



2021/22
CENTRE HANDBOOK



OUR MISSION

To develop children of all abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in athletics activities.

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EMLAC LIFE MEMBERS

We would like to acknowledge our Life Members:

- Heather & Frank Bradley
- Sheryl Kettle - 2016

COMMITTEE & CONTACTS

| | | |
|--|---------------------------------|------------------------------|
| PRESIDENT | Leah Smith | 0458 504 744 |
| VICE PRESIDENT | Mel Micalizzi | 0407 094 488 |
| SECRETARY | Rebecca Blight | 0418 130 203 |
| TREASURER | Chris Kadri | 0407 819 366 |
| CENTRE REGISTRAR | Nicole Fraser | 0488 145 774 |
| COMPETITION TEAM MANAGERS | Leah Smith Mel Micalizzi | 0458 504 74 0407 094 488 |
| INCLUSION OFFICER | Melanie Pyle | 0438 067 321 |
| COVID SAFETY OFFICER | Cathy Carfoot | 0408 287 196 |
| WEBSITE & DESIGN | Leah Smith | 0458 504 744 |
| FUNDRAISING / SPONSORSHIP & SOCIALS | Mel Micalizzi John Micalizzi | 0407 094 488 0408 146 730 |
| SCHOOLS CONTACT | Rebecca Blight | 0418 130 203 |

GENERAL COMMITTEE

| | | | |
|----------------|--------------|---------------|--------------|
| Vanessa Haw | 0418 139 309 | Cathy Carfoot | 0408 287 196 |
| Phil Powderly | 0411 446 425 | Sarah Garrett | 0407 838 024 |
| John Micalizzi | 0408 146 730 | | |

EMLAC DETAILS & RESOURCES

echucamoama@lavic.com.au

www.echucamoamalac.com.au



[@echucamomalittleaths](https://www.facebook.com/echucamomalittleaths)



[@echucamomalittleaths](https://www.instagram.com/echucamomalittleaths)

NCR Facebook Public Group: [@LittleAthleticsNorthernCountryRegion](https://www.facebook.com/LittleAthleticsNorthernCountryRegion)

Little Athletics Victoria: www.lavic.com.au

WELCOME

Welcome to the Echuca Moama Athletics Centre. By participating at Little Athletics, children have the opportunity to improve their athletic skills and abilities in an environment that focuses on sportsmanship and enjoyment. Our aim is to assist all athletes, through inclusion, encouragement, instruction, training and competition, to improve their athletic skills and abilities whilst meeting new friends in a fun and family orientated environment.

Parents and friends are encouraged to participate by acting as helpers on a roster system to make competition days run smoothly (plus your little athlete will love seeing you get involved). Little Athletics cannot function without the regular contribution from parents.

LAVic's designated charity is the Royal Children's Hospital Good Friday Appeal. Keep an eye out for the RCH money tin on Saturdays to donate and some fun days/activities throughout the season to help raise money for a great cause.

GOALS OF ECHUCA MOAMA LITTLE ATHLETICS

For Parents & Spectators

- Our focus is on improving individual performance and not on determining winners and losers. Honest efforts are more important than victory.
- Encourage children to participate if they are interested, if not, do not force them. Encourage them to try again next time.
- If your child is having difficulty with any aspect of Little Athletics, talk to a committee member or another parent. Athletes can quickly lose interest if problems are not resolved immediately.
- Recognise the value and importance of volunteer coaches & officials. They give their time and resources to provide enjoyment for the children and deserve your support.
- Guard against projecting your aspirations onto your child. Children have different abilities and will develop at different rates as the years go by.

- The best way to maximise your child's performance is by learning the correct skills, ensure they enjoy what they are doing and most importantly ensure they receive plenty of encouragement and support.
- Be a good role model for sports behaviour. Be courteous to athletes, officials and other spectators.
- Children compete for enjoyment. Discourage the "Win at all cost" mentality.
- Make any new parents/families welcome on all occasions.
- Do not abuse any child, particularly your own.
- Reward the performances of all athletes with generous praise and applause.
- Never ridicule or yell at a child for making mistakes or losing an event. Bad language is not tolerated.
- Condemn unsporting behaviour and promote respect for all opponents.
- Parents are discouraged from judging/measuring performances of their own child if circumstances allow.

For Athletes

- Play by the rules and compete for enjoyment.
- Be a good sport. Applaud all results, whether they are by your Centre, opponent or another Centre.
- Never argue with an official. If you disagree, ask your age group manager to deal with the matter.
- Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport. Bad language is not tolerated.
- Treat all opponents the way you would like to be treated. Do not interfere, bully or take unfair advantage of another athlete.
- Cooperate with all officials and other participants. Without them there would be no competition.

OUR REGION

Little Athletics Victoria is broken into 7 regions, 4 metro and 3 country regions. Regional Carnivals are held for Relays, Track & Field and Cross Country. Echuca/Moama belongs to the Northern Country Region (NCR) along with 20 other centres.

When competing in Regional Carnivals, the athlete will compete against other centres within our region until they progress to a State Championship, where all regions come together to compete.

NORTHERN COUNTRY REGION CENTRES ARE:

- | | |
|---------------------------|----------------------------|
| 1. Albury 131 | 12. Mt Beauty 87 |
| 2. Alpine 159 | 13. Murrindindi 147 |
| 3. Barooja 153 | 14. Nathalia 137 |
| 4. Benalla 57 | 15. Rochester 141 |
| 5. Bendigo 2 | 16. Rutherglen 157 |
| 6. Echuca/Moama 58 | 17. Seymour 36 |
| 7. Howlong 148 | 18. Shepparton 55 |
| 8. Kyabram 139 | 19. Wangaratta 250 |
| 9. Kyneton 69 | 20. Wodonga 26 |
| 10. Lavington/Jindera 144 | 21. Yarrawonga/Mulwala 129 |
| 11. Mansfield 85 | |

For more information on the Northern Country Region, visit the [NCR Facebook](#) page, where you will find information relating to all centres. This is a good recourse for regional carnivals and other competition based information.



