



REDLANDS
— LITTLE ATHLETICS —

2026/27 Handbook

Family

FUN

Fitness



The Little Athletics

Mission Statement is:

To develop children of all abilities

To promote positive attitudes and
a healthy lifestyle

To involve the family and the community
in our activities

To use athletic activities as the means to achieve these
aims



REDLANDS LITTLE ATHLETICS

@ SHELDON COLLEGE

After more than 40 fantastic years at Cleveland District State High School – our home since 1982 – last season marked an exciting new chapter for Redlands Athletics as we relocated to Sheldon College.

As we head into our **second season** at Sheldon College, we are thrilled to continue building on the success of our first year in this outstanding facility. Our time at Cleveland District State High School laid the foundation for who we are today, and we remain incredibly grateful for the decades of support from the school's staff and community.

Our home at Sheldon College provides our athletes and coaches with access to an IAAF-certified 8-lane tartan athletics track, along with state-of-the-art facilities and modern grounds that enhance both training and competition experiences.

We are excited to keep growing our club in this exceptional environment, supporting our athletes to achieve their best, and strengthening our vibrant athletics community.

Whether you're a returning family or joining us for the first time, we look forward to welcoming you for another fantastic season at Sheldon College.



MESSAGE FROM THE PRESIDENT

Welcome to the 2026/27 season!

Welcome to another exciting season at Redlands Athletics.

It is a privilege to step into the role of President this season, and I'm truly looking forward to what lies ahead for our athletes, families, and wider community. My journey with Little Athletics began four years ago when my two sons joined the club, and since then, it has become an important part of our family life. Over the past two years, I have also had the opportunity to serve on the Executive Committee, gaining a deeper appreciation for the dedication and teamwork that keeps our club running so successfully.

Outside of athletics, I am a local primary school teacher and have worked as an inclusion teacher for over 20 years. This experience has shaped my strong belief that every child deserves the opportunity to participate, feel valued, and experience success. I am deeply passionate about ensuring that all athletes and members feel welcomed, supported, and included within our Redlands Athletics community. Whether it's through thoughtful adjustments, encouragement, or simply creating a positive environment, inclusion will continue to be a key focus for our club.

At our club, we proudly embrace Little Athletics Queensland's motto, *"Be Your Best."* We place a strong emphasis on personal improvement and effort, celebrating each athlete's progress throughout the season. Athletes are recognised for their achievements with Personal Best certificates when they reach 5 and 10 PBs, reinforcing the importance of striving for individual growth and doing their personal best every time they compete.

We are proud to continue calling Sheldon College our home grounds this season. To help beat the heat during the later summer weeks, we are also introducing Friday Twilight competitions across a third of our season calendar, providing a more comfortable and enjoyable experience for our athletes and families.

We also continue to partner with Split fast and are leading the way with our exclusive members' "Club Connect" app, which allows us to communicate directly with families and provide timely updates and important information throughout the season.

Little Athletics is about so much more than competition. It's about building confidence, developing skills, forming friendships, and creating lifelong memories. None of this is possible without the incredible support of our volunteers, committee members, coaches, and families - thank you for the time and energy you give so generously.

I encourage everyone to get involved, support one another, and make the most of the season ahead. I look forward to seeing our athletes grow, achieve their personal bests, and most importantly, enjoy being part of our fantastic community.

Wishing you all a fun and rewarding season 😊

Emma Haigh
President
Redlands Athletics

THE LITTLE ATHLETICS STORY

Originating in Victoria during the early 1960's, little Athletics was developed for children too young for senior athletics. Co- founder Alan Truscott's idea in 1973, to bring Little Athletics to Queensland, began with several public meetings in Brisbane. As a result of these meetings, Redcliffe Little Athletics was established.

The Association has 85 Centres located throughout Queensland. Athletes participate in weekly competitions at their local Centre across a range of events.

The Little Athletics motto of 'Family, Fun and Fitness' highlights that it is a community activity involving the whole family on a weekly basis. Athletes are encouraged to improve their own performances, sportsmanship and social skills, throughout the season.

Each of the events offered is age appropriate according to motor development and a gradual process of skill learning.

WHAT IS LITTLE ATHLETICS?

Little Athletics is a uniquely Australian sport for children 5-17 years. As the name suggests, it is based upon the sport of athletics (track & field) and the events are specially modified to suit the ages and abilities of children. A wide range of running, jumping, throwing and walking events is conducted.

Little Athletics is the Foundation for all Sports. It offers young people activities and skills that will stand them in good stead for their sporting future.

Each year across Queensland, approximately 14,500 boys and girls enjoy the activities that Little Athletics has to offer. The track & field-based competition is conducted throughout both the summer and winter sports season. Events are conducted on a weekly basis by one of our 85 individual Centres, and include:

Track Events:

Sprints - 70m, 100m, 200m
Distance - 400m, 800m, 1500m
Hurdles - 60mH, 80mH, 90mH, 100mH,
110mH, 200mH, 300mH
Walks - 700m, 1100m, 1500m
Relays - 4x70m, 4x100m, 4xSweedish,
4xMedley

Field Events:

Jumps - Long Jump, Triple Jump,
High Jump
Throws - Shot Put, Discus, Javelin

PLEASE NOTE: Not all ages groups compete in all track and field events. The older the age, the more events offered. The age group of an athlete depends on what track and field events are offered.

