



**Little
Athletics**
Victoria

2023/24 Commonwealth Bank Region Relay Carnivals (U9-U17)

Region	Date	Venue	Address
EMR	Saturday 18 th November 2023	Yarra Ranges	Yarra Ranges Athletics Track, Mount Evelyn
GCR	Saturday 18 th November 2023	Cranbourne	Casey Fields, Cranbourne East
NCR	Saturday 18 th November 2023	Bendigo	La Trobe University, Flora Hill
NMR	Saturday 18 th November 2023	Coburg	Harold Stevens Athletics Track, Coburg North
SMR	Saturday 18 th November 2023	Caulfield	Duncan Mackinnon Reserve, Murrumbeena
WCR	Sunday 19 th November 2023	Warrnambool	Brauerander Park, Warrnambool
WMR	Saturday 18 th November 2023	Melton City	Melton City Little Athletics Centre, Strathtulloh

2023/24 Commonwealth Bank State Relay Championships

Lakeside Stadium, Albert Park

Saturday 16th December 2023

U9-U17 athletes

***PLEASE NOTE:** In the event of any discrepancy between rules or regulations mentioned in this document and the LAVic Official Rules and Regulations, the Official Rules and Regulations (located on the LAVic website) will take precedence.

Entry Process

All entries must be completed online. Centres can enter their teams on multiple occasions up to the closing date, **Monday 30th October 2023 @ 11am**. If teams entered need deleting or amending this can be done by contacting the LAVic office, prior to the closing date. After the closing date no changes or additions can be made.

Entry Fees

Entry Fees are \$36 per team

Entry Timelines

1. Entries for both **Centre & Region teams** close at 11am on Monday 30th October 2023.
2. Centres will be invoiced for their entered teams following the close of entries.
3. Any team scratching after Monday 30th October must be directed to LAVic. The team will be withdrawn but the invoice will remain unchanged.

See the below timeline and key dates for team entries and invoicing.

Thursday 19th October 2023	Region Relay Teams entry portal opens. Team Manager portal opens.
Monday 30th October 2023 @ 11am	Region Relay Teams entry portal closes. NO LATE ENTRIES ACCEPTED. Team Manager portal closes.
Thursday 2nd November 2023	LAVic will send entry numbers to Regions.
Friday 3rd November 2023	LAVic will invoice all Centres for Teams.
Date TBC (Likely around 3rd Nov)	LAVic will send Meet Manager database to Regions.
Saturday 18th November 2023 & Sunday 19th November 2023 (Western Country Region Only)	Commonwealth Bank Region Relay Carnivals.
Monday 11th December 2023	Team Manager changes (if required) for Teams Qualified for State Championships due to LAVic.
Saturday 16th December 2023	Commonwealth Bank State Relay Championships.

Please enter early and if you have any issues email: debbie.baskin@lavic.com.au **before entries close.**

A final list of confirmed teams will be sent to the Nominated Team Manager and Centre Secretary once entries close.

Team Managers

Each Centre may nominate two Team Managers for the Commonwealth Bank Region Relay Carnivals. All nominations must be completed by **Monday 30th October 2023 @ 11am**.

Please make sure the Working with Children Check and Expiry Date information is completed.

The Team Manager portal can be completed by clicking on the link [HERE](#).

If your Centre has Teams who qualify for the Commonwealth Bank State Relay Championships, these Team Manager details will still apply, unless advised otherwise.

If you would like to add or remove any Team Managers between Region and State Championships, please email: debbie.baskin@lavic.com.au before Monday 11th December.

Child Safe and Play by the Rules Requirements

Team Managers are encouraged to familiarise themselves with the Childsafe 'Play by the Rules' modules, they are available online and a fantastic learning tool. The recommended modules are:

1. PBTR - Child Protection and Safeguarding Course
2. PBTR - Harassment and Discrimination Course

Please click on the link below to complete them:

<http://www.playbytherules.net.au/interactive-scenarios/free-online-training>

Overview of Age groups and Events

To compete in the Commonwealth Bank Region Relay Carnivals, athletes must be a LAVic financial registered competitive member in their correct age group (U9-U17) by the closing date and time of entries for the competition. If a Team change occurs on the day, all athletes must be a LAVic financial registered competitive member in their correct age group by the submission of the Team Change Summary form.

The Commonwealth Bank Region Relay Carnivals are also the qualification method for teams wishing to compete at the Commonwealth Bank State Relay Championships (further details are provided later in this document).