Coles
Volunteer

EMLAC CALENDAR 2021/22

2021

| | |
|--------|--------------------------------------|
| 5 Nov | Info & Trial Day |
| 12 Nov | Cancelled |
| 19 Nov | Program 1 |
| 26 Nov | Program 2 |
| 3 Dec | Program 3 |
| 10 Dec | No Meet (State Relay Championships) |
| 18 Dec | Week 5 Saturday MULTI EVENT CARNIVAL |

2021

| | |
|------------|--------------------------------------|
| 28 Jan | Program 1 (pending-catch up meet) |
| 29, 30 Jan | State Combined Event |
| 4 Feb | Program 2 |
| 11 Feb | No Meet (Regional Track & Field) |
| 18 Feb | Program 3 |
| 25 Feb | Program 1 |
| 4 Mar | Program 2 |
| 11 Mar | No Meet (State Track & Field Champ) |
| 18 Mar | Program 3 |
| 25 Mar | TBA |
| 1 Apr | Presentation Day |

*Calendar is subject to change without notice

(TBA - specific events such as Multi Event, date to be confirmed)



SEASON PROGRAMS

| PROGRAM 1 BOYS & GIRLS ROTATION | | | | | | | | |
|---------------------------------|----------|----------------------|---------------------------|------------|------------|--------------|--------------|-------------|
| ROTATION | U 6 | U 7 | U 8 | U 9 | U 10 | U 11 | U 12 | U 13 -16 |
| 5:30pm-5:45pm WARM UP | | | | | | | | |
| ROTATION 1 | ON TRACK | SP 1&2 | DIS 1&2 | LJ 1&2 (M) | HJ 1&2 (S) | JAV B&G Join | 100m | 100m |
| ROTATION 2 | ON TRACK | 70m | 70m | 70m | 70m | 400m | LJ 1&2 | TJ B&G Join |
| ROTATION 3 | — | Vortex (T) 10-15 min | Sissor Kick (T) 10-15 min | DIS 1&2 | LJ 1 (M) | SP 1&2 | 400m | 400m |
| ROTATION 4 | — | 200m | 200m | 400m | 400m | 200m | JAV B&G Join | DIS 1&2 |
| ROTATION 5 | — | | | | | | DIS 1&2 | SP 1&2 |

| PROGRAM 2 BOYS & GIRLS ROTATION | | | | | | | | |
|---------------------------------|----------|------------|------------|------------|---------|---------|-------------|-----------------|
| ROTATION | U 6 | U 7 | U 8 | U 9 | U 10 | U 11 | U 12 | U 13 -16 |
| 5:30pm-5:45pm WARM UP | | | | | | | | |
| ROTATION 1 | ON TRACK | LJ 1&2 (G) | SP 1&2 | 100m | 100m | 100m | TJ B&G Join | JAV B&G Join |
| ROTATION 2 | ON TRACK | 100m | 100m | SP 1&2 | DIS 1&2 | LJ 1&2 | 800m | 800m |
| ROTATION 3 | — | DIS 1&2 | HJ 1&2 (S) | 800m | 800m | 800m | SP 1&2 | LJ 1 B&G Join |
| ROTATION 4 | — | | | HJ 1&2 (S) | SP 1&2 | DIS 1&2 | 200m | 200m |
| ROTATION 5 | — | | | | | | LJ 1&2 | HJ (F) B&G Join |

| PROGRAM 3 BOYS & GIRLS ROTATION | | | | | | | | |
|---------------------------------|----------|--------------|--------------|--------------|--------------|--|-----------------|--------------|
| ROTATION | U 6 | U 7 | U 8 | U 9 | U 10 | U 11 | U 12 | U 13 -16 |
| 5:30pm-5:45pm WARM UP | | | | | | | | |
| ROTATION 1 | ON TRACK | SP 1&2 | LJ 1&2 (G) | 60m H (45cm) | 60m H (45cm) | 80m H (60cm) | 80m H (68cm) | 80-100m H |
| ROTATION 2 | ON TRACK | 60m H (30cm) | 60m H (45cm) | LJ 1&2 (M) | SP 1&2 | HJ (F) B&G Join | DIS 1&2 | JAV B&G Join |
| ROTATION 3 | — | LJ 1&2 (G) | DIS 1&2 | 200m | 200m | TJ B&G Join | HJ (F) B&G Join | SP 1&2 |
| ROTATION 4 | — | | | DIS 1&2 | LJ 1&2 (M) | 1500m | 1500m | 1500m |
| ROTATION 5 | — | | | | | OPTIONAL NO POINTS EVENT INSTEAD OF 1500m DIS 1&2 | JAV B&G Join | TJ B&G Join |

PLEASE NOTE: Programs are subject to change throughout the season depending on what adjustments may be needed, if any.

LEGEND:

(G) - Grassed Long Jump Pits

(M) - Measure from imprint on sand on runway

(T) - Training

1&2 - Ring or pit

B&G - Boys and girls age groups to join for the event

The program is set for boys and girls doing the same event rotation. For example:

Each age group will proceed to their field event. Boys age group will take ring1 or pit 1 and girls age group will take the other ring 2 or pit 2. If you have any question please ask a comittee member.

If there is a minimal amount of athletes in both boys and girls age group, the group may combine and only use one ring or pit.

