



HANDBOOK

2023-2024



Box Hill

Little Athletics Club

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Welcome to Box Hill Little Athletics Centre

I would like to welcome you all back to the new season of Little Athletics at Box Hill Little Athletics Centre for 2023/2024. We are thrilled to be back!

I'd also like to extend a very warm welcome to all our new families and athletes joining BHLAC for the first time. We are so glad to have you with us and know you are going to love being a part of our Centre.

Last season was a success on many levels. Record membership numbers with more than 400 athletes, a spike in Sunday program participation and a number of athletes selected for State and representative squads. All in all, it was so pleasing to see our Centre thrive and achieve so many great results.

We have an action packed season in store for everyone this year. A full program of 13 weeks plus a number of optional events such as Box Hill Relay Day, Eastern Metro Region (EMR) Relay and Track & Field events and finally, the State events. If you include the Knox LAC Open Day in December and the Four Pillars multi event in January there are over 20 weeks of Little Athletics this season. Our final Centre program event this season will be a Championship Day. Whilst we are still working on that day and its program we are excited about being able to offer our biggest season calendar in many years.

Athletics has featured prominently once again this season on a global scale. With the IAAF World Championships being held recently in Budapest, Hungary, we have the opportunity to capitalise on that interest generated and really promote our sport in the best possible way. With the IAAF Diamond League also gaining traction, our children not only get to watch regular athletics on a big scale but also can dream of one day being an athlete just like those stars. In most cases, those stars also started in Little Athletics. So the pathway to dream might just be that first step on our track this season.

I would like to take this opportunity to officially welcome some new members of our Committee: Greg Rankin, Steve Sinclair, Danusha Lahde, Simon Baird, Jessica Cornish and Will Curlewis - a big thank you to all of you for stepping up and committing to our Centre.

Along with our existing members, Aidan Schanssema, Rosa Deol, Aggie Sutherland, Debbie Plant, Sam Hassett and Warren Patterson, we have one of the largest committees in our region. It really is great to have so many parents willing to ensure that our athletes have the best experience possible.

Last season we changed the communication strategy at BHLAC. We slowly moved away from email and newsletter communication and shifted purely to TeamApp. This allowed us to streamline our communication to all members and was a much faster way to reach you all. Being able to relay training announcements quickly, or the need to cancel an event for inclement weather is really important so we will focus more heavily on this method this season. If you are not on TeamApp already then I would strongly recommend you join up. This guarantees you will not miss out on all the news at BHLAC.

I would like to take this opportunity to acknowledge and welcome back our Centre sponsors: Lexus Blackburn, Smile to Go Dentistry and Robinson Gill Lawyers, which have been a big part of our Centre for a number of seasons. Thank you once again for continuing to support our Centre. We greatly appreciate your support.

I am really excited to see you all back at Hagenauer Reserve this season. Dust off your shoes and get ready for loads of fun, competition and even more friendships than before! I am always keen to hear from our members, with questions and feedback always welcome. You can get in touch with me at President@boxhilllac.com.au

See you at the track!



Dean Williams
President, Box Hill Little Athletics Centre

Club History

Box Hill Little Athletics Centre (Centre Number 21) is one of the very best Little Athletics Centres in Victoria.

The first day of Little Athletics in Box Hill was Saturday 12 October, 1968 at the Number 4 oval at Surrey Park (the oval in front of the Box Hill Swimming Pool today). The formation of the centre in 1968 was due to the promotional work of the Box Hill Apex Club as part of their community service activities with the backing from the Victorian Little Athletics Association and their principle sponsor, The Victorian Egg Board. After the initial year at Surrey Park, followed by several years at RHL Sparks Reserve— Northern oval (near the corner of Canterbury and Albion Roads) Little Athletics in Box Hill found its way to Hagenauer Reserve in the 1990s.

Since its formation in 1968, Box Hill Little Athletics Centre has had incredible success in Region and State Relays, Cross Country, and Region and State Track and Field Championships. Our Box Hill athlete achievements are reflected in the enthusiasm and keenness of the centre from the executive committee down to athletes and parents alike, marking Box Hill as a centre prepared to play its part in the promotion and future growth of Little Athletics in Victoria.

Some of the elite athletes who have come through Box Hill Little Athletics are:

<i>Steven Hooker</i>	<i>Olympic Games 2008 & 2012 – Pole Vault</i> <i>Commonwealth Games 2006 – Pole Vault</i>
<i>Leigh Miller</i>	<i>Olympic Games 1988 – 400m Hurdles & 4x400m Relay</i>
<i>Paul Grinsted</i>	<i>Commonwealth Games 1982 - 1500 metres</i>
<i>Scott Robertson</i>	<i>Commonwealth Games 2006 - Diving</i>
<i>Steven Parsons</i>	<i>Richmond Football Club 1970s</i>
<i>Jason Cripps</i>	<i>St Kilda Football Club 1990s</i>

As proud as a Little Athletics Centre can be with our achievements, the centre provides enjoyment, satisfaction and fun for both the elite athlete and the child who just loves to run, jump, throw and compete. Box Hill Little Athletics always emphasises trying to improve on your previous performance as measured by your “Personal Best” rather than solely focusing on winning at all costs. Box Hill prides itself on supporting this attitude through participation and support from parents as Age group Managers, Officials and Chief Officials in the running of the Sunday afternoon program.

The Box Hill Little Athletics Centre was traditionally divided into four clubs: North Box Hill, Canterbury, Koonung/Mont Albert and Whitehorse. When enrolling, athletes were put in a club based on the school they attended. The 2014-2015 season saw the end of the traditional club set up. The committee unanimously elected to begin a new era for the Centre in the 2015-2016 season with the dissolving of the club structure, opting to have ALL Box Hill Athletes compete together as a centre. Box Hill Little Athletics Centre celebrated its 50th Year in the 2018-2019 season.

We greatly appreciate the voluntary service many people have given in the past serving on committees and acting as officials. These efforts and contributions have made our centre what it is today.

Committee Members 2023 - 2024



President
Dean Williams



Secretary
Aiden Schanssema



Treasurer
Rosa Deol



Registrar
Greg Rankin



Results Manager
Aggie Sutherland



Awards Manager
Debbie Plant



Marketing Officer
Jessica Cornish



General Committee
Warren Paterson



General Committee
Sam Hassett



General Committee
Steve Sinclair



General Committee
Danusha Lahde



General Committee
Simon Baird



General Committee
Will Curlewis

Life Members

Les Armstrong (1979)	Peter Crowe (1981)	Judy Blackie (1985)
Peter Robbie (1990)	Graeme Collins (1993)	Bob Langton (1995)
Eddie Hassett (1997)	David Juricevich (2001)	Stuart Miller (2003)
Robert Bodo (2005)	Bill Dyer (2009)	Coral Barrett (2010)
Sherrie Boulter (2015)	Monique du Chateau (2018)	Wayne Andrew (2021)
Tom Kelly (1981)	Don Cuff (1981)	John Blackie (1985)
Judy Flintrop (1990)	Lexi Collins (1993)	Maureen Barker (1997)
Richard Piesse (1997)	Rosemary Chan (2002)	Warren Paterson (2003)
Todd Lucas (2006)	Scilla Dinnison (2009)	Alan Bertacco (2014)
Kent Barnes (2015)	Steve Taylor (2020)	Jim Murphy (1981)
Jon Dentith (1981)	Angela Robbie (1990)	Westley Windsor (1993)
Gerard O'Donnell (1993)	Janet Klotz (1997)	Diana Juricevich (1997)
Kerry Evans (2003)	Leana Tilley (2004)	Tim Cameron (2008)
Kerrie Lawrence (2010)	Jon Seddon (2014)	Pia Hunter (2016)
Rosslyn Starick (2021)		

*Life Governor VLAA (1983) & Life Member EMR (1980) – Les Armstrong
Life Member EMR (2016) – Warren Paterson*

Ramp Up Your Role and Get Involved

Love getting involved in junior sport and have a particular interest in helping kids develop within the Little Athletics program?

There are a range of areas for parents to extend their involvement and understanding of the sport of athletics. Little Athletics is run through the dedication of so many parents who volunteer their time to help make the athletic experience for kids a great one.

You can:

- Join the Box Hill Starter's team
- Become an Official and officiate Regional and possibly even State events
- Judge Race Walking
- Become an Age Group Manager at Box Hill LAC
- Become a Coach
- Team Manage Region and State teams at Relay and Track and Field events
- Become a Leader in the On Track program for our younger athletes aged U6&7.

Step forward and let someone know you'd like to do more. We will gladly show you the path and help you develop the knowledge and confidence in your chosen area of interest.

Contact the Box Hill Little Athletics Centre through info@boxhilllac.com.au to get things started.

WE ARE FOUNDATION OF ALL SPORTS

5 REASONS why you should register for Little Athletics!



Meet new people and
spend time with your
family and friends.



Participate in a variety of
different events at your
weekly meets.



Improve your **physical**
fitness and **mental**
wellbeing.



Have the opportunity to
participate at local **centre**
meets & state competitions.



Achieve your personal
best and continue to
improve your skills.



General Information

Fees

Registration Fees for 2023-24 include all summer competition days, Winter Cross Country, training on Wednesdays and first aid (competition days only).

Athletes wishing to compete as a Box Hill athlete in the winter Cross Country program only are able to join with a reduced registration fee.

Age Groups

Box Hill Little Athletics Centre conducts events for U6-17 age groups.

The athlete's age on 31 December 2023 determines the athlete's age group for the season. A copy of a birth certificate or other proof of age document needs to be shown when registering for the first time.

Track and Field Season

The Track and Field season runs from mid September until mid March and ends with the State Track and Field Championships.

Most competitions are scheduled on Sunday afternoon with coaches running a 15 minute warm up and stretching session before. Late arrivals should do their own warm up and make sure they are fully warmed up and flexible to compete.

See the calendar on *page 14* for specific dates and information.

Cross Country Season

The Cross Country season runs from April to July and ends with the State Cross Country Championships. Box Hill athletes compete in the Eastern 7 competition each Sunday and the Centre hosts two cross country events during the season.

For more information see the Cross Country Page on *page 29*.

Uniform

Athletes should wear:

- The current official Box Hill Little Athletics uniform singlet or crop top which is black with white and silver trimmings or the Box Hill LAC TShirt, and
- Black shorts or leggings.

The barcoded registration patch must be worn by all athletes. The barcode is essential as it is used for electronic timing and assists the Centre to run an efficient program.

More stringent uniforms rules are required for any Region or State competitions.

See Region and State Competition Section on *page 32* for further details.

General Information

Shoes

Good fitting running shoes with flexible soles, a supporting heel and laced so that foot cannot move in the shoe, should be used for all events. Advice on running shoes can be obtained from coaches.

Lightweight Shoes (Racing Waffles or Flats)

Competition shoes can be used for all hurdles and track events up to and including 400m, Long Jump, Triple Jump and High Jump. Some competition shoes have no heel and little shock absorption. They are not recommended for the full program and should not be used for the Walk, middle distance events and road training.

Spikes Guidelines

Athletes in the U13-17 age groups can wear spikes in all track and field events except Walks.

Athletes in the U11-12 age groups can wear spikes for:

- Hurdles, 70m, 100m, 200m and 400m (i.e. track events run in a separate lanes)
 - Long Jump, Triple Jump, High Jump and Javelin field events.
-
- Athletes in the U9-10 age groups must not wear spikes.
 - Spikes can only be worn during an event but not to or from the event.
 - Spikes must be cone or Christmas tree shaped and must not exceed 7mm (except in High Jump and Javelin where they must not exceed 9mm).
 - Spiked shoes with spikes removed are not permitted.
 - Spikes must not be worn for cross country.

Basketball and Football Boots

Basketball and Football boots not designed for continuous forward running and should not be worn when taking part in Little Athletics.

Centre Records

Box Hill athletes can only set a Centre Record during Box Hill Little Athletics Centre competition days, LAVic Region and State Track and Field Championships, LAVic State Combined Championships and when representing LAVic at the Australian Little Athletics Championships (ALAC).

Centre Records achieved at a regular competition day must be handed to the Centre Recorder. If a Centre Record is set outside the centre, the result card should be sighted by the Centre Recorder for ratification. Athletes must have competed in their own age group for records to be awarded.

Hot or Wet Weather

The program may be cancelled at the discretion of the Arena Manager in the event of weather conditions which impact on the health and wellbeing of all participating athletes and volunteers.

A notice will be posted on the website and social media platforms an hour before start time if a program is cancelled.

General Information

Sun Protection Policy

Box Hill Little Athletics Centre is a Sun Smart Community. We acknowledge that the sun is harmful and damage can be caused from the sun's rays which can cause skin cancer.

The following measures are taken at Box Hill Little Athletics Centre to help prevent sun damage and most importantly skin cancer:

- Competition and training programs will be conducted when possible outside the hours of 11am – 3pm
- Whilst shade will be provided on track by the club, all participants are encouraged to bring their own shade structures to club or regional events.
- Box Hill Little Athletics Centre will maximise the use of centre facilities, buildings and trees to provide shade and comfort to individuals.
- Track marshalling, field and jump venues will be provided with adequate shade to accommodate individuals that are exposed.
- Sun smart appropriate clothing will be promoted by BHLAC. Long sleeves, wide brimmed hats, and sunglasses are recommended.
- Sunscreen, drink bottles and umbrellas are recommended which can also be carried during event programs and training.
- SPF 30+ sunscreen is recommended and supplied by BHLAC for all training and competition days.
- Sun smart promotion is part of the BHLAC culture. Regular encouragement is provided through our social and media platforms.
- BHLAC Committee, coaches and officials are regarded as sun smart role models. We empower our team to encourage sun smart awareness and processes.

First Aid

A first aid room is attended by a qualified First Aid Officer on all competition days.

Whilst all athletes and officials are insured under a standard policy held by Australian Little Athletics Incorporated it is recommended all families consider and review their health and medical insurance arrangements. If the nature of the injury is urgent, please see a doctor or go to Box Hill Hospital Emergency Department.

If it is a soft tissue injury, the R.I.C.E. treatment is recommended:

Rest.
Ice should be put on the injured area for 15-20 minutes and repeated during the day.
Compression bandages should be used when swelling occurs.
Elevate injured knees and ankles with a chair or stool.





