



Athletics Program

Season 2026/27

Table of Contents

ABOUT THE HAMERSLEY ATHLETICS PROGRAM.....	2
STRUCTURE	2
INCLUSION	2
HAMERSLEY COMMITTEE 2026/2027.....	3
HAMERSLEY WHATSAPP COMMUNITY GROUP	4
Hamersley Athletics WhatsApp Group – Terms & Conditions of Use	4
BIB / UNIFORMS.....	5
HAMERSLEY VOLUNTEER ROSTERS AND KEY OFFICIALS	6
CODES OF CONDUCT / MEMBER PROTECTION POLICY	7
POLICIES AND PROCEDURES	7
WORKING WITH CHILDREN	7
HEALTH AND INJURY	8
HEALTHY CLUB.....	8
PHOTOGRAPHING CHILDREN GUIDELINES	8
INSURANCE	8
HAMERSLEY TRAINING SCHEDULE	9
TRAINING ONLY MEMBERS	9
HAMERSLEY SENIORS / ATHLETICS WEST STRIVE COMPETITION	9
MEMBERSHIP	10
WINTER COMPETITION	10
AGE GROUPS AND RECORDS.....	10
EQUIPMENT SPECIFICATIONS	11
EQUIPMENT SPECIFICATIONS – BOYS.....	11
EQUIPMENT SPECIFICATIONS – GIRLS	12
RULES OF COMPETITION & AWARDS	13
EVENT CALENDAR 2026/2027	14
COMPETITION PROGRAM	15
SAFETY	15
COMPETITION PROGRAM 1	16
COMPETITION PROGRAM 2.....	17
COMPETITION REDUCED PROGRAM 1	18
COMPETITION REDUCED PROGRAM 2	19
MAP OF CHARLES RILEY RESERVE	20
CENTRE CHAMPIONSHIPS.....	21
HAMERSLEY ATHLETICS CENTRE RECORDS	22
SPONSORS	23

ABOUT THE HAMERSLEY ATHLETICS PROGRAM

STRUCTURE

Centre: Hamersley Athletics Centre (Hamersley) organises summer competition for U8-U18 athletes, additional training opportunities for older athletes and opportunities to represent the Centre in Athletics West run competitions. Hamersley also manages the Winter cross country program. Competitions are mainly held at Charles Riley Reserve, North Beach each Saturday morning over the summer period, with the occasional mid-week twilight competition.

“Junior” training & competition: Athletes **aged U13 to U18** may choose to also take part in “Junior” training and competition (Strive). Eligible athletes have the option of registering with Hamersley as a Junior dual member. For further information refer to the Athletics West website: <https://www.athleticswest.com.au/athletes/membership/>.

Athletics West is the governing body for athletics in Western Australia. It manages State Little Athletics, senior competitions and the weekly “Strive” competition, offers coaching and officiating courses, and provides other opportunities during the season. Athletics West is affiliated with **Athletics Australia**.

INCLUSION

Hamersley Athletics Centre is committed to creating an inclusive, welcoming and supportive environment that reflects the diversity of our local community. We actively work to identify and remove barriers to participation so that everyone can enjoy athletics and be part of our Centre.

We are committed to continually developing and reviewing our practices, strategies and policies to support inclusion, accessibility and equal participation and to prevent discrimination within our Centre.

We commit to promoting a safe, welcoming, and respectful culture where everyone feels welcome and accepted regardless of age, gender/gender identity, sexuality, ability, socio-economic status, or cultural, ethnic or religious background.

We commit to informing, supporting and empowering our members and all others involved with the Hamersley Athletics Centre in relation to inclusion and diversity issues.

At Hamersley we promote the **True Inclusion Method (or “TIM”)** as a method of recognising individual achievement and improvement in individual results.

We recognise that every athlete is different and will work with families wherever reasonably possible to support individual participation needs and help athletes get the most from their athletics experience.

Families who would like to discuss additional support, adjustments or individual participation needs are encouraged to contact our Inclusion Officer, **Celeste Williams**, at inclusion@hamersleyathletics.com.au.

We also encourage families to speak with their Training Coordinator about how their athlete can best be supported during training at our various training hubs.

Our goal is for every athlete and family to feel welcomed, respected, supported and valued as part of the Hamersley Athletics community.

HAMERSLEY COMMITTEE 2026/2027

Executive Committee	Name
President	Rayno Raats
Secretary	Monique Raats
Treasurer	Dean Hemmingsen
Arena Manager	Carl Parlongo
Registrar	Sheridan McCabe
Recording Officer	Larissa Muir
Equipment Officer	Bruce Wilkins
Selections & Championships Officer	Peta Janssen / Julia Grassl
Organiser of Officials	Michelle Wilken
Coaching & Development Officer	Kylie Giles
Seniors Officer	Vacant
Non-Executive Committee:	
Administration Officer	Sheridan McCabe
Member Protection & Compliance Officer	Kerri-Ann Wright
Inclusion Officer	Celeste Williams
Publicity Officer	Jessica Young
Social Coordinator	Vacant
Canteen Coordinator	Mel Edwards
Uniform Coordinator	Mel Murray
Winter Officer	Carla Drake Brockman
Fundraising Coordinator	Vacant
Roster Coordinator	Tara Christides
Training Hub Coordinator	Aidan Trotter
Training Hub Coordinator	Geoff Nelson
Athletics West delegate	Sheridan McCabe

For enquiries, please email admin@hamersleyathletics.com.au or visit our website at <https://hamersleyathletics.com.au/about/>

HAMERSLEY WHATSAPP COMMUNITY GROUP

Hamersley Athletics Centre now uses a WhatsApp group for member communications, replacing the Teams app. A link to join the WhatsApp group will be provided following registration. If you have not received the link or require assistance joining the group, please contact admin@hamersleyathletics.com.au.

