



Little
Athletics
Victoria



2022 Little Athletics Victoria ALAC Athlete Information Pack

December 2021

What is the ALAC?

The 2022 Australian Little Athletics Championships - ALAC is a 2 Day **Teams** Championship that incorporates 2 events, the **U13** Australian Teams Championship - **ATC** and **U15** Australian Combined Events Championships – **ACEC**. In 2022, this includes Multi-Class athletes for the first time.

ALAC is conducted as a **Team based** competition, not an individual championship, where athletes score **points** based on:

- Athletes **Place**, **not** performance.

ALAC is unlike any other National Championships, whether it is for SSV or AV.

Individually the athletes can receive medals, however more importantly their place determines the **Team points**. This is the most important component of ALAC and the fundamental difference between all other National Championships.

In the end, the points decide the winners of the 3 trophies that we are competing for. The points for the **boys** and **girls** are added together for the final Teams score.

- Trevor Billingham Trophy – Overall U13 ATC Champions
- Allan Triscott Trophy – Points calculated trophy for U13 ATC
- Life Members Trophy – Overall U15 ACEC Champions



The athletes selected to represent Victoria, therefore are selected who not only can perform at their best, but more importantly form part of a committed **TEAM** working together to achieve the best **points score** and outcome for Victoria.

Dates of the 2022 ALAC

The ALAC incorporates 5 days of activities from Thursday 21st to Monday 25th April, with the competition at Lakeside Stadium – Melbourne, on Saturday 23rd & Sunday 24th April. This is the last week of the school holidays.

Even though the event is in Melbourne, this is a Teams event and athletes must travel with and be accommodated with the Team. Alternative travel or accommodation arrangements will **NOT** be considered.

Events contested at the 2022 ALAC

Each State Associations can have up to 4 athletes in each event, 2 for the Walks for the ATC and 3 athletes for the ACEC in each event for both Boys and Girls.

Each State Association can have up to 2 Multi-Class athletes in each event for both Boys and Girls.

The number of Multi-Class athletes for the ATC and ACEC is determined by the Association. All Multi-Class athletes must have a **Full Classification**.

ATC athletes can compete in up to **6** events, including the relays.

Multi-Class athletes can compete in up to **5** events, including the relays.

ATC Events: U13 Athletes.

Boys & Girls: 100m; 200m; 400m; 80m Hurdles; 200m Hurdles, 800m; 1500m; 1500m Walk; Long Jump; Triple Jump; High Jump; Shot Put; Discus; Javelin; 4 x 100m Relay & Swedish Medley Relay (100m,300m,200m,400m).

Multi-Class athletes: 100m; 200m; 400m; 800m; Long Jump; Shot Put; Discus; Invitational Mixed Gender 4 x 100m Relay, consisting of 2 Boys and 2 Girls.

ACEC Events: U15 Athletes.

Boys: - 100m; 100m Hurdles; Long Jump; High Jump; Javelin; Discus & 800m.

Girls: - 200m; 90m Hurdles; Long Jump; High Jump; Javelin; Shot Put & 800m.

Finishing with a **Mixed** 4 x 100m Relay. Consisting of 2 Boys and 2 Girls.

Multi-Class athletes: Boys: 100m; 200m; 400m; Long Jump; Discus; Invitational Mixed Gender 4 x 100m Relay, consisting of 2 Boys and 2 Girls.

Multi-Class athletes: Girls: 100m; 200m; 400m; Long Jump; Shot Put; Invitational Mixed Gender 4 x 100m Relay, consisting of 2 Boys and 2 Girls.

To determine the Team score, for both the **ATC** and **ACEC** the following applies.

Points are based on the athlete's **overall place** in each event:

Overall Place	Points	Overall Place	Points	Overall Place	Points	Overall Place	Points
1 st	34	9 th	25	17 th	17	25 th	9
2 nd	32	10 th	24	18 th	16	26 th	8
3 rd	31	11 th	23	19 th	15	27 th	7
4 th	30	12 th	22	20 th	14	28 th	6
5 th	29	13 th	21	21 st	13	29 th	5
6 th	28	14 th	20	22 nd	12	30 th	4
7 th	27	15 th	19	23 rd	11	31 st	3
8 th	26	16 th	18	24 th	10	32 nd	1
DNS, DNF, DQ	0						

All Relays score double points.

1st = 68 points, 2nd = 64 points, 3rd = 62 points.... 7th = 54 points.

Multi-Class Athletes:

Point scores for Multi-Class events, excluding the Relays, will be calculated using individual results based on the final percentage from the Baseline table.

