

SEASON HANDBOOK

2025/2026



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**Little
Athletics
Centre**



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Welcome

Families, athletes, and volunteers - welcome to the 2025/2026 Swan Hill Little Athletics season.

Our enthusiastic volunteer committee has been working hard behind the scenes to get the grounds and club ready for our summer season (thank you to each of you). We now look forward to getting into competition and seeing you and your athlete/s at our Friday night competitions.

We are proud to be part of the little athletics community, focussing on athletes' skills development, enjoyment and improving personal bests. We aim to be an inclusive club, catering to athletes of all backgrounds and skill levels.

This handbook will give you an overview of Little Athletics Victoria (LAVic) and our centre.

If you have any further questions about the club, about competition or how to get involved, our committee members are there to help. Say hi to us on competition nights, or contact one of us if you have any queries – contact information is contained in this handbook.

Thank you for joining us at Swan Hill Little Athletics Centre (SHLAC) - we hope your time with us will be fun and fulfilling.

Regards

Steve Colombo

President

Swan Hill Little Athletics Centre

Little Athletics Victoria

Little Athletics Victoria is a children’s athletics program for 5 year olds to 17 year olds. Athletes participate in running (sprinting, hurdles, endurance running), jumping (long jump, high jump, triple jump) and throwing (discus, shot put, javelin).

There are almost 100 Little Athletics Centres in Victoria, which are grouped into 7 regions: Eastern Metro, Gippsland Country, Northern Country, Northern Metro, Southern Metro, Western Country and Western Metro.

Swan Hill Little Athletics Centre is part of the Western Country Region which includes centres such as Ararat, Ballarat, Beaufort and District, Buninyong, Camperdown, Casterton, Cohuna, Colac, Edenhope, Hamilton, Horsham, Kerang, Lake Bolac and District, Maryborough, Port Fairy, Portland, Stawell and Warrnambool.

Any participation in State level athletics will first be within the Western Country Region before progressing to State Championships against athletes who have qualified from the other various regions.



Eastern Metro Region

Box Hill
Camberwell / Malvern
Cockatoo
Collingwood
Doncaster
Kew
Knox
Nunawading
Ringwood
Sherbrooke
Yarra Ranges

Gippsland Country Region

Bairnsdale
Berwick
Cranbourne
Leongatha
Moe
Orbost
Pakenham
Sale
Southern Peninsula
Traralgon
Warragul
Wonthaggi

Northern Country Region

Albury
Barooga
Benalla
Bendigo
Echuca / Moama
Kyabram
Kyneton
Lavington / Jindera
Mansfield
Mt Beauty
Murrindindi
Nagambie
Nathalia
Rochester
Rutherglen
Seymour
Shepparton
Wangaratta
Wodonga
Yarrawonga / Mulwala

Northern Metro Region

Coburg
Craigieburn
Diamond Valley
Essendon
Keilor
Kilmore & Dist.
Lancefield / Romsey
Preston / Reservoir
Sunbury
Whittlesea City



Southern Metro Region

Brighton
Caulfield
Chelsea
Dandenong
Frankston
Mentone
Moorabbin
Mornington
Oakleigh
Sandringham
Seaford
Springvale
Waverley
Westernport

Western Country Region

Ararat
Ballarat
Beaufort & Dist.
Buningyong
Camperdown
Casterton
Cohuna
Colac
Edenhope
Hamilton
Horsham
Kerang
Lake Bolac
& District
Lucas
Maryborough
Port Fairy
Portland
Stawell
Swan Hill
Warrnambool

Western Metro Region

Altona
Bacchus Marsh
Brimbank
Corio
Geelong
Gisborne
Melton City
South Melbourne Dist.
Surf Coast
Werribee
Williamstown



OCTOBER 2025

- 3 Season launch
- 10 First competition night
- 17 Competition night
- 24 Competition night
- 25 Finley carnival

NOVEMBER 2025

- 7 Competition night
- 9 Deniliquin carnival
- 14 Competition night
- 16 Horsham carnival
- 21 Competition night
- 22/23 LAVic Region Relay Champs
- 28 Competition night
- 30 Swan Hill Open Day

DECEMBER 2025

- 6 Competition night
- 7 Albury Open Day
- 12 Last competition night until 2026
- 13/14 LAVic Relay State Championships

JANUARY 2026

- 17/18 State Combined Championships in Cranbourne
- 30 First competition night for 2026

FEBRUARY 2026

- 1 Maryborough Open Day TBC
- 6 NO COMPETITION NIGHT
- 7/8 Regional Track & Field Champs
- 13 Competition night
- 20 Competition night
- 22 Ballarat Open Day
- 27 Competition night



MARCH 2026

- 1 Coburg Open Day
- 6 Competition night
- 7/8 State Track & Field Champs
- 13 Last competition night (TBC)
- 20 Awards night and AGM (TBC)

Registration

The Swan Hill Little Athletics Centre provides track and field activities for boys and girls in age groups from Under 6 to Under 17.

The athlete's age, in years at 31 December 2025, determines the age group in which the athlete will be registered.



	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021
JAN	U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
FEB	U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
MAR	U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
APR	U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
MAY	U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
JUN	U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
JUL	U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
AUG	U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	
SEP	U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	
OCT	U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	
NOV	U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	
DEC	U17	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	

Proof of birth must be provided for all new registrations or upon request from the Centre, where it hasn't been marked as sighted prior.

Important: Athletes born in 2021 must have turned 5 before registering (these new U6 athletes will repeat U6 in the next calendar season 2026/27)

Registration - inclusions and insurance

All registrations and payment must be completed online at www.lavic.com.au. Registration will only be finalised on payment of the membership fee and the completion of LAVic registration online. There is no paper based registration available.

Once you are registered, you become a member of the Swan Hill Little Athletics Club (SHLAC), Little Athletics Victoria (LAVic) and Little Athletics Australia (LAA). Parents of members, by signing the register when they register their children, also become members.

Registration

All members are fully insured through our affiliation with LAVic and are able to participate in any LAVic or LAA event anywhere in Australia. The insurance coverage includes personal accident at the centre, liability insurance for coaches and centre executive members and public liability.

If you are travelling for the weekend and cannot participate at our regular Friday night competition, membership allows your athlete to participate at another centre. Points can be submitted to our club registrar on your return and uploaded to your aggregate points.

Registration also allows your athlete to compete in open days, regionals and in cross country competitions through LAVic, and be eligible for selection for State Championship heats and finals.

These events will be advertised through our Facebook page, via ResultsHQ and listed in the Calendar of Events section of this handbook.

Registration with Swan Hill Little Athletics includes your athlete's participation in both the summer track and field competition, and the winter cross country season.

Registration fees

The registration fee for the 2025/26 season is \$110 per athlete. This fee is comprised of two parts:

- An LAVic fee that covers insurance and the running of LAVic, which is \$89.
- SHLAC fee for the running of Swan Hill Little Athletics Centre, which is \$21.

Fees for just the cross country winter competition are \$60 per athlete. This comprises \$55 in LAVic fees and \$5 in SHLAC fees.

We aim to keep the centre fee as low as we can to ensure little athletics is a sport open to children from all backgrounds.



Registration

New athletes New athletes considering joining our club can register as trial athletes.

New members can use their two free 'trial weeks' within the first 4 weeks of the season, and must then pay their membership fees following the second week of trial attendance (if they wish to join). Trial athletes are fully covered by the national insurance program entered into by Little Athletics Australia Ltd ('LAA') for the 28-day period of the Trial Athlete Offer.

The points system (for club awards) will not be counted until an athlete is fully registered and paid.

Existing and returning members

For existing members renewing their registration, fees are due on registration. The points systems will not start until membership fees are fully paid.

If you have any queries please contact the Centre Registrar.

Silver Sponsor



Terra Ag Services is a rural supplies business established in 2013 by three local agribusiness partners. Based in Griffith NSW Terra Ag expanded to Swan Hill in 2020.

Terra Ag supplies the Western Riverina and North West Victoria, with a full range of farming inputs and agronomic services to

support our valued customers.

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Uniform and patches

Swan Hill Little Athletics Centre was formed in 1968 and was the 25th Centre to register with the Victorian Little Athletics Association (VLAA). This is the reason our uniform displays the number 25.

Black shorts and the red top have been the uniform at our Centre and at carnivals, state and regional competitions since 1968.

Club singlets, t-shirts and crop tops are available for purchase. Black training polo t-shirts and hoodies are also available and are a great option for wearing when not competing.



Competition Apparel

Singlet	\$40
Crop top	\$45
T-shirt	\$45
Shorts	\$30

Club Apparel

Hoodies	\$70
T-shirt	\$45

A range of sizes is available to try on at the Canteen at the start of the season.

Uniforms can be purchased online during athlete registration or from the canteen.



