2022 Powercor Stawell Gift Little Athletics Events

Dear Athlete

Please be reminded these events will be conducted under Victorian Athletic League (VAL) rules and conditions, therefore it is imperative you make yourself familiar with the rules, conditions, and guidelines within this document prior to your event. The only variation is to the adjustment of handicaps as listed below.

Spectator Zones

The 2022 Powercor Stawell Gift venue (Central Park) will NOT have any zones this year, spectators will be able to move throughout the entire venue.

Vaccination Requirements

The Powercor Stawell Gift is operating under the current Government requirements for events. This is different to the settings of Little Athletics, which operates under community sport.

Please note the following important settings. All attending over the age of 18, must be fully vaccinated, and show proof of vaccination to enter the venue. The organisers reserve the right to refuse entry to anyone 18 or above, that cannot provide evidence of being fully vaccinated.

Ticketing

All tickets must be purchased via Ticketek. Click HERE to view ticketing information and to purchase tickets.

Athletes will receive a pass as a condition of race entry, which is valid for the entire 3 days; parents will have to purchase tickets.

The athletes can collect their pass from the Stawell Gift Hall of Fame office. Athletes are strongly encouraged to collect their pass on Good Friday.

Timetable

Click HERE to view the Stawell Athletics Club timetable.

Please note, due to the number of heats in the 100mts, Semi-Finals are now being conducted on the Monday morning.

Acceptance Rule

Athletes must report to the Stawell Athletic Club (SAC) marquee located near the circular finish line in front of the SAC pavilion **at least 20 minutes prior** to the event to accept their start. This is the **Check In tent**. This is to assist with scratching's and information being placed on the scoreboard during events. **Failure to accept will automatically scratch athletes from the race. They will not be able to take their place at the start line.**

Athletes competing in several events throughout the weekend can accept for the first race and subsequent events at the same time. Please check in early.

Parents will not be able to access the track area, the LAVic Volunteers will assist younger athletes to Check in.

Handicaps

A full list of events and individual handicaps are available by clicking **HERE**

There is a change to the structure for the 400mts and 800mts Heats this year. For both events in the Heats, the handicap is a Time handicap, not Distance.

All athletes will be running the full 400mts and 800mts, with a staggered start time.

In the Final of the 400mts and 800mts, the Handicap will revert to a Distance handicap, based off the times achieved in the Heats.

Handicaps may be altered at the discretion of Little Athletics Victoria; they can be subjected to change prior to and during the event to reflect current performances.

Please note LAVic will be enforcing strict sanctions on athletes who have not provided correct information relevant to their current best performances.

Warming Up

Athletes may warm up on the arena, however when events are being conducted you must sit down in the middle of the venue**. This is a VAL rule in which fines and/or penalties may be enforced.**

Uniforms

Athletes are required to wear their Centre uniform throughout the weekend (please note; your Commonwealth Bank Registration Patch is not required). Due to COVID-19 restrictions, the LAVic athletes must compete in their Centre uniform during the Heats, and if they make a Final, they will be issued with a coloured singlet, which is placed over the top of their Centre uniform.

The athletes will be issued with numbers to be placed on their hips, and the front and back of their uniforms, for both the sprint and circular events to assist both the photo finish and place judges as athletes are not wearing coloured singlets. In the Final, hip numbers might also be used. The LAVic volunteers will be issuing the singlets and the numbers.

At the conclusion of the athletes warmup and prior to their event, these colours and numbers can be collected from the LAVic volunteers located in the middle of the venue at the left of the sprint track when looking towards the scoreboard. The volunteers will have a program and advise the athletes of their colour and number.

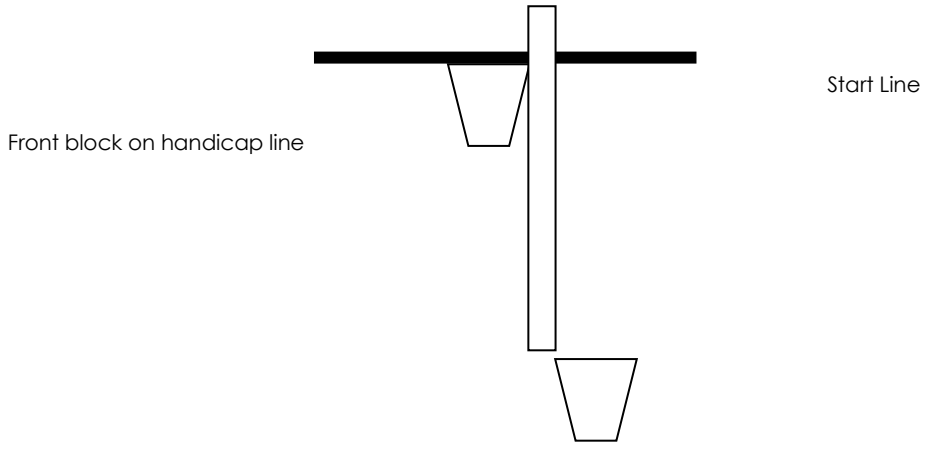
The singlets must be returned at the conclusion of the race.

