



# Belconnen Little Athletics Centre

Season 2024-2025

## INFORMATION BOOKLET

**FAMILY FUN AND FITNESS**



[www.belconnenathletics.org.au](http://www.belconnenathletics.org.au)

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# INTRODUCTION

Welcome to the Belconnen Blaze for the 2024-25 Little Athletics Season!

This information booklet serves as a single source of truth on club policies, club roles and responsibilities, and competition rules. It also contains our club calendar, schedule for each week and records at the commencement of the season.

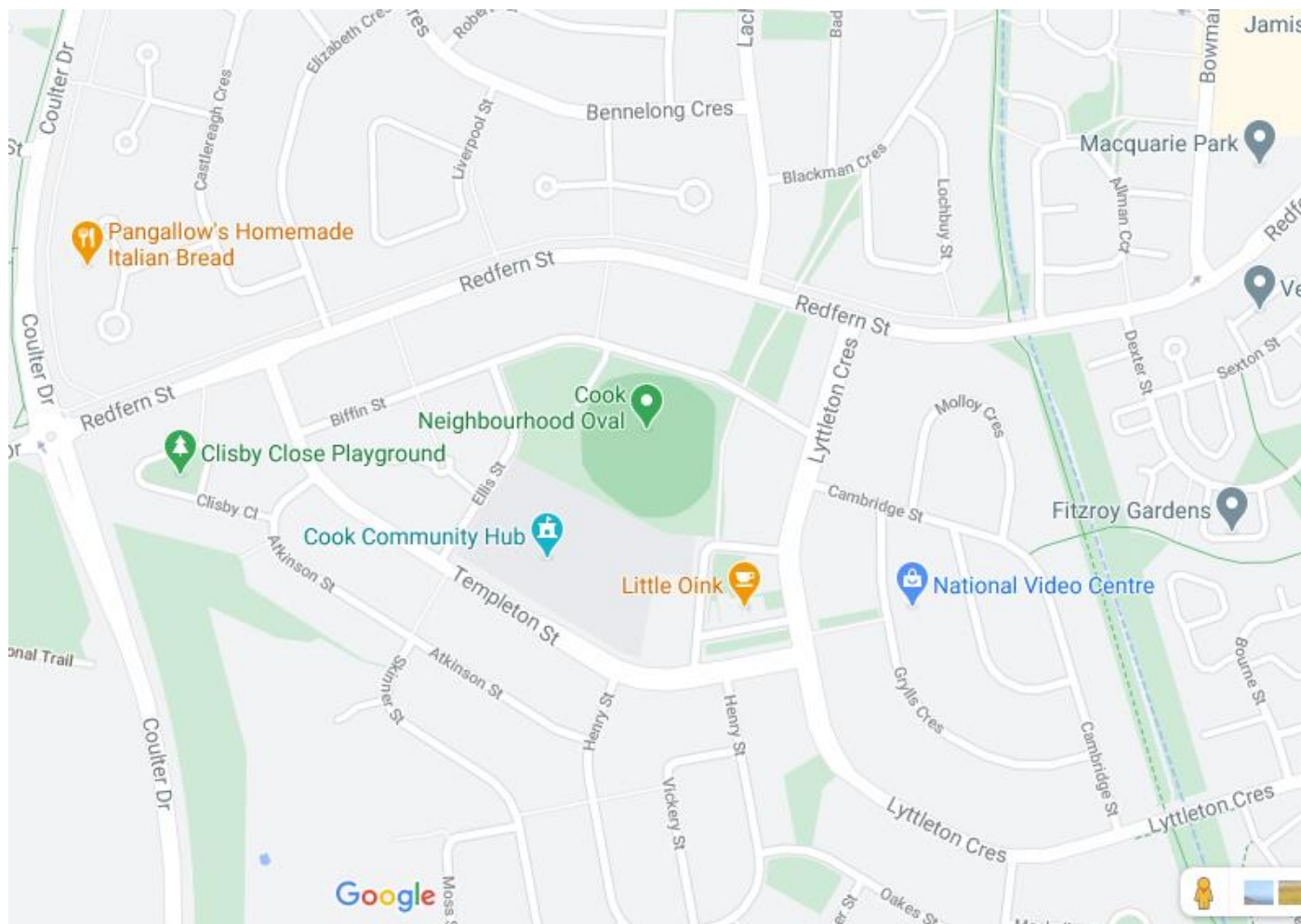
## Who Are We?

Belconnen Little Athletics Centre (BLAC) has been established in the Inner Belconnen area for over 50 years. We commenced holding athletics meets in 1972. During that time we have had a couple of different homes – Aranda Ovals, Jamison Oval, and our current location, Cook Oval.



## Contact Details

**Oval Address:** Cook Oval, Biffen Street, Cook ACT 2614



**Postal Address:** PO Box 238 Jamison ACT 2614

**Web Address:** <https://www.belconnenathletics.org.au>

**Facebook Address:** <https://www.facebook.com/blacathletics>

## Life Members

Nigel Crew (deceased)

Dave Gould

Wayne Harding

## SPONSORS

BLAC would like to thank all our sponsors for the 2024/25 season. Without these sponsors BLAC would be unable to continue to operate. Please support the businesses that support your children and our centre.