2026/27 AGE GROUPS

BIRTH YEAR	AGE GROUP
2023	Tiny Tots
2022	Tiny Tots
2021	U6
2020	U7
2019	U8
2018	U9
2017	U10
2016	U11
2015	U12
2014	U13
2013	U14
2012	U15
2011	U16
2010	U17



**IT'S A
FAMILY THING**

TINY TOTS

Redlands Little athletics centre offers a 10-week Tiny Tots Program for children between the ages of 3 and 4 at the beginning half of the season (August – November).
They do not engage in competition.

Tiny Tots will participate in games and activities designed to develop gross motor skills. Activities that include running, jumping, throwing and catching are a regular part of their program. They may also be involved in short races or modified athletics events. Adults **MUST** accompany their child at the events and activities for this age group.

Uniforms are not compulsory for Tiny tots

PHILOSOPHY

The philosophy of the Little Athletics movement is summed up in the slogan:

"LITTLE ATHLETICS...FOR...FAMILY...FUN...and...FITNESS"

Family

One of the basic reasons for the continued development and enthusiasm generated by Little Athletics, has been the attempt to meet the needs of children as part of the family unit. Little Athletics is more than a sport. It is a community-oriented organisation which enables the entire family to do something together. Parents are involved in the program as voluntary helpers or officials. They share many experiences with the children.

Little Athletics provides a vital communication bridge between parent and child. This link can have benefits far beyond the years spent in the centre. Society has, increasingly, produced subtle and damaging pressures on family and community relationships. The FAMILY CONCEPT approach to programming counteracts those pressures.

Fun

All children like fun...all children need fun. The weekly competition provides fun through participation in an enjoyable sport, with friends in the same age group.

Fitness

The community has become increasingly aware of the value of physical fitness, particularly in the fight against obesity. A fit body can mean an alert mind and a decrease in the incidence of many physical ailments.

MISSION STATEMENT

Little Athletics aims to develop children of all abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in athletics activities.

EQUITY STATEMENT

LAQ aims to guarantee all children and adults access to a complete range of participation, training and competition opportunities and to ensure equity in all aspects of Athletics, including the provision of rewards and incentives, coaching, officiating and administration.

COMPETITION

Little Athletics is based on self-improvement, and it doesn't matter who wins. A child will be encouraged to compete in all events, and their performances will be recorded by the Recording Officer.

VOLUNTEER ROLE

Little Athletics is a voluntary organisation; centres cannot operate without the assistance of parents each week in fulfilling the many and varied duties required.

These include officiating at an event; managing an age group; recording results; working in the canteen; to name just a few. Most centres have parent assistance rosters. Additional assistance is always required on the centre committees, and all parents are encouraged to become involved. Little Athletics is one of the few sports where parents can become fully involved in their child's sporting interests.

At Little Athletics Queensland we understand that just like our athletes, our parents come from a diverse range of backgrounds and as such have different talents and experience. There is a place for everyone at Little Athletics and there are a number of ways that you can become involved. You may have skills that the centre doesn't even know they need. So, if you think you can help with something, let the committee know. All parents/caregivers of children attending our centre are encouraged to complete the volunteer Blue Card application form available from the clubhouse.

As a volunteer it is free of charge.

Each club Saturday our club is highly reliant on EVERY family to chip in and help.

We **always** need help with:

- Age marshalling
- Officials at field events
- Canteen helpers
- Set up/pack down crew

REDLANDS LITTLE ATHLETICS CLUB

Redlands Athletics INC. is a volunteer based, not for profit association established to promote athletics and conduct athletics meetings in the Redlands area.

Our club's beginnings can be traced back to 1980, where a group of likeminded parents wanted to gauge the interest in the area for athletics. With the support of Little Athletics QLD our first full season was in 1980/81, before relocating to Cleveland State high school for the 1982/83 season.

Our club falls within the south-east region, enjoying friendly competition with our neighbouring clubs twice yearly at regional relays and regional championships. These clubs include Algester, Balmoral, Beenleigh, Browns Plains, Mt Gravatt, Sunnybank, Springwood, Jimboomba and Wynnum/Manly.

Our club is managed by a volunteer-based Committee of Management who freely give up their time to promote and ensure our club continues to provide athletics in the Redlands in a safe and responsible environment whilst providing sound operational governance.

All members are invited to participate and contribute to the clubs running by becoming a member on the Committee of management.

Our club fully supports and endorses the LAQ policy of "Be Your Best" and seeks to foster and maintain a sense of community at club level.

All committee members, coaches, parents, carers, supporters and athletes are required to adhere to the club's Code of behaviour, which can be found on our website.

PARENT PARTICIPATION

By registering your Little Athlete, you are committing him/her to a fairly busy afternoon every week. The very nature of Little Athletics is such that parents/guardians also need to commit to a busy afternoon. While some clubs do prepare rosters and impose "Roster levies," Redlands Little Athletics Centre has not done so to date.

