COMMONWEALTH BANK STATE RELAY CHAMPIONSHIPS 2024-25

EVENT INFORMATION

MEADOWGLEN INTERNATIONAL ATHLETICS STADIUM

Saturday 14th December 2024

GENERAL INFORMATION

COVID Protocols

Whilst the majority of formal Covid restrictions have now been lifted in Victoria, Covid is still present in the community, and some people are more vulnerable to it than others. As such, Little Athletics Victoria asks that you continue to do the following where possible:

- Do not attend the event if you are unwell or have been instructed to isolate or quarantine.
- Where possible, attendees are asked to maintain at least 1.5m physical distance between themselves and others.
- Whilst face masks are no longer compulsory, those that wish to wear them are more than welcome to do so.
- Personal hygiene measures such as hand sanitising after touching surfaces and using toilets are essential, as well as observing the cough etiquette to minimise the risk of spreading any droplets.

Hand Sanitiser will be located at various locations throughout the venue.

Commonwealth Bank State Relay Championships – Webpage

All details relating to this event can be found on the 2024/25 Commonwealth Bank State Relay Championships webpage. Any updates will be added to this page. To access the webpage, please click HERE.

Venue access

The Main Entry gate will be open from 7:00am until the end of the event.

All attendees including officials are to enter via the Main Gate.

Arena Access

Officials and competitors are the only people permitted on the Arena.

Centre Team Managers are only permitted on the Arena if called by the Meeting Manager or Referee.

Child Safe and Play by the Rules Requirements

Team Managers and Officials 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

Car parking

In addition to the main car park, there are 3 additional grass parking areas. Please refer to the parking map which will be available on the event page. Surrounding streets may be used for parking but please observe all parking signs. Please note that there is strictly NO PARKING in the following areas:

- Along McDonalds Road – Council monitor this regularly and issue fines.
- At Kildonan Uniting Care.
- At Grace of Mary Elderly Persons Hostel.
- At Meadowglen Nursing Home.

Food and Drink

Whittlesea City Little Athletics Centre will be running a canteen and BBQ during the day. In addition, there will be a food van, coffee van and ice cream van on site.

First Aid

The providers for this event are Colmed Group. Two teams of two medics (4 in total) will be on duty all day with one team located under a marquee near the finish line and the other team located in the first aid room down at the end of the main admin building.

First Aid Officials are there to administer and assist athletes with healing wounds and sickness. They are not there to administer or provide athletes with massages or strapping before events.

Any athlete who is recovering from an injury and is still wearing a plaster cast or moon boot and wishes to compete, will only be permitted if they provide LAVic with a letter from their treating doctor prior to the event that specifies it is safe for the athlete to do so.

Event Timetable

The finalised timetable can be found on the website HERE. There is also a copy attached to the end of this document.

It is important to remember that whilst every effort will be made to stick to the published timetable, it is subject to change. The Competition Director will manage any changes to the timetable during the day.

Call Room

The Track call room, located near the 1500m start line, will be used for all events. All athletes are to report to the Track call room, and they will be escorted from there to the start of their race.

All athletes will be called to marshal at the Call Room approximately 30 minutes before their event(s) and the call room will close 20 minutes prior to each event.

The timetable is only an indication of the times for each event. It is essential that athletes and parents are listening for all announcements relating to their events.

Athletes are not to run across the track or jump the fence.

A will be added to the event page for further clarification on the location of the Call Room and other key locations (First Aid, Officials Room etc).

Warm-up

Athletes will have access to the main track only until the track is closed when the first events are called.

The neighbouring oval has been booked for the duration of the event and can be used by athletes wishing to warm up. Please note that no officials have been allocated to the warm-up area, so Centres/parents are asked to accompany younger athletes to the warm-up area.

Heats/Finals

All events are either Finals (if there are 8 or less entries) or Timed Finals (if there are 9 or more entries). No Heats will be conducted.

Medals and Presentation

Medals will be presented to the four team members of the first three placegetters of each age group and a pennant will be presented to each of these three teams.

Approved Centre Uniforms must be worn at the Presentation Ceremony.

Uniforms

All athletes competing must wear their approved Centre uniform which conforms to the standards as defined in the **LAVic Centre Uniform Booklet** located on our website HERE.

The Rules covering uniforms are detailed in Rule 143 as found in the LAVic **Competition Rules** located on our website HERE.

