



# Handbook

2025-26 SEASON



# Welcome

Welcome to Cardiff and District Little Athletics for the 2025-26 season. If you are new to Athletics, or our Centre, we would like to take this opportunity to thank you for joining us. We wish you an enjoyable and successful year.

Little Athletics is a family sport and everyone should be involved. Our aim is to encourage children to participate in sport and improve their skills within their own abilities, whilst creating friendships. Children love to run, jump and throw and have a good time with their friends. At Little Athletics, the emphasis is on being your best. Please do not ever lose sight of this!

**We are a centre of volunteers.** We only exist because of the hard work that many people put in. Throughout the year, many of you, both parents and athletes will have the opportunity to assist in various ways. **I ask you to please come forward and offer your help as it is the only way we can continue to build and run our successful Little Athletics Centre.**

As in previous years, it will therefore remain a requirement that all junior athletes have a parent or nominated guardian at the ground at all times.

We have a centre website **cardiffathletics.club** and that will keep you up to date with things 'around the track'. Our website will be the main source of information for our members. It contains all the information you need to know about our centre. We also have Facebook and Instagram - make sure you check it regularly. Remember, these are YOUR social media outlets and anyone can contribute with photos and stories.

Don't forget our canteen and BBQ each week. Without sponsors, it's our only fundraiser each season and those funds provide for the presentation day. We don't have a nominated canteen supervisor for this season, so we'll rely on rostering parents to keep it open.

If at any stage during the season you have any questions or queries please don't hesitate to come and see me or anyone from the committee. We will be more than happy to assist you.

Lisa Hearnden / **President**

# Committee Members

Cardiff Little Athletics committee is made up of parents who volunteer their time to ensure that our centre functions correctly.

The Committee members whose names are below, generally meet on the third Monday of each month throughout the year at Cardiff RSL Club. All members are welcome to contribute items for our committee meetings.

Our website will keep you up to date with information regarding these meetings:  
[www.cardiffathletics.club](http://www.cardiffathletics.club)

| Position          | Name              | Email  | Mobile       |
|-------------------|-------------------|--|--------------|
| President         | Lisa Hearnden     | <a href="mailto:president@cardiffathletics.club">president@cardiffathletics.club</a> | 0412 848 262 |
| Secretary         | Lisa Robertson    | <a href="mailto:admin@cardiffathletics.club">admin@cardiffathletics.club</a>         | 0407 537 007 |
| Treasurer         | Lyndal Day        | <a href="mailto:finance@cardiffathletics.club">finance@cardiffathletics.club</a>     | 0437 877 397 |
| Registrar         | Patricia Charlton | <a href="mailto:registrar@cardiffathletics.club">registrar@cardiffathletics.club</a> | 0424 491 444 |
| Vice President    | Allison Lord      | <a href="mailto:vpres@cardiffathletics.club">vpres@cardiffathletics.club</a>         | 0406 341 031 |
| General Committee | Craig Hearnden    |  |              |
|                   | Peter Gallard     |  |              |
|                   | Kristina Cousins  |  |              |
|                   | Greg Jones        |  |              |
|                   | Rachel Blackburn  |  |              |
|                   | Nikki Hammer      |  |              |
|                   | Carissa Watson    |  |              |
|                   | Peter Charlton    |  |              |
|                   | Emma Hearnden     |  |              |

# *What happens on a Friday night?*

**Who:** Girls and Boys from ages 3 years born before 1 October through to Adults 80 years+ of any ability.

**Where:** Neegulbah Park, 125 Lawson Road, Macquarie Hills

**Season Starts:** Friday, 12 September 2025

**Season Ends:** Friday, 6 March 2026

**Christmas Holidays:** Last competition night for 2025 is Friday, 19 December 2025  
First competition night for 2026 is Friday, 23 January 2026

|                        |                        |
|------------------------|------------------------|
| <b>When:</b> Tiny Tots | 5:30pm - 6:30pm        |
| 6's - 17's             | 5:30pm - 7:30pm approx |
| 18's +                 | 5:30pm - 8:00pm        |

**Tiny Tots:** Each Friday evening Tiny Tots will meet at the playground end of the park. Tiny Tots then 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 age group.