What to wear to local club competition

Athletes **MUST** wear the provided Commonwealth Bank registration chest patch while participating in all Centre activities. This is a safety procedure and sponsorship requirement.

Wearing a chest patch allows our officials and the parents of other athletes to quickly know the athlete's name and age group. In case of accident or emergency, athletes' names can be accessed quickly.

A chest patch will be provided to you on your first night of competition for the season. The patch needs to be pinned to the front of the athlete's top each week. **Please keep this patch and bring it along each week.**

Athletes without a chest patch may be prevented from competing as they are in breach of the LAVic Competitive Members' membership requirements.

Uniform is optional on club competition nights, but athletes must wear appropriate footwear (spikes may be worn in accordance with LAVic rules) and sun protection, including a hat and sunscreen.



What to wear to open days, regionals and state competition

Club singlets and plain black shorts **MUST** be worn when competing at open days or regional and state events. Centre singlets are available on loan if you are attending open days, state or regional competition.

All centre uniforms singlets, tees and crops **MUST** have a small Coles patch attached above the LAVic logo - this is a state requirement.

Athletes must wear appropriate footwear (spikes may be worn in accordance with LAVic rules) and sun protection, including a hat and sunscreen. The chest patch must also be worn, as per above.



Results HQ

After every athletics or cross country event, your athlete's results will be uploaded to LAVic's results platform, Results HQ. To track results, login to <https://resultshq.com.au/login>



Your username will be the email address used for registration. Note that any personal bests (PBs) recorded at Open Days or Carnivals will not count towards the Swan Hill Little Athletics end of summer athletics competition awards.



Inclusivity

Little athletics develops children of ALL abilities, providing a warm and inclusive environment for all young people to be their best. We aim to provide an inclusive environment in which barriers to involvement are removed and all people feel welcome and comfortable to participate.

If your athlete requires modifications to our standard program to allow them to compete, please contact the Committee. We can work to see whether modifications may need to or can be made to suit the requirements of your child.



Our summer Season

Swan Hill Little Athletics Centre runs a weekly summer athletics program from October to March with a break over the summer school holidays.

Competition is held every Friday night at 5pm at the Ken Harrison Sporting Complex. Families should gather in front of the clubrooms by that time.

The event schedule for that competition day will be on display on the noticeboard along with any other information for families.

Before competition starts, athletes will be taken through a warm-up on the oval. After warm-up, athletes will return to the clubhouse for announcements and the announcement of PB awards. Various age groups will then be directed to their first event. Competition generally finishes around 6.30pm.

Every age group competes in 4 different events per week.



If a competition night is cancelled due to wet weather or extreme heat, the cancellation will be advertised via our Facebook page.

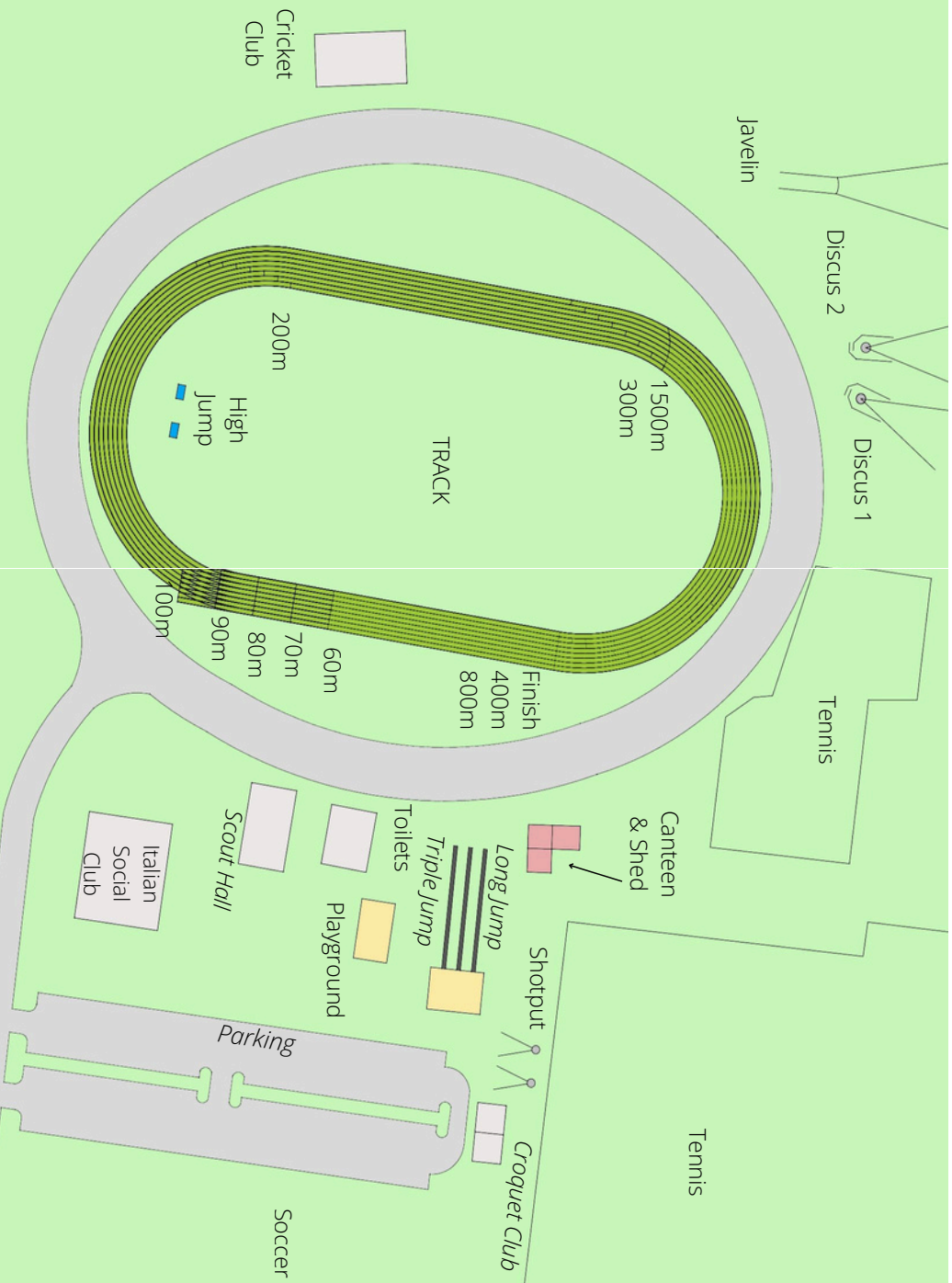
Silver Sponsor



GrainCorp



Swan Hill Little Athletics Complex



Summer athletics program

EVENT	ON TRACK								AGE GROUP							
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17				
70m	X	X	X	X	X	X	X	X	X	X	X	X				
100m	X	X	X	X	X	X	X	X	X	X	X	X				
200m		X	X	X	X	X	X	X	X	X	X	X				
400m				X	X	X	X	X	X	X	X	X				
Unlaid: up to and including, group start	300m	500m	700m													
800m				X	X	X	X	X	X	X	X	X				
1500m						X	X	X	X	X	X	X				
Sprint Hurdles (Boys)	60m	60m	60m	60m	60m	80m	80m	80m	90m	100m	100m	110m				
Sprint Hurdles (Girls)	60m	60m	60m	60m	60m	80m	80m	80m	80m	90m	90m	100m				
Long Hurdles								200m	200m	300m	300m	300m				
Race Walk			700m	700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m	1500m				
High Jump (Scissor)			X	X	X											
High Jump																
Long Jump (mat)	X	X	X	X	X	X	X	X	X	X	X	X				
Long Jump (board)																
Triple Jump																
Discus (Boys)	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg	1.5kg				
Discus (Girls)	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg	1kg				
Javelin (Boys)	Vortex	Vortex	Vortex or Turbo Jav	Vortex or Turbo Jav	400g	400g	400g	600g	600g	700g	700g	700g				
Javelin (Girls)	Vortex	Vortex	Vortex or Turbo Jav	Vortex or Turbo Jav	400g	400g	400g	400g	400g	500g	500g	500g				
Shot Put (Boys)	1kg	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	4kg	4kg	5kg				
Shot Put (Girls)	1kg	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg	3kg	3kg				

How to get involved

There are numerous ways for parents / carers and other volunteers to get involved and help to run Swan Hill Little Athletics Centre. We simply cannot function without parents' input.

- **Setting up and packing up equipment:** At 3.30pm on a Friday night, the committee meets to start setting up for the night's athletics program. If you can make it to Ken Harrison Reserve earlier, we'd love to have your help.
- **Age group helper:** Each age group benefits from a helper who will guide the group from event to event.
- **Measurer:** Holding a measuring tape and / or measuring jumps or throws. Someone will show you where to measure from.
- **Recording:** Each throwing or jumping event has a folder for recording each child's three attempts. These records will be uploaded by the Registrar following competition night to ResultsHQ.
- **Barbecue or canteen:** The canteen is open every competition night and is a great place to help out of the sun. A barbecue is cooked several times during summer competition and cooks are greatly needed.
- **Raking over the jumping pits:** Following each jump, the pits need to be raked.
- **Coaching:** We'd welcome any ex-athletes with any expertise in this area. Jump in and help, or ask a committee member where to start!