All uniforms must display the Coles logo above the LAVic logo and have the Commonwealth Bank registration patch attached to the front.

Athletes will not receive an event patch, and we do not have an athlete check-in.

It is each Centre's responsibility to ensure that their athletes are in approved Centre Uniform.

Spikes

Spikes are permitted as follows:

Athlete Age	Track Events
U9 - U10	No spike shoes allowed (even if promoted to older age groups)
U11 - U17	Spike shoes allowed in all Relay Events

NOTE: The above table also applies to Multi Class athletes.

Spikes Size: Max 7mm for Track Events.
Spikes Shape: Only Conical or Pyramid spikes are permitted.

Results

Live Results will be made available throughout the entire Championships on our Results Hub platform. Access to Results Hub is done through the event page on the website, or by clicking the link below …

https://lavic.resultshub.com.au

Photos, Videos & Live-Stream

The Championships will be covered extensively with a team of photographers and via recording. Photos & Videos will be made available through Little Athletics Victoria's Facebook and YouTube pages in the days following the event.

The event will also be live streamed through YouTube and Facebook. Details are found on the event page HERE .

Parents are reminded that they should only be taking photos of their own children. Photographs of other children should only be taken with permission from their parents/guardians.

Multi-Class Athletes

We have Multi-Class athletes competing in the Mixed 4 x 100m and 4 x 200m events. Richard Colman our Multi-Class ambassador will be the Multi-Class Manager.

Converted times will be used to determine final placings for these events.

Event Shirt Collection & Merchandise Sales

Anyone wishing to purchase Merchandise items and/or collect State Event Pickup Commemorative Shirts can do this from the Merchandise area which will be located on the side of the main Admin building (please refer to map for location).

The Merchandise area will be open during the following times:

- 8:30am to 10:00am (Event shirt collection only)
- 11:00am to 2:00pm (Event shirt collection and merchandise sales)
- 3:00pm to 6:00pm (Event shirt collection and merchandise sales)

General Venue Information

No smoking is allowed within the venue or 10m of any entry.

No dogs (apart from assistance dogs with appropriate paperwork) are allowed in the venue.

Links to the relevant LAVic Rules and Regulations

Competition Rules: CLICK HERE

Relays 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)

COMMONWEALTH BANK STATE RELAY CHAMPIONSHIPS
Meadowglen International Athletics Stadium – Saturday 14th December 2024
Final Timetable

MORNING SESSION

Event #	Start Time	Gender	Age	Event	Type
EVENT BLOCK 1					
1	8:30 AM	Girls	U11	4 x 200 M	Timed Finals - 2
2	8:38 AM	Boys	U11	4 x 200 M	Timed Finals - 2
3	8:46 AM	Girls	U12	4 x 200 M	Timed Finals - 2
4	8:54 AM	Boys	U12	4 x 200 M	Timed Finals - 2
5	9:02 AM	Girls	U09	4 x 200 M	Timed Finals - 2
6	9:10 AM	Boys	U09	4 x 200 M	Timed Finals - 2
7	9:18 AM	Girls	U10	4 x 200 M	Timed Finals - 2
8	9:26 AM	Boys	U10	4 x 200 M	Timed Finals - 2
9	9:34 AM	Girls	U13	4 x 200 M	Timed Finals - 2
10	9:42 AM	Boys	U13	4 x 200 M	Timed Finals - 2
11	9:50 AM	Girls	U14	4 x 200 M	Timed Finals - 2
12	9:58 AM	Boys	U14	4 x 200 M	Timed Finals - 2
13	10:06 AM	Girls	U15	4 x 200 M	Timed Finals - 2
14	10:14 AM	Boys	U15	4 x 200 M	Timed Finals - 2
15	10:22 AM	Girls	U16	4 x 200 M	Final
16	10:26 AM	Boys	U16	4 x 200 M	Timed Finals - 2
17	10:34 AM	Girls	U17	4 x 200 M	Timed Finals - 2
18	10:42 AM	Boys	U17	4 x 200 M	Timed Finals - 2
EVENT BLOCK 2					
19	10:52 AM	Mixed	U11	4 x 200 M	Timed Finals - 2
20	11:00 AM	Mixed	U12	4 x 200 M	Timed Finals - 2
21	11:08 AM	Mixed	U09	4 x 200 M	Timed Finals - 2
22	11:16 AM	Mixed	U10	4 x 200 M	Timed Finals - 2
23	11:24 AM	Mixed	U13	4 x 200 M	Timed Finals - 2
24	11:32 AM	Mixed	U14	4 x 200 M	Timed Finals - 2
25	11:40 AM	Mixed	U15	4 x 200 M	Timed Finals - 2
26	11:48 AM	Mixed	U16	4 x 200 M	Timed Finals - 2
27	11:56 AM	Mixed	U17	4 x 200 M	Timed Finals - 2
28	12:04 PM	Mixed	MC	4 x 200 M	Final