Hamersley Athletics WhatsApp Group – Terms & Conditions of Use

Purpose

The WhatsApp group is provided to share timely updates, important information, routine communications relating to Hamersley Athletics, and to arrange roster swaps. By remaining in the group, members agree to follow the expectations below.

1. Respectful Communication

- Treat all members with courtesy and respect.
- No abusive, threatening, or discriminatory language will be tolerated.
- Take disagreements offline where possible.

2. Relevant Content Only

- Keep posts directly related to Hamersley Athletics activities, events, reminders, and roster swaps.
- Do not use the group for personal promotions, unrelated topics, or non-club matters.

3. No Spam or Excessive Messaging

- Avoid unnecessary or repetitive messages such as “thanks”, emojis-only replies, or ongoing side conversations.
- Keep messages concise so important information isn’t overlooked.

4. Privacy and Confidentiality

- Do not share members’ personal information, photos, or messages outside the group without consent.
- Be mindful of members’ and children’s privacy.

5. Admins’ Role

- Group admins may remove inappropriate content or step in if discussions become unproductive.
- Admin decisions may be made to protect the safety and purpose of the group.

6. Safety and Compliance

- Do not use the group for coaching advice, officiating decisions, or safety instructions during competitions or training.
- Club policies, Athletics West, and LAWA guidelines take precedence over group discussion.

7. Membership

- This group is for current club members and relevant volunteers only.
- Members may be removed if they do not follow these expectations.

BIB / UNIFORMS

All members will be provided with a new numbered bib when they register. The numbering system has been reset by Athletics West so old numbers can no longer be used. **Make sure you keep your bib safe as replacement of a lost bib will incur a \$10 charge.**

Hamersley Athletics Centre	Gold singlet / T-shirt with maroon trim. Maroon Logo. Maroon or black shorts, bicycle pants or briefs (girls).
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Leggings or compression shorts are permitted but must be plain black. Compression shorts can also be skin colour. Any logos must not exceed 7cm x 5cm. A second top can be worn underneath, must be maroon, white or black.

Hamersley uniform is to be worn by athletes representing Hamersley at both junior and senior Athletics West competitions. This includes State events and Strive.

Note:

- Shorts may be Hamersley maroon shorts or plain black.
- Crop tops are not permitted for female athletes participating in Little Athletics events.

Online uniform shop: <https://hamersleyathletics.com.au/uniform/>

Email: uniforms@hamersleyathletics.com.au

HAMERSLEY VOLUNTEER ROSTERS AND KEY OFFICIALS

Without the support of our volunteers, Hamersley Athletics Centre competitions simply could not run. Every week, our athletes rely on the dedication of families and volunteers to ensure events are safe, enjoyable and successful.

All volunteer rosters are managed through the **ClubVolunteer Portal**. The link will be sent with your registration email. We encourage all families to review the volunteer role descriptions available on the HAC website and join the **Hamersley Athletics Centre Members WhatsApp group** for roster updates, volunteer opportunities and swap requests.

Family Volunteer Requirements:

- **4 full competition rosters OR 10 set-up/field rosters, and**
- **2 pack-up rosters, and**
- **1 BBQ roster.**

Families are also expected to assist with field events throughout the season. Please ensure that any roster selections do not overlap or conflict with one another.

No prior experience is necessary. Training and ongoing support are provided for all new volunteers and for returning families taking on a new role.

Families are free to select roster dates that best suit their schedules; however, please do not leave your commitments until the end of the season. Be mindful of our Twilight Competition dates when choosing shifts to ensure you are available to attend.

Please note:

- Roster changes cannot be made within three days of a competition.
- If you are unable to attend a rostered shift, it is your responsibility to arrange a swap or engage a paid official.
- Rosters can be swapped via the WhatsApp groups, and all volunteer commitments are tracked through ClubVolunteer.

Throughout the season, several additional events rely on volunteer support, including the TIM Championships, Centre Championships, State Relay Championships, and the North Metro Interclub Competition. Information regarding volunteer requirements for these events will be communicated closer to the event dates.

Thank you for supporting our athletes and helping make each competition possible. Every volunteer contribution makes a difference.

CODES OF CONDUCT / MEMBER PROTECTION POLICY

- Athletics is a family sport to be enjoyed by each member in their own way. Parents and supporters are expected to maintain appropriate behaviour and perspective at all times.
- Do not force an unwilling child to participate.
- Remember - children are involved in organised sport for their enjoyment, not yours.
- Encourage your child always to play by the rules.
- Teach your child that honest effort is as important as victory, so that each result is accepted without undue disappointment.
- Turn each defeat into victory, by helping your child to work towards skill improvement and good sportsmanship. Never ridicule or abuse your child from the sidelines. There is NO circumstance which warrants humiliation.
- Remember – children learn best by example. Applaud good performances by your athlete AND by those competing with them.
- Do not project your own aspirations on to your child.
- Do not publicly question the Officials' judgement, and never their honesty. If you see something of which you disapprove, notify the Arena Manager, Officials Organiser, or a Committee member.
- Support all efforts to remove verbal and physical abuse from children's sport.
- Recognise the value and importance of volunteer coaches and officials. They give their time and resources freely to provide recreational activities for your child.

