



2026-2027

Handbook



A note from the President

On behalf of Singleton Track & Field, welcome to the 2026/27 season.

This year's club theme is "All In" – because a club like ours only works when everyone plays their part. Whether you're an athlete chasing a personal best, a parent on timekeeping duty, a coach planning sessions, or an official giving up your time, every contribution matters. No role is too small, and no effort goes unnoticed. When we're all in, together, that's when our club is at its best.

We are proud to introduce our new U20–Masters competition night, running Monday evenings from 6:15pm throughout the season. This initiative gives our senior athletes a dedicated competition opportunity, while also allowing our Little Athletics comp nights to run more smoothly for our youngest members.

On that note, our committee is currently looking for more members to help share the load. Running a club like ours takes more than a handful of volunteers, and we'd love to hear from anyone interested in joining – whether you can commit to a committee role or simply want to help out where needed. No experience necessary, just a willingness to lend a hand. Let's get "All in!"
Hilary Kennedy, STFC President

Inclusion

The Singleton Track & Field Club promotes "All Abilities" We are here to assist your child in gaining classification through Little Athletics NSW & Athletics Australia, and offer our support. We are able to modify events to suit the needs of the athlete.

This season our Inclusion Coordinator is *Hailey Ramplin*. We are very lucky to have Hailey who is a passionate advocate for All Abilities who will be here to support all athletes and their families.



2026/2027 Fee Breakdown

LANSW fees are \$98 per registration.

Fee Breakdown for STFC

POWER/WATER: \$2000per/quarter
CONSUMABLES/SPONSORSHIP/
PROMOTIONAL ITEMS: \$2000
AFFILIATION FEE: \$365
UNIFORMS: \$3000
EQUIPMENT UPKEEP: \$2000
PRESENTATION NIGHT \$2,500

Important Notes

****DATES TO REMEMBER****

First Club Night:
13th October 2026
Christmas Club Comp Night:
15th December 2026
XMAS BREAK
2027 Return:
2nd February 2027
Family Club Night:
23rd March 2027

Our presentation night will be held at Club Singleton on Friday 2nd April 2027 at 6pm – At STFC Club House.

We take great pleasure in celebrating all the athletes & their accomplishments throughout the year. It's a great night to come together & look back on the season. Bring your families & enjoy!

COMMITTEE MEMBERS FOR 2026-2027

The STFC committee members for 2026-2027 are a group of hard working, dedicated volunteers. Our focus this season is to create a fun and enjoyable environment for all our athletes and their families.

We encourage all our athletes and their families to really feel as though they are a part of our club.



POSITION	NAME	EMAIL
President	Hilary Kennedy	stfc.president@gmail.com
Vice President	Ian Shearer	secretary.singleton@gmail.com
Secretary	Renee Pegler	stfc.vice@gmail.com
Treasurer	Courtenay Robertson	singletontrackandfieldtreasurer@gmail.com
Registrar	Erin Corrigan	registrar.stfc@gmail.com

POSITION	NAME
Records/Programmer	Hailey Ramplin
Public Officer	Renee Pegler
Social Media Coordinator	Hilary Kennedy
Championships Officer	Ian Shearer
Coaching Officer	Hilary Kennedy
Canteen Officer	VACANT
Uniform Officer	Erin Corrigan
Equipment Officer	Ian Shearer
Groundskeeper	Tyson Smith
Tiny Tots Coordinator	VACANT
Tiny Tots Assistant	VACANT
Sponsorship Coordinator	VACANT
Inclusion Coordinator	Hailey Ramplin
Track and Field Officer	Ian Shearer
Awards Officer	Renee Pegler



WHAT HAPPENS ON TUESDAY NIGHTS

Who: Girls and boys from ages 4 and 5 years, through to 16 years of any ability. Adults can also register.

Where: Cook Park 5, Rose Point Drive, Singleton 2330

Season Starts: Tuesday, 14th October 2025

Season Ends: Tuesday, 24th March 2026

Christmas Holidays: Last comp night Tuesday, 16th December 2025
Return from Christmas Tuesday, 3rd February 2026

Start Time: U6-Opens 5.45pm (warm up, competition starts at 6pm)
Tiny Tots 5.15pm

Tiny Tots: Each Tuesday evening Tiny Tots will meet near Tots equipment. 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 U6 age group.

U6-U17 + Adults: Each Tuesday evening begins with any important announcements. Before the announcements, the athletes are to assemble in their age groups adjacent to the finish line. 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 children must wear a centre uniform with registration numbers and age numbers.

Wet/Hot Weather: If a Local Competition Night is cancelled due to wet or hot weather, a notice will be placed on our Facebook page. This service will be updated after 4:00 pm on the day. Please assume that a Competition Day will be held, unless we have had extended periods of rain, recent heavy falls, rain is imminent or extreme hot weather is present.

Emails: Emails are sometimes sent to some or all members through our club's online system. These emails contain important information such as carnival entry dates, re-registration details and LANSW (Little Athletics NSW) championship information.

