

2023 STATE PB CLASSIC #1

Athlete and Parent Information



Thank you for nominating to take part in the 2023 State PB Classic I. To ensure you are well informed and get the most out of the day, please read all the information provided:

Competition Name: 2023 State PB Classic #1

Date: Sunday, 19 November 2023.

Location: SA Athletics Stadium - 145 Railway Terrace, Mile End SA 5031.

Program: First events commence at 8:30AM. To view the full days finalised program, [CLICK HERE](#).

Competition Map: [CLICK HERE](#) to see where your events will be located at the stadium.

Uniform: You are required to wear **FULL CENTRE UNIFORM**, including registration number, Coles age group patch. [CLICK HERE](#) to view the Uniform Regulations.

Marshalling: The call room **WILL NOT** be in use for this competition. For track events, athletes should report to the event start 10 minutes prior to the scheduled start time. For field events, athletes should report to the event site 15 minutes prior to the scheduled start time. If the previous event is still in progress, athletes should wait nearby, outside the field of play. **NOTE: Athletes should listen for any announcements over the PA for any changes to event start times.**

Club Allocation Map: Please [CLICK HERE](#) to see the Club Allocation Map.

HOT WEATHER PROGRAM

If the temperature forecast by the Bureau of Meteorology (www.bom.gov.au), at 4:10PM on Friday (two days prior) is between 37°C and 40°C then the competition will be conducted to the Hot Weather timetable. The Hot Weather Program is divided into two sessions from 8:00AM to 12:00 Noon and then 5:30PM to 8:45PM. Refer to the program for which events are available in each session. Due to the time constraints of the Hot Weather program, not all events are able to be offered. **NOTE:** There is no Tiny Tots session offered on the Hot Weather Program.

If the temperature reaches 41°C or above the competition will be cancelled and rescheduled to the next available date.

PARENT ASSISTANCE

Volunteers and parent assistance are a fundamental part of any Little Athletics centre meets. The State PB Classic #1 is no different and relies heavily on volunteers and parent assistance to operate.

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Each Little Athletics centre has been allocated time slots for the varying events over the weekend. **Little Athletics SA ask that you please check with your centre coordinator, to see when your assistance is required.** Without the support of volunteers and parents, days like these could not be hosted for our wonderful athletes.

For those volunteering, our officials will provide you with a 'green vest' to wear while you are out on the track/field. It is also recommended that you bring sun protection items (hat, sunglasses, sunscreen, etc.) and a bottle of water with you. It is a requirement under the Work Health and Safety standards that anyone assisting are to wear enclosed shoes. Thongs and sandals cannot be worn on the field of play.

On behalf of Little Athletics SA staff and our Officials, your help and support are greatly appreciated!

ARRIVAL AT STADIUM & PARKING

Athletes and families should aim to arrive at the stadium at least 1 hour before the scheduled starting time of their first event. As the stadium carpark is currently undergoing upgrades, parking will be made available at Netball SA carpark on the other side of Sir Donald Bradman Drive. Access to the athletics stadium is via the underpass access road. Please check Netball SA calendar for any events that may affect parking.

HIGH JUMP

To facilitate the large number of athletes in some high jump events, athletes will not be able to start jumping until the bar reaches a height 20cm below their current season's best performance. The starting height for each event will be 20cm below the lowest season's best performance of all athletes competing at an event site, and increments will be in 5cm for the entire competition.

NOTE: For Hot Weather Program only, athletes are limited to a total of 8 attempts throughout the competition, and must cease jumping after their eighth attempt, or after three consecutive failures.

FIELD EVENTS

Due to the large number of athletes in some field events, warm up trials will not be permitted. Athletes will be permitted to measure their run-ups for Long Jump, High Jump, Triple Jump and Javelin events. Athletes should bring their hat and water bottle to the event site.

CLASH OF EVENTS

When an athlete has a clash of events, they should let the officials at the field event know at the start of the event that they have a clash. E.g., if you are at the Long Jump and have a 100m to go to during the event, tell the officials so that they can make a

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note. The officials at the event will let you go directly to the other event when you are required.

