



2018

**Little Athletics WA
&
Athletics WA**

**State
Track & Field
Relay Championships
EVENT INFORMATION**

Saturday 1 December 2018

10:00am - 7:00pm

WA Athletics Stadium



2018 - 2019 Relay Rules of Competition

The rules pertaining to the State Track and Field Relay Championships can be found below, but also please take note of the rule change in regard to the changeover zone which occurred in 2017.

CHAPTER 8: LAWA EVENT SPECIFIC RULES

RULE 801 GENERAL

Ties and Medals

1. For any Competition at Rule 1, where a tie exists for the top three place getters in track, a dual medal will be awarded for the gold, silver or bronze position as determined by the circumstances.
2. For any Competition at Rule 1, where a tie exists for the to three place getters in field events, a countback will be conducted. A countback is determined by the next best performance. Where places can't be separated following countback, dual medals will be awarded.
3. Where dual gold medals are awarded, the next medal to be awarded is a bronze as follows:
Gold - A. Alpha 10.2
Gold - B. Bravo 10.2
Bronze - C. Charlie 10.3
4. Where dual silver medals are awarded, the next place getter is fourth.
5. Where dual bronze medals are awarded, the next getter is fifth.

Call Room

6. Athletes / Teams are required to report to the Call Room prior to the scheduled start time for each event as follows:
Track events - 20 minutes prior
Field Events - 35 minutes prior
7. Where a team / athlete fails to report to the call room prior to the last athlete crossing the call room departure line, then the athlete / team shall not be permitted to join the event.
8. For track relays, all team members competing are required to report to the call room together.
9. For field events (including field relays), individual athletes are required to report to the call room for each event. Where a clash arises, refer to Rule 142.

10. No calls will be made during the event. Calls will only begin if the program falls behind or changes need to be made to the program.

11. Athlete entry to the call room may not be before the scheduled time due to the large number of events progressing through.

12. The Call Room Referee shall apply their discretion when permitting the inclusion of late athletes to an event. In general, inclusion of late athletes will only be permitted in exceptional circumstances (such as a medical emergency - where by a Medical Certificate by the approved appointed Medical Official is provided). Where this occurs the Call Room Referee shall complete and sign an 'Athlete Late Arrival Notice', citing the reasons for allowing the athlete to compete. The athlete, and the signed notice, are to be taken to the event site and handed to the site Chief Judge. The 'Athlete Late Arrival Notice' shall be submitted with the event results.

Personal Items in Call Room

13. The Call Room Judges shall ensure that athletes are wearing the correct uniform including bibs, spikes and sponsor badges etc prior to proceeding to the event.

14. The Call Room Judges shall permit athletes to take items to site including athlete bags, towels, clothing, shoes (not including shoes exceeding spike sizes for that event), water bottles, drinks, snacks and other items required for the conduct of the event (eg high jump athletes may take tape to mark their run up).

15. Where markers for run ups are supplied by the Organising Committee, personal markers shall not be used on site.

16. Items not permitted on site include mobile phones, music devices or other similar devices, these are to remain in your bag and are not to be taken out during the competition.

Private Implements

17. Due to the requirement to measure and certify equipment prior to competition, personal implements may only be used if they have been certified by the LAWA Technical Manager prior to the commencement of competition. Certification may only be conducted by prior arrangement with the Technical Manager in advance. There is no guarantee of implement certification being achieved due to increasing demands on the volunteer organisation.

18. Where an implement has been certified in advance by the LAWA Technical Manager, the implement shall remain in their care prior to the event and shall be stored alongside Association equipment.

19. Where an implement has been certified for use, it shall be made available for use by all athletes throughout the duration of the event together with other certified Association equipment.

20. Use of personal implements at State Competition shall be at the athlete's risk. No liability for the security of, or damage to personal implements shall be assumed by the Association.

21. Personal implements may be collected at the completion of the event, at the convenience of the LAWA Technical Manager.