Other jobs arise from time to time. Please ask us or simply jump in and help out!

Improve your own skills!

LAVic's Introduction to Teaching Little Athletics Skills (ITLAS) is available online. Parents are encouraged to take part, to learn the basics of each event and how to help our athletes. Go to **littleathleticselearning.com.au**.

This is a great resource for all parents to help build your skills to help on a Friday night.



Our summer Season

Recording

Parents and helpers are needed to record distances in the jumping events (**long jump** and **triple jump**) and the throwing events (**shot put**, **discus** and **javelin**).

The same principles are followed for each event, where each throw or jump is recorded and the best of three attempts carried across at the end of the event. Any no-qualifying throw or jump is recorded as an X.

For example:

Name	1 st Attempt	2 nd Attempt	3 rd Attempt	Best
Athlete 1	4.55	X	4.32	4.55
Athlete 2	1.25	1.72	2.05	2.05
Athlete 3	3.33	X	X	3.33

High jump is slightly different. Each jump for a particular height is recorded with:

X for a failed attempt

O for a cleared jump

- for an athlete who did not jump

Each athlete gets three attempts at a height. After the third failed attempt, the athlete is finished with the event.

For example:

Name	0.90m	1.00m	1.10m	Best
Athlete 1	XXO	XO	XXX	1.00m
Athlete 2	O	O	XXX	1.00m
Athlete 3	XXO	-	-	0.90m



Our club relies on the support of generous local sponsors to ensure we can upgrade equipment and facilities, host special events and upskill our athletes and club volunteers. We thank our sponsors and encourage you to support them if you can.

Our platinum, gold, silver and bronze sponsors are recognised throughout this handbook.

Our in-kind sponsors for 2025/26 are:



SEASON SPONSORS

Foster
STONEFRUIT



Swan Hill
Little Athletics
Centre



Club shirt sponsors

We are pleased to be able to offer club shirts. We hope that athletes and supporters will wear these shirts when training and travelling to little athletics competitions.



Thanks to the sponsors below who made these shirts possible in 2025/26:

2025/
2026

**TankardFamily**
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THANK
YOU



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22

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Recognising achievements

One of the main aims of Little Athletics is to encourage athletes to improve their skills and performances through participation in the summer weekly program.

Athletes are rewarded for participation and personal improvement through an aggregate points system that is fair to all athletes, regardless of ability.

At the end of the summer season, an awards night will be held and the following awards announced.

Certificates of achievement

At the end of the season, all athletes will receive a Certificate of Achievement detailing their personal best performances (PBs), along with a participation medals. To be eligible for a participation medal, athletes must participate in at least 8 nights in the season - discounting washouts or heat affected nights.

Age group trophies

This is calculated on an aggregated points system throughout the summer season. The points are awarded for:

Attendance		1pt
Place	1st	10pts
	2nd	8pts
	3rd	6pts
	4th	4pts
	5th	2pts
	6th or more	1pt
PBs	Equal PB	2pts
	Better PB	5pts
Centre Record	Equal record	5pts
	Better record	10pts



In each age group, trophies are awarded to the athletes who have accumulated the most aggregate points.

Most personal bests

These awards are presented to the girl and boy who achieved the most personal bests.

Best at States

Awarded for the best performance by a boy and a girl at the State Championships. (Determined by the highest ranked placing ie. 1 gold medal is better than 2 silver medals).

Committee award

Awarded to the athlete or committee member who best fits the criteria of the “Little Athletes Code of Conduct”

Best on Track & Field

Awarded to the athletes who achieved the most points in either the track or the field for the season.



Regional and State Track and Field Championships

By participating in four weeks of Swan Hill Little Athletics Centre sanctioned competition as a fully paid member, all athletes from U9 to U17 qualify to compete in the Regional Track & Field Championships. These are usually held in February each year, and venues vary. To enter, register and pay via the LAVic website. Athletes are invited to choose up to 5 events to participate in.

Athletes must qualify at the Regional Track & Field Championships to progress to the State Track & Field Championships. Swan Hill belongs to the Western Country Region.

We will notify you if your athlete has qualified for progression. There is no direct qualifying for the State Championship without attending the Regionals.

Parents of competing athletes at either of these championships are required to provide assistance with duties that are allocated to our club. If these duties are not performed, our athletes will be disadvantaged. It is also expected that the athletes, parents and spectators behave according to the code of conduct outlined in this handbook.



Open Days

Once an athlete has become a fully paid member, they can compete at any Open Day or carnival of other Little Athletics Clubs. Open Days will be advertised via our Facebook page and emails, or you can check the Victorian Little Athletics website at <https://lavic.com.au/>

Registration and entry fees are the responsibility of individual families. You need to wear your centre uniform with the LAVic name patch you received upon registering.

In the past, Swan Hill Little Athletics Centre has had athletes compete at the Open Days / Carnivals at Finley, Deniliquin, Horsham, Wodonga, Albury, Griffith, Maryborough, Seaford and Coburg.

Junior Development Squad

The Little Athletics Victoria Junior Development Squad (JDS) is a program aimed at developing an athlete's skill and technical competencies through coaching and training sessions with Victoria's leading coaches. The JDS is open to athletes in the U12-U17 age groups and is scheduled during the summer season.

Athletes can qualify for the JDS by achieving athletic results better than the minimum performance criteria in 2 qualifying performances. Qualifying performances can be achieved during SHLA centre competition, Open Days, Regional or State Events.

The program consists of coaching days, coaching camp, education sessions, information sessions for parents and a presentation ceremony at completion. Most of these sessions are held in Melbourne.

For details on how to qualify for the JDS and view the performance criteria, visit www.lavic.com.au/education/athletes/junior-development-squad/



Our Winter Season

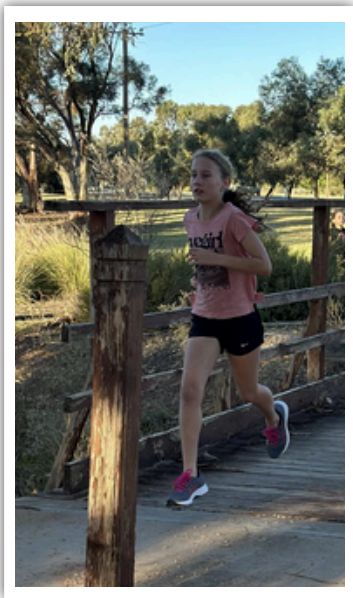
Cross Country

During the winter season (April to August), cross country events are on either Friday afternoon or Sunday morning (TBC). These events will be advertised on our Facebook page, and will be located at Riverside Park, Milloo Wetlands or Tower Hill Park.

Your yearly membership covers both the summer and winter competitions. If an athlete only wants to compete in cross country, registration fees for 2026 will be set in late March. All registrations and payment must be completed online at www.lavic.com.au.

The distances run by age group:

U6	1km
U7	1km
U8	1km
U9	1.5km
U10	1.5km
U11	2km
U12	2km
U13	3km
U14	3km
U15	3km
U16	3km



How can you help?

Parents / carers can help out at these events by helping with timekeeping or guiding athletes at turn points to ensure they run the correct distance. Please ask the Cross Country Coordinator if you can help.

Relays

The Victorian Cross Country Relay Championships are another aspect of athletics that have proven to be lots of fun and one of the few events where athletes get to experience it as a team sport. Any registered athlete aged from U9 to U17 can participate in the relays.

If an athlete is interested in competing in the Regional Relay Championships, please contact the Secretary for more information.

Regional and State Cross Country Championships

Any registered athlete aged from U9 to U17 can participate in the Cross Country Championships. Entry and payment can be made via the LAVic website.

Distance events:

U9	1500m	U12	2000m	U15	3000m
U10	1500m	U13	3000m	U16	3000m
U11	2000m	U14	3000m	U17	3000m

Bronze sponsors



Our Open Day

Our 2024 Open Day was a huge hit, thanks to athletes, families, volunteers, our committee and sponsors!

The introduction of Battle of the Borders added a new element this year, with regions and clubs competing for top honours.

Little Athletics South Australia won the best region, and Bordertown Little Athletics the best centre (followed by Warrnambool and Corio).

We had some phenomenal support from sponsors, including McInerney Frieght, Swan Hill Rural City Council, Grizzly Engineering, Swan Hill Hire and BGR Development.