Instead, we rely on parents to participate and help out each week.

Parents are also encouraged to become an Official, to help you understand the rules for each event - Ask one of the Committee members how to get involved.

PARENT SUPERVISION

At Redlands Athletics, it is required that each athlete must have at least 1 parent or guardian present during the whole time their child is competing with us or attending any of our other activities including coaching sessions.

Tiny Tots must be accompanied 'at arms length' by a parent or guardian AT ALL TIMES.

If for some reason you are unable to meet this requirement, please consult with the Centre Manager so that appropriate alternative arrangements can be made, and an appropriate agreement reached that meets the legal obligations of Redland Little Athletics.

COMMITTEE MEMBERS 2026-27

Position	Name
President	Emma Haigh
Secretary	Kirsten Schmitt
Treasurer	Chris Van Zyl
Arena Manager Officials Officer	Luke Antill Tara Prowse
Officer Registrar	Damon Batchler
Technical Officer – Grounds & Equipment	Brandon Taylor
Coaching Officer	Tim Brennan
Nominations Officer	Casey Jackson
Canteen Officer	Paris Merchant
Uniforms Officer	Anthony Purcell
Tiny Tots Co-ordinator	Tiff Forno

****Vacant positions - we would love a parent, guardian or community member to step up and take it on for our little athletes. We'll walk you through the position, give you all the help you need***



WEEKLY COMPETITION

Competition Times

Competition for Redlands Little athletes is held either on Saturday afternoon starting at 1pm sharp for our U10-U17's and 2pm sharp for our U6-U9's on Sheldon College's tartan track and Friday Twilights start at 5pm for all age groups. This season 12 weekly comps fall on a Saturday afternoon and 5 weekly competitions are on a Friday night. Please refer to our season calendar further in the handbook.

Enter the college via gate 1, follow the road until you find the carpark near the tennis courts. Walk to the end of the road, turn left down the concrete hill and there you will find the blue tartan track. Upon arrival, athletes are to check in with their age marshal parent to have their attendance marked for the afternoon. Warm up for the athletes with club senior athletes commences 10 minutes before starting times.

Weekly Program

At each weekly competition, athletes compete in a set program consisting of four (4) events, which vary from week to week (weekly sample program below). As athletes progress through the age groups, the set of available events broadens.

Play training activities are available to develop younger athletes. A table on the next page shows those events allowed for each age group.

The weekly program is posted via our Facebook page each week no later than Friday night

Note: For high jump, only those athletes in the U11 age group or older are permitted to perform the Fosbury Flop high jump technique (if they wish to do so). All other age groups **MUST** perform the scissor kick high jump technique.

SAMPLE WEEKLY PROGRAM

Please note: This is a sample program and is subject to change as the Arena manager sees fit on each club day.

At times we may also need to amend the program due to weather or other circumstances.

 Coles Community Day 8th December 				
	EVENT 1	EVENT 2	EVENT 3	EVENT 4
U6	DISCUS (2)	COLES EVENT	LONG JUMP (4)	200M
U7	COLES EVENT	LONG JUMP (4) GIRLS/ DISCUS (2) BOYS	200M	LONG JUMP (2) BOYS/ DISCUS (2) GIRLS
U8	200M	HIGH JUMP (2) GIRLS/ SHOT PUT (2) BOYS	COLES EVENT	HIGH JUMP (2) BOYS/ SHOT PUT (2) GIRLS
U9	LONG JUMP (3) BOYS/ SHOT PUT (3) GIRLS	200M	LONG JUMP (3) GIRLS/ SHOT PUT (3) BOYS	COLES EVENT
U10	COLES EVENT	LONG JUMP (3) BOYS/ SHOT PUT (2) GIRLS	200M	LONG JUMP (3) GIRLS/ SHOT PUT (2) BOYS
U11	HIGH JUMP (3) GIRLS/ DISCUS (3) BOYS	COLES EVENT	200M	HIGH JUMP (3) GIRLS/ DISCUS (3) BOYS
U12	TRIPLE JUMP (2) BOYS/ SHOT PUT (3) GIRLS	200M	TRIPLE JUMP (2) GIRLS/ SHOT PUT (3) BOYS	COLES EVENT
U13	200M	TRIPLE JUMP (2) BOYS/ SHOT PUT (3) GIRLS	COLES EVENT	TRIPLE JUMP (2) GIRLS/ SHOT PUT (3) BOYS
U14-U17	200M	HIGH JUMP (3) GIRLS/ DISCUS (3) BOYS	HIGH JUMP (3) GIRLS/ DISCUS (3) BOYS	COLES EVENT

 F - Front straight
 B - Back straight
 Long Jump - Pit 1
 Long Jump - Pit 2
 Long Jump - Pit 3

 Shot Put 1 - Pit 1
 Shot Put 2 - Pit 2
 Events in red - age group to pack up

Each week our club is highly reliant on EVERY family to chip in and help.



We **always** need help with:

- Officials at field events
- Age marshalling
- Canteen helpers
- Set up/pack down crew



Our parents even tell us that they have FUN helping and enjoy the adult interactions with others. Ask a committee member on how you can help the club each week!

