

ATHLETICS WA

2011-12 STRIVE COMPETITION HANDBOOK



Sponsors



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OFFICIALS CODE OF CONDUCT

- Perform your duties to the best of your ability.
- Be prepared and willing to learn.
- Be prepared to support the athlete in their endeavours.
- Be guided by the IAAF rules but always look to promote the sport and assist the athlete.
- Operate as a member of a team.
- Endeavour to assist and train new officials in an encouraging manner.
- Channel any concerns or criticisms to the Arena Manager.
- Be reliable and dependable.
- Observe appropriate dress and safety standards.

**SPORTS OFFICIALS...
 RESPECT THE ROLE. RESPECT THE PERSON.**

Most officials are volunteers
 who do it for the love of the event

Officials deserve your respect and support

Abusing an official won't change the outcome of the event

Officials can see things you can't
 because they watch the event from a different angle

Officials aren't perfect; they do make mistakes,
 just like players

WITHOUT OFFICIALS THERE WOULD BE NO EVENT

**SPORTS OFFICIALS...
 RESPECT THE ROLE.
 RESPECT THE PERSON.**

www.dsr.wa.gov.au



CODE OF ETHICS FOR COACHES

The coach's primary role is to facilitate the process of individual development through achievement of athletic potential. This role accepts the athletes' long-term interests as of greater importance than short-term athletic considerations. To fulfil this role the coach must behave in an ethical manner respecting the following points:

- Coaches must respect the basic human rights that are the equal rights, of each athlete with no discrimination on the grounds of sex, race, colour, language, religion, political or other opinion, national or social origin, association with a national minority, birth or other status.
- Coaches must respect the dignity and recognize the contribution of each individual. They must ensure that the practical environments are safe and appropriate. This appropriateness must take into consideration the age, maturity and skill level of the athlete. This is particularly important in the case of younger or less experienced athletes.
- Coaches must acknowledge and respect the Rules of Competition. This respect should extend to the spirit as well as to the letter of the rules, in both training and competition, to ensure fairness of competitive opportunity between all athletes.
- Coaches must exhibit an active respect for officials, by accepting the role of the officials in providing judgement to ensure that competitions are conducted fairly and according to the established rules.
- Coaches must accept final responsibility for the performance and conduct of the athletes they coach, while at the same time encouraging the independence and self determination of each athlete by their acceptance of responsibility for their own decisions, conduct and performance.
- Coaches must assert a positive and active leadership role to prevent any use of prohibited drugs or other disallowed performance enhancing substances or practices. This leadership by coaches includes education of the athletes of the harmful effects of prohibited substances and practices.
- The coach must acknowledge that all coaches have an equal right to desire the success of the athletes they coach – competing within the rules.
- Observations, recommendations and criticism should be directed to the appropriate person outside the view or hearing of the public domain.
- Coaches should never solicit, either overtly or covertly, athletes who are receiving coaching to join their squad.
- Coaches should hold recognized coaching qualifications. Coaches should respect that the gaining of coaching qualifications is an ongoing commitment, achieved through the upgrading of their knowledge by attendance at accredited courses and through practical coaching experience.

- Coaches should work openly with other coaches, use the expertise of sports scientists and sports physicians, and display an active support of their National Federation and the IAAF.
- Coaches must maintain the highest standards of personal conduct, reflected in both the manner of appearance and behaviour.
- Coaches should never smoke while coaching, nor consume alcohol beverages so soon before coaching that it affects their competence or that the smell of alcohol is on their breath.

ATHLETE INCLUSION

Athletics WA is an inclusive organization and is committed to an 'athletics for all' philosophy. We endeavour to create opportunities for people of all abilities to participate and are working to increase accessibility for athletes with disabilities (AWD).

For further information on AWD participation and classification opportunities please contact Sarah Jamieson at the Athletics WA office.



Albany Athletics Club (ALB)

Mark Weaver 9845 1215
markandwhitney@bigpond.com

Club Colours: Green, Black and White

Bunbury Athletics Club (BUN)

Jo Gibellini 97919793
jgibellini@bunbury.wa.gov.au

Club Colours: Black and White

Canning Disticts Athletic Club (CAN)

Adam Kroll 0417 029 001
krolladam@hotmail.com

Club Colours: Maroon, Gold and Royal Blue

Curtin Athletics Foundation (CUT)

Simon Chrichton 0412 215 529
slcrichton@hotmail.com

Club Colours: Black and Gold

Gosnells Bullets Athletics Group (GOS)

Adam Davin 9459 5118
gosnellsbullets@westnet.com.au

Club Colours: White and Black

Joondalup Athletics Club (JOON)

Freda Smith 0417 703 656
freda.smith@ecu.edu.au

Club Colours: TBC

Mandurah/Rockingham Athletics Club (MR)

June Streeter 0404 383 721
junehs@bigpond.com

Club Colours: Blue and White

Masters Athletics WA (MAWA)

Bob Schickert 9330 3803
rschicke@bigpond.net.au

Club Colours: White, Black and Gold

Melville Athletics Club (MLV)

Roger Parenzee 0437 709 550
seniors@melvilleroar.com

Club Colours: Orange and Black

North Beach Athletics Club (NBA)

Paul Edmiston 0413 010 981
paul@nbablues.com

Club Colours: Light blue and dark blue

Ridgewood Athletics Club (RID)

Bernadette Hennighan 9407 8440
bernie5369@hotmail.com

Club Colours: Red and Navy blue

Stirling Swans Athletics Club (SSN)

Robyn See 0411 232 097
seeco1@westnet.com.au

Club Colours: Red, Black and White

Surf Live Saving WA (SLSWA)

Glenn Ross 0421373080
rossg@transfield-worley.com.au

Club Colours: Red and Yellow

University Of WA (UWA)

Kylie Wheeler 0418 905 442
kylie.wheeler@uaathletics.org.au

Club Colours: Yellow, Blue and Green

West Track Club (WTC)

Russell Mathanda 0403 466 003
xlnsport@gmail.com

Club Colours: Navy Blue, Yellow and White

2011/2012 STRIVE TRACK AND FIELD COMMITTEE

Stephen Stingemore

Marion Buchanan

David Carr

Jacque Cattermole

Geoff Garnett

Grant Ward

Kylie Wheeler (Athletics WA)



