Are you ready for the 2021 Commonwealth Bank State Track and Field Championships this weekend?

Congratulations on qualifying to compete at this weekend's 2021 Commonwealth Bank State Track & Field Championships, on Saturday 13th – Sunday 14th March at Lakeside Stadium.

Venue details
Lakeside Stadium, Aughtie Drive, Albert Park
Google Maps: click here
Please note there are road closures along Lakeside Drive, seek alternative directions.

Carpark
Parking at Albert Park is metered, taking coins and credit cards.
Saturday – Sunday, $5.40 flat rate for the day.

Venue Entry
Entry to the venue is free all weekend.

Conditions of Entry - Attendees

This event is being conducted under the Victorian Government – Public Events Framework – Tier 2 Permit. We have a cap on the number of attendees, that can be inside the venue at any time throughout the 2 days, which is not sufficient to allow total attendance for the entire duration of the day. The cap is 2500 attendees inside the venue at any one time.

To achieve this cap, we will be implementing the following conditions of entry.

- **No spectators – including Grandparents, Relatives, Friends, Private Coaches**.
- Both parents can attend, including siblings.
- Only Centre approved volunteers will be allowed to attend, their attendance must be approved by LAVic, via an online registration portal. Their names will be on the entry list at the gates.
- Adults who arrive at the Entry gates who do not have their name on the entry

list, will be refused entry. This does not apply to parents who have an athlete competing on the day.

- All attendees will be required to scan in via the QR code, a count of those arriving and leaving will be kept by officials at the gates.
- **Athletes are asked not to arrive any earlier than 90mins before their event**.
- Athletes will be asked to **Compete and then leave the venue immediately after they have finished, unless they have a presentation to attend, or the parent has a Centre Duty to perform.**
- Athletes cannot stay and watch their other Centre athletes or friends.
- Athletes that have other events during the day, spaced out by several hours, will be asked to leave the venue and then return closer to their next event.
- It might be the case that families leave the venue, 1 or 2 times depending upon the timetable of events.
- If the cap is reached and athletes are outside the venue, the program will stop and announcements will be made to ask people to leave immediately, to allow those athletes to enter the venue.

We have encouraged the Centres to organise the Centre Duties, as close to possible to the athletes competing to facilitate the **Get In, Compete, Get Out approach.**

To assist with planning your spare time between events, we have put together a brochure on things to do around Albert Park, additionally, MSAC are offering a 50% discount on their wave pool session and they will be conducting a BBQ as well. Further details will be sent on this.

While the above conditions of entry are not ideal, unfortunately these are the conditions that we must operate under. We will be working hard to ensure everyone has the same opportunity to compete at State.

COVID Protocols

There are strict guidelines that we must follow for these and subsequent events to occur. Another organisation has already received notification that their permits will be reviewed if the COVID Safe protocols are not fully implemented.
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 responsible to ensure 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 constantly reinforcing both before and during the event, via our correspondence, and all social media channels.

- 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.
- Contact tracing. Attendees will be required to scan the QR code at the entrance of each venue prior to being permitted into the venue. For those that might not have a phone capable of scanning the QR code, there will be a manual list to fill in.
- 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. Areas of high congestion such as standing along main walkway areas either along the **front straight** or when against the fence at the **Long / Triple Jumps pits**, or at the **presentation** areas are of great concern due to physical distancing requirements. **Masks will be required to be worn at these areas** in addition to other areas as advised by the Organising body on the day. You will be reminded to wear your mask at these areas, otherwise you will be required to return to your seats. Masks will be compulsory in these areas, unless you have a medical exemption.
- **Group photos are not permitted**, athletes must be separated at all times, especially during medal presentations and Centre photos.
- 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.

COVID Safe Officials

Our events require 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.

All attendees are required to abide by the directions of the Organising Body and the CSO's regarding compliance with the COVID Safe protocols.

Arrival times

As advised in the conditions of entry, please arrive between 60-90mins prior to your first event, unless there is a parent Centre duty to perform earlier, to allow some warmup and then either attend the Track Call Room or assemble at the Marshalling Points for the Field events.

Events Entered / Timetable / Map / Results
Details on the latest Provisional timetable, progressions, venue map and Results Hub is available on the event webpage, click here.