**6-20's:** Each Friday evening begins with any important announcements. During the announcements, the athletes warm-up on the far side of the field, then lineup behind the age baskets, on the front straight. The athletes must wait for their age manager in their appropriate age groups then they will be taken to their various events throughout the evening.

**Uniform:** All athletes must wear a centre uniform with registration numbers and age numbers. (See page 8 of the handbook).

**Wet Weather :** If it has been raining during the week or on Friday afternoon and you are not sure if our weekly competition will be on, we will attempt to have the information on our Facebook page close to 4pm.

**Results and Records:** Our centre results are added to ResultsHQ after each competition night and can be viewed at <https://resultshq.com.au/Login/>

# *Parent Help*

There are many roles and duties to be performed each week to assist with the smooth and efficient running of our competition nights.

**Equipment Out:** Track Officers will be at the clubhouse by 4:45pm each week to distribute equipment at the designated event stations. Any assistance from parents will be appreciated.

**Canteen and BBQ:** Requires the assistance of 3 parents. It could be broken into half hour slots by the parent groups.

**Timekeeping and Recording:** Requires the assistance of at least 3 place card officers at the 100m finish line. Remain on duty until completion of short track events. The long track requires a timekeeper and at least one place card officer.

**Equipment In:** Assistance is required once events are complete to move equipment onto the trailer and into the shed.

**Remember:** All volunteers are required to sign the Volunteer Register at the Canteen to ensure they are covered by Little Athletics Insurance.

**Committee:** We are always looking for additional parents to join our committee and participate in the business of our centre. Please speak with our President today.

**Working Bees:** At least once a season we get stuck into cleaning up the clubhouse and re-organising the storage areas. Any and all assistance from parents is welcome. Keep an eye out on our socials for notice of when the next one will take place.

# *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 Friday nights in safety. All athletes must be registered with LANSW before they participate.

## **Working with Children**

Of utmost importance is the safety and well being 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 regards to the safety of children. Secretary Lisa Robertson is the centre Member Protection Officer and all reports to her are kept in strict confidence.

## **No Smoking & Alcohol**

There is a Lake Macquarie City Council no smoking and no alcohol policy at Neegulbah Park.

## **Insurance**

All registered athletes and parent volunteers who sign on at the clubhouse are covered by insurance taken out by Little Athletics Australia. If a parent fails to sign the attendance register, they are not covered by insurance and enter the field at their own risk.

## **Lost Property**

Our lost property collection can be found at the office. Please check regularly for any missing hats, jumpers, shoes etc. The collection of lost property operates under an honour system. Committee members will endeavour to return items that 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.

## **Centre Records**

The Centre Record for each age group is printed at the top of the event result page. If an athlete appears to have broken a Centre Record, the measurement must be verified by a member of the Executive. Do not move on to the next event until the sheet is signed by the Executive member.



# Championships and Carnivals

All Little Athletics centres in NSW are divided into zones and regions. Cardiff & District LAC is in the Lake Macquarie Zone. The other centres in the Lake Mac Zone are Kotara South, Macquarie Hunter, Eastlakes, Edgeworth and Westlakes. The Lake Macquarie Zone is part of Region 2. There is an 8 region structure, 4 metropolitan and 4 country.

**Zone Championships** are the qualifying stage process to regional and state championships. Any athletes from 7-20 age groups from all centres within our Zone are eligible to compete at the Lake Macquarie Zone. The venue is Hunter Sports Centre, Glendale.

**Regional Championships** are the next qualifying stage to the State Championships. Regional Championships are held over one full weekend in late January or February. Our Region Championships are made up of qualifiers from 4 Zones. This is much like the Zone Championships, excluding the 7 age group and athletes must have qualified through Zone (with the exception of 16's and up who can direct enter, though encouraged to attend). The location of the Regional Championships varies each season within our Region. Each season a different Zone is asked to host these championships.

**The State Championships** are usually held mid March, at Sydney Olympic Park Athletic Centre. This runs over two weekends (first weekend is Juniors for 13's to 20's, second weekend is for Opens and Little Athletes 9-12's). This is usually a 2 day carnival. You must have progressed from the Regional Championships to be able to participate at this championship (with the exception of 16's and up who can direct enter).

Little Athletics NSW hold other championships throughout the season.

