



# **2021 State Combined Events Championships**

## **Athlete Information**

**Lakeside Stadium, Albert Park  
Saturday 30<sup>th</sup> – Sunday 31<sup>st</sup>  
January 2021**

# Event Processes

## COVID Protocols

All LAVic events are conducted according to the LAVic COVID Protocols that are approved and updated to ensure the health and safety of all attendees. The compliance of these COVID protocols is essential, and every person has a responsibility for ensuring compliance with these protocols. A copy of the COVID-19 LAVic Protocols can be found by [clicking here](#).

Included in the protocols are several important aspects that we will be continually reinforcing both before and during the event.

- Each attendee is asked to complete a [symptom self-assessment](#) prior to leaving home and not attend if they are unwell, or have been instructed to isolate or quarantine.
- Attendees must maintain at least 1.5m physical distance between those from other groups at all times.
- To minimise movement, attendees must stay within their allocated spaces or seats where practical.
- Face masks must always be carried and worn when physical distancing cannot be maintained.
- Personal hygiene measures such as hand sanitising after touching surfaces and using toilets are essential, as well as observing the cough etiquette to minimise the risk of spreading any droplets.
- All staff will be required to complete the [Staff Coronavirus \(COVID-19\) Health Questionnaire](#) prior to the event and not attend if unwell.

## Venue access

There will be 2 entry points, Gate 1, and Gate 2, located at opposite sides of the stadium. At each Gate, there will be a two-stage entry process. All attendees will be separated into lines, and physical distancing between lines will be in place to allow attendees to scan the QR code and enter the required details, prior to proceeding to the venue gate, where staff will check the QR code details, to gain access to the venue.

The gates open at **7.30 am**.

To process 1000 people on both days, and to avoid lengthy delays in gaining access, we require different age groups to enter either Gate 1 or 2. The venue map has the location of Gate 1 and 2.

Please do not all enter via Gate 1, as this could result in athletes being late for events.

**Saturday:**

**Gate 1** – Under 9 athletes, Under 13 athletes, Under 15 athletes.

**Gate 2** – Under 10 athletes, all Multi-Class athletes.

**Sunday:**

**Gate 1** – Under 11 athletes, Under 15 athletes

**Gate 2** – Under 12 athletes, Under 14 athletes, Under 16 athletes.

Both Lakeside Stadium staff will be checking the QR code details and LAVic officials will be checking off the approved official's list.

As a Tier 3 event, the capacity cap is 1000 attendees each day. The attendees include all athletes and parents, siblings, but does not include staff and officials required to conduct the event.

Only athletes, parents, siblings, approved officials will be allowed to attend and gain access to the venue. Other spectators, grandparents, friends, coaches, etc., will not be granted access to the venue. To avoid disappointment at the Gate, please understand the importance of this requirement under the conditions that we can conduct this State Championships.

A reminder that Lakeside Stadium has metered car parking that takes both coins and credit cards.

**Café**

Lakeside Stadium will have the Café at Gate 1, open from 8.00 am until the end on both days, with a pop-up coffee van at Gate 2 from 8.00 am - 11.00 am on both days to assist with the overflow of traffic, due to COVID restrictions and physical distancing requirements.

**First Aid**

St Johns is our First Aid provider, while they will provide the usual First Aid service, they are fully informed on the current information regarding COVID-19 and will provide our event with the highest level of health services and emergency management experience.

### **Face Masks**

All attendees are required to carry a face mask and wear it when physical distancing cannot be maintained. This does not include the athletes when competing. However, under the conditions of Lakeside Stadium access, all parents, will be required to wear a face mask when they are watching the Long Jump events while standing against the fence. If watching from the grandstand, masks are not required. Please ensure you bring along your face mask.

### **COVID Safe Officials**

Our event will have several COVID Safe Officials – CSO's throughout the weekend who will be ensuring compliance with the protocols, checking on the status of the hand sanitiser stations, disinfectant sprays and wipes at all sites, including on the field of play.

### **Groups**

Athletes are split into groups to assist with the timetable, depending on the age group, they are:

Under 9, 10, 11, 12 – 4 groups, A, B, C & D.

Under 13 – 3 groups, A, B & C

Under 14, 15 – 2 groups, A & B

Under 16 – 1 group.

These groups are only used for the Field events, for the Track events, all athletes in that age group compete together.

### **Call Room**

This year due to COVID restrictions, we will not have Field event call rooms. All athletes will be called directly to the Field event, according to their Age and Group letter by the announcer. It is essential that all athletes check their group letter and the map to ensure they know where the field events are.

