



Little
Athletics
Victoria



AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS

Information Pack 2025

Updated 29.10.2024

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 25th through Sunday the 27th of April, the competition is again evolving to see team-based competition offered for all U13, U14, and U15 age groups, alongside the reintroduction of an U15 combined event team competition.

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 if 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.

Champs	Saturday 1 st – Sunday 2 nd February 2025	Bendigo
State Combined Event Championships, acting as the selection trials for those eligible to contest the U15 combined event at ALAC.		
Champs	Saturday 8 th – Sunday 9 th March 2025	Casey Fields
State Track and Field Championships, acting as the selection trials for those looking to contest U13, U14, and U15 team events (Excluding combined events) at ALAC.		
Training	Sunday 23 rd March 2025	Ringwood
First training day for selected competitors, including introductions, and team activities/training. All team members are required at training.		
Training	Sunday 13 th April 2025	Williamstown
Second training day including team meeting, photos, and team activities/training. All team members are required at training.		
ALAC	Friday 25 th April 2025	SA Athletics Stadium, Adelaide
Team welcome session, including warm up and familiarisation with the facility. Victoria will be allocated a time between 1.45 - 4.00pm, which will be communicated to the team.		
ALAC	Saturday 26 th – Sunday 27 th April 2025	SA Athletics Stadium, Adelaide
Australian Little Athletics Championships.		

2025 ALAC Format & Requirements

The 2025 Australian Little Athletics Championship will see the return of team-based competition in each of the U13, U14, and U15 age groups, including multi-class, where:

- The team will comprise up to 16 boys and 16 girls (Able-bodied), and 8 multi class competitors.
 - In the U15 age only, 2 boys and 2 girls will also be selected in the combined event team.
- Those selected will form part of a team that contests a selection of events.
 - Individuals may be required to participate in one or more disciplines, including those 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, Short Hurdles, Long 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.
- Selected competitors will be required for:
 - All training days/activities in Melbourne.
 - Track familiarisation/welcome sessions in Adelaide (Friday 25/04).
 - 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.

Selection Information

An online nomination form will be made available to all entrants of, and advertised to, the top eight placegetters in each of the U13, U14, and U15 event at 2025 State Track & Field Championships, alongside the top eight placegetters in the U15 State Combined Event Championships.

Nominations must be completed by 5pm on Sunday the 9th of March (or 5pm on Monday the 3rd of February for U15 Combined Events). Only those who plan to accept their place and attend the championship, if selected, should nominate.

- Provisional selections will be made and advised on or before **Wednesday the 5th of February** for those seeking selection in the U15 Combined Event team.
- The Selection Committee will convene on **Monday the 10th of March** to finalise the selection of competitors for the Australian Little Athletics Championships.
- Successful competitors will be contacted on **Tuesday the 11th of March** via email, asking them to accept their position in the team. Unsuccessful applicants will also receive an email.
- Acceptance of place in the team, including payment, must be completed by **5pm on Thursday 13th of March.**

Selection documents can be found on the LAVic website [here](#).



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 approximately \$240 per person + system transaction fee, which **must be paid by 5pm Thursday 13th of March**, and will include access to the following.

- Team management and coaching personnel at ALAC.
- Pre-event training days in Ringwood and Williamstown.
- Team and individual photo to be taken at Williamstown, including postage to competitors (To occur post championship).
- Subway platter lunch options 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. As such, selected competitors will be required to arrange their own transport and accommodation at their own discernment and cost.

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 all competitors. In 2025, the LAVic Management and Coaching teams will comprise:

Team Manager (U13)	Erina Cunningham
Team Manager (U14 & U15)	Debbie Voogd
Discus Coach	Leanne Hume
High Jump Coach	Wayne Dyball
Javelin Coach	Maddy McBrien
Long Jump Coach	Alana Chapman
Shot Put Coach	Ben Spiteri
Track/Relays Coaches	Paul Bray & Craig Chapman
Triple Jump Coach	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 on any of the below hotels, please click on the appropriate logo, which will take you to their webpage.



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

Located opposite EVT's suite of hotels is the [Adelaide Harriers Little Athletics Centre](#), where a grass track can be found for your pre-event shakeout!

Dinner Option

There will be no team dinner hosted in 2025, however Victorian team management are booked to eat at the [Astor Hotel](#) from 6pm on Saturday the 26th of April. Any families who wish to book a table are welcome (Please note that management will not be supervising attendees, therefor all team members must be supervised by a parent/guardian). Tables are limited, and bookings essential.

Team and Individual Photos

Team and 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. Additional prints will be available for purchase from White Line Images directly.



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 Competition Top*	LAVic Competition Bottoms*
	
LAVic Tracksuit Top	LAVic Tracksuit Bottoms
	

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

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.

A small quantity of ISC items remain available for purchase at a discounted price. It is important to note that as an outgoing supplier, ISC items are able to be used to ALAC for the last time in 2025.

To ensure uniform provision prior to team photo day, all orders must be made by Monday 31st of March.

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 will be made available, and found on the [Little Athletics Australia](#) website.

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

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