

# Handbook

**THE GAP**  
  
**LITTLE ATHLETICS**



*Affiliated with*



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# A Message from the Centre Manager

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Welcome to the 2021-2022 season of Little Athletics at The Gap.

On behalf of the committee and members of The Gap Little Athletics I would like to extend a very warm welcome to all parents and athletes. For those families and athletes joining for the first time, we hope your stay with us will be a long and fulfilling one and that you will find as much satisfaction from our activities as we have over the years. To those families who are returning to the club, welcome back.

Little Athletics provides a great opportunity for parents to become involved in their children's athletic development; it *is* a family sport and your encouragement and assistance on event nights is vital to the efficient running of our centre. The Little Athletics motto is "Family, Fun and Fitness"; we encourage parents and care givers to become involved and help your children experience the joy and satisfaction of learning, being fit, training and competing with friends in our athletics environment.

At The Gap Little Athletics Centre, our vision is to see all our athletes enjoying their time here and we encourage each individual athlete to strive for their own personal best each week. Each athlete's personal best performances will be displayed weekly and encouragement ribbons will be awarded to athletes as they accumulate more personal bests during the season.

Wednesday night training will begin on the first Wednesday after the season begins and thanks to all the coaches who will make it possible each week. The club has qualified coaches who are dedicated to helping the athletes improve their technique while making the training night fun. There are plenty of opportunities to increase your knowledge of athletics with courses offered for Coaches and Officials. All parents are encouraged to take advantage of these courses; your increased involvement will make the athletics experience more enjoyable for you and your little athletes. Please join in and help our athletics community to achieve its objective of family, fun and fitness.

To keep you informed of upcoming events and news, we have a web site and a Facebook page that are regularly updated with important dates and other useful information.

In addition to our regular Friday night events all Under 7 and older athletes are welcome to attend the major LAQ events for the season – Regional Relays and Championships, Combined Events Championship and Carnivals.

The facilities of The Gap State High School are made available to us by the Department of Education and their representative, Principal Anne McLauchlan, to whom we are most grateful. On competition evenings the school grounds are out of bounds and we ask that all children remain on, or near, the oval at all times. Good luck to all athletes for the coming season as you strive to be your best. Thank you in advance to all parents for volunteering your time and helping to make each event run smoothly and an enjoyable event for the family.

I hope you enjoy the season; and please help your little athletes in any way you can to ensure that our season is as enjoyable as possible for everyone. Happy running, jumping and throwing!

Centre Manager

# About Little Athletics

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## What is Little Athletics?

Little Athletics began in Victoria in the early 1960s and was originally developed to help children who were too young to be part of Athletics Australia. Little Athletics was brought to Queensland in 1973 and the first centre was established at Redcliffe which is part of our regional area.

The Gap branch started in September 1977 (same time as Strathpine), making this year our 42<sup>nd</sup> year. The club is an incorporated organisation affiliated with Little Athletics Queensland Inc. (LAQ). The club is a non-profit organisation administered by a committee of volunteers. The home ground is the oval of The Gap State High School on Waterworks Road, The Gap.

The motto of Little Athletics is "Family, Fun and Fitness". This highlights that we are a community activity involving the whole family on a weekly basis.

**Family** - Family involvement is vital for the success of Little Athletics. The registered athlete participates in the track and field events, while parents, grandparents and siblings are involved as officials, recorders, coaches or committee members.

**Fun** - The level of competition is whatever the family wants it to be - whether participation is on Friday nights only, training sessions, or at various competitions and carnivals. Each child is encouraged to improve their own performances, not necessarily be the best in the age group.

**Fitness** - By participating at weekly meetings, children are contributing to their own active lifestyle. Parents/guardians also get fresh air and are active as they assist with activities.

## Registration fees

Current fees and information is available on the club website.

## Roster levy

A refundable roster levy of \$50 per family is paid at the time of enrolment. The events each week are run by the parents for the benefit of the children. As a result we need many parents to help in the running of these events or various other aspects at the meetings. Please note the following conditions apply:

- Families who *only* have a child in the Tiny Tots program are exempt from the roster levy, as Tiny Tots will only be allowed to participate when a parent or guardian is present.
- Families who have at least one parent/guardian assisting with the designated tasks (such as spotting, retrieving, setting up and packing up) on regular meeting nights at The Gap, and/or at regional events, will receive a full refund of the levy after our awards presentation. The committee reserves the right to vary this to ensure all parents are treated equitably.

### NOTE:

***A parent / carer from each family is expected to assist at Centre and Regional events whenever reasonably possible.***

So that club records of your attendance are noted correctly, please ensure that each Friday night you write your name down on the sign-on sheet that accompanies your child's age group (for activities associated with that age group) or at the registrar's desk for event officials, timekeeper, place judges, setting up and packing up, canteen and barbecue. This is the only record that will be accepted for the levy refund.

