



2024 STATE TEAM

Athlete & Parent Information Pack



WELCOME

Welcome and congratulations to each athlete on their selection in the 2024 LAQ State Team to compete at the Australian Little Athletics Championships (ALAC's) in Adelaide in April. We trust that you will wear our Queensland uniform with pride at the Championships.

For the first time ever, the ALAC's will incorporate U13, U14 and U15 athletes. This means, LAQ has selected their largest ever team to compete at these Championships. We have a team of 97 athletes as well as 12 Managers, giving us an overall team of 109 people.

I can assure you that the time spent with this Team will be different to any representative athletics experience you may have had in the past. One major difference is that the group is travelling and staying as a team. This, and the nature of the competition, means that a commitment to work as a team is extremely important. You will, over the course of our time together, get to know your fellow athletes and the Team Managers very well. If you speak with any of the athletes who have competed in the ALAC's in previous years, they will tell you that being part of this team can be a very enjoyable and rewarding experience from both a sporting and social perspective.

The ALAC's is a very exciting competition, which generates a lot of enthusiasm amongst each of the teams competing. This is because it is a point score event where each state competes hard to finish on top. A good performance by us at the Championships will require a strong bond to be formed between each of the team members. We will all need to support, inspire, motivate and encourage our team mates in the lead-up to and during the competition. Remember, the higher you place in each event, the more points you will score and the better Queensland's overall result will be. Keep this in mind as you train for this competition and make the effort to prepare well for all your events.

I will be leading a team of 11 Managers, each of us with an experienced and comprehensive background in managing junior sporting teams. Details of our management team and structure are included in this information. Both athletes and managers alike will value this special experience representing Little Athletics Queensland. This tour is a total team experience for the athletes and managers. Parents **do not** travel with or stay as part of our team. Our managers are there to assist the athletes in whatever capacity they need as they prepare for the Championships. We understand that at this level, it is likely that you have a personal coach. If so, it is important that your coach provides written instructions of your pre-competition preparation requirements before we leave for Adelaide as parents and coaches will not have access to our athletes on competition days.

We will prepare for the ALAC's at a one day camp in Brisbane on Sunday 7th April. All athletes are expected to attend. At the camp, you will participate in a variety of activities including relay training, social and bonding activities and various information sharing sessions. We will also hand out uniforms at this camp to each athlete. The camp will also give us a chance to get serious and spend time preparing for the Championships. We will also need to practise and perfect our team war cry. Further information is provided in this document.

If at any time in the lead up to the ALAC's, athletes or parents have any questions, I can be contacted on the following details: Work: (07) 3892 9409 Mobile: 0404 491 580 Email: s.kruger@laq.org.au

Athletes, enjoy your time with the team, make lots of new friends, stay focused on your events on competition day and support your fellow team members. Be Your Best - but above all, have fun and enjoy the experience!

Shannon Kruger
LAQ Operations Manager

TEAM MANAGERS

Head Manager

Shannon Kruger



U13 Team Leader

Adam White



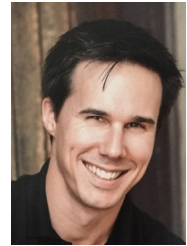
U14 Team Leader

Joanna Spyro



U15 Team Leader

Nick Bennett



U13 Team Assistants

Todd Ransome



U14 Team Assistants

Aaron Norton



U15 Team Assistants

Mick Hooper



Renea Reich



Neil Sperling



Tracey Tuia



Bec Brice



Multi Class Manager

Kylie Brown



OUR TEAM

U13 GIRLS

Name	Centre	Events
Imarni-Rose Ault	University of the Sunshine Coast	80m Hurdles, 200m Hurdles, 4x100m, Swedish Relay (300m)
Clara Best	Sunnybank	High Jump
Abbey Crocker	Ipswich	800m, 1500m
Sienna De Young	Aspley	100m, 200m, Long Jump, Triple Jump, 4x100m
Ellie Durrington	Tweed	1500m
Jessica Heap	Deception Bay	Shot Put
Summer Livingston	Caloundra	400m, 800m, Swedish Relay (400m)
Mila Mabb	Balmoral	High Jump
Cassia McLean	Gold Coast	100m, 200m, Long Jump, Triple Jump, 4x100m
Cara McQuaid	Mudgeeraba	Javelin
Estah Muller	Glasshouse District	Discus
Zoe Renton	Toowong Harriers	1500m, Walk
Emilia Schulze	Arana	400m, 800m, Swedish Relay (300m)
Abigail Steele	Aspley	80m Hurdles, 200m Hurdles, 4x100m, Swedish Relay (200m)
Kiara Waterman	Deception Bay	Walk