LUNCH BREAK

AFTERNOON SESSION

Event #	Start Time	Gender	Age	Event	Type
EVENT BLOCK 3					
29	12:45 PM	Girls	U11	4 x 100 M	Timed Finals - 3
30	12:54 PM	Boys	U11	4 x 100 M	Timed Finals - 3
31	1:03 PM	Girls	U12	4 x 100 M	Timed Finals - 3
32	1:12 PM	Boys	U12	4 x 100 M	Timed Finals - 3
33	1:21 PM	Girls	U09	4 x 100 M	Timed Finals - 3
34	1:30 PM	Boys	U09	4 x 100 M	Timed Finals - 3
35	1:39 PM	Girls	U10	4 x 100 M	Timed Finals - 3
36	1:48 PM	Boys	U10	4 x 100 M	Timed Finals - 3
37	1:57 PM	Girls	U13	4 x 100 M	Timed Finals - 3
38	2:06 PM	Boys	U13	4 x 100 M	Timed Finals - 3
39	2:15 PM	Girls	U14	4 x 100 M	Timed Finals - 3
40	2:24 PM	Boys	U14	4 x 100 M	Timed Finals - 3
41	2:33 PM	Girls	U15	4 x 100 M	Timed Finals - 3
42	2:42 PM	Boys	U15	4 x 100 M	Timed Finals - 2
43	2:48 PM	Girls	U16	4 x 100 M	Timed Finals - 2
44	2:54 PM	Boys	U16	4 x 100 M	Timed Finals - 2
45	3:00 PM	Girls	U17	4 x 100 M	Timed Finals - 2
46	3:06 PM	Boys	U17	4 x 100 M	Timed Finals - 2
EVENT BLOCK 4					
47	3:16 PM	Mixed	MC	4 x 100 M	Final
48	3:19 PM	Mixed	U11	4 x 100 M	Timed Finals - 3
49	3:28 PM	Mixed	U12	4 x 100 M	Timed Finals - 3
50	3:37 PM	Mixed	U09	4 x 100 M	Timed Finals - 3
51	3:46 PM	Mixed	U10	4 x 100 M	Timed Finals - 3
52	3:55 PM	Mixed	U13	4 x 100 M	Timed Finals - 3
53	4:04 PM	Mixed	U14	4 x 100 M	Timed Finals - 3
54	4:13 PM	Mixed	U15	4 x 100 M	Timed Finals - 3
55	4:22 PM	Mixed	U16	4 x 100 M	Timed Finals - 2
56	4:28 PM	Mixed	U17	4 x 100 M	Timed Finals - 2
EVENT BLOCK 5					
57	4:38 PM	Girls	U11	Medley	Timed Finals - 2
58	4:48 PM	Boys	U11	Medley	Timed Finals - 2
59	4:58 PM	Girls	U12	Medley	Timed Finals - 2
60	5:08 PM	Boys	U12	Medley	Timed Finals - 2
61	5:18 PM	Girls	U09	Medley	Timed Finals - 2
62	5:28 PM	Boys	U09	Medley	Timed Finals - 2
63	5:38 PM	Girls	U10	Medley	Timed Finals - 2
64	5:48 PM	Boys	U10	Medley	Timed Finals - 2
65	5:58 PM	Girls	U13	Medley	Timed Finals - 2
66	6:08 PM	Boys	U13	Medley	Timed Finals - 2
67	6:18 PM	Girls	U14	Medley	Timed Finals - 2
68	6:28 PM	Boys	U14	Medley	Timed Finals - 2
69	6:38 PM	Girls	U15	Medley	Timed Finals - 2
70	6:48 PM	Boys	U15	Medley	Timed Finals - 2
71	6:58 PM	Girls	U16	Medley	Final
72	7:03 PM	Boys	U16	Medley	Timed Finals - 2
73	7:13 PM	Girls	U17	Medley	Timed Finals - 2
74	7:23 PM	Boys	U17	Medley	Timed Finals - 2