Season Calendar 2023-2024

2023					
Sun	1	October		AFL Long Weekend - No Athletics	
Sun	8	October	1	Centre Program A	Box Hill
Sun	15	October	2	Centre Program B	Box Hill
Sun	22	October	3	Centre Program C	Box Hill
Sun	29	October	4	Centre Program A	Box Hill
Sun	5	November		Melbourne Cup Day Weekend - No Athletics	
Sun	12	November		Box Hill Relay Day	Box Hill
Sat	18	November		EMR Regional Carnival	Ringwood LAC
Sun	26	November	5	Centre Program B	Box Hill
Sun	3	December	6	Centre Program C	Box Hill
Sat	9	December		Knox LAC Open Day (Optional)	Knox LAC
Sun	10	December	7	Centre Program A - Xmas Break Up	Box Hill
Sat	16	December		LAVic State Relay Championships	Lakeside
2024					
Sat		January		Four Pillars Multi Event	Ringwood LAC
Sun	14	January	8	Centre Program B	Box Hill
Sat	20	January		LAVIC Combined State Championships	Lakeside
Sun	21	January		LAVIC Combined State Championships	Lakeside
Sun	28	January	9	Centre Program C	Box Hill
Sun	4	February	10	Centre Program A	Box Hill
Sat	10	February		EMR Track & Field Championships	Doncaster LAC
Sun	11	February		EMR Track & Field Championships	Doncaster LAC
Sun	18	February	11	Centre Program B	Box Hill
Sun	25	February	12	Centre Program C	Box Hill
Sun	3	March	13	Centre Program A	Box Hill
Sat	9	March		LAVic State Track & Field Championships	Casey Fields
Sun	10	March		LAVic State Track and Field Championships	Casey Fields
Sun	17	March	14	Box Hill LAC Championship Day	Box Hill
Sun	24	March		Australian F1 Grand Prix	
Sun	7	April		Season Awards, Break Up and AGM	Box Hill

*Calendar subject to change

Program of Events 2023-2024

Note: Events are not listed in running order

PROGRAM A

U6	U7	U8	U9	U10	U11	U12	U13-17
ON TRACK*	ON TRACK*	70m	400m	400m	100m	100m	100m
100m	100m	300m	HJ	HJ	400m	400m	400m
LJ	LJ	LJ	DIS	DIS	LJ	TJ	TJ
DIS	DIS	DIS	100m	100m	SP	SP	SP

PROGRAM B

U6	U7	U8	U9	U10	U11	U12	U13-17
ON TRACK*	ON TRACK*	100m	100m	100m	200m	200m	200m
100m	100m	200m	800m	800m	800m	800m	800m
LJ	LJ	60mH	60mH	60mH	80mH	80mH	80-100mH
DIS	DIS	LJ	LJ	SP	HJ	HJ	LJ
					JAV	JAV	JAV

PROGRAM C

U6	U7	U8	U9	U10	U11	U12	U13-17
ON TRACK*	ON TRACK*	70m	70m	70m	100m	100m	100m
70m	70m	100m	100m	200m	200m	200m	1500m
LJ	LJ	HJ	200m	1100m	1500m	1500M	200-300mH
SP	SP	SP	SP	LJ	TJ	TJ	HJ
					DIS	DIS	DIS

- * After the Christmas break, ON TRACK will be replaced with another event in U6 and U7.
- * Competitive walk events will be held during *Program A* throughout the season (experienced walkers only).

KEY:

DIS: Discus

H: Hurdles

HJ: High Jump

JAV: Javelin

LJ: Long Jump

SP: Shot Put

TJ: Triple Jump

Program Start Times

Sunday Competition:
U6-U7 age groups 1.30pm start
U8-17 age groups 2.00pm warm up, 2.15pm start

Twilight Competition:
U6-U7 age groups 5.30pm start
U8-17 age groups 6.00pm warm up, 6.15pm start

Parent Support Program

Each week Box Hill Little Athletics meets, it takes approximately 100 parents to enable our little athletes to participate in a comprehensive program of events. It's a combination of permanent roles and flexible rostered roles which makes the parent support program run effectively.

Parent/Guardian supervision of their athletes is compulsory at Little Athletics competition meets. Parents/Guardians should always ensure their little athletes are attending under the care of a nominated adult and not left alone at the centre for the duration of the meet.

Little Athletics Victoria mandates parent support is compulsory. At Box Hill LAC, we ask parents to volunteer their help on approximately a fortnightly basis or 50% of centre meets, which equates to a *minimum of seven sessions*. You can find out more about the Parent Support Program and how to use Sign Up on our website at boxhilllac.com.au.

Permanent Roles

Some Parent Support roles require significant experience and will be filled on a permanent basis. Each week outside of competition days, there are many additional hours volunteered by Committee Members to manage registrations, uniforms and prepare all of our athlete lists and programs for each week of competition.

Permanent roles include:

- IT and track timing specialists
- Equipment set up
- Age Group Managers
- Race Starters
- Canteen Co-ordinator.

Flexible Rostered Roles Week to Week

These roles require keen parent support week to week but do not require athletics experience. Training will be provided to compliment your enthusiasm.

Flexible roles include:

- Age Group Assistants
- Track Marshalls
- Data Entry
- Canteen support
- Set Up and Pack Up Crew.

Sign Up

Box Hill Little Athletics Centre uses an online parent support program (Sign Up) to fill parent support positions. This system allows families to self select their preferred dates and preferred support roles.

Optional Competition Events

Optional competition events occur throughout the season including Relays, Track and Field, Combined Events and Cross Country. Each of these optional competition events carries additional parent duty support commitments.

Athletic Development

Whether your athlete is 5 or 15, there is a program to suit the varying experience and skills of little athletes at Box Hill Little Athletics Centre. Little Athletics is a fundamental skills development program designed to progress a participant's skills and experience over time. Balance, co-ordination and technique are taught at an early age to enhance development and the participant's enjoyment of the sport. Research shows when a child can perform the skill correctly, both their enjoyment and achievement levels increase.

At Box Hill Little Athletics we are committed to progressing an athlete's development using age appropriate training techniques and programs that will help bring out the athlete's potential.

Coaching Support

Accredited athletics coaches deliver and support our development programs during Sunday competition and during mid-week training.

Mid week training

A structured training program is offered free of charge to all registered athletes each Wednesday afternoon throughout the season at Hagenauer Reserve. Steve Cain is the head coach and one of Australia's leading Decathletes, having represented Australia at the Commonwealth Games. As well as being an accomplished athlete, Steve is a Level 4 IAAF Coach under the Athletics Coach Accreditation Framework.

'On Track' Skills Development

Each Sunday when competition is held, the Centre runs skills based activity programs designed to progress the development of young participants aged U6&7. This skills training is based on the 'On Track' program endorsed by Little Athletics Victoria (LAVic). More information about this program can be found on the [LAVic website](#).

Event Area Coaching During Competition

Each Sunday when competition is held, the Centre supplies 'event specialists' to assist both athletes and parents. The aim of the event specialist is to provide guidance to new parents and participants on running the event along with answering any technical questions, and help athletes improve technique.

Other Development Programs

A range of additional programs and development resources exist for athletes and parents.

These include:

- Private or squad based coaching (for athletes between 9-15years)
- Eastern Metro Region Crystal Creek Coaching Camp
- Junior Development Squad (JDS) run by LAVic and requires qualifying standards, and
- Parent courses (i.e. Introduction to coaching, Starters and Officials training).
- Information regarding the scheduling of courses is found on the LAVic website.

Box Hill Little Athletics Centre reimburses the fees for these courses to any parents willing to use their learnt skills and contribute to our program.

The Little Athletics Code of Conduct

- Play by the rules.
- Never argue with an official. If you disagree, ask your Team or Age Manager to deal with the matter.
- Control your temper. Verbal abuse of officials, coaches, parents or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
- Work equally hard for yourself and/or your Centre/Club. Your Centre/Club's performance will benefit.
- Be a good sport. Applaud all good results whether they are by your Centre/Club, opponent or the other Centre/Club.
- Treat all athletes, as you would like to be treated.
- Co-operate with officials, coaches, club mates and other participants. Without them there would be no competition.
- Participate in Little Athletics for the "fun of it" and not just to please parents and coaches.
- Avoid use of bad language.

Codes of Conduct

Officials' Code of Conduct

- Compliment all participants on their efforts.
- Be consistent, objective and courteous in calling all infractions.
- Condemn unsporting behaviour and promote respect for all opponents.
- Ensure that the "spirit of the game" for children is not lost by using common sense and not over-emphasising errors.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
- Publicly encourage rule changes, which will reinforce the principles of participation for fun and enjoyment.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
- Make a personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.
- Hold a current Working with Children Check as required by LAVic.
- Avoid use of bad language

Spectators' Code of Conduct

- Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators, nor are they miniature professionals.
- Applaud good performances and efforts from each athlete. Congratulate all participants upon their performance regardless of the event outcome.
- Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the children to do likewise.
- Never ridicule or scold a child for making a mistake during a competition. Positive comments are motivational.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or athletes.
- Show respect for each participant. Without them there would be no events.
- Encourage athletes to follow the rules and the officials' decisions.
- Demonstrate appropriate social behaviour by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- Avoid use of bad language.

Parents' Code of Conduct

- Encourage children to participate if they are interested. However, if a child is not willing, do not force him or her.
- Focus upon the child's efforts rather than the overall outcome of the event. This assists the children in setting realistic goals related to his/her own ability by reducing the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing an event.
- Remember children are involved in Little Athletics for their enjoyment, not yours.
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public. Remember, most officials give their time and effort for your child's involvement.
- Support all efforts to remove all verbal and physical abuse at Little Athletics activities.
- Recognise the value and importance of being a volunteer official and/or coach. They give their time and resources to provide recreational activities for the children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- Avoid use of bad language.

LAVic Policy

Working with Children Check - WWC Check

Under the Victorian Government's *Working with Children Act 2005* legislation, the following roles need to obtain a Working with Children Check, (WWC Check):

- LAVic: Board of Management, staff and members of Standing committees, Region Executive Committee members, Centre Executive Committee members, Club Executive Committee members,
- Committee Members/volunteers involved in communication activities to athletes via any means, including oral, written or electronic (emails, social media, video conferencing).
- Child Safety Officers, Coaches and Assistant Coaches, Officials at State and Region level – (not parent helpers whose child is participating on the day), Team Managers, Volunteers without children registered at the Centre, Overnight Supervisors at camps/clinics/functions,
- Selectors for State Teams / Squads, First Aid Personnel, Athletic Development Officers (ADO) working in schools, Presenters of clinics, workshops, seminars, Volunteers at Association run activities (not Centre events – LAVic events).

WWC Check holders must have LAVic listed as an organisation with the following details: Little Athletics Victoria - Box Hill 21 Locked Bag 1011, Port Melbourne, Vic, 3207 ph: 03 8646 4510

Parents, who have a child registered at the Centre where they work or volunteer, are exempt from the WWC Check, unless they fall under one of the categories listed above.

For more information on Working with Children Checks, visit workingwithchildren.vic.gov.au

Centre Awards Information

The Box Hill Little Athletics Centre presents a number of awards to athletes. In order to be eligible for an award, an athlete must be a registered member and have attended at least 70% of all available Box Hill Centre competition days. See the Calendar on *page 14* for competition days. Cancelled meets (e.g. due to hot or wet weather) will be removed from the calendar and the minimum 50% eligibility requirement is recalculated on a reduced calendar.

For the purpose of attendance eligibility, other included events are:

- JDS members attending JDS training days and JDS camp (in lieu of days which clash with Box Hill Centre competition days).
- Attendance at EMR Crystal Creek coaching camps, and attendance at LAVic State Combined Championships in lieu of the Box Hill Centre competition day (cannot count both).
- For the purpose of attendance eligibility, excluded events are: Box Hill Relay Day, LAVic EMR Championships, LAVic State Championships, and AV Junior Championships.

Athlete of the Year

Athlete of the year is awarded to:

Junior Athlete of the Year — one girl and one boy in the U8-10 age groups, and

Senior Athlete of the Year — one girl and one boy in the U11-17 age groups.

Winners are the athletes in each age bracket with the highest aggregate points score of the athlete's two best performances (relevant to their age group) in each track and field event achieved at a Box Hill Centre Competition.

Age Group Champions 1st, 2nd and 3rd

Age Group Champion awards are presented to the top three boys and the top three girls in each age group (U8-17) with the highest aggregate points score.

The aggregate point score is the total of the athlete's two best performances (relevant to their age group) in each track and field event achieved at a Box Hill Centre Competition day.

Note: it is important to attend as many competition days as possible so the athlete can record at least two performances in every event.

U6 Achievement Award

All Under 6 athletes receive an award at the end of the season. This award recognises the athlete's dedication and continued efforts to improve their athletic abilities during the season and successful completion of the On Track program.

Personal Best Award

Medals are awarded to athletes in the U7-16 age groups. These medals recognise each athlete's efforts to compete as much as possible and their endeavour to improve on their own best performances. These awards do not compare one athlete's performance on the track or field with another. There are three levels of achievement awards for each age group based on the number of Personal Bests (PBs) achieved during the season calculated using the following criteria:

Age Group	Gold	Silver	Bronze
U7	12+	8–11	4 – 7
U8-10	16+	11–15	6–10
U11-17	20+	14–19	7–13

For the purpose of calculating PB awards, only results achieved at Box Hill Centre Competition days are considered.

Box Hill Multi Awards

Box Hill Multi Awards are presented to the top three placed Box Hill athletes in the U6-16 age groups who competed at the Inter Centre Multi Day.

Cross Country Attendance

An award is presented in recognition of the athlete's continued efforts to improve and their dedication in representing the Box Hill Little Athletics Centre during the cross country season. Athletes must have attended at least two-thirds of the Eastern 7 cross country meets held throughout the season to be eligible for an award (excluded events are LAVic State Road Relays, LAVic Region Cross Country Championships and LAVic State Cross Country Championships).

Long Service Awards

Awards are presented to athletes who have had either 5 or 10 years continuous membership with Box Hill Little Athletics Centre. LAVic also recognises 10 years of continuous involvement.

Warren Paterson Award

A Volunteer Award was introduced in the 2016-17 season to recognise outstanding service to Box Hill Little Athletics Centre during the season.

This award is based on the following criteria:

- Must be a current member,
- Contribution was above and beyond minimum requirements,
- Demonstrated behaviour consistent with the Parents Code of Conduct, and
- Consistent actions have led to the positive experiences of other members (parents or children).





