

Athlete and Parent Information

*Thank you for registering to take part in the 2025 SA Power Networks State Relay Championships. To ensure you are well informed and get the most out of the day, please read **ALL** of the information provided:*

- EVENT NAME:** 2025 SA Power Networks State Relay Championships.
- EVENT DATE:** Sunday, 14 December 2025
- LOCATION:** SA Athletics Stadium
- GATES OPEN:** From 7:00am
- PROGRAM:** First events of the day commence at 8:30am. To view the full days finalised program and your age group events, [CLICK HERE](#).
- UNIFORM:** You are required to wear **FULL CENTRE UNIFORM**, including registration number and Coles age group patch. [CLICK HERE](#) to view the Uniform Regulations.
- MARSHALLING:** All athletes must marshal for **track and field events**. The Call Room (Marshalling Tents) will be located at the northern end of the arena.

Marshalling times:

- Track 20 minutes before scheduled starting time. Only complete Track teams of 4 will be permitted into the Call Room.
- Field 30 minutes before scheduled starting time.

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

EVENT SITE MAP

Event site map – Click [HERE](#)

CLUB ALLOCATION MAP

Please [CLICK HERE](#) to see the Club Allocation Map. Please Note: The area shaded in red is the Marshalling Waiting Area. We ask that you please do not sit or gather in the area unless you are waiting to Marshal before an event.

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 ensure you check-in with your Centres Team Manager when you arrive as well.

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.

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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 a modified program.

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 SA Power Networks State Relay Championships are 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 day. **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.

Volunteers are required wear one of the Green Vests that will be available at each event site, so they are easily identified. We 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!

MARCH PAST

The March Past is an opportunity for all athletes attending the State Relay's to have some fun, get dressed up, and do your biggest show/cheer/chant at your club marquee! SA Power Networks have come on board this year for the State Relay Championships and will be giving the march past a whole new look. This year's theme is all about **SLEIGH THE DAY!** 



We can't wait to see clubs bring the theme to life with all things Christmassy and decorated club zones.

There is a \$500 **Victor Sports** equipment voucher up for grabs to the centre with the best **CENTRE REPRESENTATION**. The 2nd for **BEST DRESSED** will take home a \$300 voucher and 3rd for **MOST CREATIVE** a \$200 voucher!

The March Past will be conducted at 11:20am.

**All balloons, streamers, etc. must be removed from the area following the March Past and disposed of appropriately. Little Athletics SA please ask for everyone's assistance with this and thank you in advance for your cooperation. **

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LITTLE ATHLETICS SA X BACKPACKS 4 SA KIDS – HOLIDAY TOY DRIVE AT THE SA POWER NETWORKS RELAY CHAMPIONSHIP!

This holiday season, **Little Athletics SA** is proud to be partnering with **Backpacks 4 SA Kids** to help spread joy to children and young people in need through their annual **Holiday Toy Drive**.

At this year's **SA Power Networks Relay Championship**, we're inviting all athletes, families, and supporters to come together and donate a **new, unwrapped toy** to help make the season brighter for kids across South Australia.

How you can get involved:

- **Bring a toy** to donate on the day of the Relay Championship.
- **Drop off your donation early** at the Little Athletics SA office prior to the event.
- Prefer to give online? **You can make a monetary donation here:** <https://shoutforgood.com/fundraisers/little-athletics-sa>

Every contribution — big or small — helps bring a little more joy to a child who needs it most. Let's rally together on and off the track to share the holiday spirit and make a meaningful impact.

Learn more about the wonderful work Backpacks 4 SA Kids does here: <https://backpacks4sakids.org/programs/christmas-program>

CIRCULAR RELAY RULES

1. All relay events will commence in allocated lanes which will be drawn before the event. The allocated lane will be retained by each team for that part of the event that must be run in lanes.
2. Where a change-over zone is in that part of an event being run in the inside lane, then the change-over for all teams can occur in the inside lane.
 - a. For the third change-over of the 4x200m and the second and third change-over of the Swedish medley events, the athletes will be lined up across the track in the order of the lane draw.
 - b. Once the athletes are marshalled onto the track, the waiting athletes shall maintain their order and shall not exchange positions at the beginning of the change-over zone.
3. At change-overs, the runner must not impede or interfere with other runners at any time before or after the change-over of the baton. Athletes after handing over the baton must:
 - a. when in the laned part of the event, remain in their lane until such time as it is clear and safe to leave the track
 - b. or when after the laned part of the event, leave the track quickly after ensuring it is clear and safe to do so.
4. Teams will be disqualified for causing interference to other runners during the run, or before, during and after change-overs.

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5. For all relay events, athletes must start from a stationary position wholly inside the change-over zone (i.e. not touching or beyond the lines that mark the change-over zone).
6. Note that athletes will be marshalled to a position with the start of the change-over zone 1-2m behind them.
7. The baton must be carried in the hand throughout the race and must be passed over to the next competitor within the change-over zone. The passing of the baton is complete at the moment it is in the hand of the receiving runner only. The position of the baton (not the athlete) is critical in determining whether it has been properly passed within the change-over zone.
8. If the baton is dropped during the event, the athlete who dropped the baton must recover it. The athlete may leave their lane to retrieve the baton. Provided this procedure is adopted and no other athlete is impeded, dropping the baton shall not result in disqualification. If the wrong athlete retrieves the baton, the team will only be disqualified if a material advantage is gained. (Note that it is the Track Referee who makes this decision, so the red flag must be raised by the changeover marshal.)
9. The Association will provide batons.
10. Assistance by pushing off or by any other means will lead to disqualification of the team.
11. Competitors may place one check mark on the track within their own lane using adhesive tape of maximum dimensions 5cm x 40cm. Use of chalk or similar substances is prohibited. The check mark must be removed by a member of that team at the completion of the event. Check marks may not be used for un-laned stages of relays.