UNIFORM POLICY

Uniforms provide an important means of athlete identification and identity for the sport of Little Athletics. It is the responsibility of both Centres and individual athletes to ensure they meet the requirements set out in this policy.

Little Athletics Queensland recognises that the style of uniform an athlete wears is a matter of personal preference. **Parents/caregivers** have the responsibility to ensure athletes are attired appropriately, considering factors such as:

- Sun protection
- Athlete comfort
- Religious beliefs
- Age appropriateness

All competing athletes must be attired in the correct Centre uniform, which conforms to the Centre design and colours approved by LAQ. The uniform must be worn in compliance with the items design, e.g. not rolled up or down. Failure to comply with this will lead to the athlete not being allowed to enter the competition arena.

NOTE: There are no age or gender requirements for the use of any uniform item.

Tops

Athletes may wear a polo shirt, singlet, crop top, t-shirt or bodysuit in the colours and design approved for their Centre by LAQ.

- All Centres must provide the option of a polo shirt to ensure a sun-safe choice for athletes. Singlets, crop tops, t-shirts or bodysuits can be offered in addition, at the Centre's discretion.
- Crop tops are to be of sufficient size to clearly display the registration label so that the registration number and sponsor logo are entirely visible. The depth of the crop top must not be less than 15cm.

Compression garment tops must be the approved centre uniform in colour or predominantly black.

Logo & Patch Placement

- Registration bibs are to be affixed to the front of the uniform top and must be entirely visible.
- The age label is to be affixed to
 - The **left shirt sleeve** or,
 - For a top without sleeves, on the **left leg of the bottoms** and not be covered by the top.
- The Coles patch which is a National membership requirement, is to be attached to the **right breast** of all Centre uniforms. These patches are required to be sewn on and are to cover any previous logos/patches.
 - Centres may choose to subliminate the Coles logo onto their uniforms but must contact LAQ for assistance.
- A club sponsor logo may be included in the centre, below the neckline, to a maximum size of 25cm².
- The left breast may include the Centre logo to a maximum size of 40cm².
- A club sponsor logo is permitted on the lower back, to a maximum size of 30cm x 10cm.
- LAQ reserves the right to set aside other parts of Centre uniforms for LAQ sponsorship at their absolute discretion.

REDLANDS LITTLE ATHLETICS UNIFORM

Athletes are required to wear the club uniform at ALL centre (including Saturday/Friday competitions) and inter centre competitions.

Newly registered athletes are given four (4) weeks to purchase uniforms, after which, those athletes not wearing the uniform to its entirety will not be permitted to compete. Failure to wear full and correct uniform at Association competition will result in disqualification. The uniform shirts, crops, singlets, bike pants and shorts can only be purchased through the club and are on sale at the canteen before our weekly competition commences.

Redlands committee members made the decision this season to introduce athletes to have the choice of buying a crop or singlet to compete in, once a polo has been bought first. Athletes in these age groups who choose to wear a crop top, **MUST** wear their Redlands polo over the top in between events and when not competing.

REDLANDS UNIFORM PRICES

Redlands Polo shirt - \$45



Redlands Singlets in boys & girls' styles \$40



Redlands shorts - \$35



Crop top - \$35

Redlands bike pants - \$35



REGISTRATION NUMBER ON TOP

Front of Uniform



Registration number is to be stitched at the front and centre of the Polo/singlet/crop, high enough so that when the shirt is tucked in, the whole of the number is visible.

REDLANDS LITTLE ATHLETICS GENERAL INFORMATION

2026/27 Registration fees:

Tiny Tots: \$175 10 x week program
Dates are included in Season Calendar

1 child: \$ 315
2 children: \$580
3 children: \$820
4 children: \$1020
U13 – U17 child: \$215



PARENT VOLUNTEER LEVY

At Redlands, we are a volunteer run organisation that relies heavily on the support of our parents and carers to provide quality athletics experiences for our athletes. To ensure we have sufficient volunteers to run events safely and efficiently each week, we have introduced a **Parent Volunteer Levy**.

What is the Parent Volunteer Levy?

The Parent Volunteer Levy is a refundable fee designed to encourage active participation from families in the running of our club. It helps ensure that all families contribute to the success of the season, whether by assisting at weekly competitions, helping in the canteen, setting up/setting down equipment, helping at regional relays/regional championships/club carnival or transporting gazebos to the QSAC.

How does it work?

Levy Amount: \$100 per family, paid at the time of registration.

Volunteer Requirement: Families are expected to complete a minimum of **16** volunteer hours throughout the season.

Refund Process: At the end of the season, if the required amount of volunteer hours has been completed, the levy will be fully refunded.

Why a Levy?

Our club cannot operate without volunteers. The levy helps to fairly distribute the workload and encourages all families to be actively involved. It is not intended as a penalty but as an incentive to support the athletes and the club community.

Volunteer Opportunities

There are a variety of ways to contribute, including:

Working in the canteen or BBQ, raking/spiking/retrieving at a field event, age marshalling, set up/pack down, volunteering at club carnival, regional relays, transporting gazebos to regional events.

