

WINTER TRACK SERIES

COMPETITION INFORMATION



DATE

Friday, 24 May; Friday, 28 June & Friday, 23 August 2024

VENUE

SA Athletics Stadium, Mile End

START TIME

5.00pm start (final program will be released on the website)

ENTRY FEE

\$20 per athlete per meet. (Limited to 4 events per athlete). Strictly **no late entries** or entries on the day. Non-members \$30.

ELIGIBILITY

- All athletes must be full members of SALAA in the 2023/24 season.
- Competitors must compete in their own age group (23/24 season age group).

EVENTS

- 24 May – 100m, 300m, 700/100m Walk, Long Jump, Shot Put (9-12yrs, Javelin (13-17yrs)
- 28 June – 70m, 200m, Long Jump (9-10yrs), Triple Jump (11-17yrs), Discus (9-12yrs), Shot Put (13-17yrs)
- 23 August – 100m, 200m, 800m, Long Jump, Shot Put (9-12yrs), Discus (13-17yrs)

*Not all events will be on offer to every age group at each meet. See above.

WTS RULES

- All events will be conducted as per Little Athletics SA (LASA) Rules of Competition
- Athletes must compete in their centre **uniform** with all patches attached as per the Rules of Competition. However, athletes may compete with a long sleeve shirt under their centre top and may wear long pants.
- Non-members are welcome. Non-members must email events@salaa.org.au to organise their entry.
- There will be no **call room** (marshalling) procedures. Program will run in order of events. Announcements will be made throughout the night. Start lists will be published by 3pm the day before. Please listen to officials who will call athletes to their heats/trials.
- When moving to a field event you must use the path on the outside of the track fence and only move to the field event area when the track is all clear. **Do Not** cross the track in front of an event that is in progress.
- **Clashing Events** – It is the responsibility of the parent to manage clashing events. If an athlete leaves a field event to compete in a track event and the field event is completed before the track event is completed, the athlete will not be allowed to return to the field event to compete their rounds. In this instance, the furthest recorded performance from the trials completed by that athlete will be recorded. If the field event is still running the athlete may return to complete their rounds.

- All events will be conducted in **age groups** as follows:
 - U9 (born in 2015)
 - U10 (born in 2014)
 - U11 (born in 2013)
 - U12 (born in 2012)
 - U13 (born in 2011)
 - U14 (born in 2010)
 - U15 (born in 2009)
 - U16 (born in 2008)
 - U17 (born in 2007)
- Age groups and genders may be combined.
- Athletes will be seeded into track races using the athlete's best performance from the 2023/24 summer season. Non-members will be seeded into the slowest heat in track events.
- **Multi Class** athletes will compete with able bodied however will be scored using the MC Baselines and score points accordingly. They will be added to their centre's points.
- **Lane draws** will be random.
- All field events will have **3 trials**.

PARENT HELPERS

Volunteers and parent assistance are a fundamental part of any Little Athletics meets. The Winter Track Series will require assistance to deliver events. We ask that if an announcement is made by an official or announcer that you, please step forward. Duties that may be required are implement retrieval, recording of results, raking pits and measuring. All event sites will have a qualified Chief Official who will oversee the event and if you are unfamiliar on the duty given, will assist you in learning.

AGE GROUP CHAMPIONS

The individual age group champions will be based on points accrued by athletes participating in each event across all three meets. Points are scored as follows.

1 st – 8 points	5 th – 3 points
2 nd – 6 points	6 th – 2 points
3 rd – 5 points	All others – 1 point
4 th – 4 points	

Note:- Non-members are eligible for Age Group Champion.

CHAMPION CENTRE

The Champion Centre will be awarded to the centre with the highest athlete overall average point score, provided a minimum of 10 athletes participate from the centre. The points are the total of points scored by athletes from each centre using the above scores, divided by the number of athletes who participate from a centre at all three meets. Non-members will not contribute.

PRESENTATION

Presentations will take place at the conclusion of meet 3.

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

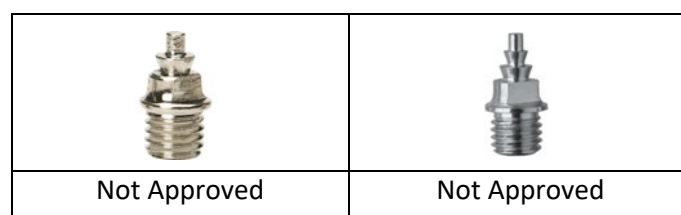
6. The permitted maximum length of spike allowed for age groups and events listed in the above table are listed in the following table:

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>

LONG JUMP BOARDS

Under 9 and Under 10 age groups will use the 50cm take-off mat, with the foul line set 50cm from the edge of the pit.

Under 11 to Under 17 age groups will use the fixed boards positioned 2m from the edge of the pit.

PROTESTS AND APPEALS

Protests will not be accepted at this event.

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.