

2022/23 Commonwealth Bank Region Relays Carnivals (U9-U17)

| Region | Date | Venue | Address |
|--------|---|-----------|---|
| EMR | Saturday 3 rd December 2022 | Ringwood | Proclamation Park, Sylvia Grove, Ringwood |
| GCR | Saturday 3 rd December 2022 | Berwick | Edwin Flack Reserve, Manuka Rd, Berwick |
| NCR | Saturday 3 rd December 2022 | Albury | Les O'Brien Athletics Precinct, Cadell St & Short St, East Albury |
| NMR | Saturday 3 rd December 2022 | Keilor | Keilor Little Athletics Centre, Stadium Drive, Keilor Park |
| SMR | Saturday 3 rd December 2022 | Caulfield | Duncan McKinnon Reserve, Corner North Rd & Murrumbeena Rd, Murrumbeena |
| WCR | Sunday 4 th December 2022 | Stawell | North Park, Lamont Street, Stawell |
| WMR | Saturday 3 rd December 2022 | Werribee | Victoria University Sporting Complex, Hoppers Lane, Hoppers Crossing |

2022/23 Commonwealth Bank State Relays Championships

Lakeside Stadium, Albert Park

Saturday 4th February 2023

U9-U17 athletes

***PLEASE NOTE:** In the event of any discrepancy between rules or regulations mentioned in this document and the LAVic Official Rules and Regulations, the Official Rules and Regulations (located on the LAVic website) will take precedence.

Entry Process

All entries must be completed online. Centres can enter their teams on multiple occasions up to the closing date, **Tuesday 15th November 2022 @ 11.59am (Midday)**. If teams entered need deleting or amending this can be done by contacting the LAVic office, prior to the closing date. After the closing date no changes or additions can be made.

Entry Fees

Entry Fees are \$32 per team

Entry Timelines

1. Entries for both **Centre & Region teams** close on Tuesday 15th November 2022 (11:59am).
2. Centres will be invoiced for their entered teams following the close of entries.
3. Any team scratching after Tuesday 15th November must be directed to LAVic. The team will be withdrawn but the invoice will remain unchanged.

See the below timeline and key dates for team entries and invoicing.

| | |
|--|--|
| Thursday 13th October 2022 | Region Relays Teams entry portal opens. Team Manager portal opens. |
| Tuesday 15th November 2022 @ 11:59am (midday) | Region Relays Teams entry portal closes. No changes after this date and NO LATE ENTRIES ACCEPTED. Team Manager portal closes. |
| Date To Be Confirmed (as soon as possible after close of entries) | LAVic will send entry numbers and Meet Manager databases to Regions. |
| Date To Be Confirmed | LAVic will invoice all Centres for Teams. |
| Saturday 3rd December 2022 & Sunday 4th December 2022 (Western Country Region Only) | Commonwealth Bank Region Relays Carnivals. |
| Tuesday 24th January 2023, @ 11:59am (midday) | Team Manager changes (if required) for Teams Qualified for State Championships due to LAVic. |
| Saturday 4th February 2023 | Commonwealth Bank State Relays Championships. |

Please enter early and if you have any issues email: debbie.baskin@lavic.com.au **before entries close.**

A final list of confirmed teams will be sent to the Nominated Team Manager and Centre Secretary once entries close.

Team Managers

Each Centre may nominate two Team Managers for the Commonwealth Bank Region Relay Carnivals. All nominations must be completed by **Tuesday 15th November 2022 @ 11.59am (Midday)**.

Please make sure the Working with Children Check and Expiry Date information is completed.

The Team Manager portal can be completed by clicking on the link [HERE](#).

If your Centre has Teams who qualify for the Commonwealth Bank State Relays Championships, these Team Manager details will still apply, unless advised.

If you would like to add or remove any Team Managers between Region and State Championships, please email: debbie.baskin@lavic.com.au before Tuesday 24th January 2023.

Child Safe and Play by the Rules Requirements

Team Managers 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>

Overview of Age groups and Events

To compete in the Commonwealth Bank Region Relays Carnivals, athletes must be a LAVic financial registered competitive member in their correct age group (U9-U17) by the closing date and time of entries for the competition. If a Team change occurs on the day, all athletes must be a LAVic financial registered competitive member in their correct age group by the submission of the Team Change Summary form.

The Region Relays Carnivals are also the qualification method for teams wishing to compete at the Commonwealth Bank State Relay Championships (further details are provided later in this document).

