



**NSLAC**



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## Introduction

### Northern Suburbs Little Athletics Centre

Northern Suburbs Little Athletics caters for boys and girls starting with Tiny Tots (Under 5), through to Under 17's. Northern Suburbs Little Athletics Centre Inc. (NSLAC) was founded in 1973 and is committed to providing sporting activities to children from the local area.

### Philosophy and Goals

The Little Athletics motto is *FAMILY, FUN AND FITNESS*. At NSLAC, we are committed to providing children of all abilities the opportunity to learn new skills and to practice those skills in a friendly and safe environment. We also recognise the importance of making the sporting activities fun and enjoyable for athletes, parents, and volunteers.

We encourage athletes of all abilities to take part with a focus on their personal improvement. Individual improvement is recognised throughout the season. Parents are also given the opportunity to learn and understand the rules of each event and skills the athletes need to master an event.

### Registration Fee

The annual registration fee covers all NSLAC Saturday carnivals, optional coaching offered during the season and most entry costs for the LANSW Zone, Region and State Championships. Occasionally (depending on member numbers and the centre's budget) a minor levy may be applied for some representative activities.

### Management of Northern Suburbs Little Athletics Centre

NSLAC is run **entirely by volunteers**. The only paid employees of the centre are some of our coaches. The Management Committee meets on the second Tuesday of each month throughout the year. All members are welcome to attend committee meetings. Please contact the Secretary for details.

Every year our committee has turnover and enthusiastic parents who are interested in helping should let one of our committee members know of their interest. There is no reason to wait for an AGM to offer your help as we are always eager to maximise the benefit we can get from the skills and interests our volunteers.

## Season Overview

The table below provides a broad overview of the NSLAC season dates. Please refer to the website – [www.nslac.com.au](http://www.nslac.com.au) or TeamApp for this season's specific dates.

Timing	Event
Early August	Registration opens
Early September	Registration and Uniform Collection
Mid-September	First Day of NSLAC Competition
November	NSLAC Age Group Photos
Mid to Late November	Little Athletics NSW State Relays
Late November or Early December	Northern Metropolitan Zone (no NSLAC competition on this date)
Mid-December	Last NSLAC competition for the year
Mid-January	NSLAC Competition resumes
Mid-February	Region 5 Championships (no NSLAC competition on this date)
Early March	Little Athletics NSW State Multi Event Competition
Mid to Late March	Final NSLAC Competition for the Season
Late March or Early April	LANSW State Championships

## **Saturday Morning Competition**

### **Program of events**

Every Saturday morning during the season, NSLAC hold a competitive carnival according to a program which is published on TeamApp. Athletes compete in 3 to 6 events each carnival.

We have a 6-week cycle of events. At the end of each cycle, we revert to the Week 1 program and start the cycle again. If a carnival is cancelled due to wet weather or when the ground is closed, the cancelled carnival event program will be used at the next carnival.

### **Wet weather**

If it has been raining during the week or early on Saturday morning and you are not sure if competition will be on, we will advise members through TeamApp by 7am. In wet conditions, if the grounds are open, the committee may choose to run a wet weather program (adjusted for safety).

### **Tiny Tots**

When NSLAC offers a Tiny Tots program the tots engage in 'play training' to develop movement fundamentals for running, jumping, and throwing. Tiny Tots do not do regular athletics events. The program encompasses games and activities designed to prepare the tots for their introduction to athletics in the U6 age group.

### **Management of Age groups**

Athletes are organised into age groups according to their date of birth. An age manager organises the group (sometimes with an assistant age manager) and is assisted by parent helpers. Age Managers are volunteer parents with a registered athlete in the age group.

Athletes leaving the group for any reason (going home, visiting the BBQ etc) should advise their Age Manager or Assistant Age Manager before doing so. Age Managers will maintain regular contact with their age group during the week, as well as at carnivals, to keep you informed.

### **Canteen and BBQ**

The canteen and BBQ are open every Saturday morning and are an important source of funding for your Centre. They are run by Committee members, assisted by rostered parents. Please support them by helping and enjoying the food and drinks they offer for sale.

### **Conduct**

At Little Athletics our members have a right to participate in a safe and supportive environment. At all times when involved with an NSLAC or LANSW event or activity at any venue, athletes, parents, coaches, and volunteers are expected to act within the LANSW Codes of Conduct and Behavioural Guidelines, a copy of which is printed on the following pages of this book.

Please take the time to read these guidelines and commit to always behave in accordance with the principles in them. The privilege of membership with NSLAC may be withdrawn where it is determined that a person's conduct is in clear breach of the Codes of Conduct or Behavioural Guidelines. Breaches of the Codes of Conduct or Behavioural Guidelines will be handled in accordance with Centre Regulation 3 – Disciplinary Procedures & Appeals – available under "Constitution" on the NSLAC website.