**State Relay Championships**, held in November of each year. This is a team event where centres can enter both track and field relays. 8-11 teams compete on the 'Junior Day', Saturday, and 12-17 teams compete on the 'Senior Day', Sunday. (This year this will be held in Blacktown over two weekends however)

**State Combined Carnival** is open to all registered athletes in the 7-17 age groups, 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 Championships & Road Walk Championships** are held in June and July each year, as a joint event with Athletics NSW. These championships are open to all registered athletes in the 7- 17 age groups 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 Little Athletes from other centres are invited.

# *Our Track and Field*

125 Lawson Rd, Macquarie Hills NSW 2285



## *Centre Uniform*



*Front*

*Back*

**Please note:** Athletes who are not in full uniform are unable to receive competition points. An athlete who is not in full uniform is also unable to be awarded a centre record. For these reasons, it is important to always have your correct uniform on at competitions.



# Track and Field Events for 6-20

|                             | CENTRE ONLY     | CENTRE & ZONE ONLY | CENTRE, ZONE & REGION | CENTRE, ZONE, REGION & STATE |               |               |               |                        |                           |                           |                             |                             |                       |
|-----------------------------|-----------------|--------------------|-----------------------|------------------------------|---------------|---------------|---------------|------------------------|---------------------------|---------------------------|-----------------------------|-----------------------------|-----------------------|
| TRACK                       | 6s              | 7s                 | 8s                    | 9s                           | 10s           | 11s           | 12s           | 13s                    | 14s                       | 15s                       | 16s                         | 17s                         | U20                   |
| 50 metres                   | ✓               | ✓                  |                       |                              |               |               |               |                        |                           |                           |                             |                             |                       |
| 70 metres                   | ✓               | ✓                  | ✓                     | ✓                            | ✓             |               |               |                        |                           |                           |                             |                             |                       |
| 100 metres                  | ✓               | ✓                  | ✓                     | ✓                            | ✓             | ✓             | ✓             | ✓                      | ✓                         | ✓                         | ✓                           | ✓                           | ✓                     |
| 200 metres                  | ✓<br>Pack Start | ✓                  | ✓                     | ✓                            | ✓             | ✓             | ✓             | ✓                      | ✓                         | ✓                         | ✓                           | ✓                           | ✓                     |
| 400 metres                  |                 |                    | ✓<br>Pack Start       | ✓                            | ✓             | ✓             | ✓             | ✓                      | ✓                         | ✓                         | ✓                           | ✓                           | ✓                     |
| Pack Start                  | 300m            | 500m               | 700m                  |                              |               |               |               |                        |                           |                           |                             |                             |                       |
| 800 metres                  |                 |                    |                       | ✓                            | ✓             | ✓             | ✓             | ✓                      | ✓                         | ✓                         | ✓                           | ✓                           | ✓                     |
| 1500m                       |                 |                    |                       |                              |               | ✓             | ✓             | ✓                      | ✓                         | ✓                         | ✓                           | ✓                           | ✓                     |
| 3000m                       |                 |                    |                       |                              |               |               |               | ✓                      | ✓                         | ✓                         | ✓                           | ✓                           | ✓                     |
| Walk ( zone, region, state) |                 |                    |                       | 700m                         | 1100m         | 1100m         | 1500m         | 1500m                  | 1500m                     | 1500m                     | 1500m                       | 1500m                       |                       |
| Walk (state only)           |                 |                    |                       |                              |               |               |               | 3000m                  | 3000m                     | 3000m                     | 5000m                       | 5000m                       | 5000m                 |
| Sprint Hurdles              |                 |                    | 60m                   | 60m                          | 60m           | 80m           | 80m           | 80m (F)<br>90m (M)     | 90m (F)<br>100m (M)       | 90m (F)<br>100m (M)       | 100m (F)<br>110m (M)        | 100m (F)<br>110m (M)        | 100m (F)<br>110m (M)  |
| Long Hurdles                |                 |                    |                       |                              |               |               |               | 200m                   | 300m                      | 300m                      | 400m                        | 400m                        | 400m                  |
| Relay Jnr                   |                 |                    |                       |                              |               |               |               |                        |                           |                           |                             |                             |                       |
| 4 x 100m                    |                 |                    |                       | ✓                            | ✓             | ✓             | ✓             |                        |                           |                           |                             |                             |                       |
| Relay Snr                   |                 |                    |                       |                              |               |               |               |                        |                           |                           |                             |                             |                       |
| 4 x 100m                    |                 |                    |                       |                              |               |               |               | ✓                      | ✓                         | ✓                         | ✓                           | ✓                           | ✓                     |
| FIELD                       | 6s              | 7s                 | 8s                    | 9s                           | 10s           | 11s           | 12s           | 13s                    | 14s                       | 15s                       | 16s                         | 17s                         | U20                   |
| Scissor High Jump           |                 |                    |                       | ✓                            | ✓             |               |               |                        |                           |                           |                             |                             |                       |
| High Jump                   |                 |                    |                       |                              |               | ✓             | ✓             | ✓                      | ✓                         | ✓                         | ✓                           | ✓                           | ✓                     |
| Long Jump                   | ✓               | ✓                  | ✓                     | ✓                            | ✓             | ✓             | ✓             | ✓                      | ✓                         | ✓                         | ✓                           | ✓                           | ✓                     |
| Triple Jump                 |                 |                    |                       |                              |               | ✓             | ✓             | ✓                      | ✓                         | ✓                         | ✓                           | ✓                           | ✓                     |
| Discus                      | 350gm           | 350gm              | 500gm                 | 500gm                        | 500gm         | 500gm         | 750gm         | 750gm                  | 1kg                       | 1kg                       | 1kg (F)<br>1.5kg (M)        | 1kg (F)<br>1.5kg (M)        | 1kg (F)<br>1.75kg (M) |
| Shot Put                    | 500gm<br>Pink   | 1kg<br>Blue        | 1.5kg<br>Yellow       | 2kg<br>Orange                | 2kg<br>Orange | 2kg<br>Orange | 2kg<br>Orange | 3kg<br>White           | 3kg (F)<br>4kg (M)<br>Red | 3kg (F)<br>4kg (M)<br>Red | 3kg (F)<br>5kg (M)<br>Green | 3kg (F)<br>5kg (M)<br>Green | 4kg (F)<br>6kg (M)    |
| Javelin                     |                 |                    |                       |                              |               | 400gm         | 400gm         | 400gm (F)<br>600gm (M) | 500gm (F)<br>700gm (M)    | 500gm (F)<br>700gm (M)    | 500gm (F)<br>700gm (M)      | 500gm (F)<br>700gm (M)      | 600g (F)<br>800g (M)  |
| Total # Events              | 8 events        | 8 events           | 9 events              | 11 events                    | 11 events     | 13 events     | 13 events     | 15 events              | 15 events                 | 15 events                 | 15 events                   | 15 events                   | 15 events             |

