

Belconnen
Little Athletics Centre



Handbook

Season 2020 -2021

COVID-19: Please refer to BLAC's COVID-19 Return to Play Plan

Please do not attend Belconnen Little Athletics meets or training if you or any of your household are unwell or awaiting a COVID-19 test result.

Do not attend the centre if anyone in your household has been in contact with a known case of COVID-19 in the last 14 days.

Do not attend the centre if anyone has been in a designated COVID- 19 hot spot in the last 14 days.

Only one (1) parent/carer per registered athlete should attend the centre (Committee, Age Marshals, Starters and Track Timers are exempt).

Please notify president@belconnenathletics.org.au or secretary@belconnenathletics.org.au if anyone from your family has attended Cook Oval for BLAC meets or training and has since returned a positive COVID-19 test result.

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BLAZE

We Need Your Help – Please Consider Volunteering

WHO ARE WE?

Belconnen Little Athletics Centre has been established in the Inner Belconnen area for over 40 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.

In 2013, the Club Committee decided to change the Club's name from "Belconnen Wests Little Athletics Centre" to "Belconnen Little Athletics Centre" (BLAC) to better reflect our current position in the inner Belconnen locality. Our new name became official in 2014.

BLAC COMMITTEE

Position	Name	Phone	Email
President	Wayne Harding	M: 0423 952 355	president@belconnenathletics.org.au
Vice President	Sarah Slade		vicepresident@belconnenathletics.org.au
Secretary	Dave A	M: 0488 262 163	secretary@belconnenathletics.org.au
Registrar	Leanne Wilkinson	M: 0406 375 195	registrar@belconnenathletics.org.au
Treasurer/Public Officer	Greg Wilson		
Officer of Officials	Vacant		
Results Manager	Raj Guyes		
Head Coach	Nathan Gauci		
Canteen Manager	Elizabeth Williams		
Equipment Officers	Martin Dent		
	Vacant		
	Vacant		
Website Coordinator	Vacant		
Results Coordinator	Louise Harry		
On Track Coordinator	Vacant		

Life Members: Nigel Crew (deceased)

Dave Gould

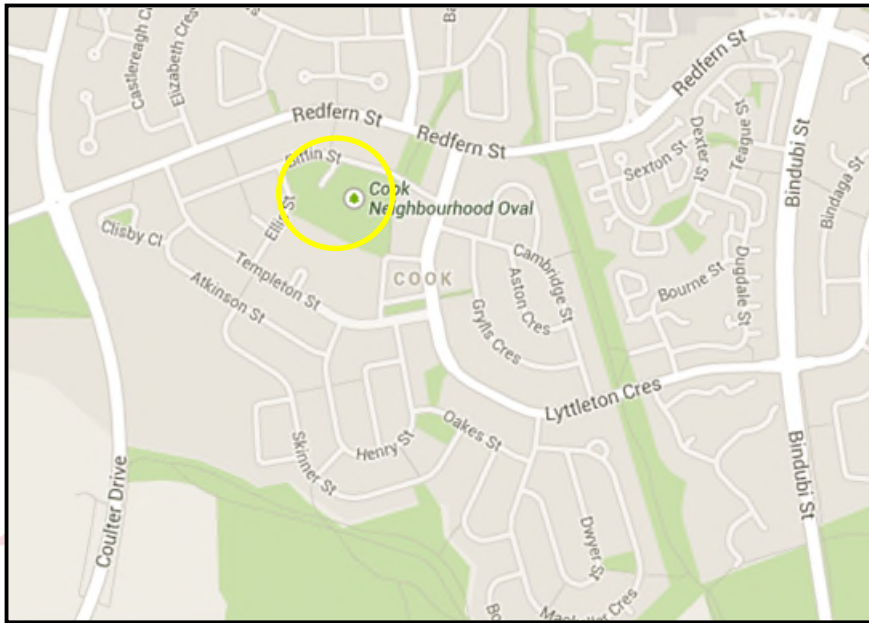
Postal address: PO Box 238
JAMISON ACT 2614

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

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

Twitter Address: [@belcoathletics](https://twitter.com/belcoathletics)

WHERE TO FIND US



Cook Oval, Biffin Street, Cook



OUR VALUED SPONSORS

Please support the businesses that support your children and our centre

BLAC would like to thank

BATTERY WORLD, PHILLIP



THE CANBERRA SOUTHERN CROSS CLUB, JAMISON



FOR THEIR GENEROUS SUPPORT

GENERAL INFORMATION

What Is Little Athletics?