If a member of NSLAC is uncomfortable with the behaviour of another person involved with the Club and you are not comfortable managing the issue yourself, please raise your concerns with any member of the NSLAC committee. Disciplinary procedures are described in the NSLAC Constitution.

# CODES OF CONDUCT

(adapted from the Australian Sports Commissions' Junior Sport Codes of Behaviour)



Australians are justifiably proud of the place sport has in their daily lives. But what is equally important to us all is the way the “game” is played and the manner in which our sportsmen and sportswomen conduct themselves.

Unfortunately, some people (both participants and spectators) fail to live up to the traditional values of sport. Young people involved in sport have a right to participate in a safe and supportive environment. Over-zealous parents and adults, and ill-tempered, disrespectful athletes, sometimes need to be reminded of appropriate standards of behaviour for Little Athletics.

Little Athletics is a community activity, which utilises athletics to help foster the development of Australia’s children, and as such, endorses and applies the following Codes of Conduct.

The privilege of membership with the Little Athletics NSW (LANSW) may be withdrawn where it is determined that a person’s conduct is inconsistent with the mission of the LANSW and in clear breach of the Codes of Conduct.



## Athletes

1. Show respect to coaches and officials. Any approach to an official should be in a courteous manner. Never argue with an official.
2. Control your temper - no “mouthing off”, throwing equipment etc.
3. Never verbally abuse or sledge other athletes, deliberately distract or provoke another athlete.
4. Do not bully or harm another athlete.
5. Do not use bad language or obscene gestures at any time.
6. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.
7. Do not bring the sport of Little Athletics into disrepute.

## Adults

1. Never ridicule or yell at an athlete for making a mistake during a competition.
2. Respect the officials’ decisions. If there is a disagreement, always follow the appropriate procedure/s in order to question the decision.
3. Never use violence, threats or abuse in any form.
4. Keep to designated spectator areas and do not encroach on the arena or other competition sites if you are not officiating.
5. Demonstrate appropriate social behaviour, by not harassing athletes, coaches, officials or spectators, smoking outside designated areas, being intoxicated or using bad language.
6. Ensure that any physical contact with a young person is appropriate to the situation and/or necessary for the athlete’s skill development.
7. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.
8. Do not bring the sport of Little Athletics into disrepute.

## PENALTIES FOR BREACHES OF CODES OF BEHAVIOUR

The principles of natural justice will be observed when making decisions on breaches of the Codes of Conduct and in deciding any penalties for such breaches.

Any penalties that are imposed are to be appropriate to the seriousness of the breach.

Penalties for breaches of the Codes of Conduct that occur at events conducted by the LANSW that are confined to the day of competition shall be determined by the Carnival Manager. Penalties that go beyond the day of competition shall be determined by the Board of Management and could include banning families from future participation in the sport.

# BEHAVIOURAL GUIDELINES

(adapted from the Australian Sports Commissions' Junior Sport Codes of Behaviour)



These Behavioural Guidelines aim to give everyone a guide to what is expected of them if they are part of Little Athletics, be it participating, volunteering or standing on the sideline cheering for their child, relative or friend. The guidelines set down what is an acceptable standard of conduct and behaviour and reflect the principles upon which Little Athletics is based.

Acceptance of, and compliance with these guidelines will ensure that Little Athletes will develop good sporting behaviours and be an enjoyable sporting experience, encouraging them to remain involved in sport or otherwise be active throughout their lives.

We ask that everyone take the time to read the guidelines and make a personal commitment to always behave in accordance

## Athletes

1. Compete according to the rules.
2. Work equally hard for yourself and/or your Centre.
3. Always address officials in a polite manner.
4. Be a good sport. Acknowledge all good results, whether they are made by your Centre or friends or an athlete from another Centre.
5. Only cheer good performances, not when other competitors make an error or don't perform well.
6. Treat other competitors with respect.
7. Do not act smart or 'cocky'.
8. Treat all athletes as you like to be treated. Do not bully or take unfair advantage of another competitor.
9. Cooperate with your coach, Centre-mates and other competitors. Without them there would be no competition.
10. Participate for your own enjoyment and benefit, not just to please parents and coaches.
11. Remember that all that is ever requested of you is to

**BE YOUR BEST.**

## Parents, Relatives & Spectators

1. Remember that young people are involved in Little Athletics for their enjoyment, not yours.
2. Encourage children to participate, do not force them.
3. Focus on the child's efforts and performance rather than winning or losing.
4. Encourage athletes to always participate according to the rules.
5. Applaud good performances and efforts from all competitors.
6. Support all efforts to remove verbal and physical abuse from Little Athletics. Condemn the use of violence in any form, whether it is by spectators, coaches, officials or athletes.
7. Recognise the value and importance of being a volunteer.
8. Respect officials' decisions and teach young people to do likewise. Remember, officials freely give their time and effort for your child's involvement and enjoyment.
9. Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.



