



FRANKSTON LITTLE ATHLETICS CENTRE

2025 HANDBOOK



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Thanks to our
sponsors:





PRESIDENT'S WELCOME

Dear FLAC families,

A warm welcome to the 2025/26 little athletics season – our 59th season here at Frankston Little Athletics Centre. Whether you are a returning member or joining us for the first time we are here to support you in your little athletics journey and look forward to sharing the exciting season ahead with you all.

Last season saw us increase our membership to 325 athletes which is our highest membership since 2019. What an exciting time for our community to be growing and enjoying the little athletics experience. If you are new to our community, we encourage you to get involved in our weekly program. It takes around 70-80 volunteers every week to run our program and your participation matters. Like many community sports, we are all volunteers and we hope you will find this a rewarding part of the little athletics experience. Look out for our welcome tent again this season, especially for our new families to check in and ask questions – the start of the season can be quite busy, but we've got you covered!

Last season our athletes competed at centre level and also participated in the many other opportunities including open days, region and state events. FLAC had a strong participation in Region and State Relays and Track and Field and we look forward to supporting our athletes to challenge themselves at these events once again this season. Open Days are available to all athletes, providing opportunities to compete against athletes from other centres and enrich the little athletics experience at all levels.

We promote a strong focus on personal bests (PBs) for all athletes at FLAC. There is an opportunity to be improving your own best performance each and every week throughout the season as part of the "Be your best" philosophy of little athletics. Last season our athletes achieved over 4,500 personal bests, let's see if we can beat this tally!

We offer weekly centre training on Tuesday afternoons available to all members to work on the fundamentals for each event with our enthusiastic and knowledgeable coaches. Join us again this season to sharpen your skills in a friendly and supportive environment.

We thank our sponsors – Bendigo Bank, Coles, Ray White Langwarrin. We are always seeking new sponsorship opportunities so please get in touch with us if you would like to become a sponsor of FLAC.

Our fundraising efforts to support the Good Friday Appeal were \$1900 through an end of season raffle, replacement tags, jibbitz and our canteen sales in the interclub competition in January. We look forward to supporting the Good Friday Appeal again this season with a range of fundraising initiatives. We were able to purchase a full set of trolleys for our Age Group Managers last season through the fundraising of our Christmas raffle.

A heartfelt thank you to our incredible committee, who dedicate countless hours behind the scenes to ensure our centre runs smoothly. Your hard work helps create a fun, safe, and inclusive environment for everyone involved. It truly takes a village to make this happen week in and week out — and every moment is worth it. Thank you for being part of our FLAC family for the 2025/26 season.

See you at the track!

Mandy McDonald

FLAC President

CENTRE DETAILS



CENTRE NAME:

Frankston Little Athletics Centre

LOCATION:

Ballam Park Athletic Track, Benanee Drive, Frankston

POSTAL ADDRESS:

PO Box 1186, Frankston VIC 3199

WEBSITE:

frankstonlittleathletics.com.au

CENTRE NUMBER:

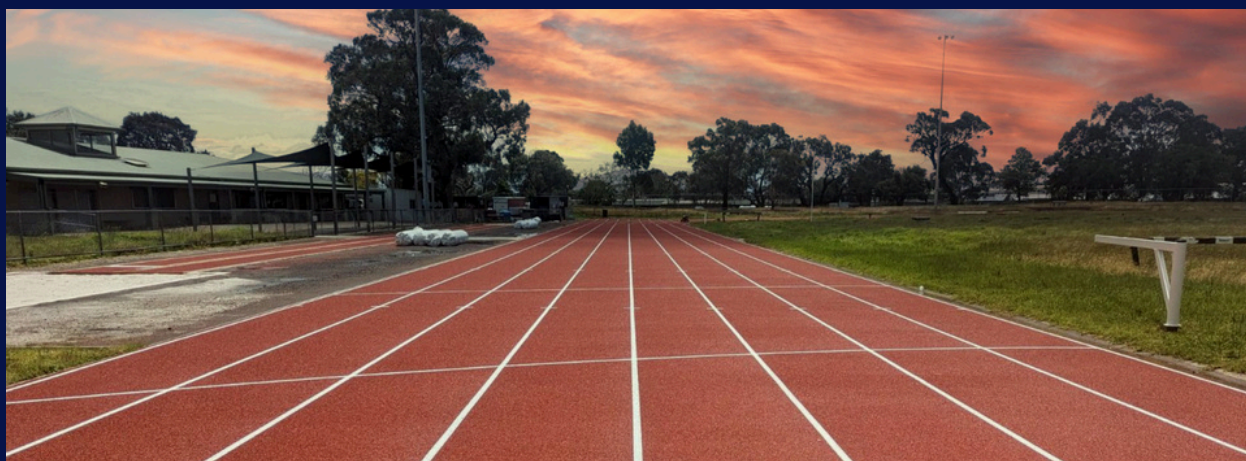
17 – established 1967

AFFILIATION:

Little Athletics Victoria – lavic.com.au

COLOURS:

Royal blue and gold Centre singlet, t shirt or crop top with black shorts



MEET THE COMMITTEE



Mandy McDonald
Centre President



Rowena Curtis-Simmons
Vice President



Katie Fleisner
Secretary



Malcom Huddle
Treasurer



Marion Sparkes
*Results & Records /
General Committee*



Jules Coleman
*Registrar /
General Committee*



Vanessa Taylor
*Website & Social Media /
General Committee*



Ben Fleisner
*Team Manager /
General Committee*



Paige Elvey
*Coaching Co-ordinator /
General Committee*



Niki Bell
*Inclusion Officer /
General Committee*



Jil Boyle
General Committee



Cherie Cotton
General Committee

Vacant Roles

*Sponsorship & Grants | Equipment Manager
Uniforms & Merchandise | Timing Manager
Canteen Manager*

OUR CENTRE LIFE MEMBERS



John Adams	Brian Cracknell	Bev Just	John Sanders
Trevor Billingham (dec.)	Jenny D'Alcorn	Jeanette Keays	Ron Shacklock
Bob Bird	Steven D'Alcorn	Sandra King	Les Simms
Lindsey Barrett	Richard Does	Bill Leithead	Ian Sinclair
John Bowes	Myrtle Dunsmore	Len Lewis	Marion Sparkes*
Jean Brake (dec.)	Iain Finlayson	Tom Lilley	Paul Stewart
John Brake	John Gill	Peter Luehman	Denis Taylor (dec.)
Richard Burke	John Harringcaspal	Reg MacDonald (dec.)	Margaret Taylor (dec.)
Jack Callander	Neil Hobley	Greg Maslen	Allan Vines
Pam Carroll	Lorraine Howard	Alan Mayo-Smith	Ian Wallace
Jack Charles	Malcom Huddle	Elliot Neck	Jackie Wallace
Marryn Clark	Sue Hughes	Lyn Owen	Ian Walles
Gail Codling	John Jamison	Sylvia Petrie	Graeme Watters
Mal Codling	Judy Jeffs	Tom Polglaze	Andrew Wells
Jules Coleman	Em Jewson	Val Polglaze	Phillip West
Vicki Coppell	Peter Jones	Geoff Ridgeway	Jack Wyatt
Donna Corbett	Janet Jovic	Betty Rust	Val Wyatt

*Life Governor

CENTRE HISTORY



ORIGINS

Frankston Little Athletics Centre (FLAC) was established in 1967 when Jean and John Brake, inspired by a local competition in Bendigo, gathered the community to form Victoria's 17th Little Athletics centre. With the support of little athletics pioneers Trevor Billingham and Alan Triscott, and a crowd of 250 locals at the very first meeting, FLAC was born. The first competitions were held at the Frankston Football Oval in October 1967, before moving to Ballam Park in 1971, where we are still based today.

EARLY YEARS

In the early years, the centre grew rapidly, with registrations quickly topping 1,300 athletes and as many as 18 clubs involved. This incredible growth helped inspire the creation of neighbouring centres in Mornington (1973) and Seaford (1974). A major milestone came in 1979 when an all-weather track was installed at Ballam Park, along with the addition of cross-country — developments that gave our athletes even more opportunities to enjoy the sport.

CENTRE EXPANSION & CHALLENGES

Throughout the 1980s and 1990s, FLAC remained strong, consistently welcoming between 500 and 800 athletes each season. Age groups expanded to cater for children from U6 through to U15, and later U16 and U17. A surge in registrations followed the Sydney Olympics in 2000, showing the strong connection between major sporting events and grassroots athletics. Over time, however, numbers naturally declined as other sports grew in popularity, and many of our smaller clubs found it difficult to continue.

