

Wallsend Athletics Club

(Incorporating Wallsend RSL Little
Athletics Centre)



2026-27 Centre Handbook

info@wallsendathleticsclub.org.au

Welcome to Wallsend Athletics Club

Wallsend Athletics Club is a community built on fun, fitness, family involvement, and personal achievement. Whether your child is taking their first steps in athletics or returning for another season, we're excited to support them as they grow, learn, and enjoy the sport.

Our mission is simple: **help every athlete do their best, feel included, and have fun.**

Athletics is about running, jumping, throwing — but most importantly, building confidence and friendships.

Parents and carers are a vital part of our club. Your presence, encouragement, and involvement help create a safe, positive environment for all athletes.

Everything you need for a smooth Monday night (Summary)

Arrival: Please arrive 10 minutes early. All athletes meet at the 50m line. Tiny Tots meet at the 100m line.

Start Time: 5.30pm for all age groups.

What to Bring: Club shirt, black shorts/tights, water bottle, jacket, and a parent/carers who stays on-site.

Parent Role: Every family helps with simple event tasks — no experience needed.

Wet Weather: Updates posted on Facebook at 4pm.

Communication:

- Visit our website: www.wallsendathleticsclub.org.au
- Follow us on Facebook and instagram: *Updates, reminders, and last-minute announcements — including wet weather cancellations — are posted regularly.*

Our **Facebook page** is also your space! Feel free to share photos, stories, and season highlights — we love seeing your experiences and celebrating your achievements.

Club Values

Our club is built on:

- **Effort over results**
- **Kindness and respect**
- **Fun and friendship**
- **Safety and inclusion**
- **Community spirit**
- **Support for every athlete**

Committee Members for 2026-27 Season

Wallsend Athletics Club Officers and Officials as elected at the AGM on May 1 st 2026	
Club President	Lee Grant
Senior Vice Presidents	Peter Herd Karren Watson
Vice President	Paul Goeldner
Club Secretary	Rob Browne
Club Administrator	Peter Watson
Treasurer	Nicole McAleer
Registrar (LA + Snr)	Tanya Baldwin
Results / Recorder	<i>Vacant – Handled by Results HQ</i>
Athlete Captains	Rob Browne Fiona Gibson
School Liaison Officer	Hayley Whitchard
Publicity Officers	Rob Browne, Morgan Vosilla, Hayley Whitchard, Paul Goeldner Mel Holahan, Lee Grant
Safety Officer	Paul Goeldner
Member Protection Officers	Lee Grant Karren Watson
Grounds Officers	Dave Browne, Peter Watson Max Teasdale, Rob Browne Peter Herd, Keith Smith Paul Goeldner
Equipment Officers	Max Teasdale, Peter Watson Dave Browne, Rob Browne Peter Herd
Club Coaches	Co-ordinator: Ben Merritt Rob Browne Peter Herd Paul Goeldner Max Teasdale Dave Browne Heather Scott Hayden Steele
Club Executive Members	Mel Holahan, Max Teasdale, Alicia Page
Junior Club Reps	Jess McAleer, Connor McAleer, Jacob Tonga, Ashtyn lorrie, Tynan Lorrie.

What happens on a Monday night?

Who: Girls and boys from ages 3 years born before 31st December, through to Seniors of any ability.

Where: Federal Park, Boscawen Street, Wallsend

Season Starts: Monday 14th Sep 2026

Season Ends: Monday 22nd March 2027

Christmas Holidays: Last night before Christmas Monday 14th December 2026

Return from Christmas: Monday 11th January 2027

(we run on Public Holidays and School Holidays)

Time: All ages 5.30pm start.

It is hard to give a finish time as the program changes each week as we compete on a 3-week cycle. Most weeks are finished between 6.30 and 7.30pm (depending on age group).

All athletes: Each Monday evening begins with any important announcements. Before the announcements, the athletes are to meet in front of the baskets, at the 50m line. The athletes must wait for their age manager in their appropriate age groups then they will be taken to their various event throughout the evening.

Tiny Tots: Each Monday evening Tiny Tots will meet at the 100m line. Tiny Tots then head out to the western end of the field to complete various activities such as; running, jumping, throwing in a modified form, taking into consideration the developmental stage and requirements of such young children. The program encompasses games and activities that have been designed to prepare Tiny Tots for their introduction to athletics in the 6's age group.

Uniform: All children must wear a centre uniform with registration numbers and age numbers. (See page 7 of the handbook). ***It is important to have athlete number sewn or pinned on by week 3. After this time points will not be awarded.***

Wet Weather: If it has been raining during the week/weekend (or Monday) and you are not sure if our weekly competition will be on, we will attempt to have the information on our website and Facebook page close to 4pm. Unless the ground is obviously not able to be used (or closed by council) the decision is left until late as have cancelled based on predictions previously and could have gone ahead.