# BEHAVIOURAL GUIDELINES

(adapted from the Australian Sports Commissions' Junior Sport Codes of Behaviour)



## Officials

1. Officiate according to the rules and where subjective judgment is necessary decide on the basis of what is fair to all athletes. Be impartial.
2. Be consistent, objective and courteous when making decisions.
3. Avoid any situation which may be perceived as a conflict of interest.
4. Accept responsibility for all actions taken. If you make a mistake, admit it.
5. Condemn unsporting behaviour and promote respect for all competitors.
6. Emphasise the spirit of the competition rather than the errors. Do not 'over officiate'.
7. Ensure that your behaviour and comments are always positive and supportive.
8. Keep up to date with the latest trends in officiating and the principles of growth and development of young people.
9. Place the safety and welfare of the athletes above all else.



## Coaches

1. Remember that young people participate for fun and enjoyment and winning is only part of their motivation.
2. Be reasonable in your demands on the young athlete's time, energy and enthusiasm.
3. Operate within the rules and spirit of Little Athletics and teach your athletes to do the same.
4. Ensure that the time athletes spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
5. Avoid over-attention to the talented athletes; the 'just-average' need and deserve equal time.
6. Ensure that equipment and facilities meet relevant safety standards and are appropriate to the age and ability of all athletes.
7. Display control, respect and professionalism to all involved with Little Athletics. Encourage athletes to do the same.
8. Explain to athletes and their parents what you are aiming to achieve and why.
9. Show concern and caution toward sick and injured athletes. Follow medical advice when determining whether an injured athlete is ready to recommence training and competition.
10. Obtain suitable qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.

## Administrators

1. Ensure all young people have equal opportunities for participation.
2. Ensure that rules and equipment are modified to suit the age, ability and maturity level of athletes and that equipment and facilities are safe.
3. Provide quality supervision and instruction.
4. Be fair, considerate and honest in all dealings.
5. Resolve conflicts fairly and promptly through established procedures.
6. Remember that young people participate for their enjoyment and benefit. Do not overemphasise awards.
7. Support the efforts of coaches and officials and help improve the standards of coaching and officiating.
8. Involve, where appropriate, members in planning, leadership, evaluation and decision making related to the actual activity.
9. Ensure that everyone involved in Little Athletics emphasises 'fair play' and not winning at all costs.
10. Develop Codes of Conduct and Behavioural Guidelines and encourage everyone to follow them.
11. Make it clear that abusing young people in any way is unacceptable and will result in reporting and appropriate disciplinary action.



## Parent Responsibility and Duty Roster

Little Athletics is run by all parents for the benefit of all our children. The nature of athletics is such that it requires more helpers than most other sports. It is essential that all attending parents assist in the many activities each Saturday morning and when otherwise asked to assist.

### Parent Responsibility

For both Safety and Child Protection reasons, it is a condition of membership of NSLAC that when your children are participating a parent or responsible adult for your athlete must be present at Rotary Athletics Field (or any other Little Athletics venue). There are no exceptions, regardless of the age of the athlete concerned. ***Parents of all athletes have completed a declaration to this effect during registration.***

When it is unavoidable that a parent must leave while their child is still at the oval, they **must** designate another adult to be responsible for their child in their absence and the age manager must be informed.

### Parent Duty Roster and Obligations

There is a Parent Roster in operation for each Saturday carnival. Duties are assigned to age groups for specific dates in the season calendar. The roster for these duties will be published to members through TeamApp.

Please take time to study the roster carefully. Ask your Age Manager or a committee member if you have any questions about a duty. No specific knowledge or skills are needed to assist with parent duties – and there'll always be someone around to help or advise.

## Safety and Other Expectations

- **Visiting Athletes** - Athletes registered with other LANSW Centres are welcome to compete with us on Saturday mornings, provided they can show proof of registration with another centre, complete the necessary visitor formalities before competing, and compete in their own centre uniform.
- **Unregistered children** - Unregistered siblings and other unregistered children are not permitted to enter the competition oval at any time, for any reason.
- **Insurance** - Anyone entering the field who is not a registered athlete, or an adult helper is not covered by insurance. Please report any injury or accident to the Secretary at the registration desk on Saturday or as soon as possible thereafter. These must be recorded in writing in the centre's records.
- **Parking** - Car movements are prohibited in the areas around the change room between 7.00am and 12:00pm every Saturday morning. When parking or dropping off children please put safety before convenience.
- **Sun Safety** - Athletes are allowed to wear hats in all events and, except in the high jump, and will not be penalised in any way if the hat falls off. If an athlete's hat dislodges the bar in the high jump it will be ruled a foul. Sun block is provided for all athletes and parent volunteers free of charge at the canteen. Encourage your child to stay in the shade when not competing, and make sure they have a water bottle and drink plenty during the morning.
- **Out of Bounds** - It is the responsibility of all parents to ensure their children do not venture into any of these out of bounds areas:
  - The embankment of the river and the boardwalk, mud flats behind the sheds and to the North of the ground.
  - The bush area to the north of the ground, either side of the pathway to the grandstand and above the ground.

