



Little  
Athletics  
Victoria



## AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS

Information Pack 2024

Updated 05.03.2024

## Welcome

The Australian Little Athletics Championship (ALAC) is an annual three-day event conducted by Little Athletics Australia, offering national competition opportunities to those in the U13 – 15 age groups (Including multi-class).

Held in South Australia from Friday the 26th through Sunday the 28th of April, the competition is again evolving to see the inclusion of an U15 individual competition. Commensurate with the evolution, this year will see some changes to the coordination of the Victorian team.

The purpose of this document is to provide eligible members with a greater understanding of the state team process. If, after review, you have questions, or a particular issue is not addressed, please contact the LAVic office.

## Key Dates

There are several key dates that should be observed by those wishing to gain selection to ALAC. Prospective competitors should be aware of qualification requirements and opportunities, alongside a complement of training days. Additional information regarding team requirements will be covered later in this document.

<b>Champs</b>	Saturday 20 <sup>th</sup> – Sunday 21 <sup>st</sup> January 2024	Lakeside Stadium
State Combined Event Championships, acting as the selection trials for those eligible to contest the U15 combined event at ALAC.		
<b>Champs</b>	Saturday 9 <sup>th</sup> – Sunday 10 <sup>th</sup> March 2024	Knox
State Track and Field Championships, acting as the selection trials for those looking to contest individual and team events (Excluding combined events) at ALAC.		
<b>Training</b>	Sunday 24 <sup>th</sup> March 2024 (12noon-2.30pm)	Ringwood
First training day for selected competitors, including introductions, team activities, and training (2 x 45min rotations). All competitors in the U13 team event are required at training. Optional for those in the U14 and U15 individual events but highly recommended, especially for those hoping to utilise team coaching services at the championship.		
<b>Training</b>	Sunday 21 <sup>st</sup> April 2024 (12noon-3.15pm)	Williamstown
Second training day including photos, team activities, and training (2 x 45min rotations). All competitors in the U13 team event are required at training. Optional for those in the U14 and U15 individual events but highly recommended, especially for those hoping to utilise team coaching services at the championship.		
<b>ALAC</b>	Friday 26 <sup>th</sup> – Sunday 28 <sup>th</sup> April 2024	SA Athletics Stadium, Adelaide
Australian Little Athletics Championships.		

## The Australian Little Athletics Championships 2024

The Australian Little Athletics Championship (ALAC) will, in 2024, again see competitors contest either a team or individual championship, based upon their respective age group (Aged under 13 to under 15, in the current season).

**Under 13**, including multi class will again be conducted as a team event, where:

- The team may comprise up to 16 boys and 16 girls (Able-bodied), and 8 multi class competitors.
- Those selected will form part of a team that contests a selection of events, and where individuals may be required to participate in one or more disciplines other than their preferred.
- The competition comprises sixteen and eight disciplines for able-bodied and multi class, respectively.
  - **Able-bodied:** 100m, 200m, 400m, 800m, 1500m, 1500m Walk, 80m Hurdles, 200m Hurdles, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin, 4 x 100m Relay, Swedish Medley Relay.
  - **Multi class:** 100m, 200m, 400m, 800m, Long Jump, Shot Put, Discus, Javelin.
- Team members can only be coached by a member of the management team.
- Selected competitors will be required for all training days/activities in Melbourne, plus track familiarisation/welcome sessions in Adelaide (Friday 26/04).
- Selected competitors will be required at the track, and in the team area for the duration of both Saturday and Sunday's competition program. This allows for team coordination, including ease of coaching and substitutions, in the case of injury.



