



OUR MISSION

To develop children of all abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in athletics activities.

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EMLAC LIFE MEMBERS

We would like to acknowledge our Life Members:

- Heather & Frank Bradley
- Sheryl Kettle - 2016

COMMITTEE & CONTACTS

PRESIDENT	Leon Moon	0427 865 246
VICE PRESIDENT	Stuart Addicott	0417 008 555
SECRETARY	Kath Head	0402 767 873
TREASURER	Mel Courts	0402 269 267
CENTRE REGISTRAR	Stacey Siede	0417 417 325
COMPETITION TEAM MANAGERS	Leah Smith	0458 504 744
	Brad Cullen	0419 018 083
WEBSITE & DESIGN	Leah Smith	0458 504 744
FUNDRAISING / SPONSORSHIP & SOCIALS	Stuart Addicott	0417 008 555
	Sarah Crossman	0417 578 579
SCHOOLS CONTACT	Kath Head	0402 767 873
STARTERS	Brad Cullen	0419 018 083
	Rick Sellars	0459 111 706
	Kade Smith	0408 575 503

GENERAL COMMITTEE

Kade Smith	0408 575 503	Greg Cadd	0407 838 024
Leah Smith	0458 504 744	Fleur Ferris	0428 130 034
Rick Sellars	0459 111 706	Nicole Fraser	0488 145 774
Sandy Kadri	0400 942 901		

EMLAC DETAILS & RESOURCES

echucamoama@lavic.com.au

www.echucamoamalac.com.au



[@echucamomalittleaths](https://www.facebook.com/echucamomalittleaths)



[@echucamomalittleaths](https://www.instagram.com/echucamomalittleaths)

NCR Facebook Public Group: [@LittleAthleticsNorthernCountryRegion](https://www.facebook.com/LittleAthleticsNorthernCountryRegion)

Little Athletics Victoria: www.lavic.com.au

WELCOME

Welcome to the Echuca Moama Athletics Centre. By participating at Little Athletics, children have the opportunity to improve their athletic skills and abilities in an environment that focuses on sportsmanship and enjoyment. Our aim is to assist all athletes, through encouragement, instruction, training and competition, to improve their athletic skills and abilities whilst meeting new friends in a fun and family orientated environment.

Parents and friends are encouraged to participate by acting as helpers to make competition days run smoothly (plus your little athlete will love seeing you get involved). Little Athletics cannot function without the regular contribution from parents.

LAVic's designated charity is the Royal Children's Hospital Good Friday Appeal. Keep an eye out for the RCH money tin on Saturdays to donate and some fun days/activities throughout the season to help raise money for a great cause.

GOALS OF ECHUCA MOAMA LITTLE ATHLETICS

For Parents & Spectators

- Our focus is on improving individual performance and not on determining winners and losers. Honest efforts are more important than victory.
- Encourage children to participate if they are interested, if not, do not force them. Encourage them to try again next time.
- If your child is having difficulty with any aspect of Little Athletics, talk to a committee member or another parent. Athletes can quickly lose interest if problems are not resolved immediately.
- Recognise the value and importance of volunteer coaches & officials. They give their time and resources to provide enjoyment for the children and deserve your support.
- Guard against projecting your aspirations onto your child. Children have different abilities and will develop at different rates as the years go by.

- The best way to maximise your child's performance is by learning the correct skills, ensure they enjoy what they are doing and most importantly ensure they receive plenty of encouragement and support.
- Be a good role model for sports behaviour. Be courteous to athletes, officials and other spectators.
- Children compete for enjoyment. Discourage the "Win at all cost" mentality.
- Make any new parents/families welcome on all occasions.
- Do not abuse any child, particularly your own.
- Reward the performances of all athletes with generous praise and applause.
- Never ridicule or yell at a child for making mistakes or losing an event. Bad language is not tolerated.
- Condemn unsporting behaviour and promote respect for all opponents.
- Parents are discouraged from judging/measuring performances of their own child if circumstances allow.

For Athletes

- Play by the rules and compete for enjoyment.
- Be a good sport. Applaud all results, whether they are by your Centre, opponent or another Centre.
- Never argue with an official. If you disagree, ask your age group manager to deal with the matter.
- Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport. Bad language is not tolerated.
- Treat all opponents the way you would like to be treated. Do not interfere, bully or take unfair advantage of another athlete.
- Cooperate with all officials and other participants. Without them there would be no competition.

OUR REGION

Little Athletics Victoria is broken into 7 regions, 4 metro and 3 country regions. Regional Carnivals are held for Relays, Track & Field and Cross Country. Echuca/Moama belongs to the Northern Country Region (NCR) along with 20 other centres.

When competing in Regional Carnivals, the athlete will compete against other centres within our region until they progress to a State Championship, where all regions come together to compete.

NORTHERN COUNTRY REGION CENTRES ARE:

- | | |
|---------------------------|----------------------------|
| 1. Albury 131 | 12. Mt Beauty 87 |
| 2. Alpine 159 | 13. Murrindindi 147 |
| 3. Barooga 153 | 14. Nathalia 137 |
| 4. Benalla 57 | 15. Rochester 141 |
| 5. Bendigo 2 | 16. Rutherglen 157 |
| 6. Echuca/Moama 58 | 17. Seymour 36 |
| 7. Howlong 148 | 18. Shepparton 55 |
| 8. Kyabram 139 | 19. Wangaratta 250 |
| 9. Kyneton 69 | 20. Wodonga 26 |
| 10. Lavington/Jindera 144 | 21. Yarrawonga/Mulwala 129 |
| 11. Mansfield 85 | |

For more information on the Northern Country Region, visit the [NCR Facebook](#) page, where you will find information relating to all centres. This is a good recourse for regional carnivals and other competition based information.



EMLAC CALENDAR 2019/20

2019

(NP) = No points awarded in this round (N) = Night event

12 Oct	Come & Try Day
18 Oct	SSV (Secondary) T&F Championship – Lakeside
19 Oct	Program 1 - First round of competition
24 Oct	SSV (Primary) T&F Championship – Lakeside
26 Oct	Program 2
2-3 Nov	Vic All schools T&F Championships - Doncaster
2 Nov	Program 3
7 Nov	Entries close for Region Relay Carnival
9 Nov	Program 1
16 Nov	Program 2
23 - 24 Nov	LAVic Region Relay Carnival – U9 -U16 – Various locations
23 Nov	Program 3 - (NP)
30 Nov	Program 1
7 Dec	Program 2
14 Dec	Zatopek LAVic 1500mts Championship – Box Hill
14 Dec	LAVic State Relay Championships U9 – U16 – Casey
14 Dec	Program 3 - Last event before Christmas break

2020

(NP) = No points awarded in this round (N) = Night event

14 Jan	Entries close - LAVic Combined Events Champs - U9 – U16
28 Jan	Entries close - LAVic Region T&F Carnival - U9 – U16
1-2 Feb	LAVic Combined Events Champs - U9 – U16 - Lakeside
1 Feb	Program 1 – First round after Christmas
8 Feb	Program 2
15-16 Feb	LAVic Region T&F Carnival - U9 – U16 – Various Locations
14 Feb	Program 3 (NP) (N) Start 4:45 – for a 5:00 start
22 Feb	Program 1
29 Feb	Program 2
6 Mar	Multi Round (N) Start 4:45 – for a 5:00 start
14-15 Mar	LAVic State T&F Championships - U9 – U16 – Casey Fields
21 Mar	End of season presentations - TBA

NCR CARNIVAL CALENDAR 2019/20

2019

20 Oct	LOCKHART OPEN DAY
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26 Oct	MURRAY VALLEY CHAMPIONSHIPS
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3 Nov	KOOINGAL-WAGGA OPEN DAY
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9 Nov	DENILIKUIN OPEN DAY (TWILIGHT)
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10 Nov	TEMORA ANNUAL CARNIVAL
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17 Nov	WAGGA WAGGA OPEN DAY
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23 Nov	NCR RELAY CARNIVAL
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23 Nov	GRIFFITH OPEN DAY (TWILIGHT)
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1 Dec	COHUNA OPEN DAY
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1 Dec	SALE OPEN DAY
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8 Dec	ALBURY OPEN DAY
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14 Dec	LAVic RELAY CHAMPIONSHIPS
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21 Dec	DONCASTER OPEN DAY
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2020

JAN 12	NCR NIRO CARNIVAL
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FEB 1-2	LAVic STATE COMBINED EVENT
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FEB 9	SEAFORD OPEN DAY
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FEB 15-16	NCR T&F CARNIVAL
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MAR 1	LEETON OPEN DAY
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MAR 7	WERRIBEE OPEN DAY
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MAR 14-16	LAVic T&F CHAMPIONSHIPS
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June TBA	NCR CROSS COUNTRY
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For more details on the above carnivals and their locations please visit LAVic website and go to the 'Open Days' tab or look for the LAVic calendar.

Note: All details & dates were correct as of the date of publishing.

PROGRAM 1

BOYS ROTATION				
ROTATION	U 6	U7	U 8	U 9
WARM UP				
ROTATION 1	OT	LJ 1	TV	800m
ROTATION 2	OT	HJ	SP 1&2	DIS 2
ROTATION 3	OT	60mH		
ROTATION 4	OT	DIS 1&2	HJ 1&2	LJ
ROTATION 5	—	200m		

GIRLS ROTATION				
ROTATION	U 6	U7	U 8	U 9
WARM UP				
ROTATION 1	OT	HJ 1&2	SP	DIS 1
ROTATION 2	OT	LJ	TV	800m
ROTATION 3	OT	DIS 1&2	HJ	LJ 2
ROTATION 4	OT	60mH		
ROTATION 5	—	200m		

OT - On Track, TV - Turbo Vortex Throw, V - Vortex Throw, H - Hurdles, RW - Race Walk, (M) - Use Mat on LJ & TJ Runway, (T) - Training, (S) - Scissor Mat, 1 & 2 - Use both or one of Pit, Cage or Scissor Mat, (G) - Use Grassed Jump Pit, SP - Shot Put, DIS - Discus, LJ - Long Jump, TJ - Triple Jump, HJ - High Jump, JAV - Javelin.