ATHLETICS WA CHIEF OFFICIALS

Competition Directors:	Wayne Loxley, John de Bes
Meeting Manager:	Kylie Wheeler
Track Referee:	Geoff Garnett
Assistant Track Referee/Chief Umpire:	Bob Schickert
Field/Throws Referee:	June Streeter
Jumps Referee/High Jump Coordinator:	Bob Chalmers
Pole Vault Coordinator/Chief Walks Judge:	Marion Buchanan
Technical Manager/Combined Events Coordinator:	Bruce Wilson
Joint Walks Coordinators:	Terry Jones, Jacquie Cattermole
Horizontal Jumps Coordinator:	Steve Mladenis
Starting Panel	Kevan Hook Iain MacLennan, David Crute, Eric West, Greg Clarke
Track Marshals:	Stephen Stingemore, Wayne Loxley



Track Judges/Umpires:	Doug Lambert (Chief), Jackie Halberg, David Carr, Henri Cortis, Christine Oldfield, John Oldfield, Bob Schickert, Lynne Schickert, Valerie Prescott
Timekeepers:	Persephone Lazarakis, Margaret Devine
Chief lap scorer:	Jackie Halberg
Horizontal Jumps:	Lee Derby, Alex Mata, Cecilia Mata, Jennifer Wheatley, Karen Simmons
Throws:	Lynne Schickert, Yvonne Flavel, Kate Glass, Anne Cowie, Karen Simmons, Joan Howard, Gavin Howard
Pole Vault:	Bruce Pearce, Carolyn Unsworth, Rowland Hill
High Jump:	Bob Chalmers, Greg Wilson



Walks:	Amy Dibb, Marie Fitzsimmons, Debbie Gooch, Rose-Maree Holloway, Linda D'Agnone, Bev McCagh, Nicky Smith
Results/Photofinish:	David Smith, Lee Hartley, Shennae Hartley, Dominique Paskos, Vicky Oliver, Roger Brown
Results Coordinator:	David Smith, Kylie Wheeler
Records Officer:	Stephen Stingemore, Anne Stingemore
Registrar:	Anne Stingemore, Peggy Griffiths,
Uniforms:	Sharon Brown
Track Commentators:	Alex Malcolm, Mark Blatchford, Travis Jenkins
Rankings Officers:	Alex Mata, Alex Malcolm



RULES AND REGULATIONS

The Strive Track and Field Committee is responsible for programming and the conduct of the Interclub Track & Field Competition in accordance with the IAAF and AAU Rules, and such other rules as laid down by Athletics WA.

Timetables of Events may be subject to change as circumstances warrant. Up to date programs will be available on the website www.waathletics.org.au

Only competing athletes and officials are permitted on the arena. Athletes and officials accessing event sites are to move around the outside of the track.

Athletes must turn at least 12 years of age in 2012 to become a registered member of Athletics WA unless special request results in Athletics WA granting permission.

Athletes must have registered with AWA (either through their club or directly) by the Wed prior to their first competition. This enables names & competition numbers to be entered into the system. Registration fees are \$10 for club members (including WALA athletes) & \$20 for non club members.

Athletes who have completed their registration with AWA on the Wed prior to their first competition can collect their competition number from the AWA office or pick it up on competition day from the registration desk.

All athletes must wear their AWA registration numbers on the front AND back except for vertical jump events.

Athletes must sign in and pay their competition fee at the registration desk as well as sign in for the track events they wish to contest. Sign up for track events will close 45min before the scheduled start time for that event. The on day competition fee will be \$10 for club, and AWA, WALA and MAWA u18 members, and \$15 for Independent (18yrs +) members registered with AWA, regardless of the number of events nominated. (For those who cannot make their event 45min before commencement, contact the Athletics WA office on the Thursday by 5pm, prior to the competition).

Athletes then need to proceed to the start point of their event no later than 10 minutes before start time.

FIELD

Events that are offered twice on the program are distinguished either by gender or division and athletes may only compete in one as indicated on the program and their division (as graded).

Competitors are all entitled to three trials & the top 8 (time permitting) an extra three trials

In throwing events competitors are to use implements applicable to their age group.

To alleviate any shortage of officials and to assist in complying to the schedule, competitors may be required to retrieve implements and/or assist the measurer.

HIGH JUMP

The event is offered twice on each program. The division indicated on the program is to be determined by the athletes starting height as indicated below

MEN & WOMEN	Div A:	1.55m+ (Recommended for jumpers with PB's = 1.75m+)
	Div B:	1.20m+

Suggested bar increments between rounds is five centimetres when six or fewer competitors remain. The bar should not be raised by less than two centimetres after any round.

POLE VAULT

Initial bar increments to be 20cm, then 3 x 15cms then by 10cms, except in a case of a possibility of a record qualifying height.

Exceptions:

In both pole vault and high jump, when a competitor is within 5 cm of a Western Australian State Record or of a qualifying standard for Australian Championships or International Competition, for which he/she has not already qualified, the competitor may request a rise of a smaller increment and the event then to continue to completion.

In pole vault and high jump, the competitor **MUST** enter at the height of the bar at the time of entry in to the event.

TRACK

Athletes will be selected for heats as per their ranking after nominations have closed. Divisions may be filled at the discretion of the Marshal.

All events starting in lanes will be subject to a lane draw randomly generated. Lane draws for a massed start are subject to the Marshal's discretion.

No trials shall be permitted after the Starter, or Official in charge, has called the competitors to assemble behind their mark to await the call of the Starter.

In 800m events, all heats are to start in lanes with up to 2 persons per lane.

Athletes competing in Athletics WA events are competing under IAAF guidelines and are therefore to adhere to the IAAF False Start rule implemented as of January 1, 2010. Any athlete committing one false start will be automatically disqualified. The Under 14 age exemption may be applied at Interclub competition at the discretion of the marshal / track referee.

Dispensation will be afforded to Under 14 age group (and younger) athletes in age-group events such as WA All Schools or WA Junior Championships.

STARTING TIME OF EVENTS

An official will be at each field site 30 minutes before the scheduled start time to assist competitors in warm up as required.

All competitors shall report to the Marshal or Official in charge, no later than 10 minutes before the declared start of the event.

In field events competitors may compete in any round they are present for. If they are engaged in another event, the officials should change the order of competitors within the round to help the maximum number of athletes. In throwing and horizontal jumps new competitors may not start after the fourth round has commenced.

A competitor who has been given leave to compete in another event (as above) must report, as soon as possible after completion of the event for which leave has been granted, to the Field Judge who gave leave, who will direct, the manner in which the competitor is to take further trials. As per IAAF Rule 142 Para 3.

CLOTHING AND REGISTRATION NUMBERS

All competitors must wear the approved uniform of their club, as shown in the Club Directory of this handbook, with their current registration number securely attached by each corner to the back and front of the top.

In Track events, the Marshal shall be responsible for the athlete to be correctly attired.

In Field events, the Official in charge of the event is responsible for the athlete to be correctly attired, and may prevent incorrectly attired athletes from competing.

