



Bowral Little Athletics Centre

Centre Handbook

2026–2027 Season



Eridge Park, Burradoo

Family • Fun • Fitness • Friendship

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Quick start for families

Use this quick guide to get ready for the season and make your first club nights run smoothly.

- Register online and ensure your family contact details are current, so you receive club communications.
- Collect your registration pack and uniform on the nominated collection nights before your first club night.
- Join your child’s age-group WhatsApp group using the QR code in the age-group folder.
- Arrive early, sign in at your child’s age-group meeting point, and make sure athletes have their uniform, patches and labelled water bottle.
- Parents and carers must remain at the grounds and be ready to help with age-group, event, BBQ, setup or pack-up duties.

Sponsors – 2026–27

We sincerely thank our 2026–27 sponsors for their generous support of Bowral Little Athletics Centre. Their contribution helps us provide opportunities for our athletes, maintain equipment, and continue delivering a positive and welcoming season for all families.



State Sponsors and Partners



National Sponsors and Partners



President's Welcome

Dear Parents & Carers,

Welcome to the 2026/27 season — Bowral Little Athletics Centre's 41st season. Whether you are joining us for the first time or returning for another year, we are delighted to welcome you to a new season of family, fun, fitness and friendship on Friday afternoons at Eridge Park.

Following record registrations over the past two seasons, we are looking forward to another exciting year. Our committee has been working hard during the off-season, and we expect power and water to be connected to the club shed this year, making it much easier to operate our weekly BBQ. We also hope to share news soon about a more permanent option for providing food and refreshments at the track.

We have appointed a new uniform supplier, making it easier for families to order online and access a high-quality range of club uniforms.

In addition to our regular Friday competition, athletes from U7 to U20 can compete at the Zone Championships in Wollongong in late November, with the opportunity to progress to further championship events. Athletes may also participate in a range of local carnivals throughout the season.

We encourage all families to join our WhatsApp groups to receive important announcements, including wet-weather updates and changes to start times. We understand that families receive many messages, so we keep our communications to a minimum while ensuring valuable information can be shared quickly.

Little Athletics is run entirely by volunteers. Each week, every age group requires three or four parent helpers, including an Age Manager. We also need six to eight additional volunteers to assist with starting, timing, the BBQ and other essential duties.

Bowral Little Athletics is not a drop-and-run activity. Parents and carers must remain at the venue while their children are participating and are encouraged to assist whenever possible. If you would like to become an Age Manager, help with an event or volunteer in another role, please contact us at bowral.lac@live.com.au.

We are fortunate to have a strong and dedicated committee, but additional help is always welcome. The committee meets monthly at Mittagong RSL and is committed to providing the best possible experience for our athletes and families. On club nights, committee members can be identified by their committee shirts, weather permitting.

We sincerely thank our 2026–27 sponsors for their generous support. Their contributions help us maintain our equipment, provide opportunities for our athletes and deliver a positive and welcoming season for all families.

We look forward to seeing you at Eridge Park and sharing another enjoyable season with you. Please feel free to contact us with any questions, feedback or suggestions.

David Bell
Club President

Committee

Bowral Little Athletics Centre is proudly run by volunteers. Our committee supports athletes, families and officials throughout the season, and additional help is always welcome. To volunteer or express interest in a future committee role, email bowral.lac@live.com.au

Position	Name
Executive Committee	
President	David Bell
Vice President	Davina Kruger
Secretary	Danielle Chetcuti
Treasurer	Koos Kruger
Registrar	Emma Robertson
Committee	
Public Officer	Katie Blake
Grievance Officer	Peter Blake
Uniform Manager	Jessica Camarsh
Age Manager Coordinator	Daniel Marmont
Tiny Tots Manager	Cecelia Marmont
Scheduling Officer	Andrea Reko
Equipment and Grounds Manager	Justin Reko Nathaniel Camarsh
Grants and Sponsorship	Eric Bartlett
Race Starters	Justin Reko Nathaniel Camarsh
Time Gate Manager	Mick Wenhem
Championship Officer	Koos Kruger Daniel Marmont
Social Media/Webmaster	Danielle Chetcuti
Results Officer	Andrea Reko Cecelia Marmont Danae Bell
Coaching and Development	David Bell
Safety and First Aid	Daniel Marmont
General Committee	Adam Marsden Georgia Bartlett

Committee roles may change during the season as volunteer support grows and the needs of the club evolve.

