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**Tea Tree Gully
Athletics Centre Inc.**



**Summer Programme
1995 - 1996**

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UNIFORM

Maroon, aqua and white singlets are available from committee members and maroon or aqua shorts (men) or maroon running briefs (women) make up our competition uniform which Athletics S.A. require to be worn for all formal competitions. Training equipment is available at the clubrooms and equipment for competition is supplied at the competition venues.

COACHING

Assistance is offered by our club coaches for most events. If you are seeking help with any particular event, please ask any one of our coaches and if we are not able to cater for your needs we will assist you to find the help you require.

TRAINING

Times vary according to the individual coaches. If appropriate arrangements are made with the coaches, the gymnasium can be made available for club members use on any weekday evening or Sunday morning.

Our coaches and relevant special interests are:

Dave Turner	Jumps	251 3946
Jeff Page	Hurdle/Sprints	365 2782
Don Robertson	Middle/Long Distance.....	251 2153
Pat Todd	Jumps	263 4285
Mike Butcher	General Events.....	336 3251
Noel Bray	Middle/Long Distance.....	337 2235
Tony Lauterio	Walks	396 2154
Jeff Lekkas	Throws	263 3170
Hassan Kara-Ali	Hurdles/Sprints.....	289 3084
David Fogg	All Events.....	336 2002

Please contact them for information on training times and if you have joined their coaching group, let them know if you are unable to attend training or if you have any problems.

COMPETITION PROGRAMMES

Athletics S.A. makes a programme book available to each registered athlete and official - you will receive this with your registration numbers.

SOCIAL

Functions will be arranged for athletes, families and friends according to interest shown - let the committee members know what functions you would like to attend in the coming summer season.

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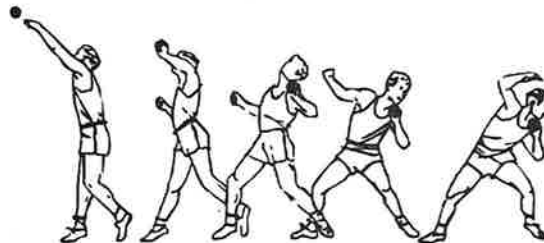
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3. The coach of a particular age group, at his discretion, may select a reserve for his relay teams. This would normally occur if the same four athletes were best performed in both events. However, in this event, the reserve must be allowed to participate in one event. In the event of there being only a minimal number of athletes in an age group eg five or six, the Coach, at his discretion, may choose to use all available athletes in the track relays to enable maximum participation by athletes.
4. In the event of any two athletes having the same best times, the general attitude of the athlete will be taken into account in selection (ie attendance, behaviour, appearances etc). This will be at the sole discretion of the Team Manager and Coach.
5. Athletes will not be brought from a younger age group to an older age group unless the older age group has insufficient athletes to compete. If this occurs, athletes not selected as first choices in the teams for the younger age group will be invited to join the older age group.
6. Selection of teams for the track relays will take precedence over selection for the field relays.
7. Again, the best performed of athletes available for the field relays will be selected for particular events. However, the coach may use discretion in selection to enable maximum participation on the day.
8. Nominations for coaches will be called from interested parents up to 31 October 1995. The appointment of coaches will be at the discretion of the Little Athletics Committee absolutely.





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PROPOSED CROSS COUNTRY PROGRAMME 1996

APRIL -

MAY

5th **Munno Para** - Central District Rugby Ground, Uley Road, Elizabeth Downs

12th **Mothers Day** - Not programmed

19th **Plympton** - Blackwood High School Grounds, Seymour Street, Blackwood.

26th **Tea Tree Gully** - Bulkana Oval, Spring Crescent, Banksia Park.

JUNE

2nd **Torrens Valley** - Birdwood Town Oval, Birdwood.

9th **Waikerie** - RAMCO Oval

16th **Westport** - Point Malcolm Reserve, Military Road, Semaphore South.

23rd **Campbelltown** - Wadmore Park, Maryvale Road, Athelstone.

30th **Hills** - Heathfield High School, Longwood Road, Heathfield

JULY

7th **Noarlunga** - Wirreanda High School, States Road, Morphett Vale.

14th **Salisbury East** - Carisbrook Reserve, Salisbury Park.

21st **Le Fevre** - Fort Largs Police Academy, Strathfield Terrace, Taperoo.

