



Ocean Grove Barwon Heads Little Athletics Club (Inc.)
Bop Bop Karrong Barwon Heads (Kornoo),
Barwon Heads Village Park,
Geelong Road (East),
Barwon Heads, VIC 3227

Postal Address:
PO Box 231, Ocean Grove, VIC 3226

ABN: 12 328 350 227

About Us

(Leading into the 2019/20 Season)

Ocean Grove Barwon Heads Little Athletics Club was established in 1971, and has an outstanding record of personal achievements and team spirit. Little Athletics is not about becoming a champion, although many of our children aspire to this height. It is about doing your best, developing good skills, building self esteem, becoming and staying fit and most of all having fun and building friendships with other little athletes.

What's in it for parents...?

A chance to get up early on a Saturday morning (not what we call fun, but rewarding), spending time with your child/ren, and encouraging and supporting them as they grow both physically and emotionally.

A chance to interact socially with other parents and become involved in a friendly community club.

A chance to learn new skills, by being an official, assisting on competition days and helping at training – the children enjoy seeing parents 'participating' in their sport. Training is available to those interested (both in Barwon Heads Village Park, and at Landy Field, Geelong). Little Athletics is a family-orientated sport and we strongly encourage parental support for all the children.

How to get through a morning at Landy Field!

- Arrive for an 8.15am start. Athletes will start to be called to first events on or before 8.15am.
- Watch where you park as parking inspectors patrol the area regularly.
- Bring a comfy chair or picnic rug as there is little seating and not much shade in the area where we are located (next to the Competition Office at Landy Field for Saturday morning competition).
- Umbrellas or hats are recommended as we follow the "Sun Smart Policy."
- Ensure your child has adequate fluid, water is best – avoid sugar drinks.
- Ocean Grove Barwon Heads Little Athletics Club ('OGBHLAC') is at the west end of Landy Field, next to the Competition Office.



Image above: Geelong Little Athletics Centre ('GLAC') set-up, Landy Field, South Geelong.

- Children need to be in our club's uniform, and have their identification patches on every week.
- Encourage your child/children to warm up prior to competing and cool down after their events.
- Check duty roster.
- Fees must be paid before competing (by Monday 5pm for the following Saturday of competition).
- Children are called to events over the loud speaker. Each event is called at least twice.
- It is your responsibility to listen and send children to their event on time.
- The events run even if all children are not present.

HINT: Find other children in your child's age group and either arrange a buddy system or keep an eye on the other children's location and send your child when they move to an event.

- If you or your child has a problem with the running of an event or are unsure about the rules of an event please DO NOT approach the officials of that event yourself. Speak to a Committee Member of OGBHLAC to address the matter according to GLAC policy, as outlined in the GLAC Handbook. This needs to be done straight away, after the event.
- Check **ResultsHQ** for your child's results from the previous week.

Duty

- Each year the clubs involved at GLAC are allocated an event/s, and other duties which they are responsible for running for the entirety of that season. OGBHLAC's is largely High Jump, with the occasional need to assist with On-Track, Walk races and 'Set-up' and 'Pack-up' duties.
- If you are on duty, report to the Roster Co-ordinator/s when you arrive before 8.15am. There will be a roster with the duty you are have either volunteered or asked to assist with during that program, or look out for Roster duty posted on our Facebook Page / Team App. page during the week prior to competition –

Facebook - @OGBHLittleAthletics

Team App. - OGBH Little Athletics

- If you have young children arrange for them to be supervised while you are on duty.

While on duty

- Children are not permitted on the infield with you while on duty.
- Duty usually lasts for at least 3-4 hours.
- Whilst on duty you must be careful not to coach the children or call out what could be considered coaching e.g. "Go Jim" (Okay) "lift your knees Jim" (Coaching).
- Positive responses are always encouraged – "Great Try" or "Well Done".
- Children generally compete in five (5) events per morning: three(3) track and two (2) field.
- You may leave after completion of your child's last event, unless on 'pack-up' duty.
- The finish time varies from week to week but is usually around midday.
- If you are unsure about anything please just ask our OGBH Committee members.

Officiating and setting up duty

- All parents are expected to be involved in officiating on a roster basis, approx. one (1) week in three (3). You need to see the Roster Coordinator/s if you want to choose which week you are rostered; otherwise a week will be allocated.
- If you are unable to do your rostered duty, please attempt to swap with someone from the list provided, or contact the Roster Co-ordinator/s as a last resort.