No athlete will proceed on to the track or any field site unless correctly attired.

All athletes may have their footwear checked by a member of the Starting Panel or Field Referee.

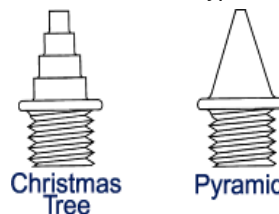
Spikes - No competitor shall be permitted to wear spikes projecting more than:

Track spikes must not exceed 7mm

Field spikes must not exceed 9mm except for

Javelin & High Jump which must not exceed 12mm

Below are the two types of spikes that are recommended for use at the WA Athletics Stadium:



Christmas Tree

Pyramid

Athletes must wear their 2011/2012 registration numbers in order to compete. *The athlete shall not deface or cut off any advertisement material printed on the issued registration number, the whole of which must be visible.* It is the responsibility of the Officials in charge of the event to check that all athletes correctly are wearing the current registration number.

Any athlete wearing another athlete's registration number will be disqualified, as will the athlete who gave him/her the numbers to wear and neither will be permitted to compete for the remainder of the day.

EQUIPMENT

Private implements must be stamped by the Athletics WA Technical Officer. Implements must be handed in to be weighed no later than 1 hour before the event. No other private implements may be taken on to the field.

All athletes must use the blocks provided by Athletics WA.

Starting blocks must be used for all races up to and including 400 metres (including the first leg of the 4 x 100m and 4 x 400m relays). (IAAF Rule 162.1).

SPECIAL EVENTS

Special Events will only be approved by the Athletics WA staff in consultation with the relevant referee. Such events should preferably be requested at least one week prior to the event and will be posted on the Athletics WA website at least 48 hours prior to the event.

Women In Men's Events:

Women will be permitted to compete in men's interclub track events. They will join in the MEN'S EVENT for which their best performance qualifies them.

RECOGNISING RECORDS

If a record is broken during competition, it is the responsibility of the competitor concerned to obtain a record form from the registration desk. The relevant information and signatures must be obtained immediately and the form then handed to the registrar / Athletics WA office. The record will be ratified or rejected at a subsequent Track and Field Committee Meeting. If the above procedure is not followed then the performance may not be recognised as a record.

The athlete's birth certificate must be produced within 7 days of claiming of an age record if not previously registered with Athletics WA.

Implements used in Records:

The Referee (Official) of the event is to impound after the end of the event and hand to the Technical Manager the implements and measuring equipment used, after which a certificate will be forwarded to the Track and Field Committee to certify correctness.

Athletes wishing to attempt a Track Record must advise the Track Referee so that the correct numbers of watches are used as back up for the electronic timing.

Unless the required number of qualified officials are on site it is not possible for records to be allowed.

Records for events of 400m or less shall only be granted if electronically timed. Hand times are acceptable for 800m or longer.

Performances in solo or mixed (gender &/or age) events are valid for WA State records

QUALIFYING FOR AUSTRALIAN NATIONAL CHAMPIONSHIPS

Athletes attempting to qualify for National events must also fulfil the above requirements, but hand times *ARE* acceptable for sprint events.

PROTESTS

Protests concerning the status of a registered athlete to participate in an event **MUST** be made prior to commencement of such event to the Referee. If the matter cannot be settled in a satisfactory manner prior to the event, the athlete shall be allowed to compete "Under Protest" and the matter will be determined by the Athletics WA staff in consultation with the referee.

Protests relating to matters which develop during the conduct of the programme *should be made within thirty (30) minutes after the event concludes. In the case of track results, half an hour after the result is posted.* In the event the protest cannot be resolved, athletes may be able to compete "Under Protest."

Any protests shall, in the first instance, be made verbally (146 4b) to the Referee by the athlete or by someone acting on his/her behalf. The Referee may decide on the protest or may refer the matter to the Jury. If the Referee makes a decision, there shall be the right to appeal to Jury. An application to the Jury of Appeal **MUST** be made in writing and signed by a responsible club official on behalf of the athlete and must be accompanied by a *deposit of \$20.00* before the appeal is heard. The deposit will be forfeited if the appeal is considered to be frivolous. The time of the original verbal request must be noted.

ASSISTANCE TO ATHLETES

Coaches and spectators must remain off the track and other competition areas at all times. Some access to the area below the grandstand is acceptable but generally coaches and spectators should remain behind the perimeter fence. Assistance given to athletes by personnel too close to the track or other competition areas can lead to a warning and then disqualification of an athlete receiving such assistance. (Please refer to IAAF Rule 144). Athletes must remain in the competition area as designated by the referee and chief judge.

TRAINING

No training for any event will be permitted during Strive Competition.

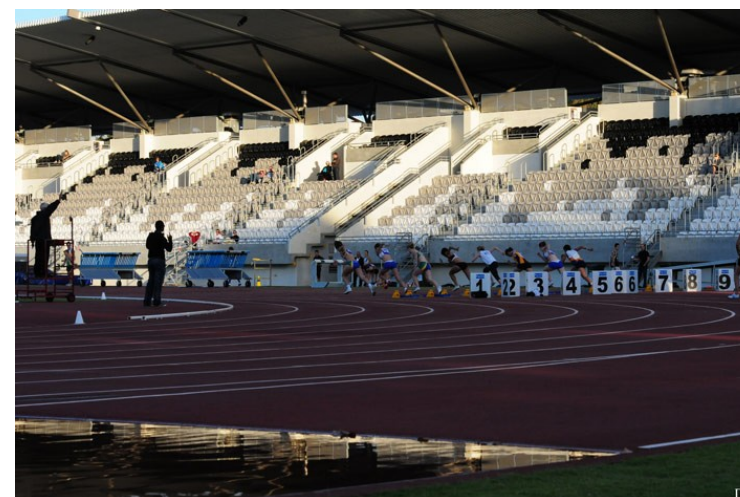
EMERGENCY PROCEDURE

In the event of a first aid emergency occurring at any Strive Track and Field competition conducted by Athletics WA, the following procedure will apply:

An accredited official, who possesses an appropriate first aid certificate, wearing a green fluorescent shirt or red arm band is the designated person in control of the emergency and will coordinate the required treatment to the injured person.