Athletes may return to the field event to complete their trials providing that the event has not finished. Athletes returning to the high jump must resume at the current height of the bar.

A Team Manager or parent can also check in for you at an event if you are at another event when you are due to marshal.

CONSTRUCTION SITE

The venue is currently undergoing upgrades. Parts of the warm-up area are fenced off for construction including the throws warm up area. No-one is permitted to enter this area.

UNIFORM

Correct centre uniform is required for all competitions. Uniform tops must have your current registration number & Coles age group patch securely attached.

Shorts must be in your centre's approved colour. They can have a small manufacturer's logo, no larger than 3cm x 3cm.

Athletes may wear undergarments underneath their approved centre uniform. Undergarment bottoms (leggings or bike shorts) must be the same colour as the approved centre shorts or black. Undergarment tops (long sleeve or t-shirts) must be the same base colour as the approved centre top or black or white.

Athletes may wear leggings of any length as an outer garment except in Race Walking events or where they impinge on the safety of the athlete in the event. If worn, they must be plain and the same colour as the approved centre shorts. For Race Walking events, only approved uniform shorts may be worn and they must be above the knee unless an exemption has been approved by the Competitions Director. This needs to be done prior to competition. See the Rules of Competition on the SALAA website for further information regarding exemptions from this rule.

Headwear worn during competition (i.e., while competing on the track or taking an attempt at a field event) may have a manufacturers logo.

FOOTWEAR AND SPIKES

1. Footwear is compulsory for **ALL** athletes in **ALL** events.

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- All shoes must be a running style shoe. A running style shoe is one that encloses the foot and is fastened with laces and/or Velcro.
- The wearing of footwear with blades or cleats constructed of hard plastic **WILL NOT BE PERMITTED**.
- All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.
- Spike shoes will only be permitted to be worn in the events listed in the following table:

Age Groups	Track Events	Field Events
TT, U6, U7, U8, U9, U10	No spike shoes allowed	No spike shoes allowed
U11, U12	All events run entirely in lanes	All jump events & Javelin
U13, U14, U15, U16, U17	All events except Race Walks	All jump events & Javelin

- The permitted maximum length of spike allowed for age groups and events listed in the above table are listed in the following table:

Maximum Length Allowed	7mm
Specialist High Jump/Javelin footwear with heel spikes	9mm

- Only spike designs known as a pyramid or "Christmas Tree" will be permitted.



- Spike shoes must only be worn within the defined Competitions Arena, or at the field event venue while the athlete is competing.
PLEASE NOTE: Spikes must be removed before leaving the competitions arena and must not be worn in the grandstand and surrounding areas.
- Athletes must not wear spike shoes with spikes removed in any event.
- Improper or incorrect wearing of spike shoes by an athlete, detected by officials will be referred to the Referee.

FIRST AID

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First Aid will be available in the First Aid room on the ground floor at the southern end of the grandstand. Athletes requesting strapping are advised they must supply their own tape.

CANTEEN / FOOD TRUCK

Boost Juice and Allure Fine Foods will be joining us at PB Classic #1. There will be a variety of Boost flavours available to try so, please give them a visit! They will be located at the front of the Stadium across from the Blue Admin Tent. The canteen will be open all day in the grandstand and will have a variety of food, drinks and snacks available.

RESULTS

Live results can be found at live.salaa.org.au.

Official results for this competition will be published on the Little Athletics SA website at www.salaa.org.au/results/ within 3 days of the competition concluding. In addition, results will also become accessible through Results HQ, within one week of the competition.

PHOTOGRAPHERS - GET SNAPT

Check out all your photos from the State PB Classic #1 on the Get Snapt website: www.getsnapt.com.au

Click on galleries and select Little Athletics SA 2023-2024 season. Photos will be available on **Wednesday evening (9th January 2023)**.

CERTIFICATES

Results are recorded centrally and issued to centres following the competition. Little Athletics SA supply each centre with electronic competition certificates to send to their members who participated on the day. The certificates will be distributed at the centres discretion.