OUR TEAM

U13 BOYS

Name	Centre	Events
Taj Appleby	Marlin Coast	MC Discus, Shot Put, 200m
Sebastian Bryan	City North	High Jump
Ezra Devine	Wynnum Manly	100m, 200m, 4x100m, Swedish Relay (300m)
Eziah Ferguson-Salkic	Ashmore	Shot Put
Hayden Huang	The Gap	400m, 800m, 1500m
Marcus Jones	University of the Sunshine Coast	Long Jump
Tyler Komarzynski	Bracken Ridge	High Jump, Long Jump, Triple Jump
Cory Lockwood	Mudgeeraba	Walk
Blake Michael	Redlands	200m, 400m, Swedish Relay (400m)
Teddy Mills	City North	80m Hurdles, 200m Hurdles, 4x100m
Lachlan Moore	Redlands	Walk
Daniel Phillips	Ipswich	MC 100m, 200m, 400m, 800m, Discus
Harsith Rameshkumar	Centenary	80m Hurdles, Triple Jump, 4x100m
Dilpreet Sharma	Aspley	Discus
Riley Simpson	Townsville Central	800m, 1500m
Jeriah Slade-Du'emaï	Bracken Ridge	Shot Put, Discus, Javelin
Ned Waters	Arana	Javelin, Swedish Relay (200m)
Kade Wilson	Jimboomba	100m, 200m Hurdles, 4x100m, Swedish Relay (100m)

OUR TEAM

U14 GIRLS

Name	Centre	Events
Ruby Bohlen	Ipswich	Discus, Javelin
Taya Clayton	Noosa	100m, 80m Hurdles, 200m Hurdles
Charli Cox	Ross River	100m, 200m
Ruby Hazell	Springwood	800m, 1500m
Eliza Kelly	Deception Bay	1500m Walk
Mia Kertesz	Ipswich	MC Discus, 100m, 200m, 400m
Natalie Lang	Centenary	400m
Matilda Langley	Browns Plains	200m, 400m, 800m
Leah Leembruggen	Algester	80m Hurdles, 200m Hurdles
Makayla Moller	Maryborough	Shot Put, Javelin
Bethany Moore-Kirkland	Warwick	1500m Walk
Tahnee Phillips	Arana	High Jump
Zoe St John	Ashmore	1500m
Chloe Taylor	Ashmore	High Jump, Long Jump
Hayley Windolf	Ipswich	Shot Put, Discus

OUR TEAM

U14 BOYS

Name	Centre	Events
Ned Amorsen	Strathpine	100m, 200m
Marlon Andrews	Noosa	100m, 200m, 400m
Luka Brown	Runaway Bay	1500m
Cruz Collins	Balmoral	Triple Jump
Archer Crowley	Providence	Long Jump, 90m Hurdles
Travis Germishuys	Wynnum Manly	800m
Jayden Graham	Toowoomba	MC 100m, 200m, 400m, 800m
Jake Hambrook-Smith	Mt Gravatt	High Jump, Shot Put, Discus
Koby Irvine	West Bundaberg	1500m Walk
Ethan Kent	Granite Belt	Javelin
Riley Mason	West Bundaberg	Triple Jump
Logan McDiarmid	Balmoral	90m Hurdles, 200m Hurdles
Brock Miller	Strathpine	800m
Kanay Miller	Tweed	Long Jump
Jordan Munro	Springwood	High Jump
Eli Richards	South Burnett	Discus
Lachlan Roach	Highfields	200m Hurdles
Thomas Scott	Toowong Harriers	Javelin
Finn Sorpassa	Arana	400m, 1500m
Tau Tamariki	Strathpine	Shot Put

OUR TEAM

U15 GIRLS

Name	Centre	Events
Ashley Blackman	City North	High Jump
Jenali Bolden	South Burnett	Shot Put, Discus
Olivia Boulton	Gold Coast	1500m Walk
Ruby Campbell	Maroochy	800m, 1500m
Matilda Campling	University of the Sunshine Coast	MC 100m, 400m, 800m, Long Jump
Makenna Clarke	Redlands	1500m Walk
Addison Farinazzo	Centenary	90m Hurdles, 300m Hurdles, Long Jump
Isla Hiscock	Springwood	300m Hurdles
Hayleigh Kennedy	Burrum District	MC Discus, Shot Put, 400m
Phoenix Mackay	Algerster	Javelin
Jalyn South	Runaway Bay	Javelin
Lyla van der Breggen	Maroochy	400m
Xanthee Watts	Toowoomba	100m, 200m, 400m, Discus
Mia Wise	Aspley	800m, 1500m
Acacia Wohlsen	Centenary	100m, 200m