## Refund policy:

It is a policy of The Gap Little Athletics that registration fees, once paid, are non-refundable. Athletes can attend two trial night before registering.

# About Little Athletics

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## **Ages:**

To be eligible for registration, children must turn 5 to 16 years in the year the season starts. . Proof of age (birth certificate) is required at registration or within a few weeks of the start of the season. The committee reserves the right to cancel registration if a birth certificate is not produced. Under 6s compete at our centre only. Under 7s and under 8s can compete at Regionals, Combined Championship and carnivals. Under 9s and up can also qualify for State events.

Note: Under 7s and 8s will receive a medal for participation in a regional or carnival competitions.

## **Tiny Tots:**

This program is for three (3) and four (4) year old siblings of registered Little Athletes. There are no times, places or measurements recorded for Tiny Tots. Tiny Tots will receive a registered number and a Tiny Tots arm patch. Uniforms are optional.

## **Membership:**

There are several categories of membership.

1. *The registered little athlete*
2. *Ordinary member* - any parent or guardian of the registered athlete or a person deemed by the centre management committee as an asset to the centre.
3. *Honorary life member.*

## **Parking and drop off:**

Parking is available around the club house. When driving into The Gap State High School, use the lower gate (near The Gap Village shopping centre). Proceed down to the oval. Please observe the posted limits as these are in place to protect your little athletes.

Athletes have to cross the access road to go to the toilet block (rear of the barbecue area). Please exercise particular caution when driving through this area.

PLEASE **do not drop** children off at Waterworks Road, expecting them to walk down to the club house.

A parent or guardian **MUST** accompany the little athlete in and ensure they are sighted by the age group marshal. If you are leaving the oval, you must leave a contact phone number with the age group marshal. Often the activities finish earlier than the scheduled 8.30pm.

## **Newsletters**

A newsletter is produced occasionally during the season to keep you up to date with the latest news. The newsletter will be sent to you electronically and a copy placed on the club website - [www.thegaplittleathletics.org.au](http://www.thegaplittleathletics.org.au). Any last minute messages are sent via Facebook and email where possible.

In addition to the newsletter, other carnivals, clinics or holiday programs are advertised on the noticeboard each week. Please take time to read the notices.

## **Food and drink**

The canteen offers plenty of hot food and cold drinks and sweets throughout the evening. Please support the centre by patronising the canteen. Money raised in profits is used to purchase new equipment and pay for entry fees in carnivals.

# Uniform

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## Uniform

All athletes are required to wear the centre uniform, with the exception of Tiny Tots.

*Polo shirts* - Lime green collared T-shirt with The Gap Little Athletics logo

*Singlet/Crop Top* – only for under 13-17

*Boys' shorts* - Black with green insignia

*Girls' shorts* - Black runners/bike pants and insignia

*Tiny Tots* - Purchase of a lime green shirt is optional. Attach registration number to any T-shirt.

## How to wear the uniform

The cloth registration number is to be sewn onto the front of the shirt and the child's name printed in permanent ink in the space provided. The age label is to be sewn onto the left sleeve leaving an opening at the top - this forms a small pocket where the child can keep their performance tickets during meetings. The sponsor's label is to be sewn on the right hand side as shown.



### **\*\* Important Note \*\***

When competing at The Gap centre, we only require that the uniform shirt with registration is displayed. However full uniform **MUST** be worn at all LAQ and regional meetings, otherwise athletes risk disqualification or not being allowed to participate. LAQ requires that the uniform, registration number, sponsor patch and age label be worn for safety, procedural and sponsorship requirements. The Gap uniform includes black shorts with no advertising (other than our own logo)

Failure to wear the uniform correctly at LAQ and regional meets could result in disqualification. Athletes need to wear the correct registered number for the season, as all records are based on their issued number.

## Footwear



**For safety reasons, all children who compete must wear shoes at all times.** For children competing at the State Athletics Facility, please note that the synthetic track can become very hot and is quite rough compared to grass tracks.

# Uniform

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## Spikes

Athletes in age groups up to, and including U10 are NOT ALLOWED to wear spikes in any event. Spike shoes, without spike or blanks, that have rosettes around the spike area of the sole are not acceptable. Spikes may be worn as follows:

Event	U6 to U10	U11 & U12	U13 to U17
Laned events	No	Yes	Yes
Unlaned events	No	No	Yes
Relays	No	4 x 100m only	Yes (all relays)
Race walking	No	No	No
Javelin	No	Yes	Yes
Jumps	No	Yes	Yes
Spikes must not be longer than		Synthetic track	7mm
		Synthetic Field	9 mm
		Grass track or field	12 mm
Spiked shoes must be carried to the event, NOT WORN, and are to be removed immediately following the completion of the event			
Spiked shoe must not be worn at any other time			
Spiked shoes must be carried in a suitable bag at all times and stored safely when not in use			
Any athlete not exercising care when using spikes may be disqualified from wearing them			
Needle / pin spikes are prohibited on synthetic tracks at LAQ Competitions			
Refer to <a href="#">Competition Handbook</a> for further details			

## Sun safe

The centre adopts a sun safe policy. Hats, sunglasses and sunscreen should be worn at all times during daytime events. Note that two-piece running costumes cannot be worn. The full policy is available on our web site.