PROGRAM 1

BOYS ROTATION				
ROTATION	U 10	U 11	U 12	U 13-16
WARM UP				
ROTATION 1	800m			
ROTATION 2	TJ	DIS 1	HJ 1	TJ
ROTATION 3	60mH	80mH	80mH	80m-100mH
ROTATION 4	SP 1	LJ 1	JAV	SP2
ROTATION 5	200m			

GIRLS ROTATION				
ROTATION	U 10	U 11	U 12	U 13-16
WARM UP				
ROTATION 1	TJ	DIS 2	JAV	TJ
ROTATION 2	800m			
ROTATION 3	SP 2	LJ 1	HJ 1	SP 1
ROTATION 4	60mH	80mH	80mH	80m-100mH
ROTATION 5	200m			

PROGRAM 2

BOYS ROTATION				
ROTATION	U 6	U7	U 8	U 9
WARM UP				
ROTATION 1	OT	- / 500m RW	- / 700m RW	
ROTATION 2	OT	100m		
ROTATION 3	OT	VT	LJ 1&2	SP 1
ROTATION 4	OT	70m		
ROTATION 5	—	SP 1&2	DIS 1&2	HJ 1&2

GIRLS ROTATION				
ROTATION	U 6	U7	U 8	U 9
WARM UP				
ROTATION 1	OT	- / 500m RW	- / 700m RW	
ROTATION 2	OT	SP 1&2	DIS 1&2	HJ 1&2
ROTATION 3	OT	70m		
ROTATION 4	OT	V	LJ 1&2	SP 2
ROTATION 5	—	100m		

OT - On Track, TV - Turbo Vortex Throw, V - Vortex Throw, H - Hurdles, RW - Race Walk, (M) - Use Mat on LJ & TJ Runway, (T) - Training, (S) - Scissor Mat, 1 & 2 - Use both or one of Pit, Cage or Scissor Mat, (G) - Use Grassed Jump Pit, SP - Shot Put, DIS - Discus, LJ - Long Jump, TJ - Triple Jump, HJ - High Jump, JAV - Javelin.

PROGRAM 2

BOYS ROTATION				
ROTATION	U 10	U 11	U 12	U 13-16
WARM UP				
ROTATION 1	- / 700m RW	1500m RUN / 700m RW		
ROTATION 2	100m			
ROTATION 3	DIS 1	SP 2	DIS 2	HJ
ROTATION 4	70m			
ROTATION 5	LJ 1	HJ	TJ	JAV

GIRLS ROTATION				
ROTATION	U 10	U 11	U 12	U 13-16
WARM UP				
ROTATION 1	- / 700m RW	1500m RUN / 700 RW		
ROTATION 2	LJ 1	HJ	TJ	JAV
ROTATION 3	70m			
ROTATION 4	DIS 1	SP 1	DIS 2	HJ
ROTATION 5	100m			

PLEASE NOTE: The Race Walk and 1500m run will alternate each week for U11 - U16. When the 1500m run is on, age groups U7 - U10 will continue to their next rotation as this event is not sanctioned for these age groups.

PROGRAM 3

BOYS ROTATION				
ROTATION	U 6	U7	U 8	U 9
WARM UP				
ROTATION 1	OT	U7-8 Shuttle Relay / Relay Practise		
ROTATION 2	OT	70m	200m	400m
ROTATION 3	OT	SP 1	HJ 1&2	DIS 1&2
ROTATION 4	OT	100m		
ROTATION 5	—	LJ 2	SP 1&2	TV

GIRLS ROTATION				
ROTATION	U 6	U7	U 8	U 9
WARM UP				
ROTATION 1	OT	U7-8 Shuttle Relay / Relay Practise		
ROTATION 2	OT	SP 1	HJ 1&2	DIS 1&2
ROTATION 3	OT	70m	200m	400m
ROTATION 4	OT	LJ 2	SP 1&2	TV
ROTATION 5	—	100m		

OT - On Track, TV - Turbo Vortex Throw, V - Vortex Throw, H - Hurdles, RW - Race Walk, (M) - Use Mat on LJ & TJ Runway, (T) - Training, (S) - Scissor Mat, 1 & 2 - Use both or one of Pit, Cage or Scissor Mat, (G) - Use Grassed Jump Pit, SP - Shot Put, DIS - Discus, LJ - Long Jump, TJ - Triple Jump, HJ - High Jump, JAV - Javelin.

PROGRAM 3

BOYS ROTATION				
ROTATION	U 10	U 11	U 12	U 13-16
WARM UP				
ROTATION 1	Relay Practise			
ROTATION 2	400m			
ROTATION 3	TV	TJ	SP 2	LJ 1
ROTATION 4	100m			
ROTATION 5	HJ 1&2	JAV	LJ 1	DIS 2

GIRLS ROTATION				
ROTATION	U 10	U 11	U 12	U 13-16
WARM UP				
ROTATION 1	Relay Practise			
ROTATION 2	TV	TJ	SP 2	LJ 1
ROTATION 3	400m			
ROTATION 4	HJ 1&2	JAV	LJ 1	DIS 2
ROTATION 5	100m			

SEASON 2018/19 AT A GLANCE

FROM THE PRESIDENT

Our 2018/19 season was a very successful one, in that both the committee and myself are very proud of. After moving to an Extraordinary AGM, a committee was formed and we were very fortunate to have excellent volunteers take up the various roles required.

For the 2018/19 season, we saw an increase of 53% in membership from the previous year to have 146 registered athletes. 78 new members and 68 returning members. Our NSW Active Kids accreditation also saw a large amount of our families have access to this assistance.

We were lucky enough to be awarded 3 grants for the season totaling around \$8000. This saw the purchase of a defibrillator (ADE), club branded marquee, throwing equipment and a new scissor mat.

There were many positives to take from the season, with many athletes representing well in Regional Open Days, Region Carnivals and State Championships. Our media exposure through our local paper and online socials were another highlight of the season which in return saw an increase in our following throughout the season. We were very fortunate to have more parent helpers volunteer and take on roles such as our competition day starters.

The 2019/20 season is looking exciting with a full Executive Committee and many General Committee members. Positive enthusiasm has already seen our club moving forward with the purchase of new timing gates, which will make a huge impact to the running of our Saturday morning competition.

We look forward to what the 2019/20 season brings and continuing friendships and making new ones. Most importantly continuing to teach our little athletes to always do their best and have fun.

Leon Moon
President

SEASON 2018/19 AWARDS

AGE CHAMPIONS

AGE GROUP	MALE	FEMALE
U7	Luca Micalizzi	Indiana Carmichael
Runner Up	Jaxon Key	Emily Zlateff
U8	Marlon Micalizzi	Sarah Head
Runner Up	Reeve Sellars	Quinn Tomkins
U9	Xavier Carmichael	Sophie Jardine
Runner Up	Nate Smith	Mia Wickham
U10	Ollie Tomkins	Kate Head
Runner Up	James Mason	Amelia O'Grady
U11	Elijah Swiggs	Tia Ferris
Runner Up	Albert Cunningham	Emma Head
U12	Toby Cadd	Georgia Weier
Runner Up	Cooper Lees	Makayla Bassett
U13	Max Holderhead	Isabella Crossman
Runner Up	Lenny Cook	Rosy Marsh
U14	Oskar Smartt-Gretgrix	Andrea Archibald
Runner Up	Kaleb Smith	—
U15	—	Maya Kadri
Runner Up	—	—

JUNIOR CHAMPION - Xavier Carmichael

SENIOR CHAMPION - Tia Ferris

RIVERINE HERALD – CLUB SPIRIT AWARD - Stella Hagan

2018/19 CENTRE RECORD MEDALS

NAME	AGE GROUP	EVENT	RESULT
Oscar Hagan	U10 BOYS	1500m	12.32
Marlon Micalizzi	U8 BOYS	High Jump	1.12
Toby Cadd	U12 BOYS	60m	9.17
Nate Smith	U9 BOYS	60m	9.78
Maya Kadri	U15 GIRLS	Javelin	26.81
Marlon Micalizzi	U8 BOYS	Long Jump	3.66
Matilda Fowler	U10 GIRLS	1500m	10.02
Marlon Micalizzi	U8 BOYS	200m	34.13
Xavier Carmichael	U9 BOYS	60m	9.90
Elijah Swiggs	U11 BOYS	Discus	27.61m

AWARD CRITERIA

For all of our awards and their criteria please refer to our [website](#).



COMPETITION DAY

START TIME

Athletes are requested to be at the ground for an 8.45am start on competition mornings for the compulsory warm up.

Athletes will then proceed to their age groups with their group chaperone and begin the first round of events on that day's program.

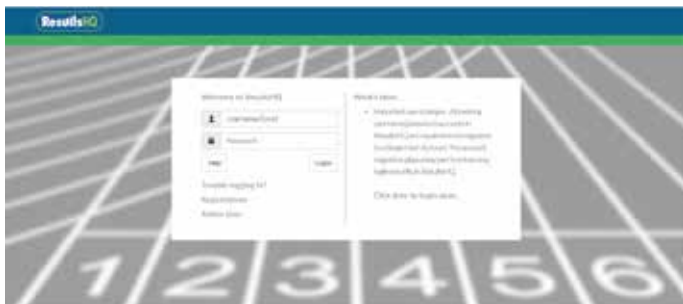
ON TRACK PROGRAM

The On Track program focuses on the fundamental motor skills all the way through to the athletic skills.