Little Athletics aims to promote and foster athletics amongst young people, and to do this through friendly competition in a well-run, safe, enjoyable family environment. We aim to develop the skills of the children in each new event and to increase their overall level of fitness. It is not a movement to identify elite athletes, although we do foster talent when it becomes apparent. What we do try to do is encourage the development of skills and fitness in children of all levels of ability. There is a place for everyone in Little Athletics.

Funding

BLAC operates on funds raised via registration fees, sponsorship, canteen sales and occasional fundraising activities. From each registration fee, \$85 is paid directly to Little Athletics ACT (LAACT) to support the organisational structure, facilitate carnivals and provide insurance for all athletes and their carers whilst undertaking any sanctioned LAACT activities (including travel to and from). Other costs incurred by BLAC include paying for the use of Cook oval (approx. \$4,000 per season) repairing and purchasing new equipment, training coaches, and supporting athletes to attend representative athletics events. Our centre prides itself on its ability to maintain low membership fees, while providing consistent athletic activities and coaching.

Registration Age

Children between the ages of 5 and 17 inclusive can register with a Little Athletics Centre. The age group is dependent on the age of the athlete in the calendar year in which the season ends (the season generally runs from October to March).

Minimum Age of Participants

Children who turn 6 years of age in the calendar year the season finishes may be registered for the season.

Registration Kit

When each child registers, they will be given a packet containing:

- registration number;
- age patch;
- sponsorship patch;
- any uniforms that were ordered online

and

- other merchandise from LAACT which varies from year to year.

Wet weather

Every effort is made to conduct meets each week, but in the event of cancellation due to wet weather, an email will be sent and notices will be put on our website, Facebook and Twitter feeds. There are links on our website to our Facebook and Twitter accounts.

Lost Property

Lost property will be stored in the canteen. Any items remaining unclaimed at the end of the season will be donated to charity.

Uniform

BLAC uniform consists of a light blue and maroon T-shirt/Polo shirt with the Centre name on the back, worn with maroon shorts, skirts etc. Crop tops for girls and singlets are also available. Polo shirts (\$45) and crop tops (\$32) can be purchased from the club. The club has a small number of new maroon shorts, in limited sizes that can be purchased for \$10. Shorts and bike shorts can also be purchased from sports clothing stores (note: maroon shorts / skirts are not required at club meets)

The athlete's registration number and age patch must be attached. These patches are silk-screened and should be ironed to fix the colours before being sewn on to the front of the uniform. It is suggested that the registration number only be sewn fully on the 2 sides and bottom. A Coles sponsorship patch must also be attached to recognise the major sponsor of Little Athletics.

The correct Centre uniform must be worn whenever an athlete is representing BLAC at meets involving other centres. Athletes will not be allowed to compete in events run by LAACT without their correct uniform, age patch, registration number and major sponsor Coles patch.



ASSISTANCE FROM PARENTS

On a typical competition day between 150 and 250 children arrive at the oval and expect to participate in 5 events. This is a major undertaking since there are up to 12 age groups for both boys and girls, which means over 100 separate events are conducted! We need about 50 officials each competition day to ensure the smooth running of the meet and that there are not too many delays. This is not a problem if all parents do their share; and children do appreciate the presence of their own parents as officials.

We would also value the support of volunteers to assist with operating the canteen and help with equipment set up and pack up at the start and end of each meet.

Volunteering

All parents are expected to help out with their children's activities on an as needs basis. This will include acting as an age marshal (co-ordinating the children for the day and recording results), and running and officiating field events. Assistance with track events will generally be co-ordinated on the day of competition, and parents are asked to consider volunteering should requests for track assistance be called. Training for track-assistance roles will be provided on the day.

You don't need any previous experience to be an official. Written instructions are available in this book outlining the main points for each event and there are a number of experienced officials present each competition day that are happy to help you. Please take the time to read the information on the individual events and encourage the children to compete in accordance with the rules.

Please take the opportunity to look at the material in the Officials Guide, as well as material in this handbook. It will be important to know how to officiate events properly when age marshalling to make sure athletes know the rules of their event and that there is fair competition for all.

There is also a link on the Little Athletics ACT website to fact sheets that explains the basic techniques for each of the events. We recommend you, and your children, view these to see the correct way to undertake an event. It is far easier to get them doing it right when they first start, than trying to fix ingrained problems when they are older.

Assistance with packing up after the meet is finished is always appreciated. Help in the canteen would also be welcomed, and may be requested on occasion.

Working with Vulnerable People

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 marshals or race officials are strongly encouraged to obtain a WWVP registration and provide these details to the BLAC Secretary (secretary@belconnenathletics.org.au). WWVP registration is free for volunteers.

More information is available from the ACTLA website.

