



# Handbook

2023-24 SEASON



# Welcome

Welcome to Cardiff and District Little Athletics for the 2023-24 season. If you are new to Athletics, or our Centre, we would like to take this opportunity to thank you for joining us. Now, with Senior athletes, this season promises to be our BIGGEST ever. We wish you an enjoyable and successful year.

Little Athletics is a family sport and everyone should be involved. Our aim is to encourage children to participate in sport and improve their skills within their own abilities, whilst creating friendships. Children love to run, jump and throw and have a good time with their friends. At Little Athletics, the emphasis is on being your best. Please do not ever lose sight of this!

**We are a centre of volunteers.** We only exist because of the hard work that many people put in. Throughout the year, many of you, both parents and athletes will have the opportunity to assist in various ways. **I ask you to please come forward and offer your help as it is the only way we can continue to build and run our successful Little Athletics Centre.**

As in previous years, it will therefore remain a requirement that all junior athletes have a parent or nominated guardian at the ground at all times.

We have a centre website **cardifflittleathletics.org.au** and Audiri App that will keep you up to date with things 'around the track'. Our website will be the main source of information for our members. It contains all the information you need to know about our centre. We also have Facebook and Instagram - make sure you check it regularly. Remember, these are YOUR social media outlets and anyone can contribute with photos and stories.

Don't forget our canteen and BBQ each week. Without sponsors, it's our only fundraiser each season and those funds provide for the presentation day. We don't have a nominated canteen supervisor for this season, so we'll rely on rostering parents to keep it open.

If at any stage during the season you have any questions or queries please don't hesitate to come and see me or anyone from the committee. We will be more than happy to assist you.

Ian Cowling / **President**

# Committee Members

Cardiff Little Athletics committee is made up of parents who volunteer their time to ensure that our centre functions correctly.

The Committee members whose names are below, generally meet on the third Monday of each month throughout the year at Neegulbah Park Clubhouse. All members are welcome to contribute items for our committee meetings. Our website will keep you up to date with information regarding these meetings: [cardifflittleathletics.org.au](http://cardifflittleathletics.org.au)

Position	Name	Email	Mobile
President	Ian Cowling	<a href="mailto:president@cardiffathletics.club">president@cardiffathletics.club</a>	0439 466676
Vice President	Craig Hearnden	<a href="mailto:vpres@cardiffathletics.club">vpres@cardiffathletics.club</a>	0411 050462
Secretary	Lisa Robertson	<a href="mailto:admin@cardiffathletics.club">admin@cardiffathletics.club</a>	0407 537007
Treasurer	Lyndal Day	<a href="mailto:finance@cardiffathletics.club">finance@cardiffathletics.club</a>	0437 877397
Registrar	Patricia Charlton	<a href="mailto:registrar@cardiffathletics.club">registrar@cardiffathletics.club</a>	0424 491444
Championship Manager	Patricia Charlton	<a href="mailto:champs@cardiffathletics.club">champs@cardiffathletics.club</a>	0424 491444
Catering Officer	Vacant	<a href="mailto:catering@cardiffathletics.club">catering@cardiffathletics.club</a>	
Records and Rankings	Lisa Hearnden	<a href="mailto:records@cardiffathletics.club">records@cardiffathletics.club</a>	0412 848262
Uniforms Officer	Alison Spamer	<a href="mailto:uniforms@cardiffathletics.club">uniforms@cardiffathletics.club</a>	0432 411681
Track Officer	Peter Gallard	<a href="mailto:track@cardiffathletics.club">track@cardiffathletics.club</a>	0427 953 309
Publicity Officer	Vacant	<a href="mailto:publicity@cardiffathletics.club">publicity@cardiffathletics.club</a>	
Coach Coordinator	Greg Jones	<a href="mailto:coach@cardiffathletics.club">coach@cardiffathletics.club</a>	0431 066725
General Committee	Kristina Cousins Michaela Keating		0423 415 939 0431 670413

# *What happens on a Friday night?*

**Who:** Girls and Boys from ages 3 years born before 1 October through to Adults 80 years+ of any ability.

**Where:** Neegulbah Park, 125 Lawson Road, Macquarie Hills

**Season Starts:** Friday, 6 October 2023

**Season Ends:** Friday, 15 March 2024

**Christmas Holidays:** Last competition night for 2023 is Friday, 15 December 2023  
First competition night for 2024 is Friday, 12 January 2024

<b>When:</b> Tiny Tots	5:30pm - 6:30pm
U6 - U17	5:30pm - 7:30pm approx
U18 +	5:30pm - 8:00pm

**Tiny Tots:** Each Friday evening Tiny Tots will meet at the playground end of the park. Tiny Tots then complete various activities such as running, jumping, throwing in a modified form, taking into consideration the developmental stage and requirements of such young children. The program encompasses games and activities that have been designed to prepare Tiny Tots for their introduction to athletics in the U6 age group.

