

2024 State Challenge

Athlete and Parent Information



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

Competition Name: 2024 State Challenge.

Competition Date: Sunday, 17 March 2024.

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

Program: To view the finalised program [CLICK HERE](#) Please ensure you read this as there have been some changes made from the draft program.

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.

Failure to marshal through the Call Room can result in a yellow card or disqualification from the event.

Note: Athletes should listen for any announcements over the PA for any changes to event start times.

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

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 event will be conducted to the Hot Weather timetable. The Hot Weather Program is divided into two sessions from 8:00AM to 12:00PM and then 5:30PM to 9:00PM. Refer to the program for which events are conducted in each session.

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

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PARENT ASSISTANCE

Volunteers and parent assistance are a fundamental part of any Little Athletics centre meets. The State Challenge 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, 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 is greatly appreciated!

CLASH OF EVENTS

When an athlete has a clash of events, they should let the Call Room Officials know when they are marshalling for their first event. ***E.g., if you are marshalling for the Long Jump and have a 100m to go to during the event, tell the marshals so that they can make a note on the Long Jump sheet and the track sheet.*** The officials at the event will let you go directly to the event when you are required - you will not need to go back to the Call Room.

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

NOTE: Events always take precedence over medal presentations.

CONDUCT OF EVENTS

All track events are conducted as timed finals, where the three athletes with the best performances over all heats will be presented with the gold, silver and bronze medals. If there is a tie on times for placings, times will be read to the 1/1000th second on the photo finish image to determine places. If the tie remains equal medals will be presented.

For field events (other than high jump) all athletes will have three attempts, with their best performance determining their place in the competition. Where an event is split into multiple groups, the best three results across all groups will determine the placings for the medals. Note that a countback as per World Athletics Rule TR25.22 will be used in the case of equal placings.

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For the high jump, the bar will start at a pre-determined height, and be raised in 5cm increments until 6 athletes remain, then 3cm until 3 athletes remain, and then 2cm until the conclusion of the competition. Where more than one group is in use, the group which starts with the lower start height will follow the height progressions of the group that started at the higher height. The best three results across all groups will determine the placings for the medals. In the case of equal performances, a countback as per World Athletics rule TR26.8 will be conducted to determine placings.

PRESENTATIONS

Presentations will be held as soon as possible after each event 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 in the middle of the field under the large SALAA tent. Athletes should first report to the assembly area near the finish line as soon as possible after being called over the PA. Athletes will be sent to the Medal Presentation Area by an official when it is safe for them to do so.

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 and 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 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.

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

Failure to wear correct uniform may result in a yellow card being shown or disqualification from the event.

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	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

7. Only spike designs known as a conical or pyramid ("Christmas Tree") will be permitted.



8. Note that there are variations of the "Christmas Tree" spike that are **NOT PERMITTED** at SA Athletics Stadium. These types have layers that look like an "inverted cone". These look like the following images:



9. 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 competition arena and must not be worn in the grandstand and surrounding areas.

10. Athletes must not wear spike shoes with spikes removed in any event.

11. Improper or incorrect wearing of spike shoes by an athlete, detected by officials will be referred to the Referee.

STARTING BLOCKS

Starting blocks may be used by athletes in the U11 and above age groups. Athletes are expected to be able to set up their own blocks in a timely manner for the start of their race.

STARTING

Athletes will be marshalled to a position 1-2 metres behind the start line. They should remain in this position until the starter calls "on your marks", at which time they should approach the start line and take their mark.

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>

YELLOW AND RED CARDS

A Referee may show an athlete a yellow or red card. This would be for a breach of a technical rule, such as failing to go to the Call Room at the required time or wearing incorrect uniform. In some cases, a yellow card may be shown for disciplinary reasons.

A yellow card stays with the athlete throughout the competition. If they receive a second yellow card, this then becomes a red card, and the athlete will be disqualified and unable to compete in any events for the remainder of the competition.

In rare circumstances, a red card may be shown immediately in cases of extreme disciplinary issues.

PROTESTS AND APPEALS

Protests concerning the result or conduct of an event may be lodged at this competition in the first instance to the relevant event referee. Please approach the Information Tent to facilitate protesting to the Referee.

An appeal to the Jury may only be made by a nominated Centre team manager. Appeals must be lodged on the required form, and accompanied by the appeal fee, through the Information Tent.

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

Check out all your photos from the State Challenge on the Get Snapt website: <http://www.getsnapt.com.au>

Click on galleries and select Little Athletics SA 2023-2024 season. Photos will be available around three (3) days after the competition.



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!

CERTIFICATES

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.

FOOD

The Canteen will be open and is located on the concourse at the back of the stand. **Allure Fine Foods** will also be in attendance selling hot food, drinks, and coffee. They are located at the bottom of the stairs on the road out the back of the Stadium (Nth end).

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.

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 are fenced off for construction. No-one is permitted to enter this area.