BLAC welcomes new sponsors at any time. Please contact the President if you or your company would be interested in sponsoring the club.

**Battery World, Phillip**

**The Canberra Southern Cross Club, Jamison**

**Lucky Shot Espresso Bar with BZ Burgers, Holt**



**And our National Sponsor – Coles**



## BLAC COMMITTEE 2024-25

BLAC would like to introduce and thank the committee members for the season.

Position	Name	Email
President	Wayne H	<a href="mailto:president@belconnenathletics.org.au">president@belconnenathletics.org.au</a>
Vice President	Tom W	<a href="mailto:vicepresident@belconnenathletics.org.au">vicepresident@belconnenathletics.org.au</a>
Secretary	John P	<a href="mailto:secretary@belconnenathletics.org.au">secretary@belconnenathletics.org.au</a>
Registrar	Suzie M	<a href="mailto:registrar@belconnenathletics.org.au">registrar@belconnenathletics.org.au</a>
Treasurer / Public Officer	Nick A	<a href="mailto:treasurer@belconnenathletics.org.au">treasurer@belconnenathletics.org.au</a>
Officer of Officials	Fleur D	
Results Manager	Katherine C	
Results Coordinator	Julie A	
Head Coach	Elizabeth S	<a href="mailto:headcoach@belconnenathletics.org.au">headcoach@belconnenathletics.org.au</a>
Canteen Manager	Vacant	
Equipment Officers	Martin	
	Vacant	
Website Coordinator	Vacant	
On Tack Coordinator	Ella H	
General Committee Members	Vacant	

The committee is always looking for parents to come and join us in delivering athletics to the children. The commitment can be as large or as small as you like, and no experience is required.

If you are interested in joining please contact the president.

## SEASON CALENDAR 2024-25

Month	Date	Day	Meet	BLAC Program	Set-Up Duty	Canteen Duty
October	12 <sup>th</sup>	Saturday	1	<b>Program 7 - Long Weekend</b>	Under 13-17's	Volunteers
October	19 <sup>th</sup>	Saturday	2	<b>Program 1</b>	Under 7's	Under 12-17 Boys
October	26 <sup>th</sup>	Saturday	3	<b>Program 2</b>	Under 8's	Under 13-17 Girls
November	2 <sup>nd</sup>	Saturday	4	<b>Program 3</b> 'Bring a Friend Day'	Under 9's	Under 12 Girls
November	9 <sup>th</sup>	Saturday	5	<b>Program 5 - Cross Country</b>	Under 10's	Under 11 Boys
November	16 <sup>th</sup>	Saturday	6	<b>Program 6 - Relay Program</b>	Under 11's	Under 11 Girls
November	23 <sup>rd</sup>	Saturday	7	<b>Program 4</b> Last day of 'On Track' Program	Under 12's	Under 10 Boys
November	24 <sup>th</sup>	Sunday	n/a	Coles ACT Relay Carnival – Woden	n/a	n/a
November	30 <sup>th</sup>	Saturday	8	<b>Program 1</b> Under 6's start main program	Under 13-17's	Under 10 Girls
December	7 <sup>th</sup>	Saturday	9	<b>Program 2</b>	Under 6's	Under 9 Boys
December	14 <sup>th</sup>	Saturday	10	<b>Program 3</b>	Under 7's	Under 9 Girls
December	14 <sup>th</sup> /15 <sup>th</sup>	Saturday/ Sunday	n/a	ACT Combined Event Championships - Woden	n/a	
January	18 <sup>th</sup>	Saturday	11	<b>Program 7 – Long Weekend</b>	Volunteers	Volunteers
January	25 <sup>th</sup>	Saturday	12	<b>Program 7 – Long Weekend</b>	Volunteers	Volunteers
February	1 <sup>st</sup>	Saturday	13	<b>Program 4</b>	Under 8's	Under 8 Boys
February	8 <sup>th</sup>	Saturday	14	<b>Program 1</b>	Under 9's	Under 8 Girls
February	15 <sup>th</sup>	Saturday	15	<b>Program 2</b>	Under 10's	Under 7 Boys
February	16 <sup>th</sup>	Sunday	n/a	u6-u8 Teams Challenge – Calwell	n/a	n/a
February	21-23	Friday - Sunday	n/a	ACT Junior Championships u9- u17 - AIS	n/a	n/a
March	1 <sup>st</sup>	Saturday	16	<b>Program 3</b>	Under 11's	Under 7 Girls
March	8 <sup>th</sup>	Saturday	17	<b>Program 7 – Long Weekend</b>	Volunteers	Volunteers
March	15 <sup>th</sup>	Saturday	18	<b>Program 4</b>	Under 12's	Under 6's

# WEEKLY MEETS

## Where

BLAC holds our weekly meets and training sessions at Cook Oval, Biffen Street, Cook ACT 2614.

Parking is available in the Biffen Street oval carpark, and at the Koala Playschool carpark off Rowan Street,

## When

Each meet starts with a warm-up at 8:45am, which is led by our senior athletes. While the warm-up is occurring the BLAC Committee will make a number of announcements to the parents, which may include a call for parents to volunteer for key positions to be able to start the meet, such as the starter, track assistants or age managers for individual age groups.