28th **Barossa Valley** - Bethany Reserve, Bethany via Tanunda.

AUGUST

4th

CROSS COUNTRY CHAMPIONSHIPS

Host Centre: Elizabeth at Harry Bowie Reserve, Riversdale Drive, Salisbury Park.

1996 CROSS COUNTRY PROGRAMME

STANDARD RULES FOR ALL CROSS COUNTRY MEETS

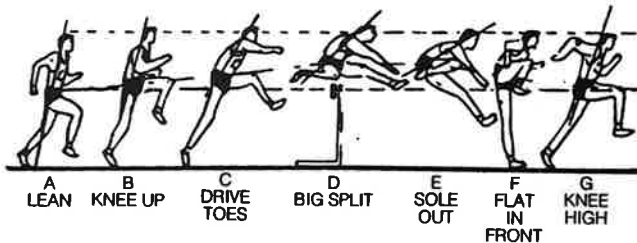
1. Only registered Little Athletes are permitted to participate in age group events.
2. Entry Fee - 50 cents (Championships \$1.00).
3. FOOTWEAR is compulsory - spikes NOT permitted.
4. Competitors must report, with their entry fee, to the starting line five minutes prior to the advertised starting time for their event.
5. All Competitors will receive a Certificate showing their performance.
6. Competition will continue regardless of the weather.
7. To be eligible for State Cross Country Championships athletes must have competed in 4 Cross Country Meets, and be registered with the Association.

All other relevant Rules and Information pertaining to the championships will be distributed prior to the event.

PLEASE NOTE

On arrival at the Cross Country Meetings please check the Notice Board for information regarding the Course and other information.

There will be canteen facilities available at all Cross Country venues.



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PARENT ASSISTANCE

All duties are carried out voluntarily by the parents of the children competing. All parents of registered Little Athletes are required to assist in the running of the Centre activities.

Each Sunday we require at least 40 people to actually conduct the events so that our children can enjoy themselves, so don't wait to be asked. Offer your services - the success of the Centre depends on you.

No previous experience is needed. The children like to see their parents participating and parents get a better appreciation of the children's accomplishments.

For the competition to start on time each Sunday, parents are required to follow the instructions below:

1. Be available for duty on day rostered for setting up the equipment at 8.00am, or provide a suitable replacement for yourself.
2. Report to the Officials Organiser for job allocation.
3. If you have any doubts, or want further information, please ask questions of the Centre Executive who will then endeavour to answer your queries.
4. Parents to fill out Association Insurance Forms each week before undertaking any official duties.

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TROPHY SYSTEM

All children will receive a certificate for participation at the end of the season. On it will be shown the child's best performance for each event contested.

U6 to U8: Due to the Sports Policy only the athletes who attend 50% or more of programmed meets will receive attendance medals. Improvers' Awards will also be awarded in these age groups.

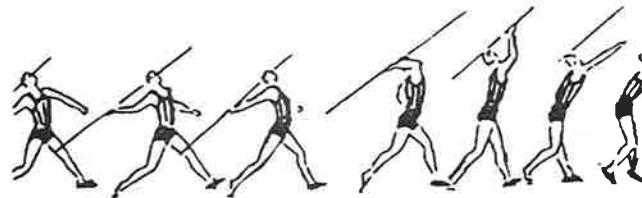
U9 to U15: Athletes in these age groups will, according to points scored during the season, receive either a bronze, silver or gold medal. They will also be eligible for the Most Improved and Best All Round Athlete trophies. To be eligible for medals, athletes in these age groups must compete in 50% of the events programmed for that day.

BEST CLUB PERSON: PERPETUAL TROPHY

Is awarded to, any Athletes from under U9 up to U14 in Cross Country Season and following on into the Summer Little Athletics Season.

Selection Criteria

- Attendance at Cross Country Meetings
- Attendance at Little Athletics meetings, including home and away meets, Association meetings (eg Relays, Peter Fullager Walks etc).
- General attitude and behaviour of the athletes as a Club representative/ambassador



PETER FULLAGER WALKS

The first Peter Fullager Shield race walking competition was conducted by the Elizabeth Little Athletics Centre at Elizabeth in 1974. The Shield derives its name from one of Australia's and South Australia's most successful walkers - Commonwealth Games representative, former Australian and State Champion, Peter Fullager. It was his wish to see the introduction of race walking skills to little athletes by the way of a Teams competition.