The Events offered and their allowable composition are as follows:

| Event Type | Age Group | Team Composition |
|--------------------------------------|----------------|---------------------|
| 4 x 100m | U9 - U17 B & G | 4 |
| 4 x 200m | U9 - U17 B & G | 4 |
| Swedish Medley (100m,300m,200m,400m) | U9 - U17 B & G | 4 |
| Mixed Sex 4 x 100m | U9 - U17 MS | 2 x Boys, 2 x Girls |
| Mixed Sex 4 x 200m | U9 - U17 MS | 2 x Boys, 2 x Girls |
| Multi-Class 4 x 100m | U9 – U17 MT | 4 (any combination) |
| Multi-Class 4 x 200m | U9 – U17 MT | 4 (any combination) |

B – Boys Only **G** – Girls Only **MS** – Mixed Sex **MT** – Mixed Teams

All events at the Region and State Relays are Timed Finals / Final only. As all events are either a Final or Timed Final, **team composition is limited to 4 athletes only per team.**

The maximum number of events / Teams an athlete can compete in is Four (4).

Athletes cannot compete in more than one (1) team in each event.

Athletes cannot compete in two (2) or more different age groups in the same event type.

Team changes on the day of the event (due to illness/injury/absence etc.) can be made using the appropriate form but **MUST BE LODGED AT LEAST 60 MINUTES PRIOR TO THE START TIME FOR THAT “BLOCK” OF EVENTS.** Team changes can still occur between Region and State Relays if required.

The Swedish Medley consists of (in order), **100mts, 300mts, 200mts, 400mts.** The first 100mts is laned, starting at the 200mt start line. Once the first change-over occurs the 2nd athlete can leave their lane at the break line on the front straight, then all other legs are un-laned.

Athletes may be promoted to a higher Age Group as follows:

- All age group athletes (from U9 up), except Multi-Class, may be promoted 1 or 2 age groups.
- Multi-Class (U9 and older) athletes can be promoted into all available age group types.
- Athletes from U6-U8 are not eligible to compete and cannot be promoted in any situation.
- Further details regarding promotion of athletes can be found in the Competition Regulations.

Multi-Class Relays

Relays will be conducted in the 4x100 and 4x200 as Mixed Teams (any combination of Boys/Girls). The age group types are U9-U10, U11-U12 and U13-U17. Multi-Class athletes (U9 and older only) can be promoted into any of these age group types.

As the converted time is used to calculate a percentage, no advantage is gained by Mixed Teams competing together.

Mixed Teams can be 4 boys, 4 girls, 3 boys & 1 girl, 3 girls & 1 boy or 2 boys & 2 girls.

Medals will be awarded at both the Region Carnivals and State Championships, once the performances have been converted to an overall team percentage.

Progression to Commonwealth Bank State Relays Championships

The Commonwealth Bank Region Relays Carnivals are the sole qualification method for teams wishing to compete at the Commonwealth Bank State Relays Championships. No direct entries are accepted for the State Relays Championships.

For all events in each of the U9 to U17 age groups, the winning team at each Regional Carnival will qualify for the State Championships with the remaining available places allocated to the next fastest teams regardless of Region.

The number of teams qualifying for each event will be as follows:

- 4 x 100m (U9-U15) – 7 Region Winners + next 17 fastest teams (24 in total)
- 4 x 100m (U16-U17) – 7 Region Winners + next 9 fastest teams (16 in total)
- 4 x 200m (U9-U17) - 7 Region Winners + next 9 fastest teams (16 in total)
- Swedish Medley (U9-U17) - 7 Region Winners + next 9 fastest teams (16 in total)

For Multi-Class Relays, the fastest 16 converted times (using Baseline Tables) for each Age Group Type (U9-U10, U11-U12 & U13-U17) in each event (MT 4 x 100m and MT 4 x 200m) will qualify for the State Championships.

All events at both the Region and State Relays are Timed Finals / Final only and **seeding at State Championships is based on performance at Region Relays Carnivals.**

Uniforms & Footwear

All athletes competing must wear their **approved Centre/Region Uniform** which conforms to the standards as defined in the **LAVic Centre Uniform Booklet** which will contain current and updated uniforms.

Commonwealth Bank Registration patch and Coles Sponsor Patch must be worn at both the Region Relays Carnivals and State Relays Championships.

Spikes are not permitted to be worn by U9-U10 athletes (even if they are promoted to older age group events).

U11 – U17 athletes may wear spikes in all events.

Timetable

A timetable will be available on your Region Relays Event Page after entries close.

A draft **State** timetable is available to view as a guide only. Once entries close, the State timetable will be adjusted and finalised according to the number of teams entered.

Commonwealth Bank State Relays Championships, U9-U17 Draft Timetable, is available [HERE](#)

Call Rooms

Where applicable, the call room times, and process will be advised by the Region once entries have closed and the timetable produced. Details will be sent out to all Centres on this.

Presentations

For each **Region Relays Carnivals Event**:

- Medals will be presented to the first three placegetters, in either the Final or the finalised times from the Timed Finals, or the converted performances for Multi-Class events. (Team of 4 athletes only).

For each **State Relays Championships Event**:

- Medals will be presented to the first three placegetters, in either the Final or the finalised times from the Timed Finals, or the converted performances for Multi-Class events. (Team of 4 athletes only).
- A team pennant will be presented to the first three placegetters, as above.