Emails: Emails are sometimes sent to some or all members through our clubs online system. These emails contain important information such as carnival entry dates, re-registration details and LANSW (Little Athletics NSW) championship information. If you select 'NO' to the mailing list option for your child/ren when you complete your online registration, you will not receive these important details.

Parent Participation

So that athletics is as enjoyable and well run as possible for your children, WE ENCOURAGE, AND NEED YOUR HELP! Parents are asked to actively participate in the operation of the centre by assisting in the running of events at our regular weekly competitions. Don't worry if you feel you may not know enough to assist. There is always someone who will show you. Parents can help with measuring throws or jumps and timing races.

During competition parents and/or guardians must stay at the ground with their child/ren. Do not drop your child/ren off and leave. Unsupervised child/ren can, and will, be excluded from competition.

Equipment out: requires the assistance of parents from the age group to collect from gear shed

Equipment in: please return all equipment to gearshed (especially if last age group of night). Parents are also asked to help with packing away high jump mats at completion of night.

This season we will be asking that each age group have a minimum of 3 "age managers". They will be responsible for collecting age basket and entering of results into results HQ app. Other parents will be responsible for assisting at event eg raking pits, collecting throwing implements etc

Club Meetings

Wallsend Athletics Club Committee meets on the 1st Friday of the month (except no meeting in January) and is held at Wallsend Diggers at 7.30pm. The meeting lasts 1 ½-2 hours and all are welcome. They can also be attended via MS Teams if you contact club for the link.

BBQ & Fundraising

While we don't operate a full-time canteen, we do sell **cold drinks** and aim to fire up the **BBQ every couple of weeks**. These BBQ days will be announced in advance on Facebook and at the grounds.

Every sausage sold helps raise funds for **new equipment**, which directly benefits all of our athletes — so your support is always appreciated!

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 Monday nights in safety. All athletes must be registered before they participate, or signed on for 2 week trial for new athletes. Please refer to Little Athletics NSW/ ANSW for full policies that apply.

Please be aware that spikes are to be worn at event only and not in between events eg. Put on at start line and remove at finish line.

Working with Children

Of utmost importance is the safety and wellbeing of all children and adults. Persons holding certain positions will be required to sign a member protection declaration form. Additionally, we ask all parents to be vigilant and report to the committee anything they feel is of concern in regard to the safety of children.

No Smoking (including vaping) & Alcohol

There is a strict no smoking and no alcohol policy at Wallsend RSL LAC. There is no alcohol to be consumed on the grounds.

Insurance

All registered athletes and parent volunteers who are helpers are covered by insurance taken out by Little Athletics Australia. If you as a parent are injured it must be reported to Committee immediately.

Lost Property

Our lost property collection can be found at the table outside meeting room. Please check regularly for any missing hats, jumpers, shoes etc. The collection of lost property operates under an honor system. Wallsend AC will endeavour to return items which are clearly marked to their owners, but the lost property container will periodically be cleaned out and any unmarked or unclaimed items will be donated to charity.

Championships & Carnivals

General Information

All Little Athletics centres in NSW are divided into zones and regions. Wallsend RSL LAC is in the Port Hunter Zone. The other centres in the Port Hunter Zone are Raymond Terrace, Newcastle City, Stockton, Adamstown/New Lambton, Medowie, Port Stephens, Tilligerry, and Thornton. The Port Hunter Zone is part of region 4. 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 7's-17s age groups from all centres within our Zone are eligible to compete at the Port Hunter Zone. The venue will change from year to year. 7's age group do not progress beyond zone.

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 and location changes depending on which Zone is hosting (Central Coast, Hunter, Lake Macquarie, Port Hunter). 8's age group do not progress beyond Regional.

- *9-12's progress to State championships (top 2 from each region plus 8 next best qualifiers from all Regional Championships).*
- *13-15's – the next 8 best qualifiers will be based on results from Regional Championships, Treloar Shield and Country Championships.*

State 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 (9's- 15's).

16-17's will be able to enter State by direct entry and only need to attend Zone/Regional for competition experience.

Other events for direct entry to State Championship are:

12's -Hammer throw and Pole Vault

13-15's - Hammer throw, Pole Vault and Steeple chase.

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

State Combined Championships (previously State Multi)

The State Combined Championships is open to all registered athletes 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. These championships are open to all registered athletes 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 Athletes from other centres are invited.

