



Little
Athletics
Victoria



Athlete/Parent/Guardian Information Booklet

Coles Region Track & Field Carnivals 2024

Saturday 10th & Sunday 11th February

Region	Host Centre	Address
EMR	Doncaster	Tom Kelly Athletics Track, Doncaster East
GCR	Berwick	Edwin Flack Reserve, Berwick
NCR	Shepparton	Shepparton Little Athletics Centre, Shepparton
NMR	Whittlesea City	Whittlesea City Little Athletics Centre, Epping
SMR	Caulfield	Duncan Mackinnon Reserve, Murrumbeena
WCR	Ballarat	Llanberris Reserve, Ballarat East
WMR	Williamstown	Newport Park Athletics Track, Newport

2024 State Track & Field Championships
Casey Fields, Cranbourne East, Sat 9th – Sun 10th March.

General Information

COVID Protocols

Whilst the majority of formal Covid restrictions have now been lifted in Victoria, Covid is still present in the community, and some people are more vulnerable to it than others. As such, Little Athletics Victoria asks that you continue to do the following where possible:

- Do not attend the event if you are unwell or have been instructed to isolate or quarantine.
- Where possible, attendees are asked to maintain at least 1.5m physical distance between themselves and others.
- Whilst face masks are no longer compulsory, those that wish to wear them are more than welcome to do so.
- Personal hygiene measures such as hand sanitising after touching surfaces and using toilets are essential, as well as observing the cough etiquette to minimise the risk of spreading any droplets.

Hand Sanitiser will be located at various locations throughout the venue.

Entries / Event Changes

After the close of entries, additional athletes or changes to events **cannot** occur. If athletes attend the Region event and they are not registered as per the Start or Field event sheets, they cannot be added. There are no late entries. Additionally, athletes cannot change their events on the day.

Uniforms & Registration/Sponsorship Patches

All athletes competing must wear their approved Centre uniform which conforms to the standards as defined in the **LAVic Centre Uniform Booklet**. The Centre uniform must have their Commonwealth Bank registration patch and Coles sponsor badge sewn onto their Competition top as details in the Uniform Booklet.

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

It is each Centre's responsibility to ensure that their athletes are in approved Centre Uniform. Note – shorts are not to have pockets.

Please note that several Centres now have the approved LAVic competition shorts that contain both the LAVic and Centre logo / number on them. These shorts all have either the Game Day or Energetic logo on the back right hand side.

CALL ROOMS/FIELD EVENT MARSHALLING

Each Regions Call Room/Field Marshalling Requirements are listed in the table below:

REGION	Track Call Room Opens	Track Call Room Closes	Field Event Marshalling Procedure
EMR	20 mins prior to event	10 mins prior to event	Marshal at Field Marshal Point 20 mins prior to event
GCR	20 mins prior to event	10 mins prior to event	Marshal at Field Event Site 15 mins prior to event
NCR	20 mins prior to event	15 mins prior to event	Marshal at Field Call Room - opens 20 mins prior to event and then closes 15 mins prior to event
NMR	20 mins prior to event	10 mins prior to event	Marshal at Field Marshal Point 20 mins prior to event
SMR	30 mins prior to event	20 mins prior to event	Marshal at Field Marshal Point 20 mins prior to event
WCR	30 mins prior to event	20 mins prior to event	Marshal at Field Event Site 20 mins prior to event
WMR	30 mins prior to event	20 mins prior to event	Marshal at Field Marshal Point 20 mins prior to event

Please note the following:

- The above table is specific to each Region and may differ at State Championships.
- Please refer to the timetable on your Region website as event times may have been updated since you last checked. Any updated timetables will be listed on the Region websites.
- Event times are subject to change on the day.

Spikes

Age Groups	Track Events	Field Events
U9 – U10	No spike shoes allowed	No spike shoes allowed
U11 – U12	All events run entirely in lanes	All jump events & Javelin
U13 – U17	All events except Race Walks	All jump events & Javelin

Spikes Size: Maximum 7mm for Track Events and 9mm for Field Events.