Hamersley abides by the Athletics West Member Protection Policy and Codes of Conduct. For more information, please visit the Hamersley website or the Athletics West Website. If you have any questions or concerns, our Member Protection Officer is available to assist you. You can reach them via email at:

memberprotection@hamersleyathletics.com.au

POLICIES AND PROCEDURES

When registering, families agree to adhere to the Constitution, By-Laws and policies of Hamersley Athletics and Athletics West. Find out more about the Hamersley constitution, by-laws and policies on our website. Refer to PDF documents on our website: <https://hamersleyathletics.com.au/about/>

WORKING WITH CHILDREN

Hamersley Athletics Centre are required to comply with Western Australian Working with Children (WWC) Check legislation. Parents are generally exempt from this requirement, however they might be required to declare their exemption when registering. All other volunteers and anyone in a paid role aged 18 or over, or under 18 if they are paid, will require a Working With Children Card.

HEALTH AND INJURY

Should an athlete experience an injury resulting in pain or swelling, do not allow them to compete further. To minimise the chance of obtaining an injury, it is recommended that athletes learn how to warm up and stretch the muscle groups specific to each discipline and perform this routine before participating in any event.

IMPORTANT: Any injury sustained during competition should be reported as soon as possible to the Arena Manager and First Aid Officer, through the event official where appropriate, so the injury can be assessed and recorded. If an athlete is injured or unable to get up following an incident, avoid moving them unnecessarily. Keep the athlete comfortable and seek assistance from a First Aid Officer or appropriately trained person before attempting to move them.

HEALTHY CLUB

Please do not attend training or competition if you are unwell or experiencing symptoms of an infectious illness. We ask all members and families to follow current health advice and practise good hygiene to help protect the health and wellbeing of our athletes

PHOTOGRAPHING CHILDREN GUIDELINES

Most people taking images of children at sporting events are doing so for acceptable reasons and are using appropriate methods, for example a parent videoing or photographing their child competing. Please take note of the following to respect the privacy of other people present:

- All images or video taken must be for private (non-commercial) use only, unless otherwise approved by Hamersley / Athletics West.
- Permission should be obtained from the child's parent/guardian prior to taking any images or video of a child or young person, particularly if they can be identified and you intend to post the images or video on to social media.
- Photographers (professional photographers, spectators, fans, coaches or members of the media) are not permitted to have unsupervised access to children.

Read more on the Athletics West website: <https://www.athleticswest.com.au/about/la-policies/>.

INSURANCE

Membership with Hamersley includes cover under the Athletics Australia National Insurance Program. This coverage extends to athletes, volunteers, and committee members, and includes Personal Accident, Public Liability, Professional Indemnity, and equipment coverage.

For more information email admin@hamersleyathletics.com.au for assistance or refer to our website.

HAMERSLEY TRAINING SCHEDULE

Training hub:	Central	Northern
	Charles Riley Reserve, North Beach	Korella Park, Mullaloo
Times:	17:15-18:45	17:00-18:30
Monday	NA	U8-U18 Session 1
Tuesday	U8-U18 Session 1	NA
Wednesday	U13+ Specialist training 17:30-19:00	NA
Thursday	U10-U18 Session 2	U10-U18 Session 2

TRAINING ONLY MEMBERS

Athletes who have registered as “Training Only” are **not eligible** to compete at Hamersley competition. “Training Only” athletes are not registered in ResultsHQ and will not appear on start lists.

Email registrar@hamersleyathletics.com.au if you change your mind and would like to upgrade to a full membership.

HAMERSLEY SENIORS / ATHLETICS WEST STRIVE COMPETITION

Athletics West provide opportunities for athletes to compete in the weekly “Strive Competition”, usually on Friday evenings at the WA Athletics Stadium. To compete at senior level, athletes must be in the **under 13 age group or older**.

In 2023, Hamersley voted to become **Hamersley Athletics Centre**, which means that we can register athletes wanting to take part in senior competition. Athletes in the under 13 age group or older (Junior members) can register for Dual membership and still wear the Hamersley uniform.

Strive is not only for the top level athletes, anyone can take part. Athletes’ results are ranked against others in their age groups, but many events are ranked/seeded in groups so you will likely be competing against athletes of similar standard to Little Athletics and against your own PB (across track and field).

Athletics West senior competitions include a wider variety of events than Little Athletics, and includes all Olympic and Commonwealth Games events such as the Hammer throw / Pole Vault / 400m Hurdles / Steeplechase / 10,000m etc. Throwing events often have differing weights, and hurdles, differing heights and race length than athletes may be used to. Athletics West follow the World Athletics rules (some rules can be different to Little Athletics rules) and have different marshalling systems.

MEMBERSHIP

To compete in both programs requires **registering separately** for Little Athletics and for the senior program. Fees for both Little Athletics and Senior membership are paid together to Hamersley Athletics Centre at the time of registration. The applicable dual membership discount will be applied. Hamersley Athletics members may also choose to join another Senior Athletics club of their choice or participate in the Senior program as an Athletics West independent member. Please note that these options are separate from Hamersley membership and may involve different uniform requirements and additional fees.

