



2024

60 YEARS

REGION CHALLENGE

&

OPEN DAY

TECHNICAL REGULATIONS

REVISION DATE: 15 October 2024



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60 YEARS REGION CHALLENGE & OPEN DAY TECHNICAL REGULATIONS

The 60 Years Region Challenge & Open Day will be conducted under the LAVic Competition Rules and the following Technical Regulations:

ELIGIBILITY

1. Athletes must be registered & financial for the 2024/25 Season prior to the closing date & time of the Region Challenge team submission or Open Day entries.
2. For Region Challenge team selection, athletes must have competed in the 2023/24 Region Track & Field Carnival of their Region. Refer to Rules 4 to 10 below for further team selection criteria.
3. Athletes selected for the Region Challenge teams cannot compete in the Open Day events.

REGION CHALLENGE TEAM SELECTION

4. Each team will consist of athletes from the **U10 to U16** age groups of the **2024/25 season**.
5. Each Region Selection Committee will select a team of eligible athletes up to a maximum of 38 athletes derived from the first three placegetters of the U09 to U16 able bodied age groups and a maximum of 4 Multiclass (MC) athletes of the **2023/24 Region Track & Field Carnival** of their Region.
6. Each team will consist of a maximum of 19 boys and 19 girls with a **maximum** of
 - 2 x male & 2 x female athletes from each able-bodied age group (U09-U16)
 - 3 x male & 3 x female wildcard athletes from any age group (U09 – U16)
 - 2 x male & 2 x female Multiclass athletes from any age group (U09 – U16).of the **2023/24 season**.
7. Except for wildcard athletes, athletes will only compete in events in their own age group. Wildcard athletes may compete in their own age group or one age group up except for hurdles events where athletes can only compete in their own age group. Athletes cannot be selected from the 2024/25 U09 age group.
8. Where a Region cannot select a team from the first three placegetters from the 2024 Region Track & Field Carnival of their Region due to athletes not being available or not registered Regions can select from a subsequent list of the top eight placegetters from the 2024 Region Track and Field Carnival of their Region.

REGION CHALLENGE UNIFORMS & FOOTWEAR

9. Athletes will compete in the supplied Region top, to be returned at the conclusion of the competition.
10. Athletes will compete in black, navy or their Centre colour shorts or leggings only.
11. Spikes will NOT be allowed to be worn in the Mixed Age Medley.

REGION CHALLENGE EVENTS

12. The following table lists the events to be conducted for each age group for the Region Challenge. Unless specified in the table below events will be for both genders. Relays teams will consist of either mixed age groups or mixed age groups & gender. (Refer Reg 32 to Reg 36 below)

U10	U11	U12	U13	U14	U15	U17	MC
70m	70m						
		100m	100m			100m	100m
				200m	200m		
	400m		400m			400m	400m
800m		800m		1500m	800m		
	1100mW		1500mW		1500mW		
60mH	80mH	80mH	80mH	200mH *	90mH (G) / 100mH (B)	300mH	
Long Jump	Long Jump	High Jump	Long Jump	Triple Jump	Long Jump	High Jump	Long Jump
Shot Put	Discus	Shot Put	Discus	Javelin	Discus	Shot Put ^	Shot Put
MAS 4 x 100m Relay		MAS 4 x 100m Relay		MAS 4 x 100m Relay			
MA 1200m Medley (4 x 100m, 2 x 200m, 1 x 400m)							

Legend: (B) - Boys MAS – Mixed Age Group & Gender MC – Multiclass
 (G) - Girls MA – Mixed Age Group * - U13 wildcard athletes cannot compete
 ^ - Boys will put the 4kg Shot

13. Each athlete can only compete in a maximum of three individual events plus one relay. There are no relays for Multiclass athletes.