OUR TEAM

U15 BOYS

Name	Centre	Events
Jack Alcorn	Bracken Ridge	MC Discus, Shot Put, Javelin
Samuel Anderson	Toowong Harriers	Combined Event
Mitchell Bryn	Wynnum Manly	Discus
Connor Campbell	Arana	300m Hurdles
Valentino Ferrini Poutard	Balmoral	100m, 200m, 400m
Thomas Froget Penaranda	Toowong Harriers	Long Jump
Luca Gerrard	Noosa	Long Jump, Triple Jump
Ethan Gration	City North	High Jump, Javelin
Matthew Green	Ross River	Triple Jump
Jacob Last	West Bundaberg	MC Discus, Shot Put, Javelin
Benji Lipsett	South Burnett	100m
Jackson Munro	Helensvale	200m, 400m, 800m
Matthew Reed	University of the Sunshine Coast	100m Hurdles
Blade Thompson	Tweed	100m Hurdles, 300m Hurdles

ITINERARY

The following itinerary provides athletes and parents with details of our four days in Adelaide.

Friday 26th April

Fly Brisbane to Adelaide

8.15am - 10.20am (QF 1929)

8.45am - 11.10am (VA 1388)

Check into accommodation and have lunch

Teams Welcome and Track Familiarisation from 2pm

Saturday 27th April

Competition Day 7.30am - 5.30pm

Sunday 28th April

Competition Day 7.30am - 5.30pm

Monday 29th April

Fly Adelaide to Brisbane

9.20am - 12.15pm (VA 1391)

11.50am - 2.45pm (VA 1393)

You will note there are multiple flights to and from Adelaide for our group. LAQ will provide advice to each athlete on which flight they are booked on. You will not be able to request a particular flight for your athlete. There are a number of factors that we take into consideration when placing athletes on flights.

PAYMENT

The cost for each athlete to be a member of the 2024 LAQ State Team will be \$1,700. This amount covers the following:

- Return airfares from Brisbane to Adelaide
- Ground transportation costs in Adelaide
- Travel insurance
- 3 night's accommodation
- All meals and food for the duration of the trip
- Uniforms
- Team camp expenses

Your payment is due by **Monday 1st April**. Due to the high demand of this team, any athlete that fails to pay the required amount by the due dates will forfeit their place on the team and their spot will be offered to another athlete.

If you choose to withdraw from the Team after the 1st of April, you will be charged for any non-refundable amounts that have already been paid (eg. flights, accommodation, meals etc).

Our preferred payment method is direct deposit to the following account:

Account Name: Queensland Little Athletics Association
Bank: Bendigo Bank
BSB: 633000
Account No.: 125610782
Reference: ALAC CHILD'S SURNAME

Please ensure you use the abbreviation ALAC followed by your child's surname as the reference so we can determine where the money is from. For example, athlete John Smith would have ALAC Smith as their payment reference.

CODE OF CONDUCT

The LAQ Code of Conduct forms the basis for our expectations of behaviour from our team members. Parents should go through this detail with their athlete so they are familiar with our expectations.

Respect for Team Mates and Team – LAQ Team Members:

- Are encouraged to demonstrate their best effort at all times – ahead or behind
- Will always wear their uniform in an appropriate manner and as required
- Will only be permitted to leave the team area for competition-related reasons or for emergencies and only then with the permission of Team Management
- Will show the utmost respect for the Team Management throughout the tour. Athletes will respect their rules and decisions and understand that choices are made for the benefit of the whole team.
- Never use offensive language towards Team Management
- Never enter the opposite gender's room at any time
- Understand that acts of inappropriate sexual behaviour between any team members will not be tolerated.
- Respect the curfew time as set by the Team Management. This will be enforced to ensure all athletes are given the opportunity to compete at their best.
- Will never engage in any acts of bullying.

Respect for Other Teams & Officials – LAQ Team Members:

- Shall never engage in disrespectful conduct of any sort including profanity, sledging, obscene gestures, offensive remarks, trash-talking, taunting or other actions that are demeaning to other athletes, officials or supporters
- Are encouraged to treat athletes and personnel from other teams with respect
- Are encouraged to be good sports. Respect all good performances whether from your Team or the opponents and shake hands with and thank the opposing athletes and officials after the event – win, lose or draw.
- Are encouraged to address officials in a polite manner and thank officials after an event
- Will always respect the official's decision
- Are encouraged not to argue with officials. Understand that you have the right to question an officials decision – but in a polite manner.
- Recognise that officials and coaches are volunteers who give up their time to provide their services. Treat them with the utmost respect.