Officiating Requirements

22. A roster system for officiating duties shall be allocated by the Organising Committee and managed by individual Centres through their nominated Team Manager.

23. Officials are to sign in at the Technical Information Centre (TIC) and proceed to the relevant site at least 30 minutes prior to the scheduled start of the event. The location of the TIC will be advertised prior to the event date and will be signposted on the day. Once on site, officials are to report to the relevant Chief Judge.

Competition Area

24. Site officials will define the permitted 'area of competition' for athletes. Athletes shall not leave this area during the competition without the permission of the Chief Judge.

Event Coaching

25. A marked coaching area will be allocated at each field site. Coaches may only directly coach athletes from within the defined area.

Field Results

25. On completion of each field event, results are to be immediately taken to the results room for verification.

Postponement or Cancellation of Events or Competition

27. The Competition Director, Meeting Manager & Referees shall consult with the LAWA Event Directors (Competition & Development Officer and the Sport Development Manager) as outlined in the LAA Severe Weather Policy to agree and decide if the remainder of the program yet to be conducted shall be postponed, cancelled or relocated due to conditions impacting the safety of athletes and/or Officials at risk.

28. Events effecting Team Selections (E.g. U13 Australian Teams Championship/U15 Multi Event Team Championships) are to be prioritised where specific events, or the program is postponed.

29. The Organising Committee will decide whether events not conducted on the day shall be conducted at a future date, or cancelled for that year.

30. In the event of the program being abandoned for the day, all events completed, including track events where finalists have been selected, will stand.

31. If a field event, except High Jump, is not restarted, and all athletes have completed at least half the number of rounds allowed (i.e. 2 out of 4), then that event will be deemed to have been finished and final results will be determined based on performances on the completed rounds.

32. In High Jump where there are four or less athletes remaining in the event when it is stopped, the event will be deemed to have been finished and results based on performances recorded after the last completed round.

33. In High Jump where the number of remaining athletes exceeds four and the event is restarted then only those athletes who have not been eliminated from further jumping will be eligible to continue in the event. The event restart will have the bar set one increment above the height set for the last full round of jumps completed before the event was stopped. A full round is one which includes an athlete passing their turn by choice.

34. If a field event, except High Jump as determined above, is restarted, athletes are eligible to complete the event in accordance with the Competition Rules of LAWA

RULE 802 STATE TRACK AND FIELD RELAY CHAMPIONSHIPS

General

1. The Organising Committee will advise the event date and team nomination closing dates in advance.

2. Team nominations are to be accompanied by the team nomination fee. Nomination fees will be advised in advance and reviewed annually.

Eligibility

3. To be eligible for State Track and Field Relay Championships, athletes must have met the eligibility requirements at Rule 21.

4. Each Centre is responsible for submission of nominations.

5. Centre Team Selection policies and procedures are the responsibility of each Centre.

Nominations

6. Centres may nominate a team for either the track relay, field relay, or both subject to age group requirements.

7. Each team entry is to be accompanied by a separate nomination fee. Nomination for each track relay event per age group (4 x 100m, 4 x 200m or 4 x 400m) will constitute a separate team for purposes of nominations.

8. An athlete may participate in either the track relay, or field relay events, but not both.

9. Each Centre may enter only one team, per gender, per event.

10. U17 events may be a combined age group of U16 & U17 athletes of the same gender, and will compete in the U17 age group.

11. Where a centre has insufficient nominations for a team in the Under 16 or Under 17 age groups, centres may combine male and female athletes together to submit a team. They will compete as a mixed U17 team. Any mixed teams will compete in their own event and will not compete against same sex teams. Separate medals and state records will apply for this event. The make up of the team is at the discretion of the centre. Athletes participating in mixed event cannot participate in either the male or female Under 17 relays.

Note: Mixed relay races are only for the Under 16 & 17 age group and will not be allowed for any other age groups.