Set-up/Pack-up Duty: Setting up and packing up equipment for the centre

- The centre has purchased several shade structures for protection from the elements, and clubs are scheduled to assist in putting these structures up to ensure the program is up and running on time.
- Many hands make light work, but unfortunately it is often left to the same few people who work hard every week. Each week club's members/parents on duty are in charge of collecting and setting up equipment for their own area and returning it at the end of the program.

Age Groups

- Children compete in age groups set by LAVIC. These are regulated by their birth dates.
- Age groups in Season 2019/2020 are as per Jan 1 – Dec 31 - please see the age group calculator below.
- Currently, any boy or girl may register as a Competitive Member (Associate Member) during the Registration Year upon attaining 5 years of age.
- U6 and U7 athletes learn the basics during 'On-Track'.
- U8-U11 athletes compete as Little Athletes.
- U12-U16 athletes compete as Junior Athletes.

AGE GROUP CALCULATOR

	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
JANUARY	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
FEBRUARY	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
MARCH	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
APRIL	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
MAY	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
JUNE	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
JULY	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
AUGUST	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	
SEPTEMBER	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	
OCTOBER	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	
NOVEMBER	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	
DECEMBER	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	

Age groups for the 2019-20 season are based on how old the athlete is as of the 31st December 2019.

From the 1st January 2020, an athlete must have turned 5 before being able to register.

What events are available?

CENTRE LEVEL STANDARD EVENTS TABLE 2019-2020

	EVENT	ON TRACK			AGE GROUP										
		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16			
TRACK & FIELD	70m	X	X	X	X	X	X	X	X	X	X	X			
	100m	X	X	X	X	X	X	X	X	X	X	X			
	200m		X	X	X	X	X	X	X	X	X	X			
	400m				X	X	X	X	X	X	X	X			
	Unlabeled: up to and including group start	300m	500m	700m											
	800m				X	X	X	X	X	X	X	X			
	1500m						X	X	X	X	X	X			
	Sprint Hurdles (Boys)	60m	60m	60m	60m	60m	80m	80m	80m	90m	100m	100m			
	Sprint Hurdles (Girls)	60m	60m	60m	60m	60m	80m	80m	80m	80m	90m	90m			
	Long Hurdles								200m	200m	300m	300m			
	Race Walk			700m	700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m			
	High Jump (Scissor)			X	X	X									
	High Jump						X	X	X	X	X	X			
	Long Jump (mat)	X	X	X	X	X									
	Long Jump (board)						X	X	X	X	X	X			
	Triple Jump						X	X	X	X	X	X			
	Discus (Boys)	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg			
	Discus (Girls)	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg			
	Javelin (Boys)	Vortex	Vortex	Vortex or Turbo Jav	400g	400g	400g	600g	600g	700g	700g	700g			
	Javelin (Girls)	Vortex	Vortex	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			
	Shot Put (Girls)	1kg	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg	3kg			
RELAYS	Shuttle Relay	X	X	X	X	X	X	X	X	X	X	X			
	4x100m	X	X	X	X	X	X	X	X	X	X	X			
	Mixed Sex 4x100m	X	X	X	X	X	X	X	X	X	X	X			
	4x200m		X	X	X	X	X	X	X	X	X	X			
	Mixed Sex 4x200m		X	X	X	X	X	X	X	X	X	X			
	Medley (2x100m, 1x200m, 1x400m)				X	X	X	X	X	X	X	X			
XC	Cross Country Season	500m	1km	1km	1.5km	1.5km	2km	2km	3km	3km	3km	3km			

Competition

- Weekly inter-centre competition is usually held on Saturday mornings at Landy Field, South Geelong, over a 15-week period - with a 4-week break over Christmas.
- Start time is 8.15am. Parents are advised to aim to be there before 8.15am unless otherwise specified the previous week.

(Refer to Track & Field Calendar – to follow)

- Each time a child competes in an event they collect points for our club and themselves, regardless of their placing. Participation is important and encouraged.

- These points are collated and go toward the overall club aggregate. Children also receive individual points/Personal Bests (PB's) towards the GLAC and OGBH club presentations respectively.
- Encouragement/Personal Best awards are given out throughout the season by OGBHLAC. OGBH Club Record awards are also given out at the end of the Season, when a record is equalled or broken.
- Try-outs are available for 2 weeks to see if children are interested in doing Little Athletics. Registration needs to be organised and paid by Monday 5pm to allow child to compete as a registered athlete for the following Saturday of competition. Registration can be carried out at www.lavic.com.au

The Program

- This generally works on a three weekly rotation of two (2) field events and three (3) track events.
- The program tells you what events your child will be participating in each week so they have the opportunity to experience a full range of track and field events.
- Order and times of events may vary from week to week.