General – LAQ Team Members:

- Shall never become involved in acts of foul play
- Shall honour both the spirit and intention of the competition rules and live up the highest ideals of ethics and sportsmanship. Avoid gamesmanship and respect the traditions of the sport.
- Will care for and respect the facilities and equipment made available to you during training and competition
- Will respect the property and premises in which you are accommodated
- Safeguard your health. Don't use any illegal or unhealthy substances.
- Be responsible as you are representing your family, your Little Athletics Centre and Little Athletics Queensland

Breach of Code of Conduct – A breach in the code of conduct may result in the athlete being:

- Banned from the remainder of the trip
- Sent home on the first available flight
- Any additional expenses incurred will be the responsibility of the parents
- Parents and Little Athletics Centre will be notified of the breach and if required, it will be dealt with by the Little Athletics Centre under the Zero Tolerance Policy
- If the incident involves a criminal offence, the Police will be involved without question
- Further disciplinary action may be considered depending on the seriousness of the breach

ACCOMMODATION

Accommodation for the duration of the trip has been fully booked. The team will be staying at:

The Retreat at West Beach Parks
Military Road, West Beach SA 5024
Phone: 08 8355 7360
Website: <https://bit.ly/49hc2fi>

Athletes will be accommodated in units of up to 5 people from within their own age group and gender. Each athlete is allocated to their own bed. Please note that due to the size of our team, we do not take room requests and athletes are expected to stay with their allocated group.

All linen, pillows and towels are provided. You do not need to pack these.

Toiletries are not provided at the accommodation. Please ensure you bring all necessary toiletries with you, including soap or body wash, shampoo, conditioner etc.

If families are considering travelling to Adelaide for the competition, we politely ask that you do not book the same accommodation as our group.

TRAVEL

The group will fly to Adelaide on Friday 26th April and return home on Monday 29th April.

While in Adelaide, the group will be transported to and from the track by buses. Our accommodation is a 15 minute drive to the SA Athletics Stadium.

FOOD & MEALS

All meals have been organised for the duration of the trip.

At our accommodation, all meals are catered for by an external catering service.

Breakfast will consist of continental options (selection of cereal, milk, toast, whole fruit) and athletes prepare breakfast for themselves daily in our communal eating area.

Morning and afternoon tea will be provided each day for the group, and usually consists of fruit (bananas and apples) and biscuits.

Lunch on Friday 26th April will be a pre ordered sandwich for each athlete. On competition days, lunch will consist of pre-packed sandwiches and a sweet treat for each athlete.

Dinner each night will be catered at our accommodation.

If an athlete has any specific dietary requirements, please let us know so we can look after these needs for them.

MOBILE PHONES

Athletes can take a mobile phone with them for the trip to Adelaide. However, these phones will be handed in to team managers upon arrival in Adelaide and can only be used during a designated time each night.

Managers will keep all electronic devices in locked boxes for safe storage.

Mobile phones cannot be used on competition day. So if athlete's have digital instructions on their phones from their coach, we encourage them to bring hard copies of these instructions.

Parents wishing to check on their athletes throughout the day can contact the team managers. Managers might not be able to answer calls or respond to messages immediately as they may be attending to the needs of the athletes. The athletes on the team are always our number one priority.

TEAM CAMP

A Team Camp will be held on Sunday 7th April and all team members are expected to attend. The only exception to this is for our regional based athletes that live Rockhampton or further north.

What Time & Where?

The camp will be held from 9.30am – 5pm in the Track & Field room at QSAC.

Relay Training

U13 athletes who have selected for the Relay events are required to arrive earlier at 8.30am for relay training with our managers. We encourage these athletes to arrive in their training gear with spikes and they will have an opportunity to shower and change into casual clothes once the session is completed.

What To Wear?

Comfortable casual clothes, with either joggers or other closed in shoes should be worn. We will be doing some fun physical activities during the camp, so please don't wear thongs, sandals or crocs. You do not wear your Little Athletics Centre uniform to camp.

What Happens At Camp?

The Team Camp provides a great opportunity for athletes and managers to get to know each other and start building the strong team bonds that Queensland is renowned for. We also do the following:

- Information sharing – athletes will be provided with more information about the trip to Adelaide and what they should expect from the trip and also the competition
- Behaviour Expectations – managers will outline our expectations for behaviour from our team members
- Uniforms – will be handed out for athletes to take home
- War cry – athletes will practise and perfect our Queensland Team war cry. The war cry is an integral part of our team, with all States having to perform their war cry's in Adelaide.

Who Attends?

This is a closed camp for athletes and managers only. Parents do not stay and participate.

Is There Food Provided?

Yes. Lunch and afternoon tea will be provided to all athletes. We do recommend that you bring a water bottle with you.

UNIFORMS & CLOTHING

All athletes will receive uniforms as part of the team and will be required to wear this uniform throughout the time we are away and on competition days. No exceptions will be made to this.

However, athletes will not be required to be in team uniform for the entire duration of the trip. There will be time at our accommodation after competition each evening when the athletes can wear their own casual clothing. Please be mindful that all articles of clothes are appropriate. Athletes will be asked to change if clothing is deemed unacceptable by the Team Managers.

