and we hope you all have as much fun as we do.

Kevin Urane

President

Edgeworth Little Athletics Club

# **2024/25 Committee**

**President** – Kevin Urane

**Vice President** – Stephen Pepperall

**Secretary** – Geraldine Bertoli

**Treasurer** – Zoe Pryke

**Registrar** – Karolina Urane

**Results/Rankings** – Karolina Urane/Geraldine Bertoli

**Fundraising/Publicity/Social Media** – Vacant

**Equipment and Grounds Officer** – Kevin Urane

**Canteen Coordinator** – Karolina Urane

**Training Coordinator** – Kevin Urane

**Zone and Championships Officer** – Zoe Pryke

**Tots Coordinator** – Sharna Kwan

**Senior Representative** – Sophie Urane

**Member Protection Information Officer** – Geraldine Bertoli

**General Committee** – Lara James, Belinda Keene

## **What is a Member Protection Information Officer?**

Member Protection Information Officers, (MPIO) play an important role in the community and sporting organisations. They provide information and guidance on complaints procedures. They are the first point of call in the club for any enquiries, concerns or complaints about harassment, abuse or other inappropriate behaviour.

The MPIO provides information about possible ways to resolve the issue and offers moral support to the person who raises the concern, or the person who is the subject of the alleged behaviour. The MPIO will treat all information as strictly confidential.

Edgeworth Little Athletics' goal is to be a safe, fair and inclusive organisation where everyone is treated with respect.

Geraldine Bertoli is our club MPIO and will be around the grounds during run nights if you wish to speak to her.

## **Code of Behaviour**

The Australia Sports Commission has developed Codes of Behaviour to use in children's sporting programs. Little Athletics fully endorses these codes for all participants. Click the links to read the [Behavioural Guidelines](#) and the [Code of Conduct](#) policies.

As well as endorsing this code of behaviour, Edgeworth and District Little Athletics Centre have adopted a "Hands Off Policy" to ensure that every athlete can enjoy athletics in a safe and friendly environment.

The centre committee members and those persons delegated by the centre committee are responsible for the implementation of this policy and as such are empowered to stand down any athlete from events if it is deemed necessary for the safety of all concerned. Continued misconduct and/or disruption to the smooth running of events will result in the athlete, found to be responsible for such behaviour, being suspended for one week of competition. Any further misconduct and/or disruption may result in the athlete's expulsion from the centre. Such a decision is not taken lightly and will only be made following a specially convened meeting of the centre committee. Furthermore, any athlete deemed to have contravened the centre's code of behaviour will be denied the opportunity to represent the centre at championship events and may have any pending awards withheld. For athletes to feel safe and enjoy our sport all parents are asked to assist the centre by reporting any concerns about the behaviour of any athlete, disruption or any safety issue to the centre committee.

## **Child Protection**

The Child Protection (Prohibited Employment) Act 1998 makes it an offence for a person convicted of a serious sex offence (a prohibited person), to apply for, undertake or remain in, child-related employment. It does not apply if an order, from the Industrial Relations Commission or the Administrative Decision's Tribunal, declares that the Act does not apply to a particular person. Child-related employment means any employment (paid or unpaid), which involves direct contact with children where that contact is not directly supervised.

Edgeworth Little Athletics recognises that there are many instances where the parents or guardians of registered members can act as officials and assistants at centre events and are therefore deemed to be employed (paid or unpaid) by Edgeworth Little Athletics under the Child Protection Act. To comply with the Child Protection Act (Prohibited Employment), the Centre requires all officials, parents and guardians of our registered members to complete the child protection process. This process has been added to our registration process. Follow the links to read the [National Child Protection Policy](#) and the [Working With Children Check Policy](#) on our website.

## Training

Edgeworth Little Athletics will be holding various coaching clinics throughout the season, keep an eye on our Facebook page for dates etc. Training nights will be facilitated by our Training Coordinator, Kevin Urane. If you are interested in helping train, or learning how to teach Little Athletics, please reach out through our Facebook page.

## Footwear

Appropriate footwear is compulsory for ALL athletes for ALL events (runners/waffles/joggers).

Spike shoes with or without spikes MAY NOT be used by any athlete in the Tiny Tots to 10's age groups.

All competitors in the 11's to U20 and Open age groups may wear spikes in events run entirely in lanes as well as long jump, high jump and triple jump.

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

Track type	Maximum Length (mm)
Synthetic Track	7
High and Triple Jump	9
Grass Track	12

**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.**

## Club Uniform

Edgeworth Little Athletics' centre uniform must be worn for competition at the club level, at all club carnivals and LANSW championships. Our club singlet/crop top is the only compulsory item. You must wear plain red shorts, plain black shorts or club shorts with your singlet/crop top.

Uniform pricing and sizes can be found on our [website](#).