# *Frequently Asked Questions*

## **Do we need special shoes?**

Spikes can be worn from 11 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 20% of athletes at our centre use them. Waffle shoes can be purchased, which can be worn by any age group.

## **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?**

We have training some Monday and Wednesdays for all ages at Neegulbah Park from 5.30pm. Please check our Facebook feed for details on the day.

## **What happens if it rains?**

Please refer to page 5 of our handbook. Ground closures will be added to our Facebook page.

## **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. Cardiff & District Little Athletics also have qualified coaches or parents who offer training session/s during the week. Limited skill development instruction is given on Friday evenings. Our Head Coach is Greg Jones 0431 066725.

## **I want to volunteer. Whom should I contact?**

You can contact any of the committee members at any time. Contact details are on pg 4 of the handbook

If at any stage you would like more information about policies, plans, rules or information on education and training, please contact the committee at Cardiff & District LAC or contact Little Athletics NSW via their website [www.lansw.com.au](http://www.lansw.com.au)

# Awards

## Eligibility Criteria

To be eligible for an age place award and/or a major award at our club, an athlete 6 -13 must compete in a minimum of 66% of all available events and 14 - 20 must compete in 50% of all available events for the season from the start of the season. If a prospective award recipient fails to meet the mandatory attendance criteria and is subsequently disqualified, individuals who ranked lower will each move up one position in the rankings.

