



Little
Athletics
Victoria



General Information Booklet

LAVic Winter Track & Field Meets 2024

Cranbourne – Sunday 21st July

Whittlesea City – Sunday 4th August

Williamstown – Sunday 18th August

GENERAL INFORMATION

What are the Winter Track and Field Meets?

The LAVic Winter Track and Field Meets are some trial events for Under 9 to Under 17 athletes to see if there is interest in Winter Track and Field Competition. For the first year, each meet is a stand-alone event but if there is sufficient interest, then it is likely to be expanded in the second year with additional opportunities for competition and possibly a state final.

Entry numbers for these events are limited to ensure that the program can be completed in no more than 6 hours with a 10am start to make it easier for those that need to travel to the event.

“Non-standard” events have been selected to make these meets a little different to the “regular” competition that athletes participate in. These events are also trials and feedback will be sought after this season so they can be reviewed and modified if necessary for future seasons.

The Track and Field Meets will be conducted as a form of Combined Event. Athletes that enter will compete in 5 events (4 for Multi-Class). There will be no awards for the individual events but there will be awards for the top 3 athletes in each age group/gender across the 5 events (4 for Multi- Class) similar to how Combined Event awards are done.

Entry Fees

Entry fees are \$30 per athlete (\$24 for Multi-Class) plus processing fee for each meet. Entries are to be submitted by clicking on the entry portal button on the event page ([HERE](#)). Note the entry portal will not open until 5pm, Wednesday, 3rd July. Initial entries close 11am, Friday 12th July.

Eligibility

All 2023/24 registered, competitive LAVic members from the Under 9 to Under 17 age groups are eligible to enter. Due to the restricted number of places available, each athlete can only enter one meet to start with but may indicate on their nomination if they would like to be added to a second or third meet if there are places available.

Under 6 to Under 8 athletes that have a sibling competing in the Under 9 to Under 17 age groups will be able to nominate to compete in some Invitational events on the day.

Note that age groups are as per the 2023/24 season (i.e. the same age group they competed in last summer season and are currently competing in this winter season).

Maximum numbers per age group

The following table details the maximum number of entries available for each of the meets:

Age Groups	Maximum Entries
Under 9 to Under 15	24 Boys + 24 Girls per age group
Under 16 to Under 17	12 Boys + 12 Girls per age group
Multi-Class	8 Entries Total (regardless of gender/age)

Events included at each Meet

All athletes from Under 9 to Under 17 (apart from Multi-Class) will compete in the following track events:

- 60m – laned
- 300m – laned
- 700m – pack start

Multi-Class will compete in the 60m and 300m on the track (not in the 700m).

The following table indicates which field events each age group will do at each of the 3 meets:

Age	Cranbourne (21/7)		Whittlesea City (4/8)		Williamstown (18/8)	
U9	Long	Shot Put	High	Shot Put	Long	Discus
U10	Long	Discus	Long	Discus	High	Shot Put
U11	Long	Javelin	High	Shot Put	Long	Discus
U12	Long	Shot Put	Long	Discus	High	Javelin
U13	Long	Discus	High	Javelin	Long	Shot Put
U14	Long	Javelin	Long	Shot Put	High	Discus
U15	Long	Shot Put	High	Discus	Long	Javelin
U16	Long	Discus	Long	Javelin	High	Shot Put
U17	Long	Discus	Long	Javelin	High	Shot Put
MC	Long	Shot Put	Long	Shot Put	Long	Shot Put

****Please note rule/regulation modifications on the following page for each event.***

Under 6 to Under 8 Invitational athletes will be offered 2 track events and 1 field event. Exact events will be confirmed following the close of entries so that they fit into the timetable.

Modifications from standard Rules and Regulations

All events will be conducted under the current LAVic Rules and Regulations with the following exceptions/modifications:

1. The **60m** and **300m** will be conducted as fully laned events. Under 11 and older athletes may wear spikes in these events (no spikes for U9-U10). Blocks may be used by athletes from Under 11 to Under 17.
2. The **700m** will be conducted as a pack start event (same starting conditions as a 1500m race). Under 13 and older may wear spikes in these events (no spikes for U9-U12). No blocks may be used in this event.
3. All **track events** will be conducted as Timed Finals with overall placings for each event determined by the collated times from each timed final.
4. For the **throws events and Long Jump**, it is 3 trials only per athlete (no 4th round for the top 8).
5. For **High Jump**, each athlete will be limited to 7 jumps or 3 successive failures, whichever comes first. Athletes can nominate their preferred starting height in 5cm increments from a minimum of 60cm – e.g., 60cm, 65 cm, 70 cm etc. The lowest nominated starting height in each age group will be the starting height for that event and the bar will be raised in 5cm increments until there are 4 or less athletes remaining when it will switch to 2cm increments. Athletes may pass at any height.
6. For **Long Jump**, athletes will only be permitted a maximum run up of 10m (Under 9 to Under 12) or 12m (Under 13 to Under 17). A line of cones will be placed on the runway to indicate the maximum run up distance for each event.
7. For the **throws events**, a “bonus sector” will be in place in the middle of the regular sector. The “bonus sector” will be the middle 25% of the sector at any given point.
 - a. Any legal **Javelin** or **Discus** throw landing completely inside the “bonus sector” will have an additional 3m added to the distance for that throw.
 - b. Any legal **Shot Put** landing completely inside the “bonus sector” will have an additional 1m added to the distance for that Put.
8. There is no Jury of Appeal for these events. The Competition Director will be solely responsible for any disputes.
9. Multi-Class age groupings for these events will be:
 - a. Under 9 to Under 12 Boys
 - b. Under 9 to Under 12 Girls
 - c. Under 13 to Under 17 Boys
 - d. Under 13 to Under 17 Girls

Scoring System

Unlike a regular Combined Event (where points are awarded based on the time/distance/height achieved by each athlete) the LAVic Winter Track and Field meets will operate as follows:

1. Athletes will be awarded a point score in each event corresponding to their overall placing in that event. 1st in an event will score 1 point, 2nd will score 2 points, 3rd will score 3 points and so on.
2. Where 2 or more athletes in an event achieve equal performances and cannot be separated on countback, those athletes will share the points equally of the placings they represent.
 - a. Example 1 - If 2 athletes tie for 5th/6th, they will be awarded 5.5 points each (5 points for 5th + 6 points for 6th divided by 2 = 5.5 points).
 - b. Example 2 – If 3 athletes tie for 11th/12th/13th, they will be awarded 12 points each $((11+12+13) / 3 = 12)$.
3. The athlete with the lowest total points after all the events have been completed in their age group will be declared the winner, second lowest point total will be awarded second and so on.
4. In the event of a tie between two or more athletes for total points, the tiebreaker system will be as follows:
 - a. The athlete with the most 1st place results.
 - b. If still tied, the athlete with the most 2nd place results
 - c. If still tied, the athlete with the most 3rd place results and so on through the remaining places.
 - d. In the unlikely event that the athletes cannot be separated using the above steps, the tie will be awarded to the athlete with the fastest time in the 700m event.
5. Athletes that do an event but do not record a result (e.g. 3 fouls in a field event, no height cleared in High Jump, DQ or DNF in a track event) will be allocated the points available as if they have finished last in that event. If there are multiple athletes without a result, points will be shared as per Point 2 above.
 - a. Example 1 – 15 athletes in a field event and 1 athlete registers 3 fouls – they will be allocated 15 points.
 - b. Example 2 – 15 athletes in a field event and 2 athletes register 3 fouls – they will be allocated 14.5 points $((14+15)/2)$.
6. Any athletes that do not commence an individual event will be ineligible for a final score overall but are still eligible to compete in the remaining events.

Officials

LAVic will require assistance from parents with officiating to ensure that the events run in a timely manner.

These events will work differently to standard Region/State meets.

LAVic would like to use these events as an opportunity to upskill Centre officials by using the events as a stepping stone from Centre meets to Region/State events without the stress that some may feel at Region/State level. We highly encourage anyone that has been officiating at Centre level to nominate to have a go at these events.

Several experienced State Officials will be on hand to provide training/mentoring where required.

Age Group Managers will be appointed for each age group to accompany the group from site to site and to ensure all results for the age group are returned to admin promptly.

When registering athletes for the event, parents will be asked to indicate what role they are interested in doing at these events. They can choose from nominating for roles such as a Chief Official, Starter, Track Official and many others. They can also nominate to be part of a Field Crew if that is what they normally do at Centre level.

With regard to Field Crews, LAVic will trial allocating specific Centres to specific sites – e.g., Centre X might be allocated to do the Crew for Javelin for the day rather than multiple individual roles.

