

# Albion Park Little Athletics Centre



*John O'Dwyer Oval  
Croome Road, Albion Park*

## Centre Handbook 2025-2026 Season

*Albion Park Little Athletics is proudly sponsored by:*

*Kelly + Partners Accountants – Wollongong  
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# President's Message

We are excited and honoured to be celebrating our 40th Anniversary this Season.

Albion Park Little Athletics Centre (APLAC) looks forward to welcoming our new and returning athletes to help us make this special milestone year our best season yet!

It's sure to be an amazing year and we can't wait to share it with you.

If you are looking for Family Fun and Fitness and/or Sports Development Opportunities from a Grass Roots level through to National Standards we have what you are looking for.

This year we have introduced an Events and Coaching Portfolio into our season planning. Although still in its early stages, we are committed to building this aspect of what APLAC has to offer our athletes this season, and into the future.

We endeavour to increase our ability to deliver opportunities to build their skills and improve technique and knowledge across all areas of athletics for our athletes and their supporters.

With this in mind, APLAC will see some exciting changes to our format and programming this season, particularly for our senior athletes.

The aim is to encourage our athletes (and their families) to not only participate in competition, but also partake in some officiating and volunteering throughout the season, by offering a program which will allow for a focus on skills development alongside competition.

For our senior athletes this season, 6 Championship Rounds will offer a chance to compete against one another, while extra activities such as volunteering or officiating and excursions to external events like Treloar Shield and other NSW A events will build morale and club spirit. This will be called our Citizenship Award and will replace the 50% attendance requirement for end of year recognition. We hope to see all of our Seniors working towards achieving their Citizenship Awards this season.

Our junior athletes will continue to compete this season in a point score format, however planned coaching and 'Build your Skills' development rounds will be scheduled for some Friday nights throughout the season. These rounds will provide a space for athletes and parents to focus on learning and technique, rather than competing.

Offering a holistic experience in our programming aims to strengthen the foundation of every athlete's involvement, not only in our sport, but also within

our wonderful athletics community. A community which reaches right across our State.

Parents and Carers can now join in the fun and participate with their young athletes by taking up our NEW OFFER of a Community Membership. We encourage our parents and carers to take part in some light hearted and friendly competition alongside other parents this season. With a focus on Family Fun and Fitness, there is sure to be plenty of laughter along the way. What a great way to support our athletes – we probably won't beat them, but now we can join them!!

Parent Helpers are the lifeblood of APLAC. We ask that our parents and carers assist our young athletes while they're on the track, to ensure their safety and build their confidence. Your support is the key to their success and enjoyment.

We welcome all of our members to get involved with the running and development of our club. Every contribution is appreciated and any assistance helps our entire club one way or another.

I would like to take this opportunity to thank our 2025/2026 Committee, who volunteer their time to run our club, develop our programs and build our community spirit. Without them, we would have no club to run. On behalf of our athletes and families, THANK YOU for the time you spend ensuring everyone at Albion Park Little Athletics Centre has a safe and enjoyable experience at our club.

**For more information on being involved and/or joining our committee, please email: [info@aplac.org.au](mailto:info@aplac.org.au)**

Kindest Regards for a wonderful 40th Anniversary Season of Athletics.

Regards,

Katie Dent  
*President*  
*Albion Park Little Athletics Club*

# Committee Members & Contacts

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

The committee members, whose names are below, meet each month throughout the year. All members are welcome to contribute items for our committee meetings.

We will announce all general meetings and location via our Website and Facebook page.

Position	Name
President	Katie Dent
Vice President	Tracey McWilliams
Secretary	Dianne Dent
Treasurer	Dani Hayes
Registrar	Kalee Goode
Recorder	Greg Gillett
Championships Officer	Laura Markowski
Canteen Officer	Dianne Dent, Katie Dent
Uniform Officer	Katie Dent, Kalee Goode
Public Officer	Dan Green
Groundsman	Colin Nicol, Troy Meyers
Webmaster	Katie Dent

**First Aid Officer:** Katie Dent

**General Committee Members:** Pieter Serfontein

**Postal Address:** Albion Park Little Athletics PO Box 249, Oak Flats NSW 2529

**Email:** [info@aplac.org.au](mailto:info@aplac.org.au) for all enquiries.

**Website:** <https://albion-park.lansw.org>

# 2025/26 Season Information

Our club meets from September to March at John O'Dwyer Oval at Croome Road Sporting Complex on Friday nights.