Parent Participation: To make athletics enjoyable and well run as possible for your children, WE ENCOURAGE, AND NEED YOUR HELP. Don't worry if you feel you may not know enough to assist. There is always someone who will show you. Parents can help with measuring throws or jumps and timing races. For smooth operation it is essential that parents assist in whatever capacity they feel comfortable.

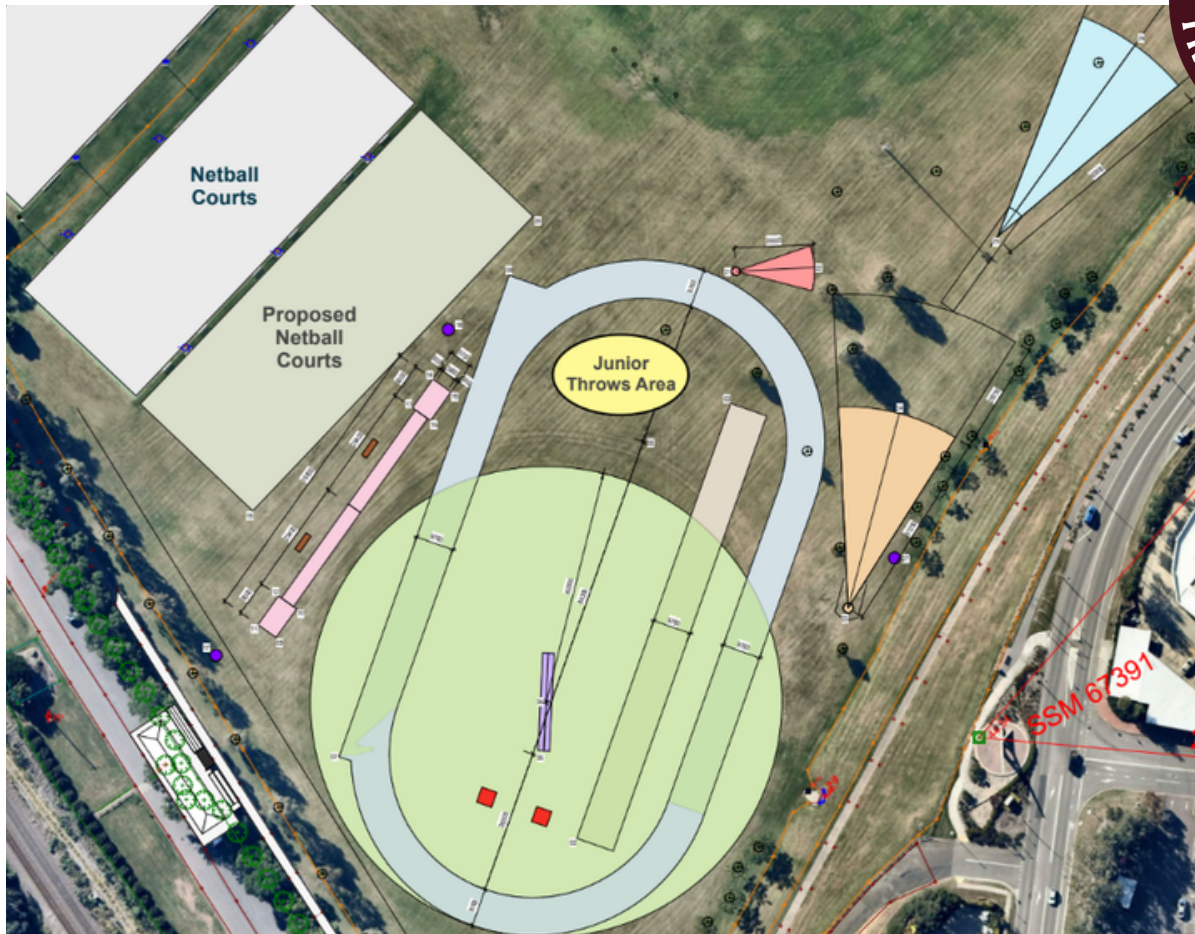
During competition parents and/or guardians must stay at the ground with their children. Do not drop your children off and leave. Unsupervised children can, and will, be excluded from competition. Parents are asked to actively participate in the operation of the centre by assisting in the running of events at our regular weekly competitions.