## Night meets

Please note that it is advised to bring insect repellent to night meets. At times the weather can get cold, so a light jacket is handy.

## Lost property

Every year we are left with a considerable quantity of shoes, hats, water bottles, etc. Please mark all removable items of clothing and own equipment with name so that they can find their owner every week. Please check the lost property box each week and collect any lost gear.



# Little Athletics Code of Behaviour

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## Code of Behaviour

Little Athletics Queensland has outlined a "Code of Behaviour" which it hopes will emphasise more fully its role and involvement in the organisation and participation of parents and children within the Little Athletics movement.

Parents, coaches and officials by example of behaviour, hold an enormous influence over the youth of the community. Conduct of all adult participants and competing children within the aims and objectives of the LAQ are considered mandatory for the privilege of participation.

Winning is a part of our sporting traditions, but we admire our sporting champions for the *SPIRIT* in which they play their sport. That spirit stems from our commitment to fair play. As such, the code of behaviour should be shared with your child.

Adult officials/coaches should form an accepted pattern of behaviour from the following for the benefit of the Little Athletics movement.

## ATHLETES

*It isn't whether you win or lose, but how you play the game!*

- ☺ Compete and train for the "fun of it", not just to please your parents or coach.
- ☺ Play by the rules.
- ☺ Never argue with the officials' decision. Let your centre manager or coach ask any necessary questions.
- ☺ Control your temper - no "mouthing off", breaking equipment throwing implements, or other equipment.
- ☺ Work equally for yourself and your team in relay and heats events, your team's performance will benefit and so will your own.
- ☺ Be a good sport. Cheer all good performances, whether your club mates or your opponents.
- ☺ Treat all athletes, as you would like to be treated. Don't interfere with, bully or take unfair advantage of any athlete.
- ☺ Remember that the goal of training or competition is to have fun, improve your skills and feel good. Don't be a show-off or brag about your own performances.
- ☺ Co-operate with your coach, club mates and opponents, for without them you don't have a competition.



# Little Athletics Code of Behaviour

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## PARENTS

*A child's basic training in good sportsmanship comes from the home!*

- ☺ If children are interested, encourage them to participate. However if your child is not willing, do not force him or her.
- ☺ Focus upon your child's efforts and performance rather than the overall outcome of the event. This assists your child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
- ☺ Teach your child that honest effort is as important as victory, so that the result of each competition is accepted without undue disappointment.
- ☺ Encourage your child to always participate according to the rules.
- ☺ Never ridicule or yell at your child for making a mistake or losing a competition.
- ☺ Remember children are involved in organised sports for their enjoyment not yours.
- ☺ Remember that children learn best by example and; applaud good performances by all athletes.
- ☺ If you disagree with an official, raise the issue through the appropriate channels rather than question the official's judgement and honesty in public. Remember, most officials give their time and effort for your child's involvement. We are all volunteers.
- ☺ Support all efforts to remove verbal and physical abuse from children's sporting activities.
- ☺ Recognise the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for your child.

## ADMINISTRATORS, OFFICIALS & SPECTATORS

*In Little Athletics, these people are mostly parents temporarily performing a different function.*

- ☺ Remember to behave, as a parent should at all times; don't adopt a different code of behaviour just because your role has temporarily changed.
- ☺ Don't be biased towards your own child/children. Be fair, firm and impartial.
- ☺ Refer to codes for parents.



# Athletics Meetings



## WET WEATHER

In Wet Weather please refer to Facebook.  
If there is no cancellation message then events will be on.  
As a general rule, **if it is raining lightly, we will still run events.**

## Regular meetings

Regular meetings are held at The Gap High School oval with a short break over the Christmas period. We return in late January, in time for the major LAQ carnivals. After a season of running, jumping and throwing, we encourage athletes to enter into competition with the other centres.

Friday evening meets begin with a warm-up session at 5.45pm, followed by a five-event program selected from running events, hurdles, high jump long jump, triple jump, shot put, discus, javelin and walks. The events are rotated each week so that an equitable coverage is achieved through the season. Pick up an event program from the club house, from the age group folder or from the website.

