LITTLE ATHLETICS SA
INVITATIONAL MEET

EVENT DETAILS
U11 to U13 Invitational Meet
Sunday, 15 November 2026
SA Athletics Stadium
Program (first event 10am)
Stadium Map

CALL ROOM
Call room is located in the changerooms behind the ack straight near the warm-up track.

Athletes must report to the call room no later than the times indicated below.

- Track – 15 minutes
- Field Events – 25 minutes

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 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.

CANTEEN
The canteen will be open from 10am to 2:30pm. They will have food and refreshments available including fresh food, snacks and cold drinks. Hot chips will be served from 10am to 1pm only.

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 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 athletes will be fully refunded.

UNIFORM
Correct club uniform is required for all competitions. Uniform tops must have your current registration number & 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 club uniform. Undergarment bottoms (leggings or bike shorts) must be the same colour as the approved club shorts or black. Undergarment tops (long sleeve or t-shirts) must be the same base colour as the approved club top or black or white.

Athletes may wear leggings of any length as an outer garment except in 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. See the Rules of Competition on the LASA 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 manufacturers logo.

ARRIVAL AT STADIUM & PARKING

Athletes and families should aim to arrive at the stadium at least 1 hour before the scheduled starting time of their first event. 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.

PARENT ASSISTANCE

Volunteers and parent assistance are a fundamental part of any Little Athletics centre meets. The Invitational Meet is no different and relies heavily on volunteers and parent assistance to operate.

If you do assist at this meet it is 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!

RULES OF COMPETITION

The Invitational Meet is conducted to the Little Athletics Australia *Standard Rules of Competition* and the Little Athletics SA *Competition Regulations 2026/27* as published on salaa.org.au. These rules are based on the *World Athletics Competition and Technical Rules 2023 Edition and WPA Technical Rules 2023.*

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.

FOOTWEAR AND SPIKES

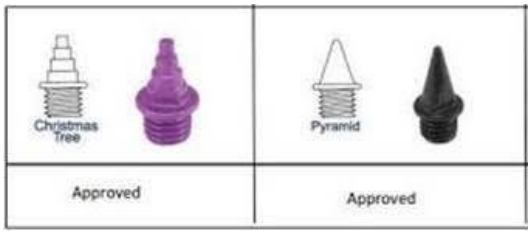
1. Footwear is compulsory for **ALL** athletes in **ALL** events.
2. All shoes must be a running style shoe. A running style shoe is one that encloses the foot and is fastened with laces and/or Velcro.
3. The wearing of footwear with blades or cleats constructed of hard plastic **WILL NOT BE PERMITTED**.
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
LASA Members U11 & U12	All events run entirely in lanes	All jump events
LASA Members U13	All events	All jump events

6. LASA will be inviting School Sport SA State Team members to compete. Those athletes will have an exemption and allowed to compete in all events, except shot and discus, in the allowed spikes.
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 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". These look like the following images:

Not Approved	Not Approved

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.

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

HIGH JUMP START HEIGHTS

U11 Girls – 1.05m	U11 Boys – 1.15m
U12 Girls – 1.10m	U11 Boys – 1.20m
U13 Girls – 1.20m	U13 Boys – 1.30m

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 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.

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

CONDUCT OF EVENTS

All track events will be run as timed finals. There will be no progression from heat to final.

All field events, except for High Jump, will have three (3) trials with the top 8 having a further one (1) trial in reverse order.

PROTESTS AND APPEALS

As this is not a Championship event and no awards are presented, protests and appeals concerning the result or conduct of an event will not be accepted.

COACHING AREAS

Each field event site has a designated coaching zone which is marked with cones. Coaches (or parents acting as coaches) must remain within this zone and outside the fence. Athletes may go to the coaching zone to talk to their coach. Officials will indicate the coaching zone to all athletes at the commencement of the event.

Athletes going to areas other than the designated coaching zone or receiving items over the fence are liable to a warning or disqualification by 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.

BEACH VOLLEYBALL AND POLE VAULT EQUIPMENT

The Beach Volleyball and Pole Vault training equipment that is located at the back of the track by the warm-up track is strictly out of bounds. Persons are not permitted to use the Pole Vault training equipment. Persons caught on this equipment may be removed from the premises.