

# *Little Athletics Victoria*

## *60 Years Region Challenge*

The following information should be read in conjunction with the current LAVic Competition Rules and the LAVic Region Challenge & Open Day Technical Regulations

**THE 60 YEARS REGION CHALLENGE WILL BE HELD AT  
DUNCAN MACKINNON RESERVE ATHLETICS TRACK, NORTH ROAD  
MURRUMBEENA, MURRUMBEENA**

**SUNDAY 20<sup>TH</sup> OCTOBER 2024**

**THE FIRST EVENT IS SCHEDULED TO COMMENCE AT 9:00am**

## 60 Years Region Challenge

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On the 20 October 2024, Little Athletics Victoria will be hosting a special 'Region Challenge', bringing together a selected group of U10-U17 athletes to compete in a team's competition format.

The challenge will be held in conjunction with the LAVic 60 Years Open Day, available to all 2024/25 U09-U17 registered athletes and promises to be a fun, exciting day of competition and participation.

In the Region Challenge, athletes will be awarded points for each of their performances and will go towards their Region's aggregate points total. The teams with the three highest overall points, after pre allocated points have been applied will be presented with gold, silver or bronze medals (including team managers). Commemorative medals will be presented to the other four Region teams and certificates provided to all competing athletes. Appointed officials will also receive a commemorative medal.

### Eligibility

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For an athlete to be eligible for selection by their Region for the 60 Years Region Challenge, athletes must:

1. Be registered & financial for the 2024/25 Season prior to the closing date for Region Team submission.
2. Have competed in their Region's 2023/24 Region Track & Field Carnival.

Please note athletes cannot compete in both the 60 Years Region Challenge and Open Day events.

### Team Selection

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Region Selection Committees are required to select a team of 38 athletes based on the following criteria:

1. Each team will consist of athletes from the **U10 to U17** age groups of the **2024/25 season**.
2. 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.
3. 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**.
4. 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.

5. Each athlete can only compete in a maximum of three individual events plus one relay.
6. 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.

Please feel free to contact LAVic if your Region is having difficulty selecting a team.

## **Team Entries**

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Regions will be required to enter their final team on-line via the LAVic website.

Entries open: **9:00am Monday 7<sup>th</sup> October 2024**

Entries close **5:00pm Friday 11<sup>th</sup> October 2024.**

For an athlete to be eligible to represent their Region, they must have registered as a LAVic member for the 2024/25 season prior to the team being entered.

**LATE entries will not be accepted.**

## **Payment**

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There is no charge for the athletes to participate in the **Region Challenge**.

## **Team Manager Nomination**

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Each Region will be required to nominate two Team Managers for the competition.

Team Manager details will need to be submitted at the same time as the teams are entered.

All Team Manager nominations must be completed by **5:00pm Friday 11<sup>th</sup> October 2024.**

Please notify LAVic if the Team Manager details change prior to the Region Challenge.

## Events Conducted

There will be six events for each age group and gender. Additionally, there will be Mixed Age & Gender 4 x 100m Relays and a Mixed Age 1200m Medley Relay.

The following table lists the events held for the Region Challenge:

U10	U11	U12	U13	U14	U15	U17	MC
70m	70m	100m	100m	200m		100m	100m
			400m		200m		
800m	400m	800m		1500m	800m	1500m	400m
	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

Mixed Age & Sex 4x100m Relay – Team must consist of 2 boys & 2 girls. For the U10-11 & U12-13 age groups there must be 2 athletes from each age group. For the U14-17 there must be a minimum of 1 athlete from each age group.

Mixed Age 1200m Medley - Team must consist of one athlete from each age group.

Note: Wildcard athletes can be used as the athlete one age group up.

## Event Timetable

Please refer to attached Region Challenge timetable.

## Uniforms

Region singlets in various sizes will be distributed to teams in the lead-up to the event. The singlets will need to be returned at the conclusion of the day's competition.

All athletes competing must wear their Region uniform.

Athletes not in correct uniforms may result in the athlete not being allowed to compete.

Athletes must wear black, navy or their centre colour shorts or leggings

The Rules covering uniforms are detailed in **Rule 143** as found in the LAVic Competition Rules.

## Footwear

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The rules covering Footwear and Shoes, including the use of spikes, is **Rule 143** as found in the LAVic Competition Rules.

Athletes are NOT permitted to wear spikes in the Mixed Age Medley relay.

## Call Room

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Accredited Region Team Managers are only permitted in the Call Room whilst assisting their own athletes.

Coaches, age group managers, parents, friends or spectators will not be permitted to enter or remain within the Call Room.

It is each Region's responsibility to ensure that their athletes are in correct uniform and are at the Call Room by the required time before the scheduled start time of the event.

## Region Challenge Points

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The Region Challenge is a team event with each athlete scoring points towards their Region's total, based on their placing in each event. Each Region has been pre allocated points based on each Regions performances at the 2023/24 Region Track & Field carnivals. Please refer to the '60 Years Region Challenge & Open Day Technical Regulations' for further information regarding the allocation of adjusted points.

Please note the following:

1. Points will be allocated to each athlete who successfully completes an event.
2. No points will be allocated to athletes who have been disqualified in an event.
3. 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	

4. For Relay events, points will be doubled for each place as per RC & OD Technical Regulation 41.
5. The team with the highest number of points when the pre allocated points and the points accumulated throughout the competition will be declared the winner.

## Region Challenge Awards

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Award medals will be presented to all athletes & team managers of the first three placed winning teams, and a trophy presented to the winning Region Team.

A commemorative medal will be presented to the other four region teams competing athletes and team managers. In addition, officials will be given a commemorative gift.

Electronic Performance certificates will be

## Technical Regulations

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Please refer to the '60 Years Region Challenge & Open Day (RC & OD) Technical Regulations' for further regulations pertaining to these competitions.

Team managers will be required to submit High Jump start heights and Triple Jump take off boards for athletes contesting these events. Forms will be made available to team managers prior to the Region Challenge.

## Relays

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Athletes are only permitted to compete in **one** relay.

- For the 4x100m Mixed Age & Sex Relay – the team will consist of 2 boys and 2 girls. The U11/12 & U12/13 age groups must comprise of 2 athletes from each age group. For the U14-16 there must be a minimum of 1 athlete from each age.
- For the Mixed Age Medley each team must consist of one athlete from each age group. A wildcard athlete can be used as the athlete one age group up.

Team managers are required to submit Relay Teams Sheets at least 30 minutes prior to the commencement of the first relay event. Forms will be made available to team managers prior to the event.

## Venue Entry

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There will be no admittance fees to the venue.

## Event Release Form

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An Event Release Form will only be required if there is a clash of events created by an on the day athlete substitution or change of event time which has not been previously determined from the LAVic supplied clash report.

These forms will be made available to Team Managers prior to the event and will also be available upon request in the Communications Room.

## Substitute Athletes

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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.

Notification must be received by the LAVic Office, within the timeframe advised.

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.

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

A Substitute Athlete Form will only be required if an athlete is to be substituted in an event on the day of competition.

These forms will be made available to Team Managers prior to the event and will also be available upon request in the Administration Room.

## **Help**

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Any person requiring assistance on how to complete the online team entry should contact the LAVic office on (03) (03) 9960 8600.

**Remember assistance is only a phone call away.**