12. Where a Centre has insufficient nominations for a team in an age group, they may nominate younger athletes to make up a team. Where an 'out of age group' athlete is required, the request must be submitted to the Organising Committee, via LAWA Office on a 'State Relay Age Promotion Application Form' for approval, at least 5 working days prior to nomination closing date.

13. Where Centres have insufficient athletes to nominate teams, they may request, in writing to the Organising Committee, via LAWA Office, to combine with athletes from other Centres of the same age group eg two or more Country Centres may combine athletes of the same age group to nominate a mixed Centre relay team.

14. NO late nominations will be accepted.

Track Relays

15. Athletes in the U8 to U17 age groups may participate as follows:

a. U8-U15, U17 & U17 Mixed: 4 x 100m relay (heats and finals)

b. U8-U10: 4 x 200m relay (timed finals only)

c. U11-U15, U17 & U17 Mixed: 4 x 400m relay (timed finals only)

16. Teams shall be seeded by using the season best times as recorded in Timing Solutions, using the four fastest times, regardless of team composition.

17. Progression for teams from heats to finals shall be in accordance with Rule 166.

18. Check markers as per Rule 170 may be used and will be supplied by LAWA. Check markers may only be placed on the track within the team's own lane.

19. Following the nomination closing date, if there are only sufficient nominations for one heat, the event will become a straight final and will be run at final time. Centres will be advised prior to the scheduled relay date if this is the case, and they will be responsible for informing athletes concerned.

20. On competition day, if insufficient teams for more than one heat report to the Call room prior to proceeding to the event, then the heat will become a straight final and will be run at the scheduled heat time.

21. Up to five athletes may be nominated, per event for track events. The five athletes constitute a team allowing the flexibility of four competitors and a reserve, if required. The management of all athletes, including the reserve where applicable, is the responsibility of each Centre.

22. In the event that a race may be required to be re-run, only athletes that competed in the original race, shall take part in the re-run. Where this is not possible (eg injury), agreement from the Chief Track Referee must be obtained on an 'Athlete Substitution Form', indicating reasons for non-availability. Failure to adhere to this rule may result in team disqualification.

23. Where all teams are not required to participate in a re-run, they won't be. Any re-run shall be conducted at the discretion of the Competition Director and Chief Track Referee and shall be conducted in the lane/s originally allocated.

Note: Only teams required to re-run shall do so. Therefore, it is possible that a single individual team MAY be required to qualify in a re-run race.

Note: Due to program time constraints, a re-run shall be conducted at a time determined by the Competition Director and Chief Track Referee and will not allow the equivalent recovery time for teams not participating in a re-run.

24. Where a track team finishes in first, second or third position overall, all nominated team members (up to five), shall be eligible to be awarded medals.

Note: Times across all heats will be compared to determine overall place getters.

Batons

25. Batons with a diameter of 32mm (+/- 2mm) shall be used by athletes up to and including U12.

26. Batons with a diameter of 38mm (+/- 2mm) shall be used by athletes U13 and above.

U8, U9, U10 Track Relay Rule Modifications

27. Athletes running the second, third and fourth relay legs shall be placed inside the takeover zone by the officials at the commencement of the race.

Note: Athletes are not required to commence from this position.

28. The baton should be passed within the takeover zone, however no disqualification shall occur if the baton is passed outside the takeover zone.

Note: The spirit of the rule is to enable younger athletes to learn the art of baton passing without the pressure of disqualification. Abuse of the spirit of the rule may result in disqualification.

