



Little
Athletics
Victoria



General Information Booklet

LAVic Winter Track & Field Championships

Geelong LAC – Sunday 17th August 2025

John Landy Athletics Field

230 Swanston St, Geelong, 3220.

GENERAL INFORMATION

Start and Finish Time

The first events will marshal at 9:45am for a 10:00am start. The last event is scheduled to finish at 3:30pm.

Entry Fees

There are no entry fees for this event.

Eligibility

Only athletes that have qualified via one of the 3 Winter Track & Field events (Doncaster, Warrnambool, Knox) are eligible for this event. Numbers for each age group are capped. A list of qualified athletes is available on the [EVENT PAGE](#). Please note that the online list does not update in "real time" so any athletes that have withdrawn or any "alternate" athletes that have been added may not be reflected on this list. The confirmed entrants list will be updated on Thursday (14th) by 2pm.

Under 6/7/8 athletes

Invitational Events (60m, 100m, Long Jump and Discus) have been scheduled for any Under 6/7/8 athlete that has an older sibling competing in the Under 9 to Under 17 events. Please note these events are restricted to registered Under 6/7/8 athletes that have an older sibling competing due to time constraints. Depending upon numbers, they may only get 2 trials in the field events as we have limited time to fit them into the timetable.

Under 6/7/8 athletes should wear Centre uniform if they have one. If they don't, then Club uniform is ok for these athletes. All athletes must have their Coles patch and Commonwealth Bank bib on their competition uniform. LAVic will have spare Coles patches and Commonwealth Bank bibs available in Admin if you require a replacement.

If you have an Under 6/7/8 athlete that would like to compete on the day, please email brett.johnstone@lavic.com.au with their name, age group and Centre so they can be added to the event sheet.

There are no medals/awards for invitational events.

Events

The event is held as a form of "Combined Event" where each athlete does 5 events (4 for Multi-Class) and their performances across all events are used to determine the placings.

Athletes will compete in the following events:

	Event 1	Event 2	Event 3	Event 4	Event 5
U9-U17 Boys	60m	300m	700m	Long Jump	Shot Put
U9-U17 Girls	60m	300m	700m	Long Jump	Discus
Multi-Class (Boys & Girls)	60m	300m		Long Jump	Shot Put

****Please note rule/regulation modifications below for each event.***

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 **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.
6. 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 **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.
7. There is no Jury of Appeal for these events. The Competition Director will be solely responsible for any disputes.

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 (Highest Percentage in the 300m for Multi-Class).
5. Athletes that do an event but do not record a result (e.g. 3 fouls in a field event, 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 A – 15 athletes in a field event and 1 athlete registers 3 fouls – they will be allocated 15 points.
 - b. Example B – 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 does not commence an individual event will be ineligible for a final score overall but are still eligible to compete in the remaining events. Their results will be disregarded when calculating points in any subsequent events.

Officials/Coaching

LAVic will appoint the Chief/Key officials for this event. We will require volunteers to fill roles such as Field Crews.

Please note when officiating, you are unable to provide coaching of any description to any of the athletes. It is very important to remember that this is a State Championship Event. If you wish to coach an athlete, this can be done from behind the fence line.

There may be times throughout the day when we call for volunteers to assist with a role. Please assist 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.

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 Championships – Webpage

All details relating to this event, including timetable and venue map, can be found on the 2024-2025 Winter Track and Field Championships page of the LAVic website ([HERE](#)).

Arena Access/Warm Up

The track can be used for warmups until the first event is marshalled at 9:45am. After that, officials and competitors are the only people permitted on the Arena.

Parents of athletes are only permitted on the Arena if called by the Competition Director or Referee.

Food/Coffee/Water

Geelong LAC will have their canteen open, BBQ running and coffee and donut vans on site. Water is available from the venue.

First Aid

A First aid officer from "SportsAid" will be in attendance at this 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

The timetable is available on the [Event Page](#).

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 the event site or designated points on the outside of the track and be escorted to their event site by Age Group Managers.

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

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

Following the final event for each age group from Under 9 to Under 17, LAVic will calculate the results for that age group and then make an announcement for the top 3 athletes to attend the presentation ceremony. State Championship medals then be presented to the top 3 athletes in each age group. We hope to do presentations within 30 minutes of the final event.

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	
U11 - U12	60m & 300m only	Long Jump only
U13 - U17	All track events	Long Jump only

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

Athletes have 60 seconds to commence their trial once given the "all clear" by the Chief Official. There are 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.

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](#).

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 the event.

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

Please note that there will be athletes competing who are unable to be photographed due to child safety or privacy concerns. As per LAVIC's Child Safe Code of Conduct you may only take photographs or video footage of children and young people involved in Little Athletics if prior approval has granted by their parent(s)/guardian(s).

Photos & Live-Stream

LAVic will be taking photos throughout the event. A link to photographs will be emailed to participants the week after the 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-U10	Girls U9-U10
Boys U11-U12	Girls U11-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

Multi-Class results will, as usual, use Baseline tables to calculate percentages for each event.

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.