At the end of the field event, all recording sheets are to be given to the cgaperone and they will ask someone/athlete to take the shee to the results/recording table so the results can be recorded on the same day.

PLEASE NOTE: There may be some days where our recorder may not be available. If this is the case the sheets will stay in the event folder and be returned at the end of the meeting.

SEASON 2020/21 AT A GLANCE

Although we were in the middle of a pandemic, our 2020/21 season was one of our most successful to date with memberships and participation in regional and state events seeing a major increase.

Our committee worked tirelessly behind the scenes to make sure our members were safe and all the Covid-19 protocols were followed. We thank all our members for complying to a 'new way' for doing things, by way of QR codes, sanitising and social distancing.

We were very fortunate to have all our members put their hands up and help and jump on board on our duty rosters and fill in where needed, as our format required a little extra due to the covid safety rules.

Our centre persevered through Covid and produced some amazing results at our regional event with a record 31 athletes attending. From this event, many progressed to state where we had athletes bag a fair bit of bling with our first gold medal won for the weekend by Luca Micalizzi in the U9 boys Shot Put.

Our media exposure through our local paper and online socials were again well presented which in return saw another increase in our following throughout the season.

The 2021/22 season is looking exciting with a full Executive Committee and many General Committee members. There is some positive changes already taking shape with this season seeing the inclusion of Multi Class athletes and becoming an all inclusive centre. We encourage everyone of all abilities to give little athletics a try.

We look forward to what the season brings and continuing friendships and making new ones. Most importantly continuing to teach our athletes to always do their best and have fun.

EMLAC Committee

SEASON 2020/21 AWARDS

AGE CHAMPIONS

| AGE GROUP | MALE | FEMALE |
|-------------------------|---|---|
| U7 Runner Up | Harvey McColl & Alby Perkins Jude Micalizzi | Emily Parker Sienna Stewart |
| U8 Runner Up | Conner Richardson William Eacott & Harrison Farrant | Emma McKenzie Cleo Haw |
| U9 Runner Up | Jobe Hoskings Finn Addicott | Chloe Ryan Sky Rogers |
| U10 Runner Up | Benji Carfoot Beau Griffiths | Ruby Matthews Quinn Tomkins |
| U11 Runner Up | Benjamin Anthony Nate Smith | Kokona Koreena Sophie Jardine |
| U12 Runner Up | Ethan Anthony James Mason | Kate Head Mcheala Williams |
| U13 Runner Up | Will Addicott Nathaniel Anthony | Tia Ferris Lacey Smith |
| U14 Runner Up | Toby Cadd — | Scarlett Southern — |
| U15 Runner Up | — — | Zoe Ferris — |
| U16 Runner Up | — — | Andrea Archibald Mackenzie Southern |

JUNIOR CHAMPION (U7-U10) - Ruby Andrews

SENIOR CHAMPION (U11-U16) - Will Addicott

RIVERINE HERALD – CLUB SPIRIT AWARD - Harvey McColl

2020/21 CENTRE RECORD MEDALS

| NAME | AGE GROUP | EVENT | RESULT |
|--------------------|-----------|--------|---------|
| Millie Reynolds | U7 GIRLS | 60m H | 12.84 |
| Alby Perkins | U7 BOYS | 60m H | 12.02 |
| Lucy Donnan | U8 GIRLS | HJ (S) | 0.95 |
| Angus Halloran | U9 BOYS | 800m | 2.47.72 |
| Marlon Micalizzi | U10 BOYS | HJ (S) | 1.22 |
| Amelie Southern | U11 GIRLS | 800m | 2.49.37 |
| Sophie Jardine | U11 GIRLS | 80m H | 15.39 |
| Scarlett Southern | U14 GIRLS | 80m H | 14.58 |
| Andrea Archibald | U16 GIRLS | 100m | 13.59 |
| | | 200m | 29.21 |
| | | 90m H | 17.54 |
| | | LJ | 4.59 |
| | | SP | 8.01 |
| Mackenzie Southern | U16 GIRLS | 400m | 1.13.63 |
| | | 800m | 3.04.19 |
| | | 1500m | 9.33.06 |
| | | Discus | 12.27 |

AWARD CRITERIA

For all of our awards and their criteria please refer to our [website](#).

COMPETITION DAY

START TIME

Our meets are held on Friday nights with a BBQ dinner.

Athletes are requested to be at the ground at 5.30pm on competition days for a compulsory warm up.

Athletes will then proceed to their age groups with their group chaperone and begin the first round of events on that day's program at 5.45pm.

ON TRACK PROGRAM

The On Track program focuses on the fundamental motor skills all the way through to the athletic skills.

On Track can be conducted for the U6, U7 and U8 age groups. However, our centre will usually run this program for our U6 age group only.

The key to the On Track program is to develop one skill before moving onto the next and encourage enjoyment and accomplishment through participation of these activities.

Our On Track Coordinator this season is Phil Powderly.



MULTI CLASS ATHLETES

We are an all inclusive centre and encourage athletes of all abilities to participate in little athletics.

Multi Class athletes are athletes with an impairment (disability). There are several classifications for Multi Class and usually they fall into 5 categories:

- Physical Impairment
- Hearing Impairment
- Vision Impairment
- Intellectual Impairment

Athletes with a disability will often be fully integrated into our standard program. Discuss with our committee regarding our program and facilities and whether modifications may need to or can be made to suit the requirements of your athlete.

For more information email echucamoama@lavic.com.au or speak to our Inclusion Officer – Melanie Pyle.