CHANGES IN STRUCTURE

By 2015, the remaining six clubs (Aldercourt, Ballam Park, Derinya, Frankston Heights, Langwarrin and St Johns) joined together to form one united FLAC. This change allowed us to focus on running a strong, centralised centre while continuing to provide the same opportunities for our athletes. Technology also modernised our competitions, with electronic starting guns, timing gates, and instant results replacing the manual systems of the past.



CENTRE HISTORY



TRACK UPGRADES

During the 2014/15 season our track was resurfaced meaning we had to compete at Springvale Little Athletics Centre for part of the season. Again, during the 2022/23 season we were lucky to have the track upgraded and we competed at Mornington Little Athletics Centre alongside the MLAC athletes for which we are forever grateful. The following season our pavilion was upgraded and we now have modern facilities to use and enjoy for years to come.

THE ESSENCE OF FLAC

Today, FLAC continues to live by the values of Family, Fun, and Fitness. While registrations have settled at around 325 athletes (2025), we remain a vibrant and welcoming centre within the Southern Metro Region. In 2025, we proudly joined with Mornington and Seaford to create Peninsula Cross Country, reconnecting with old friends and celebrating the spirit of cooperation that has always been at the heart of Little Athletics.

Our story is one of community, resilience, and pride. From humble beginnings to today, FLAC has always been about giving children the chance to be their best, to grow in confidence, and to share in the joy of athletics.



2025/26

TRACK & FIELD CALENDAR



Date	Program	Start Time	Location
Sat 11 Oct 25	Program 1	8.30am	Ballam Park
Sat 18 Oct 25	Program 2	8.00am	Ballam Park
Sat 25 Oct 25	Program 3	8.30am	Ballam Park
Fri 31 Oct 25	Twilight Program 1	6.00pm	Ballam Park
Sat 1 Nov 25	CUP WEEKEND	No Competition	
Sat 8 Nov 25	Program 2	8.00am	Ballam Park
Sat 15 Nov 25	Program 3	8.30am	Ballam Park
Sat 22 Nov 25	Regional Relays		
Sat 29 Nov 25	Program 1	8.30am	Ballam Park
Sat 6 Dec 25	Program 2	8.00am	Ballam Park
Fri 12 Dec 25	Twilight Program 3 (Christmas round)	6.00pm	Ballam Park
Sat 14 Dec 24	State Relays		
Sun 15 Dec 24 - Fri 11 Jan 25	Christmas Break	No competition	
Sat 10 Jan 26	Program 1	8.30am	Ballam Park
Sat 17 - Sun 18 Jan 26	State Multi Event	8.00am	Ballam Park
Fri 23 Jan 26	Twilight Program 2	6.00pm	Ballam Park
Sat 24 Jan 26	AUSTRALIA DAY WEEKEND	No Competition	
Sat 31 Jan 26	Program 3	8.30am	Ballam Park
Sat 7 - Sun 8 Feb 26	Regional Track & Field		
Sat 14 Feb 26	Program 1	8.30am	Ballam Park
Sat 21 Feb 26	Program 2	8.00am	Ballam Park
Sat 28 Feb 26	Program 3	8.30am	Ballam Park
Fri 6 Mar 26	Twilight Program 1	6.00pm	Ballam Park
Sat 7 - Sun 8 Mar 26	State Track & Field		
Sat 14 Mar 26	Program 2	8.00am	Ballam Park
Sat 21 Mar 26	Program 3	8.30am	Ballam Park
Sat 28 Mar 26	FLAC Centre Championships Day	8.30am - 2pm	Ballam Park
Sat 28 Mar 26	Centre Presentations & Breakup	5:00 PM	Ballam Park

IMPORTANT INFORMATION FOR PARENTS



GETTING STARTED

REGISTRATION

Little Athletics runs for age groups Under 6 to Under 17, including Regional and State competitions. Age groups are based on the child's age as at 11:59pm on 31st December i.e. during the season.

Some examples are:

If the child turns 10 on or before the 31st December 2024, they will be an U11 for the 2024/25 season.

If they turn 10 on or after 1st January 2024, they will be an U10 for the 2024/25 season.

A child who turns 5 on or before 31st December may start that season as U6 Athlete in October, and will move to U7 the following season.

A child who turns 5 in January/ February/ March may join in the remainder of that season as an U6 Athlete as soon as they turn 5, but will remain as an U6 Athlete the following season.

Registration fees cover our Little Athletics Victoria (LAVic) affiliation fees, insurance, buildings levy, equipment and electricity.

PARENTAL ASSISTANCE

We have all experienced being new at Little Athletics and understand a hesitancy to assist. Please be assured that you do not require experience in athletics to help out. To ensure the smooth running of the programs it is vital that parents participate in our roster of officials and also in equipment setup and pack-up. Experienced people will be on hand to provide you with assistance. Your prompt attendance on rostered days will help us get through our program of events with a minimum of fuss.

AGE GROUP MANAGERS

The centre appoints age group managers to look after each age group. They will be on hand each day of competition to ensure athletes move through the program efficiently. Any parents who wish to consider an AGM role, please notify a committee member for further details. Please note a 'Working with Children Check' will be required to fill a position.

UNIFORMS

Please note that uniforms are compulsory for all athletes. Uniforms are available at registration days and on competition days. Please consider buying early in the season. More information available on our website.

GETTING INVOLVED



COMPETITION & TRAINING

Regular competition takes place at Ballam Park Athletics Track primarily on Saturday mornings and some Friday nights. Please check the website for the Competition and Event Calendar as well as any updates/changes throughout the season. In addition the club offer training sessions on Wednesdays. Please check the website for details.

REGIONS

Little Athletics Victoria is divided into seven regions, three country and four metropolitan. Frankston Little Athletics Centre is one of 16 centres in the Southern Metro Region (SMR) and includes the south-eastern suburbs and Mornington Peninsula.

FRANKSTON ATHLETICS CLUB

Individuals aged 11 and over as of 31st December in the year of registration can join the senior club at Frankston. The competition varies, with athletes traveling to different venues on a weekly basis, usually to Glenhuntly, Frankston or Knox. For further details view their website

SESSION TIMES

8.30am start (except for walks programs- 8am start) Saturday mornings. 2-3 hrs depending on event timetable.

TWILIGHT PROGRAMS

6.00pm start Friday evenings (generally two or three Twilight rounds per season)

COMPETING AT OTHER CENTRES

If children are in country Victoria on holidays and they would like to run with a centre in the area, they may do so by approaching the centre secretary.

SMOKE FREE POLICY

The grounds of Ballam Park Athletics Track are smoke free.

REGISTRATION PATCHES

Each athlete will be provided with a chest patch that must be worn at all competitions. Failure to wear a chest patch will result in the athlete's performance not being recorded in the online results (Results HQ) system.

ATHLETE'S PERFORMANCE RESULTS

Performance results can be accessed online via the Results HQ system. Look for the Results HQ button on our website.

FIRST AID

A qualified first aider will be in attendance at all meetings.

SUN PROTECTION POLICY

The following sun smart policies have been adopted:

- The centre shall maximize the use of shade
- Individuals are encouraged to bring their own shade structures
- Where possible, portable shade will be provided
- Officials shall promote the sun smart policy
- Athletes are advised to take hats, drink bottles, sunglasses and sunscreen to events

WEATHER POLICY

Cancellation of weekly competition programs can occur throughout the season due to wet weather or excessive heat conditions. On a Saturday morning, if you think that the program may be cancelled check the FLAC social media pages after 7.30am or for a Friday night twilight after 5.15pm. The decision to cancel a program is not taken lightly and is made by Centre Executives with the safety of athletes and officials as their prime concern.

CODES OF BEHAVIOUR



PARENT'S CODE OF BEHAVIOUR

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

ATHLETE'S CODE OF BEHAVIOUR

1. Play by the rules.
2. Never argue with an official. If you disagree, ask your Team Manager to deal with the matter.
3. Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
4. Work equally hard for yourself and/or your Centre. Your Centre's performance will benefit.
5. Be a good sport. Applaud all good results whether they are by your Centre, opponent or the other Centre.
6. Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
7. Co-operate with your coach, teammates and other participants. Without them there would be no competition.
8. Participate in Little Athletics for the "fun of it" and not just to please parents and coaches.
9. Do not use bad language.