**U6-U17:** Each Friday evening begins with any important announcements. During the announcements, the athletes warm-up on the far side of the field, then lineup behind the age baskets, on the front straight. The athletes must wait for their age manager in their appropriate age groups then they will be taken to their various events throughout the evening.

**Uniform:** All athletes must wear a centre uniform with registration numbers and age numbers. (See page 8 of the handbook).

**Wet Weather :** If it has been raining during the week or on Friday afternoon and you are not sure if our weekly competition will be on, we will attempt to have the information on our Facebook page and sent out in the Audiri app close to 4pm.

**Results and Records:** Our centre results are added to ResultsHQ after each competition night and can be viewed at <https://resultshq.com.au/Login/>

# *Parent Help*

There are many roles and duties to be performed each week to assist with the smooth and efficient running of our competition nights.

**Equipment Out:** Track Officers will be at the clubhouse by 4:45pm each week to distribute equipment at the designated event stations. Any assistance from parents will be appreciated.

**Canteen and BBQ:** Requires the assistance of 3 parents. It could be broken into half hour slots by the parent groups.

**Timekeeping and Recording:** Requires the assistance of at least 3 timekeepers at the 100m finish line. Remain on duty until completion of short track events. The long track requires a timekeeper, results recorder and at least one place card officer.

**Equipment In:** Assistance is required once events are complete to move equipment onto the trailer and into the shed.

**Remember:** All volunteers are required to sign the Volunteer Register at the Canteen to ensure they are covered by Little Athletics Insurance.

**Committee:** We are always looking for additional parents to join our committee and participate in the business of our centre. Please speak with our President today.

**Working Bees:** At least once a season we get stuck into cleaning up the clubhouse and re-organising the storage areas. Any and all assistance from parents is welcome. Keep an eye out on our socials for notice of when the next one will take place.

# *Safety and other Rules*

Like all organisations, Little Athletics has rules. These rules are there to ensure the safety of all athletes, parents and visitors. We ask children and parents to cooperate and to keep to the rules so that we can all enjoy our Friday nights in safety. All athletes must be registered with LANSW before they participate.

## **Working with Children**

Of utmost importance is the safety and well being of all children and adults. Persons holding certain positions will be required to sign a member protection declaration form. Additionally, we ask all parents to be vigilant and report to the committee anything they feel is of concern in regards to the safety of children. President Ian Cowling is the centre Member Protection Officer and all reports to him are kept in strict confidence.

## **No Smoking & Alcohol**

There is a Lake Macquarie City Council no smoking and no alcohol policy at Neegulbah Park.

## **Insurance**

All registered athletes and parent volunteers who sign on at the clubhouse are covered by insurance taken out by Little Athletics Australia. If a parent fails to sign the attendance register, they are not covered by insurance and enter the field at their own risk.

## **Lost Property**

Our lost property collection can be found at the office. Please check regularly for any missing hats, jumpers, shoes etc. The collection of lost property operates under an honour system. Committee members will endeavour to return items that are clearly marked to their owners, but the lost property container will periodically be cleaned out and any unmarked or unclaimed items will be donated to charity.

## **Centre Records**

The Centre Record for each age group is printed at the top of the event result page. If an athlete appears to have broken a Centre Record, the measurement must be verified by a member of the Executive. Do not move on to the next event until the sheet is signed by the Executive member.

# Championships and Carnivals

All Little Athletics centres in NSW are divided into zones and regions. Cardiff & District LAC is in the Lake Macquarie Zone. The other centres in the Lake Mac Zone are Kotara South, Macquarie Hunter, Eastlakes, Edgeworth and Westlakes. The Lake Macquarie Zone is part of Region 2. There is an 8 region structure, 4 metropolitan and 4 country.

