TWEED LITTLE ATHLETICS
Walter Peate Oval - Kingscliff



Saturday Competition

All athletes must be present for warm-up before competition begins promptly at 8am. Parents are required to assist with set-up and to help at field events.

Each Saturday, athletes participate in 5 events (including hurdles, sprints, long-distance, shot put, discus, javelin (U11+), long jump, high jump, triple jump (U11+) on a rotational basis, plus skill development.

Parent Involvement

Parent involvement is essential – we need your help at events with recording, measuring, spiking, raking and retrieving. ALL ATHLETES MUST HAVE A PARENT/GUARDIAN IN ATTENDANCE AT EACH MEET. THOSE ATHLETES WHO DO NOT HAVE A PARENT/GUARDIAN IN ATTENDANCE WILL NOT BE ABLE TO COMPETE. **Leaving your child unattended is dangerous and is not fair to their fellow athletes, the age marshalls, other parents or the Committee.**

Meet the Committee



Centre Manager	Assistant Centre Manager	Secretary	Treasurer
Sheree Scott	Evan Williams	Angela Finkel	Stuart Reid

Track Recorder	Chief Recorder	Canteen Coordinator
Michelle Teasdale	Juanita Golden	Taz Dobbyn

Equipment Officers

Evan Williams
Justin Dobbyn
Stuart Reid

General Committee

Renita Moore
Amali Moore
Linda Preston
Andrew Barkworth
Seth Moore
Lyla Williams
Tara King
Erin Lanyon

Training

Athletes are provided with instructional coaching and skill development in all athletic disciplines. Parents are required to supervise athletes and assist with set-up and pack-up.

Wet Weather

Please refer to our Tweed Little Athletics Facebook page for updates if competition is to be cancelled.

Uniform Rules







Club Uniform is required to be worn each week. Full details are available at www.tweedlac.org.au.

Registration numbers must be sewn or pinned in the centre on the front of the polo shirt, singlet or crop top.

LAQ's Sun Safety Policy states that athletes must wear a hat and sunscreen. All athletes must have a club polo shirt.

Shoes MUST be worn by all athletes whilst competing in any LAQ sanctioned track and field competition.

Other Information

A canteen operates each Saturday, selling a variety of hot and cold treats. Cash and card payments are welcome.

Weekly results are available on the ResultsHQ family portal. Awards are calculated on the IAAF points system based on participation and achievement. Please refer to the website for further details.

To be eligible for end of season awards, athletes are required to attend 60% of centre competition days.
(Medical certificates required if you are unable to compete due to illness or injury)

Dogs are not permitted at the sports field. By law, smoking and vaping is not allowed at children's sport.

PARENT and ATHLETE CODE OF CONDUCT

A registered athlete, official, assistant, or any spectator will not indulge in any unsportsmanlike behaviour towards another participant, official, volunteer, or spectator involved in a recognised Little Athletics activity and will adhere to the relevant Codes of Conduct.
A copy of LAQ's Zero Tolerance Policy can be accessed at https://laq.org.au/policies-plans-procedures/



OPTIONAL CARNIVALS- Nomination fees apply
REGIONAL COMPETITIONS- Nomination fees apply
STATE COMPETITIONS- Qualifying conditions and Nomination fees apply