Both Shot Puts are at the VIS end, as well as Javelin. Discus 1 is next to the High Jump mats, and Discus 2 is the outside cage. Access now is only from inside the venue. All 4 Long Jump pits will be operating.

The timetable is only an indication of the times, in Combined Events, the athletes are called to their next event, it is essential that athletes and parents are listening for all announcements.

Athletes are not to run across the track or jump the fence, spread around the track are gates, and officials on each Gate will manage the athletes entering the track.

For the Track events, there is a call room, located at the 100mt start end, next to the VIS building. There will be 2-3 marquees, clearly visible as you look at the 100mt start line. All athletes will be called to the Track call room in their age group and will compete at the same time, separated into heats.

## **Point Scoring**

Athletes are awarded points based on their performance in each discipline.

Little Athletics Victoria uses the Alberta Youth Scoring Table to determine point scores for U9-U14 athletes.

U15 & U16 athletes will use the same points system, as per the World Athletics Men's and Women's Combined Events tables.

The U9-U16 Multi-Class athletes will use the Baseline tables for conversion and then the Alberta Youth points, except for the U13-U16 Girls Long Jump, where the MDS tables will be used, then Alberta Youth points.

An athlete failing to attempt to start or make a trial in one of the individual events will not be entitled to receive a place. It will not prohibit the athlete from competing and scoring points in subsequent events.

## **Warm-up**

Athletes will have access to the back straight only until the track is closed when the first events are called. The front straight will have hurdles and officials setting up, so that is closed to athletes, please do not run on the front straight or go over the hurdles.

The warm-up track will be open for the entire duration, along with the Shot put rings on the warm-up track. As we are using the outside Discus cage, which is Discus 2 for competition, it will be closed for warm-ups.

There will be 4 officials out on the warm-up track area, ensuring the safety of all athletes is maintained.

## **Event Registration Patch**

This year due to COVID restrictions, athletes will not receive an event patch, and we do not have an athlete check-in. Athletes are required to wear their Centre uniform, that has the Coles badge sewn onto their uniform top and their weekly Registration patch.

Some registration patches still have Subway on them, they will be updated with a Commonwealth Bank sticker, that will be supplied to the Team Managers. All athletes must have the correct registration patch to compete.

## Uniforms

All athletes competing must wear their approved Centre uniform which conforms to the standards as defined in the [LAVic Centre Uniform Booklet](#).

The Rules covering uniforms are detailed in **Rule 143** as found in the LAVic [Competition Rules](#).

All uniforms must display the Coles logo above the LAVic logo.

It is each Centre's responsibility to ensure that their athletes are in approved Centre Uniform.

Spikes Size: Max 7mm for Track Events and 9mm for Field Events.

Spikes Shape: Only Conical or Pyramid spikes are permitted at Lakeside Stadium.

Age Groups	Track Events	Field Events
U9-U10	No spike shoes allowed	No spike shoes allowed
U11-U12	All events run entirely in lanes	All jump events & Javelin
U13-U16	All events	All jump events & Javelin

## High Jump

For High Jump, an athlete will only be allowed to have a maximum of 8 jumps.

During the competition, the bar will be raised in 3cm intervals.

The benchmark used to determine the 3cm intervals is 1.00mt.

As part of the entry process, **an athlete must nominate their preferred starting height**.

The athletes starting height can be changed on the day by advising the Chief Judge.

## Field Events

All field events are 3 attempts only.

In the case of Discus and Javelin, all attempts are marked by field markers with a number on them, that corresponds to the athlete. Only the longest attempt is measured at the end of the competition, not each attempt.

## Track Events

All track events are heats only.

## **Medals & Presentations**

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Due to COVID protocols, athletes will collect their medals from the presentation cushion themselves, and they will not be placed over their neck by the presentation officials.

Medals will be presented to the first three placegetters of each age group.  
Ribbons will be presented to fourth to eighth placegetters of each age group.

Approved Centre Uniforms must be worn at the Presentation Ceremony.

All athletes will receive a printed results certificate in the weeks following the event.  
Medals or Ribbons will not be presented to placegetters in individual disciplines of the Combined Events.

## **Results**

Live Results will be made available throughout the entire Championships on our Results Hub platform. Access to Results Hub is done through the event page on the website, or by clicking the link below.

<https://lavic.resultshub.com.au>

## **Photos, Videos & Live-Stream**

The Championships will be covered extensively with a team of photographers and via recording. Photos & Videos will be made available through Little Athletics Victoria's Facebook and YouTube pages in the days following the event.

The event will also be live-streamed through [YouTube](#), [Facebook](#), [Twitter](#) and [Twitch](#). Details are found on the event page.