All athletes should ensure that they bring appropriate footwear for competition and casual wear, including joggers.

Adelaide in April can be quite cool so I would encourage athletes to pack some warmer items to wear around our accommodation.

Managers will wash the athlete's clothes should they need it after competition days.

The team will be away for four days so please ensure you pack sufficient socks and underwear for the duration of our stay.

Those athletes that came for a uniform fitting during the State Championships weekend, you can use this detail to select your preferred sizes.

UNIFORMS & CLOTHING

Each athlete will receive the below items as part of their team uniform.

Competition items. All athletes will wear a competition singlet. There are two current styles and what each athlete gets will depend on the quantity we have in stock for that particular size. Boys wear running shorts and girls wear bike pants. If boys want to wear bike pants, they are permitted to wear plain black bike pants, but they **MUST** be free of any logos or advertising.



Casual items. Includes a t-shirt, casual shorts, hoodie, tracksuit pants and cap.



Please note that your preferred uniform size cannot be guaranteed. We will try to provide you with your preferred size, but it might not be possible. If this is the case, we will provide you with the next closest size for your athlete. We apologise in advance for this, but unfortunately our uniforms are ordered in December before we select the team.

UNIFORMS & CLOTHING

The following details the sizes available for each uniform item. Anything listed as N/A means that size is not available for that item.

	Shirt	Casual Shorts	Hoodie	Tracksuit Pants	Singlet	Comp Shorts (boys)	Bike Pants (girls)
Kids 10		N/A	N/A	N/A			N/A
Kids 12							
Kids 14							
Kids 16	N/A			N/A		N/A	N/A
Ladies 6		N/A		N/A		N/A	
8						N/A	
10						N/A	
12						N/A	
14						N/A	
16						N/A	
Mens XS							N/A
S							N/A
M							N/A
L							N/A
XL							N/A
2XL						N/A	N/A

THE COMPETITION

The 2024 Coles Australian Little Athletics Championships (ALAC) is being held at the SA Athletics Stadium on Saturday 27th & Sunday 28th April 2024.

Teams from every State and Territory (with the exception of Northern Territory) will compete at the Championships.

While individual medals and recognition is given for athletes who place 1st, 2nd or 3rd, this is a teams event and each age group competes for their own team trophy.

The following pages provide athletes and parents with some information for the competition, including a venue map, program of events, media and live streaming and some general FAQ's. Please take the time to read through them thoroughly.

More detailed information will be provided to the athletes at the team camp.



MEDIA / LIVE STREAMING

The ALAC's will have several different forms of media attending over the three days – television news, general media, and the Coles media crews. The Competition, Opening and Closing Ceremony will be Live Streamed, along with several Official Photographers taking photos during the event and at presentations, as well as the Social Media Teams.

Each athlete upon registering for Little Athletics confirms if they approve of the use of their image being used for promotional purposes, advertising, trading etc, which includes the use for Coles Little Athletics Australia – LAA.

If any athlete competing at ALAC has confirmed with their Member Association, that they do not approve of the use of their image, LAA needs to be advised of this.

The athlete's full name and details needs to be emailed through to LAA who will provide the athlete with a coloured wrist band for the day, which will indicate to the photographers, media etc. that they are not to be photographed or interviewed. However, the event is being Live Streamed, and it will be extremely difficult to remove the athlete from most of the vision, but all efforts will be made to limit any vision.

ATHLETE PROFILES FOR COMMENTARY

To assist with both the in stadium and Live Stream commentary during ALAC, we require a short bio from every athlete.

The online Athlete Bio portal will ask for some details for each event the athlete is competing in, their Season Best, and their PB, along with any highlights that you wish to share. Please enter the results as a number, without the sec, mins or metres.

The portal is split into 4 categories – Entry Types:

- U13, U14 and U15 athletes
- U13, U14 and U15 Multi-Class athletes
- U15 Combined Events athletes –Boys
- U15 Combined Events athletes – Girls

From the Submit Athlete Details button, select your entry type and complete the details for every event you are competing in. For the Combined Events athletes, enter the results of all the 7 Events.

This will make the Live Streaming & commentary a lot more relevant and interesting for those at the stadium, and those watching back home.

Live Stream Athlete Bio is to be completed by **Thursday 11th April**.

[Click here for the link](#)

FAQ'S

Q. Can parents or families stay with the team?

A. No. This is a total team experience for the athletes. They will travel and stay with the team. The only exception to this is Multi Class athletes, who are required to have a parent with them.

Q. Can athletes leave the teams accommodation?

A. No. Athletes are to remain with the team for the duration of the stay.

Q. I'm a Multi Class athlete, can I travel and stay with the team on my own?

A. No. All Multi Class athletes must be accompanied by a parent, who is required to pay an additional fee for attending.

Q. On competition day, can I sit in the teams area with my athlete?

A. No. Only athletes and team managers are allowed in the teams area.

Q. On competition day, can athletes sit in the grandstand with their parent or coach?

A. No. Athletes must remain in the teams area at all times. Any athlete who breaks this rule will be removed from the team and take no further part in the competition.