OPEN DAY EVENTS

14. The following table lists the events to be contested for each age group and gender for the Open Day competition:

U09	U10	U11	U12	U13	U14	U15	U17	MC
70m	70m	70m		70m				
100m		100m	100m	100m	100m	100m	100m	100m
	200m		200m		200m	200m		
400m		400m		400m			400m	400m
	800m	800m	800m	800m		800m		
					1500m		1500m	
60mH	60mH	80mH	80mH	80mH		90mH (G) / 100mH (B)		
					200mH		300mH	
		1100mW		1500mW		1500mW		
	High Jump		High Jump		High Jump		High Jump	
Long Jump		Long Jump		Long Jump		Long Jump		Long Jump
			Triple Jump		Triple Jump		Triple Jump	
	Shot Put		Shot Put		Shot Put		Shot Put ^	Shot Put
Discus		Discus		Discus		Discus		
			Javelin		Javelin			

Legend: (B) - Boys MC - Multiclass
 (G) - Girls ^ - Boys will put the 4kg Shot
 Yellow Single Age group Only Can enter
 Purple 2 age groups can enter the actual & one below e.g. U12 can enter U13 Discus
 Grey event not scheduled for that age group

15. Athletes can only enter a maximum of three events.
16. Athletes may enter an event in one age group up where there is not an equivalent in their own age group except for Hurdles events where they can only compete in their own age group.
17. There is a maximum field size of 16 athletes per event. Once entries received meet the maximum number of entries for an event, entries will close for that event.

COMPETITION – TRACK

18. Lane allocation will be drawn by lot at the Call Room prior to the event as designated by the Organising Body.
19. Except for 800m, 1500m & Race Walks, Region Challenge & Open Day athletes will compete in separate heats.
20. For 800m, Region Challenge & Open Day athletes may compete in the same heat. When this occurs placing and performance will be awarded and calculated as if they are separate events.
21. For hurdles events, athletes can only compete in their own age group, they cannot compete in an age group above including wildcard athletes.
22. For the 1500m & Walk events there may be a “wave start” whereby Region Challenge athletes will commence prior to the 60 Years Open Day athletes or boys will commence prior to girls in an age group. When this occurs placing and performance will be awarded and calculated as if they are separate events.
23. For 60 Years Open Day events all track events will be timed finals. Athletes will be placed in order of performance from all finals.

COMPETITION – FIELD

24. Except for High Jump, there will only be 3 trials for field events.
25. For High Jump, the bar will uniformly be raised 3cm throughout the competition.
26. For High Jump, the starting heights will be set as per the following table:

	U10	U12	U14	U17
Girls	0.75m	1.00m	1.10m	1.20m
Boys	0.85m	1.10mm	1.20m	1.30m

27. The bar will be raised by 3cm intervals throughout the competition.
28. For High Jump, an athlete will only be allowed to have a maximum of 8 jumps.
 - a) If an athlete reaches their maximum of 8 jumps the athlete must stop competing in the event.
 - b) If an athlete has three consecutive failures, regardless of the height at which the failures occur, the athlete cannot continue to jump.
 - c) If an athlete has not cleared a height after their 8 attempts, i.e. has less than 3 consecutive failures at that height they will have been deemed not to have cleared that height and will not be considered for a jump off. (see Reg. 30)
 - d) The athlete must nominate which heights they will attempt to clear during the competition prior to being called to jump.
29. The attempted heights do not have to be consecutive heights.
30. If more than one athlete has cleared the height after all athletes have completed their maximum 8 attempts and athletes cannot be separated for first place as per World Athletics (WA) Technical Rule 181.8, a jump-off will occur as per WA Technical Rule 26.9 except the bar will continue to be raised or lowered by 3cm throughout the jump-off.
31. For the Boys U17 Shot Put, a 4kg Shot will be used due to athletes from U15 or U16 who may be competing.