Please note athletes cannot walk around the inside of the venue without a singlet or t-shirt. Running attire must be worn under VAL rules otherwise a fine and/or penalties may be enforced.

100m Events

For those athletes wishing to use starting blocks you can bring your own or they will be supplied by LAVic. These will be available at the 100m start.

- **Athletes can place the front block or foot behind the start line where they have been handicapped. So long as this block is on the line it does not matter if your hands are in front of the line.**
- There is a limit of 30m applied to handicaps for the 100m event.
- There are 10 heats for the girls, with a maximum of 8 per heat and 9 heats for the boys with a maximum of 8 per heat.



400m Events

These events are un-laned and have up to 14 athletes in each heat. Boys and Girls compete together in each heat.

- Heats will have Time Handicaps; Final will be a Distance Handicap with a maximum of 100mts.
- Athletes must be well clear before passing and moving to the inside.
- Starting blocks cannot be used.
- There are 8 heats for the 400mts.

800m Events

These events are un-laned and have up to 12 athletes in each heat. Boys and Girls compete together in each heat.

- Heats will have Time Handicaps; Final will be a Distance Handicap with a maximum of 200mts.
- Athletes must be well clear before passing and moving to the inside.
- Starting blocks cannot be used.
- There are 7 heats for the 800mts.

1600m Event

This event is un-laned, has 37 runners in the field, Boys and Girls compete together in a single final.

- There is a limit of 350m applied to handicaps for the 1600m event.
- You must be well clear before passing and moving to the inside.
- Starting blocks cannot be used.

Progression to Finals

The program will contain information about progressions. Athletes will be advised over the public address system who has made the final. For any queries, please visit the LAVic marquees for more information. Progressions are as follows:

100mts:

- First in each heat- 9 heats, plus the next 7 fastest time make up 16 Boys in the Semi-Finals. There will be 2 Semi-Finals, 2 x 8 athletes.
- First in each heat- 10 heats, plus the next 6 fastest time make up 16 Girls in the Semi-Finals. There will be 2 Semi-Finals, 2 x 8 athletes.
- Semi-Final winners plus next 6 fastest, make up the Final of 8 for Boys & Girls.

- **400m**: First in each heat plus the next 2 fastest times - 8 heats, make up the Final of 10 athletes.

- **800m**: First in each heat plus the next 3 fastest times - 7 heats, make up the Final of 10 athletes.

Note, in an exception to VAL rules and regulations, LAVic reserves the right to alter handicaps at any time, inclusive of between heats, semi-finals and finals. This is a condition of athlete entry.

Starting

Different starting techniques apply in professional running as athletes are spread around the arena on handicaps. The following starting procedures will apply;

100m: "On Your Marks"…"Set"…and the gun.

400m to 1600m: Two whistles and the gun. First whistle is "On your Marks", Second whistle is "Set"; then the gun.

Penalties for Breaking

In VAL running penalties are applied if an athlete break, as follows.

100m	1 metre penalty
400m	1 second for Heats / 2 metres for Final
800m	1 second for Heats / 2 metres for Final
1600m	5 metre penalty

Two breaks will be automatic disqualification.

Note: The penalty only applies to the current round, it is not carried forward if the athlete progresses to the next round.

Use of Spikes

- Spikes may be worn by all athletes in all events under VAL rules. There are no size restrictions as to the length of spikes.
- As a guide, athletes should only consider using 7mm or 9mm.
- U9 and U10 athletes are not permitted to use spikes in normal LAVic events. They are allowed in VAL events only, however it is not recommended.

Crouch Starts

- Crouch starts are permitted, but are not mandatory, in all events, but in the 400mts and 800mts Heats, they might not be possible due to the time handicaps, as the athletes are lined up behind each other.

3 Point Starts

- 3 point starts, where one hand touches the ground forward of the line, yet your feet are behind the line is permitted in circular events in VAL races only.
- This is not permitted in normal LAVic events.
- This is an alternate to the crouch or standing start.
- In the 400mts and 800mts Heats, they might not be possible due to the time handicaps, as the athletes are lined up behind each other.

Lining up for your Race

- In sprint events athletes will line up at the end of the track in a line whilst the starter tells the field the instructions. Athletes will then be told to walk to their marks or handicaps.
- In the Heats of the 400mts and 800mts, all athletes will line up at the start line, whilst the starters and LAVic volunteers provide the instructions.
- In the Final of the 400mts, 800mts and 1600mts circular events all athletes will be whistled to line up at the backmarkers handicap. This means the spot where the athlete with the lowest handicap is starting. You will be given instructions by the starter then told to walk to your marks or handicaps.

Do not be too concerned about where athletes have to go. There will be plenty of help from SAC and LAVic volunteers to assist the athletes in finding their mark.

Presentations

- If an athlete wins a Final, they will be required to attend the presentation dais to be presented with their sash immediately following the race.

Access to the Arena

- Only athletes and LAVic Volunteers will be granted access to the arena.

Photographs

Photographs will be taken by the LAVic official photographer, they will be available on the LAVic Facebook page.

During this event there will be athletes participating who are unable to be photographed, please ensure that you are only photographing and/or sharing images of your own children and or those where they have parental permission. The safety of children is paramount, and we appreciate you respecting and understanding this request.