



Little  
Athletics  
Victoria



## Are you ready for your Region Track and Field Carnival this weekend?

Hi Athletes & Parents / Guardians,

The LAVic Region Track and Field Carnivals are being held this weekend across all seven Regions. If you are competing this weekend there are a few important things to remember.

### COVID Protocols

The Region Track & Field Carnivals are being conducted under the Victorian Government Public Events Framework – Tier 2 permits. 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. Marquees are to be physically separated from each other, so there is at least 1.5mts between them.
- 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. At each venue, there will be specific requirements to wear a mask, this will be communicated to all attendees. Areas of high congestion such as standing along main walkway areas either along the main 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 might have received additional correspondence from your Centre regarding this already. Masks are compulsory 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.

### **Events Entered / Timetable**

You can see the updated entry list after the confirmed scratching's on Tuesday 23<sup>rd</sup> February, along with the updated timetable on your Region's event page [here](#). Click on your Region to find the information.

### **Membership Registration Patch**

Every athlete who competes at the LAVic Region Track and Field Carnivals 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 at Little Athletics, which includes Centre, Region, State and Open Day competitions.

## 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.

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](#)

## Spikes

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

**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

Athletes who fail to clear at least the height listed for their age group at Region Track and Field Carnival will not automatically qualify or be progressed to the State Track and Field Championship Final, regardless of their place at Region, including first place.

Region Track & Field Carnival starting heights will be set at **10cm below** the State Track & Field starting heights for each age group.

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.

As there are qualifying standards to be eligible to participate at the State Championships in the High Jump, even if the athlete/s finish first, it is important that they continue to jump until they reach the qualifying height or they record 3 consecutive failures.

### **Race Walks**

Athletes who equal or better the time listed in the table for their age group at the Region Track & Field Carnival will be eligible to be progressed to the State Track and Field Championships.

The maximum field size is 24 athletes per age group, this is dependent upon additional athletes progressing from the Athletics Victoria State Championships due to the event clashes.

Where a full field does not exist, the Organising body will have the discretion to progress athletes who fail to meet these times, while ensuring the competency of the athletes is at the required standard.

<b>Age Group</b>	<b>Distance</b>	<b>Time</b>
U9	700m	6 mins 25 secs
U10	1100m	8 mins 30 secs
U11	1100m	8 mins 30 secs
U12	1500m	11 mins 00 secs
U13	1500m	10 mins 30 secs
U14	1500m	10 mins 30secs
U15	1500m	10 mins 30 secs
U16	1500m	10 mins 30 secs

Note. There are no qualifying times for entry into Region.

### **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.

Every Region has been supplied with stop watches and yellow flags. 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 hasn't 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.

	<b>High Jump</b>	<b>Other Field Events</b>
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

### **Arrival**

What time to arrive.

Arrive at least 1 hour prior to your first event to allow time to warm up and be ready to either attend the track call room or be called to your event. Refer to your Team Manager for additional information.

### **Call Rooms**

This year due to COVID restrictions, all Regions have decided against conducting a Field Event Call Room, athletes will be called directly to the event site.

Announcements will be made when athletes are to proceed to the event site.

Most Regions are conducting a Track Call Room, please check with your Team Manager on the times. Ensure that you are at the Call Room before the call room closes, however with COVID Safe protocols, ensure physical distancing is maintained.

### **Competition Rules & Regulations, Specifications**

Please have a look at the [Competition Rules & Regulations](#) appropriate to your event.

### **Victorian Best Performances (VBP)**

A VBP can be obtained in all Standard events at the Region Track & Field Carnivals. The Officials and Referees have a process to follow, and the Region Organising body is responsible for the submission of the paperwork.

### **Australian Best Performance (ABP):**

An ABP is no longer eligible to be accepted at Region Carnivals.

## 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.

### 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.

### **Qualifying for the State Track and Field Championships- Multi-Class Events**

In order to qualify for the 2021 State Track and Field Championships, athletes will need to finish in the top 24 overall placings across all Region Carnivals, after the application of the Baselines Tables.

The maximum field size will be 24 athletes per event in each age group category.

### **All Athletes**

All track events at the Region Carnivals and State Championships for Track & Field are either a Final or Timed Finals. Qualifying Heats are no longer conducted to progress to the Final.

### **Finals & Timed Finals – Region Carnivals and State Championships**

The following is used for both Region Carnivals and State Championships when determining the number of finals to be conducted as a Final and 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**

### **Region Carnivals:**

- (a)** Athletes / Teams will be randomly placed in finals in those events conducted as Timed Finals.
- (b)** The allocation of lanes for a Timed Final/s, will be random.

### **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 eight 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 where only one Final is required, lanes / starting positions will be random.

For events run entirely in lanes at either the Region Carnivals or 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 / Check In, 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.

## **Qualifying for State Track & Field Championships**

The first placed athlete per Region per event will automatically qualify for the 2021 State Track & Field Championships, except Multi-Class. Please refer to Rule 604 of



the Competition Regulations – page 7-9, for details. The rest of the field will be made up of the next best performances from across all Regions to complete the field of 24 athletes (16 athletes only in 800m events), except for Multi-Class. There are eligibility standards for High Jump and Walk events, refer to the [Competition Regulations](#) (page 10).

Athletes must have competed in and finished in the overall top 10 placing in the relevant event at the Region Track and Field Carnival where the athlete's Centre is allocated, except for High Jump and Race Walks, refer to Rule 610.

If there are insufficient entries, or if places and performances are equal, only clear progressions will be advanced, i.e., a field may be less than the allowed maximum field size.

**Note:** Due to the clash with AV State Championships, additional progressions will increase the field size in both track and field events.

### **Qualifiers and Progressions**

The initial list of Qualifiers and Progressions for the LAVic State Track & Field Championships will be available on the Little Athletics Victoria website as soon as all results are collated and checked, they will be available for publication by Friday 5<sup>th</sup> March before 5.00pm.

Athletes or Centres are to advise the LAVic office if an athlete who has qualified to the State Championship for any given event, does not intend to participate in that event, by 9.00am on Tuesday 9<sup>th</sup> March, in order to progress the next qualified athlete. Due to the very tight timeframes, the final athlete qualifiers and progressions will be published on the LAVic website on Tuesday 9<sup>th</sup> March at 5.00pm. No changes will be made after this time.

### **Centre Duties**

Thank you in advance for completing your allocated parent duty. The events wouldn't run without volunteer support. We do ask that when you perform your duty to please wear enclosed footwear (**no thongs**).

**Mobile phones are not to be used when officiating.**

**Dogs are not permitted.**

### **Weather**

The forecast is looking good for the weekend with warm conditions on Sunday. Please ensure you dress appropriately for the conditions. Be sun smart and stay well hydrated.

**Good luck and enjoy the Carnival.**