



2022 - 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 per the events listed in Program 1 and Program 2.

All track events will be run as timed finals.

All Throws events, Long Jump and Triple Jump will have a maximum of THREE (3) Rounds for all competitors. High Jump will be contested as per State Rules with the Centre Starting Heights applying and competition remaining until all athletes are eliminated following three consecutive failures or all athletes retire from jumping any further heights.

When there are more than 14 athletes eligible to win medals competing in the straight track events (70m, 100m, & Hurdles 60m, 80m, 90m, 100m, 110m), the fastest athletes will be in the first timed final with the remaining athletes to run in the second timed final. The breakdown of athletes per timed final will be at the Track Referee and Arena Manager's discretion based on numbers on the day.

Where there are more than 8 eligible athletes for the circular track events, (200m, 400m, 200m Hurdles, 300m Hurdles) the fastest 8 athletes that meet the eligibility criteria for medals will race in the first timed final, with remaining athletes to be run in the following timed finals.

300m, 500m, 800m, 1500m and Walks will be timed finals and will run as per standard rules.

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. With at least one of these times occurring in 2022.

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* via email to info@ridgewoodlac.org

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 final 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 for a reason, and the Chief Official should explain the reason for the "No Throw / Foul" but if the athlete does not ask, the Chief 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 unsportsmanlike coaching can lead to disqualification, please follow the directions of the site officials, referees and 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.

Athletes must wear the correct Club uniforms – Club shirt/singlet, registration numbers and plain navy blue shorts or Ridgewood Centre navy shorts. All athlete uniforms should be checked by the Chief Official/Track Referee 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 Chief Official/Track Referee needs to use their radio to notify the Arena Manager to sort out with the athlete's club 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, 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.