



# INFORMATION BOOKLET 2020/2021



# SEASON HANDBOOK

2020/2021

[www.dubboathletics.org](http://www.dubboathletics.org)

## **COMMITTEE**

All our Committee members, officials, age managers and other helpers are volunteers. The club has no paid employees. It is an enormous but rewarding job to organise the athletic activities for our children for the whole season and run the Friday competition each week.

The committee, whose members are shown below, meet on the first Tuesday of each month throughout the year. Any member is welcome to attend, please contact the secretary for further details.

## **COMMITTEE MEMBERS**

President	Mick Gardiner
Vice President	Cassandra Scoble
Secretary	Rose Prout
Treasurer	Michelle Gooch
Registrar	Kerren Hutchison
Head Coach	Brianna Cook
Coach	Mark Penman
Coach	Sarah Ryan
Equipment Officer	Trevor Kratzmann
Recording and Timing Officer	Cameron Porteous
Assistant Recording and Timing Officer	Theresa Penman
Publicity Officer	Rod Price
NSW Public Officer	Kerri Pay
Tiny Tots Coordinators	Cameron Porteous
	Alex Eves
	Sally Tudor
General Committee	Denielle McPherson
	Peter Starr

## **Communication**

At Dubbo Athletics Club we feel the key to a successful season is through good communication with our members. To achieve this we utilise a number of different ways to communicate with you.

### **Web site**

Our website contains a wealth of information about the centre as well as links to register and other carnival related information. Regular news updates make this one of the most up-to-date news sources of the centre.

### **Facebook**

The Centre also has a Facebook page that is used to provide updates to members.

### **PA Announcements**

Be alert for announcements made over the public address system during the course of a Friday evening competition.

### **E-mail addresses**

The club regularly sends emails to families with updates or important information. If you did not put your email address on registration form or details change please let the Registrar know.

### **Contacting Us**

There are a few ways to contact us.

- In Person: The committee are very approachable if you have a question or some feedback, feel free to come up and talk to us.
- By Mail: We still utilise the tried and tested 'snail mail' feel free to write to us at PO Box 21 Dubbo, NSW, 2830
- By Email: You can send us an email through the contact us section of our website.

## Calendar – 2020/2021 Season

Date	Event	Venue
Fri September 25th	Competition Day 1	Barden Park
Fri October 2nd	Competition Day 2	Barden Park
Fri October 9 <sup>th</sup>	Competition Day 3	Barden Park
Fri October 16th	Competition Day 4	Barden Park
Fri October 23 <sup>rd</sup>	Competition Day 5	Barden Park
Fri October 30 <sup>th</sup>	Competition Day 6	Barden Park
Fri November 6 <sup>th</sup>	Competition Day 7	Barden Park
Fri November 13th	Competition Day 8	Barden Park
Fri November 20th	Competition Day 9	Barden Park
Fri November 27th	Competition Day 10	Barden Park
Fri December 4 <sup>th</sup>	Competition Day 11	Barden Park
Fri December 11th	Competition Day 12	Barden Park
Fri December 18th	Competition Day 13	Barden Park

## **Friday Evening Competition**

### **Program of Events**

Our Friday carnival operates on a 3-week cycle. The athletes are arranged into approx. equal sized groups and with the exception of Tiny Tots, compete in 4 to 6 events each Friday, over a 3-week cycle compete undertaking all the events once or twice. Our first day of competition is Prog A; the next is Prog B, and so on.

Please be patient in the first few weeks of competition. There are often delays or programming changes until our registration numbers are finalised.

### **Tiny Tots**

In accordance with LANSW policy, Tiny Tots do not compete in events and no results are recorded. Our program for Tiny Tots or 'play training' covers the activities of running, jumping and throwing in a modified form taking into consideration the developmental stages and requirements of young children. The program encompasses games and activities that have been designed to prepare Tiny Tots for their introduction to athletics in the Under 6 age group.

