



SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION INC.

RECREATIONAL ATHLETICS “REC ATHS” MEMBERSHIP INFORMATION



Background

Little Athletics SA, in partnership with Athletics SA, are excited to provide an offering for individuals that are over the age of 17 that want to or still wish to be involved in athletics at a local level. This offering is called Recreational Athletics 'Rec Aths'!

Rec Aths is a participation entry point for members to take part in friendly competition and/or training at Little Athletics SA centres. The membership entitles members to participate in centres athletics training sessions and/or competition meets to test their ability and aim to achieve personal best results!

Membership & Registration

Rec Aths members can register with Little Athletics SA and Athletics SA for **just \$30.00, with an additional centre fee amount** at the discretion of the centre. Registrations will be taken through the Little Athletics SA registration system.

The membership provides:

- A 12-month affiliation to a nominated Little Athletics SA centre from 1st August to July 31st.
- The opportunity to compete and/or train weekly during the Track and Field season.
- The opportunity to compete and/or train weekly during the Cross Country and Race Walking season.
- Membership to Athletics SA as a Basic Member.
- An Athletics SA bib number.
- Insurance.

NOTE: Rec Aths members are unable to compete at Little Athletics SA State Events.

Eligibility

This membership is only available to individuals not currently eligible to register for a Little Athletics SA centre, due to being over age limits.

Uniform

Rec Aths members should wear a centre t-shirt or singlet when competing, or a t-shirt or singlet that has similar centre colours.

A registration number bib will be provided and must be worn if competing at a centres competition meet for results to be recorded. Members will be sent an Athletics SA registration bib number by post once registered.

Please note the following:

- The registration number bib does not need to be worn for trainings.
- Age group patches and other sponsors patches are not required.
- Shorts/bottoms should be either the same colour as the centre shorts, black shorts or leggings.
- Closed in shoes are required for all events.
- Spikes may be worn in all track events, jumping events and javelin.

Insurance

Membership for all Rec Aths members includes Premium Insurance with V Insurance. The age limits of this insurance are from 17 to 90 years of age.

Code of Behaviour

All Rec Aths members must abide by the Little Athletics SA and Athletics SA Code of Conduct policies, and Member Protection policies.

Little Athletics Centre Meets and Results

Rec Aths members can participate in any athletics events, for fun and personal best results as part of the existing Little Athletics weekly centre meet program.

Events, weight implements, and specifications can be at the discretion of the individual, with approval from the centre. It is recommended though that Rec Aths members use the same events and equipment specifications as the U17 age group for men and women.

There will be no formal program structure implemented at centre meets for Rec Aths.

Results can be recorded, but must be recorded manually as Rec Aths members cannot be entered on the Timing Solutions Results HQ due to age eligibility. Individuals can keep a record of their own results each week, and a centre can choose to maintain records if desired.

Recommended Events & Equipment Specifications for Little Athletics Centre Meets

It is recommended for Rec Aths members that the events and equipment specifications used are the **same as the U17 age group** for men and women. The events and equipment specification recommended are as follows:

	Women	Men
100m	✓	✓
200m	✓	✓
400m	✓	✓
800m	✓	✓
1500m	✓	✓
90m Hurdles	✓	
100m Hurdles		✓
300m Hurdles	✓	✓
1500m Walk	✓	✓
Long Jump	✓	✓
Triple Jump	✓	✓
High Jump	✓	✓
Shot Put	3kg	5kg
Discus	1kg	1.5kg
Javelin	500g	700g
4x100m Relay	✓	✓
4x200m Relay	✓	✓

Please understand that the above is only recommended and that the events, weight implements, and specifications can be at the discretion of the individual, with approval from the centre. Rec Aths members may compete over a lesser distance in a track event, use a lower hurdle height, or use a lesser weight in a field event if desired.

NOTE: If any Rec Aths members want to participate in an event not offered or use heavier implements than the current U17's specifications, it must comply with the Athletics Australia's standards: <https://www.athletics.com.au/info-hub/rules-technical-information/>. In addition, it can only be offered at the centre if:

1. The centre has the appropriate equipment required, and it is also in safe and working order.
2. The centre has the available facilities.
3. The event or heavier implement has been discussed with the centre and has been approved.

If a centre is unable to accommodate the different events or equipment specifications, it is recommended to register to compete at Athletics SA competitions where these events and

equipment specifications are offered. Additional fees for an Athletics SA club membership and for Athletics SA events will apply.

Athletics SA Membership Hub: <http://www.athleticssa.com.au/MembershipHub>

Athletics SA Events: [http://www.athleticssa.com.au/SummerComp /](http://www.athleticssa.com.au/SummerComp/)

<http://www.athleticssa.com.au/WinterHub>