Centre Awards 2022-2023

Senior Athletes of the Year (Under 11-17)

Under 14 Boys Harrison Dolman

Under 13 Girls Ava Plant

Junior Athletes of the Year (Under 8-10)

Under 10 Boys Saxon Sauvey

Under 10 Girls Kiyara Munasinghe

Warren Paterson Award

Matt Griffin

Age Group Champions

Age	First	Second	Third
Under 8 Girls	Caelin Mumme	Amali Colley	Harriet Moate
Under 8 Boys	Will Harbeck	Ryan Yang	Kayden Munasinghe
Under 9 Girls	Aimee Griffin	Harper Cornish	Chelsea Rankin
Under 9 Boys	Flynn Taylor	Flynn Davis	Jet Sinclair
Under 10 Girls	Kiyara Munasinghe	Ava Keele	Ava Baird
Under 10 Boys	Saxon Sauvey	Lachlan Prior	Archer Ly
Under 11 Girls	Addie Taylor	Alessia McGrath	Chloe Sinclair
Under 11 Boys	Jake Reed	Eric Plant	Max Taylor
Under 12 Girls	Eliza Griffin	Lexi Thorp	Ruby Paice
Under 12 Boys	Oliver Giret	Max Pagram	Christiaan Marx
Under 13 Girls	Ava Plant	Lauren Tay	Alyssa Kurdian
Under 13 Boys	Henry Curlewis	Llywelyn Schoenborn	Angus Dunstan
Under 14 Girls	Ishara Ross	Chelsea Daniels	Zoey Bee
Under 14 Boys	Harrison Dolman	William Stratford	Chellian Kanthasamy
Under 15 Girls	Amelia Paice	Freya Wilson	-
Under 15 Boys	Jude Crouch	Dylan Bee	-
Under 16 Girls	Hannah Plant	Ava Walsh	Sarah McDiarmid
Under 16 Boys	Darcy Nixon	-	-
Under 17 Girls	Eva Wilson	-	-

Multi Event Awards (Four Pillars Event)

Age	First	Second	Third
Under 6 Boys	<i>Not Contested</i>	-	-
Under 6 Girls	Holly Sinclair	-	-
Under 7 Boys	Jack Moore	-	-
Under 7 Girls	Matilda Reed	Ruby Cornish	Zoe Sauvey
Under 8 Boys	Ryan Yang	-	-
Under 8 Girls	<i>Not Contested</i>	-	-
Under 9 Boys	Jet Sinclair	-	-
Under 9 Girls	Harper Cornish	-	-
Under 10 Boys	Saxon Sauvey	-	-
Under 10 Girls	Kiyara Munasinghe	Sarah Yang	Ava Moore
Under 11 Boys	Jake Reed	-	-
Under 11 Girls	Chloe Sinclair	-	-
Under 12 Boys	<i>Not Contested</i>		
Under 12 Girls	Willow Cornish	-	-
Under 13 Boys	<i>Not Contested</i>	-	-
Under 13 Girls	Lauren Turney	Sienna Cornish	
Under 14 Boys	<i>Not Contested</i>	-	-
Under 14 Girls	<i>Not Contested</i>	-	-
Under 15 Boys	<i>Not Contested</i>	-	-
Under 15 Girls	<i>Not Contested</i>	-	-
Under 16 Girls	<i>Not Contested</i>	-	-

Personal Best Awards

Age	Name	Points	Award
Under 7 Boys	Angus Sinclair	12	Gold
Under 7 Boys	Luka Nardelli	12	Gold
Under 7 Boys	Jack Moore	11	Silver
Under 7 Boys	Zidane M Khokhar	11	Silver
Under 7 Boys	Harvey Schanssema	10	Silver
Under 7 Boys	James Stodden	10	Silver
Under 7 Boys	Oscar Li	09	Silver
Under 7 Boys	Anton Collie	09	Silver
Under 7 Boys	Charlie Richardson	09	Silver
Under 7 Girls	Matilda Reed	23	Gold
Under 7 Girls	Koko Ly	20	Gold
Under 7 Girls	Zoe Sauvey	16	Gold
Under 7 Girls	Neve Little	13	Gold
Under 7 Girls	Olive Makrigiannis	13	Gold
Under 7 Girls	Ruby Cornish	13	Gold
Under 7 Girls	Matilda Schildberger	11	Silver
Under 7 Girls	Sophie Downes	10	Silver
Under 7 Girls	Ilya Curtis	08	Silver
Under 7 Girls	Isla Glenny	07	Bronze
Under 8 Girls	Matilda Crilly	15	Silver
Under 8 Girls	Caelin Mumme	11	Silver
Under 8 Girls	Harriet Moate	11	Silver
Under 8 Girls	Amali Colley	6	Bronze
Under 8 Boys	Sebastian Wong	23	Gold
Under 8 Boys	Austin Baird	21	Gold
Under 8 Boys	Kayden Munasinghe	21	Gold
Under 8 Boys	Henry Barnes	20	Gold
Under 8 Boys	Ryan Jones	18	Gold
Under 8 Boys	Ryan Yang	17	Gold
Under 8 Boys	Harvey Sharpe	16	Gold
Under 8 Boys	Finley Ryan	15	Silver
Under 8 Boys	Josiah Tanu	15	Silver
Under 8 Boys	Oscar Sherry	14	Silver
Under 8 Boys	Will Harbeck	13	Silver
Under 8 Boys	Michael Herft	13	Silver
Under 8 Boys	Leo Fiorenza	12	Silver
Under 8 Boys	Jack Anderson	12	Silver
Under 8 Boys	Charlie Jones	11	Silver
Under 8 Boys	Luke Peng	11	Silver
Under 8 Boys	Samuel Dix	08	Bronze
Under 9 Girls	Madison Alford	19	Gold
Under 9 Girls	Emma Frost	19	Gold
Under 9 Girls	Harper Cornish	18	Gold
Under 9 Girls	Tegan Schanssema	17	Gold
Under 9 Girls	Amelie Chin	15	Silver
Under 9 Girls	Nilani Smith	15	Silver
Under 9 Girls	Annabelle Brown	14	Silver
Under 9 Girls	Aimee Griffin	13	Silver
Under 9 Girls	Zoe Collins	13	Silver
Under 9 Girls	Maxine Li	12	Silver
Under 9 Girls	Chelsea Rankin	10	Bronze
Under 9 Girls	Amiya Shekar	09	Bronze
Under 9 Girls	Isabelle Curlewis	08	Bronze
Under 9 Girls	Madison Glenny	06	Bronze
Under 9 Girls	Lilah Haberle	06	Bronze
Under 9 Boys	Zach Watson	21	Gold
Under 9 Boys	Luc Moylan	19	Gold
Under 9 Boys	Hugo Schildberger	14	Silver
Under 9 Boys	Flynn Davis	13	Silver
Under 9 Boys	Jet Sinclair	13	Silver
Under 9 Boys	Edward Armstrong	13	Silver
Under 9 Boys	Finn Harney	12	Silver
Under 9 Boys	Jack Harney	12	Silver
Under 9 Boys	Leith Crouch	12	Silver
Under 9 Boys	Harry Richardson	10	Bronze

Personal Best Awards

Age	Name	Points	Award
Under 9 Boys	Max Marsden	10	Bronze
Under 9 Boys	Flynn Taylor	10	Bronze
Under 9 Boys	Rhys Fox	09	Bronze
Under 9 Boys	Lenny Doig	07	Bronze
Under 9 Boys	Noah Falla	06	Bronze
Under 10 Girls	Kiyara Munasinghe	10	Gold
Under 10 Girls	Ava Baird	18	Gold
Under 10 Girls	Ava Moore	17	Gold
Under 10 Girls	Livinia Wrinkler	17	Gold
Under 10 Girls	Grace Gune	14	Silver
Under 10 Girls	Ava Gune	14	Silver
Under 10 Girls	Jasmine Peng	11	Silver
Under 10 Girls	Tanisha Sutharsan	10	Bronze
Under 10 Girls	Ava Keele	09	Bronze
Under 10 Girls	Maeve Jackson	08	Bronze
Under 10 Girls	Olivia Skidmore	05	Bronze
Under 10 Boys	Archer Ly	20	Gold
Under 10 Boys	Saxon Sauvey	18	Gold
Under 10 Boys	Jonathan Tsiotinas	17	Gold
Under 10 Boys	Leon Marais	15	Silver
Under 10 Boys	Harrison Daniels	15	Silver
Under 10 Boys	Elijah Makrigiannis	15	Silver
Under 10 Boys	Nathaniel Wong	14	Silver
Under 10 Boys	Rafael Little	12	Silver
Under 10 Boys	Nicolas Tanu	11	Silver
Under 10 Boys	Hamish Sinclair	10	Bronze
Under 10 Boys	Henry Catherall	09	Bronze
Under 10 Boys	Callum Dix	09	Bronze
Under 10 Boys	Lachlan Prior	08	Bronze
Under 10 Boys	Ewan Willimott	08	Bronze
Under 10 Boys	Ollie Little	06	Bronze
Under 10 Boys	Max Flynn	06	Bronze
Under 11 Girls	Jamie Dolman	22	Gold
Under 11 Girls	Alessia McGrath	21	Gold
Under 11 Girls	Addie Taylor	19	Silver
Under 11 Girls	Amelia Rankin	17	Silver
Under 11 Girls	Ana Cox	14	Silver
Under 11 Girls	Kathleen Herft	13	Bronze
Under 11 Girls	Emma Watson	13	Bronze
Under 11 Girls	Jade Hassett	11	Bronze
Under 11 Girls	Ivy Doig	11	Bronze
Under 11 Girls	Charlotte Chin	11	Bronze
Under 11 Girls	Chloe Sinclair	09	Bronze
Under 11 Girls	Amelie Kavouris	08	Bronze
Under 11 Girls	Rhylee Cairns	08	Bronze
Under 11 Boys	Eric Plant	29	Gold
Under 11 Boys	Jake Reed	25	Gold
Under 11 Boys	Tomas Laude	21	Gold
Under 11 Boys	Kai Ross	19	Silver
Under 11 Boys	Patrick Sekias	17	Silver
Under 11 Boys	Lachlan Curlewis	16	Silver
Under 11 Boys	Max Taylor	15	Silver
Under 11 Boys	Elliott Jackson	15	Silver
Under 11 Boys	Lewis Gallagher	14	Silver
Under 11 Boys	Kirin Shekar	12	Bronze
Under 11 Boys	Jeremy Chung	13	Bronze
Under 11 Boys	Hamish Long	12	Bronze
Under 11 Boys	Oliver Davis	11	Bronze
Under 11 Boys	James Crilly	10	Bronze
Under 12 Girls	Lexi Thorp	25	Gold
Under 12 Girls	Eliza Gritthin	24	Gold
Under 12 Girls	Alexis Stodden	19	Silver
Under 12 Girls	Sienna Mumme	17	Silver
Under 12 Girls	Willow Cornish	17	Silver
Under 12 Girls	Olivia Prior	16	Silver

Personal Best Awards

Age	Name	Points	Award
Under 12 Girls	Ruby Paice	16	Silver
Under 12 Girls	Penelope Donovan	15	Silver
Under 12 Girls	Arianna Tsiotinas	15	Silver
Under 12 Girls	Katie Hindle	15	Silver
Under 12 Girls	Audrey Walsh	14	Silver
Under 12 Girls	Grace Hall	13	Bronze
Under 12 Girls	Maya Moylan	13	Bronze
Under 12 Girls	Eloise Fox	12	Bronze
Under 12 Girls	Mia Alford	12	Bronze
Under 12 Girls	Emily Gune	11	Bronze
Under 12 Boys	Christian Marx	18	Silver
Under 12 Boys	Max Pagram	18	Silver
Under 12 Boys	Oliver Giret	17	Silver
Under 12 Boys	Makinley Rivett	14	Silver
Under 12 Boys	Ryan Daniels	12	Bronze
Under 12 Boys	Jasper Ap-Thomas	10	Bronze
Under 13 Girls	Sienna Cornish	19	Silver
Under 13 Girls	Alana Winkler	15	Silver
Under 13 Girls	Neve Crouch	13	Bronze
Under 13 Girls	Ava Plant	13	Bronze
Under 13 Girls	Marlo Fisher	12	Bronze
Under 13 Girls	Lauren Turney	12	Bronze
Under 13 Girls	Alba Little	11	Bronze
Under 13 Girls	Lauren Tay	10	Bronze
Under 13 Girls	Alyssa Kurdian	09	Bronze
Under 13 Boys	Angus Dunstan	15	Silver
Under 13 Boys	Darcy Rivett	14	Silver
Under 13 Boys	Henry Curlewis	13	Bronze
Under 13 Boys	Musa M Khokhar	13	Bronze
Under 13 Boys	Llywelyn Schoenborn	12	Bronze
Under 14 Girls	Zoey Bee	20	Gold
Under 14 Girls	Chelsea Daniels	16	Silver
Under 14 Boys	William Stratford	18	Silver
Under 14 Boys	Harrison Dolman	15	Silver
Under 14 Boys	Dylan Sutharsan	11	Bronze
Under 14 Boys	Vinujan Pirapakaran	10	Bronze
Under 14 Boys	Chellian Kanthasamy	08	Bronze
Under 15 Girls	Amelia Paice	17	Silver
Under 15 Girls	Freya Wilson	11	Bronze
Under 15 Boys	Jude Crouch	19	Silver
Under 15 Boys	Dylan Bee	16	Silver
Under 16 Boys	Darcy Nixon	09	Bronze

U6 Achievement Awards

Girls		Boys	
Bonnie Swetta-Prior	Catherine Frost	Alexander Lahde	Anderson Hallett
Edie Harbeck	Eliza Rankin	Arlo Cory	Finn Cleeve Gerlens
Eva Willing	Gemma Dick	George Curlewis	James Prior
Harriet Staples	Holly Sinclair	Morten Schoenborn	Roy Little
Imogen Burns	Maeve McGhie	William Crawshay	
Scarlett Hancock	Tia Belvedere		
Vivienne King			