## Trial Sessions 2025

Sunday 14th September at 9.30am.

Sunday 21st September at 9:30am.

## First Club Meet

Friday 10th October 2025 \*5.30pm

\*First call for athletes is at 5:15pm, **ready for a 5:30pm start.**

## Christmas Holidays

Final Club Meet before Christmas is Friday 19th December 2025.

Return from Christmas break is Friday 9th January 2026.

## Last Club Meet

Friday 27<sup>th</sup> March 2026 5.30pm. This includes the end of year presentation for Tiny Tots, 6's and 7's.

## Fees

Tiny Tots	\$130.00
6's - 7's	\$150.00
8's - 20's	\$180.00
Community Membership	\$ 60.00

## Registration Packs

Registration Packs include your child's bib number and age patch. Once registered your child must have their bib and age patch attached to their uniform when participating as per the placement guidelines set out by LANSW (image found below).

Registration Pack Collection Dates and times will be advertised on FB and via email. Packs will also be available during the trial sessions and from 5pm on club nights.

# Age Groups 2025/26

**2025/26 Age Groups**

**Tiny Tots  
Athletics**

Year Born	Age Group
2022	Tiny Tots
2021	Tiny Tots

**Little  
Athletics**

Year Born	Age Group
2020	6s
2019	7s
2018	8s
2017	9s
2016	10s
2015	11s
2014	12s

**Junior  
Athletics**

Year Born	Age Group
2013	13s
2012	14s
2011	15s
2010	16s
2009	17s
2008	U20
2007	U20




2025/26 Season

# Para/Multi Class Age Groups 2025/26

**PARA/MULTI CLASS AGE GROUPS FOR THE 2025-26  
NSW ATHLETICS  
SEASON**

YEAR OF BIRTH	AGE GROUP	YEAR OF BIRTH	AGE GROUP
Born in 2022	N/A	Born in 2013	13s-14s
Born in 2021	N/A	Born in 2012	13s-14s
Born in 2020	N/A	Born in 2011	15s-16s
Born in 2019	N/A	Born in 2010	15s-16s
Born in 2018	N/A	Born in 2009	U20
Born in 2017	9s-10s	Born in 2008	U20
Born in 2016	9s-10s	Born in 2007	U20
Born in 2015	11s-12s	Born in 2006 or earlier	Open
Born in 2014	11s-12s	Starting from 30	Masters

# Meet Nights

## Tiny Tots

Athletes participate in a 1 hour program designed to introduce the fundamental skills of athletics with a focus on fun and skills development.

## 6's & 7's

Athletes compete in a rotating 3 Week Program which covers a range of age-appropriate introductory events for Little Athletes. Designed to develop and build skills in all areas of athletics including running, jumping and throwing.

- **7's** athletes are eligible to compete at the Mid-South Coast Zone Championships in December.

## 8's - 12's

Athletes compete in a rotating 3 Week Program which covers a broadening range of events for Little Athletes. Designed to develop and build skills, with a focus on improving technique in all areas of athletics including running, jumping, throwing.

- **8's** athletes are eligible to compete at Mid-South Coast Zone Championships and progress to Region 4 Championships in February
- **9's - 12's** athletes are eligible to compete at Mid-South Coast Zone Championships in December 2025, with opportunities to progress to Region 4 Championships in February 2026. The progression pathway peaks for 9's - 12's at the LANSW State Championships in March.

## 13's - 20's

Athletes compete in a rotating 3 Week Program which covers a broad range of events for Young Athletes. Designed to give each athlete a holistic experience in athletics including running, jumping, throwing, officiating and volunteering. The focus is on improving technique and encouraging athletes to continue their athletics experience beyond our club by offering opportunities to compete, volunteer and/or officiate at Local, Regional, State Level. For some this may extend to a National Level.

- **13's - 20's:** athletes may compete at Mid-South Coast Zone Championships in December 2025 with opportunities to progress to Region 4 Championships in February 2026. The progression pathway for 13's - 20's athletes extends through State Championships in March 2026 on to National Championships in April 2026.