Second Hand items

The club sells second hand shoes and club uniforms subject to availability. Shoes can either be donated, or sold on a commission basis – enquiries about this service can be directed to Leanne Wilkinson (registrar@belconnenathletics.org.au) or the volunteers at the canteen during meets.

Second hand Blaze type clothing can be donated at the canteen on meet days. If available, second hand clothing can be purchased at the registration pack pick up days, or on meet days – please contact Leanne Wilkinson (registrar@belconnenathletics.org.au) to arrange, or talk to a committee member on meet days.

SATURDAY MORNING INFORMATION

Saturday Morning Timetable

8:45 am	Athletes to have arrived at the oval
8:50 am	Announcements made
8:55 am	Warm-up routine for all athletes
9:00 am	Competition commences. <i>This can only happen if athletes are on time and parents are ready to start.</i>
10:30-11:00 am	Competition ends.

Conduct of Centre meets

Athletes participate in 5 events each meet. Programs are rotated on a weekly basis (see calendar on our website) and are posted each week on the notice board. On occasion event schedules may need to be modified due to bad weather or ground condition to ensure the safety of the athletes.

The children compete in age groups (e.g. Under 8 girls) and are led by a parent age marshal (age marshals often vary from week to week) with typically a further two parents assisting. Other parents should follow the group and give encouragement to the children and to help with the running of events if needed. The age marshal on the day will organise the events; for example lining athletes in lanes for track events and making sure the athletes don't throw out of turn. The age marshals will also coordinate filling in result sheets.

"On Track" Program - for Under 6s

For the first 5-7 meets of the season (October to November) the Under 6 athletes participate in an *On Track* program that introduces them to the correct techniques for the events they will be participating in. It's a fun learning experience and parents are strongly encouraged to join their children; teaching and learning. From December to March the Under 6s participate in the regular meet program.

Event Records

There is always the possibility that an athlete, no matter what age, will break a centre record. For this reason, age marshals 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 **throw 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 should refresh the centre records list for these events during setup before the meet commences. A centre record will be indicated by the system automatically.

Events Conducted by BLAC

Note: Programs are subject to change. For example, hurdles and high jump can be dangerous in wet conditions and may not be conducted.

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 Jav		-	X*	X*	X*	
Vortex	X*	X*				

* denotes event **not** conducted at LAACT carnivals

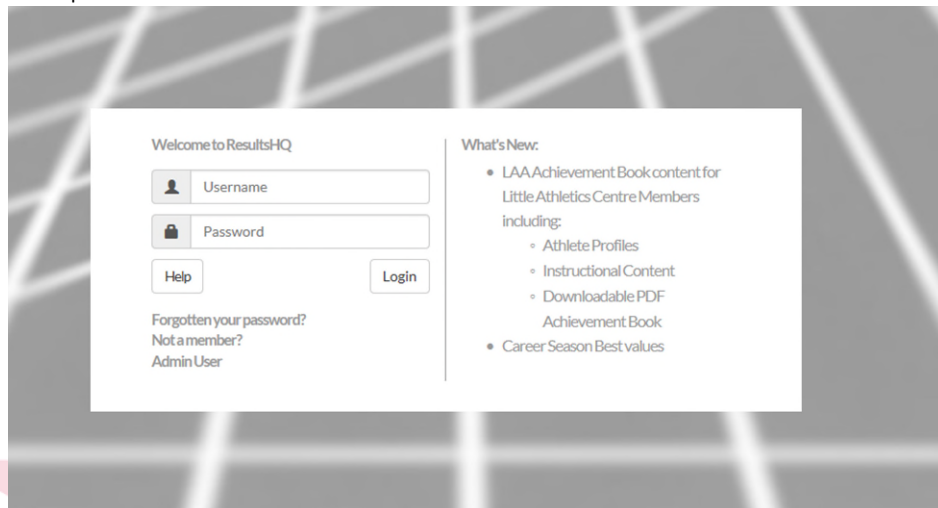
Competition Tickets

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 or kept in a scrapbook with any other results tickets you may choose to print from the Timing Solutions Portal.

Results – Timing Solutions

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 resultsmanager@belconnenathletics.org.au or registrar@belconnenathletics.org.au

If you don't remember which email account you used to register your child/children contact registrar@belconnenathletics.org.au or resultsmanager@belconnenathletics.org.au.

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

Ribbon Awards – Personal Bests

BLAC awards ribbons to athletes in recognition of personal best 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.



Where to find information

A notice board is located in front of the canteen at each meet. This will show the weekly program as well as information and registration forms for upcoming LAACT carnivals.