### **Start Time**

Competition will begin promptly at 6.00pm; if an athlete misses an event due to being late they will not be able to make it up. Please make sure you arrive in sufficient time to hear announcements and prepare properly for the Competition night ahead.

### **Age Group Management**

All the athletes are organised into their age groups and are accompanied around the field to their events by their parent helpers.

### **Wet Weather/Disruptions**

If it has been raining during the week or on Friday and you are not sure if competition will be on, the club's Facebook page will be updated by 5.00pm. We have also in recent years been affected by bushfire activity (smoke) and dust-storms, you can check these updates anytime. Always assume Comp is on unless otherwise been informed.

### **Duty Roster and Parental Assistance**

Little Athletics is run by ALL the parents for the benefit of ALL the children. It is essential that ALL parents assist in the many activities each Friday evening while their child is there. Parents are needed every Friday to act as officials, officials' helpers, timekeepers, recorders and equipment return etc.

### **Parent Attendance**

All athletes **MUST** be accompanied by a parent/guardian during Friday competition. This is especially important if an athlete is injured or if competition is cancelled due to bad weather. If a child is on their own and we cannot contact a parent, unfortunately we are obliged to inform the local Police.

## Parent Obligations

Parental assistance is required to complete each Friday competition. All parents are asked to undertake one of the many roles that are needed to be filled each week.

As well as being essential to the running of the carnival each week, it is also a good way for new parents to get to know other parents, both in their child's age group and throughout the club.

## Canteen and Barbeque

The canteen and barbeque will not be operating this season due to COVID-19 regulations. If your child requires food during the evening, ensure that you pack some before arriving.

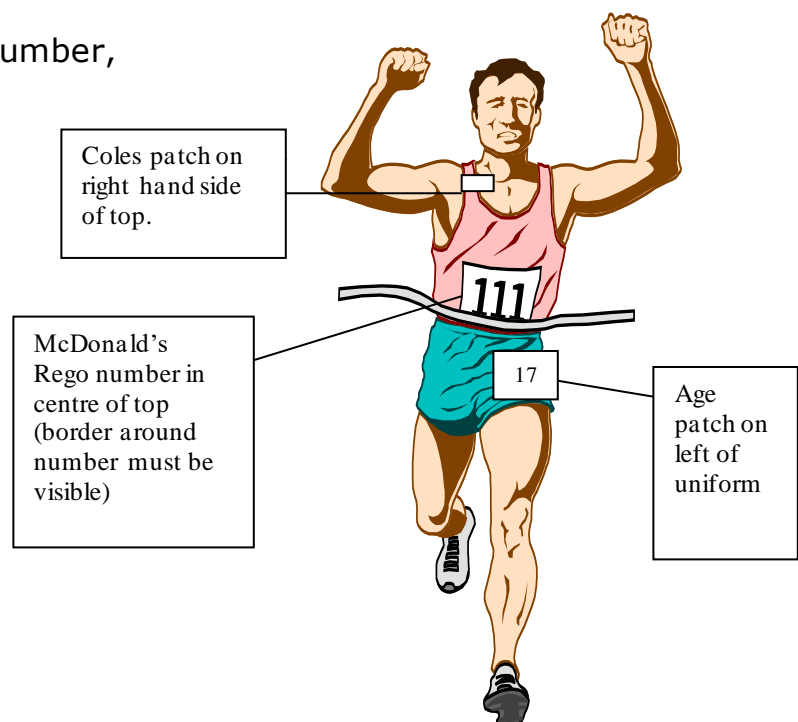
## UNIFORM

### Uniform, Numbers and Age Patches

Every Tot-U17 athlete must wear a Dubbo uniform at all Club, Zone, Region and State competitions. This includes the normal Friday competition. The Dubbo singlet and crop tops are white with black trim. The shorts or bike shorts are black with no logos at all. Uniforms may be purchased at the registration nights.

Every athlete will be issued with:

- An individual registration number,
- An age patch.
- A coles patch.



Uniforms can be purchased from the club on rego or competition nights.