**Zone Championships** are the qualifying stage process to regional and state championships. Any athletes from U7-U17 age groups from all centres within our Zone are eligible to compete at the Lake Macquarie Zone. The venue is Hunter Sports Centre, Glendale.

**Regional Championships** are the next qualifying stage to the State Championships. Regional Championships are held over one full weekend in late January or February. Our Region Championships are made up of qualifiers from 4 Zones. This is much like the Zone Championships, excluding the U7 age group and athletes must have qualified through Zone. The location of the Regional Championships varies each season within our Region. Each season a different Zone is asked to host these championships.

**The State Championships** are usually held towards the end of March, at Sydney Olympic Park Athletic Centre. This is a 2 day carnival. You must have progressed from the Regional Championships to be able to participate at this championship.

Little Athletics NSW hold other championships throughout the season. Some details are below:-

**The State Relay Championships**, held in November of each year at Sydney Olympic Park Athletic Centre, is a team event where centres can enter both track and field relays. U8-U11 teams compete on the 'Junior Day', Saturday, and U12-17 teams compete on the 'Senior Day' Sunday.

**The State Combined Carnival** is open to all registered athletes in the U7-U17 age groups, and is held the first full weekend in March in various locations throughout NSW. Athletes take part in several events over 2 days. No finals are run and points are awarded to the athlete based on their performance on the day.

**Cross Country Championships & Road Walk Championships** are held in June and July each year, as a joint event with Athletics NSW. These championships are open to all registered athletes in the U7- U17 age groups who compete over appropriate distances depending on their age group.

**Gala Days** Throughout the season other centres often host Gala Days and other special events, to which registered Little Athletes from other centres are invited.



# *Our Track and Field*

125 Lawson Rd, Macquarie Hills NSW 2285



## *Centre Uniform*



**Please note:** Athletes who are not in full uniform are unable to receive competition points. An athlete who is not in full uniform is also unable to be awarded a centre record. For these reasons, it is important to always have your correct uniform on at competitions.



# Events for each Junior Age Group

	CENTRE ONLY	CENTRE & ZONE ONLY	CENTRE, ZONE & REGION	CENTRE, ZONE, REGION & STATE							
TRACK	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
50 metres	✓	✓									
70 metres	✓	✓	✓	✓	✓						
100 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 metres	✓ Pack Start	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 metres			✓ Pack Start	✓	✓	✓	✓	✓	✓	✓	✓
Pack Start	300m	500m	700m								
800 metres				✓	✓	✓	✓	✓	✓	✓	✓
1500m						✓	✓	✓	✓	✓	✓
3000m							✓	✓	✓	✓	✓
Walk				700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m
Hurdles			60m	60m	60m	80m	80m	80m	80 G	90 G	100 G
									90 B	100 B	110 B
200m Hurdles								✓	✓		
300m Hurdles										✓	✓
Relay Jnr											
4 x 100m				✓	✓	✓	✓				
Relay Snr											
4 x 100m								✓	✓	✓	✓
FIELD	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
Scissor High Jump				✓	✓						
High Jump						✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump	No	No	No	No	No	✓	✓	✓	✓	✓	✓
Discus	350gm	350gm	500gm	500gm	500gm	500gm	750gm	750gm	1kg	1kg	1.5kg B
											1kg G
Shot Put	500gm	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	4kg B	5kg B
	Pink	Blue	Yellow	Orange	Orange	Orange	Orange	White	White	Red	Green
										3kg G	3kg G
										White	White
Javelin						400gm	400gm	600gm B	600gm B	700gm B	700gm B
								400gm G	400gm G	500gm G	500gm G
Total # Events	8 events	8 events	9 events	11 events	11 events	13 events	13 events	15 events	15 events	15 events	15 events
MULTI-CLASS				REGION & STATE							
TRACK				U9-U10	U11-U12	U13-U14	U15-17				
100m				✓	✓	✓	✓				
200m				✓	✓	✓	✓				
800m				✓	✓	✓	✓				
FIELD				U9-U10	U11-U12	U13-U14	U15-17				
Long Jump				✓	✓	✓	✓				
Shot Put				✓	✓	✓	✓				
Discus				✓	✓	✓	✓				