Date	Club
4th November 2011	Canning Districts/Mandurah-Rockingham
18th November	Curtin
23rd November	North Beach/Melville
2nd December	Stirling Swans
9th December	University of Western Australia
16th December	West Track
6th January 2012	AWA non-club members
13th January	SLSWA/Ridgewood/Gosnells/Joondalup
20th January	Canning Districts/Mandurah-Rockingham
27th January	Curtin
3rd February	North Beach/Melville
17th February	Stirling Swans
24th February	University of Western Australia
2nd March	West Track
9th March	AWA non-club members
16th March	SLSSA/Ridgewood/Gosnells/Joondalup
23rd March	Canning Districts/Mandurah-Rockingham



Date	Day	Event	Venue
2 Sep 2011	Fri	Schools Knock Out	WAAS
3 Sep	Sat	Be Active Mullewa Gift	Mullewa
12-16 Sep	Mon-Fri	ACC Carnivals	WAAS
15-16 Sep	Thu-Fri	PSA Carnivals	WAAS/Ern Clarke
20 Sep	Tue	IGSSA Carnival	WAAS
19, 21-23 Sep	Mon-Fri	ACC Carnivals	WAAS
2 Oct	Sun	Women's Only Fun Run	Mt Claremont
15 Oct	Sat	Dardanup Gift	Dardanup
20-21, 24-27 Oct	Thu-Thu	School Sport WA Carnivals	WAAS
4 Nov	Fri	Strive T & F Program A	WAAS
11-13 Nov	Fri-Sun	WA All Schools Championships	WAAS
18 Nov	Fri	Strive T & F Program B	WAAS
23 Nov	Wed	Strive T & F Prog C/U18 4x400m state relays	WAAS
2 Dec	Fri	Strive T & F Reduced Program TBA	WAAS
3-4 Dec	Sat-Sun	Australian All Schools Championships	Brisbane
9 Dec	Fri	Strive T & F Program D (condensed)	WAAS
10 Dec	Sat	Zatopek:10	Melbourne
11 Dec	Sun	WALA State Relays	WAAS
16 Dec	Fri	Strive T & F Program A/Bankwest LA Challenge/U18 4x100m state relays	WAAS
6 Jan 2012	Fri	Strive T & F Program B	WAAS
13 Jan	Fri	Strive T & F Program C	WAAS
14 Jan	Sat	Brisbane Track Classic	Brisbane
18 Jan	Wed	Strive T & F Program D	WAAS
21 Jan	Sat	Hunter Track Classic	Newcastle
27 Jan	Fri	Strive T & F Program A/ Open 4x400m relays	WAAS
28 Jan	Sat	Adelaide Track Classic	Adelaide
28-29 Jan	Sat-Sun	WA State Combined Events Championships	WAAS
3 Feb	Fri	Strive T & F Program B/Open 4x100m relays	WAAS
4 Feb	Sat	Domain Track Classic	Hobart

*NB: Both Junior and Open State Champs to be held in conjunction with Strive T & F Interclub Program

Date	Day	Event	Venue
11 Feb	Sat (AM)	WALA State Multis	WAAS
11 Feb	Sat	Perth Track Classic	WAAS
17 Feb	Fri	WA Junior Champs Day 1/Strive T & F*	WAAS
18 Feb	Sat	Sydney Track Classic (AA Tour)	Sydney
24 Feb	Fri	WA Junior Champs Day 2/Strive T & F*	WAAS
2 Mar	Fri	WA Junior Champs Day 3/Strive T & F*	WAAS
3-4 Mar	Sat-Sun	Melb Track Classic (AA Tour)/Olympic Trials	Melbourne
3-4 Mar	Sat-Sun	WALA Zones	WAAS
9 Mar	Fri	Strive T & F	WAAS
16 Mar	Fri	WA Open T & F Champs Day 1/Strive T & F*	WAAS
16-18 Mar	Fri-Sun	Australian Junior Championships	Sydney
17-18 Mar	Sat-Sun	WALA State Championships	WAAS
23 Mar	Fri	WA Open T & F Champs Day 2/Strive T & F*	WAAS
24-25 Mar	Sat-Sun	MAWA State Championships	WAAS
1 Apr	Sun	WA Open T & F Champs Day 3/Strive T & F*	WAAS
13-15 Apr	Fri-Sun	Australian T & F Championships	Melbourne
22 Apr	Sun	Bankwest Gallipoli Run	Kings Park

*NB: Both Junior and Open State Champs to be held in conjunction with Strive T & F Interclub Program



Program A		
Friday	Event	Gender
6.30pm	60m	Women
6.30pm	3000m	Women
6.45pm	60m	Men
6.45pm	3000m	Men
7.00pm	200m Hurdles	Both
7.15pm	400m Hurdles	Both
7.30pm	1500m Walk	Both
7.45pm	800m	Women
8.00pm	800m	Men
8.20pm	200m	Women
8.40pm	200m	Men

Program B		
Friday	Event	Gender
6.30pm	3000m Walk	Both
6.30pm	100m	Women
6.50pm	100m	Men
7.10pm	1500m	Women
7.25pm	1500m	Men
7.40pm	400m	Women
7.55pm	400m	Men
8.10pm	3km Steeplechase	Both
8.25pm	80/90m Hurdles	Both
8.35pm	100m Hurdles	Both
8.45pm	110m Hurdles	Men

Program C		
Friday	Event	Gender
6.30pm	200m	Women
6.45pm	200m	Men
7.00pm	1500m Walk	Both
7.15pm	800m	Women
7.30pm	800m	Men
7.50pm	5000m	Both
8.00pm	100m	Women
8.15pm	100m	Men
8.30pm	200m Hurdles	Both
8.45pm	400m Hurdles	Both

Program D		
Friday	Event	Gender
6.15pm	5000m Walk	Both
6.30pm	80/90m Hurdles	Both
6.40pm	100m Hurdles	Both
6.50pm	110m Hurdles	Men
7.00pm	2km Steeplechase	Both
7.20pm	100m	Women
7.40pm	100m	Men
8.00pm	1500m	Women
8.15pm	1500m	Men
8.30pm	400m	Women
8.45pm	400m	Men

NB: Starting heights for HJ: Div A = 1.55m, Div B = 1.20m

Program A		
Friday	Event	Gender
6.30pm	Pole Vault	Both
6.30pm	Long Jump	Men
6.30pm	Triple Jump	Women
6.30pm	High Jump	Div B
6.30pm	Javelin	Div A
6.30pm	Shot Put	Div B
7.00pm	Shot Put	Div A
7.15pm	Javelin	Div B
7.45pm	Discus	Div A
8.00pm	High Jump	Div A
8.00pm	Long Jump	Women
8.00pm	Triple Jump	Men
8.15pm	Discus	Div B

Program B		
Friday	Event	Gender
6.30pm	Pole Vault	Both
6.30pm	Long Jump	Women
6.30pm	Triple Jump	Men
6.30pm	High Jump	Div A
6.30pm	Javelin	Div B
6.30pm	Shot Put	Div A
7.00pm	Shot Put	Div B
7.15pm	Javelin	Div A
8.00pm	High Jump	Div A
8.00pm	Long Jump	Men
8.00pm	Triple Jump	Women
8.00pm	Hammer	Both