Another source of information is our website <https://www.belconnenathletics.org.au> and BLAC has introduced Facebook and Twitter accounts to distribute information. There are links to our Facebook and Twitter accounts on our website.

For help on meet days, please look for our friendly committee members sporting BLAC colours.

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!

COVID-19: Please refer to BLAC's COVID-19 Return to Play Plan

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Do not attend the centre if anyone has been in a designated COVID- 19 hot spot in the last 14 days.

Please notify president@belconnenathletics.org.au or secretary@belconnenathletics.org.au if anyone from your family has attended Cook Oval for BLAC meets or training and has since returned a positive COVID-19 test result.

Only one (1) parent/carer per registered athlete should attend the centre per activity (Committee, Age Marshals, Starters, Track Timers etc are exempt).

Adults attending BLAC meets or training must practice appropriate social distancing.

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 LAACT carnivals. Athletes not complying will not be allowed to participate.

The Oval

Children proceeding to an event must walk around the oval, not across it. Walking across the oval can be hazardous. 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's 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

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

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.

Sun & Weather Protection

Please ensure children have appropriate clothing on cold days and have adequate sun protection at all times. It is advisable to wear a sun protective hat in-between events. Please provide a water bottle for your child. Extra sunscreen and water will be available at the canteen.

First Aid

The centre has a first aid kit available at the canteen for the treatment of minor injuries. Ice packs are also available. Medical attention will be sought if necessary. If you have first aid qualifications, please let a committee member know.

Insurance

All registered children, their carer's and centre committee members are covered by the centre's insurance while participating in and travelling to and from the centre's activities, including LAACT carnivals.

Sickness/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 one of the Records Managers (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.

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 marshal (who will likely vary from week to week) know of any medical issues such as asthma, allergies or injuries.

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).

No Smoking Policy

Belconnen Little Athletics Centre encourages a smoke free environment. Smoking 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.

TRAINING

Optional training is held at Cook Oval once during the week for most of the season. An announcement will be made on our website with details and when training is due to commence for the season.

Training is aimed at the Under 7 and above age groups and will focus on general fitness, skills and fun across a range of events. **Note: parent supervision is required at training and any assistance is greatly appreciated.** A small group of coaches are associated with BLAC. Due to work and other commitments, it is not possible for all coaches to be available on the same day. If you are interested in undertaking a coaching course, please contact a committee member.

Further information on training or for assistance with coaching can be directed to our Head Coach at headcoach@belconnenathletics.org.au



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. Points will be awarded to the best 6 athletes for each event as follows: 1st-9, 2nd-6, 3rd-4, 4th-3, 5th-2, 6th-1.

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

Under 8 girls	Result	Place	Championship Points	Effective place
Athlete 1	95 cm	1 st	9	1 st
Athlete 2	90 cm	Equal 2 nd	6	2 nd
Athlete 3	90 cm	Equal 2 nd	6	2 nd
Athlete 4	90 cm	Equal 2 nd	6	2 nd
Athlete 5	85 cm	Equal 3 rd	2	5 th
Athlete 6	85 cm	Equal 3 rd	2	5 th
Athlete 7	80 cm	4 th	0	7 th
Athlete 8	75 cm	5 th	0	8 th

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

Under 11 boys	Result	Place	Championship Points	Effective place
Athlete 1	128 cm	1 st	9	1 st
Athlete 2	125 cm	2 nd	6	2 nd
Athlete 3	120 cm	3 rd	4	3 rd
Athlete 4	110 cm	Equal 4 th	3	4 th
Athlete 5	110 cm	Equal 4 th	3	4 th
Athlete 6	110 cm	Equal 4 th	3	4 th
Athlete 7	110 cm	Equal 4 th	3	4 th
Athlete 8	105 cm	5 th	0	8 th

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.

Age Champion trophies are awarded for 1st, 2nd and 3rd places overall.

Eligibility for Championship Points

To be eligible to receive championship points, an athlete must have attended at least 50% of this season's meets. The season will commence on Saturday, 17 October 2020 and finish on Saturday, 6 March 2021 with a break over the Christmas period. This is a maximum of 17 meets. Therefore for an athlete who has been registered from the beginning of the season to qualify for championship points, they athlete should attend no less than 9 meets.

For the Under 6 age groups, 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. For the 2020/21 season there are a total of 10 regular program meets where under 6 athletes will have their results and attendance recorded. Therefore these athletes need to attend a minimum of 5 meets after the break to be eligible for championship points.

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 – e.g. glandular fever, significant muscular strain or sprain, concussion, or torn ligament. The likes of a head cold may warrant missing a meet, however BLAC allowing up to 50% of meets to be missed is designed to accommodate issues like colds and flu and other family commitments.

