



Little Athletics Information and Handbook

How can you help?

- Arrive early (7:15am) to help set up the equipment or stay behind to help pack up.
- Offer to assist with cooking/serving at the BBQ.
- Time keeping/Starting. These are some of the most important tasks on competition days.
- Pack the equipment back into the crates after each event, this reduces the end of meet pack up time.
- Assist with the running of events when we are away from the centre (attending volunteer official allocations).
- We require all parents to help at their child's events at home competitions. Most field events need at least 4 people to help and without the help of enough parents we can't run the event. To successfully run each event for your child and, to make sure they have a good meet, please offer to help where you can. If you are unsure how to help at an event, please ask the group chaperone, another age group parent, or a committee member. We understand that some families have multiple children at the club, and it isn't always possible to help at each age group. If you are interested in learning more or wish to attend an officiating or coaching course, please speak with a committee member.

Parental Responsibilities

- Please read this information.
- Regular Home Meets are Saturday mornings. Please arrive by 8:30am for warm up and announcements for a 9am start. Please note any changes will be on the updated season calendar on the webpage.
- Please listen to all announcements and note any changes to dates.
- Follow our Facebook private group or check the notice board for any announcements.
- Remember the committee is made up of volunteers who are parents too.
- Please pay careful attention to closing dates for entries into various competitions, we will put reminders out.
- **Training sessions and competition days are not a drop and go zone.** Your Little Athlete, regardless of the age, must be accompanied by a parent or responsible adult for their safety. If you must leave, please inform a committee member, the president or coach.
- If a problem or query arises, please contact the president or committee member with your concern.
- Bridgestone Athletics Centre is a Non-smoking/vaping area. If you wish to smoke/vape, please do so out past the car park.



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Parent/Guardian Volunteers

Athletics relies heavily on volunteers, especially Little Athletics. It is one of the few sports where you can be directly involved as a whole family.

If you are asked to help, please say yes. The athletes love having their parents helping and being with them.

If you are feeling overwhelmed or aren't sure how to help, our friendly committee or the age group chaperone would be happy to show you. The more help we have, the more smoothly our competitions will run.

We are all volunteers, let's work together to help our children have a great time.

Complaints

Any complaints or feedback about the organisation, competition or officials of the club can be made directly to the President (or any executive committee member) or in writing to the Secretary or President. All complaints are taken seriously, are confidential and will be addressed by the Executive Committee. If a member of the Executive Committee is involved in or is the cause of the complaint another committee member will be asked to fill in. Please come to the committee first rather than outside agencies.

Club News And Notices

Each home meet is started with an announcement time before and while the athletes are doing their warm up. During this time the president (or stand in) will update the parents guardians on any important information. The white board will be in front of the clubrooms at home meets and our website will also highlight important information.

Have you followed our Facebook page and joined our facebook group yet? We have found that this is the most efficient way of notifying parents of any changes, upcoming events or important announcements.

Here is the link to:

- the facebook page <https://www.facebook.com/SalisburyLittleAthletics>
- the facebook group <https://www.facebook.com/share/g/qfQfDbATiY194Dz9/>

Fundraising

Please support the club's fundraising activities, such as lucky squares, BBQs, raffles, and any other events throughout the year. All fundraising profits are reinvested back into the club and benefit the athletes. If you have any fundraising ideas or donations /sponsorship leads, please speak to one of the committee members.



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Arena Manager

Any changes to events due to weather will be made by the President and Officials. Please direct any questions about changes to programs to the Arena Manager/President Craig Thomas. All decisions are made with athlete safety the primary concern.

Unsupervised Children

For safety and legal reasons each Little Athlete needs to have a parent or guardian with them at both training and club meets. The club is not a “drop and go zone” and children without supervision will not be allowed to participate until their parent/guardian returns.

If you need to leave the grounds (for an emergency) and are leaving your athlete alone, please speak to the president, member of the committee or coach and we can make sure that they are safe. We cannot legally compromise on these rules in any way.

