Little Athletics Victoria – Winter Track and Field Regulations

Updated 23.09.26

All events will be conducted under the current LAVic Rules and Regulations with the following exceptions/modifications:

1. The Winter Track & Field competition is open to athletes from Under 8 to Under 17. For the 2026-2027 season, the Under 8 events will be a trial to gradually introduce these athletes to State Competitions before they start their Under 9 season.
2. The **60m** and **300m** will be conducted as fully aned events. Under 11 and older athletes may wear spikes in these events (no spikes for U8-U10). Blocks may be used by athletes from Under 11 to Under 17.
3. The **700m** will be conducted as a pack start event (same starting conditions as a 1500m race). Under 13 and older may wear spikes in these events (no spikes for U8-U12). No blocks may be used in this event.
4. All **track events** will be conducted as Timed Finals with overall placings for each event determined by the collated times from each timed final.
5. For the **throws events and Long Jump**, it is 3 trials only per athlete.
6. For **High Jump**, each athlete will be limited to 7 jumps or 3 successive failures, whichever comes first. Athletes can nominate their preferred starting height in 5cm increments from a minimum of 60cm – e.g., 60cm, 65 cm, 70 cm etc. The lowest nominated starting height in each age group will be the starting height for that event, and the bar will be raised in 5cm increments until there are 4 or less athletes remaining when it will switch to 2cm increments. Athletes may pass at any height.
7. For **Long Jump**, athletes will only be permitted a maximum run up of 15m. Cones will be placed on the runway to indicate the maximum run up distance for each event.
8. There is no Jury of Appeal for these events. The Competition Director, in consultation with the relevant referee(s), will be solely responsible for any disputes/protests.
9. No Victorian Best Performances will be recognised from these events.

Scoring System

Unlike a regular Combined Event (where points are awarded based on the time/distance/height achieved by each athlete) the LAVic Winter Track and Field meets will operate as follows:

1. Athletes will be awarded a point score in each event corresponding to their overall placing in that event. 1st in an event will score 1 point, 2nd will score 2 points, 3rd will score 3 points and so on.
2. Where 2 or more athletes in an event achieve equal performances and cannot be separated on countback, those athletes will share the points equally of the placings they represent.
    a. Example 1 - If 2 athletes tie for 5th/6th, they will be awarded 5.5 points each (5 points for 5th + 6 points for 6th divided by 2 = 5.5 points).
    b. Example 2 – If 3 athletes tie for 11th/12th/13th, they will be awarded 12 points each ((11+12+13) / 3 = 12).
3. The athlete with the lowest total points after all the events have been completed in their age group will be declared the winner, second lowest point total will be awarded second and so on.
4. In the event of a tie between two or more athletes for total points, the tiebreaker system will be as follows:
    a. The athlete with the most 1st place results.
    b. If still tied, the athlete with the most 2nd place results
    c. If still tied, the athlete with the most 3rd place results and so on through the remaining places.
    d. In the unlikely event that the athletes cannot be separated using the above steps, the tie will be awarded to the athlete with the fastest time in the 700m event.
    e. For Multi-Class (who do not do 700m), if the tie cannot be split using steps a,b and c above then the athlete percentages from the 4 events will be added together with the highest overall total being awarded the tie break.
5. Athletes that do an event but do not record a result (e.g. 3 fouls in a field event, no height cleared in High Jump, DQ or DNF in a track event) will be allocated the points available as if they have finished last in that event. If there are multiple athletes without a result, points will be shared as per Point 2 above.
    a. Example 1 – 15 athletes in a field event and 1 athlete registers 3 fouls – they will be allocated 15 points.
    b. Example 2 – 15 athletes in a field event and 2 athletes register 3 fouls – they will be allocated 14.5 points ((14+15)/2).
6. Any athletes that do not commence an individual event will be ineligible for a final score overall but are still eligible to compete in the remaining events. Their results in any subsequent events after the event missed will be disregarded when calculating points for those events.

Progression to State Winter Track & Field Championships

The 3 Qualifying events will determine which athletes in each age group qualify for the State Winter Track & Field Championships.

The Qualifying events are the only method of qualifying for the State Winter Track & Field Championships. There is no direct entry into the Championships.

The maximum number of athletes that can qualify for the State Track & Field Championships is 16 per age group.

At each of the Qualifying events, the top 5 placegetters in each age group will earn automatic qualification to the State Winter Track and Field Championships.

Athletes are welcome to attend more than one Qualifying event but can only earn one qualification spot to the Winter Championships.

In the event of inclement weather resulting in the cancellation of any Qualifying event after it has commenced, the top 5 at the time of cancellation in any age group that has fully completed at least one event will progress to the Winter Track & Field Championships.

Any remaining spaces for the Winter Championships will be filled by taking the event results of athletes that finish between 6th and 12th at each of the fully completed Qualifying events and comparing them against the other athletes from all other fully completed Qualifying events as if they were competing in a virtual competition. In the event of any of the Qualifying events being cancelled due to inclement weather as described above, then results from 6th to 12th for that event will not be eligible for promotion to the Winter Track & Field Championships unless that age group has completed all of their events.

Example A *– The top 5 at each of the Qualifying events for Under 9 Boys are all unique athletes (i.e. no athlete finishes top 5 in more than 1 Qualifying event), then those 15 Boys will qualify automatically. The 1 remaining place will be determined by comparing the results of each of the Boys that finished 6th to 12th at each Qualifying event (as if they were directly competing against each other).*

Example B *- The top 5 at each of the Qualifying events for Under 9 Girls includes 3 Girls that finished in the top 5 at 2 Qualifying events. In this instance, 12 Girls will qualify automatically (as the 3 Girls finishing Top 5 twice can only qualify once). The 4 remaining places will be determined by comparing the results of each of the Girls that finished 6th to 12th at each Qualifying event (as if they were directly competing against each other).*

If any Qualified athlete declines their invitation to the Winter Track & Field Championships, that place will be offered to the next athlete in line.