- The car park area except when coming from or going to your car.
- **No Smoking** – Our facility is a designated no smoking area, and NSLAC will enforce this ruling in order not to be in breach of its lease agreement.
- **No Pets** - Please leave your pets at home when coming to the Saturday morning competition. They are not allowed on the competition field at any time during an NSLAC event or training.
- **No Ball Games** - The playing of any ball or other games on the athletics field, on the road or asphalt areas is strictly prohibited for the safety of all athletes. Any balls being used on the field during Saturday carnivals or mid-week training sessions will be confiscated indefinitely.
- **No Pacing** - Parents are not permitted to run on or alongside the track. This is against the rules of athletic competition and if any records are set under such circumstances they will not be recognised. (However, some younger children may need emotional support/assistance, particularly when starting on the longer events and encouragement in these circumstances is OK.)

### **Lost Property**

Our lost property collection can usually be found near the registration desk/canteen. Please regularly check for any missing items. NSLAC will endeavor to return items which are clearly marked to their owners, but the lost property container will periodically be cleaned out and any unmarked or unclaimed items will be donated to charity or thrown away. An announcement will be made to alert you when lost property is going to be disposed of.

### **Uniform and Shoes**

#### **Uniform**

Every athlete must wear a Northern Suburbs uniform top at all club and external competitions, including every Saturday carnival at Rotary. The Northern Suburbs T-shirts, singlet and crop tops are red with black trim and feature our Club logo and the logo of our major sponsor. At registration you will be supplied with information about how your number, age patch and any other attachments are to be applied to your uniform. It is important to follow this direction – especially if you are going to compete at events away from NSLAC.

- If you are unsure about placement, please ask for clarification before stitching patches onto the uniform.
- A new registration number patch is issued each season, and the previous season patch must be replaced.
- Compression garments may be worn but they must be above the knee and our club rules require that they are plain black.
- Competition singlet/t-shirts must not cover any compulsory numbers and athletes maybe fouled if they do not follow instructions from officials regarding their uniform.

#### **Shoes**

Shoes must be always worn by athletes in all events. It is recommended that parents wear enclosed shoes at Rotary (and parents must wear enclosed shoes when doing a parent duty at a Little Athletics event).

#### **Spikes**

Spike shoes can be dangerous and cause injury to both the wearer and other athletes.

Who can wear them...

- Tiny Tots, U6, U7, U8, U9 and U10 age groups cannot wear spiked shoes at any time.

- The U11 to U17 age groups only may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump, and javelin. (subject to conditions below)
- The U12-U17 age groups may wear spike shoes in events not run entirely within lanes except for walks.

What are the other rules about spikes...

- Spike shoes must have all holes filled with spikes, with no more than 2 blanks/slugs installed.
- Spike shoes must only be worn during the event and are not to be worn to and from an event.
- The number of spike positions can not exceed 11.
- The use of spikes at NSLAC carnivals is at the discretion of the Age Manager, considering the safety of all athletes and other attendees on the day.
- Spikes can only be put on just before an event when the age manager instructs athletes to put them on.
- Spikes must be taken off immediately after finishing an event (and before leaving the track or the event area).
- Children's spikes usually measure 5mm or 7mm and most facilities do not allow spikes which are longer to be used for Little Athletics events.

## Communication

### Website

Our website ([www.nslac.com.au](http://www.nslac.com.au)) includes links to our results site, TeamApp, and the club's store. It has other essential information about the club (like this document) but it will not change much throughout the season.

### TeamApp

NSLAC uses TeamApp to communicate detailed and timely information to our members. TeamApp is accessible online through a browser but is also an app that can be downloaded to your mobile device. Once you've downloaded the app (or logged into the website) search for Northern Suburbs LAC and request access (we will load members into TeamApp during the registration period so, you might get a message letting you know you're already there). Don't forget to leave notifications on to ensure you stay informed.

### Social Media

NSLAC is on Twitter (@NSLAC), Facebook and Instagram (@NorthsLAC). Please follow us.

### Photographs

If you do not want photographs of your child(ren) to appear in NSLSAC material such as: social media; our annual yearbook; or the website, you must advise the Secretary in writing ([nslac.secretary@gmail.com](mailto:nslac.secretary@gmail.com)).

### PA Announcements

Please be alert for announcements made over the public-address system during a Saturday morning carnival, it may be something you need to hear.

