



# KURRI KURRI

*Little Athletics Centre*



**2025 / 2026**  
**Information Booklet**

# A Note from the President

Welcome to the 2025/2026 Athletics season at Kurri Kurri Little Athletics Centre.

On behalf of Kurri Kurri LAC, we wish you all 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 athletes have a parent or nominated guardian at the grounds at all times.

We have a centre Facebook page That will keep you up to date with things 'around the track'. Make sure you check this regularly.

Remember, these are YOUR social media outlets and anyone can contribute with photos and stories.

Don't forget we have a canteen available each week. Please support our centre so we can fundraise to upgrade new equipment for our athletes.

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.

Yours in sport,

Kurri Kurri LAC

# Committee Members

## 2025 /26 Season

Kurri Kurri LAC 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. Our Facebook page will keep up to date with information regarding these meetings -

Position	Name
President	Adam Grant
Vice President	Sarah Low
Secretary	Matt Osland
Treasurer	Angela Kinch
Registrar	John Kinch

# What happens on a Friday night?

**Who:** Females and Males from the age of 3 through to 20 years of any ability.

**Where:** Birralelee Park, Heddon Street Kurri Kurri

**Season Starts:** 17th October 2025

**Season Ends:** 20th March 2026

**Time:** Tiny tots - U/20 6pm Start.

**Tiny tots - U/20:** Each Friday evening begins with the athletes lining up in their age groups on the field. Any important announcements are made, then direction is given to each age group to where their first event will be. The athletes must wait for their age managers to accompany them to event. Athletes return to their parents between events for supervision. We run on a 3 week program which encompasses all events allowed in U6-U20.

Parents/ friends are not required on the field unless volunteering as an Age Manager or being a helper/ assistant or time keeper.

Tiny tots do a modified program that includes fun events. Parents are permitted to accompany each Tiny tot to all events.

**Uniform:** All athletes must wear the centre approved uniform with registration numbers and sponsor patches attached. The uniform is available to purchase at registration nights and throughout the season.

Tiny tots have the option of the approved uniform or a plain white t-shirt and royal blue shorts, neither item is not to have any other writing or emblems.

**Wet Weather:** If it has been raining and you are not sure if our weekly competition will be on please check our Facebook page. To cancel a competition night it is a multi committee member decision. This sometimes takes time on uncertain weather conditions due to availability of committee members due to work commitments. Once a decision is made it will be posted on Facebook with out delay. Please refrain from in boxing to ask as we can not respond until the decision has been made.

**Parents Participation:** So that athletics is an enjoyable and well run as possible, WE ENCOURAGE AND NEED YOUR HELP!!!! Don't worry if you feel you may not know enough to assist. There is always someone who will show you.

Parents can help in measuring throws or jumps and we always require people to time races. During competition nights parents/guardians must stay at the ground with their children. **Do not drop your children off and leave.**

Parents are asked to actively participate in the operation of the centre by assisting in the running of events at our regular weekly competition,

## **LINE MARKING and LAWN MOWING**

To enable us to have a well maintained and line marked track.

**WE NEED YOUR HELP. This is NOT done by the council.**

We have all equipment necessary but need helpers.

Please help.

Keep an eye on the Facebook page for line marking days and times.

# 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.

Persons holding committee positions will be required to have a current WWCC.

Parent/ Guardian helpers are fine to help age groups that they have a child competing in.

If you are a volunteer helper without a child attending then you are also required to submit a WWCC.

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.

## **No Smoking & Alcohol**

There is a strict no smoking or Vaping and no alcohol policy at Kurri Kurri LAC.

If required please move to an area outside the perimeter fencing, where you are able to smoke. There is no alcohol to be consumed on the grounds. If you are under the influence of alcohol or found consuming alcohol you will be asked to leave and if you refuse police will be called.

## **Insurance**

All registered athletes and parent volunteers who sign on the age manager sheet are covered by insurance taken out by Little Athletics Australia. If a parent fails to sign the sheet, they are not covered by insurance and not permitted on the field.

## **Event Guide/ Instructions**

Each week a guide will be displayed on the notice board explaining rules/ tips/ instructions for athletes and parents helpers for each event. If you would like a copy for your athlete please ask at the office.

# Championships & Carnivals

## **General Information:**

All Little Athletics centres in NSW are divided into zones and regions. Kurri Kurri LAC is in the Hunter Zone. The other centres in the Hunter Zone are Aberdeen, Branxton/ Greta, Cessnock, Denman, East Maitland, Maitland, Merriwa, Muswellbrook, Rutherford and Singleton.

The Hunter Zone is part of Region 2. There is an 8 region structure. 4 metropolitan and 4 country.

## **Zone Championships:**

Zone Championships are the qualifying stage process to regional and state championships. Selected athletes from U7-U18 age groups from all centres within our Zone are eligible to compete at the Hunter Zone. The venue will change from year to year. Entry forms are available at the office once one has been announced. Zone works on a self nomination of preferred events for each age group.

