

# WINTER TRACK & FIELD CHALLENGE

## COMPETITION INFORMATION



### DATE

Sunday, 26 July 2026 – 3pm

### START TIME

3.00pm start (final program will be released on the website post close of entries)

### VENUE

SA Athletics Stadium, Mile End

### ENTRY FEE

\$25 per athlete per meet. Strictly **no late entries** or entries on the day. Non-members \$35.

### EVENTS

Athletes will compete in all 4 events for maximum points. Age groups will go through a rotation of events for the following age groups.

- U8 – 100m, 400m, Long Jump, Discus
- U9 – 100m, 400m, Long Jump, Shot Put
- U10 – 100m, 400m, Long Jump, Discus
- U11 – 100m, 400m, Long Jump, Shot Put
- U12 – 100m, 400m, Long Jump, Discus
- U13 – 100m, 400m, Long Jump, Shot Put
- U14 – 100m, 200m, Long Jump, Discus
- U15 to U17 – 100m, 400m, Long Jump, Shot Put

### COMPETITION RULES

- All events will be conducted as per Little Athletics SA (LASA) Rules of Competition
- Athletes must compete in their centre **uniform** with all patches attached as per the Rules of Competition. However, as it is winter, athletes may compete with a long sleeve shirt under their centre top and may wear long pants. Non-members to wear all black.
- Non-members are welcome. Non-members can enter using the manual entry. Email [events@salaa.org.au](mailto:events@salaa.org.au) to receive a manual form.
- There will be no **call room** (marshalling) procedures. Age groups will rotate through each event. Chaperones (Age Group Managers) will remain with age groups and move them between each event.

- Chaperones (Age Groups Managers) – we will be taking expression of interest from parents to be appointed chaperone for age groups. Chaperones will be responsible for moving athletes in their group between events. They will also be asked to assist at each event site. This may involve recording, measuring or collecting implements. We will require 2-3 chaperones per age group. A chief official will be located at each event site to oversee the running of the event and to act as the main judge.
- All events will be conducted in **age groups** as follows:
  - U8 (born 2018)
  - U9 (born in 2017)
  - U10 (born in 2016)
  - U11 (born in 2015)
  - U12 (born in 2014)
  - U13 (born in 2013)
  - U14 (born in 2012)
  - U15 (born in 2011)
  - U16 (born in 2010)
  - U17 (born in 2009)
- Age groups and genders may be combined.
- Athletes will be seeded into track races using the athlete’s best performance from the 2025/26 summer season. Non-members who do not have a season best performance for the 2025/26 season will be seeded into the slowest heat in track events.
- **Multi Class** athletes will compete with able bodied however will be scored using the MC Baselines and score points accordingly. They will be added to their centre’s points.
- **Lane draws** will be random.
- All field events will have **3 trials**.

### CHAPERONES (AGE GROUP MANAGERS)

We will be taking expression of interest from parents during the entry process to be appointed a chaperone for athletes. Chaperones will be responsible for moving athletes in their group between events. They will also be asked to assist at each event site. This may involve recording, measuring or collecting implements. We will require 2-3 chaperones per age group. A chief official will be located at each event site to oversee the running of the event and to act as the main judge.

### AGE GROUP CHAMPIONS

The individual age group champions will be based on points accrued by athletes participating in each event. Points are scored as follows.

1 <sup>st</sup> – 8 points	5 <sup>th</sup> – 3 points
2 <sup>nd</sup> – 6 points	6 <sup>th</sup> – 2 points
3 <sup>rd</sup> – 5 points	All others – 1 point
4 <sup>th</sup> – 4 points	

Note:- Non-members are eligible for Age Group Champion. Did not finish (DNF); No Distance; & DSQ will be awarded 1pt for starting.

## CHAMPION CENTRE

The Champion Centre will be awarded to the centre with the highest athlete overall average point score, provided a minimum of 5 athletes participate from the centre at each meet. 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 all three meets.

Note:- Non-members will not contribute. Did not finish (DNF); No Distance; & DSQ will be awarded 1pt for starting.

## COUNTBACK

If at the end of the series there is a tie, a countback will be used to determine places. Where there is a tie for points at the end of the series, the athlete or centre with the highest number of first places across the series will be given the higher rank. If the tie remains, it will be determined on the highest number of second places and so forth.

## PRESENTATION

Presentations will take place at the conclusion of the competition.

## 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
U8, U9, U10	No spike shoes allowed	No spike shoes allowed
U11, U12	All events run entirely in lanes	All jump events & Javelin
U13-U17	All events	All jump events & Javelin

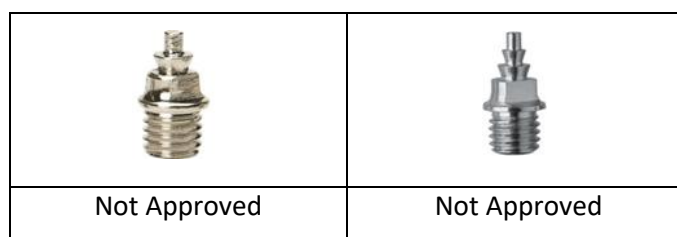
6. The permitted maximum length of spike allowed for age groups and events listed in the above table are listed in the following table:

<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.

## 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.

## **LONG JUMP BOARDS**

Under 8, 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.

## **PROTESTS AND APPEALS**

Protests will not be accepted at this event.