



Little
Athletics
Victoria



2022/23 State Combined Events Championships

Event Information for Athletes and Families

Lakeside Stadium, Albert Park
Saturday 12th – Sunday 13th November 2022

The following information is provided for the benefit of athletes and their families to help them prepare for the upcoming State Combined Events Championships.

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.

State Combined Events Championships – Webpage

All details relating to this event can be found on the 2022/23 State Combined Events Championships webpage, including the Draft Timetable, Venue Map, Athlete entries and Group allocations. Any updates will be added to this page. To access the webpage, please click [HERE](#).

Venue access

There will be 2 entry points, Gate 1, and Gate 2, located at opposite sides of the stadium. The gates open at **7:30am** each day.

Car parking

A reminder that Lakeside Stadium has metered car parking that takes both coins and credit cards. There is additional parking out on Albert Road Drive. **The venue has confirmed that there will be several other events on over the weekend so parking space may be limited. People are encouraged to car-pool or use public transport where available.**

Café

Lakeside Stadium will have the Café near Gate 1, open from 8.00 am until the end of both days. There will also be a pop-up coffee van located next to the VIS building near the 100mts start line.

First Aid

The providers for this event are Sport Staff One. Two teams of two medics (4 in total) will be on duty both days.

Event Timetable

The finalised timetable can be found on the website [HERE](#).

The below table is an indication of which days each age group will compete.

Boys and Girls	Dates
U9, U10, U13 & all Multi-Class	Saturday 12 th November only
U11 & U12	Sunday 13 th November only
U14, U15, U16 & U17	Saturday 12 th AND Sunday 13 th November

It is important to remember that whilst every effort will be made to stick to the published timetable, it is subject to change. The Competition Director will manage any changes to the timetable over the weekend.

Groups

Athletes are split into groups to assist with the timetable as follows:

- Under 9, 10, 11, 12 & 13 – 4 groups, A, B, C & D.
- Under 14 & 15 – 2 groups, A & B.
- Under 16 & 17 – To Be Confirmed (subject to entry numbers).
- Multi-Class – Split into Boys and Girls.

These groups are only used for the Field events. For the Track events, all athletes in that age group compete together.

In High Jump, both mats are being used, so all age groups from U14 to U17 are split into 2 groups based on their nominated starting heights. For U14 & U15, these groups are the same for their other field events (i.e., if you are in Group A for High Jump then you will also be in Group A for your other field events for the U14 and U15 age groups).

Events Conducted

The Combined Events consists of between four and seven separate disciplines. Events consisting of four or five disciplines will be held on one day. Events consisting of more than five disciplines will be held on two consecutive days.

The following tables outline the disciplines for each age group and the day the discipline will be held.

Discipline	Boys									
	Age Group									
	U9	U10	U11	U12	U13	U14	U15	U16	U17	Multi Class
100m	Sat	Sat	Sun	Sun	Sat	Sat	Sun	Sun	Sun	Sat
400m										Sat
800m	Sat	Sat	Sun	Sun	Sat	Sun	Sun	Sun	Sun	
60mH	Sat	Sat								
80mH			Sun	Sun	Sat					
90mH						Sat				
100mH							Sat	Sat		
110mH									Sat	
High Jump						Sun	Sun	Sun	Sun	
Long Jump	Sat	Sat	Sun	Sun	Sat	Sun	Sat	Sat	Sat	Sat
Discus	Sat	Sat	Sun	Sun	Sat	Sat	Sat	Sat	Sat	Sat
Javelin							Sun	Sun	Sun	

Discipline	Girls									
	Age Group									
	U9	U10	U11	U12	U13	U14	U15	U16	U17	Multi Class
100m	Sat	Sat	Sun	Sun	Sat					Sat
200m						Sat	Sat	Sat	Sat	
400m										Sat
800m	Sat	Sat	Sun	Sun	Sat	Sun	Sun	Sun	Sun	
60mH	Sat	Sat								
80mH			Sun	Sun	Sat	Sun				
90mH							Sat	Sat		
100mH									Sat	
High Jump						Sat	Sat	Sat	Sat	
Long Jump	Sat	Sat	Sun	Sun	Sat	Sun	Sun	Sun	Sun	Sat
Shot Put	Sat	Sat	Sun	Sun	Sat	Sat	Sat	Sat	Sat	Sat
Javelin							Sun	Sun	Sun	

Call Room

A Track call room, located near the 100mts start line/VIS building, will be used for all Track events. When called to marshal for any track event, all athletes are to report to the Track call room, and they will be escorted from there to the start of their race.

Field events will not use a call room but will marshal at one of three Field Marshalling points:

- All **Long Jump** events will marshal on the outside of the track along the back straight.
- **Shot Put** and **Javelin** events will marshal just inside Gate 1 near the Canteen.
- **Discus** and **High Jump** events will marshal outside the track near the 1500m start point.

