

Little Athletics Victoria – Winter Track and Field Regulations

Last updated 6/9/24

The following Regulations will apply to LAVic Winter Track and Field Competitions.

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

1. The **60m** and **300m** will be conducted as fully laned events. Under 11 and older athletes may wear spikes in these events (no spikes for U9-U10). Blocks may be used by athletes from Under 11 to Under 17.
2. 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 U9-U12). No blocks may be used in this event.
3. All **track events** will be conducted as Timed Finals with overall placings for each event determined by the collated times from each timed final.
4. For the **throws events and Long Jump**, it is 3 trials only per athlete (no 4th round for the top 8).
5. 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.
6. For **Long Jump**, athletes will only be permitted a maximum run up of 10m (Under 9 to Under 12) or 12m (Under 13 to Under 17). A line of cones will be placed on the runway to indicate the maximum run up distance for each event.
7. For the **throws events**, a “bonus sector” will be in place in the middle of the regular sector. The “bonus sector” will be the middle 25% of the sector at any given point.
 - a. Any legal **Javelin** or **Discus** throw landing completely inside the “bonus sector” will have an additional 3m added to the distance for that throw.
 - b. Any legal **Shot Put** landing completely inside the “bonus sector” will have an additional 1m added to the distance for that Put.

8. There is no Jury of Appeal for these events. The Competition Director will be solely responsible for any disputes.
9. Multi-Class age groupings for these events will be:
 - a. Under 9 to Under 12 Boys
 - b. Under 9 to Under 12 Girls
 - c. Under 13 to Under 17 Boys
 - d. Under 13 to Under 17 Girls

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 athletes 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.