Q. Can parents or personal coaches enter the coaching box at field events?

A. No. Only Team Managers are allowed in the coaches areas. At most field events, we will have one manager present to assist the athletes. Personal coaches or parents are welcome to relay messages to their athlete through our team managers, if required.

Q. Can mobile phones be taken to Adelaide?

A. Yes. But they must be handed to team managers upon arrival in Adelaide. Designated mobile phone times will be scheduled each night for athletes to call home. Athletes will not have their phones on them during the day.

Q. Can I have my mobile phone on competition days?

A. No. If you have digital instructions from your coach, you will need to ensure you bring a hard copy of these as athletes will not have access to their mobile phones during competition.

Q. Can Multi Class parents sit in the teams area on competition day?

A. No. All Multi Class parents must sit in the grandstand during the competition. Athletes will be cared for by the team's Multi Class manager. If there are any issues during competition and we need to contact a parent, we will do so.

Q. What if I decide I don't want to do one of the events I was selected for?

A. Unless for medical reasons as determined by the competition medical team and team managers, all athletes are expected to compete in the events they were selected for.

Q. Can athlete's leave the teams area to get food?

A. No. Lunch and other snacks will be provided for all athletes in the teams area each day.

FAQ'S

Q. Will there be first aid or physios available at the competition?

A. First Aid will be provided at the event, looking after the basic first aid requirements. The First Aid room is located at the finish line end under the main grandstand. There will be three physio's providing injury assessment, taping and massage for the athletes, during the 3 days of the event. They will be located near the Call Room and entrance to the Warm up track.

Q. Will athletes be provided with food on competition day?

A. Yes. All Athletes will have access to fruit and snacks, from our Sponsors, Coles and Sunbeam Foods, plain bottled water, and from our Sponsor, Raw C - Coconut Water. Sandwiches will be provided for lunch at the venue. We recommend athletes bring a water bottle with them to fill as required

Q. Do we wear competition bibs?

A. Yes. Team Managers will be given the bibs on the Friday and will distribute them at our accommodation.

Q. Can I wear a t-shirt under my competition singlet?

A. Yes. Athletes may wear a short-sleeved t-shirt under their competition singlet if they choose, however it must be plain white or the same colour as the competition top and have no other branding showing, other than the approved suppliers logo.

Q. Can athletes wear bike pants under their shorts?

A. Yes. However only non-branded bike/compression pants, or with the logo of the approved supplier, can be worn. The colour of these must be the same as the competition shorts or black.

Compression pants with branding or contrast stitching cannot be worn. Taping over logos is not permitted. If longer plain tights are worn under the shorts they need to be above the knee.



Track suit pants cannot be worn in competition.




Q. What socks do I wear during competition?

A. Athletes will be allowed to wear any competition socks they choose (including compression socks). However, all socks must be below knee height and compression socks must be non-branded.

Q. What spikes can be worn?

A. The maximum allowable spike length is 7mm for the Track, and 9mm for Field events. Christmas Tree, Pyramid and 2 Step HJ / Jav spikes shown are permitted only. Needle, Pin or Modified Christmas Tree spikes, and other variations are Not permitted.

Christmas Tree & Pyramid	High Jump / Jav Spike
 <p>Christmas Tree Pyramid</p>	
4 – step Conical	2 – step 1 short & 1 long
Permitted	Permitted

Needle	Pin/Tartan Needle	Modified Christmas Tree / Compression
		
All sizes	All sizes	3-step 4- step 4-step 3- step 4-step
Not Permitted	Not Permitted	Not Permitted

FAQ'S

Q. Where can athletes warm up?

A. The Warm up track is behind the Call room area on the back straight. With the current construction taking place, some of the areas are restricted, however it is expected that all areas will be open prior to ALAC. Due to the layout, access to the Warm up will be via a fenced off area to minimise the risk of walking onto the track in front of athletes. Particular attention must be used to ensure the safety of all athletes.

Starting blocks, Hurdles, and Throwing implements will be made available to use.

Athletes can bring along their own Warm up equipment to use, however, it should be discussed with Team Management on how it is transported, stored etc.

Private implements cannot be used in Competition.

The back straight cannot be used for warm ups.

Q. Can athletes do a Standing Start for Sprints, Hurdles, and Relay events?

A. Yes. Either a crouch start, or a standing start may be used by the Starting athlete.

Athletes wearing spikes, cannot do a crouch start without using blocks.

Q. What are the Call Room Times?

A. Athletes must be in the applicable call room prior to the closing time for each event as below, for all age groups, including the Combined Events.