Track Call Room
This year, there is only a Track Call room operating for both able body and Multi-Class. It is located at the Start line end of the 100mts near the VIS building.
All athletes competing in Track events, must present to the call room in full approved Centre uniform, prior to the Final Entry time. Times are below.

- First Entry time – 25mins prior to the scheduled start time
- Final Entry time – 20mins prior to the scheduled start time

Field Events
A call room will not be operating for the Field events, the athletes will be called to assemble at the field marshalling points, in full approved Centre uniform, 20mins prior to the scheduled start time of the event. Athletes are not to enter the infield, they will be collected and escorted to the field event by an official.
There will be announcements over the PA to remind athletes to make their way to the marshalling points.

There are 4 Marshalling points for the weekend.

- Shot Put is outside at the warm up ring, at Gate 1
- Javelin and Triple Jump, at Marshal Point 2, 200mts start line end.
- Long Jump, High Jump and Discus 1, at Marshal Point 1, 1500mts start line.
- Discus 2 – Sunday only, outside at warm up track – near Discus cage.

Please ensure you are at the correct Marshal Point on time, for your event.

Clothing - Layers

Due to the weather expected over the weekend, athletes can arrive at the Track call room or Field Marshalling points wearing hoodies, jackets, track pants etc and then remove them as required. Athletes should have a small bag / backpack to take to the Field events to put any clothes or runners into. Additionally, some towels or a blanket might be useful as well to keep warm. Athletes can put some layers back on, while they are waiting for their next attempt.

Check In
We are not operating a Check In this year.

Membership Registration Patch
Every athlete who competes at the 2021 Commonwealth Bank State Track and Field Championships must wear their weekly Membership Registration patch. These patches should now have the Commonwealth Bank sticker on them.
The Membership Registration patch is to be worn **every time** an athlete competes.

Coles Patch
Every uniform top is to have the red Coles patch above the Little Athletics Victoria logo.

Uniform & Spikes
Athletes must wear the approved Centre uniform, not a Club uniform if your Centre has clubs.

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, U14 **U15, U16**	**All events except Race Walks**	**All jump events & Javelin**

Spikes
Spikes must not exceed 7mm for Track events and 9mm for High Jump, Long Jump, Triple Jump and Javelin.

Needle or Pin spikes are not allowed at Lakeside Stadium.

The Centre Uniform by Region links on the Rules and Regulations page on the website has the approved uniform images. Click on your Region and find your Centre. **Competition Rules & Regulations**

Warm up
Athletes are to bring their own hurdles, blocks for warmups, to be used on the warm up track only. The main track will be closed at 8.00am both days.
The warm up track has a jump pit and several lanes for sprints, and a general warm up area.
There is one Shot Put ring closest to Gate 1 for warm up.
As both Shot Put rings outside are being used, the Discus Ring outside will be closed on Saturday, Sunday it is being used for Competition.

Clashes
All clashes have already been identified and included on a Clash summary report, a copy has been supplied to your Centre.
This report picks up any potential clashes according to the scheduled timetable.

The clash summary report will alert the Starters Assistant and the Clash Marshals as to which athletes will need to be collected by an official from one event and taken to another event. The clash summary report is also used in the Track call room to identify athletes that are already at another event, therefore they are not required to present to the Track call room.

The process is all controlled by the Starters Assistant and the Clash Marshalls, working with the Track call room and Field Event Chiefs. Athletes are kept at the Field event for as long as possible, to get in as many attempts prior to going to the start line for a track event.

If athletes have a clash / potential clash, then they will need to take all their runners / spikes as required for both events.

Clash forms are still required to be filled out on the day, if an unexpected clash occurs on the day, or if there is a clash between presentations and the Track call room or Field events. The Centre Team Manager has copies of the manual clash forms to be filled out and submitted to the Track call room for all clashes, either Track or Field.

Awards
Medals will be presented to the first three placegetters, in either the Final or the finalised times from the Timed Finals, or the converted performances for Multi-Class events.
Ribbons will be awarded to fourth – eighth placegetters as above. The ribbon will be attached to the results card.
Athletes will receive a results card with their performance for each event, this is collected by the Centre Team Manager.

Results Hub
The Results Hub system works with the Meet Manager program and captures the results as soon as they are loaded. These results are only provisional and can change, the official results are only the final hard copy results posted on the wall outside communications.