**Age Place Awards** are calculated via a point score system. Because the committee believes the emphasis should not only be on winning, a point score system was devised to recognise those children who continually improve their own performance. Points are awarded for:

- each event entered
- places in each event (1st through to 5th)
- for a personal best (PB) distance or time (within each season)
- for breaking a club record

## MAJOR AWARDS

**Watch this space!!! Our Major Awards system is currently being reworked and will be up and going for the start of the season.**

# *Award Recipients 2024-25*

## **Junior Athlete of the Year U6-U9**

Leo Luff/Zane Powis

## **Senior Athlete of the Year U10-U13**

Jacob Hearnden

## **Youth Athlete of the Year U14-U17**

Tyler Cousins

## **Junior Encouragement Award U6-U9**

Madison Hammer

## **Senior Encouragement Award U10-U13**

Jacob Hearnden

## **Youth Encouragement Award U14-U17**

Peter Charlton

## **5 Year Award**

Finley Boller-Sanderson, Sam Lavelle, Alexis Rhodes, Frederick Walker

## **10 Year Award**

Mikayla Day, Nikki Hearnden



## *Presentation Day*

Our Presentation Day will be held in the first weeks of May 2026, date to be confirmed. Last years was held at Hunter Sports Centre at Glendale and was well received from families, so likely will stay the same.

Please join us as we celebrate the season and award our athletes.

# Age Point Score 2024-25

## Girls

### U6

1st Mia Parkinson, 2nd Penelope Lord,  
3rd Mahlia Fealy

### U7

1st Amber Hannon, 2nd Milly  
Herweynen, 3rd No trophy

### U8

1st Madison Hammer, 2nd Sophie  
Taylor, 3rd Teegan Cousins

### U9

1st Georgia Hardaker, 2nd No trophy,  
3rd No trophy

### U10

1st Hallie Blackburn, 2nd Annabelle Lord,  
3rd Evelyn Upton

### U11

1st Zahra Bruce, 2nd Skye Robbins, 3rd  
No trophy

### U12

1st Alexis Rhodes, 2nd Heidi Robbins,  
3rd Ava Boller-Sanderson

### U13

1st , 2nd and 3rd No trophies

### U14

1st Nikki Hearnden, 2nd Mikayla Day, 3rd  
No trophy

### U15

1st, 2nd and 3rd No trophies

### U16

1st Emma Hearnden

### U17

No registrations

### U20

1st, 2nd and 3rd No trophies

## Boys

### U6

1st Hamish Mcleod, 2nd Tony Hannon,  
3rd Alby Dowsett

### U7

1st Willian Egan, 2nd Bailey Poynter, 3rd  
Theodore Carter

### U8

1st Leo Luff, 2nd Finley Seivl, 3rd Nash  
Woolley

### U9

1st Zane Poiwis, 2nd Darcy Mcleod, 3rd  
Adam Taylor

### U10

1st George Chilvers, 2nd No trophy, 3rd  
No trophy

### U11

1st Riley Pascoe, 2nd Jacob Hearnden,  
3rd Archer Mcleod

### U12

1st Tobias Hosken, 2nd Kurt Gallard, 3rd  
No trophy

### U13

No registrations

### U14

1st Tyler Cousins, 2nd and 3rd No trophy

### U15

1st Eamon Gallard,

### U16

No registrations

### U17

1st Zane Gallard, 2nd Jackson Day

### U20

1st Peter Charlton, 2nd and 3rd No  
trophies





# CODES OF CONDUCT

(adapted from the Australian Sports Commissions' Junior Sport Codes of Behaviour)

Australians are justifiably proud of the place sport has in their daily lives. But what is equally important to us all is the way the "game" is played and the manner in which our sportsmen and sportswomen conduct themselves.

Unfortunately, some people (both participants and spectators) fail to live up to the traditional values of sport. Young people involved in sport have a right to participate in a safe and supportive environment. Over-zealous parents and adults, and ill-tempered, disrespectful athletes, sometimes need to be reminded of appropriate standards of behaviour for Little Athletics.

Little Athletics is a community activity, which utilises athletics to help foster the development of Australia's children, and as such, endorses and applies the following Codes of Conduct.

The privilege of membership with the Little Athletics NSW (LANSW) may be withdrawn where it is determined that a person's conduct is inconsistent with the mission of the LANSW and in clear breach of the Codes of Conduct.