Over the years the coveted Shield has been keenly contested by Centres including Tea Tree Gully. In the past we have been successful in winning the Shield on seven occasions and on more than one occasion being runners-up. As well as this many of our athletes have won individual medals given to the placegetters in each group.

Emphasis by the Tea Tree Gully centre has always been on the Team effort, with athletes, regardless of their ability or event performance, supporting the Centre by making themselves available for the Team.

Any number of athletes may compete in each age group, with the first three athletes from each Centre over the finishing line, scoring Team points.

It would be excellent if this year, Tea Tree Gully athletes and parents could renew their interest and enthusiasm for this competition, in which Tea Tree Gully has been so successful in the past.

Race walking is just an extension of street walking and parents could readily assist their youngsters and their own fitness by being involved.

PERSONAL BEST DAY

11th FEBRUARY, 1996

COMPETITION RULES OF CONDUCT

1. Registered athletes only are eligible to compete on these days.
2. Age groups - Under 6 to Under 15 Boys and Girls
3. Footwear is compulsory. Up to 7mm NEEDLE SPIKES are permitted in laned track events and jump and javelin events, for Under 12 to Under 15 Age Groups.
4. Correct Centre uniform to be worn. Athletes not doing so will be given the opportunity to change, failure to do so will result in the athlete not being allowed to compete in the event.
5. **The onus is on the athlete** to make sure he/she competes in his/her events.
6. **ATHLETES ARE TO REPORT DIRECTLY TO THEIR EVENT.**
7. **NO STATE RECORDS CAN BE CLAIMED.**
8. No protests will be accepted.
9. Performance tickets will NOT be issued.
10. Athletes may choose any events with a **maximum as follows:**
Under 6 to Under 10:
maximum of 5 events and must include 3 Track or Field / 2 Field or Track
Under 11 to Under 15:
maximum of 6 events and must include 3 Track and 3 Field.
11. An athlete can join his/her Field Event if there is more than 30 minutes before the next grouping is due to start.
12. An athlete may leave a Field Event to do a Track Event **and Return.**
13. Field Events will cease 10 minutes before the next grouping is due.
14. The High Jump Bar will go up in 5cm increments EACH TIME, and shall start low enough to allow a recorded jump for EVERY athlete.
15. **LISTEN FOR ANY NECESSARY TRACK TIME CHANGES OVER P.A.**
16. **WARM UP THROWS AND JUMPS WILL NOT BE CONDUCTED.**
17. Each athlete will be issued with a certificate.

**HUNGRY
JACK'S**

HUNGRY JACK'S

**HUNGRY
JACK'S**

NOTES OF VARIOUS EVENTS

SPRINTING

Always keep within the lanes in sprint and hurdle events. Never look around to see where your opponents are, and always run THROUGH the finish line.

HURDLES

Age	Distance	Flights	Height	Run In	Between	Run Out
U8B&G	60m	6	45cm	12m	7m	13m
U9B&G	60m	6	45cm	12m	7m	13m
U10B&G	60m	6	60cm	12m	7m	13m
U11B&G	60m	6	60cm	12m	7m	13m
U12B&G	60m	6	68cm	12m	7m	13m
U13B&G	80m	9	76cm	12m	7m	12m
U14G	80m	9	76cm	12m	7m	12m
U14B	90m	9	76cm	13m	8m	13m
U15G	90m	9	76cm	13m	8m	13m
U15B	100m	10	76cm	13m	8.5m	10.5m

(200m Hurdles for U15 Boys and Girls to be trialed by all States and is to be included in the 1996 Multi-Event Championships and therefore will be an Association Event in our State.)

SAFETY

Never run back the wrong way over the hurdles

RELAYS

Circular relays for all age groups.

WALKING

IAAF rules define walking as a progression of steps, so taken that unbroken contact with the ground is maintained. At each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground. during the period of each step in which a foot is on the ground, the leg must be straightened (i.e. not bent at the knee) at least for one moment, and in particular, the supporting leg must be straight in the vertically upright position.

