
State Team General Information



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ELIGIBILITY

All Centres should ensure their members are fully aware of the following Association Resolution:

“That eligibility for selection to the Queensland Team for the Australian Little Athletics Championships be limited to those children who have satisfied the following criteria:

U13 athletes must have satisfied the criteria to attend their respective Regional Championships and have attended at least four of their Little Athletic actual Centre competition days prior to these Regional Championships in the year of selection. They must also attend and compete at the Regional Championships and LAQ State Championships in the year of selection. There will be no selections based on medical or compassionate grounds.

U15 athletes must have satisfied the criteria to attend their respective Regional Championships and have attended at least four of their Little Athletic actual Centre competition days prior to these Regional Championships in the year of selection. They must attend and compete at the LAQ Multi Event Championships in the year of selection. There will be no selections based on medical or compassionate grounds.

Actual Centre competition days is from the first week the Centre commences their competition period to the last week prior to their Regional Championships and does not include rain days or any LAQ Association Carnivals”

P14 ('84) (Amended June '18)

Prior to the State Championships and Multi Event Championships each year, Centres may be asked to provide the Association with details of all Under 13 and Under 15 athletes and their attendance at Centre level.

If an athlete has not satisfied the above criteria, they will not be considered for selection.

THE AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS (ALACs)

UNDER 13 INDIVIDIAL COMPETITION

General

This information has been made available so that members may become better informed regarding these Championships and the selection and management of our representative team. Hopefully reading it will produce a greater understanding of the considerable differences which exist between this event and other Track & Field National Championships and hence between the selection, composition and requirements of our team as opposed to other athletics teams.

History

The first Little Athletics Interstate Teams Championship (as it was first known) was held in Melbourne in 1970 and in the subsequent years has grown into an event attracting teams from all Australian States and Territories and receiving national recognition as a significant event on the sporting calendar.

The event is run on behalf of Little Athletics Australia (LAA) by each of the States in turn, with the roster for the next few years being:

2020	ACT	(Canberra)
2021	VIC	(Melbourne)
2022	WA	(Perth)

Concept Of The Championships

The LAA has chosen to conduct an event which treads the middle ground between the extremes of the argument: one of which would provide no such competition - the other of which would provide open, individual competition in a wide range of events for all of our age groups.

The LAA has sought to carry as much of this philosophy as possible into its Australian Little Athletics Championship for the Under 13 age group by placing the following limitations on the event:

1. It was essentially for children in their final year of Little Athletics. (Previously, the oldest age group catered for by ALL States was Under 13. The oldest age group catered for by MOST States now is Under 15 and an interstate competition is provided for this age group by way of the LAA Multi-Event Championships which is held in conjunction with the Under 13 Championships).
2. It is a Teams Championship and although recognition is given to individual placegetters, the emphasis is on the Team performance and the main trophy for the day is the Team Trophy.
3. Children are **selected** by their State Association. **Individual entries are not permitted.**
4. Similarly, the States nominate the events an athlete will contest with a view to obtaining the best results for the team - not with a view to necessarily obtaining individual medals as two fourth placings gain half as many points as one first place.
5. Each Association can enter a maximum of two (2) competitors in each individual event and one (1) team in each relay.
6. Points are awarded to every competitor who **completes** his/her event, whether he/she comes 1st or 16th (16th being last if all 7 States and Territories enter two children in the event). No points are awarded if an athlete fails to complete the event.
7. Each State is limited to a team of twenty six (26) maximum - Queensland normally selects thirteen (13) boys and thirteen (13) girls.
8. There are thirteen (13) individual boys events, thirteen (13) individual girls events, as well as one (1) relay for boys and one (1) relay for girls.
9. The competition is held over two (2) days.
10. No child may compete in more than five (5) events which includes the relay.

*** TEAM PERFORMANCE RATHER THAN INDIVIDUAL PERFORMANCE IS EMPHASISED ***

Format of The Championships

The events are:

80m hurdles	800 metres	Discus	High Jump
200m hurdles	1500 metres	Javelin	Long Jump
100 metres	1500m walk	Shot Put	Triple Jump
200 metres	400 metres	4 x 100m relay	

Heats and finals are conducted in the 80m hurdles, 200m hurdles, 100m, 200m and 400m while the 800m, 1500m, 1500m walk and relays are **straight finals**. A **final 8** is chosen after the first 3 trials in field events, and they then have a further 3 trials. In the 80m hurdles, 200m hurdles, 100m, 200m and 400m a **FINAL** and a **CONSOLATION FINAL** are contested, thus every child runs a heat and a final in these events.