WORKING WITH CHILDREN CHECK



The Victorian Government through the Department of Justice has introduced the “Working with Children Act 2005,” which has distinct implications on the conduct of Little Athletics. The WWC Check applies to adults who work with children or are engaged in volunteer roles involving children (under 18 years of age). The WWC Check applicable in Victoria is the mandatory minimum standard for a range of child-related industries. The WWC Check now covers all areas of administration, officiating, coaching and overnight supervision at camps and clinics. People working or volunteering in connection with Little Athletics are now required to have their WWC Check if they fall into one of the following categories:

- Region Executive Committee members
- Centre Executive Committee members
- Club Executive Committee members
- Coaches
- Officials at State and Region level (not parent helpers whose child is participating on the day)
- Age Group Managers
- Volunteers without children registered at the Centre
- Overnight Supervisors at camps/clinics/functions
- First Aid Personnel
- Volunteers at Association run activities (not Centre events).

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

Please refer to www.lavic.com.au > Child Safe > Working With Children Check for full details.



CHILD SAFETY & PARENT OBLIGATIONS

CHILD SAFETY

Frankston Little Athletics Centre is committed to the safety and well-being of all children and young people; the rights of children are fundamental. We support the active participation of children in Little Athletics in a safe and inclusive environment.

We endorse and abide by the Little Athletics Australia National Child Protection Policy and Child Safe Code of Conduct:
www.lavic.com.au -> Child Safe -> Child Safe Policy

If you have any concerns over the wellbeing or safety of a child at Frankston Little Athletics Centre you may contact our Child Safe Officer.

PARENT OBLIGATIONS

Little Athletics functions and thrives through the efforts of parent volunteers. All the regular faces you see at the track (committee members, starters, Age Group Managers, Canteen Manager, equipment specialists) are all volunteers. Parent volunteers ensure the success of our Centre both on and off track. For people new to Little Athletics, the obligations of duty can be a little daunting, but be assured committee members and experienced coordinators will be on hand to support you until you are more familiar with the tasks required.

We encourage all parents to get involved, even on the days you are not rostered on to do a specific duty. Your help and support each week will mean that the programs run smoothly and efficiently.

PARENT DUTIES

Parents are also required to perform duties to assist with the running of our sessions – we can't hold them without you!

Whilst Team Managers may offer some assistance with technique or guidance on the rules of the events, they are not there to coach. Their priority is to ensure where possible, that the age group get to rotate through the allocated events of the day.

Children should not be left unattended at the venue at any time, i.e. at least one parent or guardian should be at the venue at any time whilst a child is participating.



COACHING



Frankston Little Athletics Centre has a number of qualified coaches with Athletics Australia accreditation & Australian Track & Field Coaches Association membership. These coaches offer their time to assist athletes to improve their performances. Some coaches will charge a fee, others may not. This will need to be discussed with individual coaches. Please contact our coaches directly to enquire, or contact the Centre Secretary at frankston@lavic.com.au.



COACHING CODE OF CONDUCT

In addition to the Athletics Australia/ATFCA Code of Ethics, coaches on the Frankston Little Athletics Coaching Panel are expected to:

- Act in the best interests of the Athlete and Frankston Little Athletics Centre.
- Promote the transition of Frankston Little Athletics Centre Members to Frankston Athletics Club (Frankston Seniors).
- When coaching at Ballam Park Athletics Track, maintain a squad of at least 50% Frankston Athletes in order for sessions to be endorsed by Frankston Little Athletics Centre.

CENTRE TRAINING SESSIONS

Frankston LAC offers free training sessions for Centre Members on Tuesday afternoons from 5-6pm throughout the season. These sessions cover the basic skills of all the track and field events.

CROSS COUNTRY



APRIL TO AUGUST

Frankston Little Athletic Centre is affiliated with Seaford, Mornington and Chelsea Little Athletic Centres for Peninsula Cross Country competitions on a Saturday morning. Events are offered from U6 to U17, as well as open age groups in which parents are invited to compete.

SEAFORD LITTLE ATHLETICS XC

Seaford North Primary School
Halifax Street, Seaford

MORNINGTON LITTLE ATHLETICS XC

Mount Martha Park

Cross Country is long distance running and is also a team sport for Open days and Region/State Events. Cross Country is not held on a fixed track like track & field. Athletes usually race across open terrain, most often through a combination of woods, fields and always a hill or two.

Centre Uniform is required for open days, Region and State Events.

At the end of the season Peninsula Cross Country hosts a presentation day or night at which medals and trophies are awarded.





RELAYS

Relays provide a rare opportunity for athletes to experience the comradeship of competing as a team and not as an individual. Relay training is provided in a lead up to relay championships.

Athletes must be available for BOTH Region & State dates before considering entry.

Please remember that participating in relays is a team commitment for the duration of the relay season.

RELAY DATES FOR SEASON 2025/26 **REGION RELAY CARNIVAL**

Location: TBC
22 November 2025

STATE RELAY CHAMPIONSHIPS

Location: Lakeside Stadium
13 - 14 December 2025

Relay teams from U9-U16 compete firstly at Region - all events that had Heats will now be Timed Finals only - to qualify for progressions to State Championships which are usually held at Lakeside Stadium, Albert Park.

FRANKSTON LAC RELAY POLICY

(subject to change, please check our website for updates) A relay squad consists of all athletes in a given gender/age group that have entered into relays online, have parental consent and have agreed to make themselves available for training and competition days. A relay team consists of 4/5 members taken from the relay squad.

Relay squads/teams shall be selected using the following broad criteria:

- To select squad/teams with the best potential for progression to the State Championships with ultimately the ability to secure a State final position.
- To progress as many athletes as possible commensurate with athletes' abilities.

More specifically the selection is based on the following criteria:

- Athlete's performance over relay distances (100m, 200m & 400m), taken from the normal competition times.
- Athlete's proficiency in relay race technique - baton changing, lane position, knowledge of rules, etc.
- Attitude and being a 'team' member.
- Attendance at training.

While the above criteria are to be used by all coaches in the selection of their relay teams, the coach is required to use discretion on the positional and team composition, and where mitigating factors prevail.

Each athlete can be nominated in a max. of 4 teams. It is important to note that once the team composition has been nominated for Region it cannot be changed for State. Wherever possible, in a team consisting of greater than four (4) members, the members of the team shall be rotated, during heats and finals at Region and State, as to enable all team members to compete in as many events, at many levels, as possible. Despite efforts to be the best that we can be, the overwhelming focus during the whole relay season is for the athletes to have fun and enjoy themselves.

Relay training times are decided by each Relay Team Manager. Relay teams are organised by the Relay Team Manager. Please speak with your age group Team Manager if you'd like to be involved.

RELAY EVENTS



MENTONE RELAY DAY

The Mentone Relay Open Day is a precursor to region and state relays. The relay day is open to U8-U16 athletes.

Events available:

- 4 x 100m
- 4 x 200m
- 4 x 100m Mixed Sex
- Medley Relay
- Mixed Age Medley

REGION & STATE RELAY CHAMPIONSHIPS

Dates and venues to be confirmed – please refer to the club website for details

Relay teams from U9-U16 compete firstly at Region to qualify for progressions to State Championships which are usually held at Lakeside Stadium, Albert Park.

Events available:

- 4 x 100m
- 4 x 200m
- 4 x 100m Mixed Sex
- 4 x 200m Mixed Sex
- Swedish Medley consisting of 100m, 300m, 200m, and 400m
- Mixed Age Medley (for U14-17)

MAXIMUM OF 4 EVENTS PER ATHLETE

Teams that qualify from Regions will go on to compete at the State Relay Championships. ENTRY FEE is covered in the Season Registration fee.

ENTRY CONDITIONS

- Parents of athletes MUST complete a duty as an official on each of the days their child competes.
- If 2 children are competing, each will be allocated duties.
- Athletes must be registered with Frankston Little Athletics Centre.
- Athletes agree to training with their team, as specified by their Team Manager. Athletes must be available for both dates before considering entry.
- Centre uniform must be worn.

Failure to agree to these conditions may eliminate the athlete from competing.



STATE COMBINED EVENT CHAMPIONSHIPS



The State Combined-Event Championship consists of between five and seven compulsory events and is open to any athlete from U9-U16. Events consisting of more than five events will be held on two consecutive days. Like a Decathlon Event, points are scored for each event, and at the end of the competition, points for all events are tallied to determine the winner. It is a challenging event and like the Olympic Decathlon, the winner is considered the best all round athlete of the year in the State of Victoria. There are no minimum participation requirements for the State Combined-Event Championships.