COMPETITION – RELAYS

- 32. Athletes can only compete in one relay.
- 33. Relay teams must be submitted to Communications at least 30 minutes prior to the start of the Relays events.
- 34. For the 4x100m Mixed Age & Sex Relay – the team will consist of 2 boys and 2 girls. For the U10-U11 & U12-U13 age groups there must be 2 athletes from each age group. For the U14-U17 there must be a minimum of 1 athlete from each age group.
- 35. For the Mixed Age 1200m Medley – the team will consist of one athlete from each age group. Wildcard athletes can be used as the athlete one age group up.
- 36. For the Mixed Age 1200m Medley athletes will start on the 4x100m start lines and use the 4 x100m take-over zones for the 100m legs of the race. The first three baton changes will be in lanes and the breakpoint will be set at the 70m start line on the front straight. The last three baton changes will be unlaned and use the 4 x 400m and 4 x 200m unlaned take-over zones.

SUBSTITUTE ATHLETES

- 37. After the closing date for entries, an athlete may be substituted in the Region Team up until two (2) days prior to the day of competition.
- 38. Notification must be received by the LAVic Office, within the timeframe advised.
- 39. From two (2) days prior to the first day of competition, an athlete can only be substituted in an event by an athlete already named in the team.
- 40. Where an athlete is to be substituted for an event an athlete substitution form must be completed and submitted to the administration prior to the closing time of the Call Room of that event.
- 41. Athletes that have been substituted into an event, can only compete up to the maximum number of events allowed for an athlete and unless the athlete is a wildcard athlete cannot compete in a promoted age group.

CLAIMING VICTORIAN OR AUSTRALIAN BEST PERFORMANCES

- 42. Athletes or teams will not be able to claim a Victorian Best Performance (VBP) or Australian Best Performance (ABP) in any individual or relay event in either the Region Challenge or Open Day events.

REGION CHALLENGE POINTS

- 43. The team with the highest number of points after the pre allocated points and the points accumulated throughout the competition have been combined will be declared the winner.
- 44. Points will be allocated to each athlete who successfully completes an event.
- 45. No points will be allocated to athletes who have been disqualified or did not finish in an event.
- 46. Points will be allocated per event as follows:

1st place – 7 points	5th place – 3 points
2nd place – 6 points	6th place – 2 points
3rd place – 5 points	7th place – 1 point
4th place – 4 points	

- 47. For Relay events, points will be doubled for each place as per Reg 46 above.
- 48. Each team will be pre allocated points prior to the start of the competition based on results from the 2023/24 Region Track & Field Carnivals of the scheduled Region Challenge events. These points will be calculated from the ranking of each Regions average performance from the top 4 placegetters in each event as follows:

- (a) Performances for each event will be ranked from the best performance to the least performance. 1 point will be allocated to the best performance down to 7 points for the least performance.
- (b) Where a Region does not have a performance recorded for an event that Region will be ranked equal 4th.
- (c) The allocated points for equal rankings will be as per the ranking. Points will not be added together and divided by the number of rankings that have tied.
- (d) For the Mixed Sex 4 x100m Relay rankings, the performances from the first four placegetters of the 100m from the relevant age groups in each Region will be added together to create a performance.
- (e) For the Mixed Age 1200m Medley Relay rankings, the performances from the first four placegetters of the 100m from the U09 to U12 age groups, the 200m from the U13 to U14 age groups and the 400m from the U15 to U16 age group will be added together to create a performance.

REGION CHALLENGE AWARDS

- 49. A perpetual trophy will be presented to the winning Region team.
- 50. Medals will be presented to all athletes of the first three placed teams.
- 51. Medals will NOT be presented for individual or relay events.
- 52. A commemorative medal will be presented to all competing athletes.
- 53. A commemorative Certificate with each athlete's performances will be presented to all athletes in a PDF format via email after the competition.

OPEN DAY AWARDS

- 54. Medals will be presented to the first three placegetters in each event.
- 55. A commemorative Certificate with each athlete's performances will be presented to all athletes in a PDF format via email after the competition.

EARLIER START TIME OF PUBLISHED EVENT START TIMES

- 56. Once the competition has commenced the Referee in consultation with the Competition Director and Event Chief Officials may change the start of event time to prior to or after the published event start time. Athletes and Team Managers will be advised over the Public Address System when this occurs.