Centre Duties

Below is a list and description of Centre duties assigned at most Regions and States.
Note: Regions will assign their own duties, LAVic office will assign State duties.

| Position: | Summary of role: |
|--|---|
| Arena Steward | Ensure only accredited personnel access the track |
| Call Room Judge | Assist with transportation of athletes to events, or attaching hip numbers to athletes |
| Communications Assistant | Assist Administration Manager with various tasks |
| Finish Marshall | Assist with removing athletes from the track |
| Finish Place Judge | Assist with calling out finishing order of each event |
| Finish Scribe | Writing down the finishing order of each event |
| Results assistant | Sort result cards for Centres |
| Refreshment Steward | Provide refreshments to officials |
| General Officials | As required perform the duties of any General Official position (Will be called across PA if required) |
| Start Marshall | Assist with organising starting athletes prior to each event |
| Takeover Zone Marshal Assistant | Assist in marshalling athletes onto the track |
| Takeover Zone Umpire | Refer infringements to the Takeover Zone Chief |
| Technical Set Up | Assist Technical Manager with the set up before the event |
| Technical Pack Up | Assist Technical Manager with the pack up after the event |
| Timekeeper | Assist with timekeeping each race |
| Track Umpire | Observe athletes for infringements |

Links to the relevant LAVic Rules and Regulations are listed below:

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)

Entries

Teams should be processed in order of age group then gender for ease of the confirmation page coming out correctly: i.e. U9 Girls teams, U9 Boys teams, U9 Mixed teams, etc.

When entering multiple teams for the same event, you must submit an entry per team.

When you click into the Relay portal you will need to scroll down and read the Centre Declaration Waiver, tick the box to agree to the Declaration and press NEXT, The below screen will appear, please enter your full name as 'First Name' (Debbie Baskin) and the Centre Name as 'Last Name' (Corio).

Complete all other required details, your team name relates to your Centre (drop down selection is available) when completed press NEXT



REGION RELAYS CARNIVALS

2022/23 Commonwealth Bank Region Relays Carnivals

Terms Of Entry > Personal Data > Events > Confirmation

Personal Data

Login

For security reasons your IP Address (10.140.51.112) will be recorded with this application.

♦ Mandatory information field.

| | |
|---------------|---------------|
| Title: ♦ | Mrs |
| First Name: ♦ | Debbie Baskin |
| Initial: | |
| Last Name: ♦ | Corio |

| | |
|--------------------------|-----------------|
| Address: ♦ | Locked Bag 1011 |
| Suburb/Town/City: ♦ | Port Melbourne |
| State/County/Province: ♦ | Victoria |
| Postcode/Zip Code: ♦ | 3207 |
| Country: ♦ | Australia |

♦ At Least One Telephone Contact Number Must Be Entered

| | Area Code: | Number: |
|------------|------------|----------|
| Business: | 03 | 99608600 |
| Direct: | | |
| Private: | | |
| Mobile: | | |
| Facsimile: | | |

| | |
|------------------|--------------------|
| Email Address: ♦ | office@avic.com.au |
| Email Format: ♦ | HTML |

| | |
|--------------|-------|
| Team Name: ♦ | Corio |
|--------------|-------|

Previous Next

On the next page click Add Event.

Event Category, this is the Age Group and Gender, select the applicable one and hit NEXT.

This will bring up the Event, on the drop down select 4x100, 4x200 or Medley, hit NEXT.

Little Athletics Victoria

REGION RELAYS CARNIVALS

2022/23 Commonwealth Bank Region Relays Carnivals

Terms Of Entry > Personal Data > Events > Confirmation

Add Event

Event Category: ▼

← Previous Next →

Payment Processing

Credit Card Statement

Security

Select Event Category

- Select Event Category
- Multi-Class U09 - U10 Mixed
- Multi-Class U11 - U12 Mixed
- Multi-Class U13 - U17 Mixed
- U09 Boys**
- U09 Girls
- U09 Mixed
- U10 Boys
- U10 Girls
- U10 Mixed
- U11 Boys
- U11 Girls
- U11 Mixed
- U12 Boys
- U12 Girls
- U12 Mixed
- U13 Boys
- U13 Girls
- U13 Mixed
- U14 Boys

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www.sportsig.com

This completes the entry for one Team, if you are entering more than one team or multiple teams in the same age group and gender, you will be required to enter each one individually.

To finalise the registration, hit Add Event, you can either Add Another Event from here or Submit Entry to complete the entries.

When you have entered all the Teams hit Submit Entry. A confirmation and summary of the teams entered in that session will be sent to the email address you included in the entry.

Click [here](#) for the U9-U17 Commonwealth Bank Region Relays Carnivals Team portal.

If you require further assistance

Please contact Debbie Baskin, debbie.baskin@lavic.com.au