EVENT CHAMPIONSHIP, 1 DAY EVENT (U9-U13)

100m, 800m, Sprint Hurdles, Discus (boys) / Shot Put (girls) & Long Jump

EVENT CHAMPIONSHIP, OVER BOTH DAYS (U14)

100m (boys) / 200m (girls), 800m, Sprint Hurdles, Discus (boys) / Shot Put (girls), Long Jump & High Jump

EVENT CHAMPIONSHIP, OVER BOTH DAYS (U15, U16 & U17)

100m (boys) / 200m (girls), Sprint Hurdles, 800m, Discus (boys) / Shot Put (girls), Long Jump, High Jump & Javelin



REGION & STATE TRACK & FIELD CHAMPIONSHIPS



Dates and venue to be confirmed – please refer to the club website for details

Event	Age Group								
	U9	U10	U11	U12	U13	U14	U15	U16	U17
70m	X	X							
100m	X	X	X	X	X	X	X	X	X
200m	X	X	X	X	X	X	X	X	X
400m	X	X	X	X	X	X	X	X	X
800m	X	X	X	X	X	X	X	X	X
1500m			X	X	X	X	X	X	X
Sprint Hurdles (Boys)	60m	60m	80m	80m	80m	90m	100m	100m	100m
Sprint Hurdles	60m	60m	80m	80m	80m	80m	90m	90m	90m
Long Hurdles					200m	200m	300m	300m	300m
Race Walk	700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m	1500m
High Jump (scissor)	X	X							
High Jump			X	X	X	X	X	X	X
Long Jump (mat)	X	X							
Long Jump (board)			X	X	X	X	X	X	X
Triple Jump			X	X	X	X	X	X	X
Discus (Boys)	500g	500g	500g	750g	750g	1kg	1kg	1kg	1.5kg
Discus (Girls)	500g	500g	500g	750g	750g	1kg	1kg	1kg	1kg
Javelin (Boys)			400g	400g	600g	600g	700g	700g	700g
Javelin (Girls)			400g	400g	400g	400g	500g	500g	500g
Shot Put (Boys)	2kg	2kg	2kg	3kg	3kg	3kg	4kg	4kg	5kg
Shot Put (Girls)	2kg	2kg	2kg	3kg	3kg	3kg	3kg	3kg	3kg

Athletes who qualify at Regions can go on to compete at the State Track & Field Championships

ENTRY CONDITIONS

- Parents of athletes MUST complete a duty as an official on each of the days their child competes.
- Athletes must be registered with Frankston Little Athletics Centre
- Centre uniform must be worn

MINIMUM PARTICIPATION REQUIREMENTS

- An athlete who wishes to compete in the Region Track & Field Championships shall have competed in a minimum of four weeks of Centre sanctioned competition.

2024/25 AGE GROUP AWARDS



ELIGIBILITY FOR CENTRE AWARDS

To be eligible for a centre award, an athlete must have competed in at least 50% of the available competitions for the season. Where an athlete fails to reach this percentage, the committee may, at its discretion, consider the athletes non-attendance. Athletes transferring from another centre may also be considered eligible if their performances are transferred over.

AGE GROUP CHAMPIONS

Gold, Silver and Bronze trophies will be awarded in each boy and girl age group. For U7-U16 age groups, the Age Group Champion awards are based on a decathlon points system for performances recorded at each regular competition round, using the best performances from 8 different events for each Athlete. The U6 Age Group Champion awards are based on a combination of event participation performance (not just round attendance) and number of personal bests achieved.

PB AWARD

There will be also 1 award in each group (where numbers permit) based on a system of points awarded for competing and equaling or bettering personal bests. Any athlete who wins an age group champion award will not be eligible for Most Improved.

ENCOURAGEMENT AWARD

This award is given to an athlete in each boy & girl age group whose performance indicates a great degree of skill improvement, determination, cooperation and participation during the season.

CENTRE CHAMPION AWARD

Presented to one male and one female athlete from the U6 to U17 age groups. Based on accrued points across the entire season during regular competition rounds at Frankston. Rewards overall athletic excellence and participation.

2024/25 CENTRE CHAMPIONS
Annabel Classon & George Flaskis



2024/25 PB CHAMPIONS
Jesse Power-Reeves & Nicole Skotak



2024/25 AGE GROUP AWARDS



Age Group		Age Group Champions	PB Award	Encouragement Award
Under 7 Boys	Gold	Cooper Barker	Arlo Hughes	Fox Nash
	Silver	Tas Gronow		
	Bronze	Kieran Ror Nguyen		
Under 7 Girls	Gold	Tika Barry	Billie Halder	Lillian Stinson
	Silver	Edith Dickerson		
	Bronze	Isabella Taylor		
Under 8 Boys	Gold	Walter Edney	Bear Heinrich	Emmett Talbot
	Silver	Connor Nesbitt		
	Bronze	Hunter Mayers		
Under 8 Girls	Gold	Hayley Grace Mahon	Ivy Maidom	Willow Strickland
	Silver	Maya Pitt		
	Bronze	Katalaya Lovegrove		
Under 9 Boys	Gold	Xander Pitt	Christopher Stinson	Miles Beauglehole
	Silver	Banjo Bernhardt		
	Bronze	Lachlan Gauci		
Under 9 Girls	Gold	Lexi Power-Reeves	Eden Callaway	Indi Prosser
	Silver	Charlie Barker & Amaya Ratnayake		
	Bronze	Amelia Churches		
Under 10 Boys	Gold	Harrison Tymms	Ari Anedda	Arlo Payne
	Silver	William Millar		
	Bronze	Hendrikus Barry		
Under 10 Girls	Gold	Amiah Nesbitt	Ella Milaszewicz	Elsie Balzary & Isabel Tanner
	Silver	Stella Fleisner		
	Bronze	Emma Kissick		

2024/25 AGE GROUP AWARDS



Age Group		Age Group Champions	PB Award	Encouragement Award
Under 11 Boys	Gold	Logan Barry	Matthew Chiodo	Lincoln Coddington
	Silver	Jesse Power-Reeves		
	Bronze	Solomone Tuaulii		
Under 11 Girls	Gold	Billie Nodzio	Emelie Kimstra	Phoenix Heinrich
	Silver	Nicole Skotak		
	Bronze	Summer Fleisner		
Under 12 Boys	Gold	George Flaskis	Albert La Fontaine	Harry Morgan
	Silver	Jack Smith		
	Bronze	Sebastian Churches		
Under 12 Girls	Gold	Willow Gudgeon	Elena Reyes	Miila Brown
	Silver	Ava Boyle		
	Bronze	Brooklyn Hussey		
Under 13 Boys	Gold	Jackson Doughty	Riley Dolley	Slater Newsome
	Silver	Oscar Taylor		
	Bronze	Levi Beverley		
Under 13 Girls	Gold	Sienna Fleisner	Winter Foon	Bonnie Harkett
	Silver	Jasmine Bence		
	Bronze	Laney Blake		
Under 14 Boys	Gold	Ashleigh Hampton	Judd Bozelle	
	Silver	Leon Reyes		
	Bronze	Darcy Smith		
Under 14 Girls	Gold	Tia Latcham	Ella Walsh	Alexis Dawkins
	Silver	Evie McCarthy		
	Bronze	Grace Kissick		

2024/25 AGE GROUP AWARDS



Age Group		Age Group Champions	PB Award	Encouragement Award
Under 15 Boys	Gold	Jackson McDonald		
	Silver	Tyrone Nesbitt		
	Bronze	Zavier Anedda		
Under 15 Girls	Gold	Annabel Classon	Brydie Waugh	
	Silver	Asha Morrow		
	Bronze	Jazmine Molloy		
Under 16 Boys	Gold	Jack Gairns		
	Silver	Jhett Triep		
	Bronze			
Under 16 Girls	Gold	Madison Churches	Makayla Black	Trinity Newsome
	Silver	MJ Peters		
	Bronze	Bella Shaw		
Under 17 Girls	Gold	Ashanti Nesbitt		
	Silver	Joanna Mackey		
	Bronze			
Under 13-17 MC Boys	Gold	Cayden Bell	Sebastian McCormack	
	Silver	Cohen Hamm		

5 & 10 YEAR AWARDS



5 YEAR AWARDS

Amelia Churches	Amiah Nesbitt	Raia Mitchell
Denver Wilson	Aylah Dolley	Khloe Dicksbury
Jaxon Worrall	Emma Kissick	Victoria Akhramenko
Noah Filippini	Maisie Edgar	Trinity Newsome
Oliver Stancic	Stella Fleisner	



