



Little
Athletics
Victoria



Athlete Information

State Race Walk Road Championships

MIDDLE PARK BOWLING CLUB
Saturday 22nd June 2024

Entries

Entries are now closed. A list of confirmed entrants is available on the event page of our website [HERE](#).

How to get there

The event is being held within the Albert Park precinct, not far from Lakeside Stadium. If driving, parking is available in various places within the Albert Park precinct or along Canterbury Road and neighbouring streets.

If travelling by tram, Middle Park tram stop (#130) is the nearest stop.

Please refer to the "Location Map" attached to the end of this document for an overview of where to sign in and where the Judging Clinic and Coaching Sessions are being held.

Parking

There is lots of parking within the Albert Park precinct. There are several smaller car parks near the event area, but these may be limited due to other sports on the day. There is also parking along the side of Aughtie Drive/Pit Lane. It is also just a short walk if you wish to park in the main Lakeside Stadium carpark. Please note that parking within Albert Park is metered so please observe parking signs to avoid getting a ticket.

If you are looking for free parking, there may be spaces available along Canterbury Road and the neighbouring streets and you could walk over from there (there is an underpass from Canterbury Road to Albert Park near the Tram Stop). Again, please ensure that you observe all parking signs.

When to arrive/Where to check in

Judging Clinic - Parents attending the Judging Clinic are asked to report to the Middle Park Bowls Club (refer to Venue Map for location) between 11:45am and 12:00pm. Please bring a pen and paper. The Judging Clinic will run for approximately 45 minutes.

Coaching Session - Athletes attending the Coaching Session should report to the Middle Park Bowls Club between 12:00pm and 12:15pm (refer to Venue Map for location). This session is expected to take approximately 45 minutes.

Events - Athletes are to check in at the LAVic Marquee (refer to the Venue Map at the end of this document for location). Check in for each event will open 30 minutes before that event and close 10 minutes before that event (refer to table below).

EVENT	CHECK IN OPENS	CHECK IN CLOSES	EVENT STARTS
3.0km (U15, U16, U17)	1:20pm	1:40pm	1:50pm
2.0km (U12, U13, U14)	1:45pm	2:05pm	2:15pm
1.5km (U10, U11)	2:05pm	2:25pm	2:35pm
1.0km (U9)	2:25pm	2:45pm	2:55pm

Check In Procedure/ Race Bib Collection

All athletes are to report to the LAVic Marquee to check in as per the table above.

Once an athlete arrives at Check In, their name will be ticked off and highlighted on the start list and two race number stickers will be provided. These numbers should be attached firmly to the athlete's competition top – one on the front and one on the back.

Team Managers / family / friends are not able to sign in for or collect a bib on another athlete's behalf.

Once the athlete has signed in and collected/attached their race numbers, they should report to the area near the start line at least 5 minutes before their race.

Call Room/Start of Race

There is no formal Call Room for this event. Athletes will marshal by the side of the course near the start/finish line (an LAVic tear drop banner will be set up to show where to marshal). Please ensure that you are at the marshalling point no later than 5 minutes prior to your race.

Athletes must be in correct uniform when arriving at the marshalling point, however you can have your warmup gear over the uniform. Any athletes not in correct uniform will not be permitted to compete. Please refer to the 'Uniform' section later in this document to ensure that the athlete is in correct uniform.

Baskets will be available for athletes to place jackets, warm up gear, drink bottles etc in. Please ensure that you collect everything at the end of the race.

Due to the number of entries in some of the events, the start may be staggered by age group/gender (similar to what we do for Cross Country Relays - e.g. boys might start 1 minute before/after the girls or U10 might start 1 minute before/after U11 etc).

The Course

The course is a relatively straight forward "up and back" loop on a sealed roadway. Each loop is 1km so the 1.5km event will be 1.5 laps, the 2km event will be 2 laps and the 3 km event 3 laps.

The road being used is blocked off with bollards to prevent vehicular traffic entering the course and officials are located at various locations along the course.

Please note that technically, the public can still walk along this road as it is a public space, but most will realise that an event is on and avoid the area and there will be officials around to ensure no interference with competing athletes.

A map of the course is attached to the end of this document.

Completion of Race & Presentations

As athletes cross the finish line, they will be issued a marker to denote their finishing place. Please note where there are multiple age groups/genders competing in the same race, the marker will be your overall place across the line not necessarily your place within your age group (e.g. if you are the first in your age group/gender but there are 3 athletes ahead of you from another age group/gender, you will be given "4" not "1"). This is used to match your placing across the line with the times recorded.

Following each race, some time will be required to collect the judges' cards and collate infringements to see if any athletes have been disqualified. If there are any disqualifications, those athletes will be advised and then an announcement made calling the top 3 athletes to the presentation area (which will be near the LAVic marquee). Results will be available at the LAVic marquee once finalised.

Medals will be presented to the first three (3) athletes in each age group/gender.

Uniform

The uniform requirements for this event are very similar to the LAVic Cross Country requirements with the exception that leggings or tights must finish above the knee unless prior approval has been obtained from the Competition Director. Please refer to Rule 143.9 in the LAVic Rules (available on our web page [HERE](#)) for further information.

All athletes competing must wear their approved Centre uniform top and shorts which conforms to the standards as defined in the [Region & State Uniform Guidelines](#).

Leggings or tights may be worn **by themselves** if they are plain black or the same colour as the centre uniform shorts. Logos larger than 4cm x 4cm are not permitted. **As stated above, leggings or tights must finish above the knee (unless prior approval has been granted by the Competition Director) to allow judges an unimpeded view of the knees during competition.**

Undergarment tops may be worn under the Centre top if it is black, white or the same colour as the Centre top. Undergarment leggings or bike shorts may be worn if they are black, beige or the same colour as the Centre shorts.

All undergarments are to be free of visible patterns and logos.

Spikes or football boots **are not permitted** to be worn for Road Walking events.

All athletes are required to wear their Coles patch on their Competition top. The 2023/24 Commonwealth Bank competition bib is not required as athletes will be given Race Numbers to place in that location.

Please take extra care to ensure your uniform is correct, because there will be limited time to change your uniform once you get to the marshalling area.

First Aid

A first aid officer will be in attendance. In addition, LAVic staff are first aid trained and will have a first aid kit and defib machine at the LAVic marquee.

Results

Results from the event will be published on the LAVic Event Page ([HERE](#)) on the Monday following the event. There will not be Live Results.

Protests

There is no Jury of Appeal. The Referee's decision is final.

Child Safe

The designated LAVic Child Safe Officer for this event is Brett Johnstone. Anyone with any questions or concerns on the day, should report to him at the LAVic Marquee.

Food/Drinks

There will not be any on-site food or drink vendors. Athletes (and parents) should bring a drink bottle along with them. For those attending the Judging Clinic and/or Coaching Session prior to the Competition, you may want to bring along some lunch. Alternatively, shops along Canterbury Road or Clarendon St should be open for somewhere to grab some lunch.

Other Information

DOGS: Apart from service dogs with appropriate paperwork, are not permitted at LAVic events. Anyone arriving with a dog, will be asked to leave the event area.

SMOKING/VAPING: Anyone wishing to smoke/vape, is requested to move 50m away from the event out of courtesy to our athletes and families.

Further information

Anyone requiring further information can contact Brett Johnstone on (03)9960 8600 during Business Hours or email brett.johnstone@lavic.com.au

LOCATION MAP



VENUE MAP



COURSE MAP