Tracking Volunteer Hours

Volunteer options for club competitions will be available to select via our club APP. Simply select which event/option you would like to volunteer for, and the APP will track your volunteer hours each week.

What is included in your registration?

- 17 weeks of Little Athletics (weather permitting)
- Registration number which is to be attached to the front of the uniform
- Registration to the Little Athletics Queensland Association
- Full insurance coverage while competing or training
- Weekly training on the club grounds by level 1 to 3 coaches
- Regional relays nomination fee paid
- State championship nomination fee paid (if qualified)
- Training Shirt
- Weekly PB awards presented before club days
- Weekly athlete of the week awards presented before club days
- Professional Photographer at regional relays, regional championships, state relays and trophy presentation
- Club Pentathlon – medals presented to top 3 athletes in each age group
- A Christmas break-up party including sausage sizzle, drink, and prizes. Parents and siblings enjoy a sausage sizzle too.
- An end of season event, including food and drink
- End of season trophy presentation afternoon



TRIALISTS

Redlands Little athletics offers the following trialling options to new members:

TRIALIST OPTION: U/6 – U/17 & Tiny Tots

2 consecutive weeks for \$30 – 29th August & 5th September 1-3pm

Includes club training during trial weeks – 2nd September. Look out for starting time on our FB page the week leading up to this training.

Tiny Tots DO NOT TRAIN

Trialists are not required to wear a Redlands uniform during their trialling period.

‘Play On’ Sports Vouchers

Redlands Little athletics accepts all ‘Play On’ Sports vouchers. ‘Play On’ is a program aimed at breaking down financial barriers to participation at the grassroots level. The program provides subsidies to eligible parents to support families, children and young people who need it most to participate in physical activity.

Redlands 2026/27 Season Calendar

WEEK	DATE/TIME	LOCATION	EVENT
Sign on day	Saturday 22 nd August 12-4pm	Sheldon College Uniform shop open	
Trial 1 (new athletes only)	Saturday 29 th August	Sheldon College Uniform shop open	Tiny Tots commences wk1
Trial 2 (new athletes only)	Saturday 5 th September	Sheldon College Uniform shop open	Tiny Tots week 2
Week 1	Saturday 12 th September First club day for all athletes	Sheldon College Uniform shop open	Tiny Tots week 3
Week 2	Friday Twilight 2 nd October 4pm start	Sheldon College	Tiny Tots week 4
Week 3	Saturday 10 th October	Sheldon College	Tiny Tots week 5
Week 4	1 st Leagues Day Saturday 17 th October	Sheldon College	Tiny Tots week 6
Week 5	Saturday 24 th October	Sheldon College	Tiny Tots week 7
Week 6	Friday Twilight 30 th October	Sheldon College	Tiny Tots week 8
	Saturday - 7 th November Practise afternoon for relay teams No Club Day	Sheldon College	Tiny Tots week 9
	Sunday 8 th November REGIONAL RELAYS	QSAF	
Week 7	Saturday 14 th November Coles Community Round	Sheldon College	Tiny Tots week 10 final day – presentation to follow after session
Week 8	2 nd Leagues Day Saturday 21 st November	Sheldon College	
Week 9	Friday Twilight 27 th November	Sheldon College	
Week 10	Wednesday Twilight 2 nd December Last comp for the year	Sheldon College	

	Friday 11 th December Practise run through for state relays 5-7pm		
	Saturday 12 th December STATE RELAYS No club day	QSAF	
Week 11	Friday Twilight 22 nd January - 4pm First club day for the year	Sheldon College	LAQ Combined Championships 31 st Jan – 1 st Feb Nominate via Sport:80
Week 12	Saturday 30th January		
	6th – 8th February Regional Championships No club day	QSAF	
Week 13	Saturday 3rd Leagues Day 13th February	Sheldon College	
Week 14	Friday Twilight 19th February	Sheldon College	
Week 15	Saturday 27th February Pentathlon	Sheldon College	
Week 16	Saturday 6th March	Sheldon College	
Week 17	4th Leagues Day Saturday 13th March LAST COMP DAY FOR THE SEASON	Sheldon College	
	19th – 21st March STATE CHAMPIONSHIPS	Townsville	

SPORT:80

Sport:80 is Little Athletics Australia's NEW National Membership Platform. For athletes and families, Sport:80 provides a **faster, simpler, and more user-friendly registration process**. With an intuitive interface, secure payment options, and improved accessibility, registering for Little Athletics has never been easier!

CONTACT US

Facebook is our main port of communication with members throughout the season:

Redlands Little Athletics



Members are always welcome to message our fb page with any questions or queries

This season we are also introducing an APP called 'Split fast Club Connect' for our members. Members are encouraged to download it to view athlete results, read weekly club information, register for weekly volunteer jobs and ask questions in the group chat.



Our club is email is: info@redlandsathletics.org.au

Our website is: redlandsathletics.org.au



Wet Weather

A decision to cancel competition on a Saturday afternoon due to bad weather is not made until Saturday morning and will be advised via our Facebook page. If in doubt, please ring the club phone on 0422 649 662 to confirm.