### E-Mail

E-mails may come to you from TeamApp, your age manager, or through our registration system. Registration system emails will generally be in relation to formal matters like the centre's Annual General Meeting.

## Coaching and Development

Athletes will run, jump, or throw best if they have the right technique. Children who want to improve their performance should try to attend our club coaching sessions which are provided free of charge to registered athletes.

### Coaching on Saturday Mornings

NSLAC rosters coaches on at our Saturday morning carnivals over the first cycle of the event program. The coaches will be prioritised to assist our youngest age groups and age groups commencing new events, but they will assist any athlete/age manager as time allows.

### Sunday Coaching Sessions

Coaching sessions are conducted at Rotary Field on Sunday afternoons for U8 athletes and above throughout the season (a start date will be publicised). The sessions will be advertised to members when they are available.

The events offered each weekend will depend on the availability of coaches, but we aim to cover as many events as possible. Spaces in each session are limited (based on the event and the coach) to ensure athletes get the best value possible. Unfortunately, sometimes athletes will miss their preferred session.

### Private Coaching

Some of our coaches may also conduct private or squad-based sessions at other times through the week. Contact details of NSLAC coaches can be provided to members on request (or may be publicised on the website).

### Education for Parents

NSLAC and Little As may provide opportunities for parents to become familiar with athletics events and procedures. Please watch for notices from the club, or speak to a Committee member to find out what is available.

### Learn to Coach

For parents who are interested in teaching the skills to the athletes, **Introduction to Coaching Courses** will be held at many local clubs during the season. Local courses will be advertised by NSLAC to members. For parents interested in obtaining higher level coaching credentials, other courses available.

Course fees may be subsidised by the club, but a commitment to assist with coaching our athletes during the season would be required in return. If you are interested in doing a coaching course, ask a committee member <https://www.nswathletics.org.au/coaching/> .

### Officiating

It takes more than 100 qualified officials to conduct a Zone, Region or State level championship. We always need parents to obtain qualifications to assist as officials. NSLAC recommends that parents do a level 1 officials course in any event (or events) that interest you. These courses are online and will help you to understand your child's sport, as well as put you in a position to assist.

Doing a course does not oblige you to become an official and if you do offer to help, you will be mentored by our qualified and experienced officials (we won't put you in over your head).

Information about being an official can be found here:

<http://www.athletics.com.au/Officials/Education>

## **Championships**

All the Little Athletics Clubs in NSW are organised into Zones and Regions. Northern Suburbs is in the Northern Metropolitan Zone (which includes Parramatta, Cherrybrook, Ryde, and North Rocks Carlingford).

The Northern Metropolitan Zone is part of Region 5 which is made up of two Zones: The Northern Metropolitan Zone and the North East Metropolitan Zone (Hornsby, Mosman, Ku-ring-gai, Manly-Warringah and Northern Districts).

### **Zone Championships**

The Zone Championships are held on a weekend in late-November or early-December. Selected athletes from the U7 to U17 age groups are eligible to compete at the Zone Championships. Zone is open to athletes of all ability and is not restricted to the higher performing athletes.

There is also a Junior Relay Team (one athlete from each of the U9, U10, U11 and U12 age groups) and a Senior Relay Team (one athlete from each of the U13, U14, U15 and U17 age groups) for both boys and girls.

Limits on the number of events an athlete can compete in and the number of athletes a centre can enter exist. Because of the restrictions on entry numbers, all nominations are reviewed by the Age Manager, the Championships Officer and if necessary, the Management Committee to assign places. Unfortunately, not everyone will get to do all the events they might want to. Members will be advised when the nominations are open.

U7 athletes do not proceed past Zone level. For U8-U17 the first 6 place getters from our Zone will automatically progress to the Region Championships. In addition, a maximum of 4 'next best qualifiers' from each of the two Zones may be invited to compete at the Region Championships.

### **Regional Championships**

The Regional Championships are held over one full weekend – usually in early or mid-February. U8 athletes do not proceed past Region level.

The qualification from Region to State (U9-U17) is as follows: the first two place getters from Region 5, plus the next 8 best performances from across the State.

### **State Championships**

The State Championships are held at Sydney Olympic Park Athletic Centre. This event is usually held in mid to late-March but may occur later if conflicting bookings occur with other events.

The level of competition at State Championships is extremely high. Only exceptional athletes at their age level qualify. Northern Suburbs athletes who qualify to compete at the State Championships will receive recognition from our centre.

### **Multi Class Athletes**

Events for Multi Class Athletes are included in the Little Athletics NSW State Championships. These are direct entry; athletes do not need to progress from Zone to Region to State. Multi class athlete events may be offered at Zone and Region but there is no automatic progression to the next level.

### **Australian Little Athletics Championships (ALAC)**

At the completion of the State Track & Field Championships, a team of U13 athletes will be selected to compete in the Australian Little Athletics Championships.