Long Service Awards

Five Year Service			
Age	Name	Age	Name
Under 10 Boys	Rafael Little	Under 14 Boys	Sajan Deol
Under 11 Boys	Oliver Davis	Under 14 Girls	Priya Deol
Under 11 Boys	Jacob Tonso	Under 14 Girls	Millicent Fraser
Under 12 Girls	Penelope Donovan	Under 15 Girls	Charlie Harbison
Under 12 Girls	Mia Nardelli	Under 15 Girls	Rose Harbison
Under 13 Girls	Samara Sutherland	Under 16 Girls	Khushi Deol
Under 13 Girls	Abbey Tempany		
Seven Year Service			
Under 12 Girls	Willow Cornish	Under 14 Girls	Lacey Williams
Under 12 Girls	Eliza Griffin	Under 14 Girls	Monique Williams
Under 12 Girls	Ruby Paice	Under 15 Girls	Amelia Paice
Under 13 Girls	Sienna Cornish	Under 16 Girls	Kirwan Schoenborn
Under 14 Boys	Harisson Dolman	Under 16 Girls	Annabelle Smith
Under 14 Girls	Chelsea Daniels	Under 16 Girls	Ava Walsh
Ten Year Service			
Under 15 Girls	Freya Wilson	Under 16 Girls	Olivia Gossan
Under 16 Girls	Khushi Deol	Under 16 Girls	Lucia Hammerstein
Under 16 Girls	Akira Little	Under 17 Girls	Eva Wilson

Participation Awards

Under 8 Girls	Jerynn Sim	Under 11 Girls	Sophie Stafford
Under 8 Boys	Ashton Caspersz	Under 11 Boys	Jared Sim
Under 9 Girls	Tina Wang	Under 12 Girls	Charlotte Miller
Under 9 Girls	Richard Burford	Under 12 Boys	Charlie Stratford
Under 9 Boys	Evren Uluca	Under 13 Girls	Caitland Caspersz
Under 9 Boys	Quinn Brophy	Under 14 Boys	Andrew Burford
Under 10 Girls	Alice Donahoe	Under 14 Girls	Saskia Gniel
Under 10 Girls	Stephanie Hindle	Under 14 Girls	Harriet Hutchins
Under 11 Girls	Lianna Bray	Under 14 Girls	Linaya Withana

Cross Country Information

Competition

All summer registered athletes are encouraged to participate in our Eastern 7 Cross Country program. The season runs mid April through to July on Sunday mornings from 9.30am. The program allows athletes to compete at a different venue each week against athletes from seven Eastern Region Centres.

Eastern 7s Competition		
Start	Distance	Age Group
9.30am	3000m	U13-17
9.45am	2000m	U11-12
10.00am	500m	U6
10.15am	1500m	U9-10
10.30am	1000m	U7-8

* The same start times will run every week. Marshall 15 minutes before start time.
Events do not always run to schedule depending on number of athletes competing.

Athletes aged U9-17 are also encouraged to participate in the Region and State Championships usually scheduled to run towards the end of the season.

Box Hill athletes who are unable to compete on Sunday mornings, have the opportunity of competing in the Knox Cross Country program, held on Saturday mornings. See the [Knox Little Athletics website](#) for further information.

Training

Cross Country training is held on Wednesday evenings from 4.30pm and is conducted by experienced athletic coaches.

Registration

The Box Hill Little Athletics Club registration fees include enrolment for the winter Eastern 7 Cross Country season, Eastern 7 Rewards Day, Box Hill Open Day and State Road Relays. Region and State Cross Country Championships incur an additional charge and require separate online entry by the athlete.

If you are interested in either the Saturday or Sunday Cross Country Programs, see our website or email: bhlacompetition@gmail.com. You will be added to the Box Hill Cross Country Team email list, which will keep you up to date with any important information including when to register when the season opens.

Athletes wishing to compete as a Box Hill athlete in the winter Cross Country program only are able to join April to August with a reduced registration fee. When registering, athletes must join the Cross Country Team in the member portal and Team App.

Parent Assistance

Parents are required for official duties at Box Hill hosted events and Eastern 7 Rewards Day. Parents may also be required for Region and State Championships if their child has been entered. Parents will be required to perform at least two duties during the winter Cross Country season for their child to be eligible for an end of season award.

Cross Country End of Season 2022/23 Awards

Box Hill Little Athletics Centre presents a number of awards to athletes who complete in the Cross Country season.

In order to be eligible for an award, an athlete must be a registered member, must have attended at least 5 or more Cross Country sessions held by Box Hill or other EMR centres throughout the season and families must have completed at least 1 parent duty for Box Hill hosted sessions and Open Day.

Outstanding Award			
Age	Name	Age	Name
Under 7 Girls	Zoe Sauvey	Under 9 Boys	Lachlan Wynn

Participation Award			
Age	Name	Age	Name
Under 6 Girls	Holly Sinclair	Under 9 Boys	Ethan Zhao
Under 6 Girls	Eva Willing	Under 9 Boys	Edward Armstrong
Under 6 Boys	Finn Cleeve Gerkens	Under 9 Boys	Max Marsden
Under 6 Boys	Aleksander Lahde	Under 9 Boys	Leo Chin
Under 7 Girls	Isla Glenny	Under 10 Girls	Ava Moore
Under 7 Girls	Lucia Campagna	Under 10 Girls	Kiyara Munasinghe
Under 7 Girls	Alice Waldron	Under 10 Boys	Saxon Suvey
Under 7 Boys	Jack Moore	Under 10 Boys	Callum Dix
Under 8 Girls	Jerynn Sim	Under 10 Boys	Nathanial Wong
Under 8 Girls	Harriet Moate	Under 11 Boys	Henry Anderson
Under 8 Boys	Daniel Hui	Under 11 Boys	Tomas Laude
Under 8 Boys	Samuel Dix	Under 11 Boys	William Dellar
Under 8 Boys	Henry Barnes	Under 11 Boys	Jared Sim
Under 8 Boys	Kayden Munasinghe	Under 12 Girls	Katie Hindle
Under 9 Girls	Maddison Glenny	Under 12 Girls	Olivia Collins
Under 9 Girls	Zoe Collins	Under 12 Girls	Sienna Mumme
Under 9 Girls	Annabelle Brown	Under 12 Boys	Charlie Stratford
Under 9 Girls	Aimee Griffin	Under 15 Girls	Amelia Paice
Under 9 Boys	Quinn Brophy	Under 16 Girls	Sarah McDiarmid



Cross Country Season



Box Hill Events Information

Box Hill Relay Day

Box Hill Relay Day is an exciting invitational relay event hosted by Box Hill. All athletes from U8–17 are encouraged to participate. Box Hill teams compete against other centres from mostly within our region. Box Hill Relay Day presents a great opportunity for young athletes to learn the skill of running relays and the enjoyment of participating in teams. It is also the ideal lead up for those athletes competing in Regional and State relays, where teams can practise their skills on the track in a relaxed and fun environment.

In addition to the competition, this event is always a great success, it raises valuable funds for the centre and is usually well supported by our parent group. To run an effective event, all parents with athletes competing on the day will need to fulfil a support role. Although more relaxed, the official Box Hill Little Athletics uniform should be worn by all athletes competing, consisting of singlet or crop top which is black with white and silver trimmings and plain black shorts.

Entry is free however early registration is essential so that team numbers can be determined. For more information please refer to our website, contact your Age Group Manager or our Competition Events Manager at bhlacompetition@gmail.com

Royal Children's Hospital Relayathon

The annual Relayathon is a fundraiser event for the Royal Children's Hospital. Little Athletics Victoria have been a major contributor to the Good Friday Appeal for over forty years, where centres host their own Relayathon event to contribute to the fundraising effort.

The Relayathon is a continuous relay event run over the duration of a competition meet, around the track undertaken by little athletes and parents. The aim is to complete as many laps as possible.

Box Hill Centre Athletes at Stawell Gift

For several years, Box Hill little athletes have competed at the Stawell Gift in events co-ordinated by Little Athletics Victoria. Events which can be entered are 100m, 400m, 800m and 1600m. Athletes need to have an official time from an approved event to enter, which are listed with the entry conditions. Past Box Hill athletes who have won events at Stawell are Emily Bertacco (400m) and Lauren Boulter (100m). This can be an enjoyable weekend away at Easter with other Box Hill LAC athletics families.

Box Hill Cross Country Open Day

Box Hill Cross Country (XC) Open Day is held annually during the Cross Country Season at Wattle Park, Burwood. U6-U17 athletes from Box Hill LAC and from all Little Athletics centres are welcome to register and participate. The off-road course distance depends on age group and varies from 500m to 3000m.



Region and State Competition Information

Region and State Championship events can be entered by Box Hill athletes interested in more competitive athletics events. There are four main competition types: Relays, Track and Field, Multi Event and Cross Country. All athletes in U9-17 are eligible to enter these competitions.

Eastern Metro Region

Box Hill is part of the Eastern Metro Region (EMR) which comprises of the following centres: Box Hill, Camberwell\Malvern, Cockatoo, Collingwood, Croydon, Doncaster, Kew, Knox, Nunawading, Ringwood, Sherbrooke and Yarra Ranges. There are six other regions (3 Metro and 3 Country).

Relay Competitions

There are three main relay events the club enters: Box Hill Relay Day, Region and State Relay Championships. Only teams who qualify at Region championships progress to State Championships. Athlete may be placed in up to three teams/events. Age Group Relay Managers select the teams.

Relays contested are 4x100m, 4x200m and medleys (100, 300, 200, 400) and there are limited mixed sex and mixed age events. All athletes who enter relays are expected to attend training organised by the Age Group Relay Manager. Please ensure athletes are available before entering as late withdrawals disadvantage other team members.

Track and Field Competitions

There are two main track and field events: Region and State Track and Field Championships. Athletes may enter Region Championships in up to 5 events. Only athletes who qualify at Region championships (top 16-24 athletes) progress to State Championships.

State Multi Competition

State Multi Championships are held over a weekend. Each athlete competes in 5–7 events dependent on age group. Age group numbers are capped. A great opportunity to meet other athletes from all over the state.

Cross Country Competitions

There are two main cross country events: Region and State Cross Country Championships. Only athletes who qualify at Region championships progress to State Championships. At both of these events athletes compete as individuals as well as members of a Box Hill team where a team comprises of a minimum of three athletes.

Entries

All entries for Track & Field, Multi Event and Cross Country are completed and paid for by the athlete online through the LAVic website. Relay entries are completed by the Box Hill Relay Team Manager and paid for by the club. If an athlete fails to compete, they may be asked for reimbursement.

Parent Assistance

Parents are required for official duties at all entered competition events.

Regional and State Events Uniform

The official Box Hill Little Athletics Club uniform and bar-coded registration patch must be worn by all athletes competing in any of these competitions. Bar-coded registration patches may need to be replaced by a LAVic registration patch when provided.

The current official Box Hill Little Athletics uniform is:

- **Singlet or crop top which is black with white and silver trimmings and has the approved sponsor logo correctly affixed, and**
- **Black shorts or leggings which are plain with no brand advertising, have no open pockets and if shorts, are not below the knee.**
- **Compression items may be worn under shorts but they must be natural colour or black with no brand advertising.**



Regional and State Events

BOX HILL ATHLETES IN ACTION





2022/23 Region and State Results

State Combined Events Championships

State Combined Events were held at Lakeside Stadium on the 12th and 13th November 2022. Box Hill LAC had 25 athletes compete, with 3 finishing on the podium and 6 finishing in the top eight.

Overall results were as follows:

Place	Athlete	Age Group
1st	Zoe Schultz	Under 13-17 MC
2nd	Harrison Dolman	Under 14 Boys
2nd	Lacey Williams	Under 14 Girls
5th	Ishara Ross	Under 14 Girls
6th	Michaela Foale	Under 13 Girls
7th	Chellian Kanthasamy	Under 14 Boys
9th	Sarah McDiarmid	Under 16 Girls
10th	Lauren Tay	Under 13 Girls
10th	Jake Reed	Under 11 Boys
11th	Max Taylor	Under 11 Boys
14th	Alessia McGrath	Under 11 Girls
16th	Sylvie Waddick	Under 14 Girls
17th	Jasmine Giret	Under 14 Girls
17th	Vinujan Pirapakaran	Under 14 Boys
21st	Alexa Schultz	Under 13 Girls
22nd	Lauren Turney	Under 13 Girls
23rd	Eliza Griffin	Under 12 Girls
24th	Oliver Giret	Under 12 Boys
25th	Chloe Sinclair	Under 11 Girls
26th	Aimee Griffin	Under 9 Girls
32nd	Noah Falla	Under 9 Boys
36th	Harper Cornish	Under 9 Girls
38th	Jamie Dolman	Under 11 Girls
41st	Calista Zefferelli	Under 12 Girls
54th	Jet Sinclair	Under 9 Boys

Regional Track and Field

The Regional Track and Field Championships were held on 18th and 19th of February 2023 at Tom Kelley Athletics Track (Doncaster). Our athletes performed exceptionally well, coming home with 38 gold, 40 silver and 30 bronze medals. 63 Box Hill athletes qualified for the State Track and Field Championships.

State Track and Field Finalists

The State Track and Field Championships were held at Lakeside Stadium on 11th - 12th March 2023.