Field Relays

29. Athletes in the U10 to U17 age groups may participate as follows:

- U10 Girls & Boys - Discus, Shot, Long Jump, Javelin
- U11 Girls & Boys - Discus, Shot, Long Jump, Triple Jump
- U12 Girls & Boys - Discus, Shot, Long Jump, Triple Jump
- U13 Girls - Shot, Javelin, Long Jump, Triple Jump
- U13 Boys - Discus, Shot, Long Jump, Triple Jump
- U14 Girls & Boys - Shot, Javelin, Long Jump, Triple Jump
- U15 Girls & Boys - Shot, Javelin, Long Jump, Triple Jump
- U17 Girl - Shot, Javelin, Long Jump, Triple Jump
- U17 Boys & U17 Mixed - Shot, Discus, Long Jump, Triple Jump

30. Each team shall comprise of a minimum of 2, and maximum of 4, athletes from the same age group and gender.

31. Athletes shall not compete in more than 2 events within their age group field relay.

32. Only one member per team shall contest each individual event.

33. Four events will be contested and each team must compete in all four events to be eligible for awards.

34. The management of the team allows flexibility for Centres to include a reserve, if required. The management of all athletes, including the reserve where applicable, is the responsibility of each Centre.

35. Only three trials per field event shall be conducted.
36. Points shall be awarded for each event and combined within the team to achieve an overall points score. The points allocation is not linked to positions within each individual event, but is based upon performance i.e. The closer the distance achieved is to the record mark, the more points are accumulated.
37. Substitutions of nominated athletes may only be conducted from existing team members and shall be submitted to the Chief Field Referee on an 'Athlete Substitution Form' prior to event commencement. Failure to adhere to this rule may result in team disqualification.
38. U17 equipment specifications shall apply to the combined U16/U17 age group.
39. Athletes competing in events in which they are not entered, or where the Athlete Substitution Form has not been submitted, shall be disqualified.

Recording and Awards

40. Medals will be presented to the first three team place getters. No individual medals are awarded.
41. Presentations will occur on completion of the team event.
42. Centre points will be awarded to teams competing in finals (including timed finals). Each Centre will accumulate points towards the perpetual trophies.
43. Perpetual Trophies will be awarded to the Centre with the most points for the following:
- Girls Track Relay Award
 - Boys Track Relay Award
 - Overall Track Relay Award
 - Field Relay Award

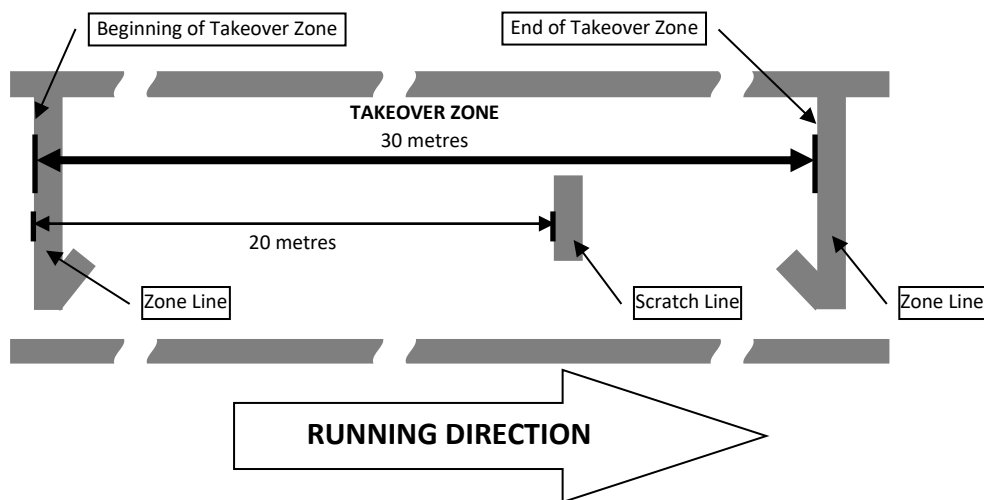
Records

44. If a record is achieved by an individual in the field relays, officials are to correctly complete the required paperwork and advise the Results and recording room immediately.
45. If a record is achieved by a team in the field relays, the record will be ratified following event completion.
46. If a record is achieved by a team in the track relays, officials are to correctly complete the required paperwork and advise the Results and recording room immediately.
47. All records will be pending until formally ratified.