Spikes Shape: Only Conical or Pyramid spikes are permitted at Lakeside Stadium, so athletes are required to wear these at Region as well.

Competition Rules & Regulations, Specifications

All details can be found on the **Competition Rules & Regulations** page of the LAVic website as required.

Victorian Best Performances (VBP)

A VBP can be obtained in all standard events at the Coles Region Track and Field Carnivals. Any VBPs set at Coles Region Carnivals are only provisional until after the State Track and Field Championships.

Australian Best Performances (ABP)

An ABP is no longer eligible to be accepted at Region Carnivals.

Qualifying for State Track & Field Championships

The first placed athlete per Region per event will automatically qualify for the 2024 State Track & Field Championships except in Multi Class (note - qualifying standards apply for High Jump and Race Walks). Please refer to Rule 604 of the Competition Regulations for details. The rest of the field will be made up of the next best performances from across all Regions to complete the field of 24 athletes (16 athletes only in 800m events and some Under 16 and Under 17 events – refer to the table on Page 7 of the Competition Regulations).

Athletes must have competed in and finished in the overall top 10 placing in the relevant event at the Coles Region Track and Field Carnival where the athlete's Centre is allocated, except for High Jump and Race Walks, refer to Rule 610.

Multi-Class athletes will be progressed based on their converted performance at the Coles Region Track & Field Carnival, up to the maximum field size for each event.

If there are insufficient entries, or if places and performances are equal, only clear progressions will be advanced, i.e., a field may be less than the allowed maximum field size.

Ties/Dead Heats

We do not conduct run offs in the case of equal performances in Track events, all places and performances remain equal. Once the applicable count back rules have been applied in Field events and athletes cannot be separated, then the athletes tying will be awarded with the same final place. If this concerns the presentation of medals, then all tied athletes (after countback) are to receive medals.

Clash Forms

All clashes have already been identified and will be included on a **Clash Summary Report**. A copy of these reports will be supplied to both the Centre and the registered Team Managers. This report picks up any potential clash according to the scheduled timetable.

The Clash Summary report will alert the Starters Assistant and the Field Event Chiefs as to which athletes will need to be collected from one event and moved to another event. The Clash summary report is also used in the Track call room to identify athletes that are already at another event, therefore they are not required to present to the Track Call room.

Athletes are kept at the Field event for as long as possible, to get in as many attempts prior to going to another event or start line for a track event.

If athletes have a clash / potential clash, then they will need to take all their runners / spikes as required for both events.

Clash forms are not required to be filled in for athletes on the Clash Summary report.

Only **new clashes that arise on the day**, due to unexpected changes or delays, will require a Clash form to be submitted. The Clash form is filled in by the Centre Team Manager.

At State and some Regions, a Clash Marshal is used. This marshal will organise for the athletes to be collected and moved from event to event, according to the clash report.

Athlete Scratch Forms

Centres have been sent Athlete Scratch forms, for any athlete who wishes to withdraw from an event. This information will be used to determine if any changes are made to the events, such as Timed Finals becoming a straight Final, and to assist the Call Room, who could be held up looking for athletes who are not going to turn up.

Region Webpages/Results Hub

The Region webpages will contain the details, including Timetables, Event entries, and Results Hub, if the Region is using live results. [CLICK HERE](#) for the webpage and then scroll down to select your applicable Region.

The Results Hub system works with the Meet Manager program and captures the results as soon as they are loaded. These results are only provisional and can change, the official results are only the final hard copy results posted on the wall outside communications.

Protests

A protest can only be lodged by a Centre Team Manager within 15 minutes of the posting of the official results. The protest must be submitted on the protest form available from communications. Only Centre Team Managers can access this area.

A protest requires a payment of \$55 and shall be retained if the protest is considered frivolous by the Referee or Jury of Appeal. Payment is only acceptable by Centre cheque/cash or the Centre will be invoiced; personal cheques or credit card is not accepted.