See photos on the next page for items available to order.

Uniforms will be available to try on at our registration pack pick-up days with some sizes in stock at the ground.

Our uniforms are ordered through Sportsmagic, who will be attending our run night on Friday, September 20<sup>th</sup>. If you order uniforms online through Sportsmagic, please select "Club Pickup" as the shipping method to receive free shipping.

Unisex Singlet from \$37



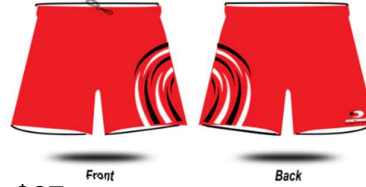
Crop Top \$39



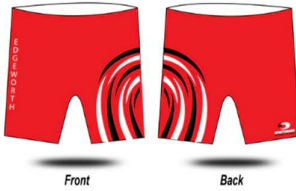
Running Shorts \$39



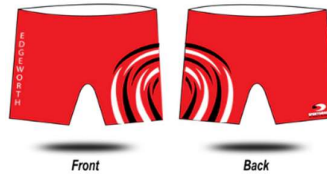
Shorts \$37



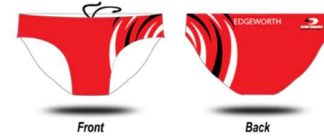
Long Tights \$39



Female Boyleg \$37



Briefs \$38



## Age Patches

All registered athletes will receive an age patch, a registration number and a Coles patch which must be sewn onto their singlet or crop top as per below. If you already have a Coles patch you can return new one.



- Age patches must be sewn onto the top left-hand side of the singlet/crop
- Registration numbers must be sewn onto the centre/chest of the singlet/crop
- Coles patch must be sewn onto the top right-hand side of the singlet/crop

## Merchandise

The following merchandise options can be purchased at the canteen.

Long socks — \$15



Ankle Socks—\$15



Cap — \$25



Bucket Hat — \$25



## Awards

All registered athletes will receive an award at our presentation night which is held in April of each year. We are reviewing award options and will update this document after our next committee meeting.

Points are awarded each week in each event based on performances and personal best times/distances.

The points are as follows:

- 1<sup>st</sup> place – 4 points
- 2<sup>nd</sup> place – 3 points
- 3<sup>rd</sup> place – 2 points
- Competing – 1 point
- Personal best time/distance – 1 point
- Breaking club record – 5 points.

**Participation** – All Tiny Tots to U20 age group athletes who do not receive a placing trophy or medal for personal best or performance.

**Performance** – Top 3 athletes in each age group 7's to U20's receive a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> trophy.

**Personal Best** – Top 3 most improved in each age group 7's -12's receive a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> trophy.

**Records** – Medals are presented to any athlete in the 7's to U20 age groups who break or equal a club record.

**Highest Achiever** – Perpetual trophy presented to the athlete who achieves the highest result based on Athletics NSW Zone, Regional and State Championship results.

**Club Champion** – Perpetual trophy presented to one athlete from 7's to U20's age groups. Performance, personal best points, records and total number of events for the season set out by the club for each age group are all considered when determining the winner

**Jack McGinniskin Walk Trophy** – Perpetual trophy given to a walk athlete, as chosen by the walk coaches, to have improved the most during the season from 9's to U20's age groups.

**McGinniskin Personal Best Trophy** – Perpetual trophy given to the athlete with the most personal best points from 7's to U20's age groups.

**Mahaffrey Trophy** – Perpetual trophy presented to one athlete from the amateurs, senior's competition. Performance, personal best points, records and total number of events for the season set out by the club are all considered when determining the winner

**Masters Trophy** – Perpetual trophy presented to one athlete aged 30 years or over. Performance, personal best points, records and total number of events for the season set out by the club are all considered when determining the winner

## **Edgeworth Challenge**

The annual Edgeworth Challenge is an athletics carnival that gives athletes an opportunity to compete against other local clubs for a fun gala day. It is held at the Edgeworth Little Athletics Track on the first Sunday of November.

The 2024/25 Edgeworth Challenge will be held on Sunday 3<sup>rd</sup> of November. More information will be communicated closer to the date on our social media channels as well as at our Friday night run nights.

## **LANSW Championships**

**Zone Championships** – Athletes from 7's and up, can compete at the zone championships. Zone championships will be held at The Hunter Sports Centre in Glendale on Fri 22<sup>nd</sup> November to Sunday 24<sup>th</sup> November 2024. Our club covers the cost of zone entry for all Edgeworth Athletes.

**Regional Championships** – Athletes from 7's and up, who have qualified from the zone championships. Regional championships will be held Friday 7<sup>th</sup>, Saturday 8<sup>th</sup> and Sunday 9<sup>th</sup> February 2025. Venue to be confirmed

**State Championships** – Athletes from 9's to Open, who have qualified from the Regional Championships. State championships will be held at Sydney Olympic Park Athletics Centre on Saturday 18<sup>th</sup> and Sunday 19<sup>th</sup> March 2025.