Four girls and four boys in the U15 age group will also represent NSW at the Australian Little Athletics Championships, with their selection based on their performances at the State Combined Events Championships.

### **Other LANSW Events**

Little Athletics NSW also hold other championships throughout the season, some of which are described below. Please refer to [www.lansw.com.au](http://www.lansw.com.au) for details and dates of these events.

### **State Relay Championships**

The State Relay Championships are held each November. This is a team event where centres can enter relay teams in both track and field events.

- U8 to U11 athletes compete on the 'Junior' day - Saturday. Junior athletes may compete in **either track or field events but not both**.
- U12 to U17 athletes compete on the 'Senior' day – Sunday. Senior athletes **may compete in both track and field teams**.

It is NSLAC policy to enter teams in as many events as possible to enable many athletes to experience the team championships format and to compete at a State level event. If an athlete is selected in a relay team, they are expected to attend training sessions for the team prior to the event.

To be eligible to represent NSLAC at the State Relays, an athlete must have recorded a time/jump/throw at an NSLAC Saturday competition during the current season. Exceptions to this selection policy will only be considered in circumstances where there are not sufficient other athletes available to fill the places in the team - and must be approved by the NSLAC committee.

### **State Combined Events Championship**

The State Combined Events Championship is open to all athletes in the U7-U17 age groups and is held over the first full weekend in March, usually at a country venue. Athletes take part in several events over 2 days. No finals are run, and points are awarded to the athlete depending on the result in accordance with the LANSW multi points table. Final placings are awarded based on the accumulated point scores of each athlete.

Any athlete may take part. It is a very popular event with some age groups having 80 or more participants.

### **Cross-country Running**

Athletes registered with NSLAC can take part in cross country running from May to August. NSLAC does not conduct its own cross-country events, but many Little Athletics clubs in the area do hold cross country competition during the winter season, and NSLAC athletes may take part as visiting athletes.

### **LANSW State Cross Country and Road Walks Championships**

These Championships are held during winter each year and are combined with ANSW events. There are no qualifying criteria. Please watch the LANSW website for more details about this towards the end of the season.

### **NSLAC Club Combined Events Carnival and Fundraiser**

The Club Combined Events Carnival is usually held in January or February each season. Athletes compete in a set number of events depending on the age group. All scheduled events for each age group must be completed for an athlete to place. Points are awarded based on the result the athlete achieves and those points are added up across all events. Medals are awarded to the top 3 athletes in each age group.

Each season we select a different charity to benefit from our fund-raising efforts. Athletes (and parents!) are encouraged to donate a gold coin for every PB achieved throughout the day.

### **NSLAC Selection Criteria**

For some representative events, such as the Zone Championships and State Relays, there are limited places allocated to each centre. Selection criteria are applied when choosing athletes to compete at these events.

The guidelines used by NSLAC officials when considering which athletes will be selected to compete at a particular event include:

- The athlete must be a registered member of NSLAC.
- The performances of the athlete at NSLAC Saturday carnivals
- The availability of a parent/guardian of the athlete to assist the officials on the day of the carnival
- Any other factor deemed appropriate (e.g. injury, availability, attendance)
- All representative carnivals are run by volunteers and parents of the athletes. As a condition of entry to these carnivals, each centre has an obligation to provide officials and parent helpers to assist with the running of the events. Athletes whose parents are unable to fulfill this obligation may be prevented from competing in the external championships.

### **Event Details and Rules of Competition**

The full “Rules of Competition” can be found on the LANSW website.

The LANSW website also provides several resources pages which include Basic Techniques information sheets as well as resources for parents and coaches which can assist you to understand the events little athletes participate in.

The following page contains an overview of the events little athletes participate in.

### **Results and Records**

#### **Results**

Results from the U6 group and up are recorded each week\* and are posted on the ResultsHQ website (<http://www.resultshq.com.au/login>).

To log in you will need to use the email address used for your registration. Use the “forgot your username or password” option to obtain a password. If you log into ResultsHQ and are unable to see all your athletes listed, please email the Results Officer for assistance at [nslac.results@gmail.com](mailto:nslac.results@gmail.com).

\*U6 and U7 throws event results are not recorded during the first 6-week cycle of the event program, as this time is used to concentrate on skill development and proper technique.

#### **Records**

The weekly results will indicate 'Record' if the result recorded by the athlete was equal to or better than an existing Rotary record. All such records are provisional until the record is ratified at a meeting of the Management Committee.

For a result in a field event to be considered for ratification, the measurement of the distance must have been checked by two Management Committee members at the actual time of measurement for U12 and under and by an Age Manager and one Committee Member for U13 and above.

In the case of high jump, the height of the bar must have been checked as described above BEFORE the record equaling or breaking jump.