Track Events:

Total %	Points	Total %	Points	Total %	Points	Total %	Points
85+	17	73-75	12	58-61	8	30-39	4
82-84	15	70-72	11	54-57	7	20-29	3
79-81	14	66-69	10	50-53	6	10-19	2
76-78	13	62-65	9	40-49	5	0-9	1

Field Events:

Total %	Points	Total %	Points	Total %	Points	Total %	Points
55+	17	39-42	12	23-26	8	9-11	4
51-54	15	35-38	11	19-22	7	6-8	3
47-50	14	31-34	10	15-18	6	3-5	2
43-46	13	27-30	9	12-14	5	0-2	1

In the **ATC**, the athletes place in each of the events and the teams place in the relays (excluding the Invitational Relays for Multi-Class) determine the points for the **Team score**.

Athletes competing in the **ACEC** are scored individually based on their performances using the IAAF Combined Events tables; the same as per the LAVic State Combined Events to determine the athletes final placing and the Top 3 Boys and Girls overall after the 7 individual events.

The athletes place in each of the events and the teams place in the mixed relays determine the points for the **Team score**. The **2** highest placed athletes in each individual event for the ACEC will receive the Team points as above.

The **2** highest placed **Multi-Class athletes**, in each individual event for the ACEC, will receive the Team points as above.

These points are added together to the Boys and Girls team points to determine the overall Team score for both the ATC and ACEC.

The final places for each State in the ATC and ACEC are used to award the Trophies that we are competing for.



The focus on the Team Points, is the major difference and determining factor when selecting athletes for ALAC. Working together towards the Team goal is essential for all athletes.

Team Composition.

Athletes are selected for both the ATC and ACEC by the Selection panel.

For the ACEC, this selection process will occur on the **Monday night**, immediately following the State Combined Events Championships.

For the ATC, this selection process will occur on the **Monday night**, immediately following the State Track & Field Championships.

The **U15** athletes competing in the State Combined Events Championships, who finish in the **Top 8 overall** for their age group, will be asked to come to the Presidents room in the main grandstand, and nominate their availability for selection for ALAC.

If an U15 athlete hasn't confirmed their availability on the Sunday following the presentations, they will **NOT** be eligible for selection on the Monday night.

The **U13** athletes competing in the State Track & Field Championships, who finish in the **Top 8** in each event for their age group will be asked to come to the Presidents room in the main grandstand and nominate their availability for selection for ALAC.

If an U13 athlete hasn't confirmed their availability by the Sunday afternoon following the last event of the day, they will **NOT** be eligible for selection on the Monday night.

Athletes & Parents will be required to sign an availability form confirming both their availability, and for all dates of the ALAC especially the training dates, and acceptance of the conditions of selection.

Both the U13 and U15 athletes chosen will be contacted on the respective **Monday night** following the selection meeting. All calls will be completed by 9.30pm. If you haven't received a call by 9.30pm, then unfortunately you haven't been selected.

Due to the very tight timeframes, the selected athletes will be asked to either accept or decline the position when contacted. If the athlete cannot accept the offer when contacted, it will be **withdrawn, and another athlete will be selected**. Therefore, athletes and parents should discuss the possibility of selection prior to the relevant State Championships. Any Holidays should also be checked, as the school holidays and Easter occur during compulsory ALAC activities throughout late March & April.

At this stage, Athletics Australia is yet to announce a date or location for the National Championships. This is impacting the ability to confirm the training dates for the ALAC campaign, as several athletes in the team usually attend both events.

We have locked in 3 dates; we will decide on the other date once AA confirms.

Athletes selected in the Victorian Team for the ALAC, will **NOT** be able to compete in the Stawell Gift, so if this is a priority, then athletes and parents will be required to choose one or the other, only.

The team will contain enough athletes as determined by the selection panel to facilitate selection options for both the ATC and ACEC. Athletes might be selected as emergencies only and called upon if required due to injuries. This occurred for 2 athletes for 2016, 1 athlete in 2017, 2018 & 2 athletes in 2019.

Athletes selected in the ACEC Team and emergencies, MUST compete in the LAVic State Track & Field Championships in March unless extenuating circumstances prevent this, which must be endorsed by the Team Manager. As Athletics Australia have not confirmed the date or location for the 2022 National Combined Events Championships, any clashes with our events will be taken into consideration for the U15 athletes only.

The Team will be formally announced on the LAVic website once all athletes have been confirmed.

For the able body athletes, the Team shall consist of up to **40** athletes for the ATC, that is up to 20 boys and 20 girls and **6** athletes for the ACEC, up to 3 boys and 3 girls.

For the Multi-Class athletes, the Team numbers and gender mix will be determined by the Associations, for both the ATC and ACEC.

In the **ATC**, some athletes might be asked to do events that they did not compete in at the State T&F Championships. Events such as Race Walking, Javelin & High Jump are common events where athletes are asked to compete in as selection restrictions do not always allow specialist athletes in all events. Athletes should consider competing in these events at Centre competitions. **The athlete's acceptance and attitude towards this is essential if they wish to retain their position in the Team.**

As the ATC is a Team based competition, careful consideration must be given to the athlete's events and the timetable. There are clashes that occur at the ALAC that do not occur at the State Track & Field Championships. The athlete's workload and their ability to recover between events are essential; this is taken into consideration when selecting athletes and their events. **This is not always obvious when looking at events in isolation;** the ALAC timetable has a significant impact in selecting athletes, as the overall points score in all events is the determining factor.