Tweed Little Athletics Season 2026/2027 Calendar			
August 1 2026	Registrations Open		Access via Sport:80
Sunday August 30 2026	Come and Try Day & Uniform Sales		1pm to 3pm
September 12 2026	Week 1 Competition	Trial Day - Week 1 Program A	Normal competition day at Kingscliff
September 19 2026 	Week 2 Competition	Trial Day - Week 2 Program B	Normal competition day at Kingscliff **Coles Spring Carnival in Bundaberg –** Optional carnival to attend if you wish. Register via Sport:80. More details at www.laq.org.au
September 26 2026	Week 3 Competition	Program C	Normal competition day at Kingscliff
October 3 2026	Week 4 Competition	Program A	Normal competition day at Kingscliff
October 10 2026	Week 5 Competition	Program B Bring a Buddy Day	Normal competition day at Kingscliff
October 17 2026 	Week 6 Competition	Program C	Normal competition day at Kingscliff ***Nominations open for Regional Relays. Listen to morning announcements. Check your emails and social media for details.***
October 24 2026 	Week 7 Competition	Program A	Normal competition day at Kingscliff **Coles Summer Series 1 –** Optional carnival to attend. Register via Sport:80. More details at www.laq.org.au
October 31 2026	Week 8 Competition	Program B	Normal competition day at Kingscliff
November 7 2026 	**HARTS REGIONAL RELAYS ASHMORE**	Regional Relays at Ashmore LAC - a fun teams-based event.	No normal athletics at Kingscliff.
November 14 2026	Week 9 Competition	Program C	Normal competition day at Kingscliff
November 21 2026	Week 10 Competition *	Program A	Normal competition day at Kingscliff *Backup date for Regional Relays
November 28 2026 	Week 11 Competition	Participation Points only Program B	Normal competition day at Kingscliff **Coles Summer Series 2 –** Optional carnival to attend. Register via Sport:80. More details at www.laq.org.au
December 5 2026	Week 12 Competition	Program C	Normal competition day at Kingscliff
December 12 2026 	**McDONALD'S STATE RELAYS**	Regional Relays at QSAC for qualifying teams.	No normal athletics at Kingscliff.
December 19 2026 	Week 13 Competition	**Christmas Program**	Let's have some Christmas fun with novelty events, raffles and a visit from Santa. ***Nominations open for Regional Champs. Listen to morning announcements. Check your emails and social media for details.***

Two week break over Christmas and New Year

January 9 2027	Week 14 Competition	Program A	Welcome back after Christmas and New Year break
January 16 2027	Week 15 Competition	Program B	Normal competition day at Kingscliff
January 23 2027	Week 16 Competition	Program C	Normal competition day at Kingscliff
January 30 2027	Week 17 Competition Day 1 Combined Events Championships	Participation Points only Program A	Normal competition day at Kingscliff **McDonald's Combined Events Championships** – Optional Carnival to attend if you wish. Register via Sport:80. More details at www.laq.org.au
January 31 2027	Day 2 Combined Events Championships	Optional Sunday competition	**McDonald's Combined Events Championships**
February 6 2027	Week 18 Competition	Program B	Normal competition day at Kingscliff
February 12 2027	**HARTS REGIONAL CHAMPIONSHIPS** Walks events	Regional Championships hosted by Tweed Little Athletics in Kingscliff.	Race walks events held on Friday afternoon.
February 13 2027	**HARTS REGIONAL CHAMPIONSHIPS** DAY 1		Compete against athletes from other south coast centres. Top 3 athletes qualify for State Championships in Townsville.
February 14 2027	**HARTS REGIONAL CHAMPIONSHIPS** DAY 2		
February 20 2027	Week 19 Competition	Program C	Normal competition day at Kingscliff *Backup weekend for Regional Champs
February 27 2027	Week 20 Competition	Program A	Normal competition day at Kingscliff
March 6 2027	Week 21 Competition	Program B	Normal competition day at Kingscliff
March 13 2027	Week 22 Competition	Program C	Normal competition day at Kingscliff
March 19 – 21 2027	**McDONALD'S STATE CHAMPIONSHIPS**	State championships for qualifying athletes	3 days of state championships held in Townsville – Go Tweed!
Date to be advised	Presentation Day		Celebrate the season. Details to be provided.

***Dates are subject to change from the time of printing - please check the Little Athletics Queensland website**

South Coast Regional Competitions

Regional Relays – A fun day, giving the opportunity to compete as a team and run, throw and jump against athletes from other centres. Under 7 through to Under 17s can compete. Track teams are made up of 4 athletes and field teams require at least 2 athletes to nominate.

Harts Regional Championships – Individual competitor event for all athletes in Under 7 to Under 17. Athletes Under 9 to Under 17 can qualify for State Championships based on placing in the top 4 of an event or by meeting qualifying standards in a final (or Top 8 for field events). Nominate at Sport:80.

LAQ Events

Coles Summer Series - Aims to give all registered athletes in U9 – U17 age groups the opportunity to take part in a large-scale competition, without any of the pressures associated with a Championship. Nominate at Sport:80. Visit www.laq.org.au.

McDonald's Combined Event Championships - For U9 – U17's and offers participation for U7 – U8's. Combined events to encourage athletes' development. A variety of options, including throws triathlon, jumps triathlon, heptathlon and pentathlon. Nominate at Sport:80. Visit www.laq.org.au