Communication

The club uses various platforms to share information. These include email, Facebook, our webpage and a closed WhatsApp group.

Our club encourages families to connect with their child's age group through the relevant WhatsApp group. This is the fastest and most direct form of communication. These chat groups are closed to members only and can be accessed via the QR code available in each age group folder.

Our club contact details are:

- Email – bowral.lac@live.com.au
- Website – <https://bowral.lansw.org>
- Facebook – <https://www.facebook.com/BowralLittleAthletics>. This page provides the club's most up-to-date information.

We use these platforms to keep families informed about current events, weather-related cancellations, and other important updates.

Season Information

Registration pack collection nights – 18 September and 25 September 2026.

Uniform collection nights – 25 September and 16 October 2026.

Our first club meet for the 2026–2027 season – Friday 9 October 2026

Christmas Holiday Break

- Last night before break - Friday 18 December 2026 – Christmas Fun Night
- Return from break - Friday 22 January 2027

Last club night for the 2026–2027 season – Friday 5 March 2027

Club night during Regionals may be cancelled – to be confirmed.

Presentation – TBA (May 2027)

Annual General Meeting – TBA (May 2027)

Club Night Times

Age category	Sign in and ready for warm up	Event Start
Tiny Tots	4.10pm	4.15pm
U6, U7, U8	4.30pm	4.45pm
U9 to U20	5.15pm	5.30pm

Track and Ground Information

Venue Information

Bowral Little Athletics Centre is located at Eridge Park, Burradoo, with access via Wirreanda Street.

The centre shares the site with Bowral Blacks Rugby Club and the Southern Highlands Netball Association. The facilities are owned by Wingecarribee Shire Council.

Please note that **smoking and alcohol are not permitted** at the Eridge Park athletics facilities, in accordance with Council requirements.

Bathrooms & Hygiene

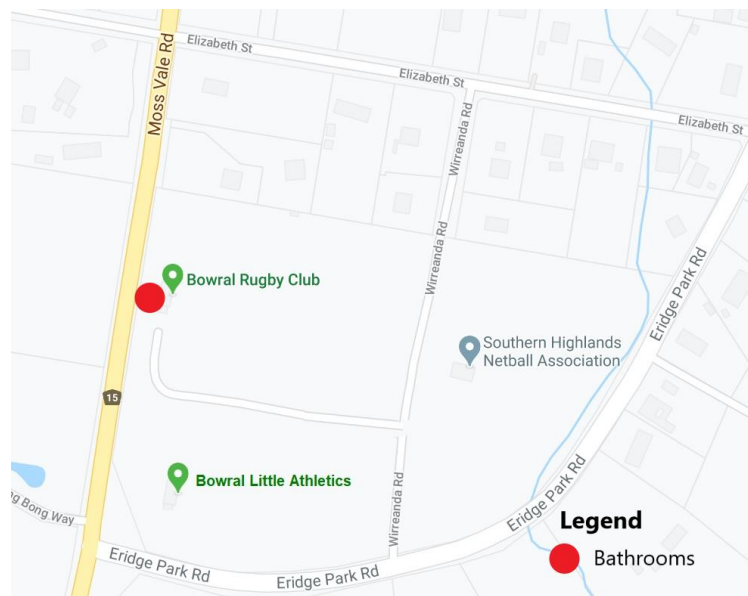
Bathrooms are available during BLAC events and are located on the ground floor of the Rugby Clubhouse. Separate male and female bathrooms are available for athletes and spectators.

Additional toilets are located next to the netball courts.

The bathrooms will be unlocked before athletes arrive and locked at the conclusion of club nights. Wingecarribee Shire Council is responsible for routine cleaning, although BLAC volunteers will conduct spot checks as required.

The location of these facilities is shown on the plan below.