Tiny Tots

Our Tiny Tot Athletes are children who have turned three (3) years of age but are not yet old enough to join the under six (6) age group. The aim of the Tiny Tots programme is to build foundation skills in a noncompetitive environment. The Athletes participate in planned activities and games, learn, and practise motor skills and interact with children their own age. The session is designed to be fun and playful, and we ask that you please don't make your child do something they do not want to, because having fun is the goal. Hands on parent assistance is needed with this age group and sports attire and shoes are recommended for parents.

Training Times and Coaching

Training is available for all athletes on Monday and Wednesday afternoons.

Under 6s to Under 8s from 4:30pm to 5:30pm & Under 9s up are 5pm to 6:30pm.

Extra training for the older athletes and those in seniors will be available outside these times and these will be posted on the Facebook group page and webpage. For any coaching enquiries, or if you are interested in helping with coaching, please speak to the Head coach or the President.

Footwear

Athletic footwear is compulsory at all meets and training sessions. Waffles or (for U11's up) spikes are strongly recommended for safety on the synthetic track. Boots, thongs, sandals, and other open shoes are unacceptable footwear. For safety anyone at Bridgestone during any athletics competition activity must wear shoes, parents included.



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Spikes: Athletes in U11's and over may wear athletic spikes. Spikes must be under 7mm in length and be pyramid or christmas tree style (no needle spikes). Athletes are asked to remove their spikes as soon as practical after their events and not wear them on concrete areas or in clubrooms. (Please take them off before entering the building especially). Spare spikes are available for purchase at the club.

Uniforms

The Salisbury uniform is to be worn by all registered athletes (except Tiny Tots). The required uniform is a green and gold polo shirt (singlet option is available for u12 and up) and green shorts (running shorts or bike shorts). These are available to purchase via the online uniform store with Sports Centre. Socks should be predominantly white.

The registration number is attached to the front of the uniform top with the age group number above the on the left-hand side. (See the diagrams under the uniform section on the website) No other badges are permitted on the uniform. Skins are permitted in plain black or green with no labels.

Tiny tots are not required to wear the centre uniform but are encouraged to wear yellow and green. Uniforms are always checked by officials at SALAA events so please make sure your athlete has the correct uniform and shoes or they could be disqualified. Any questions about uniform please see Aimee Ratcliffe or a member of the committee.

Sponsors

Sponsors are a valuable source of funds, supplies, awards, and raffle prizes. Please support our sponsors who support our club. If you run a business or can approach someone in business to sponsor the club, it will not only benefit our athletes, but will also be appreciated by your hard-working committee. We have found sponsorship is more easily obtained when a business is approached by someone they know.

Safety Safety Safety

Please always check for athletes before standing near or crossing over the track, a collision with an athlete could have tragic outcomes. For everyone's safety the **INFIELD IS OUT OF BOUNDS**, and walking through the middle of the field should be avoided during training and competition. Athletes should remain in the safe zone behind the throw areas when not actively throwing.

Parent helpers should stay alert around the discus, shot put and javelin sectors and watch the throwers at all times, these implements can cause serious injury.

Only fully registered athletes and registered Come and Try athletes with Little Athletics Australia or Athletics South Australia/Australia are covered by insurance for medical compensation. All volunteers are covered whilst helping at the centre. Parents can now cover themselves to compete in events by purchasing a Rec-Ath membership. Please speak with Craig for more details.



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Medical Alert and First Aid

If you require First Aid please present to the first aid room, to the first aider (in a vest) or see a committee member.

We have qualified first aiders to assist with injuries at training and meets. If you haven't already, we ask that you disclose any medical condition that an athlete has. This will help us provide the best care possible in an emergency.

Hot/Inclement Weather Policy

Training (HEAT): Training will be cancelled for Little Athletes on the days when the temperature on BOM Parafield at 3pm is predicted to be 35 degrees or more. Notification will be posted on social media formats. The decision is at the discretion of the committee with the safety of the athletes in mind.