TRAINING

Little Athletics is all about having fun through sport, and children often get great enjoyment and satisfaction when they see themselves improving. The best way to help your child improve is through practice.

At Redlands Little Athletics we offer **FREE** training 1 to 2 sessions (depending on age group) a week during the season where we focus on improving the skills and techniques of each child. We also hold additional Saturday training before club competition during different parts of the season. This is communicated to parents on our Facebook page the week leading up to club competition of that week.

All coaches of Redlands little athletics hold or are working towards a level 1-3 coaching accreditation

Parents are welcome to join in during these training sessions however due to insurance reasons they are unable to run an event or provide advice on an athlete's techniques.

Monday Training

U6 – U7 athletes 5:15 – 6pm

U8 – U9 athletes: 6:00 – 7:00pm

From January 2027, U6 – U9 athletes will train on Wednesdays.

Wednesday Training

U10 – U11 athletes: 5:15 – 6:15pm

U12 – U17 athletes: 6:15 – 7:15pm

****** Please note weekly training is not compulsory but recommended. Each age group trains in a different event each week – athletes cannot choose where they would like to train. **TINY TOTS DO NOT TRAIN****

Competition Days & Redlands Leagues Days

Competition Days - the following points will be awarded at each Saturday/Friday Twilight competition days **except on** Redlands League days.

1st = 4 points, 2nd = 3 points, 3rd = 2 points 4th & all other placings = 1 point.

If an athlete is DQ'D, doesn't finish race, or results in 3 Fouls, 1 is awarded in the event for participation.

Redlands Leagues Days - will be conducted on the 17th October, 21st November, 13th February & 13th March. The following points will be awarded at each Redlands Leagues days:

1st = 10 points, 2nd = 8 points, 3rd = 6 points, 4th = 4 points, 5th = 3 points, and all other placings in event = 2 points

If an athlete is DQ'D, doesn't finish race, or results in 3 Fouls, 2 points are awarded in the event for participation.

- *Please note: under 6 athletics start allocating points from week 5 of our competition. We are focusing on our young athletes to develop skills and an understanding of the events for the first 4 weeks. During the first 4 weeks, results will be recorded but won't count for age group champions until week 5.*

Age Group Champions

At the conclusion of our season, all athletes' results are determined, compared and ranked against all other athletes in the same age group with points awarded based on where an athlete's best performance falls.

All athletes are only competing against athletes in their age group. It does not matter if one age group has more events on a given day or if an event includes other age groups at the same time.

The sum of the points is determined by ALL competition days throughout the season and the 4 Redlands League competition days. The athlete with the highest number of points shall be our Gold Medallist and Age Champion for the season. The athlete with the second highest points becomes our silver medallist and the athlete with the third highest points our bronze medallist.

For our U6, U7 & U8 age groups, joint winners at each level are acknowledged equally with no impact on other place getters.

For our U9 and above age groups, where a tied result exists the following process is used:

A tie for first place equals joint gold medallist with no silver medal being awarded, third place remains unaffected.

A tie for second place equals joint silver medallists with no bronze medal being awarded, first place remains unaffected.

A tie for third place equals joint bronze medallists, first & second place remains unaffected.

REDLANDS

TROPHY PRESENTATION

At the end of our season, we hold an Awards Presentation at a local venue to celebrate the season together and to award our athletes with the following Trophies and awards:

- 100% Attendance medals with certificate
- 4PBs in 1 club day trophy with certificate
 - All U6 - U8's awarded with a medal
- U6 – 17 Age Champions Trophies who place 1st, 2nd, 3rd place in each age group
- U6 – 13 PB (Personal Bests) Trophies who place 1st, 2nd, 3rd in each age group
- U14-U17 (Personal Best) Trophies who place 1st, 2nd, 3rd overall U14-U17 age groups
 - U17 Graduation certificate

PERPETUAL TROPHIES:

- Junior Personal Best Trophy U6-U8
- Senior Personal Best Trophy U9-U17
 - Redlands Encouragement Award
 - Positive Spirit Award
 - Best First Athlete Award
 - Coaches Award
 - Regional Athlete of the Year
 - State Athlete of the Year
 - Junior Athlete of the Year
 - Senior Athlete of the year
 - Redlands Little Athletics Award

To be eligible for Age champion and PB Trophies, athletes MUST attend 60% of REDLANDS CLUB DAYS during the season.

All athletes who attend our Awards Presentation are given a Personal Best Certificate and lolly bag

Requirements to be eligible for Awards at Trophy Presentation

To be considered for any of the following club awards, individual athletes must achieve the minimum qualifying standards as detailed below.

Achieve an attendance rate at Club Competition days of not less than 60%.

Maintain an event participation rate of 75% or greater across the entire season. This standard allows for 1 missed event per week based on a 4-event program.

The club shall provide dispensation to all registered members as having attended a club day in the following circumstances:

- Cancellation of a club day for whatever reason (i.e. wet weather or oval or closure)
- Having competed in a higher level LAQ competition event (i.e. Summer Carnival or Combined Events).
- Having competed at any QA Shield Meet
- Having competed at any QA/AA State or National Championship event.