On Field Protests (Field Events Only)

If an athlete or Centre Team Manager only (**not parents / guardians, coaches, spectators**) in the U13-U17 age groups makes an immediate oral protest against having an attempt judged as a failure, the Referee and /or Chief of the event may, at their discretion, order that the attempt be measured and the result recorded, in order to preserve the rights of all concerned. At the end of the round the Referee will adjudicate on the protest.

Jury of Appeal

If a Region is operating with a Jury of Appeal, the following applies. To arrive at a fair decision, the Jury of Appeal **only**, may consult all available evidence including video evidence; however, video will not be considered for any breaches of technical rules for Race Walking.

Regions should make every effort to have a Jury of Appeal. If for any reason, Regions are unable to form a Jury of Appeal, the appeal process for their Region should be clearly communicated to Centres prior to the event.

Disqualification

In the event of a disqualification or other decision by the Referee, the Referee will call for the Centre Team Manager and ask them to report to either a Referee or the Call room.

If the Centre Team Manager does not report after the 2nd call, the Referee will proceed with making their decision without the Team manager being present.

Awards

Medals will be presented to the first three placegetters, in either the Final or the finalised times from the Timed Finals or converted performances for Multi-Class events.

In an effort to reduce wastage, Individual athlete Result Cards (the cards normally printed listing the result of each event for each athlete) will not be printed on the day. Athletes wanting result cards for their events can register to receive them via [THIS LINK](#) or scan the QR code available at Administration of your Region Carnival. **Those wanting result cards need to register for them prior to 11am, Tuesday 13th February.**

Privacy

There will be athletes competing who are unable to be photographed due to child safety and privacy concerns. Parents, please only take photos of your own son or daughter.

Weather

Please ensure you are dressed appropriately for the conditions to minimise exposure to the elements. Be sun smart, and stay well hydrated, essential for both the athletes and parents when officiating.

Centre Duties

Thank you in advance for completing your allocated Centre duties. The event would not run without volunteer support.

Please remember, that when performing a duty, you **must wear enclosed shoes** when officiating, (**no thongs, sandals**). Please remember to be Sun Smart, be well hydrated and **do not use a mobile phone when officiating**, as this can cause you to be distracted and miss the athlete's trial or make an incorrect decision.

Position:	Reports to:	Summary of role:
Arena Steward	Meet Manager	Ensure only accredited personnel access the track
Call Room Judge	Call Room Chief	Assist with transportation of athletes to events, or attaching hip numbers to athletes
Communications	Communications Room	Assist posting results on the wall & checking in Team Managers.
Clash Marshal	Starters Assistant	Working with start marshal to retrieve athletes from their field events
Event Presentation	Presentation tent	Assist in presenting medals and marshalling athletes
Field Event	Allocated field event site	Working with the event chief to rake, spike, measure, record or marshal athletes.
Finish Marshal	Finish Line Coordinator	Assist with removing athletes from the track
General Officials	Officials Room	As required perform the duties of any General Official position
Refreshment Steward	Officials Room	Provide refreshments to officials
Start Marshal	Starters Assistant	Assist with organising starting athletes prior to each event
Hurdle Assistant	Chief Hurdle Umpire	Assist with the movement of hurdles
Technical Pack Up	Technical Manager	Assist Technical Manager with the pack up after the event
Technical Set Up	Technical Manager	Assist Technical Manager with the set up before the event
Timekeeper	Chief Timekeeper	Assist with back up timekeeping
Track Umpire	Chief Track Umpire	Observe athletes for track infringements

No Dogs, including puppies are permitted at any Little Athletics event.

Smoking is not permitted within 10mts of the venue, or fence surrounding the venue.

Event Information

Standing Starts

A reminder that all athletes (regardless if spikes are being worn or not) **can** perform a standing start if they wish to do so (LAVic Rule 162.15).