Competition (HEAT): If the forecast for Saturday's home competition is forecasted to be between 35 and 38 degrees at Parafield on BOM at 5pm Friday night, then the program will be modified at the discretion of the Arena Manager. If the temperature is forecasted to be 39 degrees or more, the competition will be cancelled.

Inclement Weather: Salisbury Athletics club follows the SALAA Extreme Weather Standards for any other inclement weather. These can be found on the SALAA website here:

<https://salaa.org.au/policies/>.

All decisions will be made at the discretion of the committee with the safety of the athletes in mind and notification will be posted on social media formats as soon as possible.

Sun Smart Policy

Salisbury Athletics Club is a Sun Smart Club, please remember to Slip, Slop, Slap.

Athletes should wear sunscreen (available at the clubrooms), wear a sun smart hat and sit under the shades provided when not involved in an event. Bring a water bottle to training and meets to help with hydration and drink a little often. Water is available to refill water bottles and cooler towels are available for purchase.

Smart Play Policy

Salisbury Athletics Club promotes family, fun and fitness through participation in track and field events. Salisbury Athletics Club acknowledges that there is a risk of injury when participating in athletics. Salisbury Athletics Club recommends warm up, stretching and cool down by all athletes. If you would like more information, please see the website for the policy.



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Smoke Free Policy

Bridgestone Athletics Centre is a smoke and vape free zone. Salisbury Council, ASA, SALAA and affiliated Centres and Clubs recognise that passive smoking/vaping is hazardous and that non-smokers should be protected from the involuntary inhalation of tobacco smoke or vape. If you wish to smoke or vape, please do so in the car park.

Rule Changes This Season

All rules are set by the SA Little Athletics Association and published in the Basic Little Athletics SA Officials Guide. A new guide is available to all at the start of every season via the SALAA website. There are no changes this season however if this changes we will let you know.

There are instruction guides in all age group folders this season, however if you are unsure of anything, need clarification or the guide is missing, please find a committee member and we will help.

Recording & Chaperoning

This season we will be using our fully digital recording system, each Chaperone will be assigned a tablet for the day of competition. If you will be chaperoning an age group, please come to the office in the morning of the competition to “sign out” the tablet and collect the group folder and “sign in” the device after completing the day’s competition. A “How To Guide” in video format will be available and we strongly recommend taking time to watch the videos prior to using the system. If you are having technical issues on the day please let one of our friendly committee members know ASAP.

Club Records and Awards

Salisbury Club Records and Awards information can be found in the Bylaws (in the policies section on the website). If you would like any further information or have any questions regarding the awards, points system or records, please email the recorder recorderslac@gmail.com.



Implement Weights/Hurdle Heights

Shot put		
1kg	Blue	U6, U7 Boys & Girls
1.5kg	Yellow	U8 Boys & Girls
2kg	Orange	U9 - U12 Boys & Girls
3kg	White	U13-U14 Boys & Girls, U15 – U17 Girls Only
4kg	Red	U15, U16 Boys
5kg	Green	U17 Boys

Discus	
350g	U6 - U7 Boys & Girls
500g	U8 - U11 Boys & Girls
750g	U12 – U13 Boys & Girls
1kg	U13 – U16 Boys & Girls, U17 Girls
1.5kg	U17 Boys

Javelin	
400g	U11, U12 Boys & Girls, U13 & U14 Girls Only
500g	U15, U16, U17 Girls Only
600g	U13, U14 Boys Only
700g	U15, U16, U17 Boys Only

Hurdles		
Distance	Height	Age Group
50m	20cm	U6 Boys & Girls
	30cm	U7 Boys & Girls
	45cm	U8 Boys & Girls
60m	45cm	U9 Boys & Girls
	60cm	U10 Boys & Girls
80m	60cm	U11 Boys & Girls
	68cm	U12 Boys & Girls
	76cm	U13 Boys & U13/14 Girls
90m	76cm	U14 Boys & U15 Girls
100m	76cm	U15, U16 Boys & U16, U17 Girls
110m	76cm	U17B
Round Track Hurdles		
200m	(68cm) U13 B & G, (76cm) U14, U15, U16 and U17 B & G	
300m	(76cm) U15, U16, U17 Boys and Girls	