Competing at State events does not require additional membership as long as you are registered with a Little Athletics Centre **or** as a Senior member.

Note that athletes who register as a Senior member only are not eligible for Hamersley competition.

More information is available on the Hamersley and Athletics West websites:

- <https://www.athleticswest.com.au/athletes/>

WINTER COMPETITION

The annual registration fee includes both the Summer athletics season and Winter cross country season. During the winter, Athletics West conducts Inter-Centre Cross Country Running and Road Walking events (note that Hamersley does not conduct walk events). The events are held mostly on Saturdays (may be some Sundays depending on type of event) at a variety of different venues throughout the metropolitan area.

Hamersley conducts twice weekly cross-country training sessions commencing in early April. There is no additional cost for existing members. Read more <https://hamersleyathletics.com.au/winter-season/>

AGE GROUPS AND RECORDS

An athlete's age group is determined by the age they will turn during the calendar year in which the season concludes. For the 2026/27 Summer season, age groups are therefore based on the age the athlete will turn during 2027.

For example:

- An athlete born in 2015 will turn 12 during 2027 and will therefore compete in the Under 13 (U13) age group for the 2026/27 Summer season.

Age Group	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Birth Year	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010

EQUIPMENT SPECIFICATIONS

EQUIPMENT SPECIFICATIONS – BOYS

HIGH JUMP	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Start Height (m)			0.85	0.9	1.05	1.15	1.25	1.3	1.35	1.4	1.45
Bar rises			Bar rises in 5cm increments until 6 competitors left; then 2cm, unless larger increments are requested by all remaining competitors. The listed Starting Heights are the current State Starting Heights.								
JAVELIN	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Weight	Vortex	Turb	Turb	Turb	400g	400g	600g	700g	700g	700g	700g
Length +/- 5cm					1.9	1.9	2.25	2.35	2.35	2.35	2.35
DISCUS	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Weight	350g	500g	500g	500g	500g	750g	1kg	1kg	1kg	1.5kg	1.5kg
SHOT PUT	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Weight (kg)	1 Blue	1.5 Yellow	2 Orange	2 Orange	2 Orange	2 Orange	3 White	4 Red	4 Red	5 Green	5 Green
LONG JUMP	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Mat size (m x m)	1x1 Mat	1x1 Mat	1x0.5 Mat	1x0.5 Mat	1x0.2 Board	1x0.2 Board	1x0.2 Board	1x0.2 Board	1x0.2 Board	1x0.2 Board	1x0.2 Board
TRIPLE JUMP	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Mat size (m x m)					1x0.2	1x0.2	1x0.2	1x0.2	1x0.2	1x0.2	1x0.2
Mat distance (m)					In full metre increments starting from 4m unless safety concern						
HURDLES	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Race Distance (m)		60	60	60	80	80	80	90	100	110	110
Height (cm)		45	45	60	60	68	76	76	76	76	76
Run In (m)		12	12	12	12	12	12	13	13	13.72	13.72
Spacing (m)		7	7	7	7	7	7	8	8.5	9.14	9.14
Run Out (m)		13	13	13	12	12	12	13	10.5	14.02	14.02
Flights		6	6	6	9	9	9	9	10	10	10
200M HURDLES							U14	U15			
Height (cm)							68	76			
Run In (m)							20	20			
Spacing (m)							35	35			
Run Out							40	40			
Flights							5	5			
300M HURDLES									U16	U17	U18
Height (cm)									76	76	76
Run In (m)									50	50	50
Spacing (m)									35	35	35
Run Out									40	40	40
Flights									7	7	7

- U10 & U11 must only use ‘Scissors’ technique for High Jump. The ‘Fosbury’ is not allowed for these age groups.
- **High Jump U10 to U13’s, MUST qualify (over a bar, not elastic) at their training prior to competing at Hamersley.**
- Athletes attempting High Jump records may elect to raise the bar in 1 cm lifts.
- The bar must be measured by the Arena Manager BEFORE a record or equal record height is attempted.

EQUIPMENT SPECIFICATIONS – GIRLS

HIGH JUMP	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Start Height (m)			0.8	0.85	1.0	1.1	1.2	1.25	1.3	1.35	1.4
			Bar rises in 5cm increments until 6 competitors left; then 2cm, unless larger increments are requested by all remaining competitors. The listed Starting Heights are the current State Starting Heights.								
JAVELIN	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Weight	Vortex	Turb	Turb	Turb	400g	400g	400g	500g	500g	500g	500g
Length +/- 5cm					1900	1900	1900	1900	2050	2050	2050
DISCUS	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Weight	350g	500g	500g	500g	500g	750g	1kg	1kg	1kg	1kg	1kg
SHOT PUT	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Weight (kg)	1 Blue	1.5 Yellow	2 Orange	2 Orange	2 Orange	2 Orange	3 White	3 White	3 White	3 White	3 White
LONG JUMP	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Mat size (m x m)	1x1 Mat	1x1 Mat	1x0.5 Mat	1x0.5 Mat	1x0.2 Board	1x0.2 Board	1x0.2 Board	1x0.2 Board	1x0.2 Board	1x0.2 Board	1x0.2 Board
TRIPLE JUMP	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Mat size (m x m)					1x0.2	1x0.2	1x0.2	1x0.2	1x0.2	1x0.2	1x0.2
Mat distance (m)					In full metre increments starting from 4m unless safety concern						
HURDLES	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Race Distance (m)		60	60	60	80	80	80	80	90	100	100
Height (cm)		45	45	60	60	68	76	76	76	76	76
Run In (m)		12	12	12	12	12	12	12	13	13	13
Spacing (m)		7	7	7	7	7	7	7	8	8.5	8.5
Run Out (m)		13	13	13	12	12	12	12	13	10.5	10.5
Flights		6	6	6	9	9	9	9	9	10	10
200M HURDLES							U14	U15			
Height (cm)							68	76			
Run In (m)							20	20			
Spacing (m)							35	35			
Run Out							40	40			
Flights							5	5			
300M HURDLES									U16	U17	U18
Height (cm)									76	76	76
Run In (m)									50	50	50
Spacing (m)									35	35	35
Run Out									40	40	40
Flights									7	7	7