Presentations
The process for presentations will be as follows:

Field Events, the Top 3 athletes will be taken to the presentation area by an official along with a presentation slip, signed by the Referee. The presentation will be made immediately. The original results sheet will be taken to Communications, a copy made and put onto the results window. The results will then be entered into Meet Manager producing a final results sheet, which will be posted on the results window.

Track Events, the Top 3 from each Timed Final will be held at the finish line by the Finish Line Coordinator or the Top 3 in a single Final, in the case of the Race Walks, after the Chief Judge has spoken to the athletes.

Once the finalised times are confirmed, the Finish Line coordinator will ask the other athletes to leave and the Top 3 will be taken to the presentation area.

Presentation Clash
If there is a clash between presentations and another event, a Presentation clash form can be filled in by the Centre Team Manager and sent to the Track call room, who will distribute it.

We would prefer to complete the presentation when all athletes are there, the athlete under a clash form can go directly to the Track or Field event, without going to the Track call room or Field Marshalling point.

Multi-Class
As the performances will need to converted according to the Baseline / MDS tables, all athletes will be called to the presentation once the final results are determined.

Protests
A protest can only be lodged by a Centre Team Manager within 15mins of the posting of the results on the results window. The protest must be submitted on an official protest form available from Communications. Centre Teams Managers can only access this area.
A protest requires a payment of $55 and shall be retained if the protest is considered frivolous by the Referee or Jury of Appeal.
Payment is only acceptable by Centre cheque or exact cash, personal cheques or credit card not accepted.

On Field Protests (Field events only)
If an athlete or Centre Team Manager (not parent) in the U13-U16 age groups make an immediate oral protest against having an attempt judged as a failure, the Referee and/or Chief of the event may, at their discretion, order that the attempt be measured and the result recorded, in order to preserve the rights of all concerned.

At the end of the round the Referee will adjudicate on the protest.

Competition Rules, Regulations and Specifications
Please have a look at the Competition Rules, Regulations and Specifications appropriate to your event.

Standing Starts. A reminder that all athletes can perform a standing start. Refer to LAVic Competition Rules, page 14 for details.

High Jump:
All **U9 & U10** athletes are required to perform the Scissors technique for a valid jump. Refer to LAVic Competition Rules, page 22-24 for details.

The following table indicates the starting height for each age group at the State Track and Field Championship.

Age	U9	U10	U11	U12	U13	U14	U15	U16
Girls	0.85m	0.90m	1.05m	1.15m	1.20m	1.25m	1.30m	1.35m
Boys	0.90m	1.00m	1.15m	1.25m	1.30m	1.35m	1.40m	1.45m

For High Jump, if the athletes are still equal after the application of the count back rule, the athletes concerned will be awarded the same place; there is no jump off for any placing's including first place.

Time Limits:
The athlete's allowable time to commence their trail is as follows. All rounds are 60 seconds. In high jump the times are adjusted when there are 3 or less athletes. There are also adjustments for consecutive trials. The table is below.

The official responsible shall indicate to an athlete that all is ready for the trial to begin, and the period for that trial shall commence from that moment.
The recorder starts the time as above and after 45 seconds the Yellow flag is raised to indicate to the athlete that they have 15 seconds remaining for all first attempts. If the athlete has not commenced once the 60secs is up, the yellow flag is dropped, the Chief will then raise the Red flag to indicate an invalid trial.

Please note: if the athlete baulks during High Jump, the stopwatch is not stopped, it continues until the Chief Judge indicates a valid jump or failure, this is the most important use of the Yellow flag.

	High Jump	Other Field Events
All rounds of competition	60 seconds	60 seconds
When only 2 or 3 athletes left	1 min 30secs	Not applicable
When only 1 athlete left	3 minutes	Not applicable
Consecutive trials	2 minutes	2 minutes

Multi-Class Athlete Information

Age Group Category

Boys U9-U10 Girls U9-U10
Boys U11-U12 Girls U11-U12
Boys U13-U16 Girls U13-U16

Shot Put – the specifications can be found on the Competition Rules & Regulations page on the website. Click **HERE**

Long Jump - Athletes may choose to jump from a mat placed at the edge of the pit or a mat 1.0m away. Athletes must advise the Chief Official prior to each jump on their mat placement.