Children must be accompanied to the bathroom facilities by a responsible adult at all times.



Traffic Flow

All persons attending club competition nights are asked to follow the procedures below when entering and exiting Eridge Park. Please remember that events at this venue involve children. Be alert to pedestrians on internal roads and in parking areas and observe all speed limits.

Arrival

- Vehicle access is via Wirreanda Street, with entry through the main gate.

Parking

- Parking is permitted only in the zones shown on the plan below (in BLUE). Please do not double park. Ample parking is available within the designated areas.
- Please avoid gathering around parking areas.

Exiting

- Vehicle exit is through the main gate onto Wirreanda Street.



Uniforms and Footwear

Uniforms

All club members must wear the club uniform, including their registration number and Coles age patch.

Our uniforms are purchased online through our new supplier, Sportsmagic Australia.

Details – <http://sportsmagic.com.au>.

Please note previous singlets can be worn at representative events indefinitely. However, our previous crop tops can only be worn at representative events for the 2026–27 season.

The new crop will be required by the 2027–28 season. We have limited items of our previous uniform on hand for sale at discounted prices.



Black or navy bottoms are preferred.

Sportsmagic Australia also has jumpers and hats available for purchase.



NSW Athletics Patch Placement

NSW ATHLETICS PATCH PLACEMENTS

McDonald's Rego Number Centre Front

Coles Age Patch on either side of the singlet or crop top

Uniform Patch Instructions

- The Coles age patch can now be worn on either side of the singlet or crop top.
- The registration number must be worn by all LANSW registered members, including Tiny Tots, and should be placed on the front of the singlet.

If space is limited on a crop top and both patches cannot fit, the registration number may be resized. While the red border is not a sponsor requirement, sponsor logos, registration number and season date must remain visible. The red border may be folded to reduce the overall size to accommodate both patches.

Footwear

Appropriate footwear is compulsory for ALL ATHLETES in ALL EVENTS.

No athlete may wear football boots or cleats in any event.

No athlete is permitted to wear Crocs in events.

Athletes in the U11 to U12 age groups may wear spikes **in events run entirely in lanes (100m, 200m and 400m)**. Spike shoes may also be worn for long jump, triple jump, high jump and javelin.

Athletes in the U13–U20 age groups may wear spikes in all track events, except walks. Spike shoes may also be worn for long jump, triple jump, high jump and javelin.

Spikes must be removed immediately after each event and carried by the athlete. **Spiked shoes are not essential.**

Please note that some venues require athletes who wear spikes in events run entirely in lanes to use the supplied starting blocks.

PLEASE NOTE – Sydney Olympic Park Athletics Centre and some other venues mandate that athletes who wear spikes in events run entirely in lanes **must** use the supplied starting blocks.

Footwear



Friday Club Nights

Parent Participation Requirements

To help keep club nights enjoyable and running smoothly for everyone, **we encourage and value family support.**

Bowral Little Athletics Centre is entirely volunteer-run, and we rely on families to assist throughout the season.

Below is a list of volunteer roles needed to successfully complete our club nights:

▪ **Age Group Managers**

Parents who are interested in becoming an Age Group Manager are encouraged to contact the club. Ideally, each boy's and girls' age group will have a dedicated Age Group Manager, although this role can be shared from week to week depending on availability.

An age group will not be able to begin competition unless enough parents are available to manage or assist the group. You do not need to have an athletics background, as committee members are available on the field each week to provide support.

The role of the Age Group Manager on club nights includes:

- Arriving 15 minutes before the start time for a briefing
- Checking that each child is signed in on the age group attendance register and is wearing the correct uniform.
- Knowing the whereabouts of each parent or carer
- Assisting children with basic techniques
- Leading the group between events and coordinating parent helpers for tasks such as timekeeping, measuring and recording
- Ensuring all equipment is clean, accounted for and packed away neatly, ready for the next group.
- Ensuring the correct throwing weights are used.
- Returning the recording folder to the registration table at the shed at the end of the age group's events

▪ **BBQ Volunteers**

We run a sausage sizzle at Friday club nights to support club fundraising. To make this possible, we need volunteers to help organise and run the BBQ. If parents, carers or grandparents can assist, we would be happy to create a roster. Please let us know as soon as possible if you can help at bowral.lac@live.com.au

▪ **Club Night Set Up**

Event equipment needs to be collected from the equipment shed and taken to each event area for club nights and training sessions. Volunteers who can assist on Friday afternoons with event preparation are always welcome. Please meet at the equipment shed from 3:30 pm if you can help.