On Track can be conducted for the U6, U7 and U8 age groups. However, our centre will usually run this program for our U6 age group only.

The key to the On Track program is to develop one skill before moving onto the next and encourage enjoyment and accomplishment through participation of these activities.





RESULTS HQ

Athletes can view their weekly results on Results HQ found at www.resultshq.com.au.

To access the results you will need to login using:

Username = email address you registered with

Password = username LAVic emailed to the primary user with the registration renewal email (if unsure or the parents have lost the email with the username on it, just click on 'forgot password'.

NB: Important user changes 2019 - All existing username/password accounts in ResultsHQ are required to be migrated to a Single User Account. Check out how to do this via the website.

Also, the website works best with Google Chrome.

RECORDS

Records are recognised on Saturday mornings at EMLAC Jack Eddy Oval only & must be verified by a committee member or the record will be invalid. If it is thought that a record may have been broken, please leave all equipment as it is and seek a committee member for verification.

HOT & WET WEATHER

Cancelled Programs due to inclement weather will be notified via our [Facebook page](#) and web site www.echucamoamalac.com.au.

Modifications to the program may occur to ensure that safety is paramount.

AGE GROUPS

An athletes age group is based on their age as of 31st December 2019. See age group chart below.

MONTH	2004	2005	2006	2007	2008	2009
JANUARY	16	15	14	13	12	11
FEBRUARY	16	15	14	13	12	11
MARCH	16	15	14	13	12	11
APRIL	16	15	14	13	12	11
MAY	16	15	14	13	12	11
JUNE	16	15	14	13	12	11
JULY	16	15	14	13	12	11
AUGUST	16	15	14	13	12	11
SEPTEMBER	16	15	14	13	12	11
OCTOBER	16	15	14	13	12	11
NOVEMBER	16	15	14	13	12	11
DECEMBER	16	15	14	13	12	11

MONTH	2010	2011	2012	2013	2014	2015
JANUARY	10	9	8	7	6	6
FEBRUARY	10	9	8	7	6	6
MARCH	10	9	8	7	6	6
APRIL	10	9	8	7	6	6
MAY	10	9	8	7	6	6
JUNE	10	9	8	7	6	6
JULY	10	9	8	7	6	6
AUGUST	10	9	8	7	6	
SEPTEMBER	10	9	8	7	6	
OCTOBER	10	9	8	7	6	
NOVEMBER	10	9	8	7	6	
DECEMBER	10	9	8	7	6	

PARENTS RESPONSIBILITY

- Please note that we take our little athletes' protection and privacy very seriously. Please follow our [Social Media Policy](#) as governed by Little Athletics Australia.
- It is our club policy that all athletes **MUST** be supervised at all times. If it is not possible for you to be in attendance with your child, you are required to arrange another adult to be responsible for them. **DO NOT drop your child off without making prior arrangements for their care.** Echuca Moama Little Athletics Centre will not be responsible for unsupervised children during the morning's competition or left at the ground after the completion of the program.
- Uniform - It is up to you to ensure your athlete is in the approved EMLAC club uniform. This includes the compulsory club singlet, black shorts, appropriate footwear and your compulsory SUBWAY ID Patch. More information on our club uniform is on page 26 and on our [website](#).
- Misbehaviour - The committee has the discretion to disqualify any athlete who is behaving inappropriately from competing in an event/s. Athletes who consistently misbehave may be suspended from all activities by a Centre Executive member.
- Blood Rule - Children with blood on their body or clothing will be unable to participate in the activities at the Centre until the blood is removed. All open wounds must be covered immediately. The Centre does have a first aid kit available if needed. Please find a committee member to assist you.
- Sun Smart - EMLAC and LAVic have a Sun Protection policy and encourage you to follow it by wearing protective attire like wide brim hats and SPF30+ sunscreen. You can find the Sun Protection policy along with all our other policies on our EMLAC website or [LAVic website](#).

VOLUNTEERS/HELPERS

Approximately 40 parents are needed to volunteer each competition day to enable the centre to run the programs.

If registration numbers allow, there is a possibility of a roster to be created at the start of the season and families will be rostered to

an event to officiate. If you are unable to do your duty, it is your responsibility to swap or find an alternative to fill your allocated duty time. EMLAC relies heavily on your support as a volunteer, so please get involved, your children will love seeing you take part. Many hands make light work.

Officiating resources can be found at our [website](#) for further information on how to officiate an event.

Training and help is also provided by our committee members and other trained helpers.

GENERAL COMPETITION DAY/CENTRE RULES

On Saturday morning competition, we encourage athletes from all age groups to abide by the rules and regulations of Little Athletics Victoria and our centre general rules.

CROUCH & BLOCK STARTS

It is compulsory for all athletes from U12 and up to use a crouching start in all lane events and compulsory to use blocks when wearing spikes in all laned events.

GENERAL RULES

- No food of any sort is allowed whilst taking part in events.
- No alcohol, smoking or swearing.
- Children must not handle equipment unless competing or training with an official present.
- The ground is to be left free of rubbish at the completion of the program.
- Children must obey the rules and directions of officials at all times.
- All members of EMLAC must abide by LAVic Code of Conduct policy. This policy can be found on our centre website under 'Policies' or go to www.lavic.com.au.

CENTRE INFORMATION

UNIFORM

EMLAC has a compulsory club uniform that can be purchased either online through our [website](#) or by visiting us at the uniform shop on Saturday mornings between 8.45am to 9.45am.

COMPULSORY UNIFORM

PATCHES & BADGES

All registered athletes will receive a Coles badge and a SUBWAY patch at the beginning of the season with your name and ID number printed on it. It is compulsory by LAVic that these badges and patches be worn at all times during competition. This includes regional and state events.

It is your responsibility to keep and maintain your patch for the season. You may laminate your patch to prevent damage from occurring. If you loose your patch, there are replacements available for a gold coin donation (This goes towards the RCH Good Friday Appeal). Replacements can be obtained from the uniform shop on Saturday mornings.

No Patch = No Results Recorded.

GIRLS & BOYS

- Club singlet or club crop top and black shorts.
- Appropriate runners must be worn at all times. No bare feet permitted.
- Spikes are optional for U11 upwards in all laned events, Javelin and jumping events (Max 7mm). Spikes are not permitted for athletes under the U11 age group.
- Please remember that if you intend on competing at Regional or State events, there are strict guidelines that need to be met in regards to uniforms. For more information on these guidelines please visit our [website](#) or LAVic website.
- All athletes are required to follow LAVic [Sun Protection Policy](#) and wear appropriate attire such as wide brim hats when not competing and to wear sunscreen.

AGE CHAMPIONSHIPS & AWARDS

Each year athletes are awarded points based on participation, event results and personal bests throughout the season. These results are calculated and a season champion is awarded to each male and female age group and also an overall Junior and Senior champion.

Point structure:

POINTS	DESCRIPTION	POINTS	DESCRIPTION
1	Personal Best	3	Third Place
5.....	First Place	2	Forth Place
4.....	Second Place	1	Fifth Place

Junior and Senior Champions are determine by the athlete with the most points awarded to them in both the Junior (U6-U10) and the Senior (U11-U16) sections.

PLEASE NOTE: Club champion does not include points awarded in the Multi Round, as these results are based on the [Alberta Youth Scoring Table](#).

7 & 10 YEAR PARTICIPATION CERTIFICATE

A certificate for your service will be recongised by Little Athletics Victoria. If your service/participation falls under the 7 or 10 year category please contact us via email with your details and years of service/participation. echucamoama@lavic.com.au

RIVERINE HERALD – CLUB SPIRIT AWARD

Please refer to our [website](#) for award criteria.

MOST DECORATED ATHLETE AWARD

This is a new award that has been developed to acknowledge the efforts of athletes who represent EMLAC away from our home centre. The focus is still aimed to be on an athletes' PB's and their representation at away events. **There are requirements to be eligible for this award**, so please refer to our [website](#) for award criteria.

POLICIES

Please find all the policies governed by LAVic on their [website](#) or the [policies](#) link on our EMLAC website. These policies must be adhered to at all times.

FIRST AID

All accidents must be reported to an official. A first aid kit is available along with a Automatic External Defibrillator (AED) located at the EMLAC equipment shed if required.

LOST PROPERTY

Lost property should be handed in at the announcing table and may be claimed at the end of the day's competition. Clothing items will be donated to charity if unclaimed after 4 weeks.

INSURANCE

A Little Athletics Victoria Insurance Policy covers all athletes from the date registered. All athletes and officials are covered during any LAVic sanctioned event. This includes centre training and weekly meets along with regional and state based training and competition.

WORKING WITH CHILDREN CHECK

The Working with Children Check (WWCC) applies to adults who work with children or are engaged in volunteer roles involving children (under 18 years of age). The WWC Check in Victoria is the mandatory minimum standard for a range of child – related industries.

Parents who have a child registered with the Centre and volunteer or help on competition day are exempt from a WWC Check unless they fall under one of the categories below:

- Centre Executive Committee Member
- Coaches and Team Managers
- Officials at State and Regional level
- Volunteers without children registered at the Centre
- First Aid personnel

If you wish to obtain a WWC Check you can do so by visiting www.workingwithchildren.vic.gov.au. It is FREE for volunteers.

LAVIC COMPETITIONS

Every season LAVic hosts a number of Regional and state events across various locations for athletes to compete in. These events are a great way to put all your efforts on centre days into practice at the next level of competition. The Regional carnival is not sanctioned by a qualification, except High Jump, which has a starting height. However, you must qualify at a Region event to move onto a State event.

Anyone can enter the Open Days and Regional Carnivals. It's a great way to meet and compete against new people and clubs, make new friends and further your skills.