## Price List

Uni Sex Singlets	\$35	Lycra Shorts	\$45
Crop Tops	\$45	Boy Shots	\$18
Girls Singlets	\$45	Adult Unisex singlets	\$40



## **SAFETY AND OTHER RULES**

### **Running Shoes**

Shoes must be worn in all events.

Children in Tiny Tots, U6-U10 age groups may not wear spikes at all. U11 & U12 athletes in jumps events and running events that do not have a pack start may wear spikes (U11 & U12 athletes may wear spikes in Javelin).

U13 –U17 athletes may wear spikes in jumps events, Javelin and all running events.

Children wearing spikes must take great care with them.

**Spikes must be put on just before each event and taken off immediately on finishing before leaving the track or the event area.**

### **Sun Safety**

DAC recommends that hats should be worn at all times except if the athletes wish to take them off during events. Athletes are allowed to wear hats in all events and, except in the high jump, will not be penalised in any way if they fall off. If an athlete's hat dislodges the bar in the high jump it will be ruled a foul.

Sun block is available for all athletes and parents. It is recommended that T-shirts be worn over singlet or crop tops while not competing. Please ensure your child has a water bottle and encourage plenty of drinks during the evening.

### **Working with Children**

DAC endorses the LANSW 'Codes of Behaviour' and 'Codes of Conduct', including its 'Personal Protection and Intervention Policy'. Of utmost importance is the safety and well-being of all children and adults. Depending on current legislative requirements we may require a declaration, or background check to be completed.

**Any concerns regarding the well-being of a child can be aired verbally to the Centre Child Protection Officer and then must be put in writing addressed to the Centre Secretary.**

### **Pacing**

**Please let the athletes do it by themselves!** Parents **ARE NOT** to run on or alongside the track to urge their children on. This is against the rules of athletic competition and if any records are set under such circumstances they will not be recognised. Please cheer and encourage ALL children, not just your own.

### **No Smoking**

All Dubbo Regional Council facilities have been designated strictly **NO SMOKING** areas, and DAC will enforce this ruling in order not to be in breach of its facility use agreement.

### **No Animals**

**Please leave your pets at home when coming to the Friday evening competition.**

### **Visiting Athletes and Unregistered Children**

Athletes registered with other LANSW centres are welcome to compete with us on Friday evenings, provided they can show proof of registration with another centre. **This will be subject to the current COVID-19 guidelines.**

### **Insurance**

All registered Little Athletes and parent officials are covered by insurance taken out by Little Athletics Australia

Please report any injury or accident to the Secretary as soon as possible.

## **COACHING**

Athletes will run, jump or throw best if they have the right technique. Children who want to improve their performance levels, should attend our club coaching sessions which are provided free of cost to all registered athletes.

Our Head Coach, Mark Penman, provides coaching for our athletes on Tuesdays from 4.30pm and on Sundays from 10:00am.

Please check our [Facebook Group](#) for the latest updates or any changes to training arrangements.

Other training programs are generally also offered from Little Athletics or Athletics Australia. These are usually held on weekends or school holidays and will be advised through Facebook and announced on competition nights. Private coaching may also be available.

## **CHAMPIONSHIPS**

### **Zone Championships**

Unfortunately, due to COVID-19, the LANSW zone championships will not take place this season.

### **Region Championships**

Unfortunately, due to COVID-19, the LANSW regional championships will not take place this season.

### **State Championships**

LANSW are currently planning on holding the 2020/21 state championships. Once LANSW release the selection criteria to qualify for this event, DAC will notify all members through our various communication channels.

### **State Multi Event**

The State Multi Event Championship is open to athletes in the Under 7 age groups and above and is held over a weekend in early March usually in a regional location.

Athletes take part in 4, 5 or 6 events (depending on the age group) over the 2 days. No finals are run and points are awarded to the athlete depending on the result in accordance with the LANSW multi points table. Placings are awarded based on accumulated points scores.