Program C		
Friday	Event	Gender
6.30pm	Pole Vault	Both
6.30pm	Long Jump	Men
6.30pm	Triple Jump	Women
6.30pm	High Jump	Div B
6.30pm	Discus	Div A
6.30pm	Shot Put	Div B
7.00pm	Shot Put	Div A
7.20pm	Discus	Div B
8.00pm	High Jump	Div A
8.00pm	Long Jump	Women
8.00pm	Triple Jump	Men
8.00pm	Hammer	Both

Program D		
Friday	Event	Gender
6.15pm	Hammer	Both
6.30pm	Pole Vault	Both
6.30pm	Long Jump	Women
6.30pm	Triple Jump	Men
6.30pm	High Jump	Div A
6.45pm	Javelin	Div B
7.15pm	Discus	Div B
7.45pm	Javelin	Div A
8.00pm	High Jump	Div B
8.00pm	Long Jump	Men
8.00pm	Triple Jump	Women
8.15pm	Discus	Div A

AGE	SHOT	DISCUS	JAVELIN	HAMMER	WEIGHT THROW	(lb)
MEN						
Open	7.26kg	2kg	800g	7.26kg	—	
Under 20 IAAF/World Juniors	7.26kg	2kg	800g	7.26kg	—	
Under 20 (19 years)	6kg	1.75kg	800g	6kg	—	
Under 19 (18 years)	6kg	1.75kg	800g	6kg	—	
Under 18 (17 years)	5kg	1.5kg	700g	5kg	—	
Under 17 (16 years)	5kg	1.5kg	700g	5kg	—	
Under 16 (15 years)	4kg	1kg	700g	4kg	—	
Under 15 (14 years)	4kg	1kg	700g	4kg	—	
Under 14 (13 years)	3kg	1kg	600g	—	—	
Under 13 (12 years)	3kg	1kg	600g	—	—	
30-49 years	7.26kg	2kg	800g	7.26kg	15.880kg	(35lb)
50-59 years	6kg	1.5kg	700g	6kg	11.340kg	(25lb)
60-69 years	5kg	1kg	600g	5kg	9.072kg	(20lb)
70-79 years	4kg	1kg	500g	4kg	7.258kg	(16lb)
80+ years	4kg	1kg	400g	4kg	5.449kg	(12lb)

AGE	SHOT	DISCUS	JAVELIN	HAMMER	WEIGHT THROW	(lb)
WOMEN						
Open	4kg	1kg	600g	4kg	—	
Under 20 (19 years)	4kg	1kg	600g	4kg	—	
Under 19 (18 years)	4kg	1kg	600g	4kg	—	
Under 18 (17 years)	3kg	1kg	500g	3kg	—	
Under 17 (16 years)	3kg	1kg	500g	3kg	—	
Under 16 (15 years)	3kg	1kg	400g	3kg	—	
Under 15 (14 years)	3kg	1kg	400g	3kg	—	
Under 14 (13 years)	3kg	1kg	400g	—	—	
Under 13 (12 years)	3kg	1kg	400g	—	—	
30-49 years	4kg	1kg	600g	—	9.072kg	(20lb)
50-59 years	3kg	1kg	500g	—	7.258kg	(16lb)
60+ years	3kg	1kg	400g	—	5.449kg	(12lb)

STEEPLECHASE SPECIFICATIONS

AGE	TOTAL DISTANCE	STEEPLE HEIGHT
Open & U20 Men	3000m	91.4cm
Open Women	3000m	76.2cm
U20 Schools, U18 Men	2000m	91.4cm
U16 Men & U20, U18 Women	2000m	76.2cm
30-59 Men	3000m	91.4cm
60+ Men, 30+ Women	2000m	76.2cm

HURDLE SPECIFICATIONS

AGE	TOTAL DISTANCE	NUMBER OF HURDLES	HURDLE HEIGHT	DISTANCE TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE TO FINISH
MEN						
Open & U20 IAAF/World Juniors	110m	10	106.7cm	13.72m	9.14m	14.02m
U20 (19 years)	110m	10	99.1cm	13.72m	9.14m	14.02m
U19 (18 years)*	110m	10	99.1cm	13.72m	9.14m	14.02m
U18 (17 years)	110m	10	91.4cm	13.72m	9.14m	14.02m
U17 (16 years)*	110m	10	91.4cm	13.72m	9.14m	14.02m
U16 (15 years)	100m	10	84.0cm	13.00m	8.50m	10.50m
U15 (14 years)*	100m	10	84.0cm	13.00m	8.50m	10.50m
U14 (13 years)	90m	9	76.2cm	13.00m	8.00m	13.00m
U13 (12 years)*	80m	9	76.2cm	12m	7m	12m
Open & U20	400m	10	91.4cm	45.00m	35.00m	40.00m
U19 (18 years)*	400m	10	91.4cm	45.00m	35.00m	40.00m
U18 (17 years)	400m	10	84.0cm	45.00m	35.00m	40.00m
U17 (16 years)*	200m	10	76.2cm	18.29m	18.29m	17.10m
U16 (15 years)	200m	10	76.2cm	18.29m	18.29m	17.10m
U15 (14 years)*	200m	10	76.2cm	18.29m	18.29m	17.10m
30-49 years	110m	10	99.1cm	13.72m	9.14m	14.02m
50-59 years	100m	10	91.4cm	13.00m	8.50m	10.50m
60-69 years	100m	10	84.0cm	16.00m	8.00m	12.00m