To enter a Regional or State event, you must register online through the [LAVic website](#). A fee will be required. All events are open to age groups U9 - U16.

For more detailed information on the competitions available please visit our [EMLAC website](#).

REGIONAL OPEN DAYS

Many regional and metropolitan Little Athletics Centres hold Open Day Carnivals where athletes are invited to compete. These days are a great way to be involved, meet new people and support other clubs. These carnivals are fundraising events for the individual centres holding the carnival. A small fee per event is required when entering.

Athletes from U9 to U16 (and Open events at some carnivals) are eligible to compete and you can find a NCR (Northern Country Region) Open Day Calendar at the front of this handbook or visit our [website](#) for further details.

An athlete is not limited to the NCR carnivals and may enter any Region Carnivals that are available.

For entry information and application forms for a carnival, please either look at the individual centre's website, Facebook page or contact them directly to enter unless stated otherwise in entry details.

REGIONAL RELAY CARNIVAL

The 2019 SUBWAY Region Relay Carnivals are LAVic's main team competition for the season for U9 to U16 athletes. This is the only Championship where boys and girls can run against each other.

Teams can consist of male and female teams as well as mixed teams. Teams can progress to the State Relay Championships through qualifying.

Where possible, training may be provided.

To be eligible to enter the Region Relay Carnival, athletes must be registered and be a financial Little Athletics Victoria Competitive Member by the closing date and time of entry.

CLOSING DATE TO ENTER: 7th November 2019

EVENT DATE: 23rd & 24th November 2019

WHERE: Shepparton, Victoria

STATE RELAY CHAMPIONSHIPS

This is where qualifiers from the Regional Relay Carnival compete against other regional teams across the state.

EVENT DATE: 14th December 2019

WHERE: Casey Fields, Cranbourne, Victoria

Further detailed information on these events can be found on the [LAVic website](#).



REGIONAL TRACK & FIELD CARNIVAL

Athletes may enter the Regional Track & Field Carnival which is held in Bendigo in February this season.

To be eligible to enter the Region Track & Field Carnivals, athletes must be registered and be a financial Little Athletics Victoria Competitive Member by the closing date and time of entry.

They also must have competed in a minimum of 4 weeks of Centre approved competition by the close of entry. Entries will be provisional until this participation criteria has been met.

Athletes can only enter in 4 events and a fee to enter is required.

Please Note: High Jump has particular starting heights for each age group. Please consider these heights when entering this event. Starting heights can be found on [LAVic website](#).

CLOSING DATE TO ENTER: TBA (Please check [LAVic website](#))

EVENT DATE: 15th & 16th February 2020

WHERE: Bendigo, Victoria

STATE TRACK & FIELD CHAMPIONSHIPS

This is where qualifiers from the Regional Track & Field Carnival compete against other athletes from regions across the state.

EVENT DATE: 14th & 15th March 2020

WHERE: Casey Fields, Cranbourne, Victoria

Further detailed information on these events can be found on the [LAVic website](#).

STATE COMBINED EVENTS CHAMPIONSHIP

The Combined Events Championships consists of between five and seven separate disciplines. Events consisting of five disciplines will be held on one day. Events consisting of more than five disciplines will be held on two consecutive days. Check our EMLAC website for the table that outlines the disciplines for each age group and the day the discipline will be held.

Athletes are awarded points based on their performance in each discipline. The points are based on the [Alberta Youth Scoring Table](#).

CLOSING DATE TO ENTER: 14th January 2020

EVENT DATE: 1st & 2nd February 2020

WHERE: Lakeside Stadium, Victoria

Further detailed information on these events can be found on the [LAVic website](#).

STAWELL GIFT

As part of the 2020 Stawell Gift Carnival, Little Athletics Victoria will return to Central Park for their 10th consecutive year and will be conducting five handicap events: 100m Boys, 100m Girls, 400m, 800m & 1600m

It's an excellent chance for our registered and financial little athletes to run at the famous Stawell Gift and to get up close to some of the best professional runners on the circuit.

CLOSING DATE TO ENTER: TBA

EVENT DATE: 11th April 2020

WHERE: Stawell, Victoria

Further detailed information on these events can be found on the [LAVic website](#).

CROSS COUNTRY REGIONAL CARNIVAL

The 2020 Region Cross Country Carnivals will take place around the state over the weekend of the 20th and 21st of June 2020 and is open to U9 to U16.

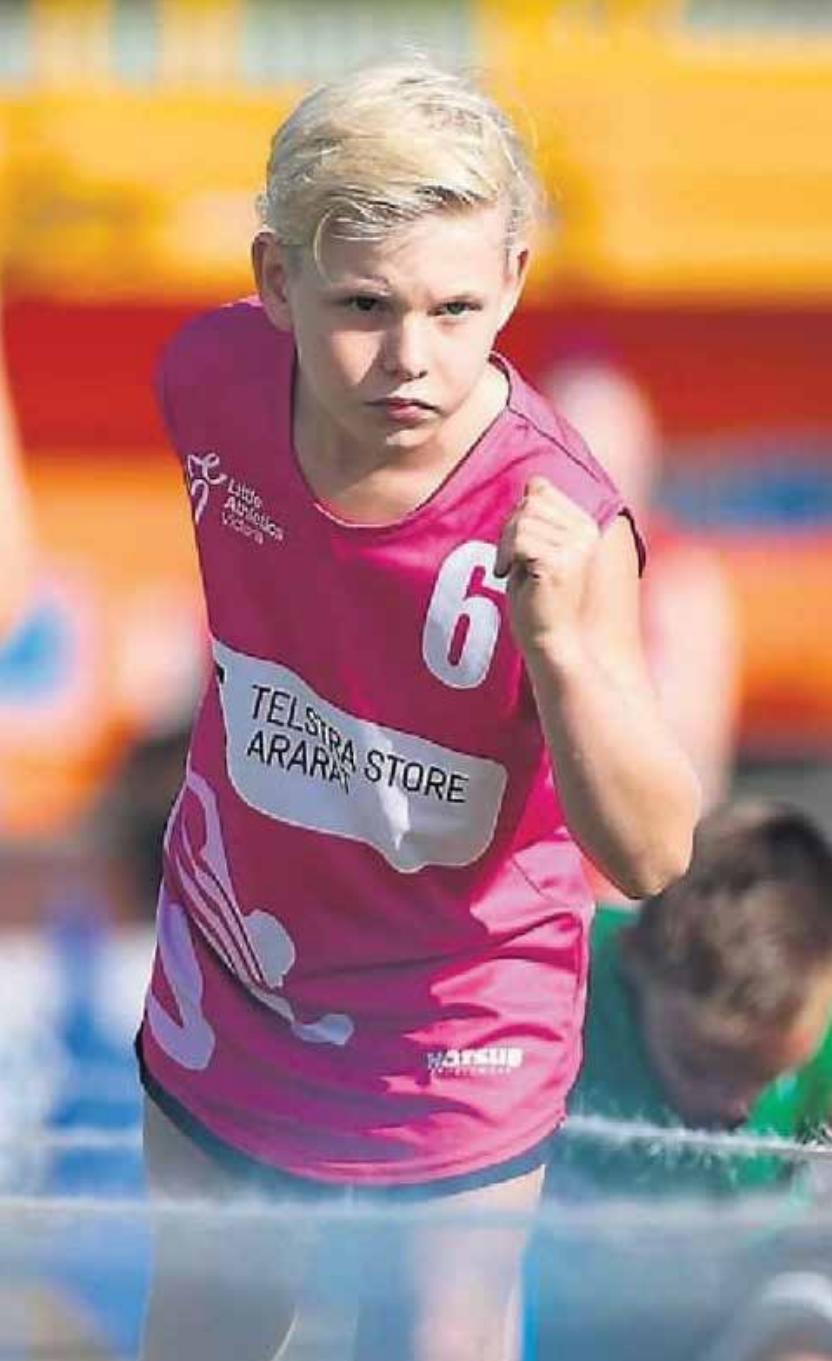
To be eligible to enter the Region Cross Country Carnival, athletes must:

- Be Registered and be a Financial Competitive Member by the closing date and time of competition.
- Athletes must compete at the Region Cross Country Carnival to which their Centre is allocated.

CLOSING DATE TO ENTER: 9th June 2020

EVENT DATE: 20th & 21st June 2020

WHERE: TBA (Please check [LAVic website](#))



CROSS COUNTRY STATE CHAMPIONSHIPS

The 2020 State Cross Country Championships will either be the 25th July or 1st August 2020. They will be held at Lake Dewar, Myrning. Please keep an eye on the [LAVic website](#) for more information as it comes into the Cross Country season.

STATE CROSS COUNTRY RELAYS

Teams shall consist of three athletes of the same gender from the same Centre/Region. Athletes can be promoted a maximum of two age groups to form a team. U7 and U8 athletes are not permitted to participate in an U9 team or above. A Centre/Region team may have a maximum of 2 athletes in a team age group promoted. Each athlete in a relay team may run one leg only. Athletes can only compete in one relay event.

If you are unable to make a Centre team, work with other Centres within your Region to create a Region team and get it approved by Little Athletics Victoria.

CLOSING DATE TO ENTER: 24th May 2020

EVENT DATE: 30th May 2020

WHERE: Cruden Farm, Cranbourne Road, Langwarrin

OPEN TO: U9 - U16 ENTRY FEE: \$25/Team



OTHER LAVIC PROGRAMS & COURSES

JUNIOR DEVELOPMENT SQUAD (J.D.S)

The Junior Development Squad (JDS) gives U12 – U16 athletes an opportunity to develop additional skills and improve technical competencies through participation in coaching and training sessions with some of Victoria's leading coaches. Training with other keen and enthusiastic squad members is both fun and motivational and helps develop new friendships based on an enjoyment of athletics. The emphasis on learning new athletic skills and improving existing ones is in a friendly and supportive environment.

