



2008-09 REGIONAL / STATE INDIVIDUAL TRACK & FIELD CHAMPIONSHIPS

Regional Track & Field Championships,
(Southern Metropolitan Region),
(State Heats)
Saturday & Sunday, 14th & 15th February, 2009 (Ballam Park, Frankston)

State Track & Field Championships,
(Finals - for qualifiers),
Saturday & Sunday, 21st & 22nd March, 2009 (Olympic Park)

2008-09 STATE MULTI-EVENT CHAMPIONSHIPS

Saturday, 31st January (U9-11 & U12Girls) &
Sunday, 1st February, 2009 (U12 Boys & U13-15)
(Brauerander Park, Warrnambool)

ATTENTION ALL UNDER 9 – 15 AGE ATHLETES

Now is the time to consider if you might like to compete in the Regional/State Track & Field and/or State Multi-Event Championships while representing Brighton Little Athletics Centre. These events give U9 & above athletes the opportunity to compete against other athletes from other centres in events the same as they compete in on a regular Saturday morning.

TRACK & FIELD

The Track & Field Championships are spread over two days and as was the case for the relays, athletes must qualify at Region before they can compete at the State Track & Field Championships.

Events available are:

70 metres sprint	U9 to U12	300 metres Hurdles	U13 to U15
100 metres sprint	All age groups	1100 metres Walk	U9 to U10
200 metres sprint	All age groups	1500 metres Walk	U11 to U15
400 metres sprint	All age groups		
800 metres	All age groups	Long Jump	All age groups
1500 metres	U11 to U15	Triple Jump	All age groups
60 metres Hurdles	U9 to U12	High Jump	All age groups
80 metres Hurdles	U9 to U13 Boys, U9 to U14 Girls	Shot Put	All age groups
90 metres Hurdles	U14 Boys, U15 Girls	Discus	All age groups
100 metres Hurdles	U15 Boys	Javelin	U11 to U15

How to enter;

For **Track & Field**, athletes may enter a **maximum** of 4 events. Entries for this event close with the Team Managers on Saturday, December 20. If you would like to compete it is vital that you let us know your proposed events by completing the attached form and returning to the Team Managers or your club president. Correct payment must accompany your entry and the fee is \$5 per event.

With the T&F Championships, athletes are not permitted to compete in track events that clash in timing with each other. On the other hand if athletes compete in field events that clash with a track event then a release can be obtained so that an athlete may leave their field event so as to compete in their track event without being eliminated. Releases are not permitted for you to leave track events to compete in field events. We would prefer you and your athlete choose your preferred events and we will assess the timetable and advise you if your combination of events are likely to clash.

MULTI-EVENT

The Multi-Event Championship is a 5 event competition that encompasses both track and field events; 100m; 800m; 80/90/100m Hurdles, (depending upon age); Long Jump and Discus. It is the Little Athletics version of a decathlon or heptathlon. This Championship entry is direct to State, meaning that no qualifying event is required. This championship really suits those athletes who are good all-rounder's. Points are awarded for each event and athletes are given a final tally at the completion of their 5 events.

How to enter;

For **Multi-Event**, you can enter direct online on the VLAA site, www.vlaa.com.au Once on the site you need to scroll down and click on the "State Multi-Event Enter Here" tab on the left hand side of the screen. If you enter this way entries close on Wednesday, December 31. If you prefer you can provide your details to the Team Managers who will enter your athlete on your behalf but if you choose this option entries will close on Saturday, December 20. The entry fee for the Multi-Event is \$10 and payment will be accepted by the Team Managers along with the completed, attached entry form.

Parents:

Please note that during these Championship events, duties are assigned to us by the organising body, and are largely determined by the total number of events that **ALL** participating Brighton athletes are entered into. We must emphasise that **ALL** parents of competing athletes will be required to do a duty on either or both days. If the events your athletes choose span two days then you maybe expected to do a duty on both days. Duties are usually done in shifts and no prior experience is required. Your signature is required on the entry form as indication that you are aware of this point. Should your athlete withdraw or you do not turn up then the other parents of Brighton athletes will have to cover your absence as duties cannot be adjusted once entries close.

As is the case with all Regional/State Championship events, strict competition regulations, as set by the Victorian Little Athletics Association, will be followed so please note the following points.

Uniform: All competitors must wear a Brighton Centre competition top and navy shorts with no logo, or a logo small enough to be covered by a 3x3 cm square. Shorts with no logo are best. Athletes not in correct uniform will not be allowed to compete.

Footwear: Only U12-U15 may wear spikes and there are specific rules associated with the use of them. If you are intending to use these please clarify these rules by checking with me or the VLAA website. U9-11 may wear track shoes that have integrated rubber "spikes".

Please contact Debbie McCann, Team Manager, (0437290867 or panddmccann@yahoo.com.au) or Sandy McGrath, Assistant Team Manager, (043992429 or sandymcg_3hotmail.com) if you have any questions or concerns relating to this entry.

Debbie McCann and Sandy McGrath,
Team Managers.

ENTRY FORM

Athletes may enter up to 4 Individual T&F Events and/or the Multi Event. To be eligible to enter, they must have competed on at least half the competition days since they registered.

NAME _____ AGE GROUP: Under: _____ B / G

TRACK AND FIELD

EVENT 1 _____ EVENT 2 _____

EVENT 3 _____ EVENT 4 _____

AND / OR

MULTI-EVENT YES / NO

“I will enter my athlete.” YES / NO

“Could you please enter my athlete?” YES / NO

Parent/Guardian Consent

I support my athlete's entry and agree to undertake rostered duty.

Signed _____ Name _____

Email _____ Phone _____

Entry fee payment of \$ _____ enclosed.