2020-21: COVID-19

Please do not attend Belconnen Little Athletics meets or training if you or any of your household are unwell or awaiting a COVID-19 test result. Please notify president@belconnenathletics.org.au if anyone from your family has attended Cook Oval for BLAC meets and has since returned a positive COVID-19 test result.

If an athlete has a medical reason for missing multiple meets then the following formula applies:

$$\begin{array}{l} \text{Meets required} \\ \text{(rounded up to nearest whole number)} \end{array} = \frac{\text{("total meets in season" - "medical absences")} \times 50\%}{\text{(max meets possible from registration)}}$$

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 (as discussed in detail on the previous page under *Eligibility for Championship Points*).

Perpetual Trophies

These are separate trophies for Sprinting/Hurdles, Middle Distance, Distance Races, Walking, Throwing and Jumping. These trophies are only awarded for excellence during the season (i.e. breaking records at centre or LAACT events). The committee is aware that some records may be set on the AIS track or at Woden Park Athletics Field and this will be taken into consideration. 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

Age Champions are announced and all other awards are presented 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.

CARNIVALS

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. No costs are incurred to participate in the Relay carnival, open to all ages as these are covered by the yearly registration fee paid. Participation in the Multi-Event Carnival and Championship Carnivals that are age limited will require prior registration and a nominal fee (typically \$10) will be charged at the time of registration. Dates of the carnivals can be found on our website.

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.

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.

ACT Relay Carnival

The 2020-21 Relay Carnival will be held on Saturday 12 December 2020 (likely at Woden Athletics Park). Track relays involve teams of 4 whilst throws and jumps relays involve from 2 to 8 per team. Athletes are representing their centre as part of a team and as such the emphasis should be on team participation. Due to the team nature of this competition it is important that if a commitment is made to compete, every effort should be made to ensure attendance on the day. Nominations will be requested as soon as possible following release of the carnival schedule. If there are insufficient numbers of athletes to form a club team, athletes can form teams with athletes from other clubs. Committee members can assist with forming club teams.

Multi-Event Carnival

For the Under 14 age group and above the 2020-21 Multi-Event Carnival will be held on 16 and 17 January 2021. Further information will be available during the season from the Athletics in the ACT website. The athletes perform in a number of events and are awarded points for their performance in each event. All points are then tallied to give an overall score.

ACT State Championships

The ACT State Championships will be held across three weekends for different age groups:

- Under 6 to Under 8 will be held on 13 and 14 February 2021
- Under 14 to Under 18 will be held from 26 to 28 February 2021
- Under 9 to Under 13 will be held 13-14 March 2021.

More information will be available on the Athletics in the ACT website www.athleticsintheact.com.au closer to the Championships.

Australian Little Athletics Championships

The Australian Little Athletics Championships (ALACs) are held each year and are the premier event on the Australian Little Athletics calendar. The ACT team is selected immediately following the ACT State Championships. A selection committee selects 22 athletes (11 boys and 11 girls) in the Under 13 age group and 4 athletes (2 boys and 2 girls) in the Under 15 age group.

Over the years many BLAC athletes have proudly been selected in the team for this prestigious event. This season's ALAC details are yet to be released. Please refer to actla.org.au under the competition tab for further details during the season.

SEASON PROGRAM

The Season Program which sets out which 5 events will be attempted on any given meet date is available on the BLAC website under the Saturday Meets heading. Each of the programs (a rotation of 4 different programs) includes a mix of track and field events.



CODES OF BEHAVIOUR

Please see LAACT website for policies relating to the conduct of Administrators, Officials, Spectators and Coaches

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.

TECHNICAL SPECIFICATIONS

THROWS

Age Group	Shot Put		Discus		Javelin	
	Boys	Girls	Boys	Girls	Boys	Girls
U6-7	1kg	1kg	350g	350g	-	-
U8	1.5kg	1.5kg	500g	500g	-	-
U9-10	2kg	2kg	500g	500g	-	-
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	4kg	3kg	1kg	1kg	700g	500g
U16	4kg	3kg	1kg	1kg	700g	500g
U17	5kg	3kg	1.5kg	1kg	700g	500g

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
U8-9	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-U17	100m	76cm	13m	10.5m	10	8.5m

HIGH JUMP

The starting heights are as follows:

Age Group	Centre Competitions Only		ACT Championships
	Boys	Girls	
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 AND TRIPLE JUMPS

LONG JUMP			TRIPLE JUMP		
Age Group	Take Off Size	Take Off Distance	Age Group	Take Off Size	Take Off Distance
U6-U8	1m x 1m	0.5m	U11-12	1m x 0.2m	5,7or 9m
U9-U10	1m x 0.5m	1m	U13-U17	1m x 0.2m	5,7,9,11m
U11-U17	1m x 0.2m	1m			



EVENT INFORMATION

DISCUS

WARNING: A competitor must not throw unless the possible landing zone for the discus is clear of everyone. The assistant must stand outside the sector facing the athlete until the throw has been completed, before marking the throw. Athletes must only handle the discus when competing or retrieving a discus under direction of the marshals.