10 YEAR AWARDS

Jackson McDonald	Asha Morrow
Jhett Triep	Joanna Mackey



2024/25 STATE FINALISTS



	Cross Country Relays	Cross Country	Track Relays	Track & Field	Combined Event	Road Race Walking
Summer Fleisner	X		X	X	X	
Sienna Fleisner	X	X	X	X	X	
Billie Greyling	X		X	X	X	
Jack Greyling	X		X	X	X	X
Tyrone Nesbitt			X	X	X	
Raia Mitchell			X	X	X	
Billie Nodzio			X	X	X	
Jackson Doughty			X	X	X	
Stella Fleisner	X	X			X	
Nicole Skotak	X	X			X	
William Millar	X	X		X		
Asha Morrow	X	X		X		
Sasha Newman	X		X	X		
Jackson McDonald			X	X		
Jhett Triep			X	X		
Jack Gairns			X	X		
MJ Peters			X	X		
Bella Shaw			X	X		
Nicholas Casperz			X	X		
Jasmine Bence			X	X		
Amiah Nesbitt				X	X	
Willow Gudgeon				X	X	
Cooper Driscoll				X	X	
Alisha Henderson				X	X	
Laney Blake			X		X	
Tayla Trafford			X		X	
Emma Kissick		X		X		



2024/25 STATE FINALISTS



	Cross Country Relays	Cross Country	Track Relays	Track & Field	Combined Event	Road Race Walking
Logan Barry	X			X		
Annabel Classon	X			X		
Ava Boyle	X			X		
Ruby Solomon	X	X				
Rose Richards	X	X				
Emelie Kimstra	X	X				
Brydie Waugh	X					
Joanna Mackey	X					
Amaya Ratnayake	X					
Sebastian Churches	X					
George Flaskis	X					
Hendrikus Barry	X					
Cayden Bell	X					
Sebastian McCormack	X					
Winter Foon	X					
Elena Reyes	X					
Ashleigh Hampton	X					
Albert La Fontaine	X					
Maddison Churches			X			
Levi Beverley			X			
Leviticus Dracul			X			
Pretoria Dracul			X			
Jack Smith			X			
Ben Roberts			X			
Solomone Tualii			X			
Tait Sterling			X			
Brooklyn Hussey					X	
Haven Blake					X	
Hero Bury					X	
Grace Kissick		X				
Victoria Akhramenko	X					
Anna Coluccio	X					
Ava Talbot	X					
Marley Leyden	X					
Marina Akhramenko	X					
Krystal Howard	X					
Isaac Spreadborough	X					
Sebastian Barallon	X					

FRANKSTON LAC RECORDS



U6 GIRLS

Event	Name	Record	Date
50m	Sophie Fanning	9.45	08-12-00
70m	Meg Brown	12.21	26-03-11
100m	Lily La Fontaine Pollard	17.44	29-11-13
200m	Lily La Fontaine Pollard	35.91	16-11-13
300m UL	Billie Halder	1.09.68	08-03-24
	Sophie Fanning	1.03.87 (historical)	10-03-01
400m UL	Harper Lonie	1.34.25	11-02-17
60m hurdles	Meg Brown	12.81	26-03-11
Discus	Birgitta Nemaric	10.86	14-03-98
Shot put	Emma Allen	4.9	26-03-11
Vortex	Tika Barry	7.75	02-12-23
High Jump	Birgitta Nemaric	0.82	12-12-97
	Maggie Menzies	0.82	01-03-14
Long Jump	Brittany Peebles	2.55	06-03-99

U6 BOYS

Event	Name	Record	Date
50m	Jack Brewster	9.49	09-03-13
70m	Brayden Miles Oscar Menzies	13.07	13-02-10 04-02-12
100m	Xavier Collins	18.19	25-01-14
200m	Mason Waters	38.19	01-03-14
300m UL	Harrison Hay	1.09.38	08-03-24
	J Thorne	1.07.59 (historical)	10-03-01
400m UL	Xavier Collins	1.32.97	08-03-14
60m hurdles	Christopher Church	12.27	11-03-00
Discus	Christopher Church	12.49	11-03-00
Shot put	Steven O'Donnell	5.28	10-03-00
Vortex	Cooper Driscoll	16.47	02-04-22
High Jump	Xavier Collins	0.97	15-03-14
Long Jump	Xavier Collins	2.94	22-03-14

FRANKSTON LAC RECORDS



U7 GIRLS

Event	Name	Record	Date
50m	Sophie Fanning	8.91	10-11-01
70m	Sophie Fanning	11.99	03-11-01
100m	Sophie Fanning	17.5	24-11-01
200m	Sophie Fanning	35.81	23-02-02
300m UL	Harper Lonie	1.07.73	24-11-17
400m UL	Harper Lonie	1.23.01	11-11-17
60m hurdles	Sophie Fanning	11.56	10-11-01
Discus	Karlee Janssens	17.57	11-03-00
Shot Put	Hayley Janssens	6.59	23-03-97
Vortex	Annabeth Crerar	14.41	02-04-22
High Jump	Amy Hunter	0.97	26-03-05
Long Jump	L Meagher	3.15	23-03-97

U7 BOYS

Event	Name	Record	Date
50m	Aaron Peebles	8.69	10-02-01
70m	Levi Hasphall	12.02	05-03-16
100m	Levi Hasphall	16.7	28-11-15
200m	M McCarthy	35.35	26-03-05
300m UL	Blax Muston	1.06.68	24-11-17
400m UL	Brayden Miles	1.22.10	26-03-11
60m hurdles	Brayden Miles	10.86	26-03-11
Discus	Bradley Cann	19.41	20-03-04
Shot put	Zac Tuckett	7.22	07-03-98
Vortex	Jaxon Worrall	15.48	02-04-22
High Jump	Dion Jackson	1.02	22-03-03
Long Jump	Jayson Stoddart	3.19	16-02-00

FRANKSTON LAC RECORDS



U8 GIRLS

Event	Name	Record	Date
50m	Hailey-Grace Mahon	9.08	29-03-25
70m	Nikki Peck	11.63	07-03-98
100m	Sophie Fanning	16.38	26-02-98
200m	Sophie Fanning	35.13	22-03-03
400m	Sophie Fanning	1.20.49	12-03-03
700m	Hailey-Grace Mahon	3.10.34	15-03-25
800m	Sarah Maslen	3.08.60	14-02-02
700m walk	TBC		
60m hurdles	Nicola Deacon	11.91	22-03-03
Discus	Hayley Janssens	17.91	07-03-98
Shot Put	Hayley Janssens	6.59	07-03-98
Vortex	Courtney Caspersz	19.98	02-04-22
High Jump	Tori Jackson	1.09	08-03-08
Long Jump	Nikki Peck	3.35	07-03-98

U8 BOYS

Event	Name	Record	Date
50m	Jhett Triep	8.74	24-02-18
	Walter Edney	8.74	29-03-25
70m	William Mace	11.38	13-02-02
100m	Kyden White	15.94	21-03-15
200m	Brayden Miles	33.53	31-03-12
400m	Brayden Miles	1.16.70	04-02-12
700m	Walter Edney	2.41.84	29-03-25
800m	Thomas Daykin	2.48.68	23-03-97
700m walk	TBC		
60m hurdles	Cooper Hicks	11.48	28-11-15
Discus	C Thompson	21.25	23-03-97
Shot put	Michael McCarthy	7.73	11-03-06
Vortex	Thomas Coathup	22.56	02-04-22
Turbo Javelin	Albert La Fontaine	13.84	20-03-21
High Jump	Michael McCarthy	1.2	15-10-05
Long Jump	Damien Scully	3.65	11-03-06

FRANKSTON LAC RECORDS



U9 GIRLS

Event	Name	Record	Date
70m	Shae Cottrell	11.06	28-02-01
	Hayley Meddings	11.06	16-01-16
100m	Melanie Stewart	15.46	13-02-02
200m	Georgia Fanning	33.14	10-03-01
400m	Tarryn Elvish (state record)	1.14.05	18-03-07
800m	Sarah Maslen	2.49.68	06-03-04
700m walk	Willow Gudgeon	4.35.07	19-03-22
1100m walk	C McNab	7.14.70	13-03-99
60m hurdles	Bhanu Mahendran	11.19	03-03-18
80m hurdles	Hayley Collard	14.77	13-03-99
Discus	Georgia Maslen	24.81	10-03-04
Shot Put	Karlee Janssens	7.05	23-01-02
Turbo Javelin	Bella Shaw	8.75	10-02-18
High Jump	S Date	1.15	23-03-97
Long Jump	Melanie Stewart	3.87	23-03-02
Triple jump	Kaelah Elvish	8.1	21-03-10