Rot# 2	TT	6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	U13G	U13B	U14+G	U14+B
5:45																			
Event 1	Games	70	70	LJ5/6	D3	LJ5/6	F Jav	HJ Sc1	400	400	D2	SP2	HJ Flop	HJ Flop	LJ1/2	D1	400	TJ1	400
Event 2	Games	LJ5/6	LJ5/6	70	70	70	HJ Sc2	400	D2	LJ3/4	400	400	400	400	400	400	SP2	400	SP1
Event 3	60	Game	Game	SP3	LJ5/6	D3	70	LJ3/4	HJ Sc1	F Jav	SP2	JAV	D2	LJ3/4	HJ Flop	HJ Flop	TJ1	D1	LJ1/2
Event 4	Throw	Throw	Ob Crs	HJ Sc2	100	LJ5/6	D2	100	100	LJ3/4	TJ1	100	100	100	100	100	SP1	100	
Event 5		Game	Game	100	100	Ob Crs	100	100	LJ5/6	HJ Sc1	100	100	LJ3/4	D1	JAV	TJ1	HJ Flop	100	HJ Flop

*This is an example of an events program, with the initials indicating area on the field layout map.  
This can be found on the website.*

The program generally finishes around 8.30. Under 6 and 7 will finish no later than 7:30pm and Tiny Tots should be finished at 7pm.

It is important that children should be encouraged to participate in all events on the program, even if some events do not appeal or an initial difficulty is experienced in grasping the techniques involved. For young athletes, a good all- round physical development is important and concentration on one or two events only should be avoided.

Weekly results are available online within the the Results HQ portal.

## LITTLE ATHLETICS RESULTS HQ APP



**TRAINING EVENING – Wednesday 6pm to 7pm**

# Athletics Meetings

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This session is in addition to Friday night meets. The aim of this session is to allow athletes to develop techniques and skills without measurement, placing or timing. Our dedicated volunteer coaches run this session more as a learning exercise.

## Setting up and tidying up equipment

Before starting each evening and during warm-up, all the equipment needs to be set up. Assistance is needed with: track (minimum of 8 people), setting up the hurdles when on rotation, setting up the high jump and taking the trolleys to each event station. This will ensure the events start on time.

At the end of the night, all equipment must be returned to the club house for storage. If you are the last group at a station, it is requested you return all equipment to the club house; except for the senior discus and Javelin which is stored in the green shipping container.. All other assistance to dismantle and store equipment is appreciated.

### **ENJOYING LITTLE ATHLETICS**

PLEASE REMEMBER THAT  
LITTLE ATHLETICS IS NOT  
ABOUT WINNING BUT  
*DOING YOUR individual BEST*

WE ASK THAT YOU AND YOUR  
CHILDREN ADOPT THE SAME  
SPIRIT WHEN COMPETING,  
SUPERVISING OR JUDGING.

ULTIMATELY, WE WANT YOU  
AND YOUR CHILDREN TO  
ENJOY YOURSELVES AT  
LITTLE ATHLETICS.

## Warm up

To prevent injuries to the athletes, the evening starts with a supervised warm-up session. This consists of a lap around the oval followed by stretching exercises.

## Running Our Weekly Events

The evenings can only run smoothly when there are lots of helpers. The children are often proud to have their parents/ guardian involved with the events. The committee members and coaches are only too happy to assist if you are unsure of your requirements.

Parents /guardians are required to help out with the following jobs to help the evening to run more smoothly:

### **Age Marshal/Group Coordinator**

The group coordinator/age marshal ensures the athletes are properly supervised during the full 5 event program. Their responsibilities ensuring the athletes perform all their events safely and they are using correct technique, all performances are properly recorded and to encourage participation in regional events. The actual responsibilities can be interchangeable, but a general guide is indicated below.

- Collect the respective age group folder at the start of competition. This folder will contain all the field event sheets required for the competition.
- Meet with your respective group, which remains assembled after warming up and mark off the athletes' names. Add any new members' names to the event sheet and proceed to the first event
- Ensure you have enough helpers to run all the events.
- Keep the group together for the entire program; allow time for the athletes to visit toilets, obtain a drink, etc
- Assist with the group's warm-up (within your level of knowledge)
- Encourage the group to play games between events.
- Offer coaching tips (within your level of knowledge) to the athletes.
- Ensure athletes attend each event programmed at the time shown.
- Assist as start marshal, placing athletes in heats, etc when working at track events.
- Encourage athletes to compete in regional games, pentathlons and carnivals; form teams for the Regional Relay event.

# Athletics Meetings

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- return the age group folder to the front desk when events are finished for the night's competition.

## ***Timekeepers:***

- Official timekeepers are required before any track event will start. Ideally the timekeeper will be posted at the track for the entire evening. A minimum of two timekeepers are required for our program.

## ***Starters:***

- Track events require a dedicated starter who will be posted to the track for the whole evening.



## ***Place judges:***

- Place judges are required to place the athletes in correct order on completion of track events. Ideally the place judges will be posted at the track for the entire evening. A minimum of six(6) place judges are required each evening.

## ***Retriever/Spotter:***

- Retrieve thrown implements and helps identify location for measurement.