Rules

- Competitors must stand or sit at least 5 metres behind the throwing circle whilst waiting for their turn.
- The athlete may enter the throwing circle from any direction.
- The athlete may start and finish their throw from anywhere within the circle but must not at any time during the throw have any part of their body touch the area outside of the circle. i.e. if a toe, foot or hand touches the grass outside the circle it is a foul.
- The athlete must commence the throw from a stationary position inside the circle.
- The discus must land inside the angled sector boundary lines. On the line is a foul.
- Once the throw is complete, the athlete must leave through the back half of the circle.

Marshalling

CHIEF: Monitor safety. Call up athlete. Allocate measuring spikes. Determine foul throws. Record throw on sheet. Assist in measuring.

ASSISTANT: Monitor safety. Mark distance of throws. Assist in measuring.

Recording

The current record should be marked out with a spare spike at commencement of the event. ***If a record is thrown, call for a committee member immediately for verification before removal of the measuring spike.***

As each turn is taken the chief judge marks on the sheet a fair throw with a tick or a foul throw with an "F". For the first throw, the assistant will insert a marker where the discus lands. For subsequent throws the marker will only be moved if the distance is greater. If in doubt, a spare marker can be used to determine close calls. Each athlete throws in turn until the entire group has had three throws.

To measure throws, take the zero end of the tape measure to the base of the marker. Check tape is tight and runs across the centre point of the circle. Measure the throw at the inside rim of the circle. Round down to the nearest centimetre. Record distance on sheets.

SHOT PUT

WARNING: A competitor must not throw unless the possible landing zone for the shot is clear of everyone. The assistant must stand outside the sector facing the athlete until the throw has been completed, before marking the throw. Athletes must only handle shots when competing or retrieving shots under direction of the marshals.

Rules

- Competitors should stand or sit at least 2 metres behind the throwing circle whilst waiting for their turn.
- The athlete may enter the throwing circle from any direction.
- The athlete must position the shot in one hand so that it touches the neck or chin.
- If during the throw the hand drops below this position, or if the shot is taken behind the line of the shoulders, then it is a foul throw.
- A stop board is attached to the front of the cement circle. The athlete's foot may contact the inner edge of this board but must not touch the top of the board. Touching the top is a foul.
- The athlete may start and finish their throw from anywhere within the circle but must not at any time during the throw have any part of their body touch the area outside of the circle. i.e. If a toe, foot or hand touches the top of the stop board or the grass outside the circle it is a foul.
- The shot must land inside the angled sector boundary lines. On the line is a foul.
- Once the throw is complete, the athlete must leave through the back half of the circle.

Marshalling

CHIEF: Monitor safety. Call up athlete. Allocate measuring spikes. Determine fouls. Record throw on sheet. Assist in measuring.

ASSISTANT: Monitor safety. Mark distance of throws. Assist in measuring.

Recording

The current record should be marked out with a spare spike at commencement of the event. ***If a record is thrown, call for a committee member immediately for verification before removal of the measuring spike.***

As each turn is taken the chief judge marks on the sheet a fair throw with a tick or a foul with an "F". For the first throw, the assistant will insert a marker where the shot lands. For subsequent throws the marker will only be moved if the distance is greater. If in doubt, a spare marker can be used to determine close calls. Each athlete throws in turn until the entire group has had three throws.

To measure throws, take the zero end of the tape measure to the base of the marker. Check tape is tight and runs across the centre point of the circle. Measure the throw at the inside edge of the stop board. Round down to the nearest centimetre. Record distance on sheets.

JAVELIN and TURBO JAV

WARNING: A competitor must not throw unless the possible landing zone for the javelin is clear of everyone. The assistant must stand at a safe distance facing the athlete until the throw has been completed. Concentration is essential. Athletes must only handle javelins when competing or retrieving javelins under direction of the marshals.