* ADDITIONAL AGE GROUPS—Recommended Hurdle Specifications

HURDLE SPECIFICATIONS

AGE	TOTAL DISTANCE	NUMBER OF HURDLES	HURDLE HEIGHT	DISTANCE TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE TO FINISH
MEN (CONTINUED)						
70-79 years	80m	8	76.2cm	12.00m	7.00m	19.00m
80+ years	80m	8	68.6cm	12.00m	7.00m	19.00m
30-49 years	400m	10	91.4cm	45.00m	35.00m	40.00m
50-59 years	400m	10	84.0cm	45.00m	35.00m	40.00m
60-69 years	300m	7	76.2cm	50.00m	35.00m	40.00m
70+ years	300m	7	68.6cm	50.00m	35.00m	40.00m
WOMEN						
Open & U20	100m	10	84.0cm	13.00m	8.50m	10.50m
U19 (18 years)*	100m	10	84.0cm	13.00m	8.50m	10.50m
U18 (17 years)	100m	10	76.2cm	13.00m	8.50m	10.50m
U17 (16 years)*	100m	10	76.2cm	13.00m	8.00m	13.00m
U16 (15 years)	90m	9	76.2cm	13.00m	8.00m	13.00m
U15 (14 years)*	90m	9	76.2cm	13.00m	8.00m	13.00m
U14 (13 years)	80m	9	76.2cm	12.00m	7.00m	12.00m
U13 (12 years)*	80m	9	76.2cm	12.00m	7.00m	12.00m
Open, U20, U19* U18	400m	10	76.2cm	45.00m	35.00m	40.00m
U17 (16 years)*	200m	10	76.2cm	18.29m	18.29m	17.10m
U16 (15years)	200m	10	76.2cm	18.29m	18.29m	17.10m
U15 (14 years)*	200m	10	76.2cm	18.29m	18.29m	17.10m
30-39 years	100m	10	84.0cm	13.00m	8.50m	10.50m
40-49 years	80m	8	76.2cm	12.00m	8.00m	12.00m
50-59 years	80m	8	76.2cm	12.00m	7.00m	19.00m
60+ years	80m	8	68.6cm	12.00m	7.00m	19.00m
30-49 years	400m	10	76.2cm	45.00m	35.00m	40.00m
50-59 years	300m	7	76.2cm	50.00m	35.00m	40.00m
60+ years	300m	7	68.6cm	50.00m	35.00m	40.00m
* ADDITIONAL AGE GROUPS—Recommended Hurdle Specifications						

MEN - OUTDOOR

EVENT	PERF.	NAME	CLUB/ STATE/ NAT	EVENT	PERF.	NAME	CLUB/ STATE/ NAT
100 METRES							
WA Open	10.17	R. MAPSTONE	CUT	All-Comers	10.11	L. CHRISTIE	GBR
					10.11	M. SHIRVINGTON	NSW
WA U20	10.57	K. WATSON	KAR	ACU20	10.57	K. WATSON	KAR
WA U18	10.72	M. ZILM	M/R	AC U18	10.76	M, ZILM	M/R
WA U16	11.01	B. EATON	ND	AC U16	11.18	M. SILLS	QLD
200 METRES							
WA Open	20.18	D. CAPOBIANCO	CUT	All-Comers	20.54	M. DAVIES	QLD
WA U20	20.6	D. CAPOBIANCO	CUT	AC U20	20.6	D. CAPOBIANCO	CUT
WA U18	21.47	R. WILLIAMS	SSN	AC U18	21.45	M. BOUVENG	NSW
WA U16	21.65	A. OLIVER	WA	AC U16	21.6 (h)	M. WREN	MLV
400 METRES							
WA Open	44.86	B. OFFEREINS	WA	All-Comers	44.17	M.MURPHY	NSW
WA U20	46.37	B. OFFEREINS	WA	AC U20	46.51	B. OFFEREINS	M/R
WA U18	47.44	C. TROODE	MLV	AC U18	47.60	C. TROODE	MLV
WA U16	48.42	K. KING	WA	AC U16	49.23	R. WILLIAMS	WA
800 METRES							
WA Open	1:45.70	B. ACRES	UWA	All-Comers	1:46.5	G. ROOTHAM	NSW
WA U20	1:48.5	B. ACRES	UWA	AC U20	1:48.5	B. ACRES	UWA
WA U18	1:49.9	B. ACRES	UWA	AC U18	1:49.9	B. ACRES	UWA
WA U16	1:54.91	A. DONEGAN	SSN	AC U16	1:54.91	A. DONEGAN	SSN
1500 METRES							
WA Open	3:35.6	H. ELLIOT	WA	All-Comers	3:39.65	Y. ABDI	NSW
WA U20	3:45.0	H. ELLIOT	WA	AC U20	3:47.9	S. STINGEMORE	MLV
WA U18	3:52.9	S. STINGEMORE	MLV	AC U18	3:52.9	S. STINGEMORE	MLV
WA U16	4:01.46	M. SEE	WA	AC U16	4:03.99	M. POWER	VIC

MEN - OUTDOOR

EVENT	PERF.	NAME	CLUB/ STATE/ NAT	EVENT	PERF.	NAME	CLUB/ STATE/ NAT
200m HURDLES							
WA U16	24.54	J. BEZUIDENHOUT	WA	AC U16	27.27	D. ZIVANOVIC	VIC
400m HURDLES							
WA Open	49.49	N. WARD	CUT	All-Comers	49.02	J. MUZIK	CZE
WA U20	50.54	M. PILLAY	UWA	AC U20	50.97	M. PILLAY	UWA
WA U18	52.38	R. WILLIAMS	WA	AC U18	52.80	J. GOODWIN	VIC
WA U16				AC U16			
HIGH JUMP							
WA Open	2.31m	D. ANDERSON	MLV	All-Comers	2.36	K. MATUSEZICH	ISR
WA U20	2.20	M. ALLEN	BEL	AC U20	2.25	T. FORSYTH	VIC
		J. POZZI	UWA				
WA U18	2.15	D. ANDERSON	MLV	AC U18	2.15	L. THOMPSON	NSW
		M. ALLEN	BEL				
		J. POZZI	UWA				
WA U16	2.12	D. ANDERSON	MLV	AC U16	2.14	M. SILLS	QLD
LONG JUMP							
WA Open	8.04	P. MAY	NED	All-Comers	8.33	C. NOFFKE	QLD
WA U20	7.80	R. MOORE	COB	AC U20	7.80	R. MOORE	COB
WA U18	7.65	R. MOORE	COB	AC U18	7.32	R. MOORE	COB
WA U16	7.08	R. MOORE	COB	AC U16	6.87	E. SURJAN	MLV
TRIPLE JUMP							
WA Open	17.02	P. MAY	NED	All-Comers	17.02	P. MAY	NED
WA U20	16.13	J. BAGULEY	MLV	AC U20	16.13	J. BAGULEY	MLV
WA U18	15.55	J. WRIGHT	UWA	AC U18	15.55	J. WRIGHT	UWA
WA U16	14.59	S. CASSEY	KAR	AC U16	15.58	B. BEAMS	VIC
DISCUS							
WA Open	59.30	J. HANCY	CUT	All-Comers	64.96	W. REITERER	VIC
WA U20	58.42	B. LAIDLER	CUT	AC U20	58.42	B. LAIDLER	CUT
WA U18	63.76	B. LAIDLER	CUT	AC U18	63.76	B. LAIDLER	CUT
WA U16	69.48	B. LAIDLER	CUT	AC U16	70.10	T. DRIESSEN	VIC