## ***Recorders:***

- Parents are required on the track to record times and places. This task will require some training to use the computer recording system. It is not difficult

## ***Event officials***

- In addition to the Group Coordinator, at least three people are required at each field event to supervise and help with the measurement of throws, jumps, raking sand etc. All parents and helpers are encouraged to complete one or more level 1 officials course.

## **WHO RUNS THE EVENTS?**

The simple answer is that **you**, the parents, run the events. Little Athletics relies heavily on active parent participation. Parents/guardians are an important part of our centre. Without you, we cannot successfully run the events. In excess of 40 parents are required at each meeting to successfully run the 5-6 event programs. We ask you to attend as regularly as possible.

# Athletics Meetings

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Parents, please remember that **WE ARE NOT A CHILD MINDING ORGANISATION**. We understand that other commitments may prevent you from staying every Friday night, but it is essential that your child has another **adult** who has agreed to take responsibility for them. This is not only necessary in case of accident or illness, but the program may finish early for many reasons – rain, small numbers etc. If this occurs, it is not fair that club committee members are left minding your child long after the events are over. It is also distressing for the child to be left after everyone else has gone. We understand that Friday nights is a time to kick back and relax, but this is about quality time, being active and involved with your children.

Training is offered on Wednesday nights and parent participation is welcome. We have dedicated coaches to conduct training - but they would appreciate adults to assist them. All too often the bulk of the work falls to a group of dedicated regulars. These are the ones who have already discovered the enjoyment of participating with their children in a family environment activity – so please *“Make a commitment to the centre. Come along on a regular basis and help out. Discover the benefits of participating - your sons and daughters will appreciate your interest.”*

It is important that you show support to your son or daughter by taking them to the regional or State events. We need assistance to run events at these competition days.

The only qualification you require to become a valued centre member is enthusiasm and an ability to cheerfully encourage the children, regardless of their ability, as they learn the basic skills of athletics.

Little Athletics is an activity for the whole family to enjoy and we hope that you enjoy contributing to your child's development.

## ***Tiny Tots***

The Tiny Tots program has a dedicated coach who runs a play based training program. The session runs for 45 minutes to an hour each Friday night from 6-7pm. Play activities will include a throw activity, jump activity and lots of running ( maximum distance is 60m). Imaginative play is used to generate enthusiasm and develop skills. Tiny Tots' activities do not include times, places or measurements.

Tiny Tots have their own record book and a parent is needed each week to write up the special tickets. These can be pasted into the record book. A parent is required to mark the roll each week. Little athletes in the Tiny Tot program all receive a medal at the presentation day. They do not participate in activities outside our centre.



## ***Under 6***

The Under 6 groups are transitioning from play based activities to measured events. The Gap Little Athletics has a dedicated Under 6 coach who guides little athletes and parents through the events offered to U6s. In the first half of the season the aim is to develop techniques and to develop an understanding of the way in which events are organised. The second half of season, the U6 group will be timed, placed and measured. The events offered are 70m, 100m, shot put, discus and long jump. If there are sufficient parents, a 100m race (fun) walk may be conducted.

# Athletics Meetings

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Little athletes in this age group compete only at our centre. This group is presented with a medal at the end of the season, at the awards presentation.



## Training, coaching and officiating

The Gap Little Athletics has a team of dedicated and qualified coaches on the arena each Wednesday and Friday night – they can be identified by their distinctive shirts. There are also more than 20 people with basic coaching knowledge who can assist with advising the athletes.

### Qualified coaches:

Mrs Tokuko Pitt - Level 4 Hurdle, LJ & Sprints

Lynette Kotze - High Jump

Gary –

Level 3 Throws, Jumps, Sprints, Hurdles

FAST -U6 - U8

Andrew Duggan – Level 2 throws

Lauren – ITC

Kate – ITC, FAST

Leo – ITC

Harry - ITC

Training/coaching night occurs each Wednesday from 6pm at The Gap State High School oval for all athletes (except Tiny Tots).



The centre runs an “Introduction to Coaching” (ITC) course at the beginning of the season for interested parents. This is the entry point to accredited coaching and is intended for first time coaches in athletics. It covers general principles of coaching and practical skills to help athletes develop fundamental skills in running, jumping and throwing.

Level 1 & 2 coaching courses are offered through LAQ each year. If you are interested in attending, please see the coaching coordinator.

We need more “officials” and welcome anyone who is interested.

If you are interested to be an official, please see the officials’ coordinator. Or just do the on line courses: <https://www.athletics.com.au/officials/education/>

# Regional Athletics Meetings

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## LAQ and REGIONAL COMPETITIONS

### **Regional Relays (for U7 - U17s)**

The Regional Relays are open to all registered Little Athletics from the U7-U17s and provide friendly regional competition for all athletes in these age groups and in addition are the means for qualifying for the State Relay Championships.

Each athlete may nominate to participate in up to 5 events at the regional relays.