There may be times throughout the day when we call for volunteers to assist with a role. Please help out where you can so we can ensure that the program runs to schedule.

Team Managers

Centres are not required to appoint Team Managers for these events. Parents will be permitted to make enquiries on behalf of their athletes via administration.

Centres that have a larger number of entries will be rostered to provide Field Crews for specific sites. These Centres are encouraged to appoint a co-ordinator to ensure that the site has enough people at all times and to ensure the duties are shared amongst all of their families.

Child Safe and Play by the Rules Requirements

Officials are encouraged to familiarise themselves with the Childsafe 'Play by the Rules' modules, they are available online and a fantastic learning tool. The recommended modules are:

1. PBTR - Child Protection and Safeguarding Course
2. PBTR - Harassment and Discrimination Course

Please click on the link below to complete them:

<http://www.playbytherules.net.au/interactive-scenarios/free-online-training>

LAVic Winter Track and Field Meets – Webpage

All details relating to these events can be found on the 2024 Winter Track and Field Meets page of the LAVic website ([HERE](#)).

Venue locations

CRANBOURNE: Casey Fields Regional Athletics Centre, 160 Berwick – Cranbourne Road, Cranbourne East ([GOOGLE MAPS](#)).

WHITTLESEA CITY: Meadowglen International Athletics Stadium, 146-156 McDonalds Road, Epping ([GOOGLE MAPS](#)).

WILLIAMSTOWN: North Road & The Strand, South Kingsville ([GOOGLE MAPS](#))

Arena Access

Officials and competitors are the only people permitted on the Arena.

Parents of athletes are only permitted on the Arena if called by the Meeting Manager or Referee.

Food/Coffee/Water

Each of the host venues will be running a canteen and a BBQ and will likely have a coffee van on site or coffee available from the canteen. Please support our host Centres where you can.

First Aid

First aid officers will be in attendance at each event.

First Aid Officials are there to administer and assist athletes with healing wounds and sickness. They are not there to administer or provide athletes with massages or strapping before events.

Any athlete who is recovering from an injury and is still wearing a plaster cast and wishes to compete, will only be permitted if they provide LAVic with a letter from their treating doctor prior to the event that specifies it is safe for the athlete to do so.

Merchandise

There is no merchandise for this event.

Event Timetable

A timetable will be added to the event page after the close of entries. Athletes should anticipate being onsite for the majority of the period from 10am until 4pm.

Call Rooms/Marshalling Points

We will not be using Call Rooms for these events. Track athletes will marshal on the track behind or near the start line for each event. Field athletes will marshal at designated points on the outside of the track and be escorted to their event site by Age Group Managers.

All marshalling points will be indicated on the venue map for that venue which will be made available prior to each meet.

Events will be called to marshal via the PA system. Please listen carefully for all announcements.

Warm-up Areas

Athletes will have access to the main track only until the first events are called each day. Once the first events have been called each day, the main track can no longer be used.

Designated warm up areas external to the track for each venue will be included on the venue maps which will be provided in the lead up to each meet.

Uniforms

Being a winter competition, uniform requirements are similar to Cross-Country events.

Athletes are to wear their approved Centre uniform which conforms to the standards as defined in the LAVic Centre Uniform Booklet ([HERE](#)).

Club uniforms are not permitted (apart from Under 6 to Under 8 invitational athletes who may compete in either Centre OR Club uniform).

All uniforms must have the Coles patch sewn on, above the LAVic logo and the Commonwealth Bank Bib attached on the front.

Undergarments - tops in Black, white, or approved colour t-shirts and long sleeves may be worn **under** the approved Centre top.

Undergarments – bottoms in Black, beige, or approved colour leggings or bike shorts may be worn **under** the approved Centre shorts. **Undergarments must be plain and not have any logos.**



Leggings or tights **may be** worn by themselves but **must** be the same colour of the approved Centre bottoms, except for Winter Season events **only**, where they may be plain black.

Leggings must be plain and not have any logos.

Approved Centre logos are accepted if supplied by the official uniform suppliers of GameDay, Energetic or Blackchrome.

Shorts with pockets are not permitted.
Logos larger than 40mm x 40mm are not acceptable.

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

Medals and Presentation

Awards will be presented to the first three placegetters of each age group. These athletes should attend the presentation area when advised to do so.

Approved Centre Uniforms must be worn at the Presentation Ceremony.