U9 BOYS

Event	Name	Record	Date
70m	Thomas Daykin	10.76	25-02-98
100m	Thomas Daykin	15.1	11-02-98
200m	Thomas Daykin	31.3	07-03-98
400m	Edward Clark	1.11.68	20-03-11
800m	Edward Clark (State record)	2.42.90	19-03-11
	Brayden Miles	2.42.90	16-03-13
700m walk	Blax Muston	4.44.32	22-02-20
1100m walk	M Jagintavicius (state record)	7.27.86	23-03-98
60m hurdles	Aaron Armstrong	10.57	11-03-00
80m hurdles	Aidan Debernardi	14.52	31-01-98
Discus	Jai Triep	25.59	27-03-10
Shot put	Lewis Hollands	7.44	15-03-14
Turbo Javelin	Daly Pattie	13.75	19-03-22
High Jump	Jordan Allain	1.3	16-03-13
Long Jump	Aidan Debernardi	4.05	14-03-98
Triple jump	Monte Charters	8.26	16-03-13



FRANKSTON LAC RECORDS

U10 GIRLS

Event	Name	Record	Date
70m	Georgia Fanning	10.76	09-03-02
	Alexia Loizou (state record)	10.56	15-03-08
100m	Isabella Phanivong	14.44	19-02-12
200m	Cassandra Cain	30.64	20-02-10
400m	Loisa Cochrane	1.11.70	23-03-02
800m	Shae Cottrell	2.45.96	23-01-02
1100m walk	Samantha Coulson	6.52.77	13-03-99
60m hurdles	Birgitta Nemaric	11.31	24-11-01
80m hurdles	Georgia Fanning	14.35	09-03-02
Discus	Melanie Stewart	27.58	22-03-03
Shot Put	Karlee Janssens	8.87	22-03-03
Turbo Javelin	Indianna Laurito	12.48	09-01-21
Javelin	Paige Stewart	20.48	13-03-99
High Jump	Nicola Deacon	1.25	26-02-05
Long Jump	H Collard	4.05	04-03-00
	Kaelah Elvish (state record)	4.15	20-03-11
Triple jump	Birgitta Nemaric	9.12	23-01-02

U10 BOYS

Event	Name	Record	Date
70m	Marcus La Fontaine Pollard	9.97	16-01-16
100m	Aaron Armstrong	14.59	20-12-00
200m	Aaron Armstrong	30.19	02-12-00
400m	Monte Charters	1.06.66	15-02-14
800m	Monte Charters	2.30.90	08-03-14
1100m walk	Will Thompson	6.44.70	02-02-13
60m hurdles	Dean Muir	10.84	15-01-00
80m hurdles	Aaron Armstrong	14.6	03-02-01
Discus	Bradley Cann	30.84	10-03-07
	Michael Cann (state record)	31.70	21-03-09
Shot Put	Zac Tuckett	9.19	10-02-01
Turbo Javelin	Hendrikus Barry	15.81	08-02-25
Javelin	Brad Butler	30.3	12-03-11
High Jump	Jordan Allain	1.4	22-03-14
Long Jump	Monte Charters	4.35	22-03-14
Triple jump	C Vasilopoulos	8.83	23-03-02
	Michael Cann (state record)	9.40	22-03-09



FRANKSTON LAC RECORDS

U11 GIRLS

Event	Name	Record	Date
70m	Isabella Phanivong	10.18	16-03-13
100m	Holly Mather	13.81	07-02-04
200m	Georgia Fanning	29.19	23-03-03
400m	Carla Florey	1.07.95	19-02-12
800m	Nicola Deacon	2.40.50	18-02-06
1500m	Paige Elvey	5.25.64	22-03-14
1100m walk	Willow Gudgeon	7.05.09	09-12-23
1500m walk	Ruby Paten	9.11.96	02-11-13
60m hurdles	Holly Mather	10.25	21-02-04
80m hurdles	Nicola Deacon	13.48	11-03-06
Discus	Georgia Maslen	33.96	11-03-06
Shot Put	Hayley Janssens	10.37	10-03-01
Javelin	Tahlee Cridland	26.63	14-03-98
High Jump	Rebecca Deacon	1.38	20-03-04
Long Jump	Holly Mather	4.52	25-02-04
Triple jump	Holly Mather	9.71	06-03-04

U11 BOYS

Event	Name	Record	Date
70m	Solomone Taulii	10.09	29-03-25
100m	A Armstrong	14.11	10-11-01
	Matthew Faoro (state record)	13.87	20-03-11
200m	B Ashkenazi	29.65	11-03-06
	Patrick Coates (state record)	28.90	21-03-09
400m	Zane Wittkowski	1.07.33	26-02-05
	Kareem Nasser (state record)	1.02.74	20-03-11
800m	Matthew Cottrell (state)	2.22.30	20-03-11
1500m	Monte Charters	4.51.63	07-03-15
1100m walk	Jack Greyling	6.14.24	09-11-24
1500m walk	Riley Lovick	8.59.68	01-11-14
60m hurdles	Zane Wittkowski	10.16	27-11-04
80m hurdles	Zane Wittkowski	13.29	16-02-05
Discus	Bradley Butler	33.23	19-02-12
Shot Put	Harry Prior	11.42	07-03-08
Javelin	Bradley Butler	35.4	31-03-12
High Jump	Jordan Allain	1.46	08-11-14
Long Jump	Monte Charters	4.74	21-03-15
Triple jump	Michael Cann	10.3	27-03-10



FRANKSTON LAC RECORDS

U12 GIRLS

Event	Name	Record	Date
70m	Holly Mather	9.65	12-02-05
100m	Holly Mather	13.55	01-12-05
	Brianna O'Donohue (state record)	13.54	20-03-11
200m	Georgia Fanning	28.44	20-03-04
	Alexia Loizou (state record)	27.68	21-03-10
400m	Georgia Fanning	1.05.89	07-02-04
800m	L Cochrane	2.30.33	10-03-04
	Tiarne Bloss (state record)	2.26.31	21-03-10
1500m	Tierney Stockford	5.09.67	20-03-04
	Tiarne Bloss (state record)	5.04.98	21-03-10
1500m walk	Brianna Briet	8.06.57	07-11-15
60m hurdles	Nicola Deacon (state record)	9.84	18-03-07
80m hurdles	Nicola Deacon (state record)	13.5	18-03-07
Discus	Georgia Maslen	36.33	10-02-07
Shot Put	Hayley Janssens	11.46	14-11-01
Javelin	Tahlee Cridland	30.36	31-10-98
High Jump	Anika Van Damme	1.45	13-03-99
Long Jump	Holly Mather	5.1	26-03-05
Triple jump	Holly Mather	10.51	27-11-04

U12 BOYS

Event	Name	Record	Date
70m	Anthony Caspersz	9.41	16-01-16
100m	Monte Charters	13.26	17-10-15
200m	C Hindson	27.87	23-03-02
	Matthew Rizzo (state)	26.71	19-03-11
400m	Kareem Nasser	1.00.96	19-02-12
800m	Monte Charters	2.21.55	28-11-15
1500m	Monte Charters	4.54.14	17-10-15
1500m walk	Will Thompson	8.25.69	01-11-14
60m hurdles	Zane Wittkowski	9.72	29-10-05
80m hurdles	Sione Tuipulotu (state)	12.91	22-03-09
Discus	Bradley Butler	41.58	02-02-13
Shot Put	Luke Cann	10.31	14-01-06
Javelin	Luke Cann	40.5	11-03-06
High Jump	Jordan Allain	1.62	28-11-15
Long Jump	Jay Debernardi	5.1	25-02-98
Triple jump	Steven Ranik (state)	10.84	20-03-04



FRANKSTON LAC RECORDS

U13 GIRLS

Event	Name	Record	Date
70m	Elise Kingston	10.2	06-02-99
100m	Billie Greyling	13.16	29-03-25
200m	Billie Greyling	27.34	29-03-25
400m	Clea Clifford	1.01.42	19-02-12
800m	Tierney Stockford	2.25.76	26-03-05
1500m	Tierney Stockford	4.55.93	27-11-04
1500m walk	Madison Clark	8.11.53	10-10-15
80m hurdles	Amy Wright	13.45	28-03-09
200m hurdles	Amber Kamau	31.36	04-03-17
300m hurdles	Rachael Radin	49.33	11-03-06
	Amy Wright (State Record)	47.67	22-03-09
Discus	Georgia Maslen	39.6	08-03-08
Shot Put	Jayden Marie Trim	11.41	21-03-15
Javelin	Billie Greyling	37.1	29-03-25
High Jump	Rebecca Deacon	1.57	25-02-06
Long Jump	Holly Mather	5.17	11-03-06
Triple Jump	Jordyn McConchie (State Record)	10.64	20-03-06
	Holly Mather	10.49	11-03-06