NEW RELAY CHANGEOVER RULE IMPLEMENTED IN 2017

Takeover Zone

1. In the 4 x 100m, each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.
2. For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their takeover zone and are aware of any applicable acceleration zone. The designated official shall also ensure that Rule 170.6 is observed.



DRAFT Time Table

The Draft Time Table can be found on the LAWA website here: <http://www.walittleathletics.com.au/Competition/State-Events/State-Relay-Championships>

*Please note there will be no calls made for events as of the 2018 - 2019 season.

The final time table will be released once we have collated all the entries.

Please note the event start time will remain the same as last season with a start time of 10:00am with an approximate finishing time of 7:00pm.

Call Room Opening & Departing Times

The Draft Call Room Opening & Departing Times can be found on the LAWA website here: <http://www.walittleathletics.com.au/Competition/State-Events/State-Relay-Championships>

The final time table will be released once we have collated all the entries.

Entry Forms

Team Nominations are due: 5:00pm Monday 19 November 2018

No nominations will be processed until full payment has been made. Payments must be made prior to the closing time and date.

Late entries will not be accepted.

The team entry forms must be completed and emailed back to the LAWA Competition & Development Officer Jake Trewin at jake@walittleathletics.com.au by the above closing date.

Names of athletes competing in each team must be entered onto the appropriate forms and must be handed into the Technical Information Centre by 9:45am at the 2018 State Track & Field Relay Championships event on Saturday 1 December.

Fees:

TRACK: \$20.00 per event

FIELD: \$20.00 per team

Centres must nominate using the forms on the LAWA website, no other entry format will be accepted.

Start Lists

Full start lists for all events will be uploaded on the LAWA website after entries have closed.

Events will be seeded as per the 2018 - 2019 LAWA Rules of Competition.

State Track & Field Relay Championships Records

Records can be broken in the following events:

- All Field Events
- Track Relay Races

Current Little Athletics WA records can be found on the LAWA website here: <http://www.walittleathletics.com.au/Competition/Records>

Age Up Approval Form

Out of age group requests will be considered on a case by case basis with the intent to maximise opportunities for Centres to field teams.

It is not within the 'spirit of competition' for younger athletes to displace athletes in the older age group who wish to or are available to compete.

It is also not in the spirit of the competition to deliberately remove younger athletes from their own age group to compete in a more competitive team at the expense of their own age group competition.

If you would like to apply for the above, please use the attached form. This will need to be submitted to Jake Trewin no later than 9am Monday 12 November 2018. If approved then you can enter your chosen team.

Substitution Form

In the event that a race may be required to be re-run, only athletes that competed in the original race, shall take part in the re-run.

Where this is not possible (eg injury), agreement from the Track Referee must be obtained on an 'Athlete Substitution Form', indicating reasons for non-availability.

Failure to adhere to this rule may result in team disqualification.

Please use the substitution form that can be found on the LAWA website if your centre finds themselves in the above situation.

Athlete Volunteers

If you have any athletes that would like to volunteer for this event please get them to email Jake Trewin at jake@walittleathletics.com.au or call the office on 08 9388 2339.

Parent Rosters

Parent rosters will be sent out once entries have closed. These will be based upon how many entries we receive from your centre. Please note that all centres are expected to provide help at this event regardless of how many entries you have.

Parents are to sign on at the TIC which is located next to the LAWA Shop at the finish line end of the stadium.

2018 LAWA State Track and Field Relays Championships Merchandise

Sublimated T-Shirts - \$35



Hats - \$20



Venue Map & Marquees

The venue map can be found on the LAWA website and shows you where all the events will be taking place as well as where various vendors and other important places will be situated.

All metro centres are required to set up 2 marquees (Go for 2 & 5 and a plain marquee or the Coles marquee if it arrives in time) at your given event site. Please see the LAWA Technical Manager if you have any questions

Officials

We still require more officials for this event. If you can officiate at this event, then please register here: <https://goo.gl/forms/MM4012tBrBsvBEYh2>

The official's roster will be sent out closer to the event day.

All officials will be supplied with tea/coffee, morning tea, water and lunch.