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Code Of Conduct for Athletes

- Never argue with an official. If you disagree, ask your chaperone or supervising adult to deal with the matter.
- Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking are neither acceptable nor permitted in our sport.
- Work equally hard for yourself and or your club. Your club performances will benefit you.
- Be a good sport. Applaud all good results whether they are by your club, opponent, or the other centres. Athletics is about having fun. Salisbury is about being encouraging with one another, treating everyone as a family and building lifelong friendships.

Code Of Conduct for Parents

- Encourage children to participate if they are interested. However, if a child is not willing to take part, please do not force them.
- Focus on the child's efforts rather than the overall outcome. By reducing the emphasis on winning, you are assisting your child in setting realistic goals related to their ability.
- Teach children that an honest effort is as important as a victory, so that the result of each event is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing an event.
- Remember, children are involved in Little Athletics for their enjoyment, not yours.
- If you disagree with an official, raise the issues through the appropriate channels, rather than questioning the Officials judgment and honesty in public.
- Remember, most officials give their time and effort for your child's benefit.
- Support all efforts to remove verbal and physical abuse at Little Athletics activities.
- Recognise the values and importance of being a volunteer, official and or coach. They give their time and resources to provide recreational activities for children and deserve your support.



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What is a Home Meet?

A Home Meet is the club competition that is on the scheduled season calendar at Bridgestone Athletics Centre. These are the equivalent to a “game day” in other sports and count towards season points.

At times during the season, we have an “away” meet where we visit another club. These are also on the calendar and are counted as a normal home meet for points and attendance.

What does “participation” and “attendance” at home meet mean?

Participation is recorded for an athlete when they have recorded a result in at least 50% of the events scheduled for that meet. Usually this means 3 events since our programs have 5/6 events scheduled. If an athlete records less than 50% of the events on that day they won't get the point for that meet, even if they were there. If an event or meet is cancelled due to safety all athletes receive attendance points

Why are Home Meets important?

Various awards and qualification criteria are published for the Little Athletics season. They revolve around minimum “Participation in Home Meets” criteria. State and Regional Competitions don't count for this. The two main qualification criteria of interest are for Salisbury's Age Group All Round Champion Athlete and State Individual Championships. For the exact rules and qualification criteria you should refer to the other section on awards (Age Group Champion) and the SALAA website - State Individual Championships Rules and Other Information

What is the qualifying criteria for SIC or State Challenge?

All athletes must be registered by 31st December 2024 to be eligible for State Championships. There are automatic qualification standards which must be met twice throughout the season and the athlete must have completed at least 20 events at club level (it isn't based on number of meets). Athletes who have achieved the qualifying standard level for an event will be automatically allocated a place in that event if they choose to enter it.



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How many home meets does an Athlete need to attend to qualify for age group all round champion?

The athlete must be registered by the 1st of December, have attended at least 50% of the club home meets from the time of registration and three (3) must be after Christmas.

What if an athlete is injured and prevented from competing?

You may apply in writing to the Committee to have home competitions credited in the event of an injury. Include details of which meets the athlete will miss/has missed and the general nature of the injury and a letter or certificate from a health professional (Doctor, Physiotherapist or Podiatrist etc.) within the month of the absence. For more details, please see the Bylaws or chat to a member of the committee.

What if a home meet is abandoned due to weather?

Athletes will automatically be credited with attendance points for any meet that is cancelled due to weather. If a meet starts but cannot continue, only athletes in attendance will be credited points.

What is a SA State Team?