▪ **Club Night Pack Up**

At the end of club nights, equipment from each event area should be returned to the equipment shed for storage. Volunteers and athletes are encouraged to assist where possible.

▪ **Timers/Race Starts**

The club is seeking volunteers to learn how to support time recording using the Automated Timing Gate system on the straight track, as well as hand-timed circle track events that are not automatically timed. We are also looking for volunteers to assist with starting races. If you are interested in any of these roles, please contact the club. Your support is greatly appreciated.

▪ **Event/Age Group Assistants**

Parents can also assist on any night with measuring throws or jumps and timing races. No specific athletics knowledge is required. If you are unsure about anything, your Age Group Manager or any committee member will be happy to help.

Event Management

Athletes and their parents or carers are asked to follow the procedures below when arriving to compete on club nights.

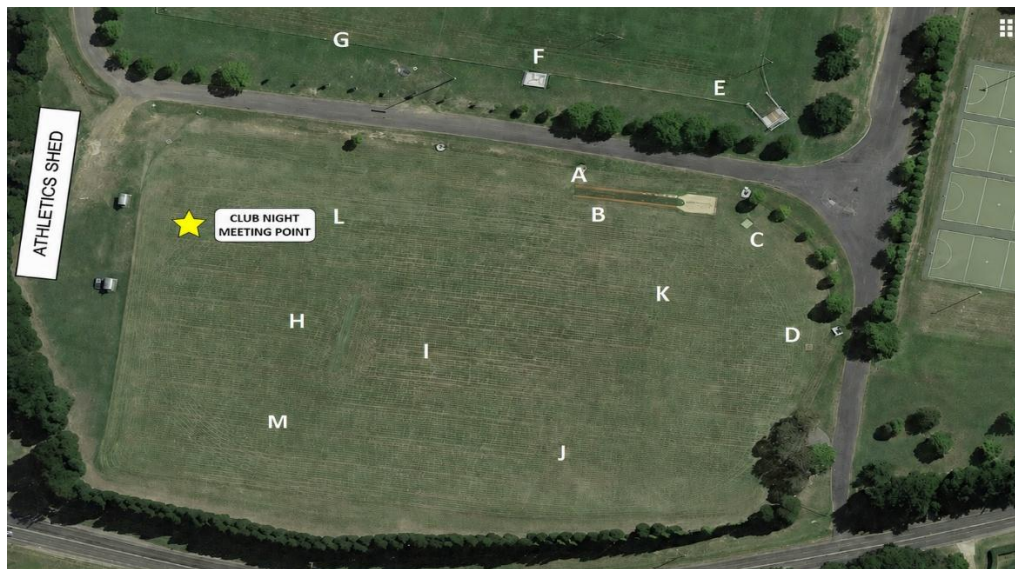
Please do not drop off your child or children and leave. Parents and carers must always remain at the grounds. Any unsupervised child may be excluded from competition. If your child is injured, a parent or carer must be present. If we are unable to locate a parent or carer, our only option is to call an ambulance.

- Athletes should line behind the tub marked with their age group.
- Parents or carers must sign the attendance register located at their child's age group meeting point. Each child must be signed in by a responsible adult before they can begin.
- The Age Manager will check that athletes are signed on before moving to the first allocated event.

Movement between events

Athletes are to remain with their age group during club night competition. When moving between events, please be mindful of any track events in progress and only cross the track when it is safe to do so. Support for other age groups and athletes is always encouraged.