Multi-Class athletes will marshal at the Track call room 30 minutes before their 100m event. From there, our Multi-Class Manager, Richard Colman, will take the athletes to each subsequent event.

All athletes must be at their relevant call room/marshalling point 30 minutes before their first event of each day. For subsequent events throughout the day, an announcement will be made when each Age Group/Group Letter is to report to the call room/marshalling points.

The timetable is only an indication of the times for each event. It is essential that athletes and parents are listening for all announcements relating to their events.

Athletes are not to run across the track or jump the fence. Located around the track are gates, and officials on each Gate will manage the athletes entering the track area.

A venue map is attached to the end of this document for further clarification on Marshalling points and other key locations (First Aid, Canteen etc).

Point Scoring

Athletes are awarded points based on their performance in each discipline.

Little Athletics Victoria uses the Alberta Youth Scoring Table to determine point scores for U9-U14 athletes.

U15, U16 & U17 athletes will use the same points system, as per the World Athletics Men's and Women's Combined Events tables.

The U9-U17 Multi-Class athletes will use the Baseline tables for conversion and then the Alberta Youth points.

An athlete failing to attempt to start or make a trial in one of the individual events will not be entitled to receive an overall place in their Combined Events Championship. It will not, however, prohibit the athlete from competing and scoring points in subsequent events.

Warm-up

Athletes will have access to the track only until the track is closed when the first events are called.

The warm-up track will be open for the entire duration.

As we are using the outside Shot-Put sites and Discus cage for competition, they will be closed for warm-ups.

There will be officials out on the warm-up track area, ensuring the safety of all athletes is maintained.

Uniforms

All athletes competing must wear their approved Centre uniform which conforms to the standards as defined in the **LAVic Centre Uniform Booklet**.

The Rules covering uniforms are detailed in Rule 143 as found in the LAVic **Competition Rules** located on our website [HERE](#)

All uniforms must display the Coles logo above the LAVic logo and have the Commonwealth Bank registration patch attached to the front.

Athletes will not receive an event patch, and we do not have an athlete check-in.

It is each Centre's responsibility to ensure that their athletes are in approved Centre Uniform.

Track Events

All track events are heats only.

The 100mts are all up to 10 lanes per heat.

The 60mts / 80mts Hurdles are up to 10 lanes per heat, 90mts / 100mts / 110mts Hurdles are 9 lanes per heat.

High Jump

For High Jump, an athlete will only be allowed to have a maximum of 8 jumps or 3 successive failures, whichever occurs first.

During the entire competition, the bar will be raised in 3cm intervals only.

The benchmark used to determine the 3cm intervals is 1.00mt.

As part of the entry process, **an athlete must nominate their preferred starting height**.

The athlete's starting height can be changed on the day by advising the Chief Judge.

Spikes

Spikes are permitted for the following events at the Combined Event Championships:

NOTE: The above table also applies to Multi Class athletes.

Age Groups	Track Events	Field Events
U9 - U10	No spike shoes allowed	No spike shoes allowed
U11 - U12	All events except 800m	All jump events
U13 - U17	All events	All jump events and Javelin

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

Spikes Shape: Only Conical or Pyramid spikes are permitted at Lakeside Stadium.

Field Events

All field events other than High Jump are 3 attempts only. In the Discus and Javelin, each trial will be marked, with only the longest trial measured and recorded, at the end of the competition.

Medals and Presentation

Medals will be presented to the first three placegetters of each age group.

Ribbons will be presented to fourth to eighth placegetters of each age group.

Approved Centre Uniforms must be worn at the Presentation Ceremony.

Medals and/or Ribbons will not be presented to placegetters in individual disciplines of the Combined Events.

Results

Live Results will be made available throughout the entire Championships on our Results Hub platform. Access to Results Hub is done through the event page on the website, or by clicking the link below ...

<https://lavic.resultshub.com.au>

Photos, Videos & Live-Stream

The Championships will be covered extensively with a team of photographers and via recording. Photos & Videos will be made available through Little Athletics Victoria's Facebook and YouTube pages in the days following the event.

The event will also be live streamed through YouTube and Facebook. Details will be available on the event page of our website.

Multi-Class Athletes

We have Multi-Class athletes competing in a 4 event competition. The events are 100mts, Long Jump, Shot Put (Girls only), Discus (Boys only) and finishing with the 400mts.

The points score will be the best 3 performances achieved.

Richard Colman our Multi-Class ambassador will be the Multi-Class manager. Richard will escort the athletes to either the field event site or the track call room and will speak to the officials to ensure you are comfortable with the process.

Little Athletics Victoria State Combined Events Championships

Lakeside Stadium - Venue Map