You can also contact Mel on:

Email: mel_pyle@hotmail.com

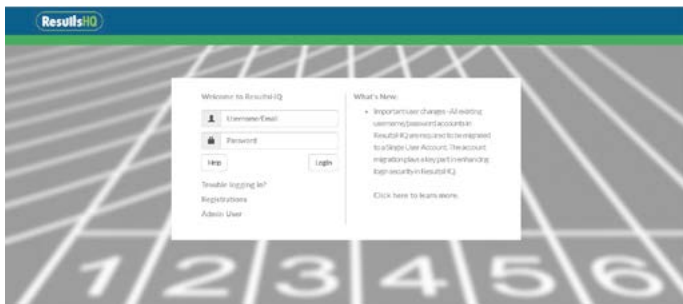
Phone: 0438 067 321

MC athletes and region or state events.

Athletes can participate at these level events. The requirement is however, that your athlete is classified in order to register their entry.

Whilst classification is not a requirement at centre level, it is if you intend on your athlete competing in external events.

For more information on classifications, visit the [LAVic website](#) or speak to us on how to obtain classification.



RESULTS HQ

Athletes can view their weekly results on Results HQ found at www.resultshq.com.au.

To access the results you will need to login using:

Username = email address you registered with

Password = username LAVic emailed to the primary user with the registration renewal email (if unsure or the parents have lost the email with the username on it, just click on 'forgot password'.

RECORDS

Records are recognised on Saturday mornings at EMLAC Jack Eddy Oval only & **must** be verified by an executive committee member or the record will be invalid. If it is thought that a record may have been broken, please leave all equipment as it is and seek a committee member for verification.

HOT & WET WEATHER

Cancelled Programs due to inclement weather will be notified via our [Facebook page](#) and text message. Where possible, we will move to a modified program to ensure that safety is paramount.

AGE GROUPS

An athletes age group is based on their age as of 31st December 2021. See age group chart below.

| MONTH | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 |
|-----------|------|------|------|------|------|------|
| JANUARY | 16 | 15 | 14 | 13 | 12 | 11 |
| FEBRUARY | 16 | 15 | 14 | 13 | 12 | 11 |
| MARCH | 16 | 15 | 14 | 13 | 12 | 11 |
| APRIL | 16 | 15 | 14 | 13 | 12 | 11 |
| MAY | 16 | 15 | 14 | 13 | 12 | 11 |
| JUNE | 16 | 15 | 14 | 13 | 12 | 11 |
| JULY | 16 | 15 | 14 | 13 | 12 | 11 |
| AUGUST | 16 | 15 | 14 | 13 | 12 | 11 |
| SEPTEMBER | 16 | 15 | 14 | 13 | 12 | 11 |
| OCTOBER | 16 | 15 | 14 | 13 | 12 | 11 |
| NOVEMBER | 16 | 15 | 14 | 13 | 12 | 11 |
| DECEMBER | 16 | 15 | 14 | 13 | 12 | 11 |

| MONTH | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 |
|-----------|------|------|------|------|------|------|
| JANUARY | 10 | 9 | 8 | 7 | 6 | 6 |
| FEBRUARY | 10 | 9 | 8 | 7 | 6 | 6 |
| MARCH | 10 | 9 | 8 | 7 | 6 | 6 |
| APRIL | 10 | 9 | 8 | 7 | 6 | 6 |
| MAY | 10 | 9 | 8 | 7 | 6 | 6 |
| JUNE | 10 | 9 | 8 | 7 | 6 | 6 |
| JULY | 10 | 9 | 8 | 7 | 6 | 6 |
| AUGUST | 10 | 9 | 8 | 7 | 6 | |
| SEPTEMBER | 10 | 9 | 8 | 7 | 6 | |
| OCTOBER | 10 | 9 | 8 | 7 | 6 | |
| NOVEMBER | 10 | 9 | 8 | 7 | 6 | |
| DECEMBER | 10 | 9 | 8 | 7 | 6 | |

Important: Athletes born in 2017 must have turned 5 before being able to register.

PARENTS RESPONSIBILITY

- Please note that we take our little athletes' protection and privacy very seriously. Please follow our [Social Media Policy](#) as governed by Little Athletics Australia.
- It is our club policy that all athletes MUST be supervised at all times. If it is not possible for you to be in attendance with your child, you are required to arrange another adult to be responsible for them. **DO NOT drop your child off without making prior arrangements for their care.** Echuca Moama Little Athletics Centre will not be responsible for unsupervised children during the morning's competition or left at the ground after the completion of the program.
- Uniform - It is up to you to ensure your athlete is in the approved EMLAC club uniform. This includes the compulsory club singlet, black shorts, appropriate footwear and your compulsory COMMONWEALTH BANK ID Patch. More information on our club uniform is on page 26 and on our [website](#).
- Misbehaviour - The committee has the discretion to disqualify any athlete who is behaving inappropriately from competing in an event/s. Athletes who consistently misbehave may be suspended from all activities by a Centre Executive member.
- Blood Rule - Children with blood on their body or clothing will be unable to participate in the activities at the Centre until the blood is removed. All open wounds must be covered immediately. The Centre does have a first aid kit available if needed. Please find a committee member to assist you.
- Sun Smart - EMLAC and LAVic have a Sun Protection policy and encourage you to follow it by wearing protective attire like wide brim hats and SPF30+ sunscreen. You can find the Sun Protection policy along with all our other policies on our EMLAC website or [LAVic website](#).

VOLUNTEERS/HELPERS

Approximately 40 parents are needed to volunteer each competition day to enable the centre to run the programs. By registering your athlete, you also agree to be placed on our roster system. If you are unable to do your duty, it is your responsibility to swap or find an alternative to fill your allocated duty time. EMLAC relies heavily on your support as a volunteer, so please get involved, your children will love seeing you take part. Many hands make light work.

The roster will be emailed each week prior to meet days. Officiating resources can be found at our [website](#) for further information on how to officiate an event. Training and help is also provided by our committee members and other trained helpers.