For track records the electronic timing will be the primary source for a record. For “ungated” events a manual stopwatch should also be used as a backup and secondary check. A committee member should be advised any time a track record is suspected or notified at the finish line on the track computers.

It is a great achievement for any athlete to achieve an NSLAC record, but all members are reminded that NSLAC carnivals are not the Olympics! On occasions, timing equipment fails, our volunteers make errors, events will be abbreviated, or something goes wrong for an athlete. Events will not be run (or re-run) for the purpose of achieving a record; athletes will not be allowed additional trials outside the rules, and no athlete will be allowed to chase a record in an unscheduled event or another age group.

# Section F

## Event and Equipment Specifications

### 1. EVENT SPECIFICATIONS

TRACK	CENTRE ONLY	CENTRE & ZONE ONLY	CENTRE, ZONE & REGION	CENTRE, ZONE, REGION & STATE							
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
50 metres	✓	✓									
70 metres	✓	✓	✓	✓	✓						
100 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 metres	No	No	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pack Start	300m	500m	700m								
800 metres	No	No	No	✓	✓	✓	✓	✓	✓	✓	✓
1500m	No	No	No	No	No	✓	✓	✓	✓	✓	✓
3000m	No	No	No	No	No	No	No	✓	✓	✓	✓
Walk	No	No	No	700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m
Hurdles	No	No	60m	60m	60m	80m	80m	80m	80 G	90 G	100 G
									90 B	100 B	110 B
200m Hurdles	No	No	No	No	No	No	No	✓	✓	No	No
300m Hurdles	No	No	No	No	No	No	No	No	No	✓	✓
Relay Jnr											
4 x 100m	No	No	No	✓	✓	✓	✓	No	No	No	No
Relay Snr											
4 x 100m	No	No	No	No	No	No	No	✓	✓	✓	✓
FIELD	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
High Jump	No	No	No	✓	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump	No	No	No	No	No	✓	✓	✓	✓	✓	✓
Discus	350gm	350gm	500gm	500gm	500gm	500gm	750gm	750gm	1kg	1kg	1.5kg B
											1kg G
Shot Put	500gm	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	4kg B	5kg B
	Pink	Blue	Yellow	Orange	Orange	Orange	Orange	White	White	Red	Green
										3kg G	3kg G
										White	White
Javelin	No	No	No	No	No	400gm	400gm	600gm B	600gm B	700gm B	700gm B
								400gm G	400gm G	500gm G	500gm G
<b>Total # Events</b>		<b>8 events</b>	<b>9 events</b>	<b>11 events</b>	<b>11 events</b>	<b>13 events</b>	<b>13 events</b>	<b>15 events</b>	<b>15 events</b>	<b>15 events</b>	<b>15 events</b>
MULTI-CLASS	REGION & STATE										
TRACK				U9-U10	U11-U12	U13-U14	U15-17				
100m				✓	✓	✓	✓				
200m				✓	✓	✓	✓				
800m				✓	✓	✓	✓				
FIELD				U9-U10	U11-U12	U13-U14	U15-17				
Long Jump				✓	✓	✓	✓				
Shot Put				✓	✓	✓	✓				
Discus				✓	✓	✓	✓				

## Athlete Awards

NSLAC recognises personal improvement in each athlete's performances during the season in several ways. The club also recognises outstanding performances by athletes as well as perseverance and commitment by others. Awards are issued during the season and all end of season awards will be presented at the Club's Presentation Day. An athlete is only eligible to receive one end of season award at the presentation day. The Tiny Tots receive a special medal or trophy.

Performances recorded by athletes when visiting other centres are not used in the calculation of NSLAC end of season awards.

### Improvement Certificates

Improvement certificates are awarded as athletes achieve personal best performances across the season. There are 4 levels: Red, Bronze, Silver and Gold. All athletes have an equal chance of receiving all four certificates because they are awarded on personal improvement and not on who wins an event.

### Tiny Tots

All Tiny Tots will be eligible for an end of season medal or trophy to remember their achievements during the season and the fun they had together.

### Improvement Points

Athletes are awarded improvement points based on their performances in comparison to their previous best performances (PBs). The points awarded are:

- 0 improvement points for the first performance in an event each season.
- 11 improvement points for a performance better than the previous best result.
- 5 improvement points when an existing PB is equalled.

Improvement points are tallied across all events (track and field) for each athlete across the season.

### Performance Awards for Other Age Groups

These awards are based on all club performances during the season and trophies are awarded for each. An athlete can only win one of these awards. These are the awards presented at the end of the season.

In each age group a particular athlete can only receive one of the following awards. The recipients are determined in the following order. The Age Champion is determined first, then Best in Track and Best in Field, Runner Up Track and Runner Up Field, and Most Improved.