Spikes

Spikes are permitted as follows:

Age Groups	Track Events	Field Events
U9 - U10	No spike shoes allowed	No spike shoes allowed
U11 - U12	60m & 300m only	All jump events & Javelin
U13 - U17	All track events	All jump events & Javelin

NOTE: The above table also applies to Multi Class athletes.

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

Spikes Shape: Only Conical or Pyramid spikes are permitted.

Standing Starts

A reminder that all athletes can perform a standing start if they choose to do so. Refer to LAVic Competition Rules, page 14-16 for details.

Lane and Heat Draws

All lane and heat draws will be random within each age group. Mixed age groups and genders may be combined into one race if numbers permit.

Field Events Time Limits

The athlete's allowable time to commence their trial 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 for seated Multi-Class athletes.

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 their attempt. 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.

In all rounds, with 15 seconds remaining in the time allowed according to the table below, the Yellow flag is raised.

	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 only for seated throws.

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 common/important use of the Yellow flag.

High Jump

All **U9 & U10** athletes are required to perform the Scissors technique for a valid jump. Refer to **LAVic Competition Rules**, page 24-26 for details.

Athletes can nominate their preferred starting height in 5cm increments from a minimum of 60cm – e.g., 60cm, 65 cm, 70 cm etc. The lowest nominated starting height in each age group will be the starting height for that event and the bar will be raised in 5cm increments until there are 4 or less athletes remaining when it will switch to 2cm increments. Athletes may pass at any height. All athletes will have a maximum of seven (7) jumps or 3 successive failures, whichever comes first.

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.

Victorian Best Performances (VBPs) and Australian Best Performances (ABPs).

As these events are “non-standard” events being run under modified conditions, VBPs and ABPs cannot be set at these events.

Event Specifications

All event specifications (including those for Multi Class athletes) can be found in the LAVic Rules of Competition, located [HERE](#).

Ties/Count Backs

We do not conduct run / jump / throw offs in the case of equal performances, all places and performances remain equal once the applicable count back rules have been applied.

Privacy

There may be athletes competing who are unable to be photographed due to child safety and privacy concerns. These athletes are identified by wearing a multi coloured wrist band and their Registration patch will have a red line on it. Additionally, if any other athlete declines a request to be photographed, their wishes are to be respected.

Parents should only be taking photos/video of their own child unless approval has been granted.

Results

There will not be live results for these events. Updated results for each age group will be displayed at the venue and final results will be made available on the LAVic website by the Tuesday following each event.

Photos & Live-Stream

LAVic will be taking photos throughout the events. These will be made available on the Little Athletics Victoria's Facebook page in the days following each event.

The events will not be live-streamed.

General Venue Information

Mobile phones are not to be used by officials whilst officiating.

No smoking or vaping is allowed within the venues or 10m of any entry.

No dogs (apart from assistance dogs with appropriate paperwork) are allowed in the venues.

MULTI CLASS INFORMATION

Age Group Categories

Boys U9-U12 Girls U9-U12
Boys U13-U17 Girls U13-U17

Competition Rules and Event Specifications

All Multi-Class rules and regulations and event specifications are now incorporated into the **LAVic Competition Rules & Regulations**.

Multi-Class Marshalling Points

There will not be any call rooms in operation. Multi-Class athletes should report to the marshalling points for each event which will be included with the venue map for each meet closer to the event. An Age Group Manager will meet them at the marshalling point and ensure that they get to site.

Multi-Class Long Jump

U9-10 athletes will use a mat with sand. U11-17 athletes should use the takeoff board 1.00m away unless they are at risk of not making the pit. In these circumstances, a mat placed closer to the pit (no sand) may be used. Multi-Class athletes should follow the same rules as listed on page 26 of the LAVic Competition Rules.

Multi-Class Track Events (60m & 300m)

U11 – U17 athletes may choose to use starting blocks, as listed on page 14-16 of the LAVic Competition Rules. A standing start is recommended for all athletes if this is the usual start performed at local competitions.

Multi-Class Results

Medals will be awarded for the first three athletes in each age group category using Baseline tables to calculate percentages.

Multi-Class Co-Ordinator

LAVic will allocate an Age Group Manager co-ordinate the Multi-Class athletes and their events.

Multi-Class Parents/Carers

Parents / carers are not to follow their child onto the track, or the field event area, but rather watch from behind the fence. If assistance is required, they are to speak to the Age Group Manager who will co-ordinate this with the Officials.