- U10 & U11 must only use ‘Scissors’ technique for High Jump. The ‘Fosbury’ is not allowed for these age groups.
- **High Jump U10 to U13’s, MUST qualify (over a bar, not elastic) at their training prior to competing at Hamersley.**
- Athletes attempting High Jump records may elect to raise the bar in 1 cm lifts.
- The bar must be measured by the Arena Manager BEFORE a record or equal record height is attempted.

RULES OF COMPETITION & AWARDS

All competitions are conducted in accordance with the current Athletics West Little Athletics Rules of Competition, together with any approved local rules or variations that apply at Hamersley Athletics Centre. Athletes, families and officials are encouraged to familiarise themselves with the current rules and any applicable variations.

The current Rules of Competition are available on there:

<https://athleticswest.com.au/about/rules>

Awards are calculated according to the Hamersley Awards & points Calculation Policy.

Refer to document on the website: <https://hamersleyathletics.com.au/about/>

EVENT CALENDAR 2026/2027

DATE	Event	#	VENUE*	Notes
Sat, 3 Oct 2026	Reduced program 1	1	CRR	
Sat, 10 Oct 2026	Reduced program 2	2	CRR	
Sat, 17 Oct 2026	Program 1	3	CRR	
Sat, 24 Oct 2026	Program 2	4	CRR	
Sat, 31 Oct 2026	Program 1	5	CRR	
Sat, 7 Nov 2026	Program 2	6	CRR	
Sat, 14 Nov 2026	Program 1	7	CRR	
Sat, 21 Nov 2026	Program 2	8	CRR	
Sat, 28 Nov 2026	Interclub competition		WAAS	
Sat, 5 Dec 2026	Program 1	9	CRR	
Sat, 12 Dec 2026	WA State Relay Championships		WAAS	
Sun, 13 Dec 2026	WA State Relay Championships		WAAS	
Christmas / New Year Break				
Sat, 9 Jan 2027	Program 2	10	CRR	
Sat, 16 Jan 2027	Program 1 President's 1500m Invitational	11	CRR	
Sat, 23 Jan 2027	Program 2	12	CRR	Australia Day weekend
Sat, 30 Jan 2027	Little Athletics Challenge		WAAS	
Sun, 31 Jan 2027	Little Athletics Challenge		WAAS	
Sat, 6 Feb 2027	Program 1 (Twilight) President's 1500m Invitational	13	CRR	
Sat, 13 Feb 2027	Program 2	14	CRR	
Fri, 19 Feb 2027	Fuel to GO & Play WA State Junior Championships		WAAS	
Sat, 20 Feb 2027	Fuel to GO & Play WA State Junior Championships		WAAS	
Sun, 21 Feb 2027	Fuel to GO & Play WA State Junior Championships		WAAS	
Sat, 27 Feb 2027	Centre Championships - Program 1	15	CRR	
Sat, 6 Mar 2027	Centre Championships - Program 2	16	CRR	Fuel to GO & Play WA State Senior Championships
Sat, 13 Mar 2027	TIM Championships		CRR	
Sat, 27 Mar 2027	Easter			
Sat, 3 Apr 2027	Hamersley Presentation Day and AGM		CRR	

*WAAS - West Australian Athletics Stadium, Stephenson Avenue, Mt Claremont

*CRR - Charles Riley Reserve, Wending Road, North Beach

COMPETITION PROGRAM

The following information applies to all competition program schedules:

- Events are conducted across a two-week rotating schedule, with different events offered each week.
- The first two weeks of the Summer season operate on a reduced program (This allows new families more time to familiarise themselves with the competition structure).

Program Schedule (Saturday Mornings):	
6:15am	Set Up Team arrives, puts out equipment.
7:30am	Parents and athletes to arrive, parents help to put up tents, athletes' warm-up.
7:40am	First call for events. Key Officials to sign-in and go straight to sites. Athletes in laned events must go to marshalling areas when called
7:45am	Competition program commences.
11:30am	Target finish time. Pack-Up Team packs equipment away.

Please listen to the ground announcer throughout the morning who will announce when to go to your next event along with other important information on the day. Note that there may be changes to the program on the day.

There is no restriction on the number of events that an athlete can do but athletes and parents / carers should take care to manage fatigue, especially on hot days and plan event participation accordingly.