Saturday morning meets conclude around 11am each week. This time depends on the number of athletes and the events that are being undertaken that week. Parents are welcome to take their athletes before the end of the meet, however are requested to inform that age manager so that a lost child procedure is not enacted.

## Events

For the first half of the season (until the Christmas break) the under 6's will participate in the 'On-Track' Program. After Christmas, they will join the main program. Tiny Tots will participate in the 'On-Track' program for the season.

Each week athletes will participate in 5 events, consisting of a 4-week rotating program through the relevant events for each age group. Although the events are presented in order, age managers are able to adjust the order to take advantage of open field or track events. However, changes to the events on the program are unable to be supported.

The weekly programs are available on the BLAC website, on the announcements board on a Saturday morning, and within the age group folders.





## 'On-Track' Program

For the first 6 weeks of the season the Under 6 athletes participate in an 'On-Track' program. The Tiny Tots will participate in the 'On-Track' program for the entire season. This 'On-Track' program will run for approximately 45 minutes.

The 'On-Track' Program aims to provide athletes with quality instruction, practice opportunities, and motivation to participate in athletic events. The program is designed to be fun and allows athletes a chance to develop skills in a sequential format.

Assistance will also be required from parents and guardians to successfully run the sessions and ensure the kids listen and participate in the right spirit.

The 'On-Track' program:

- Gradually introduces athletes to the skills/events of athletics through drills and games and teaches skills in a sequential format
- Emphasises skill development
- Uses fun equipment and alternatives to official competition areas
- Reduces the need for highly accurate and time-consuming measures of distance, time and height
- Reinforces skills learnt through fun competition
- Focuses on participation, effort, and improvement.

Most importantly, the On-Track program is FUN!



## Wet Weather

The cancellation of any competition day will be decided by 8am on Saturdays and posted on the BLAC Facebook page, as soon as possible after a decision. Alternatively, parents can call or access the sportsgrounds website of the appropriate ACT Government department and ask for ground closures.

## Sickness and Injury

If your child is ill before the start of events on a Saturday morning, please do not bring them to competition that day. Illness can spread easily among young children playing closely together and handling the same equipment.

If your child has an injury that may be aggravated by participation in certain events, or by participation in general, it is recommended they abstain from such activity. We wish our junior athletes to grow into strong, healthy, injury free senior athletes.

Please email the Secretary (contact details are on page 3) if your child is absent from a meet on medical grounds so that these absences won't adversely affect your child's eligibility for championship points.

## Injuries on Competition Day

The Centre has a standard first aid kit available for treatment of athletes in the event of injury. For any insurance claim to be valid, all injuries must be reported as soon as possible and recorded in the register held at the canteen for that purpose.

## Asthma and Allergies

If your child suffers from asthma or from any environmental or food allergies, please ensure that all relevant and necessary medication is taken to every meet and that parents or carers are available to administer if necessary.

Please notify a member of the committee and ideally provide a copy of any medical action plans e.g. asthma action plan or anaphylaxis action plan, at the start of the season. Please also let your child's age manager know of any medical issues such as asthma, allergies or injuries.

## Lost Property

Please mark all clothing clearly with your child's name, especially shoes, hats, drink bottles and pullovers. The Equipment Officer is responsible for the storage of property left during the season and should be contacted if your child misplaces any items. All uncollected items will be given to charity or discarded at the end of each season.

## Canteen

The canteen sells a range of foods and drinks and every effort is made to keep the prices competitive. We encourage families to support the canteen as all the money taken goes directly back to the centre to the benefit of the athletes. Volunteers are required to assist with the operation of the canteen with each age group rostered to run the canteen each week.

## DOGS

The Domestic Animals Act 2000, Section 42 lists the prohibited places in the ACT where dogs are not allowed. 42 - Prohibited Places (3) "A person commits an offence if the person takes a dog onto a field or playing area where authorised sport or training is being played or conducted on the field or area." (Does not include an assistance animal that is with a person with a disability).

## Non-Smoking Policy

BLAC maintains a smoke free environment.

Smoking and Vaping is not permitted within the precinct including the main oval, the reserve, the storage areas, the canteen and pavilion, the toilets and the car park.



# REGISTRATION INFORMATION

## Registration Fees

Registration fees are set to cover the cost of sportsground hire, equipment, trophies and the Capital Athletics affiliation fees. After the Christmas holiday break, the BLAC portion of the fees are reduced by 50%, and the Capital Athletics affiliation fees are also reduced.

Registration Fees for the 2024-25 season are as follows:

Registration Type	Registration Fee
Tiny Tots	\$95.00
under 6 - under 17's	\$186.00

BLAC offers family discounts for the 2024-25 season:

Registration Type	Discount for family
Two Children	\$10
Three Children	\$30
Four Children	\$50

## Free Trials

Athletes are allowed a one-week 'Come and Try Day' as a trial without paying fees. Parents will be required to complete a form for each athlete attending a 'Come and Try Day' and provide this to the Registrar upon arrival.

## Financial Assistance

Little athletics is a sport for all. Limited financial assistance is available to those who are interested in registering for little athletics but are unable to afford the registration fee and/or the uniform. Please contact the registrar if you are interested in requesting financial assistance.