Meeting Points & Event Locations



Event Start Locations

A- Triple Jump	D- Shot Put #2	G- Javelin	J- 200m
B- Long Jump	E- Discus #1	H- High Jump #1	K- 50m, 70m, 100m, hurdles
C- Shot Put #1	F- Discus #2	I- High Jump #2	L- 400m, 800m, Walk
			M- 300m, 700m, 1500m

Track Events

Track events are generally run separately for each boy's and girls' age group. Where athlete numbers allow, age groups or boys' and girls' events may be combined.

- 50m, 70m, 100m and hurdles events will be timed using the automated timing gates.
- 200m, 300m, 400m, 500m, 700m, 800m, 1500m, 3000m and walk events will be timed using either electronic gates or a single time clock (multi-timer) located at the finish line.
- The nominated starter will be positioned at the relevant start line. There will also be a distance flag to assist in identifying where the race begins.

Field Events

Field events are run separately for each boy's and girls' age group. Age groups may be combined at the discretion of the committee, depending on the number of athletes present or registered.

Club night schedules are designed, where possible, to avoid age groups queuing at field events. Age groups should not move to their next event until the previous age group has finished competing.

- **High jump** – the Age Group Manager will record all results. Volunteers are required to assist with adjusting the height of the bar.
- **Long jump and triple jump** – the Age Group Manager will record all results. Volunteers are required to assist with raking and measuring.
- **Shot put, discus and javelin** – the Age Group Manager will record all results. Volunteers are required to assist with collecting implements and measuring throws.

All athletes must comply with safety procedures and remain behind the athlete throwing the implement at all times.

Athlete Participation

Parents and carers are asked to support their children to compete safely and to observe the following guidelines:

Water Bottles

- Athletes are required to bring their own water bottle, clearly labelled with their name. Sharing water bottles is discouraged.
- Athletes should carry their water bottles with them from event to event (or place them in the age tub provided).

Food

- Athletes may bring their own food as needed and should use the bins provided.
- Athletes should carry their own food with them from event to event.

Equipment

- Field event equipment, including shot put, discus and javelin, will be available at each event hub and shared between athletes.
- Safety is paramount and no athlete is to handle the event equipment without permission from the Age Manager.

Spectating

All parents, guardians and athletes are encouraged to support and cheer on participants at our club. Regardless of their result or performance in an event, every athlete benefits from encouragement from family and friends.

In keeping with our motto of Family, Fun, Fitness and Friendship, spectators are reminded that our athletes are children and that the aim of our club is to foster a love of athletics through inclusion, support and friendship. Please encourage all athletes in a positive and respectful manner.

Electronic Timing Gates

Electronic Timing Gates are used for track events. Times are uploaded automatically to the ResultsHQ system, and individual results can be viewed by logging in to ResultsHQ using the instructions provided in the following section.

Please note: the Electronic Timing Poles are expensive and sensitive pieces of equipment. Four laser beams run between each pole and must remain aligned for the system to operate correctly. It is important that children do not touch the poles or run through them unless they are racing.

Please also be mindful of any exclusion areas roped off each week so event volunteers can perform their duties safely and efficiently.

Results HQ



At the end of each competition night, results from the results folders are entered into the ResultsHQ system by dedicated parent volunteers. Families can log in to view their child's individual results by following the steps below.

View Your Child's Results Online

- Go to www.resultshq.com.au.
- Enter the email address you used when registering for Little Athletics.
- Select "Forgotten your password".
- An email will be sent to you with password reset instructions.

Centre Records

Bowral Little Athletics Centre records can only be claimed by athletes registered with Bowral Little Athletics.

Records may be claimed for eligible events during Friday night competitions, provided the performance is verified by a qualified official or club committee member.

For a record to be verified, a qualified official or club committee member should be present when the attempt is made. If this does not occur, the equipment, implement and marker must be left in place and remain undisturbed while a qualified official or club committee member is located to verify the performance.

Walking events: Race walking requires specialised judging by qualified officials. Our club makes every effort to have a qualified walks judge present for walking events; however, a walking record can only be claimed when the performance has been judged and verified by a suitably qualified official.

For the latest Centre records, please refer to our webpage or ResultsHQ where the current Centre record for each event is recorded.

