INFORMATION PACK 2026-27

ABOUT JDS

The Junior Development Squad (JDS) program is a development squad opportunity offered to competitors, born 2010-2015, who show aptitude in one or more track and field disciplines. The program is run over four physical training days, where participants will be given an opportunity to interact and socialise with their peers, while further developing their track and field skillset.

Membership to JDS costs $160.12 (including system transaction fee).

As part of a successful nomination to JDS, members will be provided with the following.

- JDS T-Shirt (To be collected at first training day).
- Four JDS training activities (See schedule).
- Access to a JDS Online Library of video resources, to be released alongside each training day.

SCHEDULE

JDS training days are conducted on a Sunday afternoon, from approximately 12:30pm until 3:45pm, at a rotation of different tracks across Victoria.

In 2026-27, JDS will be held at:

- JDS Day 1 – Sunday 1st November 2026: Lakeside Stadium
- JDS Day 2 – Sunday 8th November 2026: Whittlesea City Little Athletics Centre
- JDS Day 3 – Sunday 29th November 2026: Geelong Little Athletics Centre
- JDS Day 3 – Sunday 29th November 2026: Frankston Little Athletics Centre
- JDS Day 4 – Sunday 31st January 2027: Ringwood Little Athletics Centre

To provide greater access to all members, JDS Day 3 will be offered at two locations, allowing members to choose the option that best suits them. All disciplines will be offered at both locations, except for Pilates.

Important information, including event rotations, will be emailed to members by 5pm on the Thursday immediately preceding each session.

MEMBERSHIP

Membership to JDS is by application and requires competitors to meet selection criteria. To be eligible, applicants must be a member of Little Athletics Victoria and, using results from the 1st of Sept 2026 through the 27th of January 2027:

- Have attained two qualifying performances, as listed at the end of this document. Qualifying performance can be achieved in **one** discipline **twice**, or in **two** different disciplines, **once** each, OR
- Place in the **overall top eight** at the LAVic State Combined Events, or **top eight** at the LAVic State Cross-Country Championships, OR
- Have attained a baseline performance result of 40% or higher (Multi-Class).

A tool to assist families with JDS eligibility checks, based on LAVic results only (using season 2024/25 results), will be made available on the JDS section of the LAVic webpage.

Nominations for JDS will close periodically throughout the season to prepare for each training day.

- Closes Monday the 26th of Oct. at 11:59am, reopening Tuesday the 3rd of Nov.
- Closes Wednesday the 4th of Nov. at 11:59am, reopening Tuesday the 10th of Nov.
- Closes Wednesday the 25th of Nov. at 11:59am, reopening Tuesday the 1st of Dec.
- Closes Wednesday the 27th of Jan. at 11:59am.

TRAINING ROTATIONS

When nominating, competitors will be asked to select **two** disciplines to participate in on training days. Competitors must select the discipline(s) in which they are **qualified**. If qualified in one discipline only, competitors can select a rotation for a discipline in which they display aptitude (Generally, within 5% of standard) however, preferences for these competitors cannot be guaranteed, due to limited capacity at field sites.

Rotations offered at JDS are as follows. From time to time, depending on facilities and conditions, LAVic may adjust rotations.

Short Sprints (100m/200m)	Long Sprints (400m)	Hurdles	Middle Distance	Race Walking
Long Jump	Triple Jump	High Jump	Shot Put	Discus
Javelin	Pilates*	Multi Class^		

To mitigate injury risk due to training load, JDS members may only select **one** of the green and/or **one** of the blue highlighted disciplines. Those who do not meet the threshold for a second event, or those who select a restricted event combination will be placed into Pilates or another appropriate discipline.

** Pilates will not be offered at the Geelong training day. Those attending this session will be asked their preference of alternate discipline.*

^ Multi Class applicants can choose to participate in a generalized training session for multi class competitors (In one or both rotations), join in a mainstream event rotation, or a combination of both.

TO NOMINATE

If you have met the selection criteria, you will be able to register for JDS when the portal opens in early-mid September. Please keep an eye on your email for updates and check back to the JDS webpage.

If you have any questions about the process, please contact jds@lavic.com.au.

Once received, nominations are checked for eligibility, which may take up to seven days. If insufficient information is supplied, you may be contacted to provide additional information. Following confirmation of eligibility, you will receive a welcome email.

QUALIFYING STANDARDS

The qualification period began on 1st Sept 2025 and finishes on 27th January 2027. Qualifying standards based on year of birth are as follows.

	BOYS						GIRLS					
BIRTH YEAR/ DISCIPLINE	2015	2014	2013	2012	2011	2010	2015	2014	2013	2012	2011	2010
100m	14.45	14.10	13.50	12.85	12.50	12.10	14.75	14.30	14.05	13.75	13.75	13.65
200m	30.25	29.00	27.70	26.40	25.70	24.70	30.95	29.75	29.20	28.50	28.50	28.40
400m	69.50	66.00	63.50	61.50	59.50	58.50	71.50	69.50	67.00	66.50	66.50	66.50
800m	2:39	2:34	2:28	2:23	2:19	2:18	2:49	2:43	2:39	2:39	2:39	2:41
1500m	5:33	5:23	5:13	5:08	5:03	5:03	5:53	5:43	5:38	5:38	5:43	5:48
80mH	14.35	13.90	14.00				15.10	14.60	14.65	14.30		
90mH			15.05	14.65						16.00	15.80	15.60
100mH				16.50	16.00	15.50						17.00
110mH						17.50						
200mH			30.50	30.00					32.50	32.30		
300mH				47.00	46.50	45.00				54.00	53.00	53.00
1100 Walk	7:10						7:30					
1500 Walk	10:00	10:00	9:45	9:45	9:25	9:25	10:05	10:05	10:00	10:00	10:00	10:00
Long Jump	4.25	4.45	4.65	5.15	5.35	5.50	3.95	4.15	4.45	4.65	4.70	4.70
Triple Jump	9.00	9.55	10.30	10.60	11.15	11.50	8.60	9.20	9.60	9.70	9.85	9.85
High Jump	1.35	1.40	1.50	1.55	1.60	1.70	1.30	1.35	1.40	1.40	1.45	1.45
Shot Put	8.80	10.50	10.10	10.70	10.70	11.50	7.70	9.00	9.00	9.10	9.35	9.50
Discus	27.50	25.75	30.50	31.50	35.00	40.00	22.00	22.00	27.00	24.00	25.00	26.00
Javelin	22.50	24.00	26.00	31.50	35.00	37.00	16.20	20.50	24.00	25.00	25.00	29.00
Combined Events	1st to 8th place at the 2025-26 State Combined Events Championships (Overall Championship).											
Cross Country	1st to 8th place at the 2025-26 State Cross Country Championships.											

Competitors can achieve qualifying performances at

- *Little Athletics Events (Centre, Open Days, Region, State Championships, and ALAC).*
- *Athletics Victoria Events (AVSL, Specialist Groups, State and National Championships).*
- *School Championships (State and Region events only – Eg. SSV/APS/GSV Finals Day). Performances attained at School, District and/or Division carnivals are **NOT** accepted.*

Please note: Odd event distances, such as those run at Centre and/or the Winter Track and Field Series, cannot be used to qualify for JDS. Performances must be attained in the relevant discipline.