**DAC will update registered member on dates and venues once LANSW have confirmed.**

**EVENT DETAILS AND RULES OF COMPETITION**

The general rules of competition are given in the following pages, and additional information can be found on the LANSW web site: [www.lansw.com.au](http://www.lansw.com.au).

Local rules may be applied when the Committee deems practical.

**Track Events**

The following events are held:

**Sprints**

50m U6-U7  
70m U6-U10  
100m U6-U17  
200m U6-U17

**Middle Distance**

300m U6  
400m U8-U17  
500m U7  
700m U8  
800m U9-U17

**Distance**

1500m U11-U17  
3000m U13-U17

**Hurdles**

<b>Age</b>	<b>Distance</b>		
U8-U10	60m	U14B, U15G	90m
U11-U13, U14G	80m	U15B-U17G	100m
		U17B	110m

**Walks**

700m U9  
1100m U10-U11  
1500m U12-U17

Race walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

Judges report competitors who infringe the rules. This may lead to disqualification from the event.

**Field Events**

Only brief details are provided here; these are not the full rules. If there is uncertainty on how to perform any of these events properly or the rules, please contact a committee member who will provide basic instruction. Please try to ensure that athletes understand the proper rules. Full instructions are also available on the website [www.lansw.com.au](http://www.lansw.com.au)

## Discus

U6-U7	350g
U8-U11	500g
U12-U13	750g
U14-U15, U17G	1kg
U17B	1.5kg

Competitors have up to three throws. The athlete may enter the circle from any direction, but **must** leave from the rear half of the circle after the discus has landed in a controlled manner.

To measure the throws:

- a prong, with the zero end of a measuring tape attached, is placed on the near edge of the imprint mark made by the discus or the marking pin;
- the tape measure is drawn tight through the centre of the throwing ring;
- the distance of the throw is measured at the point where the tape crosses the inner edge of the ring;
- The measurement is made to the nearest centimetre below the distance thrown unless the reading is a whole centimetre.

Places are determined by the best performance of all trials.

## Shot Put

U6	<u>500g</u> (pink)
U7	<u>1kg</u> (blue)
U8	<u>1.5kg</u> (yellow)
U9-U12	<u>2kg</u> (orange)
U13-U14, U15G, U17G	<u>3kg</u> (white)
U15B	<u>4kg</u> (red)
U17B	<u>5kg</u> (green)

Competitors have up to three throws. Measurement is similar to that described for discus. When a competitor takes a stance in the circle, the shot must be held in one hand touching or in close proximity to the neck or the chin in front of the ear and the hand must not be dropped below this position during the put. The shot must not be taken back behind the line of the shoulders.

No part of the athlete's body or clothing is permitted to touch the outside of the circle or the top of the ring, during the throw. The athlete must not leave the circle until the shot has landed. The athlete may enter the circle from any direction, but must always leave from the rear half of the circle and in a controlled manner.

## Javelin

U11 & U12	<u>400g</u>
U13G, U14G	<u>400g</u>
U15G, U17G	<u>500g</u>
U13B, U14B	<u>600g</u>
U15B, U17B	<u>700g</u>

No part of the athlete's body or clothing is permitted to touch beyond the defined throwing line during or after a throw. An athlete must leave the throwing area from the rear. The

javelin must land so that the imprint mark made by the leading edge of the javelin is within the inner edges of the marked sector.

Measurement is similar to that described for discus.

### **Long Jump**

U6-U7 (50cm board 50cm from pit)

U8-U10 (50cm board 1m from pit)

U11-U17 (20cm board)

Competitors have up to three jumps and jump from a mat covered in sand near edge of the pit (for the Under 6s to Under 10s) and from a white line (for the Under 11s to Under 17s). An athlete must take off on one foot from behind the front of the take-off mat or line and land in the sandpit.

For junior athletes, a jump is measured from the front of the imprint of the foot on the mat to the closest indentation in the sand made by the athlete.