**Tiny Tots** - Play training activities and modified games

# Junior Hurdle Specifications

Age group	Distance	Run in	Separation	Run out	Flights	Height
Under 8 Boy	60 metre	12 metre	7 metre	13 metre	6	45 cm.
Under 8 Girl	60 metre	12 metre	7 metre	13 metre	6	45 cm.
Under 9 Boy	60 metre	12 metre	7 metre	13 metre	6	45 cm.
Under 9 Girl	60 metre	12 metre	7 metre	13 metre	6	45 cm.
Under 10 Boy	60 metre	12 metre	7 metre	13 metre	6	60 cm.
Under 10 Girl	60 metre	12 metre	7 metre	13 metre	6	60 cm.
Under 11 Boy	80 metre	12 metre	7 metre	12 metre	9	60 cm.
Under 11 Girl	80 metre	12 metre	7 metre	12 metre	9	60 cm.
Under 12 Boy	80 metre	12 metre	7 metre	12 metre	9	68 cm.
Under 12 Girl	80 metre	12 metre	7 metre	12 metre	9	68 cm.
Under 13 Boy	80 metre	12 metre	7 metre	12 metre	9	76 cm.
Under 13 Girl	80 metre	12 metre	7 metre	12 metre	9	76 cm.
Under 14 Girl	80 metre	12 metre	7 metre	12 metre	9	76 cm.
Under 14 Boy	90 metre	13 metre	8 metre	13 metre	9	76 cm.
Under 15 Girl	90 metre	13 metre	8 metre	13 metre	9	76 cm.
Under 15 Boy	100 metre	13 metre	8.5 metre	10.5 metre	10	76 cm.
Under 17 Girl	100 metre	13 metre	8.5 metre	10.5 metre	10	76 cm.
Under 17 Boy	110 metre	13.72 metre	9.14 metre	14.02 metre	10	76 cm.
Under 17 Boy (C)	100 metre	13.72 metre	9.14 metre	13.16 metre	9	76 cm.
Under 13 Boy	200 metre	20 metre	35 metre	40 metre	5	68 cm.
Under 13 Girl	200 metre	20 metre	35 metre	40 metre	5	68 cm.
Under 14 Boy	200 metre	20 metre	35 metre	40 metre	5	76 cm.
Under 14 Girl	200 metre	20 metre	35 metre	40 metre	5	76 cm.
Under 15 Boy	300 metre	50 metre	35 metre	40 metre	7	76 cm.
Under 15 Girl	300 metre	50 metre	35 metre	40 metre	7	76 cm.
Under 17 Boy	300 metre	50 metre	35 metre	40 metre	7	76 cm.
Under 17 Girl	300 metre	50 metre	35 metre	40 metre	7	76 cm.

# *Frequently Asked Questions*

## **Do we need special shoes?**

Spikes can be worn from U11 upwards, in laned events (100m, 200m, 400m) long jump, high jump and triple jump. Spikes must be removed immediately after each event and carried with the athlete. Spike shoes are not however necessary and generally, only 20% of athletes at our centre use them. Waffle shoes can be purchased, which can be worn by any age group.

## **What level of ability does my child need to be to join?**

Our emphasis is on fun and fitness. Children can join with any level of skill or fitness. Children are given plenty of encouragement to improve.

## **When is training?**

We have training some Monday and Wednesdays for all ages at Neegulbah Park from 5.30pm. Please check our Facebook feed for details on the day.

## **What happens if it rains?**

Please refer to page 5 of our handbook. Ground closures will be added to our Facebook page and **notifications sent via our Audiri app**.

## **Will my child be taught the correct technique or have access to coaching?**

Little Athletics NSW conducts coaching clinics and camps at various venues and times throughout the season. Cardiff & District Little Athletics also have qualified coaches or parents who offer training session/s during the week. Limited skill development instruction is given on Friday evenings. Our Head Coach is Greg Jones 0431 066725.

## **I want to volunteer. Whom should I contact?**

You can contact any of the committee members at any time. Contact details are on pg 4 of the handbook

If at any stage you would like more information about policies, plans, rules or information on education and training, please contact the committee at Cardiff & District LAC or contact Little Athletics NSW via their website [www.lansw.com.au](http://www.lansw.com.au)

# Awards

## Eligibility Criteria

To be eligible for an age place award and/or a major award at our club, an athlete U6 - U13 must compete in a minimum of 66% of all available events and U14 - U17 must compete in 50% of all available events for the season from the start of the season. If a prospective award recipient fails to meet the mandatory attendance criteria and is subsequently disqualified, individuals who ranked lower will each move up one position in the rankings.