The selection panel will select the athletes who in their opinion will score the **maximum points** for the Team, not looking at individual performances in isolation, as the Team structure does not allow it. **Many athletes will be selected in numerous events, so the overall performance of an athlete towards the total Team score, outweighs any single performance by an athlete in one event.**

Team commitments.

Leading into the ALAC, there are several training days for both the ATC and ACEC athletes: We are yet to confirm a date between 20th March and 10th April, due to the uncertainty of the AA Nationals.

- ALAC Day 1: **Sunday 20th March** @ Keilor Athletics Track, 12.00pm – 4.00pm.
 - Uniform Try on, Presentation, Light Training & Event Trials
- ALAC Day 2: **Sunday 10th April** @ Keilor Athletics Track, 12.00pm – 4.00pm.
 - Light Training, Competition preparation, Team formalities, Final event selections.
- ALAC Day 3: **Easter Monday 18th April** @ Keilor Athletics Track, 1.00pm – 4.00pm.
 - Light Training, Uniform presentation, Team photo & information session.

The ALAC then begins with the Team meeting at Lakeside Stadium on Thursday 21st April late afternoon, before travelling by bus to the Team accommodation:

- **Thursday 21st April – Monday 25th April.**
- Final details for the drop off and pickup will be advised in the Team Bulletin for the selected athletes.

LAVic State Team Management

The LAVic State Team Management is responsible for the coaching, preparation, supervision, care and general management of the athletes during all activities.

Athletes are not permitted to stay with parents throughout the ALAC, all accommodation, food, travel and activities are provided for the athletes. Parents are encouraged to attend as many activities as possible. Information will be supplied to all parents, on how they can contribute to the Team environment. The parents of the ACEC athletes will be responsible for certain additional duties throughout the ALAC including organising the seating areas for the opening and closing ceremonies, organising banners and assisting with the Team celebration dinner.

There is a strict mobile phone / tablet policy for ALAC. The athletes will not have access to their mobile phones from the Friday afternoon until the Monday morning.

All coaching throughout the training days and the actual ALAC is provided by the ALAC coaches / management team.

Private Coaches and parents will not be able coach the athletes throughout the ALAC. The rules of competition only allow the Team Management to speak to the athletes from within the coaching areas. The Team Marquees are separated from the general public; again, information will be supplied to the parents on these arrangements.

To assist with the Team environment, we encourage family, friends and supporters to attend the ALAC, we have a proud history of being the most vocal and supportive State at ALAC, this is an important component in our preparations.

The LAVic State Team Management must be informed immediately if an athlete suffers an injury or illness that could reasonably impact on the athlete's ability to perform at the training days or the ALAC. A medical or fitness test provided by a healthcare professional nominated by LAVic will be requested if there is any doubt on the welfare of the athlete. Failure to comply with this request will result in the athlete being withdrawn from the Team.

Based on the supplied medical information or by assessment, the LAVic State Team Management has the right to withdraw an athlete, leading into the ALAC.

Unfortunately, in 2016, 3 days prior to leaving for Adelaide, we replaced an athlete in the team as they suffered an injury playing another sport. Athletes are reminded that if other Team sports such as AFL, Soccer and Netball are occurring, athletes should consider their involvement in these sports if it impacts on their ability to perform at the ALAC. Athletes can be replaced in the Team up to 2 days prior to the event. **Refunds will not be supplied to the athlete's family for costs incurred.**

What are the costs?

- The ALAC Team Levy is **\$535**: This covers the entire cost of all venue hire, first aid / sport strapping, ground travel, accommodation and food, additional snacks during the competition, certain uniform items and all activities both during and after the ALAC.
Due by Sunday April 3rd.
- Team members receive 3 t-shirts for training and activities.
- The Victorian Team competition uniform, singlet, shorts / bike shorts, t-shirt, walk shorts, tracksuit, cap, hoodie and bag are supplied **Free**.
- Team Badges is supplied as part of the levy.
- Team Photo is supplied as part of the levy
- Team Reunion activity is supplied as part of the levy
- Team Celebration dinner – Sun 24th April, is supplied as part of the levy, information for parents attending the ALAC will be advised

The balance of the costs of travel, accommodation and meals will be invoiced to the athletes Centre, which is \$275 per athlete. Therefore, the athletes Centre are already providing a subsidy to each athlete selected.

Further Information

Please contact the State Team Manager – Shane Bertrand:

P: 9960 8600

shane.bertrand@lavic.com.au