To join JDS, athletes must achieve the qualifying standard in their current age group of the season. Athletes must achieve one standard on two separate occasions or two different standards, once. This ensures that the performances show a consistency and not just a once off.

Visit for more information: <http://lavic.com.au/Education-Training/Athletes/Junior-Development-Squad>



OFFICIALS

Officials / Parent helpers are very important to the effective running of our Centre's weekly competition. There are a number of different roles and positions that need to be filled at each competition, some requiring technical knowledge and experiences and others are basic and only require a limited understanding of athletics. It is very beneficial to educate parent helpers in multiple aspects of officiating. It is also important that officiating techniques are consistent at Centre, Region and State events. Proficiency comes with education, participation and practice.

Contact [Little Athletics Victoria](#) on (03) 8646 4510 for more information on how to become an Official and what courses are available.

LAVIC OTHER INFORMATION

Little Athletics Victoria runs a number of programs, coaching courses, skills clinics and specialist competitions. Please visit the [LAVic website](#) to find out what is available to and your athlete.



TRACK & FIELD EVENT RULES

Detailed rules of competition can be found on the Little Athletics Victoria website www.lavic.com.au, see the link to Competition > Rules and Regulations.

TRACK EVENTS

SPRINTS

Any running race at full speed or over a short distance is referred to as a “sprinting event”. All sprints are ran in lanes. Championship sprints include races over 60m, 70m, 100m and 200m distances. The 400m is also considered a sprinting event. However, for young athletes this may also be more appropriately classed as a middle distance event.

At the start of a sprint, the athletes are placed in a lane, one metre behind the line.

The starter gives 3 signals:

1. On your marks — the athlete puts the toes of one foot to the line.
2. Set — the athlete leans forward on the front foot.
The opposite arm is held out in front to help balance
3. Gun sounds — the athletes run.

The athlete must stay in their allotted lane for the whole race.

You can help by:

- Marshalling the athletes and placing them in their lanes
- Timing the race with manual stop watch.
- Judging the places—deciding which runners finish 1st, 2nd, 3rd etc.
- Marshalling the runners after the race and making sure their times are recorded.
- Recording the athletes' times.
- Learning to become a starter with the official's accreditation course

MIDDLE DISTANCE RACES

Middle distance races at EMLAC are 800m and 1500m. Middle distance events by nature require more endurance than sprinting events and are not ran in lanes.

Starting formations vary depending on the age and event (staggered starts are used for 800m).

The athletes can't use a crouch start and do not have to run in set lanes.

You can help by:

- Doing the same jobs as for 'sprint' races.

HURDLES

Hurdle races are sprints with obstacles (hurdles) placed in each lane. Hurdle sizes change with the age of the athletes. They start with mini hurdles and go up higher with older age groups.

Knocking the hurdles over un-intentionally does NOT result in disqualification; however, hurdles must not be purposefully pushed over by hands or feet. Little Athletics hurdles are designed to easily collapse when knocked, providing that they are approached from the correct direction. Hurdles should NEVER be jumped in a reverse direction.

Distances are either 60 metres or 80 metres depending on the age group. All hurdle races are ran in lanes and the starter gives the same signals as for sprints. Your little athlete will need some coaching and practise with low, training hurdles before they try the real thing.

You can help by:

- Picking up hurdles that fall because they are knocked by an athlete or blown over by wind.
- Doing the same jobs as for sprints.
- Setting up and packing away the hurdles.
- For hurdle heights please visit [LAVic website](#) under Competitions > Rules & Regulations >Hurdle Specifications.

RELAYS

These are probably the most spectacular events our little athletes can do. It's one of the few opportunities they have to compete as a team. Relays always seem to bring out the best in our athletes.

Relay teams consist of four runners who each run a set distance (either 100, 200 or 400 metres according to the type of relay). The athletes carry a baton which must be passed on to the next runner. This change must take place in a specified 20 metre takeover zone.

Relays have been incorporated into the weekly program to give our athletes the basic skills needed.

You can help by:

- Marshalling the athletes and escorting them to their starting positions.
- Learning the rules and becoming a Change over Box Judge.
- Doing the same jobs as for sprints.

For more details on relay rules please visit [LAVic website](#) under Education & Training > Officials > 2019-20 Officiating Booklet > Page 16.



FIELD EVENTS

The jumps and throws that form part of a Little Athletics Program are called Field Events. You might like to have a go at officiating at all of them or you may choose to become an expert on one or two.

LONG JUMP

The aim of Long Jump is to simply run up and jump as far as possible into the landing pit. The athletes run along the run up until they reach the take-off area, then launch themselves into the air, landing in the pit.

Younger athletes take off from a larger mat while older athletes take off from a fixed take-off board. The athlete may not take-off for a jump beyond this designated area.

The distance achieved in Long Jump up to U11 is measured from the front of the take-off point (imprint on the mat) to the nearest break in the landing pit. Distances for U12 and above are measured from the front of the take-off board. Athletes have three jumps. They must land in the sand pit and walk out of the pit forward of the mark they made on landing.

You can help by:

- Watching that the athlete's foot doesn't go over the edge of the mat or board/line.
- Spiking (marking the spot where the athlete landed). You place a spike with a tape measure attached at the edge of the mark in the pit closest to the take off area.
- Measuring the jump. You hold the other end of the tape, pull it tightly over the take off area and read the measurement.
- When a mat is used (U7-U11) the measurement is taken from the front of the imprint made by take-off foot.
- If a board/line is used, the measurement is taken from the front of the edge of the board nearest the pit.
- Raking the pit after each jump to remove the evidence of the last jump and make it safer for the next athlete.

- Recording the athlete's performance and writing out results.
- Supervising the athletes waiting for their next jump.

For more details on measuring Long Jumps please visit [LAVic website](#) under Education & Training > Officials > 2019-20 Officiating Booklet > Page 24.



TRIPLE JUMP

This technical event is now only offered for the U11 age group and above. Triple Jump needs a pit and run up. Just like Long Jump, Triple Jump has the same basic rules and is measured the same way.

The Triple Jump involves a hop, step and jump action. Most of the rules for Triple Jump are similar to those used in Long Jump.

The run up has several take off lines marked at 1 metre intervals (usually 3 to 9 metres) and the athlete chooses which of these lines will be their take off line. For younger athletes the mat is used as in long jump.

Triple Jump has three distinct stages:

- HOP (SAME FOOT AS TAKE OFF FOOT)
Take off from the mat/board on one foot, then land on that foot.
- STEP (OPPOSITE FOOT)
Take off on that same foot. Step onto the other foot.
- JUMP (TOGETHER)
Jump forwards and land in the pit with feet together.

You can help by:

- Doing the same jobs as for Long Jump.
- Moving the mat from one mark to another.
- Checking that the athlete is actually performing a HOP STEP, JUMP.
- Supervising the athletes waiting for their next jump.

For Triple Jump details please visit [LAVic website](#) under Education & Training > Officials > 2019-20 Officiating Booklet > Page 27.



HIGH JUMP

The main aim of High Jump is to clear the bar without making it fall off its two supporting uprights. After each successful attempt, the crossbar is raised. Athletes are allowed three attempts to clear their next height. If they achieve it the first or second time, they wait until the bar is raised before having another jump.

Failure to clear the bar within three consecutive jumps leads to elimination from the event.

There are two main methods used at Echuca Moama Little Athletics Centre to clear the bar - Fosbury Flop and Scissors. All athletes should begin by learning the Scissor's method first. As the athlete becomes older and more competent, the flop technique can be introduced. Only proper High Jump mats should be used with mat covers to ensure that the landing area is safe and secure. All athletes should be taught to clear the bar in a way that ensures they land in the centre of the landing area.

Important rules to cover in High Jump are:

- The bar must never be raised by less than 2cm in the High Jump after each round of trials; and
- The increment of the raising of the bar must never increase; and
- The bar must be raised after each round of trials in increments depending on the number of athletes remaining in the competition, as per the following.

NO ATHLETES

Greater than 6

Less or equal to 6

INCREMENTS

5cm

2cm

Please note: All U8-U10 athletes shall use the scissor technique.

You can help by:

- Picking the bar up if an athlete knocks it off.
- Raising the bar after all athletes have finished at a particular height
- Recording the athletes' performance

For detailed High Jump rules please visit [LAVic website](#) under Education & Training > Officials > 2019-20 Officiating Booklet > Page 21.



SHOT PUT

Shot Put consists of a ring and a landing area (sector). The shot is a metal ball. Its weight and size varies according to the age of the athlete. The athlete stands in the ring with the shot balanced on his/her fingers and held close to the neck under the jaw bone. The shot is pushed forward so that it lands in the sector.

The arm must not be pulled backwards or dropped downwards - this would give the delivery an illegal throwing motion. The athlete must wait until the shot has landed and then walk out the back of the ring. Athletes usually have three puts.

The aim of the event is to obtain the greatest possible distance whilst performing within the accepted rules of the event.

These include:

1. The shot must initially be in contact with the neck near the shoulder and in close proximity to the chin. The hand cannot drop below this position during the pushing action.
2. The shot must fall completely between the edges of the landing sector.
3. The athletes must exit from the back half of the circle.

You can help by:

- Spiking—marking where the shot lands. It must land inside the sector lines.
- Pulling the tape through the centre of the ring so that the put can be measured.
- Measuring—reading the distance from the inner edge of the ring to the place the shot landed.
- Retrieving the shot and returning it to the ring.
- Learning how to judge a fair put so you can judge the event.
- Recording the athlete's performance.
- Supervising the athletes waiting for their next attempt.