*Results from 100m, 200m & 400m times will count for State relay selection during the first five (5) weeks. Field event results will count for State relay selection during the first six (6) weeks.

** See information on the Hamersley website which will also be updated closer to the event.

SAFETY

Athletes are reminded that they are not to use equipment before and after their events. During warmups, please make sure you use equipment in the correct manner. This is a safety issue to avoid anyone getting injured.

ONLY enter the arena if you are an athlete or helper and do so at the northern or southern end while being aware of the events around you.

Hamersley Athletics Centre does not provide supervision of athletes during competitions. A parent, carer or nominated responsible adult must remain at the venue and be responsible for their athlete for the duration of the competition.

NO PARENTS ARE ALLOWED ON THE CENTRE ARENA UNLESS ASSISTING IN THE RUNNING OF THE EVENT.

COMPETITION PROGRAM 1

1500m will be run as the first events of the day:

1st U12 girls & boys; 2nd U13 & U14 girls & boys; 3rd U15-U18 girls & boys

GIRLS

Event/ Site	U8	U9	U10	U11	U12	U13	U14	U15-U18
Event 1		70m (1st)	High Jump	Long Jump	Javelin	Discus	200m Hurdles (1st)	200m/ 300m Hurdles
Site			Site 3	Site 1	Site 1	Site 1		
Event 2	70m	Turbo Javelin	70m	70m	100m	Long Jump	Long Jump	Shot Put
Site		Site 3				Tartan 5	Tartan 7	Site 3
Event 3	Long Jump	100m	400m	Turbo Javelin	Dicus	400m	100m	100m
Site	Site 3			Site 3	Site 2			
Event 4	100m	Discus	Long Jump	400m	400m	Shot Put	Javelin	Long Jump
Site		Site 2	Site 1			Site 2	Site 1	Tartan 8
Event 5	Shot Put		100m	100m	Triple Jump	100m	400m	400m
Site	Site 2				Tartan 5			
Event 6			Turbo Jav				Discus	High Jump
Site			Site 3				Site 2	Site 1

BOYS

Event/ Site	U8	U9	U10	U11	U12	U13	U14	U15-U18
Event 1		70m (1st)	High Jump	Long Jump	Javelin	Discus	200m Hurdles (1st)	200/300m Hurdles
Site			Site 4	Site 2	Site 2	Site 2		
Event 2	70m	Turbo Javelin	70m	70m	100m	Long Jump	Long Jump	Shot Put
Site		Site 4				Tartan 6	Tartan 8	Site 1
Event 3	Long Jump	100m	400m	Turbo Javelin	Dicus	400m	100m	Long Jump
Site	Site 4			Site 4	Site 1			Tartan 7
Event 4	100m	Discus	Long Jump	400m	400m	Shot Put	Javelin	100m
Site		Site 3	Site 2			Site 3	Site 2	
Event 5	Shot Put		100m	100m	Triple Jump	100m	400m	High Jump
Site	Site 3				Tartan 6			Site 2
Event 6			Turbo Jav				Discus	400m
Site			Site 4				Site 1	

** Hurdles distance varies according to age group.

COMPETITION PROGRAM 2

GIRLS

Event/ Site	U8	U9	U10	U11	U12	U13	U14	U15-U18
Event 1		500m (1st)	Shot Put	Discus	200m	Javelin	Triple Jump	Discus
Site			Site 2	Site 3		Site 1	Tartan 6	Site 1
Event 2	300m (2nd)	60m Hurdles	200m	Shot Put	Long Jump	800m	High Jump	200m
Site				Site 1	Site 1		Site 1	
Event 3	Vortex	Shot Put	60m Hurdles	800m	800m	Triple Jump	200m	Triple Jump
Site	Site 3	Site 2				Tartan 5		Tartan 7
Event 4	200m	200m	Discus	60m Hurdle	High Jump	200m	Shot Put	Javelin
Site			Site 3		Site 1		site 1	Site 2
Event 5	Discus	Long Jump	800m	High Jump	80m Hurdles	High Jump	800m	800m
Site	Site 2	Site 3		Site 3		Site 1		
Event 6				200m	Shot Put	80m Hurdles	80m Hurdles	90/100m Hurdles
Site					Site 1			

BOYS

Event/ Site	U8	U9	U10	U11	U12	U13	U14	U15-U18
Event 1		500m	Shot Put	Discus	200m	Javelin	Triple Jump	Triple Jump
Site		(1st)	Site 3	Site 2		Site 2	Tartan 5	Tartan 7
Event 2	300m	60m Hurdles	200m	Shot Put	Long Jump	800m	High Jump	200m
Site	(2nd)			Site 2	Site 2		Site 2	
Event 3	Vortex	Shot Put	60m Hurdles	800m	800m	Triple Jump	200m	Javelin
Site	Site 4	Site 3				Tartan 6		Site 2
Event 4	200m	200m	Dicus	60m Hurdles	High Jump	200m	Shot Put	800m
Site			Site 2		Site 2		Site 2	
Event 5	Discus	Long Jump	800m	High Jump	80m Hurdles	High Jump	800m	Discus
Site	Site 3	Site 4		Site 4		Site 2		Site 1
Event 6				200m	Shot Put	80m Hurdles	80m Hurdles	90/100/11 0 Hurdles
Site					Site 2			

**** Hurdles distance varies according to age group.**

COMPETITION REDUCED PROGRAM 1

7.40am – Everyone to be assembled for opening day welcome and march past.