U13 BOYS

Event	Name	Record	Date
70m	Nash Kovacevic	9.18	27-11-99
100m	Nash Kovacevic	12.31	05-02-00
200m	Chris Costanzo	24.66	12-02-00
400m	Anthony Caspersz	58	03-12-16
800m	D Frey	2.20.98	13-11-99
	Trent Radin (state record)	2.14.79	15-03-08
1500m	N Warrington Trent Radin (state record)	4.42.34 4.36.51	07-02-98 16-03-08
1500m walk	Will Thompson	7.24.66	10-10-15
80m hurdles	Brendan Smith	13.18	10-03-01
200m hurdles	Harrison Piper	30.56	04-03-17
300m hurdles	Brett Sutton	44.2	18-03-07
Discus	Bradley Butler	49.44	22-03-14
Shot Put	Bradley Butler	13.46	22-03-14
Javelin	Bradley Butler	49.32	22-03-14
High Jump	Jordan Allain	1.63	04-03-17
Long Jump	Z Leonard	5.23	23-03-97
	Michael Cann (state record)	5.90	24-03-12
Triple Jump	C Vernal	11.47	22-03-03
	Michael Cann (state record)	12.65	25-03-12



FRANKSTON LAC RECORDS

U15 GIRLS

Event	Name	Record	Date
100m	Chloe Edwards	12.8	30-11-02
200m	Rachael Poxon	25.73	17-02-06
400m	Lauren Dunsford	1.01.79	11-03-06
	Kayla D'Angelo (state record)	1.00.39	20-03-11
800m	Kiralee Turver	2.20.99	24-11-18
1500m	Bianca Jones	4.58.81	19-02-12
1500m walk	Ruby Paten	7.51.97	14-10-17
90m hurdles	Amber Kamau	14.04	13-10-18
300m hurdles	Rachael Radin	47.01	08-12-07
	Sarah Buchanan (state record)	45.33	21-03-10
Discus	Alycia Maher	37.77	20-02-11
Shot Put	Katja Nemaric	12.38	16-12-00
Javelin	Jasmine Carroll	39.47	17-12-11
High Jump	Anika Van Damme	1.6	18-12-01
Long Jump	Sarah Buchanan	5.48	20-02-10
Triple jump	Amber Kamau	11.79	02-03-19

U15 BOYS

Event	Name	Record	Date
100m	Chris Costanzo	11.2	02-02-02
200m	Chris Costanzo	22.95	27-10-01
400m	M Mohr	52.78	19-01-02
	Thomas Cole (state record)	52.34	16-03-08
800m	G Smith	2.11.48	20-10-01
	Thomas Cole (state record)	2.02.29	15-03-08
1500m	Thomas Cole	4.18.14	17-02-08
1500m walk	Will Thompson	6.21.40	10-02-18
100m hurdles	Noah Oliver	14.28	11-11-17
300m hurdles	Matt Mohr	39.87	09-02-02
Discus	Bradley Butler	52.86	03-10-15
Shot Put	Luke Cann	15.57	28-02-09
Javelin	N King	50.41	22-03-03
	Luke Cann (state record)	64.94	21-03-09
High Jump	Michael Cann	1.85	29-11-13
Long Jump	Michael Cann	6.78	01-03-14
Triple jump	Michael Cann	13.73	22-03-14



FRANKSTON LAC RECORDS

U14 GIRLS

Event	Name	Record	Date
100m	Charlotte Cain	12.72	17-10-15
200m	Alexia Loizou	26.74	19-02-12
400m	C Edwards	1.01.12	01-12-01
	Kayla D'Angelon (state record)	1.00.12	21-03-10
800m	R Dale	2.29.11	14-12-99
	Bianca Jones (state record)	2.21.25	20-03-11
1500m	Elise Kingston	5.08.64	02-10-99
1500m walk	Ruby Paten	8.41.09	12-11-16
80m hurdles	Holly Mather (state record)	12.96	18-03-07
200m hurdles	Amber Kamau	30.33	03-03-18
300m hurdles	Emily Hodges	47.9	19-02-12
Discus	Georgia Maslen	35.56	28-03-09
Shot Put	Toaina Key	11.41	16-02-13
Javelin	C McNab	32.63	12-03-03
	Jacqeline Mall (state record)	35.48	16-03-08
High Jump	Rebecca Deacon	1.6	25-11-06
Long Jump	Isabella Phanivong	5.36	06-02-16
Triple jump	Isabella Phanivong	11.17	27-02-16

U14 BOYS

Event	Name	Record	Date
100m	Chris Costanzo	11.43	20-12-00
200m	Chris Costanzo	22.99	10-03-01
400m	Chris Costanzo	53.92	16-12-00
800m	G Smith	2.11.55	28-02-01
	Trent Radin (state record)	2.07.58	21-03-09
1500m	Trent Radin (state record)	4.22.38	22-03-09
1500m walk	Will Thompson	6.55.72	11-02-17
90m hurdles	Chris Costanzo	12.87	07-10-00
200m hurdles	Trent Matthews	28.05	25-02-17
300m hurdles	Chris Costanzo	42.1	25-11-00
Discus	Bradley Butler	57.81	21-03-15
Shot Put	Bradley Butler	14.79	11-10-14
Javelin	Luke Cann	49.85	13-10-07
	Luke Cann (state record)	55.16	15-03-08
High Jump	Michael Cann	1.75	02-02-13
	Quinn Harvey	1.75	20-02-21
Long Jump	Michael Cann	6.5	24-11-12
Triple jump	Michael Cann	12.81	12-12-12



FRANKSTON LAC RECORDS

U16 GIRLS

Event	Name	Record	Date
100m	Lucy Romanoff	13.41	19-01-13
200m	Claudia Whitfort	27.47	25-10-14
400m	Jamie Wainwright	1.03.58	18-11-16
800m	Rhemmy Gibbs	2.29.08	18-11-17
1500m	Rhemmy Gibbs	5.05.68	28-10-17
1500m walk	Eliza Thompson	8.35.33	22-02-20
90m hurdles	MJ Peters	14.96	15-03-25
200m hurdles	Kelsey Barrett	33.38	04-03-17
300m hurdles	Chloe Romanoff	50.68	31-03-12
Discus	Jasmine Carroll	27.22	27-10-12
Shot Put	Jasmine Carroll	10.12	02-02-13
Javelin	Jasmine Carroll	36.73	11-01-13
High Jump	Claudia Whitfort	1.55	18-10-14
Long Jump	Cassandra Cain	5.04	03-10-05
Triple jump	Jordyn McConchie	10.21	22-03-14

U16 BOYS

Event	Name	Record	Date
100m	Jack Gairns	11.42	29-03-25
200m	T Kist	21.52	14-03-98
400m	Andrew Morton	55.27	14-03-98
800m	Perry Lewis-Smith	2.10.59	22-03-14
1500m	Anthony Barry	4.33.20	02-02-02
1500m walk	Matthew Harrington	7.30.23	11-02-17
100m hurdles	Lewis Bailey	14.67	10-10-15
300m hurdles	Andrew Morton	42.56	14-03-98
Discus	Jai Triep	44.19	10-12-16
Shot Put	Jai Triep	12.92	18-11-16
Javelin	Jack Wells	48.68	09-11-13
	Benjamin Petrie	30.01	30-10-15
High Jump	Jack Wells	1.76	15-03-14
Long Jump	Blake Shaw	5.76	06-10-18
Triple jump	Blake Shaw	13.3	10-11-18

FRANKSTON LAC RECORDS



U17 GIRLS

Event	Name	Record	Date
100m	Ashanti Nesbitt	14.4	13-12-24
200m	Ashanti Nesbitt	28.11	01-11-24
400m	Ashanti Nesbitt	1.08.99	13-12-24
800m	Ashanti Nesbitt	3.10.24	19-10-24
1500m	Ashanti Nesbitt	7.01.14	12-10-24
1500m walk	Ashanti Nesbitt	12.29.89	19-10-24
100m hurdles	Ashanti Nesbitt	20.89	19-10-24
300m hurdles	Ashanti Nesbitt	59.64	26-10-24
Discus	Joanna Mackey	20.68	07-03-25
Shot Put	Ashanti Nesbitt	7.49	19-10-24
Javelin	Ashanti Nesbitt	20	13-12-24
High Jump	Ashanti Nesbitt	1.15	19-10-24
Long Jump	Ashanti Nesbitt	4.37	13-12-24
Triple jump	Ashanti Nesbitt	9.27	30-11-24

