



LITTLE ATHLETICS SA INVITATIONAL MEET

DATE

Sunday, 16 November 2025

TIME

10am- 2pm

VENUE

SA Stadium, Mile End

AGE GROUPS

U11, U12 & U13 only

ELIGIBILITY

All current financial Little Athletics SA members in the U11, U12 & U13 age groups.

****School Sport SA State Team Members** will be invited by their coach/manager. You will not need to register via our online system. Athletes' names will be sent through from School Sport SA to the Little Athletics SA Competitions Manager for acceptance. **

COST

\$27.00

\$40.00 Late Entry if Accepted

ENTRY

Entry and entry fee will be done via our online entry portal. Entries will open on Wednesday, 1 October at 12.00pm. Entries will close on Wednesday, 29 October at 11.59pm. Late entries accepted up till 5pm on Friday, 31 October.

EVENTS

Athletes can compete in up to 4 events +relay.

- 100m
- 200m
- 800m
- 1500m
- Discus
- Shot Put
- Long Jump
- High Jump
- Relays – (4x100m & Medley) Relays will take place at the end of the competition. Athletes interested in running a relay will be asked to attend the

call room at the end of the day to be allocated into a team. Teams will be made up on the spot by the officials in the call room.

MULTI CLASS ATHLETES

All multi class athletes will compete with able-bodied athletes in their relevant age groups and events at the times listed on the program.

CALL ROOM

All athletes must marshal for **track and field events**. The Call Room will be at the changerooms at the warm-up track behind the back straight of the main arena.

- Track – 15min
- Field – 25min

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 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. 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.

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. Parking will be made available out the front of the Stadium and at the Netball SA carpark on the other side of Sir Donald Bradman Drive. If parking at Netball SA, access to the athletics stadium is via the underpass access road. Please check Netball SA calendar for any events that may affect parking.

PARENT ASSISTANCE

Volunteers and parent assistance are a fundamental part of any Little Athletics centre meets. The Invitational Meet is no different and relies heavily on volunteers and parent assistance to operate.

If you do assist at this meet it is 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!

RULES OF COMPETITION

The Invitational Meet is conducted to the Little Athletics Australia *Standard Rules of Competition* and the Little Athletics SA *Competition Regulations 2023/24* as published on salaa.org.au. These rules are based on the *World Athletics Competition and Technical Rules 2023 Edition* and *WPA Technical Rules 2023*.

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.

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
LASA Members U11 & U12	All events run entirely in lanes	All jump events
LASA Members U13	All events	All jump events

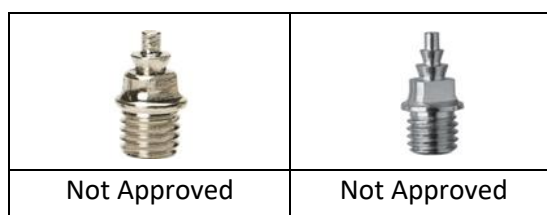
6. LASA will be inviting School Sport SA State Team members to compete. Those athletes will have an exemption and allowed to compete in all events, except shot and discus, in the allowed spikes.
7. The permitted maximum length of spike allowed for age groups and events listed in the above table are listed in the following table:

Maximum Length Allowed	7mm
Specialist High Jump 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.

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.

HIGH JUMP START HEIGHTS

U11 Girls – 1.05m	U11 Boys – 1.15m
U12 Girls – 1.10m	U11 Boys – 1.20m
U13 Girls – 1.20m	U13 Boys – 1.30m

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 marshall.

CONDUCT OF EVENTS

All track events will be run as timed finals. There will be no progression from heat to final.

All field events, except for High Jump, will have three (3) trials with the top 8 having a further one (1) trial in reverse order.

PROTESTS AND APPEALS

As this is not a Championship event and no awards are presented, protests and appeals concerning the result or conduct of an event will not be accepted.

COACHING AREAS

Each field event site has a designated coaching zone which is marked with cones. Coaches (or parents acting as coaches) must remain within this zone and outside the fence. Athletes may go to the coaching zone to talk to their coach. Officials will indicate the coaching zone to all athletes at the commencement of the event. Athletes going to areas other than the designated coaching zone or receiving items over the fence are liable to a warning or disqualification by the referee.

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.

BEACH VOLLEYBALL AND POLE VAULT EQUIPMENT

The Beach Volleyball and Pole Vault training equipment that is located at the back of the track by the warm-up track is strictly out of bounds. Persons are not permitted to use the Pole Vault training equipment. Persons caught on this equipment may be removed from the premises.