For detailed Shot Put rules & weights please visit [LAVic website](#) under Education & Training > Officials > 2019-20 Officiating Booklet > Page 32.



DISCUS

Discus is one of the oldest athletic events, being part of the pentathlon during the ancient Olympics. A discus is a rubber disc which is thrown using a slinging action from within a circle and must land wholly within a marked landing sector. The discus is usually thrown one handed, using a backward swing to build up momentum before launching it into the sector.

For an effective result, on release, the discus should preferably spin over the index finger rather than be let out of the back of the hand.

As with Shot Put, the athlete must exit via the back half of the circle. All officials and other athletes should be well behind the person throwing. Discus rules are much the same as for Shot Put.

You can help by:

- Spiking
- Pulling the tape through the centre of the ring
- Measuring the throw
- Retrieving the discus
- Recording the athletes performance
- Supervising the athletes waiting for their next throw

For detailed Discus rules please visit [LAVic website](#) under Education & Training > Officials > 2019-20 Officiating Booklet > Page 30.

JAVELIN

Javelin is a throwing event and the Javelin itself is a spear shaped object with a metal point. Competitors aim to throw it as far as possible so that the point strikes the ground before any other part of the Javelin.

Javelin needs a run up, something like that used for Long Jump. The athlete holds the javelin in one hand and runs along the run up towards the line. He/she then pulls the implement back, turns side on and throws it into the sector.

The javelin must land tip first inside the sector. The javelin doesn't have to remain standing.

The athlete must not go forward across the front of the run up line. A javelin throw is spiked in the same way as discus. The tape is pulled through to a spot marked on the run up and the distance is read from the inside of the run up line. As the javelin is a dangerous spear like implement, all athletes and officials should keep well away from the run up and sector.

It is very important to follow the safety rules when competing in or practising javelin throwing.

You can help by:

- Doing the same jobs as for discus
- Watching that the athlete doesn't cross over the run up line.

For detailed Javelin rules please visit [LAVic website](#) under Education & Training > Officials > 2019-20 Officiating Booklet > Page 34.



SEASON BESTS 2019/20 & RECORDS

DISCONTINUED RECORDS

Due to the following events no longer being conducted at a Centre level or recommended by LAVic in these age groups, some records are now discontinued. Also weight changes in some field events will see these records discontinued. These previous records can be found on our [website](#).

This season will see the implementation of new timing gates. With this, will come new records made with the electronic timing method over the now suspended method of hand timing.

This will be effective as of the 2019/20 season and will be reflected in results and records.

We have been working hard this year to make sure our records are complete and accurate. It is a timely process and finding accurate dates has proven a little difficult. If you have any further information on any of these records or dates please let us know so we can update them.

RECORD TABLE LEGEND

HJ (S)	High Jump - Scissor Mat
LJ (M)	Long Jump - Mat
1100 RW	Race Walk
HJ (FF)	High Jump - Fosbury Flop
LJ (B)	Long Jump - Board
*	Record retired /archived due to event change beginning 2019-2020 season.
#	Non sanctioned event for age group. Event retired.

UNDER 6 GIRLS

GIRLS				2018/19 SEASON BESTS	
EVENT	DATE	NAME	RESULT	NAME	RESULT
60m		Annie KETTLE	11.22	*	Maggie HILLMAN 13.49
70m		Amy WEST	13.51		
100m		Candace WILLIAMS	14.67		Maggie HILLMAN 22.02
200m	2018/2019	Maggie HILLMAN	49.35	* #	Maggie HILLMAN 49.35
300m		None			None
60mH		None			None
HJ (S)		Alicia CALLANDER	0.87	* #	Maggie HILLMAN 0.60
LJ (M)		Sarah KEY	2.70		Stella SMITH 1.87
DIS (350g)					Marley RETALLICK 5.63
SP (1kg)					Amelia LEES 2.66

UNDER 6 BOYS

BOYS				2018/19 SEASON BESTS		
EVENT	DATE	NAME	RESULT	NAME	RESULT	
60m		Ricky THOMPSON	11.53	*	Jonty CARFOOT	12.25
70m		Leigh DELEDIO	12.01		None	
100m		Lachlan SCHULTZ	18.14		Jonty CARFOOT	19.73
300m		None			None	
60mH		None			None	
HJ (S)		Ricky THOMPSON	0.90	*#	Oliver WALLIS	0.75
LJ (M)		Andrew GIL	3.50		Albie BREWIS	2.23
DIS (350g)		Jayden GULSON	13.68		Oliver WALLIS	6.77
SP (1kg)		Jai WELCH	5.50		Albie BREWIS	3.41

UNDER 7 GIRLS

GIRLS			2018/19 SEASON BESTS	
EVENT	DATE	NAME	RECORD	RESULT
60m		Teaghan BUBB	10.31	Emily ZLATEFF 11.55
70m		Danikka GREAVES	11.04	Ivy WALKER 13.58
100m		Teaghan BUBB	17.07	Emily ZLATEFF 19.43
200m		Teaghan BUBB	37.44	Emily ZLATEFF 41.38
500m		None		None
60mH		None		None
HJ (S)		Lara GERRISH**	0.97	# Emily ZLATEFF 0.85
LJ (M)		Teaghan BUBB	3.00	Ivy WALKER 2.60
DIS (350g)		Ashleigh KEENAN	16.39	Indiana CARMICHAEL 6.87
SP (1kg)		Ashleigh KEENAN	7.34	Emily ZLATEFF 3.79

UNDER 7 BOYS

BOYS				2018/19 SEASON BESTS	
EVENT	DATE	NAME	RECORD	NAME	RESULT
60m	03.02.18	Marlon MICALIZZI	10.44	Jaxon KEY	11.15
70m		Bradley VANDENBOSCH	11.93	Luca MICALIZZI	12.33
100m	17.02.18	Marlon MICALIZZI	17.06	Luca MICALIZZI	17.68
200m		Lachlan SCHULTZ	36.91	Luca MICALIZZI	38.85
500m		None		None	
60mH		None		None	
HJ (S)	03.11.18	Marlon MICALIZZI	1.03	Luca MICALIZZI	1.00
LJ (M)		Jai WELCH	3.55	Luca MICALIZZI	2.79
DIS (350g)		Jarrold BLACKBURN	18.85	Finn CULLEN	15.55
SP (1kg)		Kevin SAUNDERS	7.40	Finn CULLEN	5.72

UNDER 8 GIRLS

GIRLS				2018/19 SEASON BESTS	
EVENT	DATE	NAME	RESULT	NAME	RESULT
60m	03.02.18	Kate HEAD	10.37	* Sarah HEAD	11.24
70m		Alicia COFFEY	11.06	Sarah HEAD	12.61
100m		Teaghan BUBB	15.97	Sarah HEAD	18.16
200m		April ANDERSON	33.00	Mackenzie GODFREY	39.01
400m		Teaghan BUBB	1:23.43	Bridey MOLLOY	1:37.03
700m		None		None	
60mH		Sallyann BENTON	10.40	Sarah HEAD	14.18
700mRW		None		None	
HJ (S)	25.03.10	Claudia MAWSON	1.10	Sarah HEAD	0.98
LJ (M)		Teaghan BUBB	3.49	Sarah HEAD	3.00
DIS (500g)		Brooke THOMPSON	16.90	Sarah HEAD	10.17
SP (1.5kg)		Meagan WALLACE	6.60	Sarah HEAD	4.78

UNDER 8 BOYS

BOYS				2018/19 SEASON BESTS	
EVENT	DATE	NAME	RESULT	NAME	RESULT
60m	03.02.18	Nate SMITH	9.94	* Marlon MICALIZZI	10.24
70m	25.03.11	Andrew MARTIN	11.07	Marlon MICALIZZI	11.55
100m	25.03.06	Lachlan SCHULTZ	16.07	Marlon MICALIZZI	16.37
200m	10.11.18	Marlon MICALIZZI	34.12	Marlon MICALIZZI	34.13
400m	25.03.11	Andrew MARTIN	1:18.33	Marlon MICALIZZI	1:23.37
700m		None		None	
60mH		Luke JOHNS	11.49	Marlon MICALIZZI	12.69
700mRW		None		None	
HJ (S)	16.02.19	Marlon MICALIZZI	1.12	Marlon MICALIZZI	1.12
LJ (M)	10.11.18	Marlon MICALIZZI	3.66	Marlon MICALIZZI	3.66
DIS (500g)		Jai WELCH	21.98	Marlon MICALIZZI	21.04
SP (1.5kg)	2001	Zachary COUCHMAN	8.28	Marlon MICALIZZI	7.09

UNDER 9 GIRLS

GIRLS				2018/19 SEASON BESTS	
EVENT	DATE	NAME	RESULT	NAME	RESULT
60m	03.02.18	Amelia O'GRADY	15.30	*	Tahlia GODFREY 10.27
70m		Teaghan BUBB	31.33		Tahlia GODFREY 11.95
100m		Teaghan BUBB	1:17.71		Tahlia GODFREY 17.22
200m		Catherine HICKS	3:02.98		Tahlia GODFREY 36.64
400m		Breanna THOMPSON	11.54		Sophie JARDINE 1:32.94
700m	11.11.17	Ruby MORLEY			Sophie JARDINE 3:35.72
60mH		Teaghan BUBB	1.15		Ruby SMITH 13.03
700mRW		None	3.61		None
HJ (S)	25.03.11	Claudia MAWSON	16.93		Mia WICKHAM 1.06
LJ (M)		Teaghan BUBB	6.40		Sophie JARDINE 2.84
DIS (500g)		Candice LEE	16.90		Lucy GRETGRIX 11.02
SP (2kg)	25.03.05	Jacinda WILLIAMS	6.60		Lucy GRETGRIX 5.37

