



2011-12 REGIONAL / STATE INDIVIDUAL TRACK & FIELD CHAMPIONSHIPS

Regional Track & Field Championships,
(Southern Metropolitan Region),
Saturday & Sunday, 18th & 19th February, 2012 (Ballam Park, Frankston)

State Track & Field Championships,
(Finals - for qualifiers),
Saturday & Sunday, 24th & 25th March, 2012 (Bendigo)

TRACK & FIELD

The Regional Track & Field Championships are held over two days, athletes must qualify at Region before they can compete at the State Track & Field Championships.

Events are:

70 metres sprint	U9 to U12	300 metres Hurdles	U13 to U16
100 metres sprint	All age groups	1100 metres Walk	U9 to U10
200 metres sprint	All age groups	1500 metres Walk	U11 to U16
400 metres sprint	All age groups		
800 metres	All age groups	Long Jump	All age groups
1500 metres	U11 to U16	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-U16 Girls	Discus	All age groups
100 metres Hurdles	U15- U16Boys	Javelin	U11 to U16

Athletes may enter a **maximum of 4 events**. **Entries close** with the Team Managers on **Saturday, December 17, 2011**. If you would like to compete please complete the attached form and return it to the Team Managers or your club president. Correct payment must accompany your entry and the fee is \$8 for each event.

Athletes are not permitted to compete in track events that clash in times. If athletes want to compete in **field events that clash with a track event a release can be obtained so that an athlete may leave their field event to compete in their track event** without being eliminated. Track events always have precedence over field events. Please choose your preferred events and we will assess the timetable and advise you if your combination of events are likely to clash.

Parents:

Please note that for both the Regional and State Track & Field Championships, **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 when your athlete is competing**. 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** you are still expected to fulfil the assigned duty.

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, shorts must be 10cm above the knee**. If you are wearing undergarments they must be the navy blue or flesh colour with no logo's and at least 10cm above the knee. Athletes not in correct uniform will not be allowed to compete.

Footwear: **Only U12-U16 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 Andrea Bartels, Team Manager, (0416 088 167 or andreab@bigpond.net.au) or if you have any questions or concerns relating to this entry.

Andrea Bartels & Sue Alexander
Team Managers.



ENTRY FORM

Athletes may enter up to 4 Track & Field Events. 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

EVENT 1 _____ EVENT 2 _____

EVENT 3 _____ EVENT 4 _____

Parent/Guardian Consent

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

Signed _____

Name _____

Email _____

Phone _____

Entry fee payment of \$ _____ enclosed.