

2026 State Combined-Event Championships

Athlete and Parent Information



*Thank you for registering to take part in the 2026 State Combined-Event Championships. To ensure you are well informed and get the most out of the day, please read **ALL** of the information provided:*

- Event Name:** 2026 State Combined-Event Championships.
- Event Date:** Saturday, 21 & Sunday, 22 February 2026
- Location:** SA Athletics Stadium - 145 Railway Terrace, Mile End.
- Program:** Click [HERE](#).
- Track Map:** Click [HERE](#).
- Marshalling:** All athletes must marshal for their events at the Call Room. Call room is located at the Change Rooms at the Warm-Up track behind the back straight of the main arena.

Marshalling times:

- Track 15 minutes before scheduled starting time.
- Field 30 minutes before scheduled starting time.

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

COMBINED-EVENTS

In a Combined Event competition, athletes compete in a set number of events for their age group. Athletes score points in each event based on their performances.

Athletes must compete in each event to be eligible for a placing and medals in the Combined Event Championships. Medals are only awarded for the final aggregate point scores – there are no medals for the individual events.

Athletes withdrawing from the competition are requested to notify the Information marquee prior to leaving the venue.

ARRIVAL AT STADIUM

- Arrive at least **one hour before** your first event.
- Parking is available:
 - In front of the stadium
 - At the Netball SA carpark (across Sir Donald Bradman Drive, with access via the underpass).

Please note:

- Check the **Netball SA calendar** for events that may impact parking.

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- Parking inspectors patrol regularly – **fines apply for non-compliance.**
- Parking in the **Bunnings carpark also has restrictions.**
- The next closest parking is at the **Homemaker Centre** on Railway TCE.

SEATING

Athletes and spectators are free to choose their seating at this event. Centres and clubs are welcome to arrive early and set up in their preferred location.

Please note that the area **in front of the lift doors in the grandstand** is **reserved for wheelchair users.**

HOT WEATHER

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 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

- The success of this event relies on volunteers and parent assistance.
- **Each Little Athletics centre has allocated time slots across the weekend – please check with your centre coordinator for your rostered duties.**
- Volunteers will be provided with a green vest for identification.
- Please bring sun protection, a water bottle, and wear enclosed shoes (thongs and sandals are not permitted on the field of play).

On behalf of Little Athletics SA staff and officials – thank you for your support!

PRESENTATIONS

Presentations will be held as soon as possible after the last event for each age group concludes. 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 located just past the finish line on the outside of the running track. Athletes should report to the Medal Presentation Area as soon as possible after being called over the PA.

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

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

UNIFORM

Correct centre uniform is required for all competitions. Uniform tops must have your current registration number, and 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 Race Walking events or 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. For Race Walking events, only approved uniform shorts may be worn and they must be above the knee unless an exemption has been approved by the Competitions Director. This needs to be done prior to competition. 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 manufacturer's logo.

[CLICK HERE](#) to view the full uniform regulations.

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:

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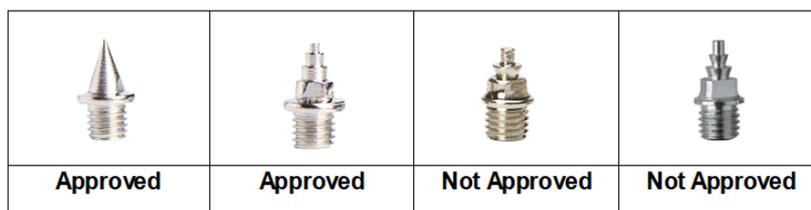


Age Groups	Track Events	Field Events
TT, U6, U7, U8, U9, U10	No spike shoes allowed	No spike shoes allowed
U11, U12	All events run entirely in lanes	All jump events & Javelin
U13, U14, U15, U16, U17	All events except Race Walks	All jump events & Javelin

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".



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 competitions 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.

FIELD EVENTS

Athletes will have three trials for all field events, except for the high jump. The following conditions apply for the high jump.

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- i. For High Jump, a bar height of one metre will be used as the benchmark height to determine the 3cm intervals.
- ii. Athletes may continue jumping until they have had three consecutive failures or elect to stop jumping.

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://salaa.org.au/wp-content/uploads/2026/01/Track-Running.pdf>

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 & CERTIFICATES

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

Official results for this competition will be published on the Little Athletics SA website at www.salaa.org.au/results/ within 3 days of the competition concluding. In addition, results will also become accessible through Results HQ, within one week of the competition.

Certificates will be emailed directly to athletes following the event.

PHOTOGRAPHY

We will have our volunteer photographers at this event. Parents may take photos/video from outside the field of play, in line with the SALAA Photography Standard. [SALAA Photography Policy](#)

A link to access photos will be sent via email to all registered participants post event.

FOOD

The canteen will be open all day in the grandstand and will have a variety of food, drinks and snacks available.

QUENCH BENCH

A Quench Bench will be supplied by SA Water and are located at the northern end of the stadium near the tunnel and Administration marquee. There are also water fountains at the sheds and 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

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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.