GIRLS

Event/ Site	U8	U9	U10	U11	U12	U13	U14	U15-U18
Event 1		70m (1St)	Long Jump	Discus	Javelin	400m	Long Jump	Shot Put
Site			Site 1	Site 1	Site 1		Site 1	Site 2
Event 2	70m (2nd)	Turbo Javelin	70m	70m	400m	Discus	100m	100m
Site		Site 3				Site 1		
Event 3	Long Jump	100m	100m	Turbo Javelin	Discus	Shot Put	Javelin	Long Jump
Site	Site 3			Site 3	Site 1	Site 2	Site 1	Tartan 7
Event 4	100m	Discus	Turbo Javelin	400m	100m	100m	400m	400m
Site		Site 2	Site 3					
Event 5	Shot Put			100m	Triple Jump	Long Jump	Discus	Javelin
Site	Site 3				Tartan 5	Site 1	Site 1	Site 2

BOYS

Event/ Site	U8	U9	U10	U11	U12	U13	U14	U15-U18
Event 1		70m (1St)	Long Jump	Discus	Javelin	400m	Long Jump	Shot Put
Site			Site 3	Site 2	Site 2		Tartan 6	Site 1
Event 2	70m (2nd)	Turbo Javelin	70m	70m	400m	Discus	100m	100m
Site		Site 4				Site 2		
Event 3	Long Jump	100m	100m	Turbo Javelin	Discus	Shot Put	Javelin	Long Jump
Site	Site 4			Site 4	Site 2	Site 1	Site 2	Tartan 8
Event 4	100m	Discus	Turbo Javelin	400m	100m	100m	400m	400m
Site		Site 3	Site 4					
Event 5	Shot Put			100m	Triple Jump	Long Jump	Discus	Javelin
Site	Site 2				Tartan 6	Site 2	Site 2	Site 1