Deniliquin Carnival (November 2024)

Forty Swan Hill athletes competed at the Deniliquin Little Athletics Carnival – a huge team! Records, medals and PBs were popping up everywhere, making us super proud of our athletes' abilities.

Kayla broke three carnival records - for hurdles, long jump and 100m! Sienna broke the 800m record, Lachie broke the high jump record and Spencer broke the discus record!



Horsham Open Day (November 2024)

Another great team and super performances at the Horsham LAC Open Day. Medals and PBs all around! Well done Hunter, Mackenna, Sienna, Harrison, Fred, Jack, Ash and Rory - you did us proud!



Albury Open Day (December 2024)

Congratulations to all our athletes who headed to the Albury Little Athletics Open Day. Stellar performances all around. Well done to parents for all their efforts - it's a big Open Day and a big drive - you are legends too!



State Combined (February 2025)

Milla, Sienna, Pippa, Fred, Jack, Mattaeus and Harrison all competed at the State Combined in Bendigo.



Silver sponsors



Our 2024/25 Season

Region Track and Field Championships (February 2025)

Our Little Athletes and families did us proud at the Little Athletics WCR Regional Championships in Warrnambool.

We had 19 superstars running, jumping and throwing, with PBs and medals all around. Lots of our athletes qualified for states in March.

Parents also did a super job, chiefting discus, announcing and awarding medal winners and helping on shotput, plus a few other jobs in between. Not to mention the big drive!



Our 2024/25 Season

State Track and Field Championships (March 2025)

Hunter, Judson, Kade, Sienna, Isabella, Kayla, Jack, Eve, Emily, Aiden, Carly, Lachie, Milla and Pippa all qualified for the Little Athletics Victoria State Track and Field Championships.

Three of our team members came away with medals - Hunter, Kayla and Carly - an awesome result!

And from this event, Jack and Kayla qualified for the nationals championships – amazing!



International experience (July 2025)

Two of our senior athletes - Milla Stewart and Carly Shepherd - were selected for the Sports Travel Australia 2025 Track and Field Tour in Canada!



Athletes star at Nationals! (April 2025)



We were so proud of Jack Barry and Kayla McInerney for their performances at the Little Athletics Australia Championships in Adelaide.

Jack became a national champion after winning gold in the 200m hurdles (with a new PB too) and in the 400m. His Victorian team took gold in the 4x100m relay and silver in the 1000m relay too!

Kayla jumped 4th in her long jump and won silver in the 4x100m relay for Victoria!

They qualified for the nationals after amazing performances at March's state championships.

Also in April, Aiden Nolen ran the 400m at the Juniors Australian Athletics Championships in Perth, mixing it with some of the best junior athletes from around Australia!

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DENTAL

Projects and news

Marketing Award (July 2024)

We were chuffed to win the Marketing Award at the Little Athletics Victoria Annual Awards ceremony, recognition for our volunteer committee's commitment and work to get the word out about Little Athletics in Swan Hill!



Volunteer training (October 2024)

Kelly from Little Athletics Victoria shared lots of insights at our Centre Helper Training session ahead of season 2024/25. The free training gave parent helpers lots of tips to help on a Friday night.



Representing WCR (October 2024)

Kayla was selected to represent the Western Country Region at the 60 years of Little Athletics region challenge. She earned plenty of points for our region and enjoyed the day with her athletics friends.



Our 2024/25 Season

New jumps run up

Synthetic jump run ups had been a long-held wish for Swan Hill Little Athletics and this year the wish came true!

With funding from Swan Hill Rural City Council and support from local businesses like North Vic Concreting and Paint Rattle n Roll, the new run ups were finished and ready for use at our Open Day.



Coaching with the stars (November and December 2024)

We were so fortunate to have two stars coaching our athletes in 2024.

Four-time Australian shotput champion Emma Berg joined us for a series of throwing sessions. And aths coach Bayley from Central Mallee Osteo held some running and jumps sessions.



Our 2024/25 Season

Coles Community Round (November 2024)

There were wonderful costumes and fun 'shopping relays' for our Coles Community Round – a chance to thank Coles for its support of Little Athletics Australia. Kids especially loved eating the Coles snacks after collecting them along the 4x100m run!



Coles Community Fund (November 2024)

Funding from the Coles Little Athletics Community Fund allowed us to buy new trolleys for discus, shotput and our finish line gates, and to upgrade our finish line gates to solar power. Thanks Coles!



NZ Junior Development Tour (January 2025)

Aiden Nolen and Sienna Colombo were selected for the LAVic New Zealand Development Tour.

They were chosen for their involvement at Region and State Competitions, and their overall commitment to Little Athletics.

They competed in the North Island Colgate Games in Hastings - Sienna in the 100m, 200m, 400m, 800m, hurdles and relay; Aiden in the 100m, 200m, 400m and relay.

Our centre ran an online fundraising campaign, contributing more than \$2500 towards their trip – what a great little athletics community we have!



Our own Junior Development Squad

Through the hard work of Little Athletics parent Donna Barry, we secured athletics coach Robbie Spencer to create our own junior development squad in 2025. Robbie has worked with these athletes individually once a month and created individual training plans for them.

Thanks to sponsors who have helped make this possible - Murray Downs Golf and Country Club, Mallee Air, GoldAcres, MixxFM/3SH, Big4 Swan Hill, Logan and Hall, CG and LJ Martin Family Trust, Kennedy Field Service, Murray Mallee Machinery, Healey Authomotive, Grower Services, One28 Doors, Nutrien Ag Solutions, McLardy McShane Insurance Brokers, Swan Hill Conveyancing Services,



Recycling fundraiser

Our families jumped on board the Victorian 10c container deposit scheme, raising more than \$600.

This is an ongoing fundraiser - use our ID number or barcode when you drop off bottles and cans at Robloc in Quin Drive. Using the code or barcode means the donation will come straight to our club's bank account - super easy!

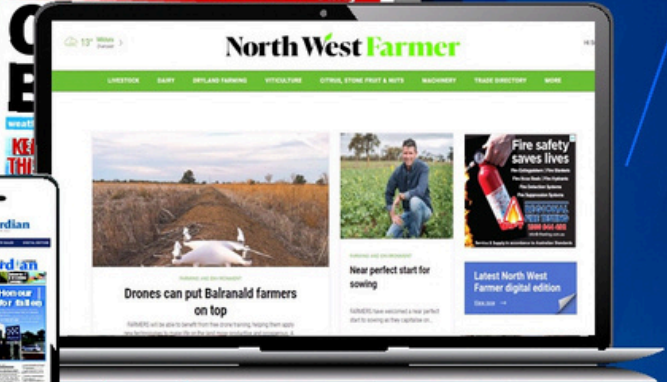


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New water bubbler (February 2025)

It was a hot return to Little Athletics in 2025, so we were thankful to have a new water bubbler right outside our clubrooms! Thanks to Swan Hill Rural City Council and Lower Murray Water for supplying and installing this.





The Guardian

www.theguardian.com.au

North West Farmer

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Supporting the **local community** and events

Season awards

Best in Track and Field



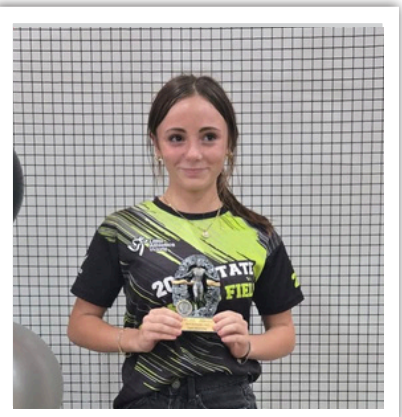
**Eleni
Mitchell**

**Most Personal Bests
for 2024/25
Girls**



**Rory
Fernee**

**Most Personal Bests
for 2024/25
Boys**



**Kayla
McInerney**

**Best at States
for 2024/25
Girls**



**Hunter
Wells**

**Best at States
for 2024/25
Boys**

Our 2024/25 Season

Well done to all athletes in 2024/25 who achieved over 5 Personal Bests (PBs):

5+ PBs

Anayra Brar	Asha Bowen	Jasnoor Kaur	Blake Bowen
Blaire Holloway	Salma Hussain	Cooper Smith	Alira Clark
Nadaya Jenkins	Ava-rose Taylor	Aarav Brar	Hope Auricht
Cole Hutchinson	Stella Hodgson	Sohiel Hussain	Billy Wilson
Milla Hickey	Gemmah Curtis	Lachlan Chalmers	Memphis Thomas
Sebastian Cutri	Judd OSullivan	Penny Simmonds	Ruby Butler
Alex Steer	Eva Dunstan	Elsie Aylett	Lane Cardenas
Kade Wells	Lilia Gray	Matilda Smith	Cleo Mason
Isabella Colombo	Dayne Jackomos	Wyatt Hutchinson	Bowie Gilmour
Milla Stewart	Lexi Murphy	Oliver Colombo	Nyran Farley
Lillian Colombo	Fletcher Auricht	Harry Stewart	Zack Grierson
	Alyssa Rogers	Chloe Cardenas	Braith Clark