**State Combined Carnival** – Athletes from U7's to Open, are eligible to compete at the State Multi Championships. Athletes compete in all of the events on offer for their age group and points are allocated for performances recorded in each event. The State Combined Carnival will be held on Saturday 1<sup>st</sup> and Sunday 2<sup>nd</sup> March 2025, venue to be confirmed.

## **State Team Selections**

Two state teams are selected each year from the State Championships to represent NSW. The teams consist of 13's athletes and 15's athletes.

## **ALAC Team Championships**

The results of the State Championships are used to select 22 athletes (11 boys and 11 girls) in the 13's age group to represent the state at the ALAC Team Championships. The State Team is announced at the end of the competition at the State Championships and the ALAC Team Championships event is held in one of our state capitals in mid-April.

## **Results HQ**

All registered athletes in the 6's to Open age groups will have their weekly results entered into the result HQ program. To access your results simply head to [www.resultshq.com.au](http://www.resultshq.com.au) and log in using the email you registered with. (You may have to select forgot password if it is your first time to log in)

## **Fundraising Events**

Edgeworth Little Athletics will be holding a variety of fund-raising events this season. More information will be released in the coming months. Please keep an eye on our Facebook page for updates.

## Event Calendar 2024/25

Fri 6 <sup>th</sup> Sep 2024	Come and try, parent helper session
Fri 13 <sup>th</sup> Sept 2024	Come and try, parent helper session
Fri 20 <sup>th</sup> Sept 2024	Week 1 Club Competition
Fri 27 <sup>th</sup> Sept 2024	Week 2 Club Competition
Fri 4 <sup>th</sup> Oct 2024	Week 3 Club Competition
Fri 11 <sup>th</sup> Oct 2024	Week 4 Club Competition
Fri 18 <sup>th</sup> Oct 2024	Week 5 Club Competition
Fri 25 <sup>th</sup> Oct 2024	Week 6 Club Competition
Fri 1 <sup>st</sup> Nov 2024	Week 7 Club Competition
<b>Sun 3rd Nov 2024</b>	<b>Edgeworth Challenge</b>
Fri 8 <sup>th</sup> Nov 2024	Week 8 Club Competition
Fri 15 <sup>th</sup> Nov 2024	Week 9 Club Competition
Wed 20 <sup>th</sup> Nov 2024	Week 10 Club Competition
<b>Sat 22-24 Nov 2024</b>	<b>Zone Championships</b>
Fri 29 <sup>th</sup> Nov 2024	Week 11 Club Competition
Fri 6 <sup>th</sup> Dec 2024	Week 12 Club Competition
Fri 13 <sup>th</sup> Dec 2024	Week 13 Club Competition
Fri 20 <sup>th</sup> Dec 2024	Week 14 Club Competition
<b>Christmas Break</b>	
Fri 10 <sup>th</sup> Jan 2025	Week 15 Club Competition
Fri 17 <sup>th</sup> Jan 2025	Week 16 Club Competition
Fri 24 <sup>th</sup> Jan 2025	Week 17 Club Competition
Fri 31 <sup>st</sup> Jan 2025	Week 18 Club Competition
Wed 5 <sup>th</sup> Feb 2025	Week 19 Club Competition
<b>Fri 7<sup>th</sup>/Sat 8<sup>th</sup>/Sun 9<sup>th</sup> Feb 2025</b>	<b>Regional Championships</b>
Fri 14 <sup>th</sup> Feb 2025	Week 20 Club Competition
Fri 21 <sup>st</sup> Feb 2025	Week 21 Club Competition
Fri 28 <sup>th</sup> Feb 2025	Week 22 Club Competition
Fri 7 <sup>th</sup> Mar 2025	Week 23 Club Competition
Fri 14 <sup>th</sup> Mar 2025	Week 24 Club Competition
Fri 21 <sup>st</sup> Mar 2025	Week 25 Club Competition
<b>Fr 14<sup>th</sup>/Sat 15<sup>th</sup>/Sun 16<sup>th</sup> Mar 2025</b>	<b>State Championships 14-Open</b>
<b>Fri 21<sup>st</sup>/Sat 22<sup>nd</sup>/Sun 23<sup>rd</sup> Mar 2025</b>	<b>State Championship 9-12</b>
<b>Fri 28<sup>th</sup> Mar 2025</b>	<b>Club Fun Night</b>
<b>Date TBA</b>	<b>Presentation Day</b>

Edgeworth Little Athletics

Would like to thank our major sponsor for the 2024/25 season

**He♥rtwood**  
*Home is where the he♥rt is*