

## 2026 State Challenge

# Athlete and Parent Information



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

**Competition Name:** 2026 State Challenge.

**Competition Date:** Sunday, 29 March 2026

**Location:** SA Athletics Stadium - 145 Railway Terrace, Mile End SA 5031.

**Program:** To view the finalised program, please click [HERE](#). Please ensure you read this as there have been some changes made from the draft program.

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

**Marshalling:** All athletes **must** marshal for their events at the **Call Room**.  
**Note that for this competition the Call Room is in the Change Rooms in the warm-up area.**

Marshalling times are:

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

**Failure to marshal through the Call Room can result in a yellow card or disqualification from the event.**

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

**Event Map:** Go to our [website](#) to see where the Call Room and your events will be located at the stadium.

### 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. Parking can be found at the Netball Stadium next door, at the Home Maker Centre on Richmond Road or in the

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surrounding side streets. Please be mindful if parking in the Bunnings carpark that it is now limited to 2hrs parking and parking fines may be given to those not adhering to the parking conditions.

### HOT WEATHER PROGRAM

If the temperature forecast by the Bureau of Meteorology ([www.bom.gov.au](http://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

Volunteers and parent assistance are a fundamental part of any Little Athletics centre meets. The State Individual 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 weekend. **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.

For those volunteering, our officials will provide you with a 'green vest' to wear while you are out on the track/field. It is also 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.

**Please note:** Volunteers are requested to arrive at their allocated site 15 minutes before the scheduled start time of their event to receive instructions from the chief official.

On behalf of Little Athletics SA staff and our Officials, your help and support are greatly appreciated!

### RULES OF COMPETITION

The State Challenge Championships are conducted to the Little Athletics Australia *Standard Rules of Competition* and the Little Athletics SA *Competition Regulations 2025/26* as published on [salaa.org.au](http://salaa.org.au). These rules are based on the *World Athletics Competition and Technical Rules 2025 Edition*.

### 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***

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**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. Please ensure your child/athlete has warmed up prior to the field event as they will not have time to warm up in between field and track events if there is a clash.

A Team Manager or parent can also check in for you at marshalling if you are at another event when you are due to marshal.

NOTE: Events always take precedence over medal presentations.

### CONDUCT OF EVENTS

All track events are conducted as timed finals, where the three athletes with the best performances over all heats will be presented with the gold, silver and bronze medals. If there is a tie on times for placings, times will be read to the 1/1000<sup>th</sup> second on the photo finish image to determine places. If the tie remains equal medals will be presented.

For field events (other than high jump) all athletes will have three attempts, with their best performance determining their place in the competition. Where an event is split into multiple groups, the best three results across all groups will determine the placings for the medals. Note that a countback as per World Athletics Rule TR25.22 will be used in the case of equal placings.

For the high jump, the bar will start at a pre-determined height and be raised in 5cm increments until 6 athletes remain, then 3cm until 3 athletes remain, and then 2cm until the conclusion of the competition. Where more than one group is in use, the group which starts with the lower start height will follow the height progressions of the group that started at the higher height. The best three results across all groups will determine the placings for the medals. In the case of equal performances, a countback as per World Athletics rule TR26.8 will be conducted to determine placings.

### PRESENTATIONS

Presentations will be held as soon as possible after each event 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 on the Field just past the podiums. 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.

### UNIFORM

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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 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.

Failure to wear correct uniform may result in a yellow card being shown or disqualification from the event.

### 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
U9, U10	No spike shoes allowed	No spike shoes allowed

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U11, U12	All events run entirely in lanes	All jump events & Javelin
U13	All events	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:

<b>Maximum Length Allowed</b>	7mm
<b>Specialist High Jump/Javelin footwear with heel spikes</b>	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.

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.

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## 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.

## 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>

## LONG JUMP BOARDS

Under 9 and Under 10 age groups will use the 50cm take-off mat, with the foul line set 50cm from the edge of the pit.

Under 11 to Under 17 age groups will use the fixed boards positioned 2m from the edge of the pit.

## YELLOW AND RED CARDS

A Referee may show an athlete a yellow or red card. This would be for a breach of a technical rule, such as failing to go to the Call Room at the required time or wearing incorrect uniform. In some cases, a yellow card may be shown for disciplinary reasons.

A yellow card stays with the athlete throughout the competition. If they receive a second yellow card, this then becomes a red card, and the athlete will be disqualified and unable to compete in any events for the remainder of the competition.

In rare circumstances, a red card may be shown immediately in cases of extreme disciplinary issues.

## PROTESTS AND APPEALS

Protests concerning the result or conduct of an event may be lodged at this competition in the first instance to the relevant event referee. Please approach the Administration marquee at the front of the stadium to facilitate protesting to the Referee. There is a \$50 fee for lodging a protest.

An appeal to the Jury may only be made by a nominated Centre team manager. Appeals must be lodged on the required form which can be obtained from the Administration marquee.

## FIRST AID

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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 & START LISTS

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/](http://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.

### PHOTOGRAPHERS

There will be no official photographers at this event. Parents may take their own photos and video from outside the field of play, subject to the SALAA Photography Standard (<https://salaa.org.au/wp-content/uploads/2024/02/Photography-Standard.pdf>).

### MERCHANDISE

Our partners **Paladin** will be in attendance on the day of competition. They will be located at the entrance to the stadium next to the LASA Administration marquee. Event merchandise will be made available for purchase on the day. Pre-orders are not available.

### CERTIFICATES

Results are recorded centrally and issued to centres following the competition. Little Athletics SA supply each centre with electronic competition certificates to send to their members who participated on the day. The certificates will be distributed at the centres discretion.

### FOOD

The canteen will be open all day in the grandstand and will have a variety of food, drinks and snacks available. Alternatively, the Homemaker Centre on Railway Terrace has a café and Subway. Bunnings BBQ may also be running across the road.

### QUENCH BENCH

Quench Bench will be supplied by SA Water and is located at the northern end of the stadium near the tunnel and Administration marquee.

**STAY HYDRATED  
WHEREVER YOU ARE**

**BYOB**

TAP WATER. A BETTER HABIT

Remember to bring your own re-usable bottle to refill at the event or download the BYOB app to search for nearby fountains wherever you go.



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### 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. All children **MUST** be supervised in the sensory room. Any children caught in the Sensory room without supervision will be asked to leave.

### 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.