**Under 14**, including multi class will see competitors contest an individual championship, where:

- Selection permits up to 28 boys and 28 girls (Able-bodied), and 16 multi class competitors.
- Individuals can contest fourteen and eight disciplines (Able-bodied and multi class, respectively).
  - **Able-bodied:** 100m, 200m, 400m, 800m, 1500m, 1500m Walk, 80m Hurdles, 200m Hurdles, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin
  - **Multi class:** 100m, 200m, 400m, 800m, Long Jump, Shot Put, Discus, Javelin.
- Team members can be coached by a member of the management team or a personal coach.
- Training days/activities in Melbourne, and the track familiarisation/welcome sessions in Adelaide are not mandatory for under 14 competitors. They are highly recommended for team inclusion however, especially for those seeking the assistance of team coaching staff at ALAC.

**Under 15**, including multi class will see competitors contest an individual championship, where:

- Selection permits up to 28 boys and 28 girls (Able-bodied), and 16 multi class competitors.
  - A further one competitor in each of the boys and girls combined event will be selected.
- Individuals can contest fourteen (Or fifteen, including the combined event\*) and eight disciplines (Able-bodied and multi class, respectively).
  - **Able-bodied:** 100m, 200m, 400m, 800m, 1500m, 1500m Walk, 80m Hurdles, 300m Hurdles, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin
  - **Multi class:** 100m, 200m, 400m, 800m, Long Jump, Shot Put, Discus, Javelin.
- Team members can be coached by a member of the management team or a personal coach, except for competitors in the U15 Combined Event competition, who must be coached by a member of the management team.
- Training days/activities in Melbourne, and the track familiarisation/welcome sessions in Adelaide are not mandatory for under 15 competitors. They are highly recommended for team inclusion however, especially for those seeking the assistance of team coaching staff at ALAC.

*\* Please note that competitors selected to contest the Combined Event will not be eligible to contest an individual discipline.*

## Selection Documentation

Selection requirements will differ depending on the type of event that is being contested (Individual or team).

Selection documents detailing the process for each event/age group can be found on the LAVic website [here](#).

Application of the selection documentation will see the following implementation.

## Nomination

The top eight placegetters in each U13 event at the State Track & Field Championships are invited to the ALAC Hub to nominate their interest in being a part of the under 13 team.

The top four placegetters in each U14 and U15 event at the State Track & Field Championships (Or Combined Events for interested U15 individuals) are also invited to the ALAC Hub to nominate their interest in being a part of the individual competition.

Those who register interest will be asked to nominate their availability, acknowledge that they have read, understand, and agree to any relevant documentation, and confirm their intent to attend, if selected.

## Selection

The Selection Committee will convene on Monday the 11th of March to finalise the selection of competitors for the Australian Little Athletics Championships.

At this meeting, selection and ratification of competitors will occur in alignment with any relevant policies and based upon the nominations received across the weekend(s).

Successful competitors will be contacted on Tuesday the 12th of March via email, asking them to accept their position in the team, and make team levy payment, within a specified timeframe. It will also include some additional key information. Unsuccessful applicants will not be contacted.

## Team Announcement

The State Team will be released via the Little Athletics Victoria website and social media once all members have been notified and accepted their place(s).

## Team Levy

If selected, each competitor, regardless of age group, will be required to pay a non-refundable team levy of \$240 per person + system transaction fee, which includes the following.

- Team management and coaching personnel at ALAC.
- Access to pre-event training days in Ringwood and Williamstown.
- Team/Individual photos at Williamstown, including postage to competitors (To occur post championship).
- Team Vic lapel pins, which can be swapped with other state competitors at ALAC.
- Lunch at ALAC (Saturday and Sunday only).

Please note that:

- Competition uniform will not be charged as part of the team levy. More information, including compulsory uniform items will be covered later in this document.
- There will be no team-stay option for competitors in 2024. As such, selected competitors will be required to arrange their own transport and accommodation at their own discernment and cost (Additional options for team members included later in this document).

## Management Team

Little Athletics Victoria will appoint management personnel, whose role will be to provide event day support and coordination across competition procedures.

A coaching team will also be appointed to manage the coaching requirements of the under 13 team, and to under 14 and 15 competitors who require assistance.