100m - U11 – U16 athletes can either perform a standing start or may choose to use starting blocks. U9-U10 must perform a standing start. A standing start is recommended for all athletes.

200m - U11 – U16 athletes can either perform a standing start or may choose to use starting blocks. U9-U10 must perform a standing start. A standing start is recommended for all athletes.

Note: Performances at LAVic events cannot be used for Athletics Australia Records.

Field Events

If there are 8 or less athletes in an Age Group Category, then all will get 4 attempts in Long Jump and Shot Put, no re-ranking will occur.
If there are more than 8, after the 3rd round, the Baseline tables will be used to determine the top 8 to receive an additional attempt, they will be re-ranked.

Parents/Carers

Parents are encouraged not to follow their child into the venue to be at the event, but rather watch from behind the fence. If assistance is required, please speak to your Team Manager who will co-ordinate this with the officials.

Multi-Class Results
Medals will be awarded for each age group category & event being calculated using the Baseline / MDS table to adjust scores. For example, the winner of the 100m event will be athlete with the highest adjusted percentage, not necessarily the first across the line.

All Athletes

All track events are either a Final or Timed Finals.
70m, 100m, 200m, 400m, 60m - 300m Hurdles

Where there are more than 8 declared entries, athletes will be placed in finals up to a maximum of 8 athletes per final. A series of Timed Finals will be used to determine the overall placing of athletes. i.e. Heats and Finals will not be conducted.

800m

Where there are more than 16 declared entries, athletes will be placed in finals up to a maximum of 16 athletes per final. A series of Timed Finals will be used to determine the overall placing of athletes. i.e. Heats and Finals will not be conducted.

1500m and Race Walks

Where there are more than 24 declared entries, athletes will be placed in finals up to a maximum of 24 athletes per final. A series of Timed Finals will be used to determine the overall placing of athletes. i.e. Heats and Finals will not be conducted.

Mixed Gender / Mixed Age Events
The Organising body may combine age and/or genders to make full fields. Athletes performances will be used to determine places in each age group and gender.

Ranking and Composition of Timed Finals

State Championships:

Athletes shall be allocated lanes and seeded to a Timed Final based on the performances achieved during the Region Carnivals.

(a) Depending upon the number of declared entries, based on the maximum field size as per Rule 604, the Timed Finals will be conducted from slowest to fastest. The last Timed Final will contain the fastest athletes / teams based on the performances achieved during the Region Carnivals.

(b) In each Timed Final, the allocation of lanes will be in three draws:

- Four highest ranked athletes / teams will be randomly allocated lanes 3,4,5 & 6
- Fifth and sixth ranked athletes / teams will be randomly allocated lanes 7 & 8.
- Seventh and eighth ranked athletes / teams will be randomly allocated lanes 1 & 2.

Note: Due to the clash with AV State Championships, additional progressions will increase the field size in both track and field events. Additional Timed Finals might be added to the program.

Ranking and Composition of a Single Final

In the 800m, 1500m and Race Walks if only one Final is required, lanes / starting positions will be random.

For events run entirely in lanes at the State Championships, it is permissible to have one Final greater than 8 athletes / teams, where the venue is capable to cater for more than 8 lanes.

In the situation where insufficient athletes / teams present to the Call Room and Timed Finals are scheduled, then the event can be collapsed into one Final. The Final is to be conducted at or near the scheduled Timed Final time, within the same event block. This allows the organising body time to re-seed and allocate lanes if required, without penalising the athletes / teams that have prepared and presented to the Call Room in readiness to compete.

Centre Duties
Please check with your Centre Team Manager to ensure you are aware of any allocated Centre Duties. Thank you in advance for completing your allocated parent duty. The event would not run without volunteer support.
We do ask that when you perform your duty to please wear enclosed footwear (**no thongs allowed**).

Mobile phones are not to be used when officiating.

Dogs are not permitted.

Smoking is not permitted within 10mts of the venue, fence surrounding the venue, including the warm up track.

Group Photo
This year due to COVID restrictions, we will not have a group photo.

Food & Drink
Lakeside stadium has a Café, serving food and drinks, along with Coffee.

Weather
The forecast is looking wet for Saturday and cool for Sunday. Please ensure you

dress appropriately for the conditions. Bring along several layers and a cloth to dry your seats.

Good luck and enjoy the Championships