AGE GROUP	ATHLETE	EVENT
Under 9 Girls	Aimee Griffin	5th 800m
Under 9 Girls	Harper Cornish	17th 60m Hurdles, 20th 400m
Under 10 Girls	Ava Keele	1st High Jump, 4th 400m, 4th 800m, 5th Long Jump, 19th Shot Put
Under 10 Girls	Kiyara Munasinghe	1st Shot Put, 2nd High Jump, 3rd 60m Hurdles, 10th 400m
Under 11 Girls	Addie Taylor	4th 80m Hurdles, 4th 800m, 6th 400m
Under 11 Girls	Alessia McGrath	6th 800m, 10th Long Jump
Under 11 Girls	Ana Cox	13th 80m Hurdles, 14th Shot Put
Under 11 Girls	Kathleen Herft	18th 1100m Walk
Under 11 Girls	Jamie Dolman	11th High Jump
Under 12 Girls	Charlotte Miller	19th 1500m
Under 12 Girls	Eliza Griffin	21st 1500m
Under 12 Girls	Mia Nardelli	7th Shot Put, 8th Javelin, 11th Discus
Under 12 Girls	Eloise Fox	13th Javelin, 19th Triple Jump, 20th Shot Put
Under 13 Girls	Michaela Foale	8th Long Jump, 19th 100m

State Track and Field Finalists

AGE GROUP	ATHLETE	EVENT
Under 13 Girls	Shnaajh Chakrabarty	20th 100m
Under 13 Girls	Lauren Tay	1st 1500m, 2nd 800m, 4th 400m, 15th 200m
Under 13 Girls	Alyssa Kurdian	9th 400m, 16th 200m, 18th Triple Jump
Under 13 Girls	Alexa Schultz	6th 400m
Under 13 Girls MC	Zoe Schultz	1st Discus, 1st 200m, 2nd 100m, 3rd Long Jump
Under 13 Girls	Ava Plant	6th 800m, 12th 400m
Under 13 Girls	Lauren Turney	16th Discus, 18th 80m Hurdles
Under 13 Girls	Sienna Cornish	5th Javelin, 8th Shot Put, 15th Discus
Under 13 Girls	Chiara Kalivoda	20th Long Jump
Under 14 Girls	Imogen Davison	6th Triple Jump, 9th High Jump
Under 14 Girls	Babette Nathan	3rd Shot Put
Under 14 Girls	Anna Phelan	2nd High Jump
Under 14 Girls	Ishara Ross	1st Long Jump, 2nd 100m, 3rd 200m, 8th 400m
Under 14 Girls	Lacey Williams	2nd 80m Hurdles, 3rd 200m Hurdles, 4th 400m
Under 14 Girls	Monique Williams	3rd 1500m
Under 14 Girls	Jasmine Giret	8th Javelin, 10th 80m Hurdles
Under 14 Girls	Priya Deol	4th 1500m, 7th 800m
Under 14 Girls	Millicent Fraser	9th 1500m, 13th 800m
Under 15 Girls	Freya Wilson	14th Discus, 17th Javelin
Under 15 Girls	Amelia Paice	15th Javelin
Under 16 Girls	Khushi Deol	1st 800m, 1st 1500m
Under 16 Girls	Hannah Plant	2nd Javelin, 8th Shot Put
Under 17 Girls	Eva Wilson	5th 100m Hurdles, 5th Discus, 7th Shot Put, 11th Javelin
Under 9 Boys	Noah Falla	9th Shot Put
Under 10 Boys	James Hall	1st 400m, 1st 800m
Under 10 Boys	Saxon Sauvey	6th Shot Put, 7th Discus
Under 11 Boys	Max Taylor	12th 400m
Under 11 Boys	Eric Plant	5th High Jump, 9th 400m, 10th Javelin, 15th Long Jump
Under 11 Boys	Jake Reed	3rd 1500m, 10th 800m, 13th 400m
Under 12 Boys	Max Pagram	20th High Jump
Under 13 Boys	Henry Curlewis	3rd 1500m, 5th 800m, 17th 400m
Under 13 Boys	Llywelyn Schoenborn	2nd Shot Put, 5th Javelin, 6th Triple Jump, 10th Discus
Under 13 Boys	Angus Dunstan	2nd High Jump
Under 13 Boys	Daniel Herft	20th High Jump
Under 14 Boys	Harrison Dolman	1st Long Jump, 1st High Jump, 5th 200m, 9th 100m
Under 14 Boys	Chellian Kanthasamy	5th Long Jump, 5th Triple Jump, 6th 200m Hurdles, 10th 90m Hurdles, 15th 100m
Under 14 Boys	Andrew Burford	16th 1500m, 14th 800m, 21st Discus
Under 14 Boys	Sajan Deol	8th 1500m
Under 14 Boys	Vinujan Pirapakaran	18th Triple Jump
Under 15 Boys	Dylan Bee	2nd 100m, 3rd Long Jump, 9th 200m
Under 15 Boys	Heath Fox	2nd Javelin
Under 16 Boys	Darcy Nixon	4th Long Jump, 4th 200m, 6th 100m
Under 16 Boys	Brad Cox	7th High Jump, 12th Long Jump

State Track and Field Podium Finish

PLACE	ATHLETE	EVENT	PLACE	ATHLETE	EVENT
1st	Ava Keele	High Jump	2nd	Hannah Plant	Javelin
1st	Kiyara Munasinghe	Shot Put	2nd	Llywelyn Schoenborn	Shot Put
1st	Lauren Tay	1500m	2nd	Angus Dunstan	High Jump
1st	Zoe Schultz	Discus, 200m	2nd	Dylan Bee	100m
1st	Ishara Ross	Long Jump	2nd	Heath Fox	Javelin
1st	Khushi Deol	800m, 1500m	3rd	Jake Reed	1500m
1st	James Hall	400m, 800m	3rd	Henry Curlewis	1500m
1st	Harrison Dolman	Long Jump, High Jump	3rd	Dylan Bee	Long Jump
2nd	Kiyara Munasinghe	High Jump	3rd	Kiyara Munasinghe	60m Hurdles
2nd	Lauren Tay	800m	3rd	Zoe Schultz	Long Jump
2nd	Zoe Schultz	100m	3rd	Ishara Ross	200m
2nd	Anna Phelan	High Jump	3rd	Babette Nathan	Shot Put
2nd	Ishara Ross	100m	3rd	Lacey Williams	200m Hurdles
2nd	Lacey Williams	80m Hurdles	3rd	Monique Williams	1500m

Commonwealth Bank State Relay Championships

The State Relay Championships were held at Lakeside Stadium on Saturday 4th February 2023.

AGE GROUP	EVENT
Under 9 Girls	5th Medley, 8th 4x200m, 17th 4x100m
Under 10 Girls	1st Medley, 4th 4x100m, 8th 4x200m
Under 11 Girls	2nd Medley, 5th 4x200m, 12th 4x100m
Under 12 Girls	7th Medley, 11th 4x200m, 13th 4x100m
Under 13 Girls (A)	2nd Medley, 2nd 4x200m, 5th 4x100m
Under 13 Girls (B)	7th Medley, 14th 4x100m
Under 14 Girls	1st 4x100m, 3rd Medley
Under 10 Boys	2nd Medley, 7th 4x200m, 21st 4x100m
Under 11 Boys	5th Medley, 9th 4x200m, 14th 4x100m
Under 13 Boys	4th 4x200m
Under 15 Boys	4th 4x200m, 5th 4x100m
Mixed U10	23rd 4x100m
Mixed U11	4th 4x200m, 23rd 4x100m
Mixed U12	10th 4x200m, 11th 4x100m
Mixed U13	5th 4x200m, 9th 4x100m

State Cross Country Championships

The Cross Country Championships were held at Lake Dewar, Myrniong on Saturday 12th August 2023.

PLACE	ATHLETE	AGE GROUP	EVENT
2nd	Lauren Tay	Under 13 Girls	3000m
3rd	Henry Curlewis	Under 13 Boys	3000m
4th	Aimee Griffin	Under 9 Girls	1500m
9th	Eric Plant	Under 11 Boys	2000m
10th	James Crilly	Under 11 Boys	1500m
11th	Olivia Collins	Under 12 Girls	2000m
13th	Alessia McGrath	Under 11 Girls	2000m
17th	Millicent Fraser	Under 14 Girls	3000m
18th	Chloe Sinclair	Under 11 Girls	2000m
19th	Sarah McDiarmid	Under 16 Girls	3000m
20th	Eliza Griffin	Under 12 Girls	2000m
26th	Mackinley Rivett	Under 12 Boys	2000m
26th	Lucy Collins	Under 14 Girls	3000m
29th	Jared Sim	Under 11 Boys	1500m
31st	Katie Hindle	Under 12 Girls	2000m
36th	Lachlan Wynn	Under 9 Boys	1500m
38th	William Dellar	Under 11 Boys	2000m
55th	Henry Anderson	Under 11 Boys	2000m

State Cross Country Relay Championships

The State Cross-Country Relay Championships was held at Cruden Farm, Langwarrin on Saturday 24th June 2023. Congratulations to our Box Hill teams:

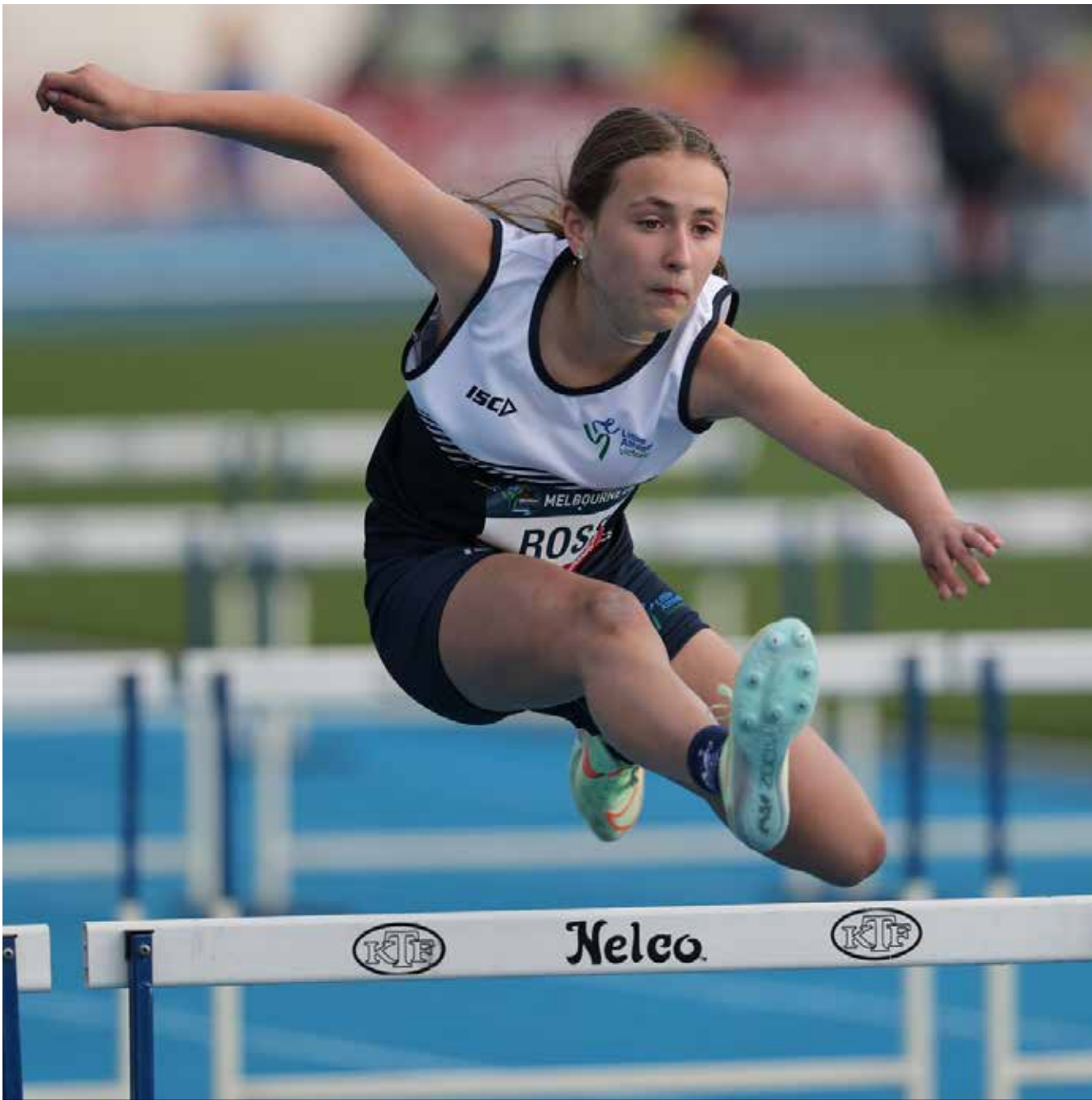
PLACE	TEAM	ATHLETES	EVENT
1st	Under 13 Girls	Madeline Sekias, Ava Plant, Lauren Tay	3x2km
2nd	Under 10 Girls	Kiyara Munasinghe, Ava Gune, Ava Keele,	3x1km
2nd	Under 12 Girls	Eliza Griffin, Sienna Mumme, Lucy Reed	3x1.5km
6th	Under 11 Girls	Chloe Sinclair, Jamie Dolman, Alessia McGrath	3x1.5km
9th	Under 11 Boys (A)	Lachlan Curlewis, Tomas Lahde, James Crilly	3x1.5km
14th	Under 11 Boys (B)	Jared Sim, Henry Anderson, William Dellar	3x1.5km

Australian Little Athletics Championships

The Australian Little Athletics Championships (ALAC) is a two-day Championships that incorporates three events: the ATC is the Australian Teams Championships for the U13 and U14 athletes, ACEC is the Australian Combined Events Championships for the U15 athletes, while the Australian Multi-Class Championships for the U15 Multi-Class athletes. The athletes selected to represent Victoria can not only perform at their best but also more importantly form part of a committed team.