GENERAL COMPETITION DAY/CENTRE RULES

On meet days, we encourage athletes from all age groups to abide by the rules and regulations of Little Athletics Victoria and our centre general rules.

CROUCH & BLOCK STARTS

All athletes of all ages may do a standing start. From U11 up, athletes may do a standing or crouch start. However if an athlete has spikes on, it is recommended that the athlete do a crouching start with or without a block, however is not compulsory.

GENERAL RULES

- No food of any sort is allowed whilst taking part in events.
- No alcohol, smoking or swearing.
- Children must not handle equipment unless competing or training with an official present.
- The ground is to be left free of rubbish at the completion of the program.
- Children must obey the rules and directions of officials at all times.
- All members of EMLAC must abide by LAVic Code of Conduct policy. This policy can be found on our centre website under 'Policies' or go to www.lavic.com.au.

CENTRE INFORMATION

UNIFORM

EMLAC has a compulsory club uniform that can be purchased either online through our [website](#) and picked up the next meet day at our uniform shop (apart from pre-order items)

COMPULSORY UNIFORM

PATCHES & BADGES

All registered athletes will receive a Coles badge and a Commonwealth Bank patch at the beginning of the season with your name and ID number printed on it. It is compulsory by LAVic that these badges and patches be worn at all times during competition. This includes regional and state events.

It is your responsibility to keep and maintain your patch for the season. You may laminate your patch to prevent damage from occurring. If you loose your patch, there are replacements available for a gold coin donation (This goes towards the RCH Good Friday Appeal). Replacements can be obtained from the uniform shop on Saturday mornings.

PLEASE NOTE: No Patch = No Results Recorded.

GIRLS & BOYS

- Club singlet or club crop top and black shorts.
- Appropriate runners must be worn at all times. No bare feet permitted.
- Spikes are optional for U11 upwards in all laned events, Javelin and jumping events (Max 7mm on synthetic surfaces and 12mm on grass). Spikes are not permitted for athletes under the U11 age group.
- Please remember that if you intend on competing at Regional or State events, there are strict guidelines that need to be met in regards to uniforms. For more information on these guidelines please visit our [website](#) or LAVic website.
- All athletes are required to follow LAVic [Sun Protection Policy](#) and wear appropriate attire such as wide brim hats when not competing and to wear sunscreen.

AGE CHAMPIONSHIPS & AWARDS

Each year athletes are awarded Age Group Champion and Age Group PB Champion based on a points system of participation, event results and personal bests throughout the season. These results are calculated and a season champion is awarded to each male and female age group and also an overall junior and senior champions.

Our aim with our award system is to reward our athletes for their efforts in continuing to better their performances along with those who maintain a high level of competition.

PLEASE NOTE: There is no Age Group Champion for U6-8. Only PB Champions. We want to encourage the fundamental skills and personal best for these age groups before becoming competitive athletes in higher age groups.

Age Group **PB** Champion point structure:

| POINTS | DESCRIPTION |
|--------|-------------------|
| 1..... | For every PB made |

Age Group Champion point structure:

| POINTS | DESCRIPTION |
|---------|---------------|
| 5..... | First Place |
| 4..... | Second Place |
| 3 | Third Place |
| 2 | Forth Place |
| 1 | Fifth Place |
| 1 | Attendance |
| 1 | Centre Record |

Junior and Senior Champions are determine by the athlete with the most points awarded to them in both the Junior (U7-U11) and the Senior (U12-U16) sections.

PLEASE NOTE: Champion awards do not include points awarded in the Multi Round, as these results are based on the [Alberta Youth Scoring Table](#).

Multi Class Category Awards

Multi Class athletes receive a range of awards determined throughout the season based on encouragement, effort, attendance and much more.

AWARDS

7 & 10 YEAR PARTICIPATION CERTIFICATE

A certificate for your service will be recognised by Little Athletics Victoria. If your service/participation falls under the 7 or 10 year category please contact us via email with your details and years of service/participation. echucamoama@lavic.com.au

RIVERINE HERALD – CLUB SPIRIT AWARD

Please refer to our [website](#) for award criteria.

ENCOURAGEMENT AWARD

Awarded to an athlete who shows commitment and dedication towards the sport and upholds the EMLAC values both on and off the track.

Please refer to our [website](#) for award criteria.

CENTRE VOLUNTEER OF THE SEASON

The Centre Volunteer of the Season award is awarded and presented annually to a EMLAC individual in recognition of performing above and beyond the call of duty normally required of a member/volunteer. This person has been judged to have made the most significant contribution to the health, welfare and improvement of the centre and its members and exhibits attributes in keeping with the EMLAC core values.

Please refer to our [website](#) for award criteria.

POLICIES

Please find all the policies governed by LAVic on their [website](#) or the [policies](#) link on our EMLAC website. These policies must be adhered to at all times.

FIRST AID

All accidents must be reported to an official. A first aid kit is available along with a Automatic External Defibrillator (AED) located at the EMLAC equipment shed if required.

LOST PROPERTY

Lost property should be handed in at the announcing table and may be claimed at the end of the day's competition. Clothing items will be donated to charity if unclaimed after 4 weeks.

INSURANCE

A Little Athletics Victoria Insurance Policy covers all athletes from the date registered. All athletes and officials are covered during any LAVic sanctioned event. This includes centre training and weekly meets along with regional and state based training and competition.

WORKING WITH CHILDREN CHECK

The Working with Children Check (WWCC) applies to adults who work with children or are engaged in volunteer roles involving children (under 18 years of age). The WWC Check in Victoria is the mandatory minimum standard for a range of child – related industries.