### **McDonalds State Relays (for U9-U17s)**

This major LAQ event encourages and allows athletes to compete in track and field teams and is by far the most popular of our Association Days both from a competition and spectator basis. Athletes must qualify for this event through participation in the Regional Relays

### **Nordic Sport Regional Championships (for U7-U17s)**

Regional Championships provide friendly Regional Competition for all athletes in the U7 – U17 age groups. U9 – U17 athletes competing in the Regional Championships who place 1st – 4th e may progress to the State Championships held in March. Participants ant the Regional Relay can also qualify to State Championships by achieving the “[Qualifying Performance Level](#)” for that event.

Athletes can compete in up to five events of their choice.

### **McDonalds State Championships (for U9-U17s)**

The McDonalds State Championships is the final major competition in the LAQ calendar. Athletes from all corners of the State take part in this annual event in hope of becoming the State Champion in their chosen event.

### **Ronald McDonald House Charities Winter Carnival**

The Winter Carnival is held each year in a Winter Centre area on an all-weather track and is open to all U7 – U17 LAQ registered athletes as well as non-LAQ registered (age appropriate) athletes.

### **Coles Spring Carnival**

The Spring Carnival is held each year at the Bundaberg Region Athletics Facility and is open to all U7 – U17 LAQ registered athletes as well as non-LAQ registered (age appropriate) athletes.

### **Coles Summer Carnival**

The Summer Carnival aims to give all registered athletes in U7 – U17 age groups the opportunity to take part in a large-scale competition, without any of the pressures associated with a Championship.

### **McDonald's Combined Event Championships**

The Combined Event Championships is for U9 – U17's and offers participation for U7 – U8's in set combined events.

### **Australian Little Athletics Championships**

The Australian Little Athletics Championships is a Little Athletics Australia National competition conducted for State Teams comprising of U13's and U15 Multi-Event Athletes.

Nomination details and additional information of all LAQ events can be found here:

<https://laq.org.au/competition/>

# Venue Locations of Regional Clubs

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Arana Little Athletics	Leslie Patrick Park Olearia Street ARANA HILLS
Aspley Little Athletics	Bowden Park Maidencombe Street GEEBUNG
Bracken Ridge Little Athletics	McPherson Park, Denham Street BRACKEN RIDGE
Dayboro Little Athletics	Dayboro Junior Rugby League Club McKenzie Street DAYBORO
City North Little Athletics	Keith Bevis Oval WindsorPark Grafton St ALBION
Redcliffe Little Athletics	Langdon Park, Mabel Street MARGATE
Strathpine Little Athletics	John Oxley Reserve Ogg Road MURRUMBA DOWNS

## **LAQ CENTRES**

State Athletics Facility (QE II Stadium)	Kessells Rd NATHAN
University of Queensland (UQ)	Sir Fred Schonell Drive ST LUCIA



Little Athletics Queensland  
<http://laq.org.au>

Ph 3892 9400



For information regarding senior athletics (U13 and above) please visit the Queensland Athletics website at [www.qldathletics.org.au](http://www.qldathletics.org.au)

# Achievement and Performance Awards

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One of the main aims of the Little Athletics movement is to improve the individual athletic performance of the young members. All cannot be champions but it is the spirit with which they compete and improve personal achievement that is most important.

## Recording Results:

All event performances are recorded in ResultsHQ. All athletes have access to that database where you can see all results, print performance tickets, review best performances, graphical representation of all performances during the year, etc.

This is the link to the ResultsHQ page: <https://www.resultshq.com.au/Login/Index/>

Username/email – use the email address that you gave us during your registration

Password: click on “Trouble logging in?” if you do not yet have a password

## Personal Best Awards (PB)

The Gap Little Athletics introduced the PB ribbons, given to little athletes for achieving their own personal best. We record PBs and when an athlete achieves 5, 10, 15, 20 and 25 or above they are given a PB ribbon to acknowledge their achievement. These are presented on Friday night meets. PBs are displayed on the notice board each Friday night from October.



## Age Champion Awards

The girl and boy in each age group who achieves the highest number of points over the whole season will be awarded the Age Champion trophies for the centre. Please refer to the *Points Definition Requirements* for details of point allocation for Aged Champion.



## Age Improvement Awards

In addition to the above, the boy and girl athletes in each age group who achieve the most personal bests over the whole season will be awarded the most improved award at the break up and awards presentations.



## Centre Medals

All children who have been with The Gap centre during the season will receive a medal in recognition of their achievement for the season. These medals will be presented at the break-up and awards presentations.