MEN - OUTDOOR

EVENT	PERF.	NAME	CLUB/ STATE/ NAT	EVENT	PERF.	NAME	CLUB/ STATE/ NAT
SHOT PUT							
WA Open	18.40	M. BARBER	CUT	All-Comers	20.07	J. ANLEZARK	QAS
WA U20	17.29	M. COWIE	SSN	AC U20	18.47	J. MINNS	VIC
WA U18	19.01	B. LAIDLER	CUT	AC U18	19.01	B. LAIDLER	CUT
WA U16	19.44	B. LAIDLER	CUT	AC U16	19.44	B. LAIDLER	CUT
JAVELIN							
WA Open	82.79	O. DZIUBAK	WAIS	All-Comers	84.92	A. CURREY	NSW
WA U20	75.90	O. DZIUBAK	M/R	AC U20	75.90	O. DZIUBAK	M/R
WA U18	74.57	A. HALL	CUT	AC U18	74.57	A. HALL	CUT
WA U16	67.16	A. HALL	CUT	AC U16	67.16	A. HALL	CUT
POLE VAULT							
WA Open	6.06i	S. HOOKER	WA	All-Comers	5.60	P. BURGESS	SSN
WA U20	6.00	P. BURGESS	SSN	AC U20	5.60	P. BURGESS	SSN
WA U18	5.50	P. BURGESS	SSN	AC U18	5.40	P. BURGESS	SSN
WA U16	4.85	M. TZVETANOV	WA	AC U16	4.81	J. MILLER	FLO
HAMMER							
WA Open	66.86	D. DIONISOPOULOUS	CUT	All-Comers	76.49		
WA U20	61.54	D. DIONISOPOULOUS	CUT	AC U20	61.54	D. DIONISOPOULOUS	CUT
WA U18	61.76	M. KELLY	CUT	AC U18	63.93	M. GUSBETH	VIC
WA U16	55.96	M. KELLY	CUT	AC U16	62.21	T. DREISSEN	VIC
DECATHLON							
WA Open	8084	P. WINTER	UWA	All-Comers	7912	P. SCOTT	VIC
WA U20	7433	P. JEFFREY	FLO	AC U20	7027	B. TENNANT	NT
WA U18	6465	P. JEFFREY	FLO	AC U18	6705	M. WORLEY	TAS
WA U16				AC U16			

WOMEN - OUTDOOR

EVENT	PERF.	NAME	CLUB/ STATE/ NAT	EVENT	PERF.	NAME	CLUB/ STATE/ NAT
100 METRES							
WA Open	11.24	C. PEKIN	MLV	All-Comers	11.35	C. GAINES	USA
WA U20	11.54	J. OVENDEN	FLO	ACU20	11.40	S. CLARK	NSW
WA U18	11.8h	G. PICCARDI	MTL	AC U18	11.4h	S. CLARK	NSW
WA U16	12.01	S. OKSUZ	UWA	AC U16	11.93	T. LEWIS	VIC
200 METRES							
WA Open	22.95	C. PEKIN	MLV	All-Comers	22.82	M. GAINSFORD	NSW
WA U20	23.93	J. OVENDEN	FLO	AC U20	23.93	J. OVENDEN	FLO
WA U18	24.6h	J. BENNETT	GOV	AC U18	24.6h	J. BENNETT	GOV
WA U16	24.0	S. BROADRICK	KAR	AC U16	24.0	S. BROADRICK	KAR
400 METRES							
WA Open	50.19	R. POETSCHKA	UWA	All-Comers	51.53	C. FREEMAN	VIC
WA U20	51.38	R. POETSCHKA	UWA	AC U20	51.53	C. FREEMAN	VIC
WA U18	53.60	R. CAMPBELL	UWA	AC U18	53.60	R. CAMPBELL	UWA
WA U16	55.47	R. FRANCISCO	WTC	AC U16	55.47	R. FRANCISCO	WTC
800 METRES							
WA Open	2:00.37	S. ANDREWS	UWA	All-Comers	2:00.71	J. CEPLAK	SLO
WA U20	2:05.3	M. REDDISH	BEL	AC U20	2:05.3	M. REDDISH	BEL
WA U18	2:05.3	M. REDDISH	BEL	AC U18	2:05.3	M. REDDISH	BEL
WA U16	2:08.8	S. JAMIESON	SSN	AC U16	2:07.38	E. ROSE	NSW
1500 METRES							
WA Open	4:14.0	P. LAZARAKIS	ND	All-Comers	4:17.09	P. GRAY	TAS
WA U20	4:16.3	S. JAMIESON	UWA	AC U20	4:19.9	A. RAINES-WHITE	QLD
WA U18	4:21.56	S. JAMIESON	UWA	AC U18	4:19.9	A. RAINES-WHITE	QLD
WA U16	4:26.64	A. REDDISH	BEL	AC U16	4:26.64	A. REDDISH	BEL

WOMEN - OUTDOOR

EVENT	PERF.	NAME	CLUB/ STATE/ NAT	EVENT	PERF.	NAME	CLUB/ STATE/ NAT
3000 METRES							
WA Open	9:28.6	M. REDDISH	BEL	All-Comers	9:24.13	A. RAINES-WHITE	QLD
WA U20	9:28.6	M. REDDISH	BEL	AC U20	9:24.13	A. RAINES-WHITE	QLD
WA U18	9:28.6	M. REDDISH	BEL	AC U18	9:24.13	A. RAINES-WHITE	QLD
WA U16	9:53.13	M. REDDISH	BEL	AC U16	9:53.13	M. REDDISH	BEL
5000 METRES							
WA Open	15:59.13	S. MALAXOS	CND	All-Comers	15:23.5	E. WELLINGS	NSW
WA U20				AC U20			
WA U18				AC U18			
WA U16				AC U16			
10000 METRES							
WA Open	32:46.2	S. MALAXOS	CND	All-Comers	34:26.9	G. MOORE	UWA
WA U20	41:58.0	L. WESTHEAD	NDW	AC U20	41:58.0	L. WESTHEAD	NDW
WA U18	44:21.8	J. CLARK	MLV	AC U18	44:21.8	J. CLARK	MLV
WA U16				AC U16			
2000 METRES STEEPLECHASE							
WA Open				All-Comers			
WA U20				AC U20			
WA U18	6:44.52	A. ANDERSON	UWA	AC U18	6:47.50	A. ANDERSON	UWA
WA U16	6:49.0	S. STOCKWELL	UWA	AC U16	6:57.5	S. STOCKWELL	UWA
3000 METRES STEEPLECHASE							
WA Open	10:26.94	P. HENDON	SS	All-Comers	10:17.5	M. ROLLISON	QLD
WA U20	10:26.94	P. HENDON	SS	AC U20	10:45.4	S. STOCKWELL	UWA
WA U18				AC U18			
WA U16				AC U16			