## **Regional Championships:**

Regional Championships are the next qualifying stage to the State Championships. Regional Championships are held over one full weekend in late January or February. 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. U8's to U18's.

## **State:**

### **Little Athletics State Championships / NSW Junior Championships**

The State Championships are usually held towards the end of March, at Sydney Olympic Park Athletic Centre. This is a 3 day carnival. You must have progressed from the Regional Championships to be able to participate at this championship.

From 2024 it will be split into Little Athletics State Championships U9's to U12's and NSW Junior Championships U14's to U20's

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

### **State Relay Championships**

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 Harris Park LAC will select teams to compete at this event.

### **State Multi-Event Championships**

The State Multi-Event Championships 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 & Road Walk Championships**

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.

## Events for Each Age Group at Club Level KKLAC

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# Award Structure

A minimum of 30% participation is required to be eligible for end of season trophies.

Points to determined positions are as follows

1st - 10pts

2nd - 8pts

3rd - 6pts

4th - 5pts

5th - 4pts

6th - 3pts

7th - 2pts

8th - 1pts

9th to last 1pt

Non measured/ timed 1pt for participation

Fun Events 1pt for participation

DNF 1pt for participation

DQ 1 pt for participation

## **Most Improved**

1pt for 1st time at event then 1pt for each PB. Athlete with the most PB's  
Is awarded most improved for each age group and gender.

Most improved is not awarded for age groups or gender groups that do not have more than 1 athlete.

## **Eligibility**

An Athlete will only receive points in the point score system after registration fees are paid and they receive a registration number from our Registrar.

An Athlete who is trialling with our Centre will not receive points in the point score until registration fees are paid and they receive a registration number from our Registrar, points will **not** be back dated.

# Athlete Portal for Results

Each week athletes results are entered into a computer program. These results can be accessed by parents and athletes.

ResultsHQ.com.au is the website address. You will need to have provided an email address. The email address provided at registration is the user name to be put into the box on the login page.

You then click on the forgotten password icon to prompt your password to be emailed to you.

Once you have completed this you will then have access to your child's results. You are able to print the events tickets. This is a great way to keep a record of your child's achievements.

When school carnival time comes around you have an official time / distance ticket to submit to school.

# Some Other Frequently Asked Questions

## Do we need special shoes;

### 5.8.1 Footwear

- a. Appropriate footwear is compulsory for all athletes in all events.
- b. No athlete may wear football boots or cleats in any event.
- c. Athletes in the **U6 - U10 age group shall not** wear spike shoes.
- d. Athletes in the **U11 - U12 age groups** may wear spike shoes in events run entirely in lanes only. Spike shoes may also be worn for long jump, triple jump, high jump, and javelin.
- e. Athletes in the **U13 - U20 age groups** may wear spike shoes in all track events (includes laned or un-laned events) except walks. Spike shoes may also be worn for long jump, triple jump, high jump, and javelin.
- f. All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.
- g. Spike shoes cannot be worn outside the defined "Field of Play" unless all spikes are suitably covered.
- h. Officials and Volunteers must wear enclosed shoes at all times.

### 5.8.2 Dimension of Spikes

- a. Spike length (subject to any further constraint from ground policies):
  - i. Synthetic - Track - 7mm maximum  
Long Jump / Triple Jump / High Jump / Javelin - 9mm maximum
  - ii. Grass - Track / Long Jump / Triple Jump / High Jump / Javelin - 12mm maximum

Note: the organising body will advise participants of the dimensions and type of spikes allowed at the competition venue as determined by the venue management.

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

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

## What happens if it rains?

All weather updates are posted to our Facebook page. Please keep checking the page as we don't always have time to respond to individual messages.

## I want to volunteer. Who should I contact?

You can contact any of the committee members at any time.

# Placement of Patches

Patches are sewn on just tack the corners as the numbers change each season.



Centre approved uniform is required by all athletes from 6's to 20's. Tiny tots have the option of the official approved uniform or a plain white T-shirt and plain Royal blue shorts. No emblems or prints.

# Map Of Our Ground



# Photography Policy

Little Athletics NSW does not want to place undue restrictions on those people who are taking images of children for legitimate reasons.

Where a Little Athletics event is held in a public place it is not illegal to take photographs nor is consent required.

## **How ever**

The following guidelines relate to all forms of public multi media.

Permission should be obtained from a child's parent/guardian before taking and displaying images of a child. All concerned should be made aware of the way in which the image is to be used.

If an image is used the child should not be named without the permission of a parent/guardian. If a child is named, consideration should be given to only using their first name.

On occasions KKLAC may take some photo's of children competing in events to use to advertise the club and promote Athletics to the community.

If for some reason you do not consent to your children being photographed please fill out your info below and return it to the club.

.....

I .....do not give permission for my child/children to be photographed by KKLAC.

Childs name ..... Rego Number.....

Childs name ..... Rego Number.....

Childs name ..... Rego Number.....

Childs name ..... Rego Number.....

Signature ..... Date .....



GLENCORE



The Happy Tooth  
Kurri Kurri



**SMB**  
CONCRETING

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