Jumps Events: 25mins prior to the Jumps event scheduled time.

Throws Events: 20mins prior to the Throws event scheduled time.

Track Events: 15mins prior to the Track event scheduled time.

Multi-Class Assistants/Guide Runners must present with their athletes, at the times listed above.

Q. What events have heats, finals or timed finals?

A. **U13** athletes, up to and including the 200mt Hurdles - 2 Heats and 1 Final; 400mts - 2 Timed Finals; 800mts,1500mts,1500mts Race Walk and Relays - 1 Final.

U13 Multi-Class athletes, all events are either Timed Finals or 1 Final, depending on entry numbers.

U14 athletes, up to and including the 200mt Hurdles - 2 Heats and 1 Final; 400mts - 2 Timed Finals; 800mts,1500mts,1500mts Race Walk - 1 Final.

U14 Multi-Class athletes, all events are either Timed Finals or 1 Final, depending on entry numbers.

U15 athletes, up to and including the 300mt Hurdles - 2 Heats and 1 Final; 400mts - 2 Timed Finals; 800mts,1500mts,1500mts Race Walk - 1 Final.

U15 Multi-Class athletes, all events are either Timed Finals or 1 Final, depending on entry numbers.

U15 Combined Events athletes, all Track events are 1 Heat only.

FAQ'S

Q. How many trials are conducted in field events?

A. U13, U14 & U15 athletes, all events except High Jump, will have 3 trials, and the top 8 will have 1 additional trial. The last trial will be in reverse order.

U13, U14 & U15 Multi-Class athletes, all events, will have 4 trials, no reverse on last trial.

U15 Combined Events athletes, all events except High Jump, will have 3 trials only.

The number of attempts in High Jump in the is not restricted, athletes can continue to jump until they are eliminated.

Q. How are finalists determined for Track events where heats are conducted?

A. **U13** athletes, Heats are random with one athlete from each Team in each Heat. The winner of each heat, plus the next 6 fastest performances across each heat, will progress to the Final of 8.

U14 & U15 athletes, Heats are seeded based on performances achieved in the selection meet, according to the ALAC Competition Regulations.

Where there are 2 Heats, 1st, 2nd, and 3rd in each heat, plus the next 2 fastest performances across each heat, will progress to the Final of 8.

Q. What are the HJ starting heights?

A. **U13 athletes:** Girls 1.20m Boys 1.30m

U14 athletes: Girls 1.25m Boys 1.35m

U15 athletes: Girls 1.30m Boys 1.40m

Q. Will there be live results?

A. Yes, we will be using the Results Hub platform, which links to the Meet Manager program to display live results. The link will be sent to all Team Managers for distribution, it will also be on the home page of the Coles Little Athletics Australia website. This can be viewed on all devices, it will be available as an online program displaying the start lists in heat, lane, and competing order for the field events, from the Thursday prior to the competition.

The results from Results Hub are only provisional, as they can change, especially for events such as the Race Walks and Relays, where the officials need to confirm any disqualifications. In the case of Multi-Class events, the results must be converted using the Baseline Tables, which could change the finishing order of athletes.

The results will not be printed or displayed, except a copy will be given to Team Management for their records. The Results Hub platform will display the official results once they are confirmed. The Team points will not be displayed in the Results Hub platform.

FAQ'S

Q. What medals and trophies are we competing for?

A. In each event, the focus of the competition is different and the Medals or Trophies that the athletes are competing for, also varies.

U13 and U13 Multi-Class, all athletes are awarded points based on their performance – place.

The Top 3 athletes in each event, and in the case of Multi-Class, after the conversion of the Baseline tables, will receive a medal. Both the U13 athletes and U13 Multi-Class athletes points are added together, to decide the winners of the Trophies.

- Trevor Billingham Trophy – Highest points score
- Alan Triscott Trophy – Points adjusted score

The winning Teams will receive a replica of the Perpetual Trophies to keep.

The winner of the Trevor Billingham Trophy is excluded from the Alan Triscott Final points structure. The same Team cannot win both Trophies.

A Team medal will be presented to the athletes of the Winning Team of each Trophy.

U14 and U14 Multi-Class, all athletes are awarded points based on their performance – place.

The Top 3 athletes in each event, and in the case of Multi-Class, after the conversion of the Baseline tables, will receive a medal.

Both the U14 athletes and U14 Multi-Class athletes points are added together, to decide the winners of the Trophy.

- Dick Healey Trophy – Points adjusted score

The winning Team will receive a replica of the Perpetual Trophy to keep. A Team medal will be presented to the athletes of the Winning Team of the Trophy.

U15 and U15 Multi-Class, all athletes are awarded points based on their performance – place.

The Top 3 athletes in each event, and in the case of Multi-Class, after the conversion of the Baseline tables, will receive a medal.