**Age Place Awards** are calculated via a point score system. Because the committee believes the emphasis should not only be on winning, a point score system was devised to recognise those children who continually improve their own performance. Points are awarded for:

- each event entered
- places in each event (1st through to 5th)
- for a personal best (PB) distance or time (within each season)
- for breaking a club record

**Athlete of the Year** is awarded in Youth (U14-U17), Senior (U10-U13), and Junior (U6-U9) aged groups and is assessed by the following criteria:

- Minimum qualifying participation on Competition Nights
- Highest performing athlete at the highest level of competition available to the corresponding age group
- Displays a good attitude towards fellow athletes, competition, participation and other aspects of athletics
- Good overall performance at all levels of competition
- Participation in training and/or carnivals

**Athlete Encouragement Award** is awarded to Youth (U14-U17), Senior (U10-U13), and Junior (U6-U9) age groups and is assessed by the following criteria:

- Minimum qualifying participation on Competition Nights
- Number of personal bests (PB) attained throughout the season (pro rata % of events available)
- Displays a good attitude towards fellow athletes, competition, participation and other aspects of athletics
- Good overall performance at all levels of competition
- Participation in training and/or carnivals

In the case of a tie, the highest attendance % will be used

# *Award Recipients 2022-23*

## **Junior Athlete of the Year**

Jacob Hearnden

## **Senior Athlete of the Year**

Tyler Cousins

## **Youth Athlete of the Year**

Emma Hearnden

## **Junior Encouragement Award**

Audrey Keating

## **Senior Encouragement Award**

Kaitlyn Griffin

## **Youth Encouragement Award**

Taylor Robertson

## **5 Year Award**

Ava Boller-Sanderson, Kurt Gallard, Jacob Hearnden, Charlee Parsons, Kye Parsons,  
Edward Stephens, Joanne Suradi, Zachery Werner

## **10 Year Award**

Cooper Day, Jackson Day



# *Presentation Day*

Our Presentation Day will be held at Neegulbah Park, Macquarie Hills on  
Sunday 7 April, 2024.

Please join us as we celebrate the season and award our athletes.

# Age Point Score 2022-23

## Girls

### U6

1st Madison Hammer, 2nd Finley Boller-Sanderson, 3rd Kennedy Johnson

### U7

1st Ellie Broadley, 2nd Abigail Cook, 3rd Penelope Carlon

### U8

1st Estelle Herweynen, 2nd Annabelle Lord, 3rd Evelyn Upton

### U9

1st Audrey Keating, 2nd Skye Robbins, 3rd Zahra Bruce

### U10

1st Elsie Keating, 2nd Alexis Rhodes, 3rd Heidi Robbins

### U11

1st Kaitlyn Griffin, 2nd Marlie Bruce, 3rd Ella Pascoe

### U12

1st Heidi Keating, 2nd Mikayla Day, 3rd Sydney Lennon

### U13

1st Mikaela Mason, 2nd Lauren Robbins, 3rd No trophy

### U14

1st Emma Hearnden, 2nd No trophy, 3rd No trophy

### U15

No trophies

### U17

1st Taylor Robertson, 2nd Amelia Spence, 3rd Abby Lever

## Boys

### U6

1st Finley Seivl, 2nd Leo Luff, 3rd No trophy

### U7

1st Zane Powis, 2nd Lucas Field, 3rd Theodore Peterson

### U8

1st Tyler Goodchild, 2nd Zachary Kendrick, 3rd Cohen Pfeifer

### U9

1st Riley Pascoe, 2nd John Stocker, 3rd Otis Seivl

### U10

1st Tobias Hosken, 2nd Kurt Gallard, 3rd No trophy

### U11

1st Jordan Ryan, 2nd No trophy, 3rd No trophy

### U12

1st Tyler Cousins, 2nd Frederick Walker, 3rd Charlie Forsythe

### U13

No trophies

### U14

No trophies

### U15

1st Jackson Day, 2nd Zane Gallard, 3rd No trophy

### U17

1st Brodie Spamer, 2nd Peter Charlton, 3rd Lachlan Manning



# *Codes of Conduct and Behaviour*

## **Athletes**

- Participate for the 'fun of it', and not just to please parents and coaches
- Compete by the rules
- Never argue with an official. If you disagree, have your age group marshal or parent approach the official or a committee member during a break or after competition
- Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking another athlete is not permitted, or acceptable in any sport
- Be a good sport. Applaud all good efforts, whether they be by another athlete, another age group, or another team
- Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete
- Co-operate with your coach, age marshal, and other athletes. Without them there would be no competition
- Avoid use of derogatory language based on gender