RELAY TRACK MARKINGS

1. Lines are drawn to mark the change-over zone. For all changeovers in the 4x100m and 4x200m relays, these changeover zones are 30m long. For the first two changeovers in the Swedish Medley, the changeovers are 30m long, with the final change (to the 400m runner) being 20m long. The baton is to be passed within these zone lines.
2. There are no additional acceleration zones for any event.

LANE RUNNING RULES

1. All relay events will start in lanes, with parts of some events able to be completed in the inside lane.
 2. 4x100m events: All stages of these events must be run entirely in lanes.
 3. 4x200m events: The first two stages plus that part of the third stage up to the exit from the first bend (marked with cones) must be run in lanes. From then on, all runners may use the inside lane.
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4. Swedish Medley events: The first leg (100m) is run entirely in lanes, the second leg (300m) commences in lanes to the cones in the front straight with the athletes able to merge into lane one. The third leg (200m) and final leg (400m) do not use lanes. Click [HERE](#) to view the change-overs for Swedish Medley.

SHUTTLE RELAY RULES

1. All relay events will commence in allocated lanes which will be drawn before the event. The allocated lane will be retained by each team for the entire event.
2. The first runner will commence from the finish line and run towards the 100m start line. The second runner runs back towards the finish line. The third runner runs back towards the start line, with the fourth runner running back to the finish line to finish the race.
3. The incoming runner passes the baton to the outgoing runner as they pass each other. A 1m changeover zone is marked with cones either side of the track. The outgoing athlete may not pass the 1m mark without the baton.
4. If the baton is dropped during the changeover inside the 1m zone, the outgoing runner must return to their starting position with the baton and recommence their run. If the baton is dropped at any other time, the athlete who was holding the baton may pick it up and continue running.
5. Athletes must remain in their lanes for the entire race.

PRESENTATIONS

Presentations will be held as soon as possible after the completion of each event for each age group. 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 LASA tent.

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

The following measures will be in place for presentations:

- Athletes will be called over the stadium PA to head directly to the presentation tent in the middle of the field.
- Once called, athletes will collect their medal individually and make their way to the podium for photo opportunities.

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 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.

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	Relays
U8, U9, U10	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed
U11, U12	All events run entirely in lanes	All jump events & Javelin	4x100m, Laned sections of 4x200m & Medley
U13, U14, U15, U16, U17	All events except Race Walks	All jump events & Javelin	All events

6. Note that athletes competing "up" an age group must still comply with spike rules for their own age group.
7. The permitted maximum length of spike allowed for age groups and events listed in the above table are listed in the following table:

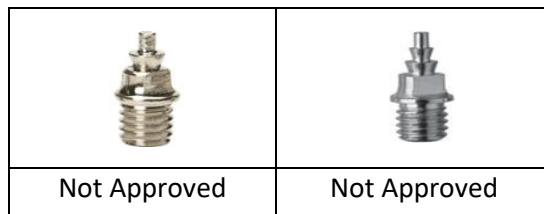
Maximum Length Allowed	7mm
Specialist High Jump/Javelin footwear with heel spikes	9mm

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



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9. 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:



10. 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.

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

RESULTS

Live results can be found at <https://live.salaa.org.au/>

PHOTOS

LASA will have photographers at this event. Parents may take their own photos and video from **outside the field of play**, subject to the LASA Photography Standard. (<https://salaa.org.au/wp-content/uploads/2024/02/Photography-Standard.pdf>). The use of professional equipment, including cameras with detachable lenses (DSLR) are not permitted at our events. Under no circumstances shall a parent volunteer take photos on the field of play.

CERTIFICATES

Results are recorded centrally and certificates issued via email to athletes following the event.

MERCHANDISE

Our merchandise partners, Palladin, will be in attendance to sell on the day merchandise. They will be located at the entrance to the stadium.

MEDAL ENGRAVING

WM Custom Engraving will be onsite to engrave your winners' medals. For as little as \$10 you can get your medal engraved with the year, age group and

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event details. You can find WM Custom Engraving next to our merchandise partner at the front gate.

FOOD

The canteen will be open for hot and cold food and drinks. The next closest food outlet is the café at Bunnings across the road or Subway and the café at the Homemaker Centre on Railway Terrace (about a 5min walk).

QUENCH BENCH

Water Fountains will be supplied by SA Water and are located at the northern end of the stadium near the tunnel and Administration marquee and also at the changerooms on the back straight.

SENSORY ROOM

The sensory room can be found next to the first aid room underneath the grandstand. To access the sensory, please head to the breezeway nearest the finish line and enter the grandstand from underneath the walkway. The sensory room will be on your left as you walk up the corridor.

HIDDEN DISABILITIES SUNFLOWER

Little Athletics SA has partnered up with Hidden Disabilities Sunflower.

The Hidden Disabilities Sunflower is a simple tool for you to voluntarily share that you have a disability or condition that may not be immediately apparent – and you may need a helping hand, understanding, or more time with doing things.

If you would like to use this tool, please head to the Little Athletics SA Administration marquee at the front gate and pick up your wrist band.

OUT OF BOUNDS AREAS

The gym equipment in the warm-up area is out of bounds, and it is not permitted for anyone to play on this equipment. No one may jump or play on the pole vault equipment in the warm-up area. Any construction areas marked with fencing/bunting are also out of bounds.

Parents and centre personnel are requested to help keep children out of these areas.