In 2024, the LAVic Management team will comprise:

<b>Team Manager (U13)</b>	Erina Cunningham
<b>Team Manager (U14 &amp; U15)</b>	Debbie Voogd
<b>Discus Coach</b>	Leanne Hume
<b>High Jump Coach</b>	Wayne Dyball
<b>Javelin Coach</b>	Mackenzie Mielczarek
<b>Long Jump Coach</b>	Craig Chapman
<b>Shot Put Coach</b>	Ben Spiteri
<b>Track/Relays Coach</b>	Paul Bray
<b>Triple Jump Coach</b>	Zoe Cunningham
<b>Emergency</b>	Rhianna Clemow




*Please note that management and coaching personnel roles and/or appointments are subject to change.*



## Victorian Accommodation Opportunity

LAVic, in collaboration with [Entertainment, Ventures, Travel, \(EVT\)](#), have arranged a Victorian Meet Hotel, where selected competitors may choose to stay during their time in Adelaide.

Situated side-by-side on South Terrace, Adelaide, EVT manage a trio of hotels and are offering discounted rates to Victorian competitors. For more information of any of the below hotels, please click on their logo, which will take you to their webpage.

		
Room Offer	Room Offer	Room Offer
10 x Double/Double rooms	25 x Double/Double rooms	10 x Double/Double, or 5 x triple (Queen bed + 1 single) rooms
Rate	Rate	Rate
\$219 per room, per night	\$189 per room, per night	\$199 per room, per night

As part of the confirmation process, competitors will be provided links to access the hotel deal, along with timelines for redemption (Subject to availability).

Additionally, EVT will be assisting us by hosting a buffet dinner for team members on the Saturday evening. This won't be a formal affair, instead just an opportunity for team members to get together and eat/socialise. Please note that this is to be a dry event.

Buffet menu is as follows and is subject to seasonal changes and availability:

- Fresh bread rolls,
- Antipasto selection,
- Vegetarian tortellini,
- Butter chicken,
- Steamed rice,
- Roasted vegetables,
- Dessert tasting platter,
- Fresh seasonal fruit.

LAVic have confirmed that dietary requirements will be managed on a case-by-case basis. Where possible, suitable options may be made available on the buffet, or a plated meal provided.

Places are limited to 100 total, and will be sold on a first come, first served basis at a price of \$50 per person (Adults) and \$25 per person (Children 12 and under). Information regarding ticket purchase will be provided as part of the confirmation process.

## Victorian Flight Opportunity

LAVic has booked 100 flight seats with [Rex Airlines](#) traveling to and from Adelaide on the 25<sup>th</sup> and 29<sup>th</sup> of April. Return flights will be made available to purchase at the time of team levy payment on the following routes.

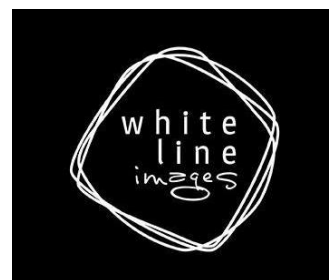
- 25 April (ZL 413) – Depart Melbourne 8.55am, arriving in Adelaide 9.50am
- 29 April (ZL 466) – Depart Adelaide 5.30pm, arriving in Melbourne 7.20pm

Please note that this is a discounted group booking, and as such amendments to the booking cannot be accommodated.

The flights will be sold in pairs (Non-refundable/transferable) for \$850 + team levy + system transaction fee. This will allow for the travel of the competitor and parent/guardian, but it should be noted that ground transfers in Adelaide are not provided.

## Team/Individual Photos

Team/Individual photos for all members of the Victorian team will be taken at the second training day at Williamstown. These photos will be taken by [White Line Images](#), who have previously completed team photography for LAVic, and are included as part of the team levy.