## Age Of Athletes

The year of birth mapped to age group for the 2024-25 season is shown below. Proof of age for each athlete is required (birth certificate, passport or Medicare Immunisation Statement).

Year of Birth	2021	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008
Age Group	Tiny Tots	Tiny Tots	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17

## Dual Registration with Capital Athletics

From the 2024-25 season, dual registrations with senior athletics clubs are no longer required to compete in Capital Athletics summer and winter series meets. All BLAC athletes in the u12-u17 are able to enter these meets using their BLAC registration and uniforms.

# UNIFORMS

## Uniform Options

The official BLAC uniform consists of the BLAC polo shirt or crop top, worn with black shorts of any style. Logos on the shorts should be minimised. Tiny Tots uniform is a plain light blue or maroon shirt.



For sizing, samples of the uniform will be available on competition days and questions may be addressed to the Registrar.

In all competitions outside the Centre (ie, Capital Athletics events or invitational events held at other clubs) the official Centre uniform must be worn. This includes the age patch and registration number. Note that for competitions outside BLAC, competitors will not be allowed to take part in any event if they fail to comply with the uniforms rules.

## Registration and Age Group Numbers

On registration, each athlete will be given a cloth registration number patch and age group patch to wear with their club uniform. It is important that the registration number be worn to every meet as it is used by the track recorders to enter results.

For the polo shirt, the age patch should be attached to the upper left side of the shirt and the registration number should be attached to the centre of the shirt. For the under 6 through to under 12 (and any other athletes that are not Dual Registered) it is recommended that the age patch be sewn on all 4 sides, and the registration number be sewn on 3 sides – leaving a pouch to hold small items.

For the crop top, the age patch should be attached to the left strap and the registration number to the front. It is recommended that safety pins be used to attach items to the crop top.

# GENERAL INFORMATION

## Support and Advice to Athletes

The objective of Little Athletics is for the enjoyment and competition of the children. Parental encouragement is recommended but in a friendly and helpful way. Chastising or criticising performance cannot be tolerated. The Centre endorses the following rules for parents:

- If the child is interested, encourage them. However, if they are not interested, do not force them
- Focus on the effort and performance rather than on the outcome of the event
- Never ridicule or yell at them for making a mistake
- Remember that they are involved in athletics for their enjoyment, not yours
- Remember that children learn best by example. Applaud good effort by all athletes.

## Parental/ Carer Support

For BLAC to continue operating, parental participation is essential. All parent and guardians are expected to help out with their athletes' activities each week. You do not need any previous experience to assist with little athletics – written instructions are available in this information booklet on each event, and committee members are available each week to assist if you are unsure of what to do.

There are many ways in which you can assist at our Saturday meets, including:

- help the age manager marshal the athletes and escort them between events
- assist with retrieving, raking, measuring and recording at field events
- be one of the starters or timekeepers (training available)
- assist with the multi-timing on the circular track (training available)
- become an Age Manager (training available)
- officiate at Capital Athletics events
- assist with set up and pack up of equipment on competition and coaching days
- help with the canteen and assist with the BBQ
- help supervise athletes at weeknight coaching sessions
- provide advice on particular needs to allow inclusion of an athlete.

The Age Group Managers and Assistants are fundamental to the success and efficient running of each Saturday morning competition. The Age Group Managers act as administrators, mentors and where qualified, coaches to the same group of athletes each week.

There will be people to show you what to do and provide advice as well as the provision of online guidance for Age Group Managers.

One of the main aims of Little Athletics is for families to enjoy a morning together and your children will love you being there. Similarly, in relation to Capital Athletics events, parents of children representing the Centre are required to assist in nominated positions to ensure safe and timely progress of events. Without this support, the event may not run.

**REMEMBER: WITHOUT PARENTAL INVOLVEMENT THERE IS NO COMPETITION**

## Working With Vulnerable People (WWVP)

BLAC is committed to providing a safe and secure environment for our youth members and to support this, BLAC Committee Members are required to hold and maintain a working with vulnerable people (WWVP) registration. Parents and carers of athletes who routinely assist at meets as regular age managers are strongly encouraged to obtain a WWVP registration and provide these details to the BLAC Secretary ([secretary@belconnenathletics.org.au](mailto:secretary@belconnenathletics.org.au)).

WWVP registration is free for volunteers and completed via an online process with Access Canberra. See: [Working with vulnerable people \(WWVP\) registration \(act.gov.au\)](#) for further information.

## Codes of Behaviour

BLAC uses the Codes of Behaviour for the conduct of Administrators, Officials, Spectators and. A copy of those codes is available on the Capital Athletics website.

### Code of behaviour for athletes

- Play by the rules
- Never argue or abuse an official
- Do not deliberately distract or provoke an opponent – this is not acceptable in our sport
- Work equally hard for yourself and your Centre. Your Centre will only benefit from your efforts
- Show good sportsmanship – applaud all good results whether they be from your Centre, opponent, or from another Centre
- Show respect to coaches and officials
- Recognise the value and importance of volunteer officials and/or coaches, as they give their time, resources and knowledge to provide an enjoyable and safe environment for you, and deserve your support
- Treat all fellow athletes as you would like to be treated – do not interfere with, bully or take unfair advantage of another athlete
- Co-operate with your coach, Centre mates and other participants in our sport – without them there would be no competition
- Participate in Little Athletics for your enjoyment – not just to please your parents, relatives or your coach.
- Avoid using bad language.