## **Adults**

- Encourage children to participate if they are interested
- Focus upon the child's efforts and performance 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
- Teach children that an honest effort and the achievement of a 'personal best' is as important as victory, so that the result of each event is accepted without undue disappointment
- Encourage children to always participate by the rules
- Never ridicule or yell at a child for making a mistake or losing an event
- Remember children are involved in organised sports for their enjoyment, not yours
- Remember children learn best from example. Applaud good efforts by all athletes
- 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 volunteer their time and effort for your child's involvement
- Support all efforts to remove verbal and physical abuse from sporting activities
- Recognise the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for the children and deserve your support

# *Codes of Conduct and Behaviour*

## **Coaches**

- Be reasonable in your demands of young athletes' time, energy and enthusiasm
- Teach your athletes that rules of the sport are mutual agreements that no-one should evade or break
- Remember that children participate for fun and enjoyment and that winning is only part of their motivation. Never ridicule or yell at the children for making mistakes or losing a competition
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the athlete
- Take into consideration the maturity level of the children when scheduling and determining the length of practice times and competition
- Develop team respect for the ability of opponents as well as for the judgement of officials and opposing coaches
- Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children
- Avoid use of derogatory language based on gender

## **Spectators**

- Remember children take part in athletics for fun. They are not competing for the entertainment of spectators only, nor are they miniature professionals
- Applaud good performances and efforts from all athletes.
- Congratulate all participants upon their performance regardless of their placing
- Alcohol must not be consumed by spectators while competition is underway

## **Penalties for Breach of Codes of Behaviour**

The principles of natural justice will be observed when making decisions on breaches of the Codes of Conduct and Behaviour and in deciding any penalties for such breaches.

Any penalties that are imposed are to be appropriate to the seriousness of the breach.

Penalties for breaches of the Codes of Conduct and Behaviour that occur at events conducted by the LANSW that are confined to the day of competition shall be determined by the Carnival Manager. Penalties that go beyond the day of competition shall be determined by the Board of Management and could include banning families from future participation in the sport.

# Calendar of Events

**Please note:** dates and conditions could change. Up to date information will always be available on our website.

## 2023

Tuesday	1 Aug	LANSW Registration Portal opens
Sat/Sun	19-20 Aug	State Primary Schools Carnival - Campbelltown (ANSW)
Sat/Sun/Mon	23-25 Sep	All Schools Seniors and Primary Schools Challenge (ANSW)
Wed	4 October	ANSW Registration Portal opens
Friday	6 October	Cardiff Season Commences
Fri/Sat/Sun	6-8 Oct	All Schools Juniors (ANSW)
Sun	29 Oct	Wallsend Gala Day - Federal Park
Sun	5 Nov	Edgeworth Challenge - Edgeworth Oval
Sat/Sun	11-12 Nov	Valour State Relay Championships - SOPAC (LANSW)
Sun	12 Nov	Westlakes Carnival - Wangi Wangi
Sat/Sun	25-26 Nov	LakeMac Zone Championships - Glendale (LANSW)
Friday	15 Dec	Cardiff last night before Christmas break
Sat	16 Dec	Norm Johnson Carnival - Glendale

## 2024

Friday	12 January	Cardiff first night after Christmas break
Fri/Sat/Sun	19-21 Jan	NSW Country Championships - Gwynneville (ANSW)
Fri/Sat/Sun	2-4 February	Hunter Region Championships - Glendale (LANSW)
Saturday	17 February	Cardiff Challenge Cup
Sat/Sun	2-3 March	State Combined Carnival - Glendale (LANSW)
Friday	10 March	Cardiff last night of season
Fri/Sat/Sun	22-24 March	HART Sport State Championships - SOPAC (LANSW)
Sunday	7 April	Cardiff Presentation Day



**Audiri App**  
Download from AppStore  
and Google Play



**Website**  
[cardiffathletics.club](http://cardiffathletics.club)



**Instagram**  
[cardiff.lansw](https://www.instagram.com/cardiff.lansw)



**Facebook**  
Cardiff and District  
Little Athletics