10+ PBs

Lexi Cincotta	Jaylen Nolen	Blade Skelsey	Harnaaz Kaur
Paddy Morris	Evie Fletcher	Jake Steer	Charlie Jordan
Hailey Holloway	Arabella Bennett	JJ van Coller	Kiran Kaur
Jaron Cardenas	Sienna Colombo	Olivia Aiello	Harry Gaut
Judson Wells	Sam Gray	Jack Fitzpatrick	Olivia Dodgshun
Sasha Thomas	Clay Jackomos	KAYLA McInerney	Brydie Hack
Rickie Fletcher	Jasper Heritage	Kayla Sullivan	Evaline Fitzpatrick
Gia Skelsey	Lucas Pay	Frederick Phillips	Jack Barry
			Aiden Nolen

15+ PBs

Lene Badenhorst	Jimmie Fletcher	Hunter Wells	Pippa Stewart
Beau Murray	Samuel Chalmers	Margo Powers	Emily Murray
Harrison Ketts	Ruby Gracia	Carly Shepherd	Chelsea Maher
Spencer Mitchell	Kiara van Coller	Ashleigh Fernee	Mackenna Wells
			Eve Murray

20+ PBs

Eleni Mitchell	Rory Fernee
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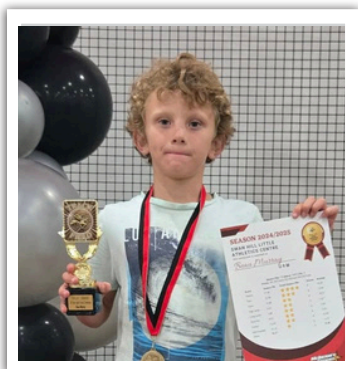
Track and Field Age Group Champions 2024/25



U6
Eleni Mitchell & Charlie Jordan



U7
Anayra Brar & Spencer Mitchell



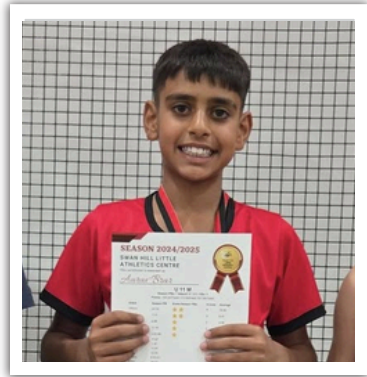
U8
Ashleigh Fernee & Beau Murray



U9
Olivia Dodgshun & Jimmie Fletcher



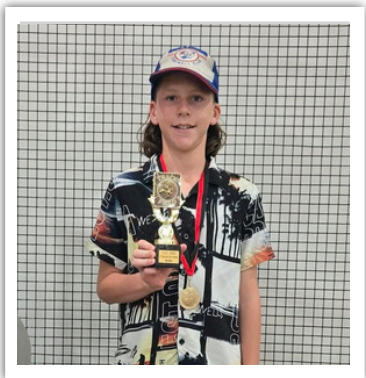
U10
Pippa Stewart & Rory Fernee



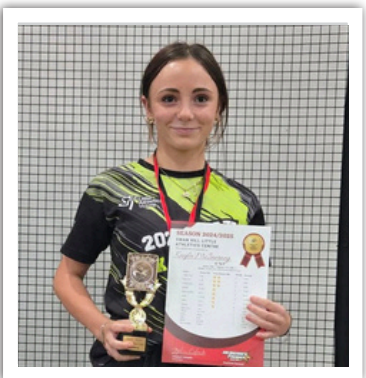
U11
Emily Murray & Aarav Brar



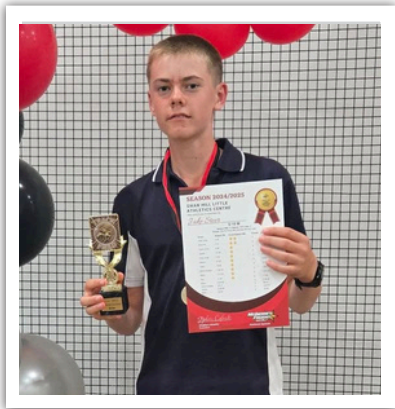
U12
Ruby Gracia & Lachlan Chalmers



U13
Eve Murray & Blade Skelsey



U14
Kayla McInerney & Jack Barry



U15
Jasmine Hickey & Jake Steer



U16
Carley Shepherd & Judson Wells



U17
Milla Stewart & Hunter Wells





100% Attendance Award



Club Person Award
Narelle Pollock

Cross Country Age Group Champions 2024/25

U6 F Margo Powers
U7 M Rickie Fletcher
U7 F Anayra Brar
U9 M Jimmie Fletcher
U10 M Harrison Ketts
U10 F Pippa Stewart
U11 M Aarav Brar

U11 F Evie Fletcher
U12 M Jack Fitzpatrick
U12 F Evaline Fitzpatrick
U13 M Blade Skelsey
U14 M Charlie Gracia
U14 F Sienna Colombo
U15 F Jasmine Hickey





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Track and Field Girls U6 - U9

	UNDER 6	UNDER 7	UNDER 8	UNDER 9
50m	9.25 28-02-2003 Lucy Martin	9.38 03-02-2006 Hope Shadbolt	8.72 03-03-2000 Denise Snyder	
70m	13.25 31-01-2003 Lucy Martin	11.75 17-11-2000 Ieesha Kelly-O'Brien	10.07 01-10-1970 K Whalan	10.07 01-10-1970 Karen Darby
100m	18.68 14-02-2003	17.25 31-01-2003	16.02 01-10-1976	15.5 01-10-1970 Janine Hosking & Cathy McCuskey
200m	Lucy Martin 46.29 11-12-2015 Amber Brown	Hannah Paletu'a 36.4 01-10-1970 E McCuskey	E Mason 35.09 01-10-1970 K Mellor	32.5 01-10-1970 K Methner
400m			01:25.0 01-10-1970 J Davies	01:14.1 20-03-2005 Leah O'Brien
800m				02:57.1 17-03-1990 A Forrest
60m Hurdles	11.35 28-02-2003	10.99 13-02-2004	10.73 28-01-2000	11.01 01-10-1970 D Taylor & Cathy McCuskey
80m Hurdles	Lucy Martin 16.56 03-03-2000 Ieesha Kelly-O'Brien	Lucy Martin 15.25 02-03-2001 Ieesha Kelly-O'Brien	Denise Snyder 14.27 03-03-2000 Denise Snyder	15.04 17-03-2003 Lu-wei Spinks
90m Hurdles				15.6 23-03-1986 M Clutterbuck
Long Jump	2.62 13-03-1998 Denise Snyder	3.09 01-10-1977 Tracey O'Meara	3.3 01-10-1977 S Lawry	3.88 01-10-1970 Heather Gillingham
Triple Jump				7.9 18-02-2001 Denise Snyder
High Jump	0.87 21-03-2003 Denise Snyder	1.05 26-02-1999 Denise Snyder	1.09 25-02-2005 Lucy Martin	1.25 16-02-2001 Denise Snyder
Discus	10.98 27-02-1998 Denise Snyder	12.85 31-01-1997 Brooke Quigley	15.39 07-03-1997 Suzanne Brady	18.81 23-02-1996 Bree Bennett
Shot Put	5 07-03-2003 Laura McDonald	5.52 05-03-2004 Lucy Martin	6.1 28-01-2005 Lucy Martin	6.52 07-10-2016 Jessica Louw
Vortex	6.42 16-02-2024 Sasha Thomas	6.69 08-11-2013 Sophie Renney	9.55 20-02-2015 Charlotte Worner	10.7 20-11-2015 Tasha Mason