UNDER 9 BOYS

BOYS				2018/19 SEASON BESTS	
EVENT	DATE	NAME	RESULT	NAME	RESULT
60m	02.02.19	Nate SMITH	9.78	Nate SMITH	9.78
70m		Bradley GRIBBEN	10.10	Xavier CARMICHAEL	11.14
100m		Clayton OLIVER	15.39	Nate SMITH	15.95
200m		Lachlan SCHULTZ	32.35	Nate SMITH	32.93
400m	25.03.06	Clayton OLIVER	1:16.56	Nate SMITH	1:22.64
700m	25.03.06	Clayton OLIVER	2:51.49	Nate SMITH	3:13.83
60mH		Dylan STEVENSON	10.91	Xavier CARMICHAEL	11.39
700mRW		None		None	
HJ (S)	25.03.06	Clayton OLIVER	1.25	Xavier CARMICHAEL	1.10
LJ (M)	25.03.07	Lachlan SCHULTZ	3.96	Xavier CARMICHAEL	3.31
DIS (500g)		Robert SIEVERS	22.62	Xavier CARMICHAEL	20.39
SP (1.5kg)		Anthony CAMPBELL	7.15	Xavier CARMICHAEL	6.57

UNDER 10 GIRLS

GIRLS				2018/19 SEASON BESTS	
EVENT	DATE	NAME	RESULT	NAME	RESULT
60m	03.02.18	Lhydia STACEY-KEIRL	9.88	*	Amelia O'GRADY 10.02
70m		Misty BARBER	9.94		Amelia O'GRADY 11.18
100m		Misty BARBER	15.22		Amelia O'GRADY 16.61
200m		Sarah LEVY	32.52		Amelia O'GRADY 35.60
400m		Teaghan BUBB	1:16.19		Isabella SPRING 1:29.21
800m	25.03.06	Morgan POWER	3:00.87		Isabella SPRING 3:25.02
1500m	24.11.18	Matilda FOWLER	10:02.63	#	Matilda FOWLER 10:02.63
60mH		Melinda KIRKPATRICK	10.45		Kate HEAD 13.42
1100mRW		None			None
HJ (S)	25.03.07	Rebekah LOCK	1.25		Kate HEAD 1.06
LJ (M)		Teaghan BUBB	3.84		Kate HEAD 3.25
DIS (500g)		Catherine HICKS	21.40		Kate HEAD 15.18
SP (2kg)		Catherine HICKS	7.40		Kate HEAD 6.23

UNDER 10 BOYS

BOYS				2018/19 SEASON BESTS	
EVENT	DATE	NAME	RESULT	NAME	RESULT
60m	03.02.18	Elijah SWIGGS	9.41	* Ollie TOMKINS	9.92
70m		Chris CHAPMAN	10.12	Lincoln MASTERS	11.58
100m		Glen HODGINS	14.08	Ollie TOMKINS	16.06
200m		Clayton OLIVER	30.88	George DANSWAN	35.03
400m		Clayton OLIVER	1:11.25	Harry LEES	1:22.27
800m		Jordan LEES	2:42.23	Harry LEES	3:09.42
1500m	16.02.19	Oscar HAGAN	12:32.50	# Oscar HAGAN	12:32.50
60mH		Michael SAUNDERS	10.70	Fletcher KEEN	13.61
1100mRW		None		None	
HJ (S)	11.02.17	Max TREWHELLA	1.20	Ollie TOMKINS	1.10
LJ (M)	25.03.08	Lachlan SCHULTZ	4.10	Ollie TOMKINS	3.33
DIS (500g)		Robert SIEVERS	25.81	Harry LEES	19.30
SP (2kg)		Ben THOMAS	8.83	Ollie TOMKINS	6.85

UNDER 11 GIRLS

GIRLS				2018/19 SEASON BESTS	
EVENT	DATE	NAME	RECORD	NAME	RESULT
60m	03.02.18	Isabella CROSSMAN	9.29	* Tia FERRIS	10.47
70m		Megan WALLACE	10.26	Tia FERRIS	11.31
100m		Stephanie REYNARD	13.81	Tia FERRIS	15.91
200m		Teaghan BUBB	30.06	Tia FERRIS	33.63
400m		Teaghan BUBB	1:13.69	Emma OELLERMANIN	1:31.39
800m	25.03.07	Morgan POWER	2:50.82	Emma HEAD	3:38.60
1500m	18.11.17	Isabella CROSSMAN	6:09.48	Tia FERRIS	8:12.64
60mH		Sarah HARDIMAN	11.17	* Tia FERRIS	13.23
80mH		Sarah HARDIMAN	15.63	None	
1100mRW		None		None	
HJ (FF)	25.03.08	Rebekah LOCK	w.41	Tia FERRIS	1.20
LJ (B)		Zara JEFFREYS	3.94	Tia FERRIS	3.34
TJ		Zara JEFFREYS	8.33	Emma HEAD	6.81
DIS (500g)		Catherine HICKS	21.70	Emma HEAD	16.15
JAV (400g)	25.03.10	Georgia WALTON	15.55	Emma HEAD	11.81
SP (2kg)	25.03.09	Rebekah LOCK	8.37	Emma HEAD	6.50

UNDER 11 BOYS

BOYS				2018/19 SEASON BESTS	
EVENT	DATE	NAME	RECORD	NAME	RESULT
60m	04.11.17	Max TREWHELLA	9.24	Elijah SWIGGS	9.28
70m	25.03.07	Jack MONIGATTI	10.12	Elijah SWIGGS	10.53
100m	25.03.09	Mitchell KEMP	14.37	Elijah SWIGGS	14.99
200m	25.03.07	Jack MONIGATTI	29.66	Albert CUNNINGHAM	32.23
400m	25.03.07	Jack MONIGATTI	1:07.92	Albert CUNNINGHAM	1:17.29
800m		Adam FARMER	2:33.39	Albert CUNNINGHAM	2:50.84
1500m	25.03.11	Archie REID	5:28.00	Albert CUNNINGHAM	5:38.27
60mH		Jack MONIGATTI	10.33	Elijah SWIGGS	11.60
80mH	25.03.07	Jack MONIGATTI	13.80	None	
1100mRW		None		None	
HJ (FF)	19.10.13	Eli SPIERS	1.38	Elijah SWIGGS	1.20
LJ (B)		Mathew TREWIN	4.92	Elijah SWIGGS	3.99
TJ	25.03.08	Jack MONIGATTI	9.39	Elijah SWIGGS	8.52
DIS (500g)	23.02.19	Elijah SWIGGS	27.61	Elijah SWIGGS	27.61
JAV (400g)	24.03.07	Nicholas COUCHMAN	23.42	Zeke NEUMANIN	14.14
SP (2kg)	12.11.16	Oskar SMARTT-GRETGRIX	9.90	Elijah SWIGGS	9.81

UNDER 12 GIRLS

GIRLS				2018/19 SEASON BESTS	
EVENT	DATE	NAME	RECORD	NAME	RESULT
60m	03.02.18	Andrea ARCHIBALD	9.26	Georgia WIEER	10.93
70m	24.03.18	Andrea ARCHIBALD	10.16	Georgia WIEER	12.32
100m		Lisa KERR	14.15	Georgia WIEER	17.35
200m		Kristin BRAY	29.18	Georgia WIEER	36.44
400m		Courtney SCHULTZ	1:08.61	Georgia WIEER	1:27.13
800m		Morgan POWER	2:47.51	Georgia WIEER	3:34.15
1500m		Morgan POWER	5:35.55	Georgia WIEER	7:57.80
60mH		Teaghan BUBB	10.74	Georgia WIEER	18.18
80mH	25.03.07	Mia CHILDS	15.09	None	
1500mRW		None		None	
HJ		Sarah HARDIMAN	1.43	Georgia WIEER	1.23
LJ		Sarah HARDIMAN	4.20	Georgia WIEER	3.53
TJ		Sarah HARDIMAN	9.60	Georgia WIEER	7.51
DIS (750g)		Catherine HICKS	28.19	Georgia WIEER	13.46
JAV (400g)		Georgia WALTON	17.85	Georgia WIEER	15.50
SP (2kg)		Catherine HICKS	9.71	Georgia WIEER	6.52

UNDER 12 BOYS

BOYS			2018/19 SEASON BESTS	
EVENT	DATE	NAME	NAME	RESULT
60m	02.02.19	Toby CADD	Toby CADD	9.17
70m		Reece DICKSON	Toby CADD	10.68
100m		Paul HAGAN	Toby CADD	14.69
200m		Ashley BROWN	Toby CADD	31.40
400m	25.03.11	Ben Diery	Toby CADD	1:21.60
800m		Jordan LEES	Toby CADD	3:12.05
1500m	25.03.13	Archie REID	None	
60mH	25.03.04	Sid JACKSON	Toby CADD	17.41
80mH	25.03.04	Sid JACKSON	None	
1100mRW		None	None	
HJ (FF)		Corbin ANDERSON/Sid	Toby CADD	1.27
LJ (B)	12.10.12	Reece DICKSON	Cody VERHEY	3.77
TJ	25.03.08	Nicholas COUCHMAN	Toby CADD	6.95
DIS (500g)		Paul HAGAN	Cooper LEES	16.24
JAV (400g)	25.03.08	Nicholas COUCHMAN	Cooper LEES	18.64
SP (2kg)	14.11.15	Corbin ANDERSON	Cooper LEES	7.26

