



State Relay Championships

Frequently Asked Questions

1. Centre FAQ's

Does my centre need to enter a track team before we can enter a field team?

No, you can enter either or both for each gender, per age group.

How many track teams can my centre enter per age group, per gender?

You can enter as many track teams as you can fill for each gender, per age group.

How many field teams can my centre enter per age group, per gender?

You can only enter one field team, per age group per gender.

Can an athlete participate in a track AND a field relay?

Yes, an athlete can do a maximum of three events – two track and one field, or one track and two field. Generally, an athlete should do either track or field, but this gives an option to fill teams if an athlete pulls out at the last minute. An athlete cannot participate in more than one field team.

How many events can an athlete participate in?

An athlete can partake in a maximum of three (3) events throughout the Championships – either two track and one field, or one track and two field. Note that athletes cannot do the same event more than once, e.g. cannot do the 4x100m for two different teams.

How much does it cost to enter a team?

An entry fee of \$36.00 per team is payable before the beginning of the Championships. Centre's who have not paid for their teams will be unable to participate in the Championships.

How does my centre pay for our entries?

Little Athletics SA will send you an invoice, following the close of team entries at 11:59PM Wednesday, 26 November 2025.

When does my centre need to submit our teams?

Teams must be submitted (using the Relays Team Excel Form) by no later than 11:59PM Wednesday, 26 November 2025. A copy of the excel form can be found in the email sent on the 29 October 2025 or alternatively contact cwebb@salaa.org.au to have one emailed.

When do I need to submit my athlete names?

Athlete names must be submitted (using the Relays Athlete Excel Form) by no later than 11:59PM on Monday, 8 December 2025. A copy of the excel form can be found in the email sent on the 29 October 2025 or alternatively contact cwebb@salaa.org.au to have one emailed.

Can my centre have combined teams with other centres if some of our athletes do not have a team?



Yes, if you have athletes from your centre who do not have a team, you can make combined centre teams. A copy of the excel form can be found in the email sent on the 29 October 2025 or alternatively contact cwebb@salaa.org.au to have one emailed. Submit the form to cwebb@salaa.org.au for consideration and approval.

Centre's looking to form combined teams should post to the SALAA Centres Facebook group advising the ages/genders of athletes they have available.

Can athletes move up an age group?

Yes, subject to the following (as per the Standard Rules of Competition document - <https://salaa.org.au/competition-rules-regulations/>);

LASA Rule LR7: 14 & 16

14. To fill teams, athletes may be advanced from a younger age group. U8 athletes may not be advanced to U9 teams, and U7 athletes and below cannot compete.

- a)** U9 to U12 athletes may be advanced one age group (e.g. an U9 athlete can compete in an U10 team)
- b)** U13 to U16 athletes may be advanced one or more age groups (e.g. an U13 athlete may compete in an U14, U15, U16, or U17 team)

16. To fill teams, athletes may be advanced as follows:

- a)** For the U10 to U15 age groups, athletes may be advanced from the next age group below and may compete in any jumping event (except U11 High Jump), or any throwing event where the implement weight to be thrown is the same as the athletes age group.
- b)** Specifically, athletes from the younger age group cannot compete in the following events: U11 Boys and Girls High Jump, U12 Girls Discus, U13 Girls Shot Put, U14 Girls Discus, U12 Boys Discus, U13 Boys Shot Put, U14 Boys Discus, U15 Boys Shot Put.
- c)** Note that U10 athletes competing in the U11 Long Jump event will have to take off from the 200mm board.
- d)** For the U16 age group, athletes may be advanced from the U14 and U15 age groups. U14 Boys may not compete in the Shot Put event.
- e)** For the U17 age group, athletes may be advanced from the U15 and U16 age groups. U15 Boys may not compete in the Shot Put or Discus events. Note that U16 boys competing in the U17 Shot Put and Discus events must use the U17 weight.

How does my centre substitute an athlete who needs replacing?

An athlete substitution form must be filled out and handed to the blue SALAA information tent located at the front of the stadium. A form can also be collected from this location or found in the SALAA Clubs Hub. This form must be submitted no later than 45 minutes prior to the start time of the event that requires the change.



Can we use our own baton?

No, Little Athletics SA will provide all the relay batons at the Championships.

Can we practice at the SA Athletics Stadium?

The SA Athletics Stadium is open for general training from 4:00pm – 7:30pm Mondays to Thursdays. Centres are welcome to attend a night to train, however there is a per athlete casual fee. To find out costings and arrange a date/time, please go to <https://www.orsr.sa.gov.au/places-and-spaces/our-venues/sa-athletics-stadium/sa-athletics-stadium-calendar>

The warm-up area at SA Athletics Stadium will be available for warm-up and practice during the Championships.

2. Relay Rule FAQ's

How big is the changeover zone?

For the 4x100m and 4x200m relays, the changeover zone is 30 metres long. For the medley relay, the first two changeovers are 30m long, and the final change is 20m long.

The baton must be transferred within this zone. A baton change prior to the zone starting will result in a disqualification, as would a change occurring after the 30 metre zone.

Athletes can be within or outside the changeover zone to transfer the baton, however as long as the "baton" is transferred within the zone, the changeover will be all clear.

Who picks up the baton if it is dropped?

If the baton is dropped, the athlete who dropped the baton is to pick the baton up. Typically, this will be the incoming runner. If this does not occur and a clear advantage is gained, then the team will be disqualified.

3. Athlete FAQ's

How many events can I participate in?

An athlete can participate in a maximum of three events – two track and one field or one track and two field.

How do I nominate for a team?

To nominate to be a part of a relay team, you need to contact your centre directly. They will be able to place you in a team.

What events can I participate in?

A list of events can be found on the Little Athletics SA website, where they will also contain what time the event(s) will be. Please note that times may change, depending on the amount of team entries submitted by centres.

Can I wear spikes?

For U8 to U10, no spikes may be worn in any event.



For U11 and U12 athletes, spikes may be worn for all legs of the 4x100m, the first two legs of the 4x200m and the first leg of the Swedish relay. For U13 and above, all athletes may wear spikes.

For field events, U11 and above may wear spikes for Long Jump and High Jump.