Girls U10 - U13

	UNDER 10	UNDER 11	UNDER 12	UNDER 13
70m	10.06	10.1	9.7	9.2
	23-02-2007	01-10-1970	01-10-1970	27-02-1987
	Lucy Martin	P Sylvester	Marie Kelly	Leeza Ward
100m	14.47	13.36	13.6	13.09
	20-02-2004	29-10-1994	01-10-1970	23-02-2007
	Lu-wei Spinks	N Wynne	P Sylvester & Marie Kelly	Lu-Wei Spinks
200m	31	29.7	29.2	28.41
	01-10-1970	01-10-1970	01-10-1970	09-03-2007
	Robyn Strong	Shelley Mellor	P Sylvester	Lu-wei Spinks
400m	01:07.8	01:06.4	01:06.7	01:02.3
	18-03-2007	17-03-2003	14-03-2004	20-03-2005
	Lucy Martin	Denise Snyder	Denise Snyder	Denise Snyder
800m	02:39.8	02:34.0	02:37.1	02:30.8
	16-03-2003	01-10-1980	01-10-1970	06-03-2005
	Tessa Lavey	Julie Roberts	Shelley Mellor	Denise Snyder
1500m		06:09.1	05:52.8	05:50.2
		06-03-2015	26-02-2016	24-03-2017
		Sara Berg	Sara Berg	Sara Berg
60m Hurdles	9.9	10.6	10.1	10.2
	01-10-1970	01-10-1970	01-10-1970	10-10-1986
	M Clutterbuck	J Colville	P Sylvester	Leeza Ward
80m Hurdles	15.57	15.03	14.63	14.24
	06-02-2004	07-03-2003	01-02-2013	06-03-2005
	Lu-wei Spinks	Denise Snyder	Shannon Fox	Denise Snyder
90m Hurdles	15.2	15.7	14.9	15.22
	01-10-1970	13-03-1988	23-03-1986	13-03-1987
	M Clutterbuck	M Clutterbuck	Leeza Ward	Leeza Ward
200m Hurdles				33.47
				16-03-2018
				Bridie Curran
300m Hurdles				45.96
				20-03-2005
				Denise Snyder
Long Jump	4.04	4.24	4.53	4.91
	09-02-2007	01-10-1970	01-10-1970	06-03-2005
	Lucy Martin	Helen Barry	P Sylvester	Denise Snyder
Triple Jump	8.26	9.12	9.63	9.98
	05-03-2004	01-10-1970	10-03-2023	16-02-1997
	Lu-wei Spinks	Heather Gillingham	Kayla McInerney	Bianca Brasser
High Jump	1.39	1.48	1.53	1.68
	25-11-2001	17-03-2003	14-03-2004	20-03-2005
	Denise Snyder	Denise Snyder	Denise Snyder	Denise Snyder
Discus	23.85	27.24	31.63	35.58
	01-10-1970	17-03-2023	30-11-2012	01-11-2013
	Leeza Ward	Eve Murray	Emma Berg	Emma Berg
Shot Put	8.15	9.22	10.02	10.57
	01-10-1977	01-10-1978	24-11-1985	28-02-2014
	Kerry Prince	Kerry Prince	Leeza Ward	Emma Berg
Javelin		19.18	25.32	26.12
		13-02-2015	12-02-2016	13-03-2004
		Sara Berg	Sara Berg	Ashley Barnes
Vortex	13.68			
	15-02-2013			
	Karla Beaumont			

Girls U14 - U17

	UNDER 14	UNDER 15	UNDER 16	UNDER 17
70m	9.4	9.47	9.88	10.64
	01-11-2024	24-11-2006	29-10-2010	29-11-2024
	Kayla McInerney	Denise Snyder	Codie Hull	Milla Stewart
100m	13.11	12.84	13.45	14.33
	08-11-2024	03-12-2006	29-10-2010	14-03-2025
	Kayla McInerney	Denise Snyder	Codie Hull	Milla Stewart
200m	27.77	27.15	29.23	31.54
	21-10-1987	03-12-2006	31-01-2025	31-01-2025
	Leeza Ward	Denise Snyder	Alyssa Rogers	Milla Stewart
400m	01:05.5	01:04.8	01:11.0	01:13.6
	17-02-2006	02-03-2007	15-11-2013	28-02-2025
	Denise Snyder	Denise Snyder	Mikayla Burge	Milla Stewart
800m	02:31.1	02:27.3	02:48.3	03:24.1
	19-02-2006	04-03-2007	02-12-2016	29-11-2024
	Denise Snyder	Denise Snyder	Jackelyn Burge	Milla Stewart
1500m	05:51.5	05:41.0	06:11.8	07:15.3
	17-03-2023	24-02-1995	22-11-2013	08-11-2024
	Carly Shepherd	Rownea McCrae	Mikayla Burge	Milla Stewart
60m Hurdles	9.76	10		
	06-12-1987	01-10-1983		
	Leeza Ward	J Lomax		
80m Hurdles	13.49	13.63	14.29	
	13-12-2024	09-03-2007	06-12-2013	
	KAYLA McInerney	Denise Snyder	Mikayla Burge	
90m Hurdles	14.18	14.14	15.36	
	13-11-1987	19-11-2006	28-10-2016	
	Leeza Ward	Denise Snyder	Jackelyn Burge	
100m Hurdles			17.47	20.08
			28-01-2024	13-12-2024
			Milla Stewart	Milla Stewart
200m Hurdles	32.87			
	08-02-2019			
	Bridie Curran			
300m Hurdles	47.65	45.7	53.37	01:04.4
	05-02-2006	18-03-2007	02-12-2016	25-10-2024
	Denise Snyder	Denise Snyder	Jackelyn Burge	Milla Stewart
Long Jump	5.65	5.68	4.48	4.24
	05-03-2006	22-04-2007	14-03-2025	14-03-2025
	Denise Snyder	Denise Snyder	Carly Shepherd	Milla Stewart
Triple Jump	10.42	10.36	9.63	10.27
	06-12-1987	23-02-2007	14-03-2025	07-02-2025
	Leeza Ward	Denise Snyder	Carly Shepherd	Milla Stewart
High Jump	1.73	1.74	1.46	1.4
	05-03-2006	03-12-2006	15-03-2024	15-11-2024
	Denise Snyder	Denise Snyder	Milla Stewart	Milla Stewart
Discus	37.6	37.34	23.02	18.43
	14-11-2014	12-02-2016	02-12-2016	14-03-2025
	Emma Berg	Emma Berg	Jackelyn Burge	Milla Stewart
Shot Put	13.41	13.23	10.29	6.62
	06-02-2015	16-10-2015	21-02-2025	08-11-2024
	Emma Berg	Emma Berg	Carly Shepherd	Milla Stewart
Javelin	30.85	34.75	31.29	16.12
	20-02-2015	12-02-2016	09-12-2016	01-11-2024
	Emma Berg	Jackelyn Burge	Jackelyn Burge	Milla Stewart



Boys U6 - U9

	UNDER 6	UNDER 7	UNDER 8	UNDER 9
50m	9.05	8.91	8.3	
	03-03-2000	20-10-2000	03-03-2000	
	Matthew McPherson	Matthew McPherson	Corey Kelly-Gorringe	
70m	12.73	11.2	10.91	10.08
	22-10-1999	17-11-2000	18-02-1990	24-11-1996
	Matthew McPherson	Matthew McPherson	S. Timmins	Michael Bolton
100m	17.7	16.5	15.6	13.41
	21-01-2000	01-10-1970	07-01-1996	23-02-1997
	Matthew McPherson	Barry Gillingham	Michael Bolton	Michael Bolton
200m	43.09	34.5	32.2	30.5
	16-03-2018	01-10-1970	01-10-1970	01-10-1984
	Elijah Curran	Barry Gillingham	Barry Gillingham	J O'Brien
400m			01:15.0	01:09.1
			01-10-1970	01-10-1984
			Barry Gillingham	J O'Brien
800m				02:40.1
				16-03-1991
				Alex Minney
60m Hurdles	11.19	10.6	9.97	9.89
	29-10-1999	06-12-2002	22-02-2002	16-03-1997
	Matthew McPherson	Logan Mensforth	Matthew McPherson	Michael Bolton
80m Hurdles	14.37	13.6	13.6	14.31
	03-03-2000	02-03-2001	03-03-2000	26-01-1997
	Matthew McPherson	Matthew McPherson	Corey Kelly-Gorringe	Michael Bolton
90m Hurdles			17.3	16.74
			02-02-2000	25-02-1994
			Alex Minney	Todd Beasy
Long Jump	2.91	3.65	3.9	4.18
	10-03-2000	01-10-1970	15-11-1992	04-03-2006
	Matthew McPherson	Barry Gillingham	T. Heaney	Ryan Shadbolt
Triple Jump				8.23
				09-02-1997
				Michael Bolton
High Jump	0.89	1.04	1.15	1.23
	10-03-2000	01-10-1970	01-10-1970	07-03-1997
	John Wardle	Barry Gillingham	Barry Dow	Joshua Pearce
Discus	17.12	20.5	23.19	24.1
	15-03-2024	02-03-2001	07-03-2002	01-10-1970
	Spencer Mitchell	Matthew McPherson	Matthew McPherson	Owen Casey
Shot Put	5.56	7.92	5.58	7.58
	13-11-1987	09-03-2001	21-02-2025	13-12-2002
	L O'Sullivan	Matthew McPherson	Beau Murray	Matthew McPherson
Vortex	12.04	14.24	14.1	19.2
	15-03-2024	14-03-2025	28-02-2020	24-02-2012
	Spencer Mitchell	Spencer Mitchell	Elijah Curran	Isaiah Bull