ALAC - The Points System

Points are awarded for 1st through to 16th (ie last) place in all events so that EVERY child gains points for every event they complete. Overall placings in the 80m hurdles, 200m hurdles, 100m, 200m and 400m are determined by the placings in the FINAL and the CONSOLATION FINAL. Eg. If the full field of 8 runs in the major final, the winner of the consolation final is given 9th place and so on down to 16th. This is regardless of the fact that any or all of 8 in the CONSOLATION FINAL may have recorded better times than any in the FINAL. If for some reason only 6 run in the major final, the winner of the consolation final is awarded 7th place and so on.

All other events including the field are straight finals.

Because the relay points are doubled a good performance in these events is important.

The Points Allocation Table

INDIVIDUAL EVENTS:

1 st	-	17	9 th	-	8
2 nd	-	15	10 th	-	7
3 rd	-	14	11 th	-	6
4 th	-	13	12 th	-	5
5 th	-	12	13 th	-	4
6 th	-	11	14 th	-	3
7 th	-	10	15 th	-	2
8 th	-	9	16 th	-	1

RELAYS:

1 st	-	34
2 nd	-	30
3 rd	-	28
4 th	-	26
5 th	-	24
6 th	-	22
7 th	-	20
8 th	-	18

THE TEAM

Focus

The focus of the team is “To perform to the best of each individual’s ability and be representative of all LAQ Members.”

The team is selected on the Sunday afternoon of the State Championships. The successful athletes will be asked to meet with LAQ President and State Team Personnel following the announcement of the Team. The team will be announced via the LAQ facebook page and website once all members have been notified. Respective Centre Managers will be advised in writing of the selected team.

Once selected, athletes will be provided with an information pack that will include all relevant details including travel, accommodation and all appropriate forms that must be read, completed and signed and returned to the LAQ Office by the nominated date.

All children are expected to become an integral part of the team once they are selected and if they accept selection they are obliged to travel to the Championships with the rest of the team, be either accommodated in motel or dormitory style accommodation, **MUST** compete in the events they are selected in (except in the case of injury) and be totally under the control of the Team Manager while they are away until the team returns home. Once the team is ready to return home, an athlete may leave the team with their parents, **PROVIDED A WRITTEN REQUEST** has been provided to the LAQ Office prior to leaving Queensland and dependant on travel restrictions.

The Team Personnel consists of up to five adults, one of whom will be Team Administrator & Manager, and two of whom must have a minimum of an appropriate Level 2 Track & Field coaching qualification, be actively coaching (with experience in coaching athletes in the Under 13 to Under 15 age groups) and hold current registration with the ATFCA or Athletics Australia.

Little Athletics prides itself on being a low cost sport and this carries over to children selected in our State Team. The cost to the child for his/her interstate trip is minimal. The major costs are generally funded by the Association. Individual athletes will be required to contribute \$550 for expenses relating to sightseeing, food etc at the ALAC’s only. Additional costs will include travelling to and attending the Team camp, which is held approximately two weeks prior to the ALAC’s.

Guidelines for Selection of The Team

There will at all times be a two person Selector’s panel for the boys team and two person Selector’s panel for the girls team.

Selection philosophies vary somewhat from State to State, but as already mentioned Queensland adheres strongly to the Team concept in the selection and handling of its representative team. This means that the collective ability of the team to score points is rated more highly than the winning of individual medals.

Reserves will be selected but names will not be released. Any athlete who does not fulfil their obligations as a State Team Member (ie. attend functions and/or activities as deemed necessary by the Team Personnel) may be replaced by a reserve athlete.

Once the selectors have named the athletes and their events there will be no change to those events unless necessitated by physical injury.

If injury occurs on the actual day of competition, the person withdrawn can take no further part in the competition (this includes relays if the injury relates to a track event) unless in events unaffected by the injury (ie a person withdraws from the Discus because of a hand injury could subsequently compete in a track event).

Selection Guidelines

The following will be used to assess the ability of the athletes:

- Principally:** performances at the State Championships.
Then If Necessary: other recent performances at a sanctioned event.