## Code of behaviour for parents and relatives

- Encourage the child to participate if they are interested
- Focus upon the child's efforts rather than the overall outcome (result) of the event, as this will assist the child in setting realistic goals related to his/her ability by reducing the emphasis on winning
- Teach the child that an honest effort is as important as a victory, so that the result of each event is accepted without undue disappointment
- Encourage the child to always participate according to the rules
- Never ridicule or yell at a child for making a mistake or losing an event
- Remember that the child is involved in Little Athletics for their enjoyment – not yours
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public, remembering that most officials give their time and effort freely for the children's involvement in Little Athletics
- Support all efforts to remove verbal and physical abuse in Little Athletics activities
- Recognise the value and importance of being a volunteer official and/or coach, as they give their time, resources and knowledge to provide an enjoyable and safe environment for your children/grandchildren/nephews/nieces, and deserve your support
- Remember that children participate in Little Athletics activities for fun and are not participating for the convenience of parents only – it is not a child-minding organisation. Centres need your support and involvement to conduct activities for YOUR child
- Demonstrate appropriate social behaviour by not harassing children, coaches or officials, and by not smoking on the arena (as defined by the relevant Competition Manager) or being intoxicated
- Avoid using bad language.

## National Integrity Framework Policies

BLAC endorses all National Integrity Framework policies, including:

- Member Protection Policy
- Safeguarding Children and Young People Policy
- Improper Use of Drugs and Medicine Policy
- Competition Manipulation and Sport Gambling Policy
- Complaints, Disputes and Discipline Policy

## Capital Athletics Policies

BLAC endorses the Capital Athletics policies, including:

- Membership Terms and Conditions
- Refund Policy
- Risk Management Policy
- Selection Policy



# COACHING

## Head Coach

BLAC has an Athletics Australia accredited Head Coach who attends most Saturday meets and runs training for all members one afternoon a week at Cook Oval. Training days, times and focus areas are announced on Facebook each week.

BLAC is keen to support parents who wish to explore coaching development and accreditations. Should anyone wish to learn more about coaching, please speak to the Head Coach or any other member of the Committee, or email: [headcoach@belconnenathletics.org.au](mailto:headcoach@belconnenathletics.org.au). Capital Athletics and BLAC sponsor participation in accredited coaching courses.

## Junior Coaches

BLAC has a number of junior coaches who provide coaching and assistance during the Saturday morning meets. These junior coaches operate under the guidance of the Head Coach and aim to increase both the athletes and parents understanding of correct technique and skills to further develop skills in each of the athletics events.

## Training

Training is for all athletes registered with BLAC, but is most suited to the under 7 to under 14 age groups. Training focuses on general fitness, skills and fun across a range of events.

Note: parent supervision is required at training and any assistance is greatly appreciated



# EVENTS

## Events Conducted by Age Group

Event	U6	U7	U8	U9	U10	U11-17
50m	X	X	X			
70m	X	X	X	X	X	
100m	X	X	X	X	X	X
200m	X	X	X	X	X	X
300m	X*		X*			
400m				X	X	X
500m		X*				
700m			X*			
800m				X	X	X
1500m						X
Sprint Hurdles			X	X	X	X
Walk			X*	X	X	X
Long Jump	X	X	X	X	X	X
Triple Jump						X
High Jump			X*	X	X	X
Shot Put	X	X	X	X	X	X
Discus	X	X	X	X	X	X
Javelin						X
Turbo Javelin			X*	X*	X*	
Vortex	X*	X*				

X\* - denotes event not conducted at the Capital Athletics carnivals

## Event Records

There is always the possibility that an athlete, no matter what age, will break a centre record. For this reason, age managers or other parents assisting with that age group should always check the top of the recording sheets in the age folders for the event record before commencement of competition.

Please note that if two or more age groups are on the same recording sheet, that only one of the age groups centre records will be displayed in the header of the sheet. For these age groups a separate sheet with event centre records will be included to the combined age folder.

Athletes may also advise officials if they are intending to attempt a centre record prior to the start of the event.

For throwing events, measure out and place a marker at the appropriate distance for the current record. Marking out the record indicates to officials when a throw may be close to the record.

If you believe that an event record may have been broken do not remove an athlete's marker – find a Committee member to confirm whether or not a new record has been achieved. ***Once a marker has been removed, a new record cannot be certified.***

For circular track events the Chief Timer should check the race record prior to the commencement of the race. If you believe that a race record has been broken do not reset any of the hand timers – find a Committee member to confirm whether or not a new record has been achieved. ***Once a timer has been reset, a new record cannot be certified.***

For straight track events, the Timing Solutions system will refresh the centre records list for these events during setup before the meet commences. A centre record will be indicated by the system automatically.

## Competition Tickets

After completing straight track running events, children are given a ticket showing their name, their place and the time they achieved (a star indicates if the performance was a Personal Best). Performance tickets for these and other track and field events are also able to be reviewed or printed from the Timing Solutions ResultsHQ online portal. Straight track tickets can be discarded.

## Results Access

BLAC uses an online system for storing and presenting the results of our athletes. Every family will be able to log in to the Timing Solutions ResultsHQ website to see results for their children and track their performances across the season.