Parents who have a child registered with the Centre and volunteer or help on competition day are exempt from a WWC Check unless they fall under one of the categories below:

- Centre Executive Committee Member
- Coaches and Team Managers
- Officials at State and Regional level
- Volunteers without children registered at the Centre
- First Aid personnel

If you wish to obtain a WWC Check you can do so by visiting www.workingwithchildren.vic.gov.au. It is FREE for volunteers.

LAVIC COMPETITIONS

Every season LAVic hosts a number of Regional and state events across various locations for athletes to compete in. These events are a great way to put all your efforts on centre days into practice at the next level of competition. The Regional carnival is not sanctioned by a qualification, except High Jump, which has a starting height. However, you must qualify at a Region event to move onto a State event.

Anyone can enter the Open Days and Regional Carnivals. It's a great way to meet and compete against new people and clubs, make new friends and further your skills.

To enter a Regional or State event, you must register online through the [LAVic website](#). A fee will be required. All events are open to age groups U9 - U16.

For more detailed information on the competitions available please visit our [EMLAC website](#).

REGIONAL OPEN DAYS

Many regional and metropolitan Little Athletics Centres hold Open Day Carnivals where athletes are invited to compete. These days are a great way to be involved, meet new people and support other clubs. These carnivals are fundraising events for the individual centres holding the carnival. A small fee per event is required when entering.

Athletes from U9 to U16 (and Open events at some carnivals) are eligible to compete, along with Tiny Tots in some NSW carnivals.

An athlete is not limited to the NCR carnivals and may enter any Region Carnivals that are available.

For entry information and application forms for a carnival, please either look at the individual centre's website, Facebook page or contact them directly to enter unless stated otherwise in entry details. Alternatively contact us for more information.

A list of open days available can be found on the LAVic website [here](#).

REGIONAL RELAY CARNIVAL

The Regional Relay Carnivals are LAVic's only team competition for the season for U9 to U16 athletes. This is the only Championship where boys and girls can run against each other in mixed events also.

Teams can consist of male and female teams as well as mixed teams. Teams can progress to the State Relay Championships through qualifying.

The relays are usually held in November with the state championships in December.

To be eligible to enter the Region Relay Carnival, athletes must be registered and be a financial Little Athletics Victoria Competitive Member by the closing date and time of entry.

There is a selection process for EMLAC teams and training is a requirement of all athletes who wish to participate.

STATE RELAY CHAMPIONSHIPS

This is where qualifiers from the Regional Relay Carnival compete against other regional teams across the state. This event is usually held in December in Melbourne.

Further detailed information on these events can be found on the LAVic website.

PLEASE NOTE: The 2021/22 Regional and State Relays has been cancelled due to the covid restrictions and not having the state framework in place in time.



REGIONAL TRACK & FIELD CARNIVAL

Athletes may enter the Regional Track & Field Carnival which is held in February each season.

To be eligible to enter the Region Track & Field Carnivals, athletes must be registered and be a financial Little Athletics Victoria Competitive Member by the closing date and time of entry.

They also must have competed in a minimum of 1 week of Centre approved competition by the close of entry. Entries will be provisional until this participation criteria has been met.

Athletes can enter in 5 events and a fee to enter is required.

Please Note: Some events require specific starting heights and distances like High Jump and Triple Jump. Requirements can be found on the LAVic website under the [Rules and Regulations](#).

STATE TRACK & FIELD CHAMPIONSHIPS

This is where qualifiers from the Regional Track & Field Carnival compete against other athletes from regions across the state.

STATE COMBINED EVENTS CHAMPIONSHIP

The Combined Events Championships consists of between five and seven separate disciplines. Events consisting of five disciplines will be held on one day. Events consisting of more than five disciplines will be held on two consecutive days. Check our EMLAC website for the table that outlines the disciplines for each age group and the day the discipline will be held.

Athletes are awarded points based on their performance in each discipline. The points are based on the [Alberta Youth Scoring Table](#).

This event will be held at the end of January 2022.

STAWELL GIFT

As part of the Stawell Gift Carnival, Little Athletics Victoria are eligible to enter in five handicap events: 100m Boys, 100m Girls, 400m, 800m & 1600m.

to enter an athlete must have a result in the event from either a combined, regional or state event.

It's an excellent chance for our registered and financial little athletes to run at the famous Stawell Gift and to get up close to some of the best professional runners on the circuit.

Keep an eye on the [LAVic Stawell Gift page](#) and the [Stawell Gift website](#).



OTHER LAVIC PROGRAMS & COURSES

JUNIOR DEVELOPMENT SQUAD (J.D.S)

The Junior Development Squad (JDS) gives U12 – U16 athletes an opportunity to develop additional skills and improve technical competencies through participation in coaching and training sessions with some of Victoria's leading coaches. Training with other keen and enthusiastic squad members is both fun and motivational and helps develop new friendships based on an enjoyment of athletics. The emphasis on learning new athletic skills and improving existing ones is in a friendly and supportive environment.

To join JDS, athletes must achieve the qualifying standard in their current age group of the season. Athletes must achieve one standard on two separate occasions or two different standards, once. This ensures that the performances show a consistency and not just a once off.

Visit for more information: <https://lavic.com.au/education/athletes/junior-development-squad/>



Officials / Parent helpers are very important to the effective running of our Centre's weekly competition. There are a number of different roles and positions that need to be filled at each competition, some requiring technical knowledge and experiences and others are basic and only require a limited understanding of athletics. It is very beneficial to educate parent helpers in multiple aspects of officiating. It is also important that officiating techniques are consistent at Centre, Region and State events. Proficiency comes with education, participation and practice.

Contact [Little Athletics Victoria](#) on (03) 8646 4510 for more information on how to become an Official and what courses are available.