Track Events

All Track events at the Coles Region Carnivals and State Championships are either a Final or Timed Finals. Qualifying Heats are no longer conducted to progress to the Final.

The following is used for both Coles Region Carnivals and State Championships when determining whether each event is to be conducted as a Final or Timed Finals.

Fully Laned Events (70m, 100m, 200m, 400m, 60m - 300m Hurdles)

Where there are more than 8 declared entries, athletes will be placed in finals up to a maximum of 8 athletes per final. A series of Timed Finals will be used to determine the overall placing of athletes. i.e. Heats and Finals will not be conducted.

800m

Where there are more than 16 declared entries, athletes will be placed in finals up to a maximum of 16 athletes per final. A series of Timed Finals will be used to determine the overall placing of athletes. i.e. Heats and Finals will not be conducted.

1500m and Race Walks

Where there are more than 24 declared entries, athletes will be placed in finals up to a maximum of 24 athletes per final. A series of Timed Finals will be used to determine the overall placing of athletes. i.e. Heats and Finals will not be conducted.

Mixed Gender / Mixed Age Events

The Organising body may combine age and/or genders to make full fields. Athlete's performances will be used to determine places in each age group and gender.

Ranking and Composition of Timed Finals

Coles Region Carnivals

- (a)** Athletes / Teams will be randomly placed in finals in those events conducted as Timed Finals.
- (b)** The allocation of lanes for a Timed Final(s) will be random.

State Championships

Athletes shall be allocated lanes and seeded to a Timed Final based on the performances achieved during the Coles Region Carnivals.

- (a)** Depending upon the number of declared entries, based on the maximum field size as per Rule 604, the Timed Finals will be conducted from slowest to fastest. The last Timed Final will contain the fastest athletes / teams based on the performances achieved during the ColesRegion Carnivals.
- (b)** In each Timed Final, the allocation of lanes will be in three draws:
 - Four highest ranked athletes / teams will be randomly allocated lanes 3,4,5 & 6
 - Fifth and sixth ranked athletes / teams will be randomly allocated lanes 7 & 8.
 - Seventh and eighth ranked athletes / teams will be randomly allocated lanes 1 & 2.

Ranking and Composition of a Single Final

In the 800m, 1500m and Race Walks where only one Final is required, lanes / starting positions will be random.

Changes to number of lanes or collapsing of Timed Finals

For events run entirely in lanes at either the Coles Region Carnivals or State Championships, it is permissible to have one Final greater than 8 athletes, where the venue is capable to cater for more than 8 lanes.

In the situation where insufficient athletes present to the Track Call Room, and Timed Finals are scheduled, then the event can be collapsed into one Final. The Final is to be conducted at or near the scheduled Timed Final time, within the same event block. This allows the organising body time to re-seed and allocate lanes if required, without penalising the athletes that have prepared and presented to the Call Room in readiness to compete.

Throwing Implements Equipment Specifications

Boys				Girls			
Age Group	Implement			Age Group	Implement		
	Shot	Discus	Javelin		Shot	Discus	Javelin
U9	2kg	500g	*	U9	2kg	500g	*
U10	2kg	500g	*	U10	2kg	500g	*
U11	2kg	500g	400g	U11	2kg	500g	400g
U12	2kg	750g	400g	U12	2kg	750g	400g
U13	3kg	750g	600g	U13	3kg	750g	400g
U14	3kg	1kg	600g	U14	3kg	1kg	400g
U15	4kg	1kg	700g	U15	3kg	1kg	500g
U16	4kg	1kg	700g	U16	3kg	1kg	500g
U17	5kg	1.5kg	700g	U17	3kg	1kg	500g