## Encouragement Awards

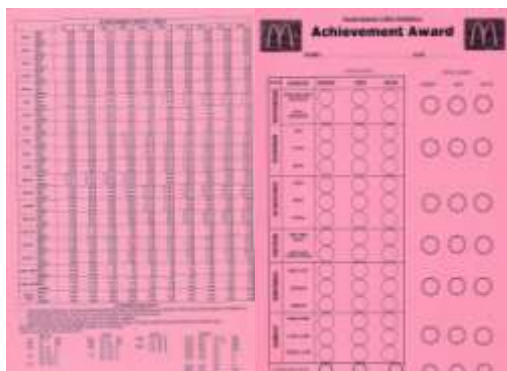
These awards are given to athletes who have shown a noticeable effort in their performances throughout the year; we acknowledge their achievements with a pennant.

# Achievement and Performance Awards

## Individual Achievement Awards *LAQ/McDonald's Point System*

This card received at registration shows three different levels of achievement (boys and girls for different age groups) as green, red and blue - green level is achievable by most athletes, red level by about 50% and blue level by 25% of athletes. As each child attains the performance level in his/her age category, colour the appropriate spot on the card. The aim is to attain a full range of green, red and blue stickers on each card by season's end. As these levels are achieved the athlete should update their card.

The system works as follows:



To achieve a green level, the girls must run 70m in 13.9 sec; a red level is 12.9 sec and blue is 11.9 sec or better. When the athlete has reached this level, then they colour in the appropriate circle on the front of the sheet

So, say the 10-year-old got a score of 13.5 sec on the 70m sprint, then they would colour in the green circle in green pencil.

To receive a group award, the competitor must score a green in each group, so in

this example they must get 21sec in 100m and 43.5 sec in the 200m.

The score card is then taken to the registrar for verification (this may take a couple of weeks). The athlete is then awarded a McDonald's achievement award.

Those children who are not able to achieve a green award should be marked on attendance. It is up to the age marshals to deem that attendance has been regular and the child has put in their best effort.



## Best Performance by an Athlete

This perpetual trophy award was commissioned by Cr Geraldine Knapp, and is awarded to an athlete that the committee of management voted as performing the best and most consistently over a season.

### Five Year Pin

A commemorative pin is presented to those athletes who have competed at The Gap Little Athletics for five years or more.



## The Gap Gift

At the end of each season we run a handicap race for our senior athletes and the best in the under 12 to under 14 groups based on their best times over 100m. The winner receives a replica trophy and their name on the perpetual trophy.

## Awards Presentations

The awards are presented at the break-up event, which is held in late March or April – see calendar for details. The event is fun and will include the “The Gap Gift”, a handicap race for the seniors.

# Achievement and Performance Awards

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# Safety Policy

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Please read the following safety policies to ensure that all meetings are run safely. The information should also be read to your children.

## Injuries

Children should not compete unless they are fit and healthy. This is the responsibility of parents. Centre management cannot be held liable for any further damage caused. Medical certificates may be required if an injured or unhealthy child wishes to compete. The centre is required to keep a Register of Injuries that occurs during meetings or at training. All such injuries must be reported to a member of the committee. The association holds a Personal and Accident Insurance policy. Parents must remember to note down their contact details on the sign on sheets if they are not staying at the centre. This will ensure you are contacted quickly should an injury occur.

## Ambulance

The parents must meet the cost of any ambulance called for an athlete injured at a meeting or training.



### Crossing the track

It is the responsibility of each official, parent and athlete to ensure a race is not being run before crossing the track. ALWAYS go around markers.

### Hurdles

Hurdles are designed to collapse when running in the correct direction. Hurdles should not be jumped in the wrong direction as serious injury could occur.

## High jump

Officials, parents and athletes should stand well back from the high jump mats during competition. This is to avoid collisions with, or injuries from spikes worn by, athletes.



## Throws

Officials, parents and athletes should not cross any throwing area during competition to avoid being hit. Discus, shot put and javelins should be recovered from the throwing area by an official or parent and carried back to the throwing position and not thrown or rolled. Javelins should be recovered by pulling from the landing position with the thumb covering the uppermost exposed end and carried in an upright position with the landing tip pointing towards the ground.

## General

Parents must supervise children who are not participating at all times. Athletes are not to leave the centre during a meeting without parent supervision. Please be careful when moving about and driving in the car park and when crossing the drain, as some areas are quite dark. Please note that children must cross the car park to go to the toilets, so please take particular care in this area.

Care should also be taken around the barbeque while it is being operated.



There is a total ban on smoking in Queensland Government buildings which has been effective since July 1989. The ban extends to all persons entering Government sites. We ask that visitors refrain from smoking in the school grounds.

# Events and Field Layout

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## Field Layout.

A model of the event locations for The Gap State High School can be found on the web site. [TGLA Event Location](#)

## Rules of Competition

The rules under which Little Athletics are conducted are contained in the Handbook of the International Amateur Athletic Federation (IAAF); however, there are some special rules for young athletes.

### Long jump/triple jump

U6 to U10 athletes use a ½ by 1 metre take-off mat for long and triple jump.

