

Introduction

The Regional Games are conducted in each of the four Little Athletics SA country regions each season.

The aim of the Regional Games is to bring together all the athletes and centre personnel in the region to one central location to compete. Athletes get the chance to test themselves against other athletes who they normally would not compete against each week at their local Little Athletics centre. This provides an opportunity for athletes to improve their performances, as well as make new friends and catch up with old ones.

Competition Date: Sunday, 7 December 2025

Location: [Naracoorte High School](#), Stewart Terrace, Naracoorte

Fee: \$16.00 + processing fee

Entries: Via ResultsHQ (NO Late Entries Accepted)

Eligibility: Must be a member of either Bordertown, Limestone Coast, Millicent, Mt Gambier & Districts, Naracoorte or Penola & District.

Age Groups: U6-U17 Male and Female

Program: Check In: 9:30am; Group Warm Up: 9:50am; First Event: 10:00am
Full program available on the [website](#).
Note: Event start times are approximate only and will depend on the number of athletes entered in each age group.

Events: Athletes can choose up to 5 events to participate in. Events can not be changed after the closing date.

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

Medals & Trophies: Medals are awarded to the top 3 in each age group and gender. Each athlete will receive a certificate of participation.
***Age Group Medals** – The individual age group medals will be based on points accrued by the athletes participating in each event. Points are scored as follows:

1 st	8 points
2 nd	5 points

3 rd	3 points
All others	1 point

In the event of a tie, the athlete with the most first places will take the higher place. If there is still a tie, equal placing will be awarded.

Champion Centre: The Champion Centre trophy will be awarded to the centre with the highest athlete 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 the Games.

Presentations: Presentations will be held at the conclusion of all events. Awards will be presented to each age group, then the overall centre award will be presented.

Competition Rules: The LASA and LAA Rules of Competition will apply. For full rules go to our [website](#).

Hot Weather: If the temperature is forecast by the Bureau of Meteorology at 4:10pm on the Friday (two days prior) is between 37°C and 40°C then the event will be conducted as a modified program. A separate modified program will be released should we require it closer to the date.

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

Parent Assistance: Volunteers and parent assistance are a fundamental part of any Little Athletics centre meets. The Regional Games is no different and relies heavily on volunteers and parent assistance to operate.

Little Athletics SA ask that you assist where need be. Without the support of volunteers and parents, days like these could not be hosted for our wonderful athletes.

For those volunteering, 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!

Conduct of Events: All **Track events** are conducted as timed finals, where athletes will be placed and given points based on their times from their heats. No final will take place.

For **Field events** (other than high jump), all athletes will have three attempts, with their best performance determining their place in the competition and points awarded accordingly.

Protests: Protests will not be accepted at these events.

Food: There will be a Food Stall selling drinks, sandwiches, sweets and a BBQ for those looking for something hot to eat.