Rules

- Competitors not currently throwing must stand or sit at least 5 metres to the left or right of the runway leading to the throwing area.
- The athlete must hold the javelin at the grip and the javelin must be thrown over the shoulder or the upper part of the throwing arm.
- The javelin must not be thrown with a slinging action – slinging or hurling actions should be recorded as a foul.
- If the athlete touches the throwing lines or the ground outside the lines during the throw it is a foul.
- The metal tip must strike the ground before any other part of the javelin. It is not a requirement that the javelin sticks into the ground.
- The javelin tip must land inside the angled sector boundary lines. On the line is a foul.
- The competitor must not leave the runway before the javelin has hit the ground.
- Once the throw is completed and the javelin has landed, the athlete must leave from behind the throwing line.

Marshalling

CHIEF: Monitor safety. Call up athlete. Allocate measuring spikes. Determine foul throws. Record throws on sheets.

ASSISTANT: Monitor safety. Mark distance of throws. Assist in measuring.

Recording

The current record should be marked out with a spare spike at commencement of the event. ***If a record is thrown, call for a committee member immediately for verification before removal of the measuring spike.***

As each turn is taken the chief judge marks on the sheet a fair throw with a tick or a foul with an 'F'. For the first throw, the assistant will insert a marker where the javelin lands. For subsequent throws the marker will only be moved if the distance is greater. If in doubt, a spare marker can be used to determine close calls. Each athlete throws in turn until the entire group has had three throws.

To measure throws, take the zero end of the tape measure to the base of the marker. Check tape is tight and runs across the centre point. Measure the throw at the runway side of the throwing line. Round down to the nearest centimetre. Record distance on sheets.

HIGH JUMP

WARNING: Landing mats must be in the correct position. Athletes must use the scissors technique for U8 through to U10 age groups and not the Fosbury flop. It is recommended that at the start of the season, the U8, U9 and U10 age groups use a sponge rope or padded bar until all athletes are proficient at the event. 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. Older age group athletes should not use the Fosbury Flop technique unless they have mastered the scissor technique and have been instructed on the correct landing technique.

Rules

- The competitor must take off from one foot only – otherwise it is a foul.
- A jump is a foul if the bar doesn't remain on the supports and if in the opinion of the chief marshal the athlete caused the bar to fall.
- A competitor may balk as many times as they wish as long as the jump is completed within 60 seconds – a turn exceeding 60 seconds to complete should be recorded as a foul.
- A competitor may choose to pass at a particular height.
- After 3 consecutive failures, whether at the same height or at different heights (due to passes), the athlete is out of the competition.

Marshalling

Strict supervision must be applied at all times when conducting this event.

CHIEF: Monitor safety. Call up athletes. Take note of record height. Set bar height. Determine foul jumps.

ASSISTANT: Monitor safety. Assist with the bar.

Measuring

The current record height should be noted. ***If an athlete is attempting a record the height must be verified by a committee member prior to the jump.***

The bar is set at the starting height and each athlete then jumps in turn. If the athlete clears the bar or passes, his turn at that height is completed. The round continues until all athletes have cleared the height, passed or recorded 3 failures (in which case they are out of the competition).

Bar heights are incremented by 5cm until 6 competitors remain. The increments in height may then be 2cm. If only 1 competitor remains, then they may choose the height.

The height of the bar is measured at the centre. It is also essential that the same side of the bar always remains to the top due to differing sag. A 1 cm gap should exist between the bar and the uprights at both ends.

Recording

Recording sheets are filled in using the following code:

O = CLEARED X = FAILED — = PASS

LONG AND TRIPLE JUMPS

WARNING: Sand must be dug over and raked level to cushion landings and to check for foreign objects before competitors jump. Ensure rakes, shovels and measuring spikes are located in a safe location and that rakes are always placed with the points facing down.

Rules

Fouls are recorded if:

- Any part of the foot goes over the front of the take-off area.
- The athlete takes off from outside either side of the 1m wide take-off area.
- On landing, the competitor touches the ground outside the landing area.
- After completing the jump, the competitor walks back through the pit.

Triple Jump must also comply with the following:

- The triple jump must be in the order **HOP > STEP > JUMP**
- The jump must be made from the nominated take-off board or mat.

Marshalling

CHIEF: Monitor safety. Call up athletes. Determine foul jumps. Mark out the events record sheet.

ASSISTANT: Monitor safety. Mark distance of jump. Rake sand. Restore take off area after each competitor if necessary.

Measuring

Each competitor is allowed 3 non-consecutive jumps. i.e. 1 per round.

Measurements are made after each athlete has jumped.

Measurements are made from the mark in the sand made by the athlete closest to the take-off area (zero end of tape measure). For jumps from a mat, measure directly to the mark made by the take-off foot. For jumps from the 20cm painted board, measure to the front edge of the paint, ensuring tape crosses perpendicular to the painted board.

Measurements are rounded down to the nearest centimetre below. For example, 3.546m becomes 3.54m.