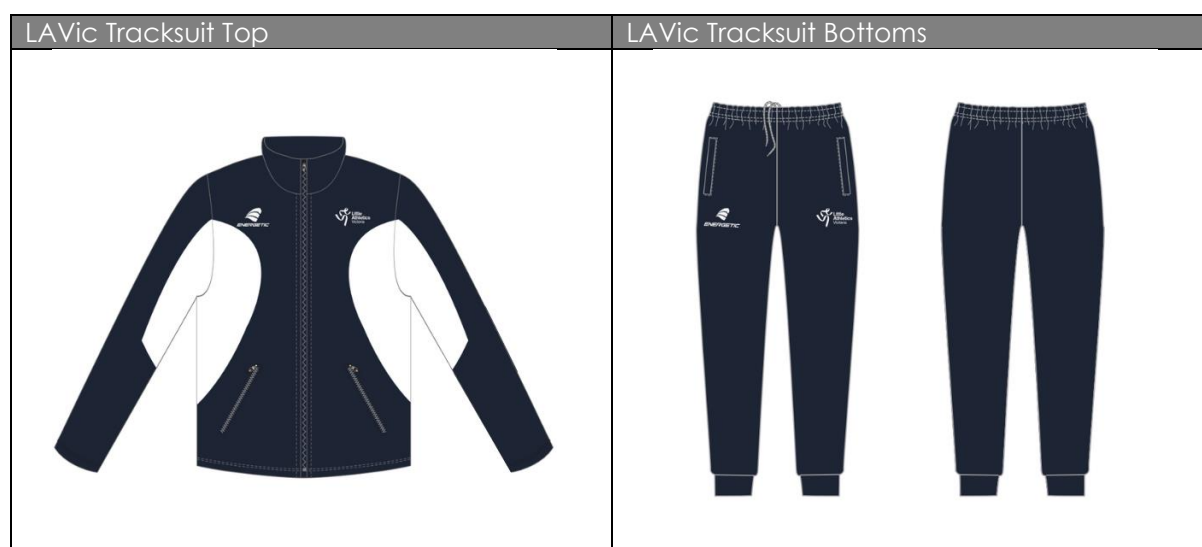
## Uniform

Competition uniform will not be charged as part of the team levy however, each competitor will require the following items if they do not already own them:



\*LAVic crop and/or tights of the same style may also be worn for competition.

Additionally, the following will be required for those participating in the opening ceremony (Saturday 27<sup>th</sup> April). Attendance at the opening ceremony is compulsory for all Under 13 competitors and highly recommended for all other ages.



Uniform items will be available for purchase through a password protected page on [LAVic's online shop](#) (Purchase links and password to be provided with confirmation email). Please be respectful and ensure that sufficient uniform remains available for all competitors when placing your order. Orders with excessive quantity of single items may be declined.

## Injuries

The LAVic State Management Team must be informed immediately if a competitor suffers an injury or illness that could reasonably impact on their ability to participate in training days or performance(s) at ALAC.

Should concern for athlete welfare exist, a medical or fitness test provided by a healthcare professional may be requested. The LAVic State Management Team has the right to withdraw a competitor, leading into ALAC because of injury or noncompliance.

Refunds will not be supplied to a competitor's family for costs incurred.

## Behaviour

Little Athletics Victoria Staff, Team Managers, Coaches, and Selection Committee will demonstrate the utmost respect to each competitor and members of their extended teams. In return, it is expected that respect is reciprocated. In addition, we ask that:

*Competitors:*

- Act as a supportive member of the team, and follow any instructions given by the State Management Team.
- Be punctual.
- Attend each day as specified by their respective age requirements.
- Behave in a matter befitting the [Code of Conduct](#).

*Parents:*

- Ensure competitors attend all commitments.
- Prompt payment of fees following communication.
- Behave in a matter befitting the [Code of Conduct](#).

We encourage family, friends, and supporters to attend ALAC.

## Further Information

Further information, including competition regulations, timetables, and venue map are now available on the [Little Athletics Australia](#) website.



For any further queries, please contact LAVic's Manager – Education.

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