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THE SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION INC.
1995/96 COMMONWEALTH BANK - STATE INDIVIDUAL CHAMPIONSHIPS
QUALIFYING STANDARDS

BOYS EVENTS:

EVENT	U/9	U/10	U/11	U/12	U/13	U/14	U/15
70m	11.6	11.4					
100m	16.4	16.0	15.3	14.6	14.4	14.3	14.2
200m	35.2	33.9	32.2	31.1	30.4	30.3	29.5
400m		1.21	1.18	1.14	1.12	1.13	1.16
800m	3.07	3.0	2.54	2.48	2.50	2.50	2.50
1500m			6.10	6.00	6.10	6.10	6.00
Hurdles	12.0	12.5	11.8	11.8	17.6	18.8	20.8
Walks	5.00	7.50	7.40	10.45	10.40	10.40	10.50
Shot Put	5.90	6.90	*7.20	7.10	7.80	6.70	7.15
Discus	18.00	21.10	20.00	22.60	20.00	21.00	22.60
Javelin			19.50	23.50	22.00	22.00	23.00
High Jump	1.11	1.19	1.27	1.32	1.38	1.40	1.40
Long Jump	3.40	3.65	3.90	4.26	4.25	4.35	4.65
Triple Jump		7.50	8.10	8.70	9.00	8.80	9.20
200m Hurdles							35.0

Due to changes in implement weights, qualifying for events marked () may be subject to change.*



Because of these rules, cautions and disqualifications can occur. It must be emphasised that disqualifications in race walking are **TECHNICAL** and not **MORAL** censures. The walker is not being punished for cheating, Disqualifications at centre levels enable walkers to work on their faults and hopefully avoid disqualification in championships.

Walking Standards are:

- Under 9 700 metres
- Under 10 and 11 1100 metres
- Under 12 to U15 1500 metres

LONG JUMP AND TRIPLE JUMP

Under 6s use a "metre square". Under 7s to Under 12s use the "1/2-metre" board. Under 13s to Under 15s use a standard "take-off" board of 200mm width. The "metre square" is placed with the front edge 50cm from the pit. Only Under 10s to Under 15s do the triple jump.

All jumps are measured from the nearest break in the landing area made by any part of the body or limbs to the "take off" board or in the case of the "metre square" to the point of imprint of the athletes' take off point nearest the landing point. When an athlete's take-off point is before the "metre square" (no toe print), the jump is measured from the back of the mat.

THROWING EVENTS

The shot is put and the discus is thrown from a circle. A foul shot is called if the athlete steps out of the circle or leaves the circle from the front of the circle, and also when the shot or discus lands outside of the throwing segment.

In the case of the shot, the ball must be "putted", and not thrown.

WEIGHTS

Shot:

U6 to U7 Boys and Girls - 1kg (size of 2kg)
 U8 Boys and Girls - 1.5kg (size of 2kg)
 U9 to U11 Boys - 2kgs
 U9 to U12 Girls - 2kgs
 U12 to U13 Boys - 3kgs
 U13 to U15 Girls - 3 Kgs
 U14 to U15 Boys - 4kgs

Colour Code

Blue
 Yellow
 Black
 Black
 White
 White
 Red

Discus:

U6 to U7 Boys and Girls
 U8 to U10 Boys and Girls
 U11 to U12 Boys and Girls and U13 Girls
 U13 to U15 Boys and U14 to U15 Girls

350gms
 500gms
 750gms
 1kg

Javelin:

U11 and U12 Boys and Girls and U13 Girls
 U13, 14 and 15 Boys and U14 to U15 Girls

400gms
 600gms

SAFETY

Never throw the discus or shot back to the circle, always carry them and never stand close to the circle when another athlete is throwing.

HIGH JUMP

Each jumper is allowed three jumps at each height, dropping out of the competition after three consecutive failures. In the event of a tie, a countback system is used to decide the winner.

ADDITIONAL INFORMATION

In long jump and triple jump, and in the throwing events, each competitor has three jumps or throws before a decision is made. In championships, the leading contenders are allowed three extra jumps or throws to decide the placings. All six jumps or throws are then taken into account.

Further information on any event, fouls, technique, rules etc. can be obtained from the experienced officials, coaches and committee members at your centre.