(Refer to Program 1-3 – to follow)

GLAC Handbook

- This handbook is available through either GLAC or OGBH. There is one handbook for every registered family. This should be obtained ASAP, and has lots of important and interesting information. Alternatively, visit www.geelonglac.com.au

Identification Patches

- All children will be supplied with a Identification 'Patch'. These have the child's name, age group and registration number/barcode. ***This patch must be worn while competing.*** Children will be unable to compete without their patch on.
- Patches need to be kept in good order. (HINT: *Take off before Washing!!!!*)
- If you lose it please speak to a OGBH Committee Member to obtain another through GLAC at the Competition office – a small administration charge may apply.

Weekly Results

- To follow your child's progress, weekly results will be available from the **ResultsHQ** website.

Landy Field Rules

- Observe 'crossovers' (between the orange witches' hats). These are the only places that both children and adults are allowed to cross to field events. Parents should observe their children from the 'OUTER FIELD ONLY'. The inner field is exclusively for use of officials and children competing in their events.
- The GLAC Handbook has a section on Code of Behaviour for officials, parents, spectators and little athletes. All members of Ocean Grove Barwon Heads Little Athletics Club ('OGBHLAC') are expected to uphold these standards.
eg: Walk - Athletes not attempting to walk properly or running etc may be taken off during the event by the Chief Walk Judge.

First Aid

- It is important to have Ambulance cover when children participate in any sport.
- If a child is injured seek assistance ASAP and notify Club/Centre Officials. GLAC First-Aider is generally located near the canteen and is available to assist with minor injuries, sprains, scrapes etc., but GLAC policy is that they will call an ambulance if serious injury occurs.

Fundraising and Sponsorship

- Like all non-profit organisations, this is an essential part of the club's existence.
- If you have a business or work for a company/organisation that may be interested in sponsoring the club, please speak to a Committee Member. The club also runs a number of fundraising events during the year and through your support we can strengthen our financial position. Finances will be allocated to the improvement and purchase of: - ground hire, equipment for training, personal best and encouragement awards, trophies and training.
- We ask you to consider using our sponsors, when you are looking for products and services. We thank them for their commitment to junior sport in our local community.

Going on holidays? Separated families living in different areas?

- Did you know your children can compete at another centre in Victoria.
- Take their uniform and patches and they are eligible to compete.
- Ask for the results to be written down and bring them back to the club for uploading onto **ResultsHQ**.

2019-20 GLAC Track & Field Calendar

Date	Time	Event	Details
Sat 5 October	8.15am - 12.30pm	Program 1	
Sat 12 October	8.15am - 12.30pm	Program 2	
Sat 19 October	8.15am - 12.30pm	Program 3	Official Opening & Club March Past
Sat 26 October	8.15am - 12.30pm	Program 1	
Sat 2 November	8.15am - 12.30pm	Program 2	
Sat 9 November	8.15am - 12.30pm	Program 3	
Sat 16 November	8.15am - 12.30pm	Program 1	
Sat 23 November	WMR Relays, Geelong - No Centre Competition		
Sat 30 November	8.15am - 12.30pm	Program 2	
Sat 7 December	8.15am - 12.30pm	Program 3	
Sat 14 December	LAVic State Relays, Casey - No Centre Competition		
Sat 11 January	8.15am - 12.30pm	Program 1	
Sat 18 January	8.15am - 12.30pm	Program 2	
Fri 24 January	5pm - 9pm	Program 3	Australia Day - Twilight Night
Sat 1 & Sun 2 February	LAVic Combined Events Championships, Lakeside Stadium, Albert Park - No Centre Competition		
Sat 8 February	5pm - 9pm	Program 1	Twilight
Sat 15 & Sun 16 February	WMR Track & Field, Corio - No Centre Competition		
Sat 22 February	8.15am - 12.30pm	Program 2	
Sat 29 February	8.15am - 12.30pm	Program 3	
Sat 7 March	ALL DAY	Steigen Geelong Championships	
Sat 14 & Sun 15 March	LAVic State Track & Field Championships, Casey Fields - No Centre Competition		
Date TBC	GLAC PRESENTATION - Venue TBC		

2019-20 GLAC TRACK AND FIELD CALENDAR