## Community Membership

Parents and carers can now join in the fun and participate with their young athletes by taking up our NEW OFFER of a Community Membership.

We encourage our parents and carers to take part in some light-hearted and friendly competition alongside other parents.

The format of Community Member competition has not yet been finalised, but to give you an idea, it will be a reduced program which will include some running, jumping and throwing. Our Senior athletes will help officiate and junior athletes will no doubt get enjoyment out of seeing mum, dad or grandparent joining in.

## **Family Fun and Fitness**

Our programs are designed to promote fitness, build self-esteem, and encourage personal growth while spending time with your athletes, family and friends.

## **Community Support**

Our club operates through the dedication of volunteers; including committee members and parent helpers. Your involvement is key to your young athlete's enjoyment and their success.

Every contribution is appreciated and any assistance helps our entire club one way or another. You can assist in activities such as:

- **setting up and packing away equipment.**
- **managing track events.**
- **managing field events.**
- **helping in the canteen or BBQ.**
- **and supervising your children.**

For more information on how you can contribute to the success of APLAC have a chat with any of our committee members to find out more.

## **Inclusive Environment**

We are committed to creating a welcoming and inclusive atmosphere for all our members and their families. All abilities are valued and respected in our athletics community and spirit.

## **Canteen**

Our canteen is open every Friday night with hot food, drinks and snacks all available for purchase (Cash and EFTPOS facilities).

Your support goes directly to our athletes. All revenue raised is used to purchase equipment, and maintain or upgrade the facilities around our grounds.

# Uniforms and Merchandise

Uniform will be available to be purchased at the Track on:

- Registration Pack Collection Days
- Trial Sessions
- Meet Nights

Uniform options include singlets, crops and shorts which all include the APLAC logo. Participants are also welcome to wear plain black shorts. The registration number and age/sponsor patch must be attached in accordance with the following guidelines.