Protests and Jury of Appeal

Protests must come through the Centres Team Manager. If you need to protest, then please go to the TIC and the staff there will be able to assist you further. The appropriate forms and payment will need to be filled out and received prior to a protest or Jury of Appeal being activated.

Ceremonies & Medal Engraving

Medal ceremonies will take place as soon as practical after the conclusion of each event.

Medals cannot be presented until 15 minutes after the results have been posted on the results walls.

Medal ceremonies will take place past the finish line on the grassed area. Parents are always required to stand behind the fencing during medal ceremonies.

A medal engraver will be onsite during the event and will be located behind the grandstand.

Event Photographers

Little Athletics WA has engaged an official photographer for the event.

A link will be made available after the event for those that wish to purchase photos.

Team Managers

Each centre requires a Team Manager for this event.

The appropriate form must be filled out prior to the event which can be found on the LAWA website and must be sent to Jake Trewin at jake@walittleathletics.com.au.

First Aid

St John Ambulance will be onsite during the event.

They will be located near the finish line.

If you require medical assistance, please see them.

Coles Bananas

Coles will once again be supplying us with a huge number of free bananas for the event. These will be located next to the TIC and we encourage everyone to come and grab a few.

Athletics WA Relays

Once again Athletics WA will be hosting their State Relay Championships events alongside our event.

These will happen after the lunch break and will consist of the following:

Under 20 Male & Female 4 x 100

Under 20 Male & Female 4 x 400

Open Male & Female 4 x 100

Open Male & Female 4 x 400

Open Mixed Medley Relay

Food Vendors

All food vendors will be located behind the grandstand.

VenuesWest will have the following vendors onsite:

Coffee Van x 2

Boost Juice

Food Van x 2

The Kiosk will also be open, this is located behind the grandstand in the middle on the 1st level

Keep on Running

Bruce from Keep on Running in Floreat will be onsite and will have a huge variety of track and field shoes on sale.

He will be located at the finish line end of the arena next to the LAWA Shop and TIC.

Prime Podiatry

Prime Podiatry will also be onsite and will be able to assist you with any questions you may have.

They will be located at the finish line end of the arena next to the LAWA Shop and TIC.

OZ Athletics Kids

Wendy from Oz Athletics Kids will be onsite and will have a variety of track and field equipment on sale.

She will be located at the finish line end of the arena next to the LAWA Shop and TIC.

Mary Kay Cosmetics

Donna from Mary Kay Cosmetics will be onsite and will have a large variety of cosmetic products for both male and females on display for sampling and purchasing.

She will be located at the finish line end of the arena next to the LAWA Shop and TIC.

Face Painting

LAWA have organised for 2 face painters to be onsite from 12:30pm to 4:30pm.

They will be located behind the grandstand on the bottom floor.

Anyone can have their face painted for a Gold Coin donation. All money raised will go directly to Perth Children's Hospital.

Tiny Tots Playground Zone & Activation

LAWA have also organised for a Tiny Tots Playground area to be set up on the 100m Start Line end of the venue. This will be a roped off area full of toys and activities for tiny tots to take part in.

All tiny tots must always be supervised by an adult inside the roped off area.

No equipment is to be removed from the roped off area under any circumstances.

Time permitting, we will also be setting up a large athletic course for any tiny tots to participate in during the lunch break on the main straight. Further details will be provided.

Free Drinking Water

A 2000L drinking water trailer will be located at the finish line end of the arena next to the TIC and medical staff.

This water is free, and we encourage athletes to use this and stay hydrated throughout the day.

Athlete Signing Session

During the lunch break we will be hosting an athlete signing session where we hope to have ex Commonwealth Games & Olympic Games athletes come down and sign a few autographs.

Further details will be posted closer to the event date.

Further Information

Should you require further information please don't hesitate to contact the LAWA Competition & Development Officer, Jake Trewin at jake@walittleathletics.com.au or call 08 9388 2339.