UNDER 13 GIRLS

GIRLS				2018/19 SEASON BESTS	
EVENT	DATE	NAME	RECORD	NAME	RESULT
60m	03.02.18	Maya KADRI	9.11	Rosy MARSH	9.66
70m		Emma LEVY	9.80	None	
100m		Zara JEFFREYS	13.72	Lily MARSH	14.42
200m	25.03.08	Courtney SCHULTZ	29.25	Lily MARSH	31.45
400m	25.03.09	Courtney SCHULTZ	1:07.93	Isabella CROSSMAN	1:18.18
800m	25.03.07	Stephanie KELLY	2:42.23	Isabella CROSSMAN	2:55.36
1500m	24.10.15	Lily HINDSON	5:45.46	Isabella CROSSMAN	5:46.49
60mH		Catherine HICKS	10.94	None	
80mH		Zara JEFFREYS	14.70	Lily MARSH	18.70
200mH		None		None	
1500mRW		None		None	
HJ		Tammy OWENS	1.49	Lily MARSH	1.20
LJ		Emma LEVY	4.90	Lily MARSH	3.87
TJ		Sarah HARDIMAN	10.20	Rosy MARSH	8.67
DIS (750g)		Catherine HICKS	26.10	Isabella CROSSMAN	15.10
JAV (400g)	03.02.18	Maya KADRI	20.67	Isabella CROSSMAN	14.02
SP (3kg)		Catherine HICKS	9.33	Isabella CROSSMAN	5.67

UNDER 13 BOYS

BOYS				2018/19 SEASON BESTS	
EVENT	DATE	NAME	RECORD	NAME	RESULT
60m	03.02.18	Zac MCKENZIE	8.50	Max HOLDERHEAD	9.02
70m		Christian AUSTIN	9.39	None	
100m	25.02.17	Jonston MCANN	12.64	Max HOLDERHEAD	14.36
200m	25.03.86	Craig SPIERS	26.65	Max HOLDERHEAD	31.88
400m	19.11.16	James BENTLEY	1:03.24	Thomas HILET	1:12.33
800m	03.12.16	James BENTLEY	2:29.64	Thomas HILET	2:49.62
1500m	25.03.10	Rhys LIAS	5:18.13	Isaiah BASSETT	5:41.02
60mH		Rick HODGSON	12.28	None	
80mH	25.03.06	James OBERIN	13.46	Thomas HILET	17.26
200mH		None		None	
1500mRW		None		None	
HJ	25.03.06	James OBERIN	1.64	Thomas HILET	1.34
LJ	25.03.06	James OBERIN	4.93	James BARRAT	4.00
TJ	25.03.06	James OBERIN	10.56	James BARRAT	8.65
DIS (750g)	25.03.06	James OBERIN	26.74	Thomas HILET	18.69
JAV (400g)	25.03.06	James OBERIN	10.71	James BARRAT	7.49
SP (3kg)	25.03.06	James OBERIN	10.71	James BARRAT	7.49

UNDER 14 GIRLS

GIRLS				2018/19 SEASON BESTS	
EVENT	DATE	NAME	RECORD	NAME	RESULT
70m		Dearne BERRY	9.54	None	
100m		Sarah HARDIMAN	13.46	Andrea ARCHIBALD	13.72
200m		Narelle WALLACE	26.45	Andrea ARCHIBALD	30.61
400m		Dearne BERRY	1:00.18	Andrea ARCHIBALD	1:29.72
800m	25.03.07	Stephanie KELLY	2:42.76	Andrea ARCHIBALD	4:37.67
1500m	25.03.07	Stephanie KELLY	5:45.43	None	
80mH		Zara JEFFREYS	14.80	Andrea ARCHIBALD	17.14
90mH	10.12.16	Hannah NORMAN	19.04	* None	
1500mRW		None		None	
HJ	25.03.07	Britenie POWER	1.49	Andrea ARCHIBALD	1.22
LJ	25.03.06	Ashlea MONIGATTI	4.79	Andrea ARCHIBALD	3.92
TJ	25.03.07	Ashlea MONIGATTI	10.52	Andrea ARCHIBALD	7.06
DiS (1kg)		Catherine HICKS	29.05	Andrea ARCHIBALD	11.52
JAV (400g)	05.03.16	Abbey CALLANDER	18.50	Andrea ARCHIBALD	11.00
SP (3kg)	25.03.04	Aleisha TURNER	10.18	Andrea ARCHIBALD	6.42

UNDER 14 BOYS

BOYS				2018/19 SEASON BESTS		
EVENT	DATE	NAME	RECORD	NAME	RESULT	
60m	03.02.18	Alec COLTURI	7.87 *	Oskar SMARTT-GRETGRIX	8.83	
70m		Kevin DWYER	9.08	None		
100m	25.11.17	Jonston MCCANN	12.11	Oskar SMARTT-GRETGRIX	13.96	
200m	14.10.17	Jonston MCCANN	25.55	Oskar SMARTT-GRETGRIX	29.91	
400m	25.03.05	Jack TURNER	1:01.33	Oskar SMARTT-GRETGRIX	1:11.87	
800m	25.03.11	Rhys LIAS	2:23.74	Oskar SMARTT-GRETGRIX	2:56.17	
1500m	25.03.10	Rhys LIAS	4:54.07	Oskar SMARTT-GRETGRIX	6:33.02	
80mH		Josh ROWBOTTOM	15.53 *	None		
90mH	25.03.07	James OBERIN	13.57	Oskar SMARTT-GRETGRIX	18.48	
300mH	25.03.13	Hamish COHEN	57.62 *	None		
1500mRW		None		None		
HJ	25.03.07	James OBERIN	1.72	Oskar SMARTT-GRETGRIX	1.42	
LJ	25.03.07	James OBERIN	5.53	Oskar SMARTT-GRETGRIX	4.35	
TJ		James OBERIN	11.51	Oskar SMARTT-GRETGRIX	9.31	
DIS (1kg)		Peter TAYLOR	35.50	Oskar SMARTT-GRETGRIX	25.15	
JAV (600g)	25.03.07	James MILNE	30.68	Oskar SMARTT-GRETGRIX	21.07	
SP (3kg)	28.10.17	Jonston MCCANN	10.80	Oskar SMARTT-GRETGRIX	10.04	

UNDER 15 GIRLS

GIRLS				2018/19 SEASON BESTS	
EVENT	DATE	NAME	RECORD	NAME	RESULT
70m		Sarah HARDIMAN	9.52	None	
100m	25.03.06	Bridie MURPHY	13.01	Maya KADRI	14.54
200m	04.02.17	Laura KADRI	27.97	Maya KADRI	30.19
400m		Narelle WALLACE	1:00.09	Maya KADRI	1:19.97
800m	07.03.15	Lily KETTLE	2:40.91	Maya KADRI	3:36.15
1500m	14.03.15	Lily KETTLE	5:37.40	None	
90mH		Zara JEFFREYS	14.90	Maya KADRI	18.83
300mH		None		None	
1500mRW		None		None	
HJ	25.03.08	Britenie POWER	1.56	Maya KADRI	1.35
LJ	25.03.07	Ashlea MONIGATTI	4.91	Maya KADRI	4.34
TJ	25.03.07	Ashlea MONIGATTI	10.90	Maya KADRI	9.30
DIS (1kg)		Dannika GREAVES	11.13	Maya KADRI	16.33
JAV (500g)	02.02.19	Maya KADRI	26.81	Maya KADRI	26.81
SP (3kg)	21.03.15	Ally COSTAS-BROUGHTON	11.08	Maya KADRI	6.21

UNDER 15 BOYS

BOYS				2018/19 SEASON BESTS	
EVENT	DATE	NAME	RECORD	NAME	RESULT
70m		Francis NUTTER	8.81	None	None
100m	25.03.07	Benjamin PEARSON	11.80	None	None
200m	25.03.07	Benjamin PEARSON	24.16	None	None
400m	25.03.07	Benjamin PEARSON	54.28	None	None
800m	25.03.07	Benjamin PEARSON	2:19.72	None	None
1500m	212.10.12	Francis NUTTER	5:07.39	None	None
100mH	25.03.08	Benjamin PEARSON	15.70	None	None
300mH	25.03.13	Samuel MARTIN	49.05	None	None
1500mRW		None		None	None
HJ		Paul HAGAN	1.68	None	None
LJ		Chris HAGAN	5.71	None	None
TJ		Peter TAYLOR	11.25	None	None
DIS (750g)		Peter TAYLOR	40.12	None	None
JAV (700g)	25.03.08	James MILNE	34.37	None	None
SP (4kg)		Peter TAYLOR	13.57	None	None

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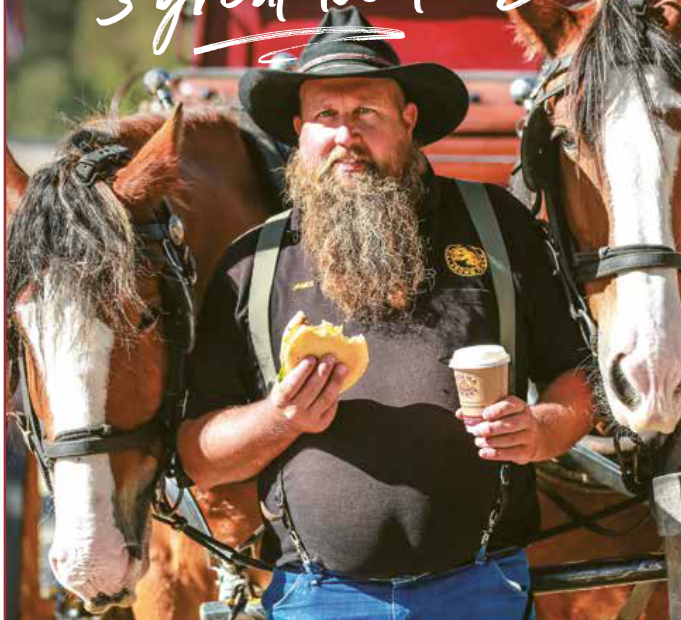
   



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