***** Please note: It is the responsibility of the athletes' parents to contact the club via email: info@athletics.org.au stating what event their athlete attended (as mentioned above) with the date for dispensation to be recorded and awarded for attendance to be counted toward having attended a Redlands club competition.***



Footwear

Under LAQ Guidelines it is compulsory for all athletes to wear enclosed footwear in all track and field events.

It is recommended that athletes wear light weight shoes for competition. Waffles are specifically designed for athletics and can be purchased from any sporting goods store, however where this is not possible, sand shoes or sneakers are just as suitable. Please note, that football boots are not suitable due to their tags and are therefore not permitted for competition.

Spikes

Spike shoes, with or without blanks, are not to be worn at any time by athletes in ages up to and including Under 10.

Conditions of Use

- Spikes must be no longer than 7mm (synthetic track)
- Spikes must be no longer than 9mm (synthetic field)
- Spikes must be no longer than 12mm (grass - track or field)
- Spiked shoes must not be worn in the stand or outer areas of the track.
- Spikes must be carried onto the track and to the field event areas and then removed on completion of the event. i.e. may only be worn from the commencement of an event and MUST be removed "immediately" at the finish of the event.
- Spiked shoes should be carried in a suitable bag at **all** times and stored safely when not in use.
- Any athlete not exercising care when using spikes may be disqualified from wearing them for the remainder of the competition.

Age Group Use

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
TRACK												
<i>Laned</i>	---	---	---	---	---	‡S	‡S	‡S	‡S	‡S	‡S	‡S
<i>Unlaned</i>	---	---	---	---	---	SB	SB	‡S	‡S	‡S	‡S	‡S
<i>Relays</i>	---	---	---	---	---	*SB	*SB	‡S	‡S	‡S	‡S	‡S
<i>Walks</i>	---	---	---	---	---	SB	SB	SB	SB	SB	SB	SB
FIELD												
<i>HJ / LJ / TJ / Jav</i>	---	---	---	---	---	‡S	‡S	‡S	‡S	‡S	‡S	‡S

LEGEND: ‡S Spike shoes with or without spikes

SB Spike shoes without spikes or with blanks

* Athletes competing in U13 – U17 teams: Spike shoes with or without spikes

Athletes who do not comply with these rules will be suspended from using spikes for a period of two (2) weeks and in the event of a second infringement, shall not be permitted to wear spikes for the remainder of the season.

2.1. Hurdles

2.1.1. Distance, Height and Age Specifications

		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	
60mH	(20cm)	BG	---	---	---	---	---	---	---	---	---	---	---	
60mH	(30cm)	---	BG	---	---	---	---	---	---	---	---	---	---	
60mH	(45cm)	---	---	BG	BG	---	---	---	---	---	---	---	---	
60mH	(60cm)	---	---	---	---	BG	---	---	---	---	---	---	---	
80mH	(60cm)	---	---	---	---	---	BG	---	---	---	---	---	---	
80mH	(68cm)	---	---	---	---	---	---	BG	---	---	---	---	---	LAA ('17)
80mH	(76cm)	---	---	---	---	---	---	---	BG	G	---	---	---	
90mH	(76cm)	---	---	---	---	---	---	---	---	B	G	G	---	
100mH	(76cm)	---	---	---	---	---	---	---	---	---	B	B	G	'15 09 09
110mH	(76cm)	---	---	---	---	---	---	---	---	---	---	---	B	'15 09 09
200mH	(68cm)	---	---	---	---	---	---	---	BG	---	---	---	---	'16 07 12
200mH	(76cm)	---	---	---	---	---	---	---	---	BG	---	---	---	'16 07 12
300mH	(76cm)	---	---	---	---	---	---	---	---	---	BG	BG	BG	'15 09 09

2.1.2. Distance, Flight and Spacing Specifications

	Number of Flights	Lead in (from start)	Spacing (between)	Run out (to finish line)
60mH	6	12m	7m	13m
80mH	9	12m	7m	12m
90mH	9	13m	8m	13m
100mH	10	13m	8.5m	10.5m
110mH	10	13.72m	9.14m	14.02m
200mH	5	20m	35m	40m
300mH	7	50m	35m	40m

- 2.1.3. Any Centre and/or Regional Championships venue unable to cater for a full 110m distance is permitted to conduct the event over 100m and minus one hurdle flight. If this occurs, the 110mH flights may be set up so that the lead in and spacing meet LAQ 110mH specifications, however the run out would be shorter. '15 09 09
Therefore, with 10 flights, and a lead in of 13.72m, the hurdles shall be spaced 9.14m and the run out will measure 4.02m.