LAVIC OTHER INFORMATION

Little Athletics Victoria runs a number of programs, coaching courses, skills clinics and specialist competitions. Please visit the [LAVic website](#) to find out what is available to and your athlete.



TRACK & FIELD EVENT RULES

Detailed rules of competition can be found on the Little Athletics Victoria website www.lavic.com.au

TRACK EVENTS

SPRINTS

Any running race at full speed or over a short distance is referred to as a “sprinting event”. All sprints are ran in lanes. Championship sprints include races over 60m, 70m, 100m and 200m distances. The 400m is also considered a sprinting event. However, for young athletes this may also be more appropriately classed as a middle distance event.

At the start of a sprint, the athletes are placed in a lane, one metre behind the line.

The starter gives 3 signals:

1. On your marks — the athlete puts the toes of one foot to the line.
2. Set — the athlete leans forward on the front foot.
The opposite arm is held out in front to help balance
3. Gun sounds — the athletes run.

The athlete must stay in their allotted lane for the whole race.

MULTI CLASS

Where a Multi Class athlete can compete in sprints or wishes to have a go, they can do so. Some modifications may be needed depending on the athletes impairment. The starter or track marshal should be notified of any modifications needed.

You can help by:

- Marshalling the athletes and placing them in their lanes
- Timing the race with manual stop watch.
- Judging the places—deciding which runners finish 1st, 2nd, 3rd etc.

- Marshalling the runners after the race and making sure their times are recorded.
- Recording the athletes' times.
- Learning to become a starter with the official's accreditation course

MIDDLE DISTANCE RACES

Middle distance races at EMLAC are 800m and 1500m. Middle distance events by nature require more endurance than sprinting events and are not ran in lanes.

Starting formation for the 800m is in lanes up to 16 in a field (2 in each lane). The event will be laned until the athletes pass the break point cones. Only once athlete has passed these cones can they begin to veer to the inside lanes.

Starting formation for the 1500m is a pack start along the curved line. This is not a laned event.

MULTI CLASS

Where a Multi Class athlete can compete in running or wishes to have a go, they can do so. Some modifications may be needed such as a guide runner or a shorter distance. Simply ask the athlete or their guardian on the needs of the athlete.

You can help by:

- Doing the same jobs as for 'sprint' races.

HURDLES

Hurdle races are sprints with obstacles (hurdles) placed in each lane. Hurdle sizes change with the age of the athletes. They start with mini hurdles and go up higher with older age groups.

Knocking the hurdles over un-intentionally does NOT result in disqualification; however, hurdles must not be purposefully pushed over by hands or feet. Little Athletics hurdles are designed to easily collapse when knocked, providing that they are approached from the correct direction. Hurdles should NEVER be jumped in a reverse direction.

Distances are either 60m, 80m, 90m or 100m depending on the age group. All hurdle races are ran in lanes and the starter gives

the same signals as for sprints. Your little athlete will need some coaching and practice with low, training hurdles before they try the real thing.

MULTI CLASS

Where a Multi Class athlete can compete in hurdles or wishes to have a go, they can do so. Some modifications may be needed such as using the little red kicker hurdles. Simply ask the athlete or their guardian on the needs of the athlete.

You can help by:

- Picking up hurdles that fall because they are knocked by an athlete or blown over by wind.
- Doing the same jobs as for sprints.
- Setting up and packing away the hurdles.
- For hurdle heights can be found [here](#).



FIELD EVENTS

The jumps and throws that form part of a Little Athletics Program are called Field Events. You might like to have a go at officiating at all of them or you may choose to become an expert on one or two.

LONG JUMP

The aim of Long Jump is to simply run up and jump as far as possible into the landing pit. The athletes run along the run up until they reach the take-off area, then launch themselves into the air, landing in the pit.

Younger athletes take off from a larger mat with sand on it for a foot impression, while older athletes take off from a fixed take-off board. The athlete may not take-off for a jump beyond this designated area.

The distance achieved in Long Jump up to & including U10 is measured from the front of the take-off point (imprint on the mat) to the nearest break in the landing pit. Distances for U11 and above are measured from the front of the take-off board. Athletes have three jumps. They must land in the sand pit and walk out of the pit forward of the mark they made on landing.

MULTI CLASS

Where a Multi Class athlete can compete in LJ or wishes to have a go, they can do so. In order to help an athlete with their jump modifications such as a larger sand square closer to the pit may help or gudies etc. Simply ask the athlete or their guardian on the needs of the athlete.

You can help by:

- Watching that the athlete's foot doesn't go over the edge of the mat or board/line.
- Spiking (marking the spot where the athlete landed). You place a spike with a tape measure attached at the edge of the mark in the pit closest to the take off area.

- Measuring the jump. You hold the other end of the tape, pull it tightly over the take off area and read the measurement.
- When a mat is used (U7-U10) the measurement is taken from the front of the imprint made by take-off foot.
- If a board/line is used, the measurement is taken from the front of the edge of the board nearest the pit.
- Raking the pit after each jump to remove the evidence of the last jump and make it safer for the next athlete.
- Recording the athlete's performance and writing out results.
- Supervising the athletes waiting for their next jump.



TRIPLE JUMP

This technical event is now only offered for the U11 age group and above. Triple Jump needs a pit and run up. Just like Long Jump, Triple Jump has the same basic rules and is measured the same way.

The Triple Jump involves a hop, step and jump action. Most of the rules for Triple Jump are similar to those used in Long Jump.

The run up has several take off lines marked at 1 metre intervals (usually 3 to 9 metres) and the athlete chooses which of these lines will be their take off line.