Your username is the email address you provided when registering your child/children this season. Please click on the “Forgotten your password” link to retrieve your password for logging in (your password will be sent to the email address you registered for Little Athletics with). If you have any problems logging in please email the timing solutions contact on the relevant page.

Timing Solutions have an online video you can look at to show what you can expect from within the family results area.



# SAFETY

Safety is everybody's responsibility — committee, officials, parents and children. Your cooperation is essential to ensure an accident free season. It is most important to impress upon children the dangers of incorrectly using or playing with equipment - a shot put dropped on to a foot can cause considerable damage!

## Spikes

Spikes may be worn by children in the U9-U17 age groups during competition. The maximum length of spikes permitted on grass is 9mm and between 5mm and 7mm on other surfaces. Spikes may only be worn in laned events (up to and including 400m) and at the long, triple and high jumps and javelin (but not the turbo jav). Spikes may not be put on until immediately before an event is due to commence, and must be taken off as soon as it is completed. In the case of track events, this means that spikes must be taken off at the finish line.

## Shoes Must Be Worn

Appropriate shoes must be worn at all times, both at our Cook Oval and other Capital Athletics carnivals. Athletes not complying will not be allowed to participate.

## The Oval

Children should not walk across lanes when track events are in progress. Please use caution in the car park at all times and do not let children wander into the carpark unsupervised.

It is also important to keep a very close eye on younger siblings that are wandering around during the meet. It can be very difficult for athletes to avoid a collision if a toddler runs out on to the track in front of them.

## High Jump Mats

The jumping mats are only to be used when age groups are undertaking their event as scheduled. Jumping or playing on high jump mats at any other time is not allowed. Dangerous high jump techniques, such as diving head-first over the bar, are not permitted. The Scissor technique will be the only allowable technique performed in high jump for the Under 8, Under 9 and Under 10 age groups at all levels of competition. All athletes in the Under 11 and above age groups will have the option to use any legal jumping technique where flop mats are provided at all levels of competition. Children should not use the Fosbury Flop technique unless they have mastered the scissor technique and have been instructed on the correct landing technique.

## Equipment

Discus, javelin and shot put implements must be carried back to the circle, not thrown back. All competitors must stand (or sit) behind the thrower at all times. Hurdles are not to be played with. Children may only jump over them when directed by officials. It is dangerous to jump hurdles from the wrong direction as they do not collapse when knocked from the wrong side. No equipment is to be used by children unless an official is present to supervise.

## Warm-up

A proper warm-up is essential for children, most particularly in the older age groups, to ensure they are protected against injury. Please help us to instil in the children the philosophy that no sporting competition should be undertaken without adequately warming up. Even for the younger children, who are not as much at risk from muscular injuries, proper habits learnt now will stand them in good stead in later years, so encouragement should be given to warm-up before each event.

# BLAC AWARDS

## Ribbon Awards – Personal Bests

BLAC awards ribbons to athletes in recognition of Personal Best (PB) achievements – i.e. continual improvement across the season in all events (ribbons are not event specific, but apply to all events in aggregate across the whole season).

The following personal best tally thresholds for ribbon awards will apply to all age groups.

- Reaching 5 personal bests – green 5 PB's ribbon
- Reaching 10 personal bests – yellow 10 PB's ribbon
- Reaching 20 personal bests – red 20 PB's ribbon
- Reaching 30 personal bests – blue 30 PB's ribbon
- Reaching 40 personal bests – black 40+ PB's ribbon

As a guide, almost all athletes will achieve more than 10 PB's in a season and around three quarters of athletes would achieve 20-29 PB's. About a quarter will achieve 30 or more PB's in a season.

The BLAC Committee will monitor each athlete's progress towards achievement of these personal best thresholds and will provide the ribbons to Age Marshals (in the age folder) for handing out to athletes.



## Most Improved

A Most Improved award is presented to the athlete in each age/gender group who has shown the greatest overall improvement in their results across the season but did not receive an Age Champion award. This award also requires that athletes attend at least 50% of season meets.

## Centre Championships Age Champions

At the end of the season, we will present awards to our girl and boy champions in each age group. Age Champions and place getters will be determined from results from across all BLAC meets during the Little Athletics season – (excluding carnivals and ACT level results).

Point tallies (the best results in each event for each athlete) from across the season will determine our Age Champions for the season with Age Champion trophies awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places overall.

Points will be awarded to the best 6 athletes for each event as follows:

- 1<sup>st</sup> - 9 points
- 2<sup>nd</sup> - 6 points
- 3<sup>rd</sup> - 4 points
- 4<sup>th</sup> - 3 points
- 5<sup>th</sup> - 2 points
- 6<sup>th</sup> - 1 point

As an example: For Under 9 girls, the best six results from the whole season in high jump (with only one result allowed per athlete) will receive the points as listed above. If Jane Citizen achieved the best 4 results in the age group across the season, she would still only receive the 9 points for 1st. Whoever achieved the 5th best result would receive the 6 points for second place. Please note that countbacks for high jump are not used for determining centre championship points. Equal results in high jump attract equal points. This is because there will always be potential for an athlete to achieve the best result on more than one occasion and with possibly difference clearance patterns each time. High jump also often results in ties for several places in the younger ages where there are more participants.