WOMEN - OUTDOOR

EVENT	PERF.	NAME	CLUB/ STATE/ NAT	EVENT	PERF.	NAME	CLUB/ STATE/ NAT
3000m WALK							
WA Open				All-Comers			
WA U20				AC U20			
WA U18				AC U18			
WA U16	14:05.3	A. NARBEY	CND	AC U16	13:41.63	L. COFFEE	NSW
5000m WALK							
WA Open				All-Comers			
WA U20				AC U20			
WA U18	24:38.8	A. NARBEY	CND	AC U18	24:38.8	A. NARBEY	CND
WA U16				AC U16			
10000m WALK							
WA Open				All-Comers			
WA U20	53:51.9	J. TONTI-FILLIPINI	FLO	AC U20	53:51.9	J. TONTI-FILLIPINI	FLO
WA U18				AC U18			
WA U16				AC U16			
20000m WALK							
WA Open	1h 50:48	L. VENTRIS	WA	All-Comers			
WA U20				AC U20			
WA U18				AC U18			
WA U16				AC U16			
90m HURDLES							
WA Open				All-Comers			
WA U20				AC U20			
WA U18				AC U18			
WA U16	12.73	B. BEAHAN	WA	AC U16	12.80	J. BEASLEY	MLV
100m HURDLES							
WA Open	13.32	J. MOYES	UWA	All-Comers	13.16	S. McLELLAN	QAS
WA U20	13.60	J. BEASLEY	MLV	AC U20	13.60	J. BEASLEY	MLV
WA U18	13.54	B. BEAHAN	WTC	AC U18	13.60	J. BEASLEY	MLV

WOMEN - OUTDOOR

EVENT	PERF.	NAME	CLUB/ STATE/ NAT	EVENT	PERF.	NAME	CLUB/ STATE/ NAT
200m HURDLES							
WA U16	28.79	C. McCANN	UWA	AC U16	28.90	J. STINGEMORE	MEL
400m HURDLES							
WA Open	55.37	L. POETSCHKA	WA	All-Comers	55.86	L. BODEN	ACT
WA U20	56.06	L. POETSCHKA	UWA	AC U20	57.74	L. POETSCHKA	UWA
WA U18	57.06	R. CAMPBELL	UWA	AC U18	57.78	R. CAMPBELL	UWA
WA U16				AC U16			
HIGH JUMP							
WA Open	1.98m	V. WARD	CUT	All-Comers	1.98m	V. WARD	CUT
	1.98	A. INVERARITY	UWA				
WA U20	1.90	E. PETTITT	WTC	AC U20	1.90	E. PETTITT	WTC
WA U18	1.85	J. MILLINGTON	UWA	AC U18	1.85	J. MILLINGTON	UWA
					1.85	C. HUNTER	QLD
WA U16	1.78	C. ANNISON	SCAR	AC U16	1.85	C. HUNTER	QLD
LONG JUMP							
WA Open	6.57	K. REED	CUT	All-Comers	6.47	K. REED	CUT
WA U20	6.45	S. OKSUZ	UWA	AC U20	6.41	S. OKSUZ	UWA
WA U18	6.45	S. OKSUZ	UWA	AC U18	6.45	S. OKSUZ	UWA
WA U16	6.32	S. OKSUZ	UWA	AC U16	6.33	K. THORLEY	NSW
TRIPLE JUMP							
WA Open	14.04	N. MLADENIS	UWA	All-Comers	14.04	N. MLADENIS	UWA
WA U20	12.77	T. REYNOLDS-HOPKINS	WA	AC U20	12.53	N. MLADENIS	UWA
WA U18	12.77	T. REYNOLDS-HOPKINS	WA	AC U18	12.43	L. WICKHAM	VIC
WA U16	12.42	T. REYNOLDS-HOPKINS	WA	AC U16	12.09	T. REYNOLDS-HOPKINS	WA
DISCUS							
WA Open	52.62	V. FRENCH	UWA	All-Comers	64.34	D. COSTIAN	QLD
WA U20	51.36	V. FRENCH	BEL	AC U20	51.36	V. FRENCH	BEL
WA U18	48.96	I. LIVICH	KAR	AC U18	48.96	I. LIVICH	KAR
WA U16	44.96	C. PALMER	CUT	AC U16	47.24	Y. YKEMA	VIC

WOMEN - OUTDOOR

EVENT	PERF.	NAME	CLUB/ STATE/ NAT	EVENT	PERF.	NAME	CLUB/ STATE/ NAT
SHOT PUT							
WA Open	14.45	A. ROVIS-HERMANN	MTL	All-Comers	17.97	G. MARTIN	ACT
WA U20	13.90	V. FRENCH	BEL	AC U20	15.15	B. SERONE	NSW
WA U18	13.90	V. FRENCH	BEL	AC U18	14.72	N. CARKEER	VIC
WA U16	13.22	L. WAI	MLV	AC U16	13.38	H. BARKER	VIC
JAVELIN							
WA Open	63.49	K. MICKLE	WA	All-Comers	63.49	K. MICKLE	WA
WA U20	52.77	K. MICKLE	WA	AC U20	49.56	J. GETHING	CUT
WA U18	51.83	K. MICKLE	WA	AC U18	49.56	J. GETHING	CUT
WA U16	45.13	K. MICKLE	WA	AC U16	47.24	M. WYLIE	QLD
POLE VAULT							
WA Open	4.72m	K. HOWE	WA	All-Comers	4.50m	E. GEORGE K. HOWE A. BOYD	WA CUT WA
WA U20	4.40m	V. PARNOV E. PARNOV	WA WA	AC U20	4.40m	E. PARNOV	WA
WA U18	4.40m	V. PARNOV E. PARNOV	WA WA	AC U18	4.40m	E. PARNOV	WA
WA U16	4.15m	V. PARNOV	UWA	AC U16	4.10m	V. PARNOV	UWA
HAMMER							
WA Open	63.15m	B. GLASS	SSN	All-Comers	68.37m	B. EAGLES	NSW
WA U20	54.36m	B. GLASS	SSN	AC U20	54.36m	B. GLASS	SSN
WA U18	48.49m	A. BROWN	WA	AC U18	50.21m	N. ROBERTSON	NSW
WA U16	45.67m	A. BROWN	ND	AC U16	44.35m	A. BROWN	ND
DECATHLON							
WA Open	6369	K. WHEELER	AUS	All-Comers	5938	C. STANTON	KAR
WA U20	5229	M. WHEALEY	WA	AC U20	4920	K. WHEELER	UWA
WA U18	4862	R. ORMSBY	WA	AC U18	4939	P. KENNEDY	VIC
WA U16	4825	M. WHEATLEY	WA	AC U16	4633	J. WARD	NSW