Boys U10- U13

	UNDER 10	UNDER 11	UNDER 12	UNDER 13
70m	9.74	9.33	8.6	9.16
	06-11-2015	07-10-2016	23-03-1987	11-03-2001
	Nathan Louw	Nathan Louw	S White	Michael Bolton
100m	13.3	12.99	11.9	11.88
	01-10-1970	04-12-1998	23-03-1987	11-03-2001
	Neil Stephens	Michael Bolton	S White	Michael Bolton
200m	27.1	27.64	26.25	24.88
	01-10-1970	05-12-1998	18-03-2000	11-03-2001
	Warren Snyder	Michael Bolton	Michael Bolton	Michael Bolton
400m	01:07.6	01:03.0	59	01:02.4
	01-10-1985	23-03-1986	22-02-1987	28-01-2001
	J O'Brien	J O'Brien	J O'Brien	Michael Bolton
800m	02:34.2	02:27.2	02:16.0	02:25.5
	14-03-1992	16-03-1997	20-03-1987	20-03-1995
	Alex Minney	Drew Mitchell	J O'Brien	Alex Minney
1500m		06:03.4	05:01.4	04:52.9
		28-02-2014	05-12-1997	17-02-1995
		Isaiah Bull	Drew Mitchell	Alex Minney
60m Hurdles	9.94	10.11	9.04	9.27
	23-11-1990	26-02-1999	19-03-1989	18-12-2000
	D Nunan	Michael Bolton	P Howley	Michael Bolton
80m Hurdles	14.41	13.32	12.54	11.9
	13-02-1998	14-03-1999	01-05-2000	24-04-2001
	Michael Bolton	Michael Bolton	Michael Bolton	Michael Bolton
90m Hurdles	14.7	15.34	14.49	13.1
	06-02-1987	05-03-1999	25-02-2000	11-03-2001
	P Howley	Michael Bolton	Michael Bolton	Michael Bolton
200m Hurdles				33.84
				08-02-2019
				Rory Thompson
300m Hurdles				51.74
				16-03-1997
				Robert Lowing
Long Jump	4.33	4.64	4.92	5.84
	01-10-1970	30-01-1998	01-10-1976	28-04-2001
	Dale Rogers	Rohan Coburn	J Dillon	Michael Bolton
Triple Jump	8.98	9.8	10.2	10.98
	08-03-1998	05-12-1997	01-10-1985	06-12-1987
	Michael Bolton	Rohan Coburn	D Storer	S White
High Jump	1.33	1.42	1.49	1.65
	18-02-1990	01-10-1970	22-03-2019	06-03-2020
	Ryan O'Sullivan	Barry Dow	Liam Shadbolt	Liam Shadbolt
Discus	27.47	28.38	31.8	33.42
	13-03-1987	01-10-1980	17-02-1995	02-10-2007
		Stuart		
Shot Put	M Russo	McGregor	Rodney Hickey	Brent Mitchell
	9.35	10.3	10.73	13.03
	01-10-1970	13-12-1996	13-02-1987	18-10-1996
Javelin	Richard Irvine	Daniel Snyder	S White	Michael McIvor
		25.43	29.4	27.75
		01-03-2019	28-02-2020	21-11-1997
Vortex		Hunter Wells	Hunter Wells	Josh Forster
	21.65			
	15-02-2013			
Vortex	Ethan Fox			

Boys U14 - U17

	UNDER 14	UNDER 15	UNDER 16	UNDER 17
70m	7.67	8.52	8.71	9.11
	02-11-2001	18-02-1994	19-02-2010	01-11-2024
	Michael Bolton	Matthew Bell & S Burke	Brent Mitchell	Hunter Wells
100m	11.66	11.52	11.75	12.7
	02-11-2001	04-03-1994	20-11-2015	14-03-2025
	Michael Bolton	Matthew Bell	Max Burns	Hunter Wells
200m	25	23.94	24.38	25.96
	23-11-2001	21-11-1997	09-10-2015	22-11-2024
	Michael Bolton	Mark Basso	Max Burns	Hunter Wells
400m	57.02	55.17	58.82	01:01.4
	20-03-1993	14-03-2004	23-10-2015	28-02-2025
	Matthew Bell	Lachlan Mennie	Max Burns	Hunter Wells
800m	02:19.0	02:18.1	02:36.1	02:37.5
	17-03-1990	15-11-1996	04-12-2015	01-11-2024
	J Gleeson	Alex Minney	Max Burns	Hunter Wells
1500m	04:47.1	05:00.9	05:21.7	05:42.0
	03-12-1995	08-11-1996	27-11-2015	13-12-2024
	Alex Minney	Alex Minney	Max Burns	Hunter Wells
60m Hurdles	9.34	9.03		
	22-02-1991	12-03-1993		
	G McRae	M McKenzie		
80m Hurdles	12.99	13.25	12.63	
	27-10-1995	31-01-1997	12-02-2010	
	Alex Minney	Alex Minney	Brent Mitchell	
90m Hurdles	12.83	13.94	13.93	
	21-01-2000	02-10-1994	12-03-2010	
	Brendan Major	B Milano	Brent Mitchell	
100m Hurdles		16.58	15.07	19
		31-10-2014	27-11-2015	13-12-2024
		Max Burns	Max Burns	Hunter Wells
200m Hurdles	30.6			
	17-11-2023			
	Aiden Nolen			
300m Hurdles	44.76	44.17	42.72	52.15
	17-03-2003	14-03-2004	06-11-2015	22-11-2024
	Lachlan Mennie	Lachlan Mennie	Max Burns	Hunter Wells
Long Jump	5.61	6.34	6.14	5.85
	20-03-1993	19-03-1994	04-12-2015	08-11-2024
	Matthew Bell	Matthew Bell	Max Burns	Hunter Wells
Triple Jump	11.97	12.77	12.41	11.92
	20-03-1993	19-03-1994	20-11-2015	14-03-2025
	Matthew Bell	Matthew Bell	Max Burns	Hunter Wells
High Jump	1.69	1.84	1.8	1.7
	20-03-1993	19-03-1994	23-10-2015	11-10-2024
	Matthew Bell	Matthew Bell	Max Burns	Lane Cardenas
Discus	35	41.1	42.06	29.74
	07-10-1988	28-01-1994	12-03-2010	28-02-2025
	S White	S Burke	Brent Mitchell	Hunter Wells
Shot Put	10.79	12.08	13.89	9.89
	10-11-2023	22-10-1993	26-02-2010	08-11-2024
	Aiden Nolen	S Burke	Brent Mitchell	Hunter Wells
Javelin	38.93	37.62	35.16	33.98
	11-02-2000	11-03-2001	04-12-2020	22-11-2024
	Brendan Major	Brendan Major	Dude Kelly	Hunter Wells

Cross Country records

Member	Age	Gender	Event	Record	Date
Spencer Mitchell	6	M	1000cc	04:47.0	12/04/2024
Pippa Stewart	6	F	1000cc	05:40.5	18/06/2021
Beau Murray	7	M	1000cc	04:16.0	12/04/2024
Pippa Stewart	7	F	1000cc	04:35.4	14/08/2022
Aarav Brar	8	M	1000cc	04:12.2	14/08/2022
Ruby Gracia	8	F	1000cc	04:38.0	11/06/2021
Jimmie Fletcher	9	M	1500cc	06:02.2	23/05/2025
Ruby Gracia	9	F	1500cc	06:01.8	28/08/2022
Pippa Stewart	10	F	1500cc	05:59.0	23/05/2025
Rory Fernee	10	M	1500cc	05:58.0	23/05/2025
Aarav Brar	11	M	2000cc	08:16.0	13/06/2025
Sara Berg	11	F	2000cc	08:37.7	31/05/2015
Sienna Colombo	12	F	2000cc	08:27.7	3/09/2023
Jake Steer	12	M	2000cc	08:32.9	1/05/2022
Sienna Colombo	13	F	3000cc	12:33.0	21/06/2024
Charlie Gracia	13	M	3000cc	12:21.0	10/05/2024
Charlie Gracia	14	M	3000cc	11:15.0	13/06/2025
Carly Shepherd	14	F	3000cc	12:05.6	30/08/2023
Milla Stewart	15	F	3000cc	14:36.3	19/05/2023
Hunter Wells	15	M	3000cc	12:43.7	30/04/2023
Milla Stewart	16	F	3000cc	14:52.0	21/06/2024
Milla Stewart	17	F	3000cc	15:30.0	23/05/2025



Little Athletics understands there are various factors that can affect a little athlete and as a result has adopted the following policies:

Safety The committee will ensure the safety of activities by checking equipment and the track locations before events.

Healthy food choice policy The Centre will ensure that a variety of healthy food choices are available after competition and various activities.

Smoke free policy

All areas under the Centre's venues are to be smoke free—including clubrooms, change rooms, toilet blocks, spectator and competition areas. Centres will place 'No Smoking' signs in prominent positions around the venues.