## Patch Placement



## Price List

\*current for 2025/26 season

**Singlet- \$40**



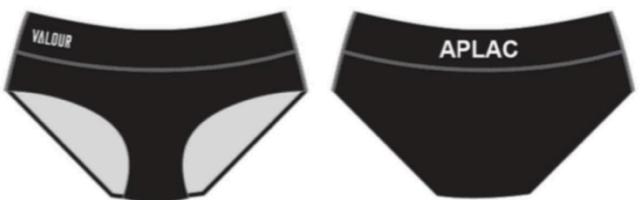
**Crop- \$40**



**Shorts- \$40**



**Rundies- \$40**



**Cooling Towel- \$15**  
**Gym Towel- \$15**



## Calendar of Events 2025/26 Season

Date	Event	
Friday 1 August 2025	Registrations open online at <a href="http://albion-park.lansw.org">albion-park.lansw.org</a>	
Sunday 14 September 2025	Trial Session 1- 9:30am	
Sunday 21 September 2025	Trial Session 2- 9:30am	
Friday 10 October 2025	Round 1 Point Score	Seniors Championship 1A
<b>Sunday 12 October 2025</b>	<b>Lake Illawarra October Carnival</b>	
Friday 17 October 2025	Round 2 Point Score	
Sunday 19 October 2025	<b>40th Celebration Function- Warilla Bowls &amp; Recreation Club</b>	
Friday 24 October 2025	Round 3 Point Score	
<b>Sunday 26 October 2025</b>	<b>Albion Park Little Athletics Gala Day</b>	
Friday 31 October 2025	Skill Development- No Point Score	
<b>Sunday 2 November 2025</b>	<b>St Georges Basin Dragon Derby</b>	
Friday 7 November 2025	Round 4 Point Score	
Friday 14 November 2025	Round 5 Point Score	Seniors Championship 2B
Friday 21 November 2025	Round 6 Point Score	
<b>Sunday 23 November 2025</b>	<b>Shoalhaven Little Athletics Gala Day</b>	
Friday 28 November 2025	Skill Development- No Point Score	
Friday 5 December 2025	NO COMPETITION DUE TO ZONE CHAMPIONSHIPS	
<b>6 &amp; 7 December 2025</b>	<b>MSC Zone Championships – Kiama</b>	
Friday 12 December 2025	Round 7 Point Score	Seniors Championship 3C
Friday 19 December 2025	Round 8 Point Score	
	<b>Christmas break- 2 weeks</b>	
Friday 9 January 2026	Round 9 Point Score	
<b>Sunday 11 January 2026</b>	<b>Lake Illawarra Summer Carnival</b>	
Friday 16 January 2026	NO COMPETITION DUE TO COUNTRY CHAMPIONSHIPS	
<b>January 16-18 2026</b>	<b>Country Championships- Dubbo</b>	
Friday 23 January 2026	Round 10 Point Score	
Friday 30 January 2026	Round 11 Point Score	Seniors Championship 4A
Friday 6 February 2026	NO COMPETITION DUE TO REGIONAL CHAMPIONSHIPS	
<b>February 7-8 2026</b>	<b>Coles Regional Championships – Wollongong</b>	
Friday 13 February 2026	Round 12 Point Score	
Friday 20 February 2026	Round 13 Point Score	Seniors Championship 5B
Friday 27 February 2026	Skill Development- No Point Score	
<b>Feb 28- March 1 2026</b>	<b>LANSW State Combined Events Carnival- Maitland</b>	
Friday 6 March 2026	Round 14 Point Score	Seniors Championship 6C
Friday 13 March 2026	Round 15 Point Score	
<b>March 12-15 2026</b>	<b>NSW Junior Championships (13's – U20)- SOPAC</b>	
Friday 20 March 2026	Skill Development- No Point Score	
<b>March 21-22 2026</b>	<b>LANSW State Championships (9's-12's) - SOPAC</b>	
Friday 27 March 2026	FINAL WEEK FUN NIGHT- Tiny tots, 6's and 7's Presentation	
<b>May 2026</b>	<b>Presentation 8's and up and AGM – TBC</b>	

\*\*\*All dates and events are subject to change

# Weekly Programs

[+]

WEEK A							
6's	7's	8's	9's	10's	11's	12's	13-20's
70m	70m	70m	70m	70m	200m	200m	200m
100m	100m	100m	100m	400m	1500m	1500m	1500m
LONG JUMP (north)	DISCUS	400m	400m	LONG JUMP (north)	JAVELIN	TRIPLE (south)	HIGH JUMP
		SHOT PUT	HIGH JUMP (scissor)	SHOT PUT	LONG JUMP (south)	DISCUS	DISCUS
Tiny tots: 1 hour program							

□

[+]

WEEK B							
6's	7's	8's	9's	10's	11's	12's	13-20's
50m*	50m	100m	100m	100m	100m	100m	100m
300m	500m	700m	800m	800m	800m	800m	800m
DISCUS	SHOT PUT	HIGH JUMP (elastic)	LONG JUMP (north)	TURBO JAV	TRIPLE (south)	HIGH JUMP	200- 400m/h
		LONG JUMP (north)	DISCUS	DISCUS	SHOT PUT	JAVELIN	SHOT PUT
Tiny tots: 1 hour program							
LONG JUMP (south)							

□

WEEK C							
6's	7's	8's	9's	10's	11's	12's	13-20's
100m	100m	60m/h*	60m/h	60m/h	80m/h	80m/h	80- 100m/h
200m	200m	200m	200m	200m	400m	400m	400m
SHOT PUT	LONG JUMP (north)	DISCUS	800m	800m	HIGH JUMP	LONG JUMP (south)	3000m
		LONG JUMP (north)	SHOT PUT	HIGH JUMP (scissor)	DISCUS	SHOT PUT	JAVELIN
Tiny tots: 1 hour program							
TRIPLE (south)							

# Championships and Carnivals

## Albion Park Little Athletics Gala Day

Albion Park Little Athletics Gala Day will be held at John O'Dwyer Oval at Croom Road Sporting Complex 26th October 2025. Registration instructions will be provided closer to the carnival date via our Website and Facebook pages. We encourage all our athletes to attend.

## Zone Championships

Hart Zone Championships are held in the 23 Zones throughout NSW in December. Albion Park Little Athletics Centre is part of the Mid South Coast Zone. This includes clubs/centres in Kiama, Lake Illawarra, Milton Ulladulla, Shoalhaven and St Georges Basin.