2.2. Starting Blocks

- 2.2.1. At the discretion of the Centre Committee, U11 to U17 athletes have the option to use starting blocks at Centre meets in laned events up to and including 400m, and the first leg of the relay events. Starting blocks may be provided by the Centre, and only by the athlete if not provided by the Centre. BoD C9 ('14)
- 2.2.2. At the discretion of the Regional Committee, U11 to U17 athletes have the option to use starting blocks at Regional Competitions in laned events up to and including 400m, and the first leg of the relay events. Only starting blocks provided by the Region shall be used. BoD C11 ('14)
- 2.2.3. U11 to U17 athletes have the option to use starting blocks at Carnivals and Championships in laned events up to and including 400m, and the first leg of the relay events. Starting blocks are provided by the Association. BoD C10 ('14)

2.3. High Jump

- 2.3.1. U8 to U10 Scissor technique only: onto low scissor mats.
- 2.3.2. U11 to U17 any legal jump technique (including scissors or Fosbury Flop): onto appropriate thickness and density flop mats. LAA ('16)
- 2.3.3. At Centre level, there should be no specific starting heights for High Jump. The starting heights should be set at a height all athletes can achieve.

Refer to the LAQ Carnival and Championship Regulations sections for competition details.

LAA (*18)

HART REGIONAL COMPETITIONS

SOUTHEAST REGIONAL RELAYS

HELD: Sunday 8th Nov 2026

QSAF

THIS FEE IS INCLUDED IN YOUR REGISTRATION FEES

HART Regional Relays primarily provide friendly Regional Competition for all athletes in these age groups to compete in teams. Track and field relays are provided for.

The track teams comprise of four (4) athletes, and the field teams comprise of the total number of nominated athletes for that age groups' event. In addition, HART Regional Relays are a means for qualifying for the McDonald's State Relay Championships.

Eligibility and Progression

All LAQ Registered U7 – U17s athletes are eligible to compete.

LAQ does not impose eligibility restrictions upon athletes wishing to nominate. Athletes do not have to compete in a minimal number of Centre meets.

Teams from the U9 – U17 age groups that place 1st – 3rd in track events and 1st and 2nd in field events will be eligible to progress to the McDonald's State Relay Championships.

Information and nomination process will be advertised on our Facebook in October

STATE RELAY CHAMPIONSHIPS

HELD: Saturday 12th December 2026

QSAF

This major LAQ event encourages and allows athletes to compete in track and field teams and is by far the most popular of our Association Days both from a competition and spectator basis

Eligibility & Nomination

Centres process all nominations.

- LAQ Summer Centre U9 – U17 athletes; qualifying in 1st, 2nd 3rd placed track teams and 1st or 2nd placed field teams from the Regional Relays.
- Qualifying athletes must advise their Centre Committee if they are not able to participate as soon as possible.
- Declaration of Nominations are emailed to Centres



SOUTHEAST REGIONAL CHAMPIONSHIPS

HELD: 6th – 7th February 2026

QSAF

NOMINATION VIA SPORT80 ACCOUNT

HART Regional Championships primarily provide friendly Regional Competition for all athletes in the U7 – U17 age groups. These competitions are also the means for qualifying for the McDonald's State Championships.

Eligibility and Progression

Open to all U7-U17 LAQ registered athletes.

Eligibility for nomination to HART Regional Championships and McDonald's State Championships (U9-U17s) includes a requirement of prior participation in not less than four (4) Centre level meetings at the Centre where the athlete is registered.

U9 – U17 athletes competing in the HART Regional Championships who place 1st – 4th may progress to the McDonald's State Championships held in March.

Additional entry to the McDonald's State Championships is available for athletes who compete at the HART Regional Championships and who achieve the "[Qualifying Performance Level](#)" for that event.

Nomination

Nominations can be submitted by individuals via Family Results HQ Portal by the relevant closing date. Alternatively, this [form](#) can be used to submit nominations with your affiliated Centre.

Each athlete may compete in events of their choice up to five (5) athletes aged U7 – U17

STATE CHAMPIONSHIPS

HELD: 19th -21st March 2026

Townsville

THIS FEE IS INCLUDED IN YOUR REGISTRATION FEES

The McDonalds State Championships is the final major competition in the LAQ calendar. Athletes from all corners of the State take part in this annual event in hope of becoming the State Champion in their chosen event.

The U13 State Team is selected at these Championships. The performance of the U13's at this event plays a significant part in their selection. For more information on State Team.

Eligibility

U9 – U17 athletes; qualifying 1st – 4th placegetters can nominate.

In addition to placegetters, U9 – U17s who compete at the Regional Championships and achieving a "[Qualifying Performance Level](#)" also qualify and can nominate.

Thank you to all our Sponsors for the 2026/27 season

We'd like to say a massive "THANK YOU" to our Club Sponsors for your support in sponsoring our club and athletes in our 2026/27 season. Your collective generosity is what enables our club to survive and prosper, giving many young boys and girls the opportunity to compete at a local level and be a part of a community that helps to shape them for a successful future.



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**REDLAND BAY
SMILES**



MORE SPONSORSHIP OPPORTUNITIES AVAILABLE FOR 2026/27.

If you too would like to get involved in Sponsoring Redlands Little Athletics, please email us at info@redlandslittleathletics.org.au to discuss a creative option that best suits your needs and budget.

We have all sorts of sponsorship opportunities to suit all sorts of sponsors and budgets. We'd welcome the opportunity to have a conversation with anyone interested in finding out more.

OUR 2026/27 Partnerships

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