## Athletes

1. Show respect to coaches and officials. Any approach to an official should be in a courteous manner. Never argue with an official.
2. Control your temper - no "mouthing off", throwing equipment etc.
3. Never verbally abuse or sledge other athletes, deliberately distract or provoke another athlete.
4. Do not bully or harm another athlete.
5. Do not use bad language or obscene gestures at any time.
6. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.
7. Do not bring the sport of Little Athletics into disrepute.

## Adults

1. Never ridicule or yell at an athlete for making a mistake during a competition.
2. Respect the officials' decisions. If there is a disagreement, always follow the appropriate procedure/s in order to question the decision.
3. Never use violence, threats or abuse in any form.
4. Keep to designated spectator areas and do not encroach on the arena or other competition sites if you are not officiating.
5. Demonstrate appropriate social behaviour, by not harassing athletes, coaches, officials or spectators, smoking outside designated areas, being intoxicated or using bad language.
6. Ensure that any physical contact with a young person is appropriate to the situation and/or necessary for the athlete's skill development.
7. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.
8. Do not bring the sport of Little Athletics into disrepute.

## PENALTIES FOR BREACHES OF CODES OF BEHAVIOUR

The principles of natural justice will be observed when making decisions on breaches of the Codes of Conduct and in deciding any penalties for such breaches.

Any penalties that are imposed are to be appropriate to the seriousness of the breach.

Penalties for breaches of the Codes of Conduct that occur at events conducted by the LANSW that are confined to the day of competition shall be determined by the Carnival Manager. Penalties that go beyond the day of competition shall be determined by the Board of Management and could include banning families from future participation in the sport.

# Calendar of Events

**Please note:** dates and conditions could change. Up to date information will always be available on our website.

## 2025

|                   |  |
|-------------------|--|
| Fri 1 Aug         | RevSport Registration Portal opens                       |
| Fri 12 Sep        | First Competition Night                                  |
| Fri 19 Sep        | Sports Magic on Site for uniform pick ups                |
| 27-30 Sep         | NSW All Schools - SOPAC                                  |
| Sat 11 Oct        | Zone Multi Carnival - Glendale                           |
| Sun 19 Oct        | Westlakes Carnival                                       |
| Sun 26 Oct        | Wallsend Gala Day  |
| Sun 2 Nov         | Edgeworth Challenge                                      |
| Fri 7 Nov         | <b>Coles Community Round</b>                             |
| 8-9 Nov           | State Relays 8-12's - Blacktown                          |
| 14-16 Nov         | State Relays 13's to Masters - Blacktown                 |
| Sat 22 Nov        | Hunter High Velocity Meet at Maitland - ANSW permit meet |
| Wed 26 Nov        | Cardiff night before Zone                                |
| Sat 29-Sun 30 Nov | LakeMac Zone Championships - Glendale                    |
| 4-7 Dec           | All Schools Nationals, Melbourne                         |
| Fri 19 Dec        | Cardiff last night before Christmas break                |

## 2026

|                      |   |
|----------------------|---|
| Fri 16-Sun 18 Jan    | NSW Country Championships - Maitland  |
| Fri 23 Jan           | Cardiff first night after Christmas break   |
| Sat 24 Jan           | Lake Macquarie High Velocity Meet - Glendale - ANSW permit meet                       |
| Sat 7 Feb            | Cardiff Challenge   |
| Wed 11 Feb           | Cardiff night before Regionals  |
| Fri 13-Sun 15 Feb    | Hunter Region Championships - Maitland  |
| TBA Feb              | Norm Johnson Carnival, Glendale   |
| Sat 28 Feb-Sun 1 Mar | State Combined Carnival - Maitland  |
| Fri 6 Mar            | Cardiff last night of season  |
| Thu 12-Sun 15 Mar    | NSW Junior (13-20) State Championships - SOPAC  |
| Thu 19-Sun 22 Mar    | Little Athletics State Championships (9-12) and NSW Opens State Championships - SOPAC |
| TBA April            | Australian Championships (Nationals) - Brisbane                                       |
| TBA May              | Cardiff Presentation Day  |



**Instagram**  
cardiff.lansw



**Website**  
cardiffathletics.club



**Facebook**  
cardiff.lansw