Important Dates for 2026-27

7 th Sept 2026	Rego pick up/uniforms 5.30-7.00pm	
14 th Sep 2026	First night of competition	
18 th Oct 2026	Zone Combined. Newcastle City hosting at Fearnley Dawes	
25 th Oct 2026	Wallsend Gala Day	Federal Park, Wallsend
8 th November 26	State Relays (8-12's)	Sydney Olympic Park Athletics Centre (SOPAC)
13-15 Nov 26	State Relays (13's - Masters)	SOPAC
16 Nov 26	Coles Community Round (Mon Club competition)	Federal Park
21 st -22 nd Nov 26	Zone Championships (Port Hunter Zone)	Raymond Terrace
14 th Dec 2026	Last club night before Christmas break	
11 th Jan 2027	First night back after Christmas break	
15-17 Jan 27	Country Championships	TBC
12-14 Feb 27	LA Regional Championships	Glendale
20-21 st Feb 27	State Combined	Dubbo
26-28 Feb 2027	NSW Masters	TBC
11-14 Mar 27	NSW Open and LA (9-12's) State Championships	SOPAC
18-21 Mar 27	NSW State Championships (Juniors- 13's – U20)	SOPAC
22 nd March 27	Last night	
Sunday 2 nd May 27	Presentation afternoon 3-5pm (tbc)	

Centre Uniform & Placement of Patches

Club shirts are available for purchase on a Monday night at club meeting room and cost \$45 each. There are a variety of styles (crop, racerback, singlet, tshirt)

For the first 3 weeks new athletes can wear alternate t-shirt until they get club shirt sorted.



Shorts/tights – These are black and are self provided

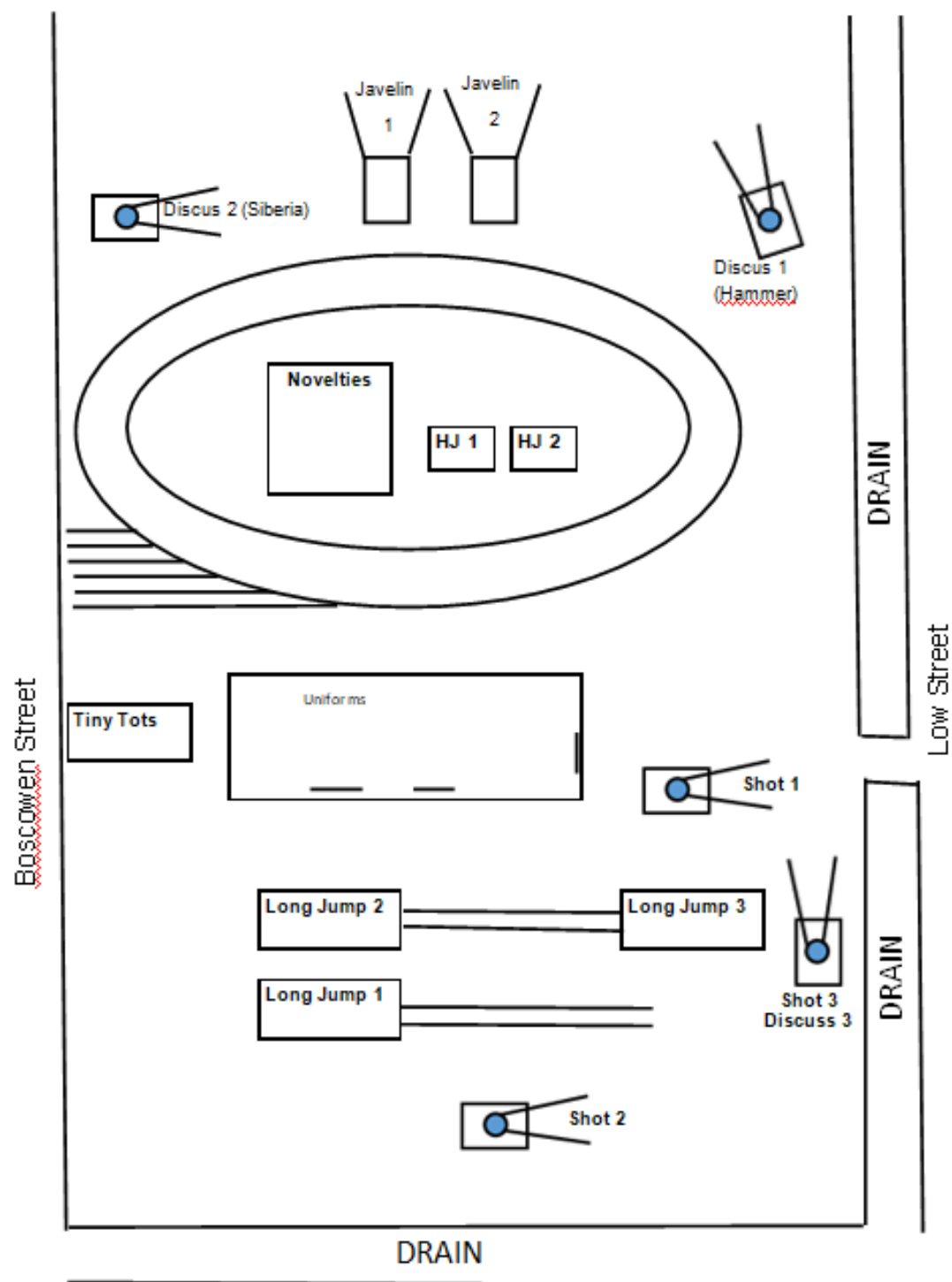
Some athletes wear orange gripstar socks and we will also sell these at the club, as well as hair accessories, and are optional items.