Congratulations to the following Box Hill Little Athletes who were selected to represent Victoria in 2022-23:

- Lauren Tay
- Lacey Williams
- Monique Williams
- Henry Curlewis
- Harrison Dolman
- Ishara Ross
- Chellian Kanthasamy
- Zoe Schultz



New Box Hill Little Athletics Centre Records

Event	Specifics	Athlete	Record	Meet	Previous Record
Under 6 Boys					
300m		George Curlewis	1:02.73	Box Hill Little Athletics Centre Meet	C Simondson 1:04.48 2005
Under 10 Boys					
400m		James Hall	1:03.52	State Championships	D Culleen 1:04.94 1971
800m		James Hall	2:22.33	State Championships	J Hall 2:26.40 2023
1100m		James Hall	3:26.95	Box Hill Little Athletics Centre Meet	L Tevere 3:46.07 2012
Under 10 Girls					
Discus		Kiyara Munasinghe	27.41	State Championships	K Boulter 27.22 2010
High Jump		Ava Keele	1.27	State Championships	A Plant 1.19 2020
Under 12 Girls					
800m		Sophie Hall	2:16.82	Regional Championships	L Powell 2:18.69 2011
1500m		Sophie Hall	4:35.67	Regional Championships	L Powell 4:46.56 2011
Under 13 Boys					
Discus		Llywelyn Schoenborn	35.68	Box Hill Little Athletics Centre Meet	T Tsatas 32.09 2019
Under 14 Boys					
Long Jump		Harrison Dolman	6.55	Australian Junior Athletics Championships	H Dolman 6.04 2022
Under 15 Boys					
Javelin		Heath Fox	46.03	Regional Championships	B Waters 40.16 2018
Under 16 Boys					
100m		Darcy Nixon	11.71	Box Hill Little Athletics Centre Meet	D Nixon 12.09 2022
200m		Darcy Nixon	23.90	State Championships	no previous record
300m Hurdles		Darcy Nixon	42.75	Regional Championships	D Nixon 44.58 2022
Long Jump		Darcy Nixon	6.07	Regional Championships	D Nixon 5.78 2023
Triple Jump		Brad Cox	10.89	Regional Championships	no previous record
Under 16 Girls					
800m		Khushi Deol	2:16.37	State Championships	A Holah 2:35.68 2021
1500m		Khushi Deol	4:39.99	State Championships	A Smith 5:12.22 2022
Javelin		Hannah Plant	34.90	Regional Championships	H Plant 32.35 2023
Under 17 Girls					
100m		Eva Wilson	15.62	Box Hill Little Athletics Centre Meet	
100m Hurdles		Eva Wilson	20.00	State Championships	
1500m		Eva Wilson	7:05.568	Box Hill Little Athletics Centre Meet	
200m		Eva Wilson	32.41	Regional Championships	
300m Hurdles		Eva Wilson	1:01.91	Box Hill Little Athletics Centre Meet	

New Box Hill Little Athletics Centre Records

Event	Specifics	Athlete	Record	Meet	
Under 17 Girls					
400m		Eva Wilson	1:19.606	Box Hill Little Athletics Centre Meet	
800m		Eva Wilson	3:39.266	Box Hill Little Athletics Centre Meet	
Discus		Eva Wilson	30.65	Box Hill Little Athletics Centre Meet	
High Jump		Eva Wilson	1.20	Box Hill Little Athletics Centre Meet	
Javelin		Eva Wilson	21.93	Regional Championships	
Long Jump		Eva Wilson	3.55	Box Hill Little Athletics Centre Meet	
Shot Put		Eva Wilson	8.65	Box Hill Little Athletics Centre Meet	
Triple Jump		Eva Wilson	7.53	Box Hill Little Athletics Centre Meet	

Box Hill Little Athletics Centre Records *Current as at 31 August 2023*

Box Hill athletes can only set a Centre Record during Box Hill Little Athletics Centre competition days, LAVic Region and State Track and Field Championships, LAVic State Multi Championships and when representing LAVic at the Australian Little Athletics Championships (ALAC). Athletes must have competed in their correct age group for records to be awarded. Centre Records achieved at a regular competition day must be handed to the Centre Recorder.

For a record to be recognised, the Key Official must seek verification by a Committee member immediately. All timing and measuring devices, hurdle heights, objects thrown and marks made must be left untouched until the record has been validated. If a Centre Record is set outside the centre, the result card should be sighted by the Centre Recorder.

All records will be ratified at the next Committee meeting. A certificate will be awarded to the athlete to acknowledge their achievements.

There is an accepted variation between manual and electronic timing. All hand time performances are adjusted as follows: distances under 400m +0.24 sec, distances of 400m +0.14 sec and distances greater than 400m, no change.

Note: All manually timed Box Hill centre records have been adjusted.

Event	Specifics	Athlete	Record	Meet	Year
Under 6 Girls					
70m		Matilda Dinnison	13.22	Box Hill Little Athletics Centre Meet	2003
100m		Kayla Herbert	18.60	Box Hill Little Athletics Centre Meet	2007
200m		Matilda Dinnison	39.86	Box Hill Little Athletics Centre Meet	2003
300m		Matilda Dinnison	1.04:86	Box Hill Little Athletics Centre Meet	2003
Long Jump	Mat	Emily Beratacco	2.73	Box Hill Little Athletics Centre Meet	2007
Shot Put	1kg	J Harker	5.17	Box Hill Little Athletics Centre Meet	2010
Discus	350g	Amy Collyer	10.06	Box Hill Little Athletics Centre Meet	2005
Under 6 Boys					
70m		Sam Cleeve	12.80	Box Hill Little Athletics Centre Meet	2002
100m		Ryan Miller	18.63	Box Hill Little Athletics Centre Meet	2002
200m		Darcy Hellriegal	39.32	Box Hill Little Athletics Centre Meet	2002
300m		George Curlewis	1.02:73	Box Hill Little Athletics Centre Meet	2023
Long Jump	Mat	Ryan Miller	2.91	Box Hill Little Athletics Centre Meet	2002
Shot Put	1kg	Jack Woods	5.31	Box Hill Little Athletics Centre Meet	2009
Discus	350g	Ryan Miller	15.10	Box Hill Little Athletics Centre Meet	2002
Under 7 Girls					
70m		E Sharp	11.64	Box Hill Little Athletics Centre Meet	1986
100m		B Ying	17.24	Box Hill Little Athletics Centre Meet	1985
		Abbey Kuluveouski	17.24	Box Hill Little Athletics Centre Meet	2013
200m		E Sharp	36.14	Box Hill Little Athletics Centre Meet	1986
300m		Imogen Gray	56.30	Box Hill Little Athletics Centre Meet	2013
Long Jump	Mat	Sarah Klotz	3.14	Box Hill Little Athletics Centre Meet	1988
Shot Put	1kg	Lauren Boulter	5.95	Box Hill Little Athletics Centre Meet	2011
Discus	350g	D Nash	12.73	Box Hill Little Athletics Centre Meet	1983
Under 7 Boys					
70m		Jason Cripps	11.34	Box Hill Little Athletics Centre Meet	1984
100m		Jason Cripps	15.94	Box Hill Little Athletics Centre Meet	1984
200m		Jason Cripps	32.54	Box Hill Little Athletics Centre Meet	1984
300m		Lachlan Doehmann	57.83	Box Hill Little Athletics Centre Meet	2009
Long Jump	Mat	Jason Cripps	3.53	Box Hill Little Athletics Centre Meet	1984
Shot Put	1kg	Jason Cripps	7.27	Box Hill Little Athletics Centre Meet	1984
Discus	350g	A Collins	18.40	Box Hill Little Athletics Centre Meet	1990
Under 8 Girls					
70m		B Ying	10.64	Box Hill Little Athletics Centre Meet	1986
100m		S McIntyre	15.54	Box Hill Little Athletics Centre Meet	1971
200m		Kayla Herbert	34.77	Box Hill Little Athletics Centre Meet	2008
300m		Kayla Herbert	55.66	Box Hill Little Athletics Centre Meet	2008
60m Hurdles	45cm/6flts	S McIntyre	11.64	Box Hill Little Athletics Centre Meet	1970
Long Jump	Mat	Aimee Griffin	3.67	Box Hill Little Athletics Centre Meet	2022
High Jump	Scissor	Aimee Griffin	0.99	Box Hill Little Athletics Centre Meet	2022
Shot Put	1.5kg	D Nash	7.51	Box Hill Little Athletics Centre Meet	1984
Discus	500g				

Box Hill Little Athletics Centre Records *Current as at 31 August 2023*

Event	Specifics	Athlete	Record	Meet	Year
Under 8 Boys					
70m		Jason Cripps	10.54	Box Hill Little Athletics Centre Meet	1985
100m		David Reeves	15.04	Box Hill Little Athletics Centre Meet	1972
200m		Jason Cripps	31.64	Box Hill Little Athletics Centre Meet	1984
300m		David Eliou	54.24	Box Hill Little Athletics Centre Meet	1995
60m Hurdles	45cm/6flts	Jason Cripps	10.94	Box Hill Little Athletics Centre Meet	1985
Long Jump	Mat	Jason Cripps	4.05	Box Hill Little Athletics Centre Meet	1984
High Jump	Scissor	Angus Dunstan	1.08	Box Hill Little Athletics Centre Meet	2018
Shot Put	1.5kg	Lachlan Doehmann	8.48	Box Hill Little Athletics Centre Meet	2011
Discus	500g				
Under 9 Girls					
70m		Dianne Watts	10.44	Box Hill Little Athletics Centre Meet	1973
100m		Dianne Watts	14.54	Box Hill Little Athletics Centre Meet	1973
200m		Dianne Watts	30.34	Box Hill Little Athletics Centre Meet	1973
400m		Amelie Holah	1.12:22	State Little Athletics Championships	2014
800m		Madeline Cleeve-Gerkins	2.47:24	Box Hill Little Athletics Centre Meet	2002
60m Hurdles	45cm/6flts	Laura O'Donnell	10.74	Box Hill Little Athletics Centre Meet	1988
700m Walk		Abbey Tempany	4.13:50	State Little Athletics Championships	2019
Long Jump	Mat	Sarah Klotz	4.00	Box Hill Little Athletics Centre Meet	1991
High Jump	Scissor	Kiyara Munasinghe	1.10	State Little Athletics Championships	2022
Shot Put	2kg	Kate Boulter	7.70	State Little Athletics Championships	2009
Discus	500g	D Nash	21.62	Box Hill Little Athletics Centre Meet	1985
Under 9 Boys					
70m		B Haugh	10.14	Box Hill Little Athletics Centre Meet	1986
100m		Des Cullen	14.43	Box Hill Little Athletics Centre Meet	1969
200m		S Wilson	30.14	Box Hill Little Athletics Centre Meet	1979
400m		Des Cullen	1.08:04	Box Hill Little Athletics Centre Meet	1969
800m		M Masoni	2.35:80	Box Hill Little Athletics Centre Meet	1977
60m Hurdles	45cm/6flts	Sebastian Purcell	10.47	Box Hill Little Athletics Centre Meet	2002
700m Walk		Max Malone	4.41:93	Box Hill Little Athletics Centre Meet	2017
Long Jump	Mat	M Jeffrey	4.45	Box Hill Little Athletics Centre Meet	1968
High Jump	Scissor	Angus Dunstan	1.23	State Little Athletics Championships	2019
Shot Put	2kg	Lachlan Doehmann	8.11	Box Hill Little Athletics Centre Meet	2012
Discus	500g	W Blackie	27.74	Box Hill Little Athletics Centre Meet	1982
Under 10 Girls					
70m		Dianne Watts	10.14	Box Hill Little Athletics Centre Meet	1974
		J Palmer	10.14	Box Hill Little Athletics Centre Meet	1974
100m		Dianne Watts	13.84	Box Hill Little Athletics Centre Meet	1974
200m		Dianne Watts	29.14	Box Hill Little Athletics Centre Meet	1974
400m		Jessica Sexton	1.06:79	Box Hill Little Athletics Centre Meet	2010
800m		Jessica Sexton	2.30:41	Box Hill Little Athletics Centre Meet	2010
1100m		Laura Powell	3.48:25	Box Hill Little Athletics Centre Meet	2009
60m Hurdles	60cm/6flts	Addie Taylor	10.69	State Little Athletics Championships	2022
1100m Walk		L Marland	6.05:00	Box Hill Little Athletics Centre Meet	1989
Long Jump	Mat	Sarah Ferrier	4.50	Box Hill Little Athletics Centre Meet	2005
High Jump	Scissor	Ava Keele	1.27	State Little Athletics Championships	2023
Shot Put	2kg	Gabrielle Clarke	9.22	Box Hill Little Athletics Centre Meet	2011
Discus	500g	Kiyara Munasinghe	27.41	State Little Athletics Championships	2023
Under 10 Boys					
70m		David Tyrell	10.04	Box Hill Little Athletics Centre Meet	1972
100m		David Tyrell	13.74	Box Hill Little Athletics Centre Meet	1972
200m		Michael Saunders	29.15	Box Hill Little Athletics Centre Meet	1996
400m		James Hall	1.03:52	State Little Athletics Championships	2023
800m		James Hall	2.22:33	State Little Athletics Championships	2023
1100m		James Hall	3.26:95	Box Hill Little Athletics Centre Meet	2023
60m Hurdles	60cm/6flts	B Haugh	9.64	Box Hill Little Athletics Centre Meet	1987
1100m Walk		Zachary Matters	5.44:79	State Little Athletics Championships	2017
Long Jump	Mat	Tim Crowe	4.49	Box Hill Little Athletics Centre Meet	1978
High Jump	Scissor	Riley Flynn	1.25	Region Little Athletics Championships	2020
Shot Put	2kg	Sam Kilworth	9.90	Box Hill Little Athletics Centre Meet	2002
Discus	500g	W Blackie	39.94	Box Hill Little Athletics Centre Meet	1983