For senior athletes a jump is measured from the front of the line to the closest indentation in the sandpit made by the athlete, whether this be from the foot, hand or other parts of the body.

Competitor places are adjudged by the highest jump distance of each competitor.

A foul jump (no-jump) is recorded if:

- any part of the athlete's take-off foot crosses the front or side edge of the take-off mat or line;
- after completing a jump, the athlete walks back through the sandpit;
- in the course of landing, the athlete touches the ground outside the sand pit nearer to the take-off point than the nearest break in the landing area made by the jump;
- The athlete does not land in the sandpit.

### **Triple Jump**

U11-U17 (20cm board)

Competitors have up to three jumps and jump from the standard board to the sandpit. The rules for measurement and no-jumps are the same as the long jump.

### **High Jump**

Note that the bar height is checked with the measuring stick perpendicular to the ground at the lowest point of the bar - **that is, the middle of the bar**. The outer edges must measure equal heights and be set so that the centre of the bar is at the stipulated height.

A competitor does not have to start jumping at the starting height but may commence jumping at any height above the starting height. Athletes must take off from one foot.

An athlete is eliminated from the event after three consecutive failures. It is considered a failure if the athlete knocks the bar off the supports or any part of the athlete's body touches the ground or landing area beyond the plane of the uprights without clearing the bar. If the bar falls off without being hit by the athlete e.g. strong wind, mats hitting the uprights, it is not considered a failure.

Athletes in the U9 and U10 age group must undertake their jumps scissor style, any other style will be considered a foul.

**It is also regarded as a failure if the athlete takes an unreasonable time to complete the jump, as adjudicated by the person running the event.**

## **Athlete Results, Records and Awards**

### **Results**

All of our athlete's results from the U6 age group and above are entered into the centre's computer each week. Which parents can access via a username/password.

### **Records**

For a record to be achieved in a field event the measurement of the distance must have been checked by 2 committee members at the actual time of measurement. In the case of high jump, 2 committee members must have checked the height of the bar BEFORE the record equalling or breaking jump. For track records with manual timers at least 2 stopwatches must have been used with the slowest time taken and being checked by 2 committee members at the time.

The DAC records held at the end of the 2020/21 Season are listed on the centre website.

### **Achievement Awards U6-U17**

These award the improved performance of each child.

Points are awarded each week, on the following basis.

- 1 point for COMPETING in each event, each week
- 2 points for EQUALLING their personal best performance
- 3 points for IMPROVING on their personal best performance

In order to qualify for these Awards a child must have attended and competed, for approximately 65% of the Competition weeks completed.

Trophies will be awarded at our annual presentation.

### **Age Champion U6-U17**

The Centre Championships are determined by the children's performances throughout the season; we do not have a specific Centre Championship Day.

In order to qualify for these Championships in every event, a child must have competed in that event, for at least 65% of the occasions that the event was held.

In events in which they qualify, they will have their best performance for the season determined for each event.

The children will have their place in each event determined by these results, and will be awarded points based on their placing.

The Child with the highest aggregate point score in each age group will receive the Age Champion trophy.

These awards will be made on the Centres Presentation Day.

### **Male and Female Encouragement Awards**

These trophies are awarded to the athletes, who have shown dedication by their regular attendance and participation.

These awards are determined by a vote of the committee

### **Male and Female Most Improved Awards**

These trophies are awarded to the athletes, who have shown the most improvement across all events throughout the season.

These awards are determined by a vote of the committee

### **Female Club Person of the Year**

This award is open to any member who has contributed to the successful operation of the Centre in a season. Nominations may be made by any adult member and are called for at the season end.

The winner of this award will be determined by a vote of the committee

### **Male Club Person of the Year**

This award is open to any member who has contributed to the successful operation of the Centre in a season. Nominations may be made by any adult member and are called for at the season end.

The winner of this award will be determined by a vote of the committee

**Enjoy your season with our Club!**

**All the very best to our athletes, parents, carers and volunteers for the 2020/21 season!**







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