



## **RLAC Centre Championships**

The Ridgewood Little Athletics Centre holds their annual Centre Championships at the end of each summer season over two weeks.

These Centre Championships will be run as the event order for Program 1 and Program 2 with heats and finals being run for all track events where required.

For U7 the 200m will be run as straight finals (there will be no heats, so the athletes don't have to run the event twice). The top 8 qualified athletes, based on PB times will run in the final. All other age groups will run in heats followed by a final. The 400m will be run in heats followed by a final for all age groups.

All 1500m and Walk events will be run as straight finals. The 300m, 500m and 800m will be run as straight finals for age groups with less than 16 qualified athletes. In the event that more than 16 athletes are qualified, for U7 the 300m and U8 the 500m, the top 16 qualified athletes, based on PB times will run in the final. In the event that more than 16 athletes are qualified in an age group for the 800m, heats and finals will be run. For short track events (70m/100m/60m hurdles) where there are 14 or less qualified athletes, and for all other track events where there are 8 or less qualified athletes, these athletes will be run as a straight final. All non-qualified athletes will run in heats following the final.

Centre Championship Medals are awarded for first, second and third place for each age group and each event.

Clubs will be competing for the Centre Championship Day Perpetual Trophy.

To be eligible for a Centre Championship Medal in an event, the athlete must have competed in that event a *minimum of three (3) times* during the current Ridgewood Centre Season not including any State run events.

The Ridgewood LAC Board will consider exemptions from the outlined criteria for specific events under the following guidelines:

1. The Club President and Coach can confirm that an athlete had sustained a major injury or illness during the season which is the main reason for missing these events, and
2. The athlete has competed in the event twice (2) during the current season.

Please provide the Centre with written details of any exemptions sought by 5pm on the Monday before Centre Championships Program 1.

Athletes who are not eligible for medals in an event can still compete and are encouraged to do so. In track events, athletes who are ineligible for medals will be allowed to run in the heats but will not progress to the finals in the relevant event.

Centre Championship will be run as per a State Event 'Rules of Competition'. Athletes will not receive any prompts/direction/coaching from any site officials i.e. "go out the back" in discus or shot put, etc.

If an athlete is given "No Throw / Foul" they can ask why, and the key site official may explain the reason for the "No Throw / Foul" but if the athlete does not ask, the key official does not need to give a reason.

Spectators will be able to talk with the athletes about their performances during competition but must from a distance (not touching). In some cases, spectators will be asked to stand in a particular area whilst the competition is underway. Excessive, unreasonable or un-sportsman-like Coaching can lead to disqualification and we would appreciate it if you followed the direction of the site Key officials on the day, the referees or the Arena Manager. All site officials are under the direction of the Centre and are trying their very best to conduct a fair and impartial competition and we would appreciate all parents to try and remember this.

Athletes must wear the correct Club uniforms. All athlete uniforms should be checked at marshalling prior to each event. If an athlete does not have their age tag or sponsor badge then they should be reminded to put these onto their uniform in the future. If an athlete does not have their registration number bib or correct uniform the marshallers need to use their radio to notify the Centre Announcer to sort out with the Clubs immediately.

Blank registration numbers can be purchased for \$10, Ridgewood shorts can be purchased for \$30 and second-hand shorts can be hired for a gold coin donation to either the McGrath Foundation or the Perth Children's Hospital Foundation (all available from under the Healthways Green tent) so there is no reason for any athlete to be out of Club uniform.

Remember that although medals are on offer, the aim is always to do your best.