The Events offered and their allowable composition are as follows:

Event Type	Age Group	Team Composition
4 x 100m	U9 - U17 B & G	4
4 x 200m	U9 - U17 B & G	4
Swedish Medley (100m,300m,200m,400m)	U9 - U17 B & G	4
Mixed Sex 4 x 100m	U9 - U17 MS	2 x Boys, 2 x Girls
Mixed Sex 4 x 200m	U9 - U17 MS	2 x Boys, 2 x Girls
Multi-Class 4 x 100m	U9 - U17 MT	4 (any combination)
Multi-Class 4 x 200m	U9 - U17 MT	4 (any combination)

B – Boys Only **G** – Girls Only **MS** – Mixed Sex **MT** – Mixed Teams

All events at the Region and State Relays are Timed Finals / Final only. As all events are either a Final or Timed Final, **team composition is limited to 4 athletes only per team.**

The maximum number of events / Teams an athlete can compete in is Four (4).

Athletes cannot compete in more than one (1) team in each event type.

Athletes cannot compete in two (2) or more different age groups in the same event type.

Team changes on the day of the event (due to illness/injury/absence etc.) can be made using the appropriate form but **MUST BE LODGED AT LEAST 60 MINUTES PRIOR TO THE START TIME FOR THAT "BLOCK" OF EVENTS.** Team changes can still occur between Region and State Relays if required.

The Swedish Medley consists of (in order), **100mts, 300mts, 200mts, 400mts.** The first 100mts is laned, starting at the 200mt start line. Once the first change-over occurs the 2nd athlete can leave their lane at the break line on the front straight, then all other legs are un-laned.

Athletes may be promoted to a higher Age Group as follows:

- All age group athletes (from U9 up), except Multi-Class, may be promoted 1 or 2 age groups.
- Multi-Class (U9 and older) athletes can be promoted into all available age group types.
- Athletes from U6-U8 are not eligible to compete and cannot be promoted in any situation.
- Further details regarding promotion of athletes can be found in the Competition Regulations.

Multi-Class Relays

Relays will be conducted in the 4x100 and 4x200 as Mixed Teams (any combination of Boys/Girls). The age group types are U9-U10, U11-U12 and U13-U17. Multi-Class athletes (U9 and older only) can be promoted into any of these age group types.

As the converted time is used to calculate a percentage, no advantage is gained by Mixed Teams competing together.

Mixed Teams can be 4 boys, 4 girls, 3 boys & 1 girl, 3 girls & 1 boy or 2 boys & 2 girls.

Medals will be awarded at both the Region Carnivals and State Championships, once the performances have been converted to an overall team percentage.

Progression to Commonwealth Bank State Relay Championships

The Commonwealth Bank Region Relay Carnivals are the sole qualification method for teams wishing to compete at the Commonwealth Bank State Relay Championships. No direct entries are accepted for the Commonwealth Bank State Relay Championships.

For all events in each of the U9 to U17 age groups, the winning team at each Regional Carnival will qualify for the State Championships with the remaining available places allocated to the next fastest teams regardless of Region.

The number of teams qualifying for each event will be as follows:

- 4 x 100m (U9-U15) – 7 Region Winners + next 17 fastest teams (24 in total)
- 4 x 100m (U16-U17) – 7 Region Winners + next 9 fastest teams (16 in total)
- 4 x 200m (U9-U17) - 7 Region Winners + next 9 fastest teams (16 in total)
- Swedish Medley (U9-U17) - 7 Region Winners + next 9 fastest teams (16 in total)

For Multi-Class Relays, the fastest 16 converted times (using Baseline Tables) for each Age Group Type (U9-U10, U11-U12 & U13-U17) in each event (MT 4 x 100m and MT 4 x 200m) will qualify for the State Championships.

All events at both the Region and State Relays are Timed Finals / Final only and **seeding at State Championships is based on performance at Region Relay Carnivals.**

Uniforms & Footwear

All athletes competing must wear their **approved Centre/Region Uniform** which conforms to the standards as defined in the **LAVic Centre Uniform Booklet**.

The Commonwealth Bank Registration patch and Coles Sponsor Patch must be worn at both the Region Relay Carnivals and State Relay Championships.

- **Spikes are not permitted to be worn by U9-U10 athletes (even if they are promoted to older age group events).**
- **U11 – U17 athletes may wear spikes in all events.**

Timetable

A timetable will be available on your Region Relay Event Page after entries close.

A draft **State** timetable is available to view as a guide only. Once entries close, the State timetable will be adjusted and finalised according to the number of teams entered. **Please note that we have changed the running order of age groups from previous seasons. The primary reason for this was to not have our youngest age group (U9) running first at their first Relay event.**

The Draft Timetable for the Commonwealth Bank State Relay Championships 23-24, is available on the Commonwealth Bank Region Relay Carnival page [HERE](#)

Call Rooms

Where applicable, the call room times, and process will be advised by the Region once entries have closed and the timetable produced. Details will be sent out to all Centres on this.