IN THIS SECTION:

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- Season Dates
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- Start Time
- Tiny Tots
- U6 - U17 + Adults
- Uniform
- Wet/Hot Weather
- Emails
- Parent Participation



MAP OF OUR GROUNDS - COOK PARK 5



Event	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17	Adult
50m	X	X										
70m	X	X	X	X								
100m	X	X	X	X	X	X	X	X	X	X	X	X
200m	X	X	X	X	X	X	X	X	X	X	X	X
400m			X	X	X	X	X	X	X	X	X	X
300m (Pack start)	X											
500m (Pack start)		X										
700m (Pack start)			X									
800m (Pack start)				X	X	X	X	X	X	X	X	X
1500m						X	X	X	X	X	X	X
60m Hurdles			X	X	X	X	X					
90m Hurdles								X	X	X	X	X
Long Jump	X	X	X	X	X	X	X	X	X	X	X	X
High Jump				X	X	X	X	X	X	X	X	X
Triple Jump					X	X	X	X	X	X	X	X
Shot Put	500g	1kgs	1.5kgs	2kgs	2kgs	2kgs	2kgs (G) 2kgs (B)	3kgs	3kgs	3kgs (G) 4kgs (B)	3kgs (G) 5kgs (B)	4kgs (G) 6kgs (B)
Discus	350g	350g	500g	500g	500g	500g	500g	750g (G) 750g (B)	1kgs	1kgs	1kgs (G) 1.5kgs (B)	1kgs(G) 1.75kgs (B)
Javelin						400g	400g	400s (G) 600g (B)	400g (G) 600g (B)	500g (G) 700g (B)	500g (G) 700g (B)	600g (G) 800g (B)
Tiny Tots	Play-training activities & modified games.											

Championships & Carnivals

General Information

All Little Athletics centres in NSW are divided into zones and regions. STFC is in the Hunter Zone. The other centres in the Hunter Zone are Aberdeen, Muswellbrook, Denman, Merriwa, Branxton/Greta, Cessnock, Kurri Kurri, Rutherford, Maitland and East Maitland.

The Hunter Zone is part of Region 2. There is an 8 Region structure. 4 metropolitan and 4 rural country.

We will update information regarding the below championships as information is presented.

Zone Championships – TBA

Regional Championships – TBA

State Combined Carnival- TBA

State Championships – TBA

For further events, please go to www.lansw.com.au

Centre Uniform & Placement of Patches

It is compulsory for athletes to wear the STFC uniform with their registration and age group numbers in their correct position. Athletes competing at ANSW sanctioned events will also be required to wear the correct STFC uniform with ANSW registration numbers. Failure to do so will result in disqualification.

The centre uniform consists of:

Girls: Club singlet or crop-top with plain black shorts, bike shorts or scungies.

Boys: Club singlet with plain black shorts (bike shorts may be worn underneath shorts).

Athletes intending to compete at LAANSW events are advised that rules regarding plain shorts are strictly enforced at carnivals (i.e. no logos are allowed on shorts).



Uniforms can be purchased from the canteen every comp night.

New style Singlets & Crop Tops \$45.00

Other Merchandise is available for a limited time on our website

Award Structure

Tiny Tots

Tiny Tots participate in play-training activities only.

Measured and Timed Events

The aim of our centre's point score is to encourage all athletes to improve their own personal best efforts. It awards points for both winning and for improving.

Points are awarded on the following basis:

Participating in an event – 2 Points

Participating on a Comp Night – 1 Point

Attaining a Personal Best – 10 Points

1st Place – 10 points

2nd Place – 9 points

3rd Place – 8 points

4th Place – 7 points

5th Place – 6 points

6th Place – 5 points

7th Place – 4 points

8th Place – 3 points

9th Place – 2 points

10th Place – 1 point



SOME OTHER FREQUENTLY ASKED QUESTIONS

Do we need special shoes?

Waffles can be worn for all ages but are not essential. Running Joggers are perfectly fine.

Spikes can be worn from U11 upwards, in landed events (100m, 200m, 400m) long jump, high jump and triple jump.***Athletes in U/11 – U/12 may wear spikes in landed events, long jump, high jump, triple jump and javelin. Athletes in U/13 – U/15 may wear spikes in all track and field events except walk, as well as field events listed above.

All spikes must have all holes filled in shoe with no more than 2 blanks. Any number of spikes up to 11 may be worn in each shoe.

Spike lengths are as follows:

1. Synthetic track max of 7mm
2. Field events – 9mm max
3. Grass all track and field events 12mm max

Spikes must be removed immediately after each event and carried with the athlete.

Spike shoes are not however necessary and generally only 10% of athletes at our centre use them.

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

Our emphasis is on family, fun and fitness. Children can join with any level of skill or fitness and are given plenty of encouragement to improve. Sportsmanship is one of our main focuses with Little Athletics.

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. STFC also have qualified coaches or parents who can offer some guidance during competition nights.

Athletes seeking individualised coaching are invited to contact Hilary Kennedy at Singleton Striders on 0466 984 352.

Can I volunteer?

Yes! Of course, you can. The Singleton Track & Field Club runs on volunteers. We encourage all parents to assist where you can on club nights. It not only makes our nights run smoothly, but the athletes love having your support! On club nights' assistance is greatly appreciated in age group managers, gun starters & timekeepers.

Our Tiny Tots program also welcomes the parents & carers involvement.

If at any stage would like more information about policies, plans, rules or information on education and training, please contact the committee at STFC or contact Little Athletics NSW via their website www.littleathletics.com.au

Thank You!