REGISTRATION NUMBERS

- LANSW Number should be placed on the front of uniform top. Red border can be removed if need space eg crop top.
- Age patch incorporating Coles Logo- to be placed on the front of the shirt (opposite to club logo side)
- If there is limited space eg small crop top the age patch can overlap the bib number as long as number, coles and McDonalds logos are not covered or removed.

If no number worn after Week 3 of attending then competition points will not be awarded.

Map of our Ground



Events For Each Age Group

(subject to change) H=Hurdles, G=Graded, HC=Handicap, W=Walk

Week 1

TT	50m	100m	TT activities	Long Jump		
6's	50m	100m	Discus	Shotput (Asteroids)	Relays	Jump River
7's	50m	100m	Discus	Shotput (Asteroids)	Mini Hurdles	Jump River
8's	100m	700m	Shotput	Jav target	Discus Game	
9's	70m	100m	Long Jump	Turbo Jav	Mini Hurdles	
10's	70m	100m	800m	Long Jump	Discus	
11's	70m	100m	1500m	Javelin	Triple Jump	
12's	70m	100m	1500m	Javelin	Long Jump	
13's -15's	200-300m H	100m G	1500m	Shotput	High Jump	
16's +	200-300m H	100m G	1500m	High Jump	Discus	

Week 2

TT	70m	100m	TT activities	Scissor mat		
6's	70m	200m	Long Jump	Mini Hurdles	Jump River	
7's	70m	200m	Shotput	Discus Game	Jump River	
8's	100m HC	200m	Long Jump	Discus	Mini Hurdles	
9's	100m HC	200m	800m	Shotput	High Jump (Scissor)	
10's	200m	800m	1100mW	Javelin	Shotput	
11's	200m	800m	1100mW	Discus	Long Jump	
12's	100m HC	200m	800m	Discus	High Jump	
13's -15's	80-100m H	200m G	800m G	Long Jump	Javelin	Hammer
16's +	80-110m H	200m G	800m G	Triple Jump	Hammer	

Week 3

TT	50m	70m	TT activities	Shotput		
6's	50m	300m	Shotput	Discus Game	Jav target	
7's	50m	500m	Long Jump	Jav target	Relays	
8's	60m H	70m	400m	High Jump (Scissor)	Shotput (Asteroids)	Relays
9's	60m H	70m	400m	700m W	Discus	Jump River
10's	60m H	70m	400m	100m H	High Jump (Scissor)	
11's	80m H	400m	100m HC	Shotput	High Jump	
12's	80m H	400m	1500 W	Shotput	Triple Jump	
13's -15's	400m G	1500m W	3000m	Discus	Triple	
16's +	60m	400m G	1500m W	3000m	Long Jump	Javelin

Presentation

To be eligible an athlete must be a regular competitor at the Club's Weekly Competition at Federal Park Wallsend (and usually return after Christmas unless extenuating circumstances eg extended injury)

If an athlete joins after Christmas break and attends regularly they will also be eligible for trophy.

Some Other Frequently Asked Questions

- **Do we need special shoes?**

Spikes can be worn from 11's upwards, in laned events (100m, 200m, 400m) long jump, high jump and triple jump. Spikes must be removed immediately after each event and carried with the athlete. Spike shoes are not however necessary and generally only 10-15% of athletes at our centre use them.

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

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

- **When is training?**

Club training on a Thursday from 5.30pm (5pm winter - non daylight savings), and the best part is it is FREE for registered athletes. Covers most events and can be negotiated with those coaches available or contact Coaching Co-ordinator

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

Little Athletics NSW conducts coaching clinics and camps at various venues and times throughout the season. Wallsend Athletic Club also have qualified coaches or parents who offer training session/s during the week. Limited skill development instruction is given on Monday evenings.

- **I want to volunteer. Who should I contact?**

You can contact any of the committee members at any time. Contact details are on page 3 of the handbook

If at any stage would like more information about policies, plans, rules or information on education and training, please contact the committee at Wallsend AC or NSW Athletics Website.