



Little
Athletics
Victoria



2021 Stawell 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.

Click [HERE](#) to view the Stawell Athletics Club timetable.

SPECTATOR ZONES AND TICKETING

The 2021 Stawell Gift venue (Central Park) will be divided into three (3) spectator zones for all three days of competition: White Zone (general admission, Little Athletes and families); Athlete Zone (VAL athletes and coaches only) and Maroon Zone (general admission and event administration).

All competing athletes will be provided with a wristband denoting which zone they are to be based in. Wristbands must be worn at all times while athletes are still competing. The wristband must be shown to gate attendants on each entry into the venue and a zone. Click here to view the venue [Map](#).

Do not remove this wristband at any time until you have finished for the weekend.

Wristbands will be provided at the Stawell Gift Hall of Fame office. Upon arrival in Stawell, please present to the Hall of Fame office to collect your wristband. Athletes are strongly encouraged to arrive on Easter Friday to minimise queues and crowd density.

Athletes competing in both VAL and Little Athletics events have been directly contacted by LAVic and will be located in the 'White Zone' unless advised otherwise.

Each day of competition has a maximum of 5000 patrons, of which the White Zone has a maximum of 2800. Parents are strongly encouraged to purchase tickets at the earliest opportunity.

Tickets must be purchased in advance and are available from Ticketek. Click [HERE](#) to view ticketing information and to purchase tickets.

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** as displayed on the map. 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](#)

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.

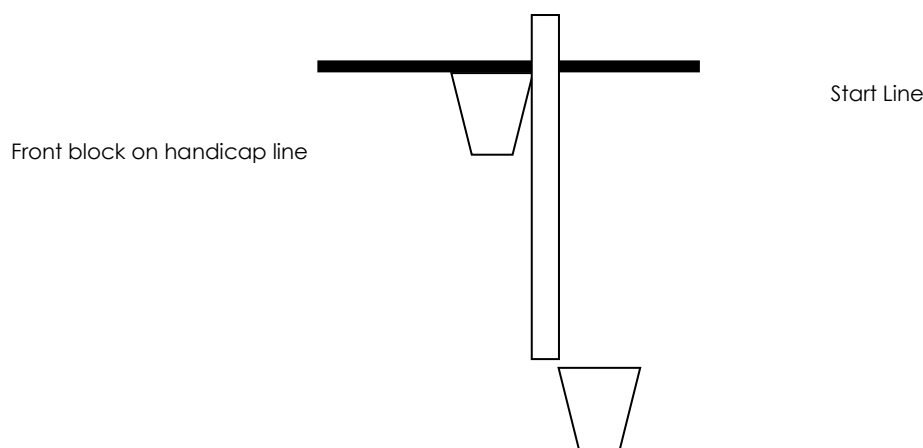
The singlets must be returned at the conclusion of the race.

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 8 heats for the girls, with a maximum of 8 per heat and 7 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.

- There is a limit of 100m applied to handicaps for the 400m events.
- Athletes must be well clear before passing and moving to the inside.
- Starting blocks cannot be used.
- There are 5 heats for the 400m.

800m EVENTS

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

- There is a limit of 200m applied to handicaps for the 800m events.
- Athletes must be well clear before passing and moving to the inside.
- Starting blocks cannot be used.
- There are 5 heats for the 800m.

1600m EVENT

This event is un-laned, has 38 runners in the field, Boys and Girls compete together in a single final.

- There is a limit of 400m applied to handicaps for the 1600m event.
- You must be well clear before passing and moving to the inside.
- Starting blocks cannot be used.

PROGRESSIONS 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:

- **100m:** First in each heat (7 heats), plus the next fastest time make up 8 boys in the Final; First in each heat (8 heats), progress to the girls Final of 8 athletes.
Note: SAC has advised there are no semi-finals in this event this year.
- **400m:** First in each heat plus the next 5 fastest times (5 heats) make up the Final of 10 athletes.
- **800m:** First in each heat plus the next 5 fastest times (5 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 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	2 metre penalty
800m	2 metre penalty
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.

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.

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 a circular event 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 athletes win 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.

COMMEMORATIVE LONG SLEEVE T-SHIRT

Athletes can purchase a 2021 Powercor Stawell Gift long sleeve t-shirt to mark the occasion.

There will be no merchandise at the Little Athletics Victoria marquee - all orders need to be processed online [HERE](#).

T-shirt orders will be processed, ordered, manufactured, packed and distributed by mail after the event, we appreciate your patience in this process.

Please allow 6 - 8 weeks for the manufacture and delivery of your order.

FRONT