THE SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION INC. 1995/96 COMMONWEALTH BANK - STATE INDIVIDUAL CHAMPIONSHIPS QUALIFYING STANDARDS

GIRLS EVENTS:

EVENT	U/9	U/10	U/11	U/12	U/13	U/14	U/15
70m	12.2	11.7	16.0	15.3	14.9	15.0	15.4
100m	17.3	16.5	34.0	32.7	31.8	32.1	32.5
200m	37.5	35.7	1.23	1.20	1.19	1.26	1.27
400m	3.30	3.25	3.15	3.12	3.10	3.20	3.20
800m	12.8	13.2	7.00	6.45	6.50	6.50	6.50
1500m	5.00	8.15	12.6	12.7	18.00	18.0	20.0
Hurdles	4.60	5.45	8.00	10.50	10.50	10.50	11.0
Walks	12.70	15.40	15.20	17.80	*18.00	16.50	16.40
Shot Put	1.01	1.09	11.30	13.40	*14.00	14.00	13.50
Discus	3.15	3.42	1.17	1.22	1.27	1.25	1.25
Javelin	7.10	7.50	3.60	3.90	3.95	3.92	3.90
High Jump				8.25	8.25	8.40	8.30
Long Jump							40.0
Triple Jump							
200m Hurdles							

Finalists for events will be listed on the Notice Board, to be found at the Southern end of the Arena, approximately 30 minutes after the completion of the heats.

(c) In the event of a tie for 8th place, the "toss of a coin" will be used to decide a finalist.

12. (a) An Athlete may leave a field event, after notifying the official in charge, to take part in a track event and rejoin the field event.
(b) Athletes are not permitted to join a field event after it has started, unless they have notified the official in charge of that event that they will be delayed by a clash in their events.
13. An intention to protest must be advised to the Arena Manager by a responsible adult on behalf of the Athlete within 10 minutes of completion of event and accompanied by a Fee of \$30.00 which will be forfeited if the protest is frivolous. Confirmation in writing, must be received within 20 minutes of completion of event. If satisfactory resolution is not reached either party may approach the Disputes Committee, who shall be the Competition and Technical Committee.
14. Coaching inside the Arena, will lead to disqualification of the athlete.
15. Any queries, please see Arena Manager.



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289 0767 or 337 7999**

THE SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION INC.
RELAY CHAMPIONSHIPS
OLYMPIC SPORTSFIELD - SUNDAY 3rd DECEMBER, 1995

RULES OF COMPETITION

1. There will be two events for the U9 to U15 age groups. For the Under 14 and 15 age groups only, two single sex and two combined events are available per event. Combined means two girls and two boys per team.
2. Entries for this event will close on Thursday, 9th November 1995. NO LATE ENTRIES will be accepted. This means that entries by mail must reach the Association Office, P.O. Box 122, Kensington Park, SA 5068 by 3.00pm on Thursday, 9th November 1995.
3. A Centre may enter one team per event in the U9 to U15 age groups, one Dads Team and one Mums Team.
 - a) Centres which nominate a boys team and a girls team in one age group, may not nominate a combined team in that event.
 - b) Athletes may not compete for another team over the same distance.
4. Little Athletes competing must be registered with the ASSOCIATION REGISTRAR by 3.00pm Thursday, 23rd November 1995.
5. Little Athletes competing must be in correct Centre Uniform.
6. Footwear (shoes) is compulsory. Up to 7mm needle spikes are permitted in laned events for Under 12 to Under 15 age groups only, i.e. Spikes will only be allowed for the first leg runner in the 4 x 400 events, and all 4 runners in the 4 x 100 metres. Mums and Dads - NO SPIKES
7. Athletes may compete in only two events.
8. Athletes MAY be ADVANCED ONE AGE GROUP ONLY to assist fielding teams where insufficient athletes in the correct age group are available. EXCLUDING UNDER 8.
9. Centres need not send in name lists.
10. Entry Fee is \$6.00 per Team per Event. Medals will be presented to placetgetters in Finals.

MUMS AND DADS

11. Mums and Dads - \$6.00 per Team. A memento will be presented to three fastest Mums and Dads teams in the heats.
 - 11.1 Mums and Dads must be parents of registered Little Athletes.
 - 11.2 Mums and Dads - Please wear a Centre top, if possible, and shorts, briefs, skirts, tights, etc., the same colour as the Centre colour.

12. Athletes are to report to the marshalling area 15 minutes prior to the scheduled commencement time of their event.
13. Coaching on the arena is prohibited and will lead to disqualification.
14. An event card will be provided by the Association for all Athletes and must be worn on the back of