

2024 State Combined-Event Championships

Athlete and Parent Information



*Thank you for registering to take part in the 2024 State Combined-Event Championships. To ensure you are well informed and get the most out of the day, please read **ALL** of the information provided:*

- Event Name:** 2024 State Combined-Event Championships.
- Event Date:** **Saturday, 24 & Sunday, 25 February 2024**
- Location:** SA Athletics Stadium - 145 Railway Terrace, Mile End.
- Program:** To view the finalised program [CLICK HERE](#) **CLICK HERE**. Please ensure you read this as there have been some changes from the draft program.
- 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:** All athletes must marshal for their events at the Call Room (Marshalling Tents) at the northern end of the arena. Marshalling times are 15 minutes before scheduled starting time for track events and 30 minutes before scheduled starting time for field events.
- NOTE:** Athletes should listen for any announcements over the PA for any changes to event start times.

COMBINED-EVENTS

In a Combined Event competition, athletes compete in a set number of events for their age group. Athletes score points in each event based on their performances.

Athletes must compete in each event to be eligible for a placing and medals in the Combined Event Championships. Medals are only awarded for the final aggregate point scores – there are no medals for the individual events.

Athletes withdrawing from the competition are requested to notify the Information Tent prior to leaving the venue.

ARRIVAL AT STADIUM

Athletes and families should aim to arrive at the stadium at least 1 hour before the scheduled starting time of their first event.

Please Note: As there is construction currently taking place at the stadium, the carpark at SA Netball is to be used. There is no parking inside the stadium.

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HOT WEATHER PROGRAM

If the temperature forecast by the Bureau of Meteorology (www.bom.gov.au), at 4:10PM on Thursday and Friday (two days prior) is between 37°C and 40°C then the event will be conducted to the Hot Weather timetable. The Hot Weather Program is divided into two sessions from 8:00AM to 11:30AM and then 5:30PM to 9:00PM. A separate Hot Weather program will be released should we require it.

If the temperature reaches 41°C or above the event 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 Combined Event Championships is no different and relies heavily on volunteers and parent assistance to operate.

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, we ask that the "green vests" at each event site are worn as this makes you easily identifiable. 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 is greatly appreciated!

PRESENTATIONS

Presentations will be held as soon as possible after the last event for each age group concludes. The first call for athletes to go to medal presentation area will typically be about 30 minutes after the event. This allows time for results to be checked and time for any appeals.

Athletes will be called to the Medal Presentation Area. This will be located in the marquees in the centre of the arena. Athletes should report to the Medal Presentation Area as soon as possible after being called over the PA.

If an athlete needs to leave the venue before the presentation, please advise the Medal Presentation Area so other athletes are not kept waiting.

UNIFORM

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

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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.
2. 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.
3. The wearing of footwear with blades or cleats constructed of hard plastic **WILL NOT BE PERMITTED**.
4. All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.
5. Spike shoes will only be permitted to be worn in the events listed in the following table:

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, U14, U15, U16, U17	All events	All jump events & Javelin

6. 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

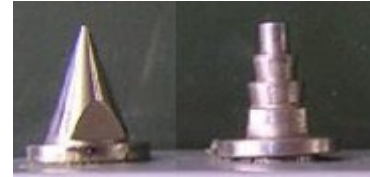
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7. Only spike designs known as a conical or pyramid ("Christmas Tree") will be permitted.
8. Spike shoes must only be worn within the defined Competitions Arena, or at the field event venue while the athlete is competing.

PLEASE NOTE: Spikes must be removed before leaving the competitions arena and must not be worn in the grandstand and surrounding areas.



9. Athletes must not wear spike shoes with spikes removed in any event.
10. Improper or incorrect wearing of spike shoes by an athlete, detected by officials will be referred to the Referee.

FIELD EVENTS

Athletes will have three trials for all field events, except for the high jump. The following conditions apply for the high jump.

- i. For High Jump, a bar height of one metre will be used as the benchmark height to determine the 3cm intervals.
- ii. Athletes may continue jumping until they have had three consecutive failures or elect to stop jumping.

TRACK RUNNING

For athletes running in races not run entirely in lanes, there are some important rules to be aware of. Please click on the below link for more information:

<https://assets.sportstg.com/assets/console/document/documents/54329B4F-5056-BD3F-FEDCEA5C5F9BD386.pdf>

FIRST AID

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.

RESULTS

Live results can be found at <https://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

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Check out all your photos from the State Combined-Event Championships on the Get Snapt website: www.getsnapt.com.au

Click on galleries and select Little Athletics SA 2023-2024 season. Photos will be available the following week after the event.

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 centre's discretion.

MERCHANDISE

Our partners **Sports Centre** will be in attendance on the day of competition. They will be located at the entrance to the stadium near the back stairs. Event shirts and other items will be made available for purchase. Be sure to check them out!

FOOD

The canteen will be open on both days of the event. Allure Fine Foods will be in attendance and can be found at the back of the grandstand near the Administration blue tent.

GYM EQUIPMENT

The gym equipment at the rear of the stadium (near the warm-up area) is out of bounds – athletes are not permitted on the equipment.

CONSTRUCTION SITE

Parts of the warm-up area and around the stadium are fenced off for construction. No-one is permitted to enter this area.