From these results the team points scoring capabilities of each athlete will be assessed by comparing their actual competition performance with a specifically designed spreadsheet which gives the average performances recorded for each place in each event over several years of the ALAC. This then provides a general basis from which the selectors can work. Obviously the calculated points are not an absolute indication of relative merit and many fine line judgements requiring considerable skill on the part of the selectors will still be involved.

Athletes must attend and compete at the State Championships to be eligible for the State Team in the same season.

Please note that if a child is:

- (a) disqualified OR
- (b) fails to qualify to compete OR
- (c) fails to complete the competition in a particular event at the State Championships

that will not preclude consideration of that child for that event.

Heat and final times will be used in the selection process of athletes.

The following criteria have been established as guidelines for the consistency of team selection.

Restrictions

Based on experience gained over past years, the LAQ has placed the following restrictions on selections.

- (a) No child may compete in more than five events overall (the Relay counts as one event - LAA Rule)
- (b) No child may compete in more than three (3) of the mid/long distance events (ie. 400m, 800m, 1500m, & 1500m walk)
- (c) No child may compete in the 100m, 400m & 4x100m relay events, or other combinations of greater workload
- (d) Where possible, direct clashing events will be avoided. It should be noted however, that sometimes this may be unavoidable.

Commitment

It is expected that team members will take their selection seriously and will avoid activities including holidays that may result in injuries or otherwise effect their preparation and hence their ability to compete at their best at the ALAC. Additionally, all team members are expected to and must attend the Team Camp as arranged by the Team Manager. Inability to meet this requirement may result in non-selection of the athlete.

Choice of Events

As the 'average' team member is required to do more than two events, any child seeking to have an 'average' chance of team selection would be well advised to look to developing their ability in more than two events. (Unless of course they are especially good at and feel certain of selection for some of the combinations where only two events are permitted under our Guidelines, eg. the 800m, 1500m). Of course for the sprinter, sprinter/jumper there is always the possibility of a spot in the 4x100m relay as a third (or fourth) event and if that is to be a goal, the child should compete in the 100m at Regional and State levels.

In general, whether a child falls into one of the above listed categories or not, in selecting events to concentrate on and presumably therefore to contest at Regional level and hopefully State level, it is of considerable advantage to study the attached sample program and to try to avoid events which clash badly (timewise) on that program. Generally, it helps both the selectors and potential State Team candidates if they compete in as wide a selection of events as possible.

As a final point, it should be noted that if any athlete is competing at the State Championships with injury or sickness problems, this information should be passed on to the Team Administrator & Manager, who will pass these details onto the relevant selectors, so that they may take this fact into consideration if required.

Team Camp & Presentation Function

A Team Camp & Presentation Function is held each year and all athletes must attend. The Team Camp is a closed session and only Team members and Personnel may attend. A training session is held at the beginning of the Camp for all athletes in the 4 x 100m relay event.

A presentation function is held following the conclusion of the Camp, and family members are invited to attend to see the presentation of uniforms to each athlete. The cost for family members to attend the presentation function varies from year to year depending on the location. These costs will be available for selected athletes in the Information Kit, which they receive once selected in the Team.

Injuries & Athlete Health

It is the responsibility of each athlete to ensure that they remain healthy and injury free in the lead up to the Championships. If an athlete is recovering from an injury prior to the Teams departure, the Team Administrator & Manager must be advised in writing. All athletes must be fit to compete in their chosen events prior to departure. Any costs associated with recovery and prevention from an injury will be met by the athlete and their family. This is not the responsibility of the Association.

UNDER 15 MULTI EVENT COMPETITION

Each State is limited to three competitors in each section of the Multi- Event at the Australian Little Athletics Championships.

To be considered for selection in the Queensland State Team for the Under 15 Multi-Event Championship, U15 athletes must have satisfied the criteria to attend their respective Regional Championships and have attended at least four of their Little Athletic actual Centre competition days prior to these Regional Championships in the year of selection. They must attend and compete at the LAQ Multi Event Championships in the year of selection. There will be no selections based on medical or compassionate grounds.

Placing 1st, 2nd or 3rd at the LAQ Multi Event Championships does not guarantee selection, particularly if an athlete has not satisfied the above selection requirement.

Each State is limited to a team of six (6) maximum - Queensland selects three (3) boys and three (3) girls.