Place ties and how championship points are allocated: Where there are equal best place results for more than one athlete in an age group then there will be a point allocation adjustment to the “effective place” achieved – which ensures that only the top 6 athletes (although under rare situations it could be more – see scenario 2 on the next page) receive points. This is best illustrated by the following two examples for hypothetical high jump results:



### Scenario 1 – High Jump

Athlete	Result	Place	Championship Points	Effective Place
Athlete 1	95 cm	1 <sup>st</sup>	9	1 <sup>st</sup>
Athlete 2	90 cm	Equal 2 <sup>nd</sup>	6	2 <sup>nd</sup>
Athlete 3	90 cm	Equal 2 <sup>nd</sup>	6	2 <sup>nd</sup>
Athlete 4	90 cm	Equal 2 <sup>nd</sup>	6	2 <sup>nd</sup>
Athlete 5	85 cm	Equal 3 <sup>rd</sup>	2	5 <sup>th</sup>
Athlete 6	85 cm	Equal 3 <sup>rd</sup>	2	5 <sup>th</sup>
Athlete 7	80 cm	4 <sup>th</sup>	0	7 <sup>th</sup>
Athlete 8	75 cm	5 <sup>th</sup>	0	8 <sup>th</sup>

In this case, there is an outright 1st place. There are three tied for 2nd place and two tied for 3rd place. This accounts for the top 6 athletes and had these all achieved unique results, then all championship points would have been allocated to these athletes.

### Scenario 2 – High Jump

Athlete	Result	Place	Championship Points	Effective Place
Athlete 1	128 cm	1 <sup>st</sup>	9	1 <sup>st</sup>
Athlete 2	125 cm	2 <sup>nd</sup>	6	2 <sup>nd</sup>
Athlete 3	120 cm	3 <sup>rd</sup>	4	3 <sup>rd</sup>
Athlete 4	110cm	Equal 4 <sup>th</sup>	3	4 <sup>th</sup>
Athlete 5	110 cm	Equal 4 <sup>th</sup>	3	4 <sup>th</sup>
Athlete 6	110 cm	Equal 4 <sup>th</sup>	3	4 <sup>th</sup>
Athlete 7	110 cm	Equal 4 <sup>th</sup>	3	4 <sup>th</sup>
Athlete 8	105 cm	5 <sup>th</sup>	0	8 <sup>th</sup>

In this case, there are outright 1st, 2nd, and 3rd places. There are four tied for 4th. In this case points are awarded to the top 7 athletes as there is no fair way of differentiating between the four athletes who placed 4th. If an event place-getter is ineligible for Championship points (see next section), their points will be allocated to the next eligible athlete with a cascading effect for the remaining place-getters.

## Eligibility for Championship Points

To be eligible to receive championship points, an athlete must have attended at least 50% of the season's held meets.

For the Under 6 age group, neither results nor attendance is recorded for the On-Track part of the season. To be eligible for championship points, an under 6 athlete must attend 50% of the meets after On Track has concluded.

Medical absences can be deducted from the "total possible meets attended" and then apply the 50% attendance rule. Medical absences will be judged on a case-by-case basis, however as a general guide, a medical absence would be something requiring treatment or diagnosis by a medical professional and would be supported by a medical certificate. If an athlete has a medical reason for missing multiple meets then the following formula applies: Meets required = ("total meets in season rounded up to nearest whole number" - "medical absences") x 50%.

## Perpetual Trophies

These are separate trophies for Sprinting/Hurdles, Middle Distance, Long Distance, Walking, Throwing and Jumping. These trophies are only awarded for excellence during the season (i.e. breaking records at centre events or high placings at LAACT events). There is also a President's Trophy and two Encouragement Award trophies which are awarded for exceptional achievement or behaviours during the season. These awards are not restricted to athletic performance only.

All these awards and certificates are presented to reward and recognise the outstanding effort and commitment that all athletes make at our centre across the season.

## End of Season Presentations

Awards are announced at the end of season presentation event. The event usually takes place a few weeks after the end of the season to allow results to be calculated and for awards to be engraved.



# CAPITAL ATHLETICS EVENTS FOR UNDER 6'S – UNDER 17'S

During the season there are a number carnivals at which BLAC athletes are encouraged to participate. These carnivals are open to registered athletes, however some carnivals are age limited. Participation in the Carnivals may require prior registration and a nominal fee at the time of registration.

We hope you encourage your child/ren to participate in these carnivals. It is a great opportunity, particularly for the younger athletes, to compete on the AIS track or Woden Park Athletics Field and meet other athletes from across the region. It also provides parents with an opportunity to meet other parents from our Centre outside their child's age group and to increase their officiating skills.

## Local Carnivals

A few of the Canberra and surrounding centres have carnival days to which you, as a registered Little Athlete, are invited to compete. There may be a small registration/event fee to participate.

## ACT Relay Carnival

This is a great carnival where the athletes compete in teams either with members of BLAC or with members of other clubs.

The relay carnival is open to athletes under 6 and above where athletes compete in 3 different relay events. BLAC will aim to field at least one relay team of 4 athletes in each age group. However, where a team cannot be fielded, composite teams can be made on the day of the event with other clubs or athletes of younger age groups, so that everyone can participate.