Championships & Carnivals

Bowral Little Athletics Centre encourages athletes to participate in carnivals, gala days and championship events. NSW Little Athletics offers a variety of events. Information can be found on their website <https://www.nswathletics.org.au/>.

Please note: every athlete competing at Championship events must have a parent or carer undertake duty. Duty requirements will be circulated by the Committee closer to each championship event. Parents/carers who do not nominate for a duty will be allocated one by the Committee.

State Relays – 8 November 2026 (U8–U12) – SOPACs

State Relays – 13–15 November 2026 (U13 to Masters) – SOPAC

The State Relays are held in November each year. The Championships are separated into juniors (U8–U12) and seniors (U13–Masters). The Championships will be held at Sydney Olympic Park Athletics Centre.

Zone Championships – 28–29 November 2026 – Kerryn McCann Athletics Centre, Gwynneville

Bowral Little Athletics Centre is part of the South Coast Highlands Zone. Our zone consists of Dapto, Northern Illawarra, Robertson, Wollongong and Wollondilly Little Athletics Centres. Athletes in the U7 to U20 age groups are eligible to compete.

U7 athletes do not progress past the Zone Championships.

Athletes placing 1st, 2nd or 3rd in their events in all other age groups will progress to the Coles Regional Championships in February.

Regional Championships – TBA (Jan/Feb 2027)

Bowral Little Athletics Centre is part of region 4. Region 4 consists of the Mid South Coast, Western Riverina, Eastern Riverina and South Coast Highlands Zones.

U8 to U20 athletes are eligible to compete. U8 athletes do not progress past the Regional Championships.

Athletes placing 1st or 2nd in their events automatically qualify to progress to the State Championships held over two separate weekends in March.

NSW State Championships (Opens and Little Athletics) – 11–14 March 2027 – SOPAC

NSW State Championships (Juniors) – 21–28 March 2027 – SOPAC

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

U9–U15 athletes must progress through the Zone and Regional Championships to compete. Athletes aged 16 and over qualify for direct entry to the State Championships. They do not need to compete at the Zone and Regional Championships to enter, although they may do so if they wish.

State Combined Carnival – 20–21 February 2027 – Barden Park Dubbo

The State Combined Carnival is open to all registered athletes in the U7 to U20 age groups. It is delivered in a combined-events format similar to a heptathlon or decathlon, with athletes completing a set number of events over two days and accumulating points based on their performance in each event.

Carnivals and Gala Days

Throughout the season, other centres often host carnivals and gala days where they welcome registered athletes from other centres to compete.

Please keep an eye on Facebook for details and the ResultsHQ website.

Registered athletes also have the option of competing in NSW Athletics events during the winter months of 2027, including Cross Country, Road Running, Relays, Road Walking and the Track & Field Winter Series. Information is available in the events section of the NSW Athletics website.

Results, Recognition & Awards

Children are encouraged to always do their best and to improve on their previous performances in each event, building their personal bests (PBs) throughout the season.

A range of awards are presented at the end of the season. A minimum of 50% attendance at club nights is required to be eligible for a personal best medal or club award.

Our club awards include an Age Champion and Runner-up for each age category U6–U20.

Personal best medals are awarded as follows:

Bronze – 10–15 personal bests

Silver – 16–20 personal bests

Gold – 21+ personal bests.

Our club also recognises members for their sportsmanship, club spirit, and an encouragement award. Nominations for these awards open at the end of the season, and we encourage athletes and parents/caregivers to nominate worthy recipients.

Bowral Little Athletics State Jacket Eligibility

To be eligible for a state jacket, the following applies:

U9–U15 athletes who qualify for State will be presented with a Bowral Little Athletics State jacket.

Athletes aged U16–U20 may direct-enter for State. To be eligible for a Bowral State Jacket, athletes **MUST** have competed at both the Zone and Regional Championships and placed in a position that would have qualified them for State. Athletes who complete the direct-entry process do not qualify for a Bowral State Jacket; however, they may buy a jacket at their own expense.

Our club presentation for the 2026–2027 season will be held at the conclusion of the season. The date and venue will be confirmed via email and Facebook in the second half of the season.