- Athletes in ages 7's - 20's are eligible to compete.
- 7's athletes do not progress past the Zone Championships.
- Athletes placing 1st, 2nd, 3rd in their events in all other age groups will progress to the Coles Regional Championships in February.

## Regional Championships

Coles Regional Championships are held in each of the 8 Regions throughout NSW in February. The Mid South Coast Zone is part of Region 4. Region 4 includes the zones of Mid South Coast, Western Riverina, Eastern Riverina and South Coast Highlands.

- 8's to 20's athletes are eligible to compete.
- 8's athletes do not progress past the Regional Championships.
- Athletes placing 1st or 2nd in their events automatically qualify to progress to the State Championships held over two separate weekends in March.

## NSW State Championships

NSW State Championships are held over two separate weekends in March, at Sydney Olympic Park Athletic Centre.

- 9's - 15's athletes must progress through the Zone and Regional Championships to compete.
- Athletes 16's and over, qualify for direct entry to the State Championships, they do not need to compete at Zone and Regional championships to enter, however, they may if they wish to.

## State Combined Carnival

The State Combined Carnival is open to all registered athletes in the 7's - 20's age groups. Held over the first full weekend in March at various locations throughout NSW. It is run under the same format as a Heptathlon or Decathlon. Athletes

compete in a set amount of events over two days and accumulate points based on their performance for each event.

## **Gala Days & Other Carnivals**

Throughout the season other centres often host Gala Days/Carnivals. Registered Little Athletes from other centres are eligible to compete at these events. They are often advertised on Facebook and the ResultsHQ website.

# **Rules of Competition and Policies**

## **Supervision**

Parents/carers are responsible for the supervision of their children **AT ALL TIMES**. Under no circumstance can a child be left at the track without supervision unless you have prearranged for another parent to supervise them. Any child found unsupervised will be removed from competition until a parent/carer is present.

**Rules of Competition can be found here** 

<https://cdn.revolutionise.com.au/cups/nswathletics/files/rinae1anqbgmm0ir.pdf>

**Governance, policies and Guidelines can be found here** 

<https://www.nswathletics.org.au/about/policies-guidelines>

**Insurance information can be found here** 

<https://www.nswathletics.org.au/about/insurance>

**Sports integrity and Child safety Information can be found here** 

<https://www.nswathletics.org.au/about/sports-integrity-child-safety>

**Code of Conduct can be found here** 

<https://www.nswathletics.org.au/about/code-of-conduct>

**Athlete's Season Centre Results can be found here** 

<https://resultshq.com.au/login>

Use the email address you registered your child with, on the Results HQ family Log in page. You may refer to the Results HQ to keep track of your athlete's performances as the season progresses.

Carnival results will be posted on our Website and Facebook page.

**Should you NOT wish your child's results to be published please notify the Registrar.**

## Photographs

Albion Park Little Athletics Centre advises parents that photographs, video and voice recordings may be taken at our club at Friday night competitions or at carnivals. These photos and or video may feature on our website, in future handbooks or other forms of media to promote our club.

**Should you NOT wish your child's photographs to be published please notify the Registrar.**

## Track and Ground Information

We are located at John O'Dwyer Oval, Croome Road Sporting Complex Croome Road, Albion Park NSW 2527.

We have plenty of on-site parking.