Box Hill Little Athletics Centre Records *Current as at 31 August 2023*

Event	Specifics	Athlete	Record	Meet	Year
Under 11 Girls					
100m		Dianne Watts	13.64	Box Hill Little Athletics Centre Meet	1975
200m		Dianne Watts	28.24	Box Hill Little Athletics Centre Meet	1975
400m		S Prowse	1.04:54	Box Hill Little Athletics Centre Meet	1975
800m		Laura Powell	2.24:33	Box Hill Little Athletics Centre Meet	2009
1500m		Laura Powell	4.52:02	Region Little Athletics Championships	2010
80m Hurdles	60cm/9flts	Kate Boulter	13.61	Box Hill Little Athletics Centre Meet	2011
1100m Walk		Madeline McGregor	6.00:58	State Little Athletics Championships	2019
Long Jump	Board	Sarah Ferrier	4.78	Box Hill Little Athletics Centre Meet	2007
Triple Jump	Board	Sarah Ferrier	10.20	Box Hill Little Athletics Centre Meet	2010
High Jump		Claire O'Brien	1.43	Box Hill Little Athletics Centre Meet	2010
		Olivia Hojok	1.43	Region Little Athletics Championships	2015
Shot Put	2kg	Kate Boulter	10.39	Box Hill Little Athletics Centre Meet	2011
Discus	500g	Ruby Zosel	25.36	Region Little Athletics Championships	2020
Javelin	400g	Chelsea Dyer	24.08	Box Hill Little Athletics Centre Meet	2005
Under 11 Boys					
100m		Des Cullen	13.34	Box Hill Little Athletics Centre Meet	1971
		David Tyrell	13.34	State Little Athletics Championships	1973
200m		Sebastian Beck	28.36	State Little Athletics Championships	2017
400m		Des Cullen	1.02:44	Box Hill Little Athletics Centre Meet	1972
800m		R Moors	2.19:90	Box Hill Little Athletics Centre Meet	1978
1500m		M Masoni	4.49:90	Box Hill Little Athletics Centre Meet	1979
80m Hurdles	60cm/9flts	Sebastian Purcell	13.28	Box Hill Little Athletics Centre Meet	2004
		Xavier Purcell	13.28	Box Hill Little Athletics Centre Meet	2006
1100m Walk		Zachary Matters	5.34:97	State Little Athletics Championships	2018
Long Jump	Board	David Tyrell	4.95	State Little Athletics Championships	1973
Triple Jump	Board	David Reeves	10.28	Box Hill Little Athletics Centre Meet	1976
High Jump		Ryan Miller	1.51	Box Hill Little Athletics Centre Meet	2006
Shot Put	2kg	Sam Killworth	11.03	Box Hill Little Athletics Centre Meet	2003
Discus	500g	William Kauvai	29.35	Box Hill Little Athletics Centre Meet	2019
Javelin	400g	Edward Yarnton	28.95	Box Hill Little Athletics Centre Meet	2000
Under 12 Girls					
100m		K Jesudhason	12.94	Box Hill Little Athletics Centre Meet	1977
200m		Dianne Watts	27.44	Box Hill Little Athletics Centre Meet	1976
400m		C Wilson	59.34	Box Hill Little Athletics Centre Meet	1979
800m		Sophie Hall	2.16:82	Region Little Athletics Championships	2023
1500m		Sophie Hall	4.35:67	Region Little Athletics Championships	2023
80m Hurdles	68cm/9flts	Georgina Power	12.84	Box Hill Little Athletics Centre Meet	1995
1500m Walk		Chelsea Dyer	8.02:12	Box Hill Little Athletics Centre Meet	2006
Long Jump	Board	Grace Mackie	4.96	Box Hill Little Athletics Centre Meet	2006
Triple Jump	Board	Sarah Ferrier	10.44	Box Hill Little Athletics Centre Meet	2006
High Jump		Olivia Carter	1.52	Box Hill Little Athletics Centre Meet	2006
Shot Put	2kg	Kate Boulter	12.06	Box Hill Little Athletics Centre Meet	2012
Discus	750g	Eleanor Dwyer	33.20	Box Hill Little Athletics Centre Meet	1992
Javelin	400g	Chelsea Dyer	34.34	Box Hill Little Athletics Centre Meet	2006
Under 12 Boys					
100m		Sebastian Beck	12.59	State Little Athletics Championships	2018
200m		Sebastian Beck	25.33	State Little Athletics Championships	2018
400m		Michael Saunders	1.00:46	Box Hill Little Athletics Centre Meet	1998
800m		James Stanley	2.19:07	Box Hill Little Athletics Centre Meet	2010
1500m		R Moors	4.47:10	Box Hill Little Athletics Centre Meet	1979
80m Hurdles	68cm/9flts	Sebastian Purcell	12.70	Box Hill Little Athletics Centre Meet	2005
1500m Walk		Brendan Shallvey	7.34:30	Box Hill Little Athletics Centre Meet	1978
Long Jump	Board	David Tyrrell	5.21	State Little Athletics Championships	1974
Triple Jump	Board	Sebastian Beck	11.09	State Little Athletics Championships	2018
High Jump		Ryan Miller	1.55	Box Hill Little Athletics Centre Meet	2007
Shot Put	2kg	Llywelyn Schoenborn	11.54	Box Hill Little Athletics Centre Meet	2022
Discus	750g	Alain Yachou	39.66	Box Hill Little Athletics Centre Meet	1994
Javelin	400g	Sebastian Purcell	36.17	Box Hill Little Athletics Centre Meet	2005

Box Hill Little Athletics Centre Records *Current as at 31 August 2023*

Event	Specifics	Athlete	Record	Meet	Year
Under 13 Girls					
100m		Ishara Ross	12.80	State Little Athletics Championships	2022
200m		Jane Tulloch	26.34	Box Hill Little Athletics Centre Meet	1995
400m		Dee Dee Deng	59.62	State Little Athletics Championships	2017
800m		Dee Dee Deng	2.19:39	State Little Athletics Championships	2017
1500m		Hayley Tomlinson	4.45:00	Box Hill Little Athletics Centre Meet	2000
80m Hurdles	76cm/9flts	Georgina Power	12.41	Box Hill Little Athletics Centre Meet	1996
200m Hurdles	68cm/5flts	Ishara Ross	29.39	Australian Little Athletics Championships	2022
1500m Walk		Chelsea Dyer	7.11:82	Australian Little Athletics Championships	2007
Long Jump	Board	Sarah Ferrier	5.31	Box Hill Little Athletics Centre Meet	2009
Triple Jump	Board	Sarah Ferrier	12.09	State Little Athletics Championships	2009
High Jump		Sarah Ferrier	1.63	Box Hill Little Athletics Centre Meet	2009
Shot Put	3kg	Teah Wilson	10.89	State Little Athletics Championships	2019
Discus	750g	L Nunn	38.15	Box Hill Little Athletics Centre Meet	1996
Javelin	400g	Chelsea Dyer	34.96	Australian Little Athletics Championships	2007
Under 13 Boys					
100m		Colin Crewes	12.12	Box Hill Little Athletics Centre Meet	1999
200m		Daniel Doyle	25.16	Australian Little Athletics Championships	2016
400m		Michael Saunders	57.48	Box Hill Little Athletics Centre Meet	1998
800m		Michael Saunders	2.12:90	Box Hill Little Athletics Centre Meet	1998
1500m		Joel Tobin-White	4.38:62	Box Hill Little Athletics Centre Meet	2007
80m Hurdles	76cm/9flts	Thomas Cornelius	12.48	Box Hill Little Athletics Centre Meet	2006
200m Hurdles	68cm/5flts	Eli Taylor	29.47	State Little Athletics Championships	2018
1500m Walk		Mitchell Dyer	7.47:35	Box Hill Little Athletics Centre Meet	2009
Long Jump	Board	Harrison Dolman	5.77	Australian Little Athletics Championships	2022
Triple Jump	Board	Harrison Dolman	11.23	Region Little Athletics Championships	2022
High Jump		Eli Taylor	1.70	Box Hill Little Athletics Centre Meet	2018
Shot Put	3kg	Sam Killworth	11.32	Box Hill Little Athletics Centre Meet	2005
Discus	750g	Llywelyn Schoenborn	35.68	State Little Athletics Championships	2023
Javelin	600g	Eli Taylor	40.41	Box Hill Little Athletics Centre Meet	2018
Under 14 Girls					
100m		Jane Tulloch	12.56	Box Hill Little Athletics Centre Meet	1995
200m		Sarah Ferrier	25.71	Box Hill Little Athletics Centre Meet	2009
400m		Sarah Billings	57.09	Box Hill Little Athletics Centre Meet	2012
800m		Tamsyn Lovass	2.21:87	State Little Athletics Championships	2016
1500m		Grace Kalac	4.51:78	State Little Athletics Championships	2009
80m Hurdles	76cm/9flts	Ngarelle Gordon	12.46	Box Hill Little Athletics Centre Meet	1996
200m Hurdles	76cm/5flts	Ella Doherty	28.99	State Little Athletics Championships	2017
1500m Walk		Elizabeth Windsor	7.07:88	Box Hill Little Athletics Centre Meet	1995
Long Jump	Board	Sarah Ferrier	5.68	Region Little Athletics Championships	2010
Triple Jump	Board	Sarah Ferrier	12.19	Region Little Athletics Championships	2010
High Jump		Olivia Carter	1.59	State Little Athletics Championships	2008
Shot Put	3kg	Kate Boulter	11.41	State Little Athletics Championships	2014
Discus	1kg	N Langton	34.69	Box Hill Little Athletics Centre Meet	1989
Javelin	400g	Kathryn Brooks	42.98	Box Hill Little Athletics Centre Meet	2012
Under 14 Boys					
100m		Adam Remmers	11.68	Box Hill Little Athletics Centre Meet	2000
200m		Thomas Cornelius	24.21	Box Hill Little Athletics Centre Meet	2007
400m		Michael Saunders	53.71	Box Hill Little Athletics Centre Meet	2000
800m		Michael Saunders	2.06:63	Box Hill Little Athletics Centre Meet	2000
1500m		J Collins	4.35:10	Box Hill Little Athletics Centre Meet	1991
90m Hurdles	76cm/9flts	Sebastian Purcell	12.31	Box Hill Little Athletics Centre Meet	2007
200m Hurdles	76cm/5flts	Bailey Culbert	27.45	State Little Athletics Championships	2017
1500m Walk		Sam Hassett	7.33:55	Box Hill Little Athletics Centre Meet	1996
Long Jump	Board	Harrison Dolman	6.55	Australian Junior Athletics Championships	2023
Triple Jump	Board	Thomas Cornelius	12.31	Box Hill Little Athletics Centre Meet	2007
High Jump		Jack Ymer	1.82	Box Hill Little Athletics Centre Meet	2005
Shot Put	3kg	Samuel Latu	12.28	Box Hill Little Athletics Centre Meet	2015
Discus	1kg	Daniel Molloy	41.07	Box Hill Little Athletics Centre Meet	1995
Javelin	600g	Joshua Purcell	42.83	Box Hill Little Athletics Centre Meet	2005

Box Hill Little Athletics Centre Records *Current as at 31 August 2023*

Event	Specifics	Athlete	Record	Meet	Year
Under 15 Girls					
100m		Sienna Kurdian	12.19	Region Little Athletics Championships	2022
200m		Grace Mackie	25.46	Box Hill Little Athletics Centre Meet	2009
400m		Sarah Billings	57.06	Region Little Athletics Championships	2013
800m		Khushi Deol	2.18:16	State Little Athletics Championships	2022
1500m		Khushi Deol	4.46:73	State Little Athletics Championships	2022
90m Hurdles	76cm/9flts	Georgina Power	12.90	Box Hill Little Athletics Centre Meet	1998
300m Hurdles	76cm/5flts	Amelie Holah	47.64	Region Little Athletics Championships	2020
1500m Walk		Chelsea Dyer	7.23:65	State Little Athletics Championships	2009
Long Jump	Board	Sarah Ferrier	5.56	Box Hill Little Athletics Centre Meet	2011
Triple Jump	Board	Sarah Ferrier	12.43	State Little Athletics Championships	2011
High Jump		Natalie Crow	1.60	Box Hill Little Athletics Centre Meet	2000
		Rachel Limburg	1.60	Box Hill Little Athletics Centre Meet	2012
Shot Put	3kg	Chelsea Dyer	12.60	Box Hill Little Athletics Centre Meet	2009
Discus	1kg	N Langton	37.99	Box Hill Little Athletics Centre Meet	1991
Javelin	500g	Kathryn Brooks	42.96	Box Hill Little Athletics Centre Meet	2013
Under 15 Boys					
100m		Adam Remmers	11.15	Box Hill Little Athletics Centre Meet	2001
200m		Joshua Ross	22.84	Box Hill Little Athletics Centre Meet	2004
400m		Alex Kostov	51.34	Region Little Athletics Championships	2004
800m		Lachlan Doehmann	2.03:56	State Little Athletics Championships	2018
1500m		Lachlan Doehmann	4.18:28	State Little Athletics Championships	2018
100m Hurdles	76cm/10flts	Sebastian Purcell	13.15	State Little Athletics Championships	2008
300m Hurdles	76cm/7flts	Jeremy Shum	43.85	Region Little Athletics Championships	2018
1500m Walk		Sam Hassett	6.58:60	Box Hill Little Athletics Centre Meet	1997
Long Jump	Board	Sebastian Purcell	6.70	State Little Athletics Championships	2008
Triple Jump	Board	Thomas Cornelius	13.67	State Little Athletics Championships	2008
High Jump		Bede Waters	1.83	Box Hill Little Athletics Centre Meet	2018
Shot Put	4kg	William Seton	14.22	Box Hill Little Athletics Centre Meet	2012
Discus	1kg	Sebastian Purcell	49.67	Box Hill Little Athletics Centre Meet	2008
Javelin	700g	Heath Fox	46.03	Region Little Athletics Championships	2023
Under 16 Girls					
100m		Holly Nieuwenhuizen	12.67	Box Hill Little Athletics Centre Meet	2021
200m		Holly Nieuwenhuizen	26.22	State Little Athletics Combined Events	2021
400m		Amelie Holah	1.00:93	State Little Athletics Championships	2021
800m		Khushi Deol	2.16:37	State Little Athletics Championships	2023
1500m		Khushi Deol	4.39:99	State Little Athletics Championships	2023
90m Hurdles	76cm/10flts	Holly Nieuwenhuizen	13.67	State Little Athletics Combined Events	2021
300m Hurdles	76cm/7flts	Amelie Holah	45.75	State Little Athletics Championships	2021
1500m Walk		Erica Brown-Yamada	8.24:72	State Little Athletics Championships	2019
Long Jump	Board	Holly Nieuwenhuizen	5.21	State Little Athletics Combined Events	2021
Triple Jump	Board	Sophie Zarafa	10.89	Region Little Athletics Championships	2021
High Jump		Amelie Holah	1.45	Box Hill Little Athletics Centre Meet	2020
		Sophie Zarafa	1.45	Box Hill Little Athletics Centre Meet	2020
Shot Put	3kg	Jessica Stefanovic	13.80	Region Little Athletics Championships	2020
Discus	1kg	Jessica Stefanovic	34.41	Box Hill Little Athletics Centre Meet	2019
Javelin	500g	Hannah Plant	34.90	Region Little Athletics Championships	2023
Under 16 Boys					
100m		Darcy Nixon	11.71	Box Hill Little Athletics Centre Meet	2023
200m		Darcy Nixon	23.90	State Little Athletics Championships	2023
400m		Ewan Webber	54.35	State Little Athletics Championships	2019
800m		Ewan Webber	2.07:96	Region Little Athletics Championships	2019
1500m		Dharam Deol	4.37:62	Box Hill Little Athletics Centre Meet	2019
100m Hurdles	76cm/10flts	Hamish Davison	15.27	Region Little Athletics Championships	2022
300m Hurdles	76cm/7flts	Darcy Nixon	42.75	Region Little Athletics Championships	2023
1500m Walk					
Long Jump	Board	Darcy Nixon	6.07	Region Little Athletics Championships	2023
Triple Jump	Board	Brad Cox	10.89	Region Little Athletics Championships	2023
High Jump		Hamish Davison	1.80	State Little Athletics Championships	2022
Shot Put	4kg				
Discus	1kg	Dharam Deol	36.07	State Little Athletics Combined Events	2019
Javelin	700g	Dharam Deol	30.80	State Little Athletics Combined Events	2019