This is a good opportunity to get familiar with the championship format and to compete at a first-class venue. Athletes should not hesitate to attend because it is early in the season, or you are new to the sport. All athletes are welcome, and the atmosphere is a friendly one.

## ACT Combined Events Championship

Athletes participate in a series of events where points are earned and tallied to determine the winners. The combined event championships is a qualifying pathway for the u13-17s for the Australian Combined Championships as a multi-event athlete, and for the u15 competition at the Australian Little Athletics Championships.

## U6 – U8 Teams Challenge

The U6-U8 Teams Challenge is a fun event where our youngest little athletes get the opportunity to participate in team events against little athletes from other Little Athletics Centres. Activities are based on game like activities that teach fundamental movements and motor skills. These activities involve competition, but are done with modified rules and specifications to emphasise the focus on fun and participation rather than individual performance. This event is based on the developmental age-appropriate guidelines as set out by both Little Athletics Australia and Athletics Australia.

## Capital Athletics Junior Championships U9-U17

These championships are run over a full weekend for U9s – U17s where BLAC athletes compete against athletes from other centres. This event, delivered by Capital Athletics, focuses on the opportunity to participate in Little Athletics events under Little Athletics Australia rules and specifications, against athletes from other Little Athletics centres.

## Parent Help at Carnivals

BLAC is required to provide officials for carnivals in direct proportion to the number of athletes entered from our centre. Some carnivals, particularly the ACT Championships, require large numbers of officials, so a parent of each athlete wishing to participate is required to assist for up to half a day. Parents of participating athletes are usually contacted by our Officer of Officials who has the role of organising a roster of people to carry out the various jobs – please volunteer if you haven't been contacted. It may be necessary to exclude athletes whose parents are unwilling to participate.

Note: The AIS athletics track at Bruce and the Woden Park Athletics Field are all-weather facilities. Events are not normally cancelled due to inclement weather.

## Going Away for a Holiday?

When you are on holidays away from Canberra you can find a local 'Little As' centre that will be happy to let you compete. Just contact their secretary to arrange your attendance. Note you will need to wear your club uniform for insurance purposes.

## Australian Little Athletics Championships (ALAC)

Following the Junior Championships, a team of U13 and U15 athletes will be selected to represent the ACT in the Australian Little Athletics Championships (ALAC). 22 u13 athletes (11 boys and 11 girls) are selected to participate as a team against the other states, with each athlete competing in at least 2 events.

If you would like to be considered for selection, then you must fill out a nomination form and lodge it with the Capital Athletics Office by the due date. Please see Committee members or visit the Capital Athletics website for further information.

BLAC encourages all of our u13 athletes to nominate for the team and will provide some financial support to assist parents with the costs of the carnival.



# TECHNICAL SPECIFICATIONS

## Throws

Age Group	Shot Put		Discus		Javelin	
	Boys	Girls	Boys	Girls	Boys	Girls
u6-u7	1kg	1kg	350g	350g	Vortex	Vortex
u8	1.5kg	1.5kg	500g	500g	Turbo	Turbo
u9-u10	2kg	2kg	500g	500g	Turbo	Turbo
u11	2kg	2kg	500g	500g	400g	400g
u12	2kg	2kg	750g	750g	400g	400g
u13	3kg	3kg	750g	750g	600g	400g
u14	3kg	3kg	1kg	1kg	600g	400g
u15-u16	4kg	3kg	1kg	1kg	700g	500g
u17	5kg	3kg	1.5kg	1kg	700g	500g

Shot Put colour code:

- 1kg – Blue
- 1.5kg – Yellow
- 2kg – Orange
- 3kg – White
- 4kg – Red
- 5kg – Green

## Hurdles

Age Group	Distance	Height	Lead In	Lead Out	No of Flights	Distance Between
u6-u7	n/a	n/a	n/a	n/a	n/a	n/a
u8-u9	60m	45cm	12m	13m	6	7m
u10	60m	60cm	12m	13m	6	7m
u11	80m	60cm	12m	13m	9	7m
u12	80m	68cm	12m	13m	9	7m
u13, u14G	80m	76cm	12m	12m	9	7m
u14B, u15G, 16G	90m	76cm	13m	13m	9	8m
u15B, u16B, u17B, u17G	100m	76cm	13m	10.5m	10	8.5m

## High Jump

The starting heights are as follows:

Age Group	BLAC Competitions		ACT Championships
	Boys	Girls	
u6-u7	n/a	n/a	n/a
u8	60cm	55cm	n/a
u9	70cm	65cm	85cm
u10	80cm	75cm	95cm
u11	90cm	85cm	1.05m
u12	1.00m	90cm	1.05m
u13	1.10m	1.00m	1.20m
u14	1.20m	1.10m	1.25m
u15-u17	1.25m	1.20m	1.30m

## Long Jump

Age Group	Take Off Size	Take Off Distance
u6-u8	1m x 1m	0.5m
u9-u10	1m x 0.5m	1m
u11-u17	1m x 0.2m	1m

## Triple Jump

Age Group	Take Off Size	Take Off Distance
u11-u12	1m x 0.2m	5, 7 or 9m
u13-u17	1m x 0.2m	5, 7, 9 or 11m