Sun protection policy

Centres are encouraged to provide shade structures at venues and make SPF15+ or higher sunscreen available. Athletes and Officials are advised to wear hats and carry drink bottles to events.

Responsible alcohol management

There is to be no sale or consumption of alcohol during the conduct of any Little Athletics events. Where alcohol is consumed at functions the Centre will comply with Liquor Licensing Victoria regulations.

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Working with Children Check The “Working with Children Act 2005” requires adults that work with children or engaged in volunteer roles involving children (under 18 years of age) get a Working with Children Check (WWC). The following people volunteering with

Swan Hill Little Athletics Centre are required to have their WWC Check:

- Committee members
- Coaches and assistant coaches
- Officials at State and Region level (not parent helpers who’s child is participating on the day)
- Volunteers without children registered at the Centre
- First aid personnel

Parents who have a child registered at the centre are exempt from the WWC check unless they fall under the categories above or those additionally listed on the LAVic website. Parents, grandparents or carers who are involved in the SHLAC can provide a copy of their WWC to add to our Club Register. It is free to get a WWC Check for volunteers and forms can be downloaded online.





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Best of luck to all the Little Aths participants!

Little Athletics Code of Conduct

Little Athletics Swan Hill endorses the Codes of Conduct as set out by Little Athletics Victoria. Please take time to read the information included in the booklet. All members must comply with the Code of Conduct and appropriate action may be taken in case of any breaches of the Code of Conduct. Little Athletics Victoria will ensure that all athletes, coaches, spectators, parents, officials and administrators are not prone to sexual abuse, neglect, physical abuse or emotional abuse.

The following Codes of Behaviour underpin Little Athletics and ensure that all athletes, spectators, officials and volunteers have a very clear understanding of the behaviour that is expected from everyone and to make it clearly understood that breaches of these codes will result in disciplinary action.

Little Athletics Victoria (LAVic) Code of Conduct ('the Code') encourages appropriate standards of behaviour to enable all in Little Athletics to experience a safe, welcoming and inclusive sport.

The Code is closely aligned with Sport & Recreation Victoria's Fair Play Code (2022), and is guided by the five principles of Integrity, Safety, Respect, Fairness and Responsibility.

Responsibilities

Parents / Guardians

Be informed about, abide by, and drive compliance with the Code. Educate children about the importance of demonstrating Code behaviours and model these behaviours at all times. Report a potential breach of the Code in accordance with the Complaints Handling & Dispute Resolution Policy.



Little Athletics Code of Conduct



Athlete

Ask an adult, such as a parent/guardian, or Centre representative about the Code and abide by the principles. Report a potential breach of the Code to a parent/guardian or responsible adult.

Coaches, Officials, committee members, volunteers,

Club/Centre/Region/State members

Be informed about, abide by, and drive compliance with the Code. Promote the Code to all participating in sanctioned LAVic activities, such as competition, training, meetings, social events, communications etc. Report a potential breach of the Code in accordance with the Complaints Handling & Dispute Resolution Policy.

Directors and employees

Be informed about, abide by, and drive compliance with the Code. Promote the code to all participating in sanctioned LAVic activities, such as competition, training, meetings, social events, conferences, communications etc. Report a potential breach of the Code in accordance with the Complaints Handling & Dispute Resolution Policy.

Spectator

Abide by the Code when attending sanctioned (official) Little Athletic activities. Report a potential breach of the Code in accordance with the Complaints Handling & Dispute Resolution Policy.

Principles

The Code of Conduct outlines a set of guiding principles on expected standards of behaviour for every person involved in activities sanctioned by LAVic. All should demonstrate the principles of integrity, respect, responsibility, fairness and safety in everything they do.

Integrity

- Being honest, fair, respectful, trustworthy, reliable, open and transparent in dealings with others.
- Avoiding real or perceived conflicts of interest.
Striving to earn and sustain a high level of community trust and goodwill.
- Not engaging in, and advocating for the possession of, and use of banned performance enhancing substances or methods, or illicit drugs.
- Not participating in or encouraging of actions that may jeopardise the integrity of Little Athletics including race-fixing, illegal sports betting and other forms of corruption.

Respect

- Treating all involved in activities sanctioned by LAVic in a considerate, objective and courteous manner with proper regard for their rights, dignity and worth.
- Refraining from any form of discrimination, harassment, bullying, abuse, child abuse, intimidation, victimisation or vilification of others, including on the basis of age, race, sex, disability, sexuality, gender identity or religion.
- Recognising and valuing the contribution of all involved in activities sanctioned by Little Athletics Victoria, including volunteer coaches, officials, administrators and volunteers who give up their valuable time to make the sport of athletics possible.

Little Athletics Code of Conduct

Responsibility

- Considering and accepting the consequences of one’s actions and decisions.
- Being a positive role model by displaying self-control, respect, care and diligence towards all involved in sanctioned Little Athletics activities.
- Complying with the Victorian Child Safe Standards (2022).
- Understanding the consequences of Code of Conduct breaches and reporting as appropriate.



Fairness

- Behaving in accordance with policies of the Club, Centre, Region and Little Athletics Victoria.
- Being informed, consistent and impartial, just and reasonable in dealings with others.
- Being a ‘good sport’ inclusive of encouraging and praising fair play over winning at all costs.
- Ensuring a ‘fair go’ for all to be involved in sanctioned Little Athletics Victoria activities.

Little Athletics Code of Conduct

Safety

- Providing a safe, welcoming and inclusive environment that prioritises the health, welfare and wellbeing of participants.
- Taking reasonable steps to ensure equipment, facilities and programs meet health and safety standards and are appropriate for the age and ability of participants.
- Being aware of and supporting policies and practices in relation to injury management, returning to participation, adverse weather and member protection and child safeguarding.
- Showing concern and caution for others who may be sick or injured and directly reporting any safety issues to appropriate authorities without delay.

For further details on all policies please go to www.lavic.com.au

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Committee

Position	Name	Number	Email
President	Steve Colombo	0400 621 151	s.colombo@outlook.com.au
Secretary	Felicia Chalmers	0418 536 101	fchalmers2732@gmail.com
Treasurer	Caroline McInerney	0417 773 076	carolinemcinerney76@gmail.com
Registrar	Cindy Colombo	0448 523 994	cindy_051@hotmail.com
Rosters	Michelle Matthews	0400 373 073	michelllexee@gmail.com
Setup	Allastair Wells	0407 308 844	wellzysb@hotmail.com
	Steve Colombo	0400 621 151	s.colombo@outlook.com.au
Starters	Allastair Wells	0407 308 844	wellzysb@hotmail.com
	Steve Colombo	0400 621 151	s.colombo@outlook.com.au
	Caroline McInerney	0417 773 076	carolinemcinerney76@gmail.com
Equipment	Kieran Nolen	0435 815 820	kan1969@live.com.au
Uniform	Kath Sullivan	0409 398 059	sullivankdj@bigpond.com.au
PR	Felicia Chalmers	0418 536 101	fchalmers2732@gmail.com
Social media	Kathryn Auricht	0400 130 182	kathauricht@gmail.com
Cross country	Narelle Pollock	0428 538 219	rellpal@hotmail.com
Canteen	Rebecca Pickett	0429 375 586	rebeccapickett781@gmail.com
First aid	Narelle Pollock	0428 538 219	rellpal@hotmail.com
Sponsorship	Steve Colombo	0400 621 151	s.colombo@outlook.com.au
Line marking	Steve Colombo	0400 621 151	s.colombo@outlook.com.au
Committee	Stacey Fernee (Vice Secretary)		
	Skye Le Poidevin (Vice Treasurer)		
	Ping Nolen		
	Kieran Nolen		
	Louise Ketts		

facebook

Keep up to date with what’s happening by following us on Facebook. Here we will post up-coming events, recent news and cancellations. More detailed information will be communicated via email.

* Swan Hill Little Athletics will monitor our Facebook page in light of the Social Media Minimum Age Bill, which is due to be introduced in December 2025 and will restrict access to Facebook and other social media platforms to only those over the age of 16.



Swan Hill

Swan Hill Little Athletics Centre (SHLAC)

Secretary

PO Box 213

Swan Hill, VIC 3585

Connect with us



@swanhilllittleathletics

swanhill@lavic.com.au

President

Steve Colombo

0400 621 151

Secretary

Felicia Chalmers

0418 536 101



Western Country Region

The Western Country Region (WCR) is the body that represents the interests of all Centres in our Region.

Contact: Shane Bicknell (President)

0418 573 436

Melissa Perry (Secretary)

wcr@lavic.com.au



Victoria

Little Athletics Victoria (LAVic) is the parent body of all Little Athletic Centres in Victoria.

Anthony McIntosh (CEO)

Little Athletics Victoria

Athletics House, Level 1, 31 Aughtie Dr.

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