The events which make up the Multi-Event are:

Girls: 90m Hurdles, High Jump, Shot Put, 200m, Long Jump, Javelin, 800m

Boys: 100m Hurdles, Discus, 100m, Long Jump, Javelin, High Jump, 800m

There is also a 4 x 100m (mixed) Relay for the Multi Event Competitors to finish off the program. Medals are awarded for this event.

The U15 athletes competing in the multi event also compete for a Life Member's Team trophy based on the same points system as the U13's, excluding the relay event.

SAMPLE PROGRAM

The competition will be held over two days. Times and order of events may be subject to change depending on local conditions & requirements.

DAY 1

9.30am MARCH PAST
 9.45am OPENING CEREMONY
 10.20am TEAM WARM UP

Event #	Start Time	Gender	Age	Event	Type
1	11:30 AM	Boys	U15	100m Hurdles	Multi-Event
2	11:40 AM	Girls	U15	90m Hurdles	Multi-Event
3	11:40 AM	Boys	U13	Long Jump	Final
4	11:40 AM	Girls	U13	Shot Put	Final
5	11:50 AM	Girls	U13	80m Hurdles	Heats
6	12:00 PM	Boys	U13	80m Hurdles	Heats
7	12:10 PM	Boys	U15	Discus	Final
8	12:20 PM	Girls	U15	High Jump	Final
9	12:30 PM	Girls	U13	1500m Race Walk	Final
10	12:50 PM	Boys	U13	1500m Race Walk	Final
11	1:10 PM	Girls	U13	80m Hurdles	Final & Consolation Final
12	1:20 PM	Girls	U13	Long Jump	Final
13	1:30 PM	Boys	U13	80m Hurdles	Final & Consolation Final
14	1:30 PM	Boys	U13	Javelin	Final
15	2:10 PM	Boys	U15	100m	Multi-Event
16	2:20 PM	Girls	U15	Shot Put	Final
17	2:30 PM	Boys	U13	200m	Heats
18	2:40 PM	Girls	U13	200m	Heats
19	3:00 PM	Boys	U15	Long Jump	Final
20	3:00 PM	Boys	U13	High Jump	Final
21	3:10 PM	Girls	U13	800m	Final
22	3:10 PM	Girls	U13	Javelin	Final
23	3:20 PM	Boys	U13	800m	Final
24	3:50 PM	Girls	U13	200m	Final & Consolation Final
25	4:00 PM	Boys	U13	200m	Final & Consolation Final
26	4:10 PM	Girls	U15	200m	Multi-Event

DAY 2

Event #	Start Time	Gender	Age	Event	Type
27	9:20 AM	Girls	U13	100m	Heats
28	9:30 AM	Boys	U13	100m	Heats
29	9:30 AM	Girls	U13	High Jump	Final
30	9:40 AM	Boys	U15	Javelin	Final
31	9:40 AM	Boys	U13	Shot Put	Final
32	9:50 AM	Girls	U15	Long Jump	Final
33	10:00 AM	Girls	U13	200m Hurdles	Heats
34	10:10 AM	Boys	U13	200m Hurdles	Heats
35	10:50 AM	Girls	U13	400m	Heats
36	11:00 AM	Boys	U13	400m	Heats
37	11:30 AM	Boys	U13	Triple Jump	Final
38	11:40 AM	Boys	U15	High Jump	Final
39	11:40 AM	Girls	U13	Discus	Final
40	11:50 AM	Girls	U15	Javelin	Final
41	11:50 AM	Girls	U13	1500m	Final
42	12:00 PM	Boys	U13	1500m	Final
43	12:40 PM	Girls	U13	100m	Final & Consolation Final
44	12:50 PM	Boys	U13	100m	Final & Consolation Final
45	1:20 PM	Boys	U13	Discus	Final
46	1:30 PM	Girls	U13	400m	Final & Consolation Final
47	1:30 PM	Girls	U13	Triple Jump	Final
48	1:40 PM	Boys	U13	400m	Final & Consolation Final
49	2:00 PM	Girls	U15	800m	Multi-Event
50	2:10 PM	Boys	U15	800m	Multi-Event
51	2:30 PM	Girls	U13	200m Hurdles	Final & Consolation Final
52	2:40 PM	Boys	U13	200m Hurdles	Final & Consolation Final
53	3:10 PM	Girls	U13	4x100m Relay	Final
54	3:20 PM	Boys	U13	4x100m Relay	Final
55	3:30 PM	Mixed	U15	4x100m Relay	Multi-Event