In the triple jump, a competitor can nominate which take-off area they wish to use.

Recording

The current record should be noted at commencement of the event. If a record is jumped, call for a committee member immediately for verification before the sand is raked.

As each jump is taken mark in the record sheet the distance or an "F" for a foul.

50 THINGS TO HELP YOUR CHILD ACHIEVE

By Wayne Goldsmith & Helen Morris

1. Love them unconditionally. 2. Support their coaches. 3. Accept that they cannot win every time they compete. 4. Allow them to be kids and have fun. 5. Help them to develop as people with character and values. 6. Turn off as a sporting parent: don't make sport the one and only topic of conversation at the dinner table, in the car, etc. 7. Don't introduce your child as "This is my son/daughter the swimmer." Their sports are something they do, not who they are. 8. Don't do everything for them: teach responsibility and self-management. 9. Reward frequently for success and effort but make the rewards small, simple, practical and personal. Kids don't need a CD or \$20 just for playing a sport or getting a ribbon. 10. Reward them with what they really love: your time! 11. Be calm, relaxed and dignified at competitions. 12. Accept that progress in any sport takes a long time: at least 7 to 10 years after maturation in most sports for the athlete to reach full potential. A little manual work and helping out with household chores are important lessons in developing independence. 13. Believe it or not, kids learn to pack and unpack their training bags and fill their own water bottles: teach and encourage them to take control of their own sporting careers. 14. Don't reward championship performances with junk food. 15. Skills and attitude are most important. Don't waste money on the latest and greatest equipment or gimmicks, hoping to buy a short cut to success. 16. Encourage the same commitment and passion for school and study as you do for sport. 17. Avoid relying on or encouraging "sports food" or "sports supplements" – focus on a sensible, balanced diet which includes a variety of wholesome foods. 18. Allow kids to try many sports and activities. 19. Don't specialize too early. There is no such thing as 10 year old Olympic swimmer. 20. Junk food is ok occasionally. Don't worry about it, but see #14 above. 21. Praise qualities such as effort, attempting new skills and hard work rather than winning. 22. Love them unconditionally (worth repeating!). 23. Have your "guilt gland" removed: this will help you avoid phrases like "I've got better things to do with my time" or "do you realize how much we give up so that you can swim?" Everyone loses when you play the guilt game. 24. Encourage activities which build broad, general movement skills like running, catching, throwing, agility, balance, coordination, speed and rhythm. These general skills can have a positive impact on all sports. 25. Encourage occasional down time – no school or sport – just time to be kids. 26. Encourage relationships and friendships away from training, competition and schoolwork – it's all about balance. 27. Help and support your children to achieve the goals they set, then take time to relax, celebrate and enjoy their achievements as a family. 28. Never use training or sport as punishment – i.e. more laps/more training. 29. Do a family fitness class/yoga or martial arts or another sport unrelated to the child's main sport. Everyone benefits. 30. Car pool. Get to know the other kids and families on the team and in turn you can allow your child to be more independent by doing things with other trusted adults. 31. Attend practice regularly to show that you are interested in the effort and process, not just in win/lose outcome. 32. Help raise money for the team and kids, even if your own child does not directly benefit from the fundraising. 33. Tell your child that you are proud of them for being involved in healthy activities. 34. Volunteer your time for the team. 35. Teach your child the importance of the "team" – where working together and supporting each other are important attributes. 36. Even if you were an athlete and even if you are a trained coach, resist the temptation to coach your own child, it rarely works. 37. Be aware that your child's passion for a particular sport may change. 38. Be aware that skills learned in one sport can often transfer to another. 39. Accept flat spots or plateau times when your child does not improve. During these times encourage participation for fun, focus on learning skills and help develop perseverance and patience. 40. Believe it or not, kids are unlikely to die from drinking tap water. 41. Cheer for your child appropriately. Do not embarrass yourself or your child. 42. Make sure that each week includes some family time where you do family things and talk about family issues – not about sport. 43. Take a strong stand against smoking and drug use (both recreational and performance enhancing). 44. Set an example with sensible, responsible alcohol use. 45. Don't look for short cuts like miracle sports drinks – success comes from consistently practising skills and developing an attitude where the love of sport and physical fitness are the real magic. 46. If one of your children is a champion athlete and the others in the family are not so gifted, ensure that you have just as much time and enthusiasm for their activities. 47. Eliminate the phrase "what we did when I was swimming ...". 48. Encourage your children to find strong role models but try not to let this decision be based on sports only. Look for role models who consistently demonstrate integrity, honesty and take responsibility. 49. Encourage your children to learn leadership and practise concepts like sharing. 50. Don't compare your child's achievement to other children – good or bad.