U17 BOYS

Event	Name	Record	Date
100m	Kynan Waugh	14.39	16-03-24
200m	Kynan Waugh	31.06	07-10-23
400m	Kynan Waugh	1.14.19	16-03-24
800m	Kynan Waugh	3.08.92	02-03-24
1500m	Kynan Waugh	6.23.20	24-02-24
110m hurdles	Kynan Waugh	21.35	09-12-23
300m hurdles	Kynan Waugh	57.85	21-10-23
Discus	Kynan Waugh	22.62	07-10-23
Shot Put	Kynan Waugh	10.12	23-03-24
Javelin	Kynan Waugh	19.98	21-10-23
High Jump	Kynan Waugh	1.45	23-03-24
Long Jump	Kynan Waugh	4.55	17-02-24
Triple jump	Kynan Waugh	9.91	03-11-23

FRANKSTON LAC RECORDS



CROSS COUNTRY - GIRLS

Age Grp	Event	Name	Record	Date
U06	500m CC	Tika Barry	2.35.66	03-08-24
U06	1000m CC	Mia Dunkley	4.28.26	21-04-18
U7G	1000m CC	Savanna Brand	4.12.53	09-08-14
U08	1000m CC	Nicole Skotak	4.27.48	13-08-22
U08	1500m CC	Savanna Brand	6.52.03	06-06-15
U08	2000m CC	Isabella Finlayson	9.09.26	21-05-16
U09	1500m CC	Hayley Meddings	6.40.72	14-05-16
U09	2000m CC	Hayley Meddings	8.48.50	16-07-16
U10	1500m CC	Sienna Fleisner	6.18.78	13-08-22
U10	2000m CC	Mikayla Williamson	7.58.75	02-05-15
U11	2000m CC	Paige Elvey	7.58.38	09-01-14
U11	3000m CC	Kobi Merchant	12.57.79	02-01-14
U12	2000m CC	Paige Elvey	7.29.35	02-05-15
U12	3000m CC	Kobi Merchant	12.45.24	06-06-16
U13	3000m CC	Rose Richards	11.49.14	26-07-25
U13	4000m CC	Madelaine Vollmer	16.34.65	08-01-15
U14	3000m CC	Kiralee Turver	12.21.25	14-07-18
U14	4000m CC	Kiralee Turver	16.20.07	30-06-18
U15	3000m CC	Asha Morrow	11.31.50	10-05-25
U15	4000m CC	Rhemmy Gibbs	16.03.76	15-07-17
U16	4000m CC	Lily Oxley	16.15.48	13-04-19
U16	3000m CC	Rhemmy Gibbs	12.12.25	30-04-18

FRANKSTON LAC RECORDS



CROSS COUNTRY - BOYS

Age Grp	Event	Name	Record	Date
U06	500m CC	Brody Touzel	2.12.83	13-08-22
U06	1000m CC	Xavier Collins	4.12.80	17-05-14
U07	1000m CC	Jett Walles	4.19.40	16-05-15
U08	1000m CC	Walter Edney	3.55.72	10-05-25
U08	2000m CC	Levi Matheson	8.54.06	24-05-14
U08	1500m CC	Quinn Harvey	6.47.20	22-08-15
U09	1500m CC	Brodie Smith	6.02.31	18-06-16
U09	2000m CC	Jhai Farrar	7.58.01	18-06-16
U10	1500m CC	Monte Charters	5.47.52	17-05-14
U10	2000m CC	Monte Charters	7.29.17	07-08-14
U11	2000m CC	Monte Charters	7.17.35	08-08-15
U11	3000m CC	Monte Charters	11.33.78	06-06-15
U12	2000m CC	Monte Charters	7.16.43	16-07-16
U12	3000m CC	Monte Charters	11.25.08	27-08-16
U13	3000m CC	Monte Charters	11.12.44	22-04-17
U13	4000m CC	Lachy Hodder	15.12.78	16-07-16
U14	3000m CC	Jayden Worrall	11.04.62	30-04-22
U14	4000m CC	Jake Simmons	15.14.86	04-05-19
U15	3000m CC	Riley Lovick	10.52.02	27-04-19
U15	4000m CC	Joshua Yates	14.26.33	09-06-18
U16	3000m CC	Bevan Does	11.02.23	26-05-18
U16	4000m CC	Bevan Does	14.07.90	21-07-18

FRANKSTON LAC PHOTOS



FRANKSTON LAC PHOTOS



FRANKSTON LAC PHOTOS



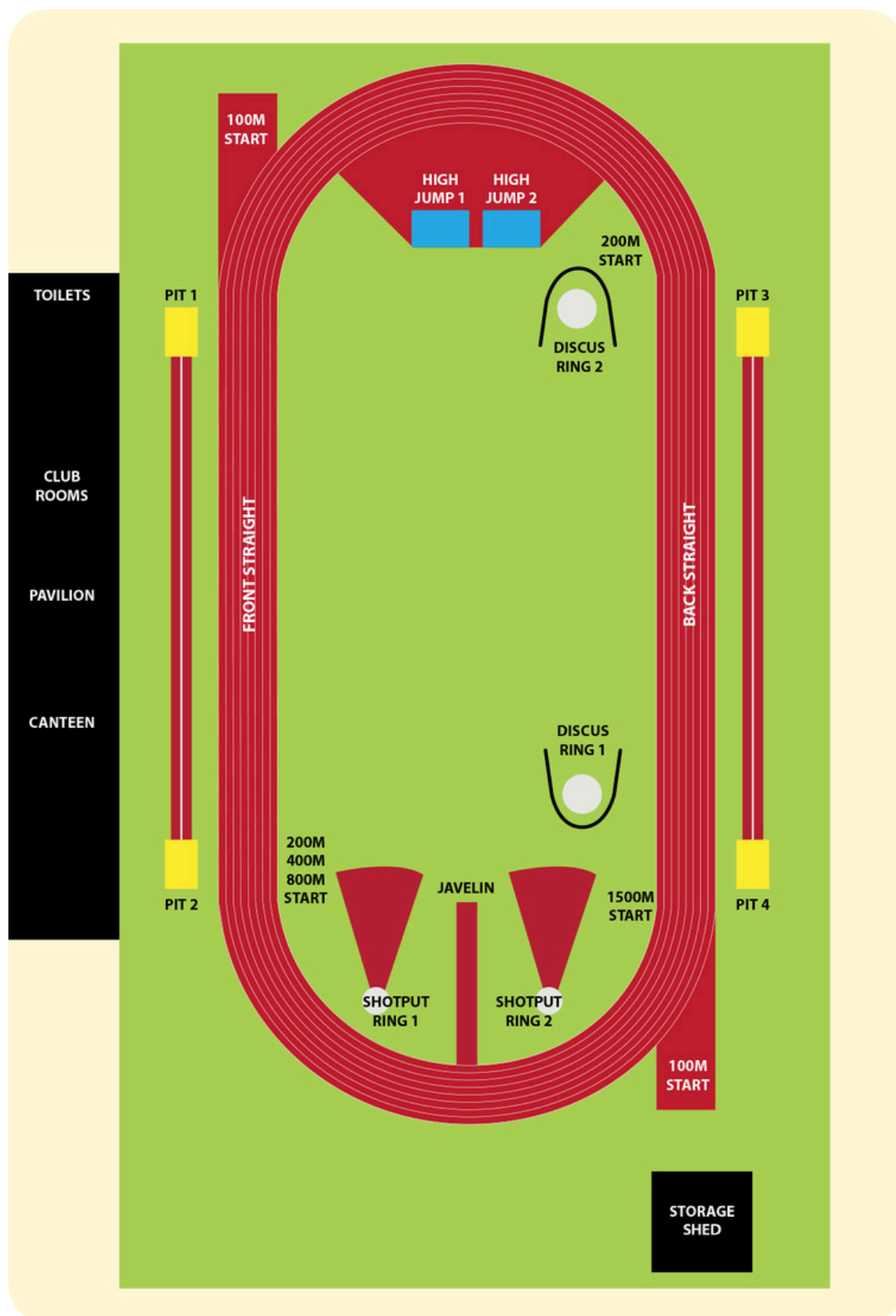
FRANKSTON LAC PHOTOS





BALLAM PARK

TRACK LAYOUT





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