Triple Jump has three distinct stages:

- **HOP (SAME FOOT AS TAKE OFF FOOT)**
Take off from the mat/board on one foot, then land on that foot.
- **STEP (OPPOSITE FOOT)**
Take off on that same foot. Step onto the other foot.
- **JUMP (TOGETHER)**
Jump forwards and land in the pit with feet together.

MULTI CLASS

Where a Multi Class athlete can compete in TJ or wishes to have a go, they can do so. In order to help an athlete with their jump modifications such as a sand square like in LJ may help or guide etc. Simply ask the athlete or their guardian on the needs of the athlete.

You can help by:

- Doing the same jobs as for Long Jump.
- Moving the mat from one mark to another.
- Checking that the athlete is actually performing a HOP STEP, JUMP.
- Supervising the athletes waiting for their next jump.



HIGH JUMP

The main aim of High Jump is to clear the bar without making it fall off its two supporting uprights. After each successful attempt, the crossbar is raised. Athletes are allowed three attempts to clear their next height. If they achieve it the first or second time, they wait until the bar is raised before having another jump.

Failure to clear the bar within three consecutive jumps leads to elimination from the event.

There are two main methods used at Echuca Moama Little Athletics Centre to clear the bar - Fosbury Flop and Scissors. All athletes should begin by learning the Scissor method first. As the athlete becomes older and more competent, the flop technique can be introduced. All athletes should be taught to clear the bar in a way that ensures they land in the centre of the landing area.

Important rules to cover in High Jump are:

- The bar must never be raised by less than 2cm in the High Jump after each round of trials; and
- The increment of the raising of the bar must never increase; and
- The bar must be raised after each round of trials in increments depending on the number of athletes remaining in the competition, as per the following.

NO ATHLETES

Greater than 6

Less or equal to 6

INCREMENTS

5cm

2cm

PLEASE NOTE:

Under 7 age group should be using the foam bar as training only. Results are not recorded.

All U7-U10 athletes shall use the scissor technique.

You can help by:

- Picking the bar up if an athlete knocks it off.
- Raising the bar after all athletes have finished at a particular height
- Recording the athletes' performance



SHOT PUT

Shot Put consists of a ring and a landing area (sector). The shot is a metal ball. Its weight and size varies according to the age of the athlete. The athlete stands in the ring with the shot balanced on his/her fingers and held close to the neck under the jaw bone. The shot is pushed forward so that it lands in the sector.

The arm must not be pulled backwards or dropped downwards - this would give the delivery an illegal throwing motion. The athlete must wait until the shot has landed and then walk out the back of the ring. Athletes usually have three puts.

The aim of the event is to obtain the greatest possible distance whilst performing within the accepted rules of the event.

These include:

1. The shot must initially be in contact with the neck near the shoulder and in close proximity to the chin. The hand cannot drop below this position during the pushing action.
2. The shot must fall completely between the edges of the landing sector.
3. The athletes must exit from the back half of the circle.

MULTI CLASS

Multi Class athletes will have a different weight specification dependent on their classification. If they are not a classified athlete, they will first try the normal age group weight and modify to a different weight if needed, or even a foam shot put.

You can help by:

- Spiking—marking where the shot lands. It must land inside the sector lines.
- Pulling the tape through the centre of the ring so that the put can be measured.
- Measuring—reading the distance from the inner edge of the ring to the place the shot landed.
- Retrieving the shot and returning it to the ring.
- Learning how to judge a fair put so you can judge the event.
- Recording the athlete's performance.
- Supervising the athletes waiting for their next attempt.

For detailed Shot Put rules & weights please visit [LAVic website](#) under Education & Training > Officials > 2019-20 Officiating Booklet > Page 32.



DISCUS

Discus is one of the oldest athletic events, being part of the pentathlon during the ancient Olympics. A discus is a rubber disc which is thrown using a slinging action from within a circle and must land wholly within a marked landing sector. The discus is usually thrown one handed, using a backward swing to build up momentum before launching it into the sector.

For an effective result, on release, the discus should preferably spin over the index finger rather than be let out of the back of the hand.

As with Shot Put, the athlete must exit via the back half of the circle. All officials and other athletes should be well behind the person throwing. Discus rules are much the same as for Shot Put.

MULTI CLASS

Multi Class athletes will have a different weight specification dependent on their classification. If they are not a classified athlete, they will first try the normal age group weight and modify to a different weight if needed, or even a foam discus. Simply talk to the athlete or parent/guardian on the athletes needs.

You can help by:

- Spiking
- Pulling the tape through the centre of the ring
- Measuring the throw
- Retrieving the discus
- Recording the athletes performance
- Supervising the athletes waiting for their next throw

JAVELIN

Javelin is a throwing event and the Javelin itself is a spear shaped object with a metal point. Competitors aim to throw it as far as possible so that the point strikes the ground before any other part of the Javelin.

Javelin needs a run up, something like that used for Long Jump. The athlete holds the javelin in one hand and runs along the run up towards the line. He/she then pulls the implement back, turns side on and throws it into the sector.

The javelin must land tip first inside the sector. The javelin doesn't have to remain standing.

The athlete must not go forward across the front of the run up line. A javelin throw is spiked in the same way as discus. The tape is pulled through to a spot marked on the run up and the distance is read from the inside of the run up line. As the javelin is a dangerous spear like implement, all athletes and officials should keep well away from the run up and sector.

It is very important to follow the safety rules when competing in or practicing javelin throwing.

MULTI CLASS

Multi Class athletes will have a different weight specification dependent on their classification. If they are not a classified athlete, they will first try the normal age group weight and modify to a different weight if needed, or even a turbo jav. Simply talk to the athlete or parent/guardian on the athletes needs.

You can help by:

- Doing the same jobs as for discus
- Watching that the athlete doesn't cross over the run up line.

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