Both the U15 athletes and U15 Multi-Class athletes points are added together, to decide the winners of the Trophy.

- New Trophy – Points adjusted score

The winning Team will receive a replica of the Perpetual Trophy to keep. A Team medal will be presented to the athletes of the Winning Team of the Trophy.

U15 Combined Events athletes are awarded points both on their performance – place, for the Team points, and their actual performance for the Combined Events points.

The Team Trophy is:

- Life Members Trophy – Highest points score.

The winning Team will receive a replica of the Perpetual Trophy to keep.

The Top 3 athletes will receive medals based on their overall placing, once the points have been converted, using the World Athletics Combined Events tables.

A Team medal will be presented to the athletes of the Winning Team of the Trophy.

In all age groups, the Trophies and Team medals will be presented in the Closing Ceremony.

MERCHANDISE

The 2024 ALAC official merchandise is now available online to pre-order, through the ALAC merchandise partner - Sports Centre.

The online portal will close on Monday 22nd April at 11.59pm (ACST).

Sports Centre will have a pop-up shop at SA Athletics Stadium during the 2024 Coles Australian Little Athletics Championships with limited supplies. It is best to pre-order online to ensure you don't miss out.

[Click on this link to place your order.](#)

2024 OFFICIAL ALAC MERCHANDISE



Online Portal Closes Monday 22nd April at 11.59pm ACST



FAMILY TRAVEL & ACCOMMODATION

Little Athletics' preferred travel provider is Sportslink Travel. They are proud to offer their services to Little Athletics Queensland families who are considering travelling to Adelaide to watch the Championships.

Flights and hotel prices are currently very expensive because LIV Golf is being held on the same weekend as ALAC. Sportslink Travel can assist families with prices that are competitive to what is available online.

Please contact them directly if you are considering going to Adelaide to see if they can assist you.



SA Athletics Stadium, Adelaide
Friday 26 April - Sunday 28 April

National Travel Partner

**SPORTSLINK
TRAVEL**

As Coles Little Athletics Australia's National Travel Partner, SportsLink Travel is proud to offer services to the families and friends of athletes selected to participate in the Coles Australian Little Athletics Championships.

Should you require any assistance with your travel arrangements, SportsLink Travel can provide support with flights, accommodation, and car hire.

Please Contact SportsLink Travel
littleathletics@sportslinktravel.com - (03) 8595 0981

WHAT TO PACK

The following checklist is suggested as a guide. Please ensure that all clothing is appropriate, keeping in mind that you are representing LAQ while in Adelaide.

Athletes must make sure that all team uniform items they receive are taken to Adelaide. There will be no replacement uniforms if you forget. More specific information about what to wear on the plane will be provided closer to our departure.

It's important to remember that we are only away for 4 days, so don't overpack.

Things you must do before you pack:

- Label all clothing and other belongings with your name
- Label all bags with your name, address and a contact phone number
- Make a list of all personal items that you are bringing

Please note that any electronic devices such as mobile phones are taken at your own risk. LAQ will not be responsible for any loss or damage to property.

Items to pack:

- Competition singlet
- Competition bike pants (girls) or shorts (boys)
- Team hoodie
- Team tracksuit pants
- Team casual shorts
- Black bike pants for boys if required
- Competition shoes (spikes, waffles throwing shoes)
- Bag to take items to track for competition
- Joggers
- ID for airport check in (school ID is sufficient)
- Any prescribed medication, puffers, etc.
- Sleepwear
- Sufficient underwear and socks for 4 days
- Casual clothes for evenings
- Footwear - casual shoes, thongs
- Clothes suitable for cooler weather
- Personal toiletries (body wash, deodorant, toothbrush, toothpaste, shaving gear, hair care etc.)
- Laundry bag
- Chargers for electronic items
- Drink bottle for use at competition

WHAT YOU NEED TO DO NEXT

Now that you've read all the information in this booklet, here is an easy step-by-step guide on what to do next.

1. Click on the link below to fill out all your required details **before Monday 1st April**.
2. Pay your team levy by Monday 1st April. This will secure your place on the tour. Payment details are listed on the Team Levy page of this booklet.
3. Email the following items to s.kruger@laq.org.au **by Friday 5th April**.
 - Photo of your athlete for ID purposes
 - Medical certificate / letter for all prescribed drugs and medications including dosages
4. Attend the State Team Camp on **Sunday 7th April**.
5. Complete the Media / Live Streaming information by **Thursday 11th April**.

Further information relevant to the trip will be provided after the Team Camp.

Due to the high demand for this Team, if your deposit is not paid and details are not completed by Monday 1st April, your child will forfeit their place and their spot will be offered to another athlete. There will be no exceptions to this.

**ATHLETE
DETAILS**