Award	U6-U11	U12-U17
Age Champion	Y	Y
Best in Track	Y	Y
Best in Field	Y	Y
Runner Up Track	Y	N/A
Runner Up Field	Y	N/A
Most Improved	Y	Y
Age Manager's Award	Y	Optional*
Encouragement Award	Optional*	N/A
Rotary Award	Y	Y

\* At the age Manager's discretion

### **Age Champion, Best in Track, Best in Field, Runner up Track and Runner up Field Awards**

These awards are based on the Age Champion points score. Each week, athletes are awarded Age Champion points for each event they enter according to their overall placing in that event. 10 points are awarded for 1<sup>st</sup> place (i.e. to the best performing athlete in the event over all heats), 9 points for 2<sup>nd</sup> place, 8 points for 3<sup>rd</sup> place and so on down to one point for 10<sup>th</sup> place. One point is also awarded for all subsequent places to encourage participation in all events.

Under this system NSLAC celebrates *both performance and participation* at an NSLAC club level and, as such, awards may not always go to the athlete who might otherwise be the “best” in the age group.

#### **Age Champion**

For each age group the boys’ and girls’ Age Champion is the athlete with the highest Age Champion points.

#### **Best in Track/Runner Up Track and Best in Field/Runner Up Field**

These are awarded in each age group according to athletes’ Best in Track or Field points scores.

*The Senior and Junior Champions (see below) together with winners of Age Champion, Best in Track, Best in Field, Runner Up Track and Runner Up Field are ineligible for the following awards.*

#### **Most Improved Athlete**

This award is given to the athlete in each age group with the most improvement points during the season overall.

#### **Age Managers Award and Encouragement Award**

These awards are discretionary awards selected by the Age Manager for each age group. The Age Manager considers many factors including an athlete's determination, perseverance, commitment, and behaviour during the season.

#### **Participation (Rotary) Award**

All athletes in an age group will receive an end of season award.

### **Club Champions**

#### **Senior Club Champion**

This award recognises an athlete from the Senior Age Groups (U13 to U17) with the most outstanding performances in Club and LANSW carnivals during the season.

#### **Junior Club Champion**

This award recognises an athlete from the Junior Age Groups (U7 to U12) with the most outstanding performances in Club and LANSW carnivals during the season.

These awards are determined by a points system and are presented to the athlete with the greatest number of Club Championship points. Club Championship points are tallied at the end of the season and depend on an athlete’s performances at club carnivals, LANSW carnivals (Zone, Region and State, State Relay, State Multi and State Cross Country & Road Walks carnivals) and on records that have been set during the season.

#### **Club & Junior Champion Points Table**

Club Champion and Junior Champion points are awarded for club carnivals according to the final Age Champion points total as follows:

<b>Age Champion Points</b>	<b>Club Champion Points</b>
0– 99	2

100 – 199	4
200 – 299	6
300 – 399	8
400 – 499	10
500 – 599	12
600 – 699	14
700 – 799	16
800 – 899	18
900 – 1000	20

**Club Champion & Junior champion points are awarded for performance at LANSW carnivals as follows.**

<b>Result</b>	<b>Zone Champs</b>	<b>Region Champs</b>	<b>State Track &amp; Field Champs</b>	<b>State Multi, CC and Walks*</b>
1 <sup>st</sup>	4	8	20	10
2 <sup>nd</sup>	3	6	16	8
3 <sup>rd</sup>	2	4	14	7
4 <sup>th</sup>	1	2	12	6
5 <sup>th</sup>		1	8	4
6 <sup>th</sup>			6	3
7 <sup>th</sup>			4	2
8 <sup>th</sup>			2	1

\*State Cross Country & Road Walks are taken from the prior season as award recipients are nominated in March/April prior to these events taking place in July. Only individual performance (not team placing) will be considered.

<b>Record Type*</b>	<b>Club Champion Points</b>
NSLAC Record	5
Zone or Region Record	5
State Record	10

\*Points will only be awarded for one record per event per carnival (i.e. separate points will not be awarded if a record is set in both heat and final or if the record is both a Zone and NSLAC record)

### **Rick Healy Memorial Jumps Award**

In 2015 we mourned the sudden passing of Management Committee Member, State Level Official and very active parent volunteer Rick Healy. One of Rick's particular passions was jumps, and in recognition of Rick's contribution to our club and to jumps in particular, a perpetual Rick Healy Memorial Jumps Award was been established. This award will be given to the athlete achieving the highest level of success in jumps events at the LANSW State Championships each season.

### **External Representatives**

Athletes who represent NSLAC at the State Track and Field Championships will receive recognition by the club.

### **Attendance Awards**

NSLAC Attendance Awards recognise those athletes who are active participants in the Club competitions every Saturday morning over several years. Attendance awards recognise 50 club meetings, 100 club meetings, and 150 club meetings.

The current attendance record is held by David Gardiner who graduated from the U17's in 2014 having attended 231 carnivals.