COMPETITION REDUCED PROGRAM 2

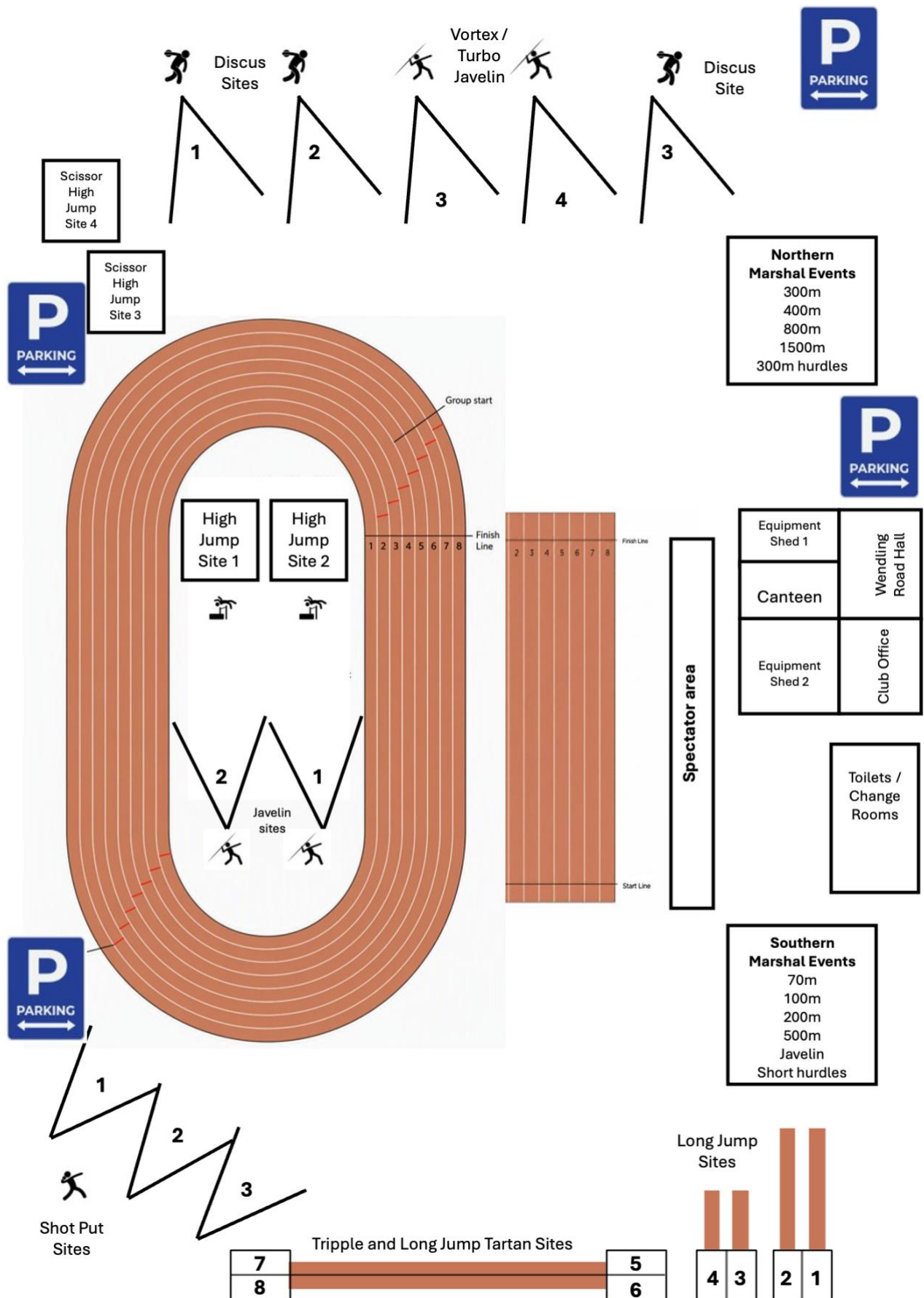
GIRLS

Event/ Site	U8	U9	U10	U11	U12	U13	U14	U15-U18
Event 1	300m	100m	Shot Put	Long Jump	200m (1st)	Javelin	200m (2nd)	800m
Site			Site 1	Site 1		Site 1		
Event 2	Vortex	Long Jump	200m	100m	Shot Put	800m	Triple Jump	Discus
Site	Site 3	Site 1			Site 2		Tartan 6	Site 3
Event 3	Discus	200m	100m	Shot Put	800m	Triple Jump	800m	100m
Site	Site 2			Site 1		Tartan 5		
Event 4	200m	Shot Put	Discus	200m	100m	200m	100m	Triple Jump
Site		Site 2	Site 2					Tartan 8
Event 5				800m	Long Jump	100m	Shot Put	200m
Site					Site 5		Site 1	

BOYS

Event/ Site	U8	U9	U10	U11	U12	U13	U14	U15-U18
Event 1	300m	100m	Shot Put	Long Jump	200m (1st)	Javelin	200m (2nd)	Triple Jump
Site			Site 2	Site 2		Site 2		Tartan 8
Event 2	Vortex	Long Jump	200m	100m	Shot Put	800m	Triple Jump	200m
Site	Site 4	Site 2			Site 3		Tartan 5	
Event 3	Discus	200m	100m	Shot Put	800m	Triple Jump	800m	Discus
Site	Site 3			Site 2		Tartan 6		Site 1
Event 4	200m	Shot Put	Discus	200m	100m	200m	100m	800m
Site		Site 1	Site 3					
Event 5				800m	Long Jump	100m	Shot Put	100m
Site					Site 6		Site 2	

MAP OF CHARLES RILEY RESERVE



CENTRE CHAMPIONSHIPS

The Centre Championships is a two-day competition event held to conclude the Summer season.

PROGRAM:

- Day 1 - Program 1 for boys and girls.
- Day 2 - Program 2 for boys and girls.

Athletes are NOT required to compete on both days.

From the 2026/27 season, all eligible athletes wishing to compete in the Hamersley Centre Championships must nominate for each event they intend to compete in via ResultsHQ prior to the published nomination closing date. This nomination process assists the Centre with event scheduling, lane allocations and overall championship planning. Athletes who do not submit their nominations by the closing date may not be permitted to compete, unless otherwise approved by the Centre Committee. Each family competing in the Championships will also be required to complete a roster.

NUMBER OF EVENTS: Athletes may choose no more than the number of events listed below in each Program day. A 'no throw' or 'no jump' or 'Did Not Finish' is counted as an event and cannot be substituted for another event.

- U8 – U10 A maximum of four (4) events per competition day,
- U11 – U18 A maximum of five (5) events per competition day.

TRACK HEATS & FIELD FINALS:

Track - reverse seeded heats with NO finals will be held to determine the fastest athletes in each age gender event.

Field - three throws or jumps.

AWARDS:

The following awards will be presented to eligible athletes on each day of the Centre Championships (time permitting):

- (a) 1st, 2nd and 3rd placed athletes in each age gender event will be awarded a medal.
- (b) Personal Best Award – ribbon to be awarded to any athlete who achieves a personal best over the two days of competition.

ELIGIBILITY:

The Hamersley Centre Championships are open to all currently registered athletes who meet the eligibility criteria. To nominate and compete in an event at the Centre Championships, athletes must meet the following requirements:

a) Event Participation Requirement

Athletes must have competed in the relevant event during the regular season prior to the Centre Championships as follows:

- Hurdles, High Jump and 1500m: Competed in the event on at least two (2) occasions.
- All other events: competed in the event on at least three (3) occasions.
- An event will only count towards the participation requirement where the athlete has completed and recorded a result for that event in a programmed Hamersley Centre competition.

b) Parent / Guardian Roster Requirement

The athlete's parent(s) or guardian(s) must have fulfilled all roster obligations for the season, unless an exemption has been granted by the Centre Executive Committee.

All athletes who compete in the Championships are eligible to receive Centre Championship awards.

The Executive Committee reserves the right to determine eligibility or grant exemptions in exceptional circumstances.

CENTRE RECORDS & RESULTS RECOGNITION:

Any Centre records achieved during the season will be officially recognised. Where applicable, eligible results will also be considered for qualification for State events for athletes in the U13 age group and below.

For Centre award points, only results achieved during Weeks 1–16 of the competition program will be included. Results from the TIM Championships and Interclub competitions are excluded from award point calculations.

HAMERSLEY ATHLETICS CENTRE RECORDS

* Away Records only recorded from 2020/21 Season and only if equal to or better than the Hamersley Record. Away records must be claimed by submitting a request to admin@hamersleyathletics.com.au.

Refer to ResultsHQ for the latest Centre Records:
<https://www.resultshq.com.au/results/centrerecords>

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