Each season athletes from the U13, U14 and U15 age groups are chosen to represent SA at the Australian Little Athletics Championships (ALACs). Please remember to nominate for this via SALAA during the season. A State Team information booklet will be available for those athletes and parents interested in this event. Details of the trials and the selection process are details in this booklet. If you have any questions regarding the State Team, please talk to the coaches.

The 24/25 season ALACS are being held here in Adelaide.



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EVENTS INFORMATION

Northern Metro Regional Day

Each season a competition is held between Northern Region centres. The competition gives our children the opportunity to compete against children from other centres. This event is open to all age groups and runs on a set program. This season it will be held on November 9th 2024 & will be hosted by Salisbury at Bridgestone.

PB Day 1 & 2

These events are held at Stadium SA, Mile End by SALAA and give our athletes the chance to gain PBs while competing against athletes from other centres from around the state. Certificates are awarded to all competitors. Parental assistance with the running of events is needed for the day to run smoothly. Open to ALL age groups. There are two PB days this season, November 24th 2024 and January 19th 2025.

State Combined Championships

This is an official SALAA meet held at Stadium SA over 2 days and is a "heptathlon style" multi event for qualified athletes in age groups u9 to u17. This competition is points based and athletes must compete in all the 5-10 programmed events set for their age group. The points are allocated according to performance and placement in each event and totalled, with the winner being awarded age group champion. This season it will be held on the 22nd and 23rd February 2025.

Australia Day Hurdles

Each season Salisbury, Golden Grove, and Northern Districts centres compete in an interclub competition based around hurdles for Australia Day. Perpetual shields are awarded to the winning girls' and boys' teams that earn the most points for their centre. Points are awarded for the first hurdles race in each age group (the 2 fastest athletes from each club) with points given to each position. This competition is for all age groups. Other track and field events are also conducted at the meet. This season the event will be hosted by Golden Grove on Friday 25th January 2025.



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Northern Improvers

Each season the northern region centres take part in Northern Improvers. Athletes may nominate for events, according to the criteria, and all athletes who compete receive a performance certificate. Tiny Tots to U8 age groups receive a participation medal on successful completion of all their programmed events.

Points are allocated based on medals achieved in the U9-U18 Age Groups with 3 or more athletes entered. The boy & girl athletes who accumulate the most points on the day are awarded a trophy and perpetual shield by the Northern Regional Organising Committee.

Any athlete who achieves 4 PB's on the day will receive a trophy from Salisbury Athletics Club with all other medals being issued by the Northern Regional Organising Council on the day. This season the event will be hosted by Munno Para on Sunday 16th February 2025 at Andrews Farm.

State Challenge & SIC (State Individual Championships)

These two State Competitions are the main events on the Little Athletics SA competition calendar. The State Challenge is a great opportunity for athletes who have not quite qualified for events in the SIC's to compete in a Championship styled competition at the SA Athletics Stadium, whilst the SIC's is the pinnacle competition that athletes strive for to compete against the best of the best from around the state.

The SIC will have a limited number of athletes competing. Athletes can nominate in up to five (5) events between the two competitions. Depending on their qualification status, some of those events may be in the State Individuals and some may be in the State Challenge – they are guaranteed a place in each event they nominate for in one of the Competitions. Nomination closure dates will be advertised at the club. For more information see the SALAA website or speak to a committee member.

This season's Challenge will be held on Sunday 16th March and SIC will be held on 22nd & 23rd of March at Stadium SA.

Cross Country / Race Walk Season

For those athletes looking for a bit of winter fun, there are Cross-Country runs and Race Walks held throughout the winter season. Events are held from May to August. Races are arranged for all age groups including Tiny Tots, as well as a fun run and parents' races. Cross Country races are held across the metropolitan and country areas and the entry fee for each race is \$2.00. The State Cross Country Championships for athletes are held in August by SALAA. Parents and older siblings can take part in these events if they have purchased a Rec-Aths membership. The race-walking season is hosted by the SA Race Walker's Association and is held in the southern parklands at the Adelaide Harriers Club. For more information see the SALAA website or speak to the committee members.