The jump (for the U6 to U10 age groups) is measured from the nearest break in the sand to the front of the take off point. The U13 to U15 age groups are measured at right angles from the front edge of the take-off mat or board.

In long jump, the take-off mat is placed 1 metre back from the pit (closer for the U6 to U8 if necessary but never closer than .5m). In triple jump, the board/mat may be placed at 5, 7, 9 or 11m back from the pit. The mat can be closer than 5m for beginners if necessary.

### High jump

The Flop technique is not permitted for age groups U7 to U10. U7 to U10 athletes **must** use the scissors technique.

Under 11 and older can use any technique; however it is strongly recommended that under 11 and 12 do not use flop in competition. It is a difficult technique that takes two years to learn properly and inexperienced athletes will always jump higher with the scissor technique. The under 11 and under 12 years should be used for coaching and practicing flop only. Competition flop should not begin until under 13.

### Middle Distance

The 800 metres can start in lanes or can be a mass start.

200/300m is considered middle distance for under 6 and 7.

Under 6 and 7 do not compete in race walks however at the Centre we schedule a “just for fun” walk event and will record the times

### Walks

Walking competitions are subject to time limits for Championship events as follows: 700m - 7 min.

1,100m - 9 min. 1,500m - 12min (U12 – U13) and 10min (U14 – U17). However no limit is applied at Centre competitions.

### Sprints.

- All athletes can use a standing start.
- Only under 11 and older may use a crouch start with or without starting blocks.
- Three point starts are not permitted for any athlete

## Throwing implements.

All athletes must not throw implements that are heavier than the nominated weight for their age group; this is especially important to manage when athletes are competing with older age groups (which should happen only at Centre competition).

**Note:** an athlete is permitted to throw a lighter implement if it will help in their enjoyment and/or skill development; however this should be noted on the recording sheet to enable accuracy of PBs and Centre Records

## Starting blocks

Starting blocks can be used by under 11 and up athletes at all centre or zone meetings. Starting block will be supplied by the host centre or association for the day of competition.

# Events and Field Layout

## Throws

AGE	GIRLS			BOYS		
	Discus	Shot	Javelin	Discus	Shot	Javelin
6 7	350g	1kg blue	Mini vortex	350g	1kg blue	Mini vortex
8	500g	1.5kg yellow	Mini vortex	500g	1.5kg yellow	Mini vortex
9 & 10	500g	2kg orange	300g turbo	500g	2kg orange	300g turbo
11	500g	2kg orange	400g	500g	2kg orange	400g
12	750g	2kg orange	400g	750g	2kg orange	400g
13	750g	3kg white	400g	750g	3kg white	600g
14	1kg	3kg white	400g	1kg	3kg white	600g
15	1kg	3kg white	500g	1kg	4kg red	700g
16	1kg	3kg white	500g	1kg	4kg red	700g
17	1kg	3kg white	500g	1.5kg	5kg green	700g

## Hurdles

AGE	DISTANCE (m)	HEIGHT (cm)	LEAD IN (m)	NUMBER SPACING	RUN OUT (m)	MARKERS
6 7 B&G	60	micro	12	6 @ 7m	13	Red
8 9 B&G	60	45	12	6 @ 7m	13	Red
10 B & G	60	60	12	6 @ 7m	13	Red
11 B&G	80	60	12	9 @ 7m	12	Black
12 B & G	80	68	12	9 @ 7m	12	Black
13 B&G, 14G	80	76	12	9 @ 7m	12	Black
14B, 15G, 16G	90	76	13	9 @ 8m	13	White
15B, 16B 17G	100	76	13	10 @ 8.5m	10.5	Yellow
17B	110	76	13.72	10@9.14m	14.02	Blue
13 B&G	200	68	20	5 @ 35m	40	-
14 B&G	200	76	20	5 @ 35m	40	-
15-17 B&G	300m	76	50	7 @ 35m	40	

## Jumps

<b>High jump</b>	U8 - U 11	Scissors only - onto low scissors mats
	U12 - U17	Scissors or Fosbury Flop - onto proper density & thickness mats
<b>Long jump</b>	U6 – U10	1 metre x ½ metre take-off mat
	U11 - U17	1 metre x 20cm board;
<b>Triple jump</b>	U6 - U10	1 metre x ½ metre take-off mat
	U11 - U17	1 metre x 20cm board, 5,7, & 9 metres from pit

### High Jump Starting Heights:

For centre events there is no set starting height - athletes can start at any height. Increments should be no less than 5cm until only 3 or less competitors remain. **6 Jump rule** applies. At LAQ Regional events the following starting heights apply ( NOT at Centre level):

U9 -.75cm      u10 - .85cm      u11 - .95      u12 – 1.05      u13 – 1.15  
 U14 – 1.20      u15 - 1.25      u16 - 1.30cm      u17 - 1.30cm.

### Middle Distance

- u7, u8 – 300m,
- u9-u17 1500m