Presentations

For each **Commonwealth Bank Region Relay Carnival Event:**

- Medals will be presented to the first three placegetters, in either the Final or the finalised times from the Timed Finals, or the converted performances for Multi-Class events. (Team of 4 athletes only).

For each **Commonwealth Bank State Relay Championship Event:**

- Medals will be presented to the first three placegetters, in either the Final or the finalised times from the Timed Finals, or the converted performances for Multi-Class events. (Team of 4 athletes only).
- A team pennant will be presented to the first three placegetters, as above.

Centre Duties

Below is a list and description of Centre duties assigned at most Regions and States.

Note: Regions will assign their own duties, LAVic office will assign State duties.

Position:	Summary of role:
Arena Steward	Ensure only accredited personnel access the track
Call Room Judge	Assist with transportation of athletes to events, or attaching hip numbers to athletes
Communications Assistant	Assist Administration Manager with various tasks
Finish Marshall	Assist with removing athletes from the track
Finish Place Judge	Assist with calling out finishing order of each event
Finish Scribe	Writing down the finishing order of each event
Results assistant	Sort result cards for Centres
Refreshment Steward	Provide refreshments to officials
General Officials	As required perform the duties of any General Official position (Will be called across PA if required)
Start Marshall	Assist with organising starting athletes prior to each event
Takeover Zone Marshal Assistant	Assist in marshalling athletes onto the track
Takeover Zone Umpire	Refer infringements to the Takeover Zone Chief
Technical Set Up	Assist Technical Manager with the set up before the event
Technical Pack Up	Assist Technical Manager with the pack up after the event
Timekeeper	Assist with timekeeping each race
Track Umpire	Observe athletes for infringements

Links to the relevant LAVic Rules and Regulations are listed below:

Competition Rules: [CLICK HERE](#)

Relay relevant rules are:

- Rule 170: Relay Races (page 20)

Competition Regulations: [CLICK HERE](#)

Relays relevant rules are:

- Rule 611: Draws and Qualifications in Track Events (page 12)
- Rule 612: Relay Teams (page 14)

Entries

Teams should be processed in order of age group then gender for ease of the confirmation page coming out correctly: i.e. U9 Girls teams, U9 Boys teams, U9 Mixed teams, etc.

When entering multiple teams for the same event, you must submit an entry per team.

When you click into the Relay portal you will need to scroll down and read the Centre Declaration Waiver, tick the box to agree to the Declaration and press NEXT, The below screen will appear, please enter your full name as 'First Name' (Debbie Baskin) and the Centre Name as 'Last Name' (Corio).

Complete all other required details, your team name relates to your Centre (drop down selection is available) when completed press: NEXT



REGION RELAY CARNIVALS

2023/24 Commonwealth Bank Region Relay Carnivals

Terms Of Entry >  Personal Data > Events > Confirmation

Personal Data

 Login

For security reasons your IP Address (10.140.51.240) will be recorded with this application.

♦ Mandatory information field.

Title: ♦	(Mrs
First Name: ♦	Vicky
Initial:	
Last Name: ♦	Jones

Address: ♦	Locked Bag 1011
Suburb/Town/City: ♦	Port Melbourne
State/County/Province: ♦	Victoria
Postcode/Zip Code: ♦	3207
Country: ♦	Australia

♦ At Least One Telephone Contact Number Must Be Entered

	Area Code:	Number:
Business:	03	9960 8600
Direct:		
Private:		
Mobile:		
Facsimile:		

Email Address: ♦	office@lavic.com.au
Email Format: ♦	HTML

Team Name: ♦	Albury
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 Previous  Next

On the next page click Add Event.

Event Category, this is the Age Group and Gender, select the applicable one and hit NEXT.

This will bring up the Event, on the drop down select 4x100, 4x200 or Medley, hit NEXT.

This completes the entry for one Team, if you are entering more than one team or multiple teams in the same age group and gender, you will be required to enter each one individually.

To finalise the registration, hit Add Event, you can either Add Another Event from here or Submit Entry to complete the entries.

When you have entered all the Teams hit Submit Entry. A confirmation and summary of the teams entered in that session will be sent to the email address you included in the entry.

Click [HERE](#) for the U9-U17 Commonwealth Bank Region Relay Carnivals Team portal.

If you require further assistance

Please contact Debbie Baskin, debbie.baskin@lavic.com.au