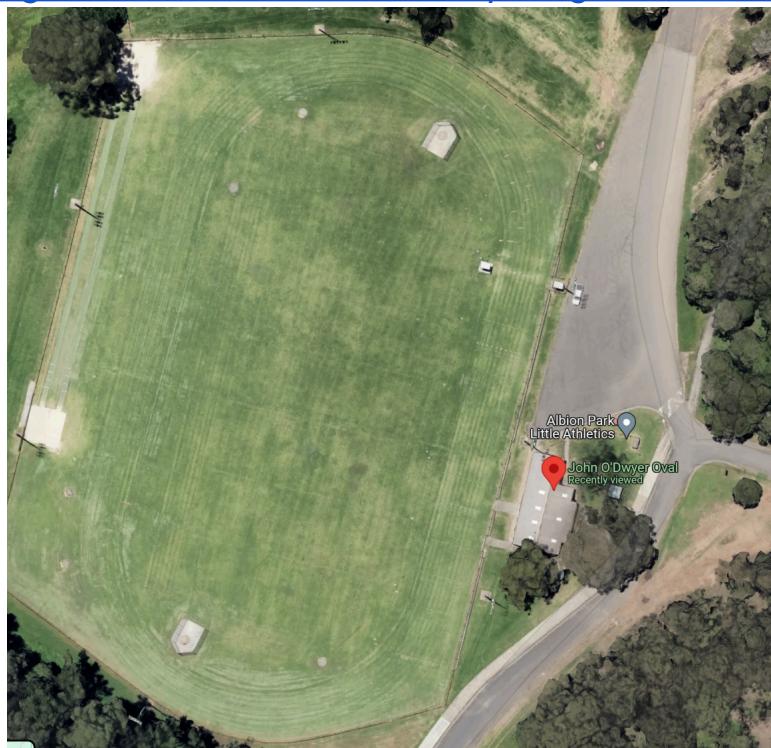
### No Smoking Policy

John O' Dwyer Oval is a **Smoke Free Zone**.

Section 6A of the Smoke-free Environment Act 2000 makes a number of outdoor public places smoke-free.

From 7 January 2013, smoking is banned in spectator areas at public sports grounds and other recreational areas in NSW when an organised sporting event is being held. For more information:

[www.health.nsw.gov.au/tobacco/documents/sportsground-factsheet.pdf](http://www.health.nsw.gov.au/tobacco/documents/sportsground-factsheet.pdf)



# End of Year Awards

## Tiny Tots

All Tiny Tots receive a Trophy at the end of the season Presentation to be held on the 27/3/26 (weather permitting).

## Awards for 6's-12's

- **Attendance Trophy** - 50% minimum attendance at Friday meet nights. Nights cancelled due to weather are not counted.
- **Personal Best** - Based on the number of times an individual athlete beats their own previous best time. The 3 athletes in each age group who achieved the most PB's throughout the season will receive a medal/trophy. This encourages all athletes to always try THEIR best.
- **Point Score (Age Champion)** - Athletes accumulate points throughout the season for their finishing position in events. The 3 athletes who achieve the most points throughout the season will receive a trophy.

\*\* Please log your child's attendance with their age manager each week by marking your initials on the recording sheet which is located in their age group folder. 50% Attendance requirement on a Friday night does not mean athletes must participate in every event.

**Athletes must attend 50% of club competition nights to be eligible for end of season awards.**

## Awards for 13's-U20's

- **Citizenship Award** - We have replaced the 50% attendance requirement for our Seniors this season, with the opportunity to achieve a Citizenship Award. Athletes who achieve a Citizenship Award may be considered for perpetual Trophies at our End of Season Presentation.
- **Age Champion** - for 13's and above will be determined by an accumulated points system over the Championship Rounds throughout the season.

### To achieve a Citizenship Award:

Senior athletes are encouraged to participate in the following activities:

- Fulfil a minimum of 6 volunteering duties around our club over the course of the season. Volunteering may include; set up, pack up, starting, timing gates, events officiating for our Junior athletes and/or Community Members, canteen, working bees and attending Build your Skills nights to assist our junior athletes.
- Attend at least 3 out of 6 Senior Championship Rounds. (Championship round dates listed season calendar above).

- Athletes will be required to attend at least one external event such as a Treloar shield, Country Championships, Bankstown Milers.
- complete a minimum of 1 online education course. \*Course duration ranges from 20mins + and may include; LAB's, coaching, officiating, age manager, and Technology.

For athletes who consistently exceed in volunteering duties, participate in external events and/or actively seek education development our Citizenship Award will be awarded in tiers at the end of the season; Bronze, Silver, Gold and potentially Platinum.

## Other Awards

- 100% Attendance
- Most Outstanding Athlete
- Most Outstanding Para Athlete
- Watkins Family Trophy
- National Representative Excellence
- Colin Hollis Award
- Hatch and Horgan Award
- White Family Trophy
- Most Club Records Broken
- Most Consistent Awards
  - All Rounder Junior and Senior
  - Sprinter Female/Male
  - Distance Runner Female/Male
  - Thrower Female/Male
  - Jumper Female/Male
  - Hurdler Female/Male