



Little  
Athletics  
Victoria



# **2022 Commonwealth Bank State Combined Events Championships**

## **Athlete Information**

**Lakeside Stadium, Albert Park  
Saturday 29<sup>th</sup> – Sunday 30<sup>th</sup>  
January 2022**

# Event Processes

## COVID Protocols

All LAVic events are conducted according to the LAVic COVID Protocols that are approved and updated to ensure the health and safety of all attendees. The compliance of these COVID protocols is essential, and every person has a responsibility for ensuring compliance with these protocols. A copy of the COVID-19 LAVic Protocols can be found by [clicking here](#).

Included in the protocols are several important aspects that we will be continually reinforcing both before and during the event.

- Each attendee is asked to complete a self -assessment prior to leaving home and not attend if they are unwell or have been instructed to isolate or quarantine.
- Attendees should maintain at least 1.5m physical distance between themselves and others.
- Face masks must always be carried and worn when physical distancing cannot be maintained. Face masks must be worn when indoors.
- 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.

## State Combined Events Championships – Webpage

All details can be found on the State Combined Events Championships webpage, including Draft Timetable, Venue Map, Athlete entries and Group allocations, any updates, will be added there. Click [here](#)

## Car parking

A reminder that Lakeside Stadium has metered car parking that take credit cards, only some machines take coins. Cost is \$5.50 per day for weekends. There is additional parking out on Albert Road Drive.

## Roadworks

With Road works on the Westgate Freeway, please ensure you check the latest updates on Vic Roads and the Big Build websites.

## Face Masks

All attendees aged 8 years and older, are required to carry a face mask and wear it when physical distancing cannot be maintained. Face masks must be worn when indoors. Please ensure you bring along your face mask.

## Event Timetable

The draft timetable can be found [here](#).

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

Boys and Girls	Dates
U9, U10 & U13, U9-U16 Multi-Class	Saturday 29 <sup>th</sup> January
U11 & U12	Sunday 30 <sup>th</sup> January
U14, U15 & U16	Saturday and Sunday

## Venue access

There will be 2 entry points, Gate 1, and Gate 2, located at opposite sides of the stadium. At each Gate, attendees are to scan the QR code prior to proceeding to the venue gate, where Lakeside Stadium staff will check the QR code details, to gain access to the venue.

The gates open at **7.30 am**.

## Café

Lakeside Stadium will have the Café at Gate 1, open from 8.00 am until the end on both days, with a pop-up coffee van located next to the VIS building at the 100mts start line, on both days to assist with the overflow.

## First Aid

The providers for this event are the First Aid suppliers who have assisted with the LAVic Education / JDS program for several years. Not only do they offer the usual First Aid service, but they are also fully informed on the current information regarding COVID-19 and will provide our event with the highest level of health services and emergency management experience.

## COVID Safe Officials

Our event will have several COVID Safe Officials – CSO's throughout the weekend who will be ensuring compliance with the protocols, checking on the status of the hand sanitiser stations, disinfectant sprays and wipes at all sites, including on the field of play.

## Groups

Athletes are split into groups to assist with the timetable, depending on the age group, they are:

Under 9, 10, 11, 12, 13 – 4 groups, A, B, C & D.

Under 14, 15 – 2 groups, A & B

Under 16 – 1 group.

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 U14-U16 are split into 2 groups based on their nominated starting heights. For the U14 & U15, these groups are the same for their other field events.

## Call Room

Due to COVID restrictions, we will not have Field event call rooms. All athletes will be called directly to the Field event, according to their Age and Group letter by the announcer. It is essential that all athletes check their group letter and the map to ensure they know where the field events are. Click [here](#)

Both Shot Puts are on the outside area close to Gate 1, Discus 2 is the outside cage; access to the outside area is only from inside the venue. Discus 1 is next to the High Jump mats; Javelin is at the VIS end. All 4 Long Jump pits will be operating.

The timetable is only an indication of the times, in Combined Events, the athletes are called to their next event, it is essential that athletes and parents are listening for all announcements.

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

For the Track events, there is a call room, located at the 100mt start end, next to the VIS building. There will be 3 marquees, clearly visible as you look at the 100mt start line. All athletes will be called to the Track call room in their age group and will compete at the same time, separated into heats.

We will operate a Multi-Class area, where our Multi-Class Manager – Richard Colman will take the athletes to the Field event site, or the Track Call room.

## **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 athletes will use the same points system, as per the World Athletics Men's and Women's Combined Events tables.

The U9-U16 Multi-Class athletes will use the Baseline tables for conversion and then the Alberta Youth points. The points score will be the best 3 performances achieved.

An athlete failing to attempt to start or make a trial in one of the individual events will not be entitled to receive a place. It will not 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 Puts 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.

## **Event Registration Patch**

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

Athletes are required to wear their **Centre uniform**, that has the **Coles badge sewn** onto their uniform top and their weekly **Registration patch** with **Commonwealth Bank** on it.

All athletes must have the correct registration patch to compete.

## **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**.

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

## Spikes

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

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

Age Groups	Track Events @ Combined	Field Events
U9 - U10	No spike shoes allowed	No spike shoes allowed
U11 - U12	All events run entirely in lanes	All jump events
U13 - U16	All events	All events

## High Jump

For High Jump, an athlete will only be allowed to have a maximum of 8 jumps.

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 athletes starting height can be changed on the day by advising the Chief Judge.

## 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.

## 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 Hurdles are 9 lanes per heat.

## Athlete Scratching

Any athlete that wishes to scratch / withdraw from the Commonwealth Bank State Combined Events must inform the Centre in writing, this will assist with the allocation of Centre duties. The LAVic Office is not required to be informed, as changes cannot be made to the program or entries.

## **Medals and Presentation**

Due to COVID protocols, athletes will collect their medals from the presentation cushion themselves, and they will not be placed over their neck by the presentation officials.

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.

All athletes will receive a printed results certificate in the weeks following the event.

Medals 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.

The Results Hub program will be uploaded with the entry start list in the days before the meet. <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](#), [Facebook](#), [Twitter](#) and [Twitch](#). Details are found on the event page.

**Event t-shirts and merchandise will not be available.**

**No Dogs are permitted at Lakeside Stadium.**

We wish you the best, and hope you have a great experience at the Commonwealth Bank State Combined Events Championships.

Please be COVID safe.