Sprint Hurdle Specifications

Age Group	Max Distance	Max Flights	Max Height	Distance from start line to first hurdle	Distance between hurdles	Distance from last hurdle to finish line
U6	60m	6	20cm	N/A	N/A	N/A
U7	60m	6	30cm	N/A	N/A	N/A
U8	60m	6	45cm	N/A	N/A	N/A
U9	60m	6	45cm	12m	7m	13m
U10	60m	6	60cm	12m	7m	13m
U11	80m	9	60cm	12m	7m	12m
U12	80m	9	68cm	12m	7m	12m
U13	80m	9	76cm	12m	7m	12m
U14 Girls	80m	9	76cm	12m	7m	12m
U14 Boys	90m	9	76cm	13m	8m	13m
U15 Girls	90m	9	76cm	13m	8m	13m
U15 Boys	100m	10	76cm	13m	8.5m	10.5m
U16 Girls	90m	9	76cm	13m	8m	13m
U16 Boys	100m	10	76cm	13m	8.5m	10.5m
U17 Girls	100m	10	76cm	13m	8.5m	10.5m
U17 Boys	110m	10	76cm	13.72m	9.14m	14.02m

Long Hurdle Specifications

Age Group	Max Distance	Max Flights	Max Height	Distance from start line to first hurdle	Distance between hurdles	Distance from last hurdle to finish line
U13	200m	5	68cm	20m	35m	40m
U14	200m	5	76cm	20m	35m	40m
U15	300m	7	76cm	50m	35m	40m
U16	300m	7	76cm	50m	35m	40m
U17	300m	7	76cm	50m	35m	40m

High Jump

The following table indicates the starting height for each age group at the **State Track and Field Championship**.

Age	U9	U10	U11	U12	U13	U14	U15	U16	U17
Girls	0.85m	0.90m	1.05m	1.15m	1.20m	1.25m	1.30m	1.35m	1.35m
Boys	0.90m	1.00m	1.15m	1.25m	1.30m	1.35m	1.40m	1.45m	1.45m

Coles Region Track & Field Carnival starting heights will be set at **10cm below** the State Track & Field starting heights for each age group listed above.

Athletes who fail to clear at least the height listed for their age group at Coles Region Track and Field Carnival will not automatically qualify or be progressed to the State Track and Field Championship Final, regardless of their place at Region, including first place.

As there are qualifying standards to be eligible to participate at the State Championships in the High Jump, even if the athlete/s finish first, it is important that they are **allowed to continue to jump until they reach the qualifying height or they record 3 consecutive failures**. Please ensure the Chief Judge is aware of the qualifying standards for each age group and gender.

All **U9 & U10** athletes are required to perform the Scissors technique for a valid jump. Refer to **LAVic Competition Rules**, (Rule 182) for details.

For High Jump, if the athletes are still equal after the application of the count back rule, the athletes concerned will be awarded the same place; there are no jump offs.

Race Walks

Athletes who equal or better the time listed in the following table for their age group at the Coles Region Track & Field Carnival will be eligible to be progressed to the State Track and Field Championships (up to a maximum of 24 athletes per age group).

Where a full field does not exist, the Organising body will have the discretion to progress athletes who fail to meet these times, while ensuring the competency of the athletes is at the required standard.

Age Group	Distance	Time
U9	700m	6 mins 25 secs
U10	1100m	8 mins 30 secs
U11	1100m	8 mins 30 secs
U12	1500m	11 mins 00 secs
U13	1500m	10 mins 30 secs
U14	1500m	10 mins 30secs
U15	1500m	10 mins 30 secs
U16	1500m	10 mins 30 secs
U17	1500m	10 mins 30 secs

Note: There are no qualifying times for entry into Region.

Field Events - Time Limits per trial

The athlete's allowable time to commence their trial is as follows. All rounds are 60 seconds. In High Jump the times are adjusted when there are 3 or less athletes. There are also adjustments for consecutive trials for seated Multi-Class athletes.

	High Jump	Other Field Events
All rounds of competition	60 seconds	60 seconds
When only 2 or 3 athletes left	1 min 30secs	60 seconds
When only 1 athlete left	3 minutes	60 seconds
Consecutive trials	2 minutes	2 minutes – Multi-Class only for seated throws.