Box Hill Little Athletics Centre Records *Current as at 31 August 2023*

Under 17 Girls					
100m		Eva Wilson	15.62	Box Hill Little Athletics Centre Meet	2023
200m		Eva Wilson	32.41	Region Little Athletics Championships	2023
400m		Eva Wilson	1:19.606	Box Hill Little Athletics Centre Meet	2023
800m		Eva Wilson	3:39:266	Box Hill Little Athletics Centre Meet	2023
1500m		Eva Wilson	7.05:568	Box Hill Little Athletics Centre Meet	2023
100m Hurdles		Eva Wilson	20.00	State Little Athletics Championships	2023
300m Hurdles		Eva Wilson	1:01.91	Box Hill Little Athletics Centre Meet	2023
1500m Walk	Not Contested				
Long Jump	Board	Eva Wilson	3.55	Box Hill Little Athletics Centre Meet	2023
Triple Jump	Board	Eva Wilson	7.53	Box Hill Little Athletics Centre Meet	2023
High Jump		Eva Wilson	1.20	Box Hill Little Athletics Centre Meet	2023
Shot Put		Eva Wilson	8.65	Box Hill Little Athletics Centre Meet	2023
Discus		Eva Wilson	30.65	Box Hill Little Athletics Centre Meet	2023
Javelin		Eva Wilson	21.93	Region Little Athletics Championships	2023

Victorian State Individual Records Held by Box Hill Athletes *Current as at 31 August 2023*

Age Group	Athlete	Event	Record	Year
U9 Girls	Dianne Watts	200m	30.10 (M) 30.34 (S)	1973
U10 Girls	Dianne Watts	100m	13.60 (M) 13.84 (S)	1974
U10 Girls	Sarah Ferrier	Triple Jump	9.71*	2006
U11 Girls	Laura Powell	1500m	4.52:02	2010
U13 Girls	Sarah Ferrier	Triple Jump	12.09	2009
U14 Girls	Sarah Ferrier	Triple Jump	12.19**	2010
U14 Girls	Sarah Ferrier	Long Jump	5.68	2010
U15 Girls	Kathryn Brooks	Javelin 500g	41.99	2013
U16 Girls	Amelie Holah	300m Hurdles	45.75	2021
U16 Girls	Holly Nieuwenhuizen	90m Hurdles	13.67	2021

* No longer contested
** Australian Record
(M) Manual Timing (S) Standardised Time

Victorian State Relay Records Held by Box Hill Athletes

Age Group	Event	Record	Year
U11 Girls	4x100m	55.40 (M) 55.54 (S)	1977

(M) Manual Timing (S) Standardised Time

Box Hill Little Athletics Centre Records No Longer Contested

Event	Specifics	Athlete	Record	Meet	Year
Under 6 Girls					
60m Hurdles	45cm/ 6flts	Chloe Worner	14.51	Box Hill Little Athletics Centre	2005
Under 6 Boys					
60m Hurdles	45cm/ 6flts	Ryan Miller	14.35	Box Hill Little Athletics Centre	2002
Under 7 Girls					
400m		V Webb	1:25:34	Box Hill Little Athletics Centre Meet	1983
60m Hurdles	45cm/ 6flts	B Ying	12.84	Box Hill Little Athletics Centre Meet	1985
		L Hall	12.84	Box Hill Little Athletics Centre Meet	1985
		Laura O'Donnell	12.84	Box Hill Little Athletics Centre Meet	1986
300m Walk		Freya Evans	1.56:49	Box Hill Little Athletics Centre Meet	2012
400m Walk		V Webb	2.38:00	Box Hill Little Athletics Centre Meet	1982
		S Dann	2.38:00	Box Hill Little Athletics Centre Meet	1982
Under 7 Boys					
400m		Jason Cripps	1:18.84	Box Hill Little Athletics Centre Meet	1984
60m Hurdles	45cm/ 6flts	Jason Cripps	11.31	Box Hill Little Athletics Centre Meet	1984
300m Walk		Zachary Matters	2.01:91	Box Hill Little Athletics Centre Meet	2014
400m Walk		C Reid	2.38:00	Box Hill Little Athletics Centre Meet	1983
Under 8 Girls					
400m		S Ronwarth	1.19:44	Box Hill Little Athletics Centre Meet	1976
80m Hurdles	45cm/ 9flts	Sarah Evans	18.36	Box Hill Little Athletics Centre Meet	1985
700m Walk		Elizabeth Windsor	4.41:00	Box Hill Little Athletics Centre Meet	1989
Discus	350g	J Royle	17.61	Box Hill Little Athletics Centre Meet	1977
Under 8 Boys					
400m		Jason Cripps	1.12:24	Box Hill Little Athletics Centre Meet	1984
80m Hurdles	45cm/ 9flts	David Eliou	16.64	Box Hill Little Athletics Centre Meet	1995
700m Walk		Lachlan Doehmann	4.48:54	Box Hill Little Athletics Centre Meet	2011
Discus	350g	Jason Cripps	21.93	Box Hill Little Athletics Centre Meet	1985
Under 9 Girls					
80m Hurdles	45cm/ 9flts	Kayla Herbert	13.57	Box Hill Little Athletics Centre Meet	2009
1100m Walk		L Marland	5.48:70	Box Hill Little Athletics Centre Meet	1988
Triple Jump	Mat	C Hall	8.56	Box Hill Little Athletics Centre Meet	1983
High Jump	Any Jump	Freya Evans	1.21	Box Hill Little Athletics Centre Meet	2014
Under 9 Boys					
80m Hurdles	45cm/ 9flts	Sebastian Purcell	13.10	Box Hill Little Athletics Centre Meet	2002
1100m Walk		Corey Fiddes	6.28:02	State Little Athletics Championships	2009
Triple Jump	Mat	S Gilchrist	8.89	Box Hill Little Athletics Centre Meet	1986
High Jump	Any Jump	Ryan Miller	1.28	Box Hill Little Athletics Centre Meet	2005
Under 10 Girls					
80m Hurdles	60cm/ 9flts	Kate Boulter	14.39	Box Hill Little Athletics Centre Meet	2010
Triple Jump	Mat	Sarah Ferrier	9.71	State Little Athletics Championships	2006
High Jump	Any Jump	Claire O'Brien	1.38	State Little Athletics Championships	2009
Under 10 Boys					
80m Hurdles	60cm/ 9flts	J Adams	13.97	Box Hill Little Athletics Centre Meet	1995
Triple Jump	Mat	David Reeves	9.42	Box Hill Little Athletics Centre Meet	1975
High Jump	Any Jump	Ryan Miller	1.30	Box Hill Little Athletics Centre Meet	2006
		Eli Taylor	1.30	State Little Athletics Championships	2015
Under 11 Girls					
70m		Grace Mackie	9.87	Box Hill Little Athletics Centre Meet	2007
60m Hurdles	60cm/ 6flts	C Wilson	9.54	Box Hill Little Athletics Centre Meet	1978
1500m Walk		Mia Holah	8.28:31	State Little Athletics Championships	2013
Discus	750g	Kate Boulter	30.78	Box Hill Little Athletics Centre Meet	2011
Under 11 Boys					
70m		David Tyrell	9.64	State Little Athletics Championships	1973
		S Birchall	9.64	Box Hill Little Athletics Centre Meet	1986
60m Hurdles	60cm/ 6flts	Sebastian Purcell	9.65	Box Hill Little Athletics Centre Meet	2004
1500m Walk		Leo Webb	8.14:70	Box Hill Little Athletics Centre Meet	1975
Discus	750g	D Molloy	30.34	Box Hill Little Athletics Centre Meet	1992
Under 12 Girls					
70m		Grace Mackie	9.46	Box Hill Little Athletics Centre Meet	2007
60m Hurdles	60cm/ 6flts	C Wilson	9.34	Box Hill Little Athletics Centre Meet	1978
200m Hurdles	68cm/ 5flts	Natalie Crow	31.03	Box Hill Little Athletics Centre Meet	1997

Box Hill Little Athletics Centre Records No Longer Contested

Event	Specifics	Athlete	Record	Meet	Year
Under 12 Boys					
70m		Edward Whitehead	9.17	Box Hill Little Athletics Centre Meet	1998
60m Hurdles	60cm/ 6flts	Sebastian Purcell	9.61	Box Hill Little Athletics Centre Meet	2005
200m Hurdles	68cm/ 5flts	Colin Crewes	30.47	Box Hill Little Athletics Centre Meet	1998
Shot Put	3kg	Alain Yachou	10.60	Box Hill Little Athletics Centre Meet	1994
Under 13 Girls					
70m		Jane Tulloch	9.23	Box Hill Little Athletics Centre Meet	1995
300m Hurdles	68cm/ 7flts	Annie Purcell	47.43	State Little Athletics Championships	2015
1000 Steeple		Katrina Geddes	3.40:41	Box Hill Little Athletics Centre Meet	1997
Under 13 Boys					
70m		Colin Crewes	8.87	Box Hill Little Athletics Centre Meet	1999
300m Hurdles	68cm/ 7flts	Matthew Dougan	47.43	State Little Athletics Championships	2016
Discus	1kg	Alain Yachou	42.10	Box Hill Little Athletics Centre Meet	1995
1000m Steeple		Andrew White	3.03:31	Box Hill Little Athletics Centre Meet	1997
Under 14 Girls					
70m		Jane Tulloch	8.97	Box Hill Little Athletics Centre Meet	1995
90m Hurdles	76cm / 9flts	E Charlett	14.50	Box Hill Little Athletics Centre Meet	1991
300m Hurdles	68cm/ 7flts	Georgina Power	44.66	Box Hill Little Athletics Centre Meet	1997
Javelin	600g	Chelsea Dyer	36.49	State Little Athletics Championships	2008
1000m Steeple		Jocelyn Keage	3.28:12	Box Hill Little Athletics Centre Meet	1997
Under 14 Boys					
70m		Matthew Bertacco	8.34	Box Hill Little Athletics Centre Meet	2008
300m Hurdles	68cm/ 7flts	Jonathan Taylor	42.09	Box Hill Little Athletics Centre Meet	2012
Shot Put	4kg	George Asu	11.97	Box Hill Little Athletics Centre Meet	2014
1000m Steeple		Michael Saunders	3.06:72	Box Hill Little Athletics Centre Meet	1999
Under 15 Girls					
70m		Ngarelle Gordon	9.39	Box Hill Little Athletics Centre Meet	1997
300m Hurdles	68cm/ 7flts	Georgina Power	44.15	Box Hill Little Athletics Centre Meet	1998
Javelin	600g	Chelsea Dyer	39.64	Box Hill Little Athletics Centre Meet	2009
1000m Steeple		Jocelyn Keage	3.28:75	Box Hill Little Athletics Centre Meet	1998
Under 15 Boys					
70m		Joshua Ross	8.00	Box Hill Little Athletics Centre Meet	2004
90m Hurdles	76cm / 9flts	D Abbott	14.84	Box Hill Little Athletics Centre Meet	1991
300m Hurdles	68cm/ 7flts	Thomas Cornelius	39.77	State Little Athletics Championships	2008
Javelin	600g	Joshua Purcell	50.43	Box Hill Little Athletics Centre Meet	2006
1000m Steeple		Alex de Greenlaw	2.57:55	Box Hill Little Athletics Centre Meet	2001

Our Sponsors

Box Hill Little Athletics is proudly supported by a number of local sponsors, which helps us deliver a fantastic club and program to our young athletes.

Lexus of Blackburn has been supporting local and professional sporting clubs for decades.

They offer a full range of services on Whitehorse Rd in Blackburn including New & Pre-owned vehicle sales, service, finance and insurance.



BLACKBURN

If you are looking for a new vehicle Lexus Blackburn would love to assist BHLAC families.

Visit: lexusofblackburn.com.au

ROBINSON GILL.LAWYERS

Contact: 9890 3321 or
email legal@robinsongill.com.au

Situated in the heart of Box Hill, Robinson Gill Lawyers specialise in a broad range of legal areas such as Family, Wills, Business, Property, Conveyancing and Injury Law.

For all BHLAC members the first consultation is at no charge.

Conveniently located at 308 Middleborough Road in Blackburn, Smile to Go has been supporting the local community for many years.



SmileTo Go

Smile to Go can assist BHLAC members and families with routine dental work including GAP free check ups/cleans, braces, cosmetic and tooth whitening.

Visit: smiletogo.com.au to book or find out more



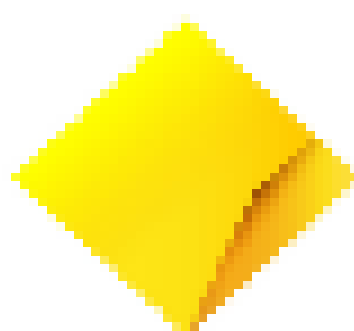
Bread Street has been the official bread supplier for Box Hill LAC for many years. Head down to see their full range at **22 Hamilton Street, Mont Albert.**

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LAVic Policy References

Box Hill Little Athletics Centre actively supports and promotes all LAVic policies which are set by the LAVic Board of Directors.

There are many LAVic policies that athletes, parents, spectators and officials need to be aware of.

These are (but not limited to):

- Codes of Conduct Policy
- Child Protection Policy
- Child Safe Policy
- Working with Children Check Policy
- Privacy Policy 2014
- Extreme Weather Policy
- Competition Rules (Regulations 8)
- Sun Protection Policy
- Smoke Free Policy
- Healthy Food Choice Policy
- Responsible Alcohol Management
- Competition Uniform and Spike Guidelines
- Social Media Policy

For further details refer to the LAVic website lavic.com.au

Continue Your Athletics Journey with Box Hill Athletics Club



When your journey at little athletics finishes, another one begins with the opportunity to continue your athletics career with the Box Hill Athletic Club.

Also located at Hagenaur Reserve, Box Hill, the club competes in all levels and disciplines of athletics competition from shield to elite with teams in Under 14, 16, 18, 20 and open competition.

Coaching is available in all events to help you achieve your athletics goals.

For more information visit boxhillathleticclub.org

Photo Acknowledgments

Thank you to professional photographer, Jazz Deol, who provided his photos for inclusion into the 2023/24 handbook. If anyone is interested in contributing photos or ideas for the handbook for next year, please email our Centre at info@boxhillac.com.au

Can Your Business Help our Centre?

Local business is key to helping Box Hill Little Athletics thrive. If your business can support our centre, we'd love to talk to you.

Dean Williams is our President and he would love to talk with you about how you can get involved. Contact Dean Williams on 0417 346 382.



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