The official responsible shall indicate to an athlete that all is ready for the trial to begin, and the period for that trial shall commence from that moment.

Every Region has been supplied with stop watches and yellow flags. The recorder starts the time as above and after 45 seconds the Yellow flag is raised to indicate to the athlete that they have 15 seconds remaining for their attempt. If the athlete hasn't commenced once the 60secs is up, the yellow flag is dropped, the Chief will then raise the Red flag to indicate an invalid trial.

Please note: if the athlete baulks during High Jump, the stopwatch is not stopped, it continues until the Chief Judge indicates a valid jump or failure, this is the most important use of the Yellow flag.

Multi-Class Information

Age Group Categories

Boys U9-U10	Girls U9-U10
Boys U11-U12	Girls U11-U12
Boys U13-U17	Girls U13-U17

Competition Rules

All Multi-Class rules and regulations are now incorporated into the **LAVic Competition Rules & Regulations**.

Multi-Class Long Jump

Athletes may choose to jump from a mat placed near the edge of the pit or a mat up to 1.00m away. The Multi-Class athletes should follow the same rules as listed on in the LAVic Competition Rules.

Multi-Class 100mts, 200mts & 400mts

U11 – U17 athletes may choose to use starting blocks, as listed in the LAVic Competition Rules. A standing start is recommended for all athletes if this is the usual start performed at local competition.

Multi-Class 800mts

U11 – U17 athletes are not permitted to use blocks for this event.

Multi-Class Shot Put, Discus & Javelin

Shot Put and Discus specifications are listed on the following pages and on the **LAVic Competition Rules & Regulations** page on the website.

Multi-Class Shot Put Specifications

LAVic Age	U9 / U10 / U11		U12		U13 & U14		U15		U16		U17	
Classification	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Hearing Impairment												
F01	2	2	2	2	3	3	4	3	4	3	5	3
Visually Impairment												
F11-13	2	2	2	2	3	3	4	3	4	3	5	3
Intellectual Impairment												
F20	2	2	2	2	3	3	4	3	4	3	5	3
F21	2	1	2	1	3	2	3	2	3	2	3	2
Physical Impairment												
F32 (Seated)	1	1	1	1	1	1	1	1	2	1	2	1
F33 (Seated)	1	1	1	1	2	1	2	2	2	2	2	2
F34 (Seated)	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2	3	2
F35	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2	3	2
F36	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2	3	2
F37	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2	4	2
F38	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2	4	2
Physical Impairment												
F40/41	1.5	1.5	1.5	1.5	2	2	3	2	3	2	3	2
Physical Impairment												
F42	2	2	2	2	3	3	4	3	4	3	5	3
F43/44	2	2	2	2	3	3	4	3	4	3	5	3
F45	2	2	2	2	3	3	4	3	4	3	5	3
F46	2	2	2	2	3	3	4	3	4	3	5	3
F61-64	2	2	2	2	3	3	4	3	4	3	5	3
F52	1.5	1.5	1.5	1.5	2	2	2	2	2	2	2	2
F53	1.5	1.5	1.5	1.5	2	2	2	2	2	2	2	2
F54	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2	3	2
F55	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2	3	2
F56	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2	3	2
F57	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2	3	2
Transplant												
F60	2	2	2	2	3	3	4	3	4	3	5	3

If the weight differs in a classification, the U9 & U10 are in the brackets

Multi-Class Discus Specifications

LAVic Age	U9		U10 & U11		U12		U13		U14		U15 & U16		U17	
Classification	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Hearing Impairment														
F01	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1.5kg	1kg
Visually Impairment														
F11-13	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1.5kg	1kg
Intellectual Impairment														
F20	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1.5kg	1kg
F21	500g	500g	500g	500g	750g	500g	750g	500g	1kg	750g	1kg	750g	1kg	750g
Physical Impairment														
F32 (Seated)	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F33 (Seated)	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F34 (Seated)	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F35	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F36	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F37	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F38	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	1kg	750g
Physical Impairment														
F40/41	500g	500g	500g	500g	500g	500g	750g	500g	750g	500g	1kg	750g	1kg	750g
Physical Impairment														
F42	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg
F43/44	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg
F45	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg
F46	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg
F61-64	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg
F51	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F52	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F53	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F54	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F55	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F56	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
F57	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	750g	750g
Transplant														
F60	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg	1.5kg	1kg

Multi-Class Javelin Specifications – 2023-2024 v2

updated October 2023

	U11		U12		U13		U14		U15		U16		U17	
Classification	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Hearing Impairment														
F01	400	400	400	400	600	400	600	400	700	500	700	500	700	500
Visually Impairment														
F11-13	400	400	400	400	600	400	600	400	700	500	700	500	700	500
Intellectual Impairment														
F20	400	400	400	400	600	400	600	400	700	500	700	500	700	500
F21	400	400	400	400	400	400	500	400	500	400	500	400	500	400
Physical Impairment														
F32 (Seated)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
F33 (Seated)	400	400	400	400	400	400	500	400	500	400	500	500	500	500
F34 (Seated)	400	400	400	400	400	400	500	400	500	400	500	500	500	500
F35	400	400	400	400	400	400	500	400	500	400	500	500	500	500
F36	400	400	400	400	400	400	500	400	500	400	500	500	500	500
F37	400	400	400	400	400	400	500	400	500	400	500	500	500	500
F38	400	400	400	400	400	400	500	400	500	400	600	500	600	500
Physical Impairment														
F40/41	400	400	400	400	400	400	400	400	400	400	500	400	500	400
Physical Impairment														
F42	400	400	400	400	500	400	600	400	600	400	700	500	700	500
F43/44	400	400	400	400	500	400	600	400	600	400	700	500	700	500
F45	400	400	400	400	500	400	600	400	600	400	700	500	700	500
F46	400	400	400	400	500	400	600	400	600	400	700	500	700	500
F51	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
F52	400	400	400	400	400	400	400	400	400	400	500	500	500	500
F53	400	400	400	400	400	400	400	400	400	400	500	500	500	500
F54	400	400	400	400	400	400	400	400	400	400	500	500	500	500
F55	400	400	400	400	400	400	400	400	400	400	500	500	500	500
F56	400	400	400	400	400	400	400	400	400	400	500	500	500	500
F57	400	400	400	400	400	400	500	400	500	400	500	500	500	500
F61-64	400	400	400	400	500	400	600	400	600	400	700	500	700	500
Transplant														
F60	400	400	400	400	600	400	600	400	700	500	700	500	700	500

*All weights in grams (g).

Weights highlighted in yellow were amended from v1.

Multi-Class Field Events

If there are 8 or less athletes in an Age Group Category, then all athletes will get 4 attempts in Long Jump, Shot Put and Discus. No re-ranking will occur.

If there are more than 8 athletes, after the 3rd round, the Baseline tables will be used to determine the top 8 to receive an additional attempt. They will be re-ranked prior to the start of round 4.

Note: Performances at LAVic events cannot be used for Athletics Australia Records.

Multi-Class Results

Medals will be awarded for each age group category & event, being calculated using the Baselines table to adjust scores. For example, the winner of the 100m event will be athlete with the highest adjusted percentage, not necessarily the first across the line.

Multi-Class Parents/Carers

Parents are encouraged not to follow their child into the venue to be at the event, but rather watch from behind the fence. If assistance is required, they are to speak to their Team Manager who will co-ordinate this with the Region / Officials.

Multi-Class - Qualifying for the State Track and Field Championships

To qualify for the 2023 State Track and Field Championships, athletes will need to finish in the top 24 placings (top 16 for 400mts and 800mts) across all Coles Region Carnivals, after the application of the Baselines Tables.

The maximum field size will be 24 athletes per event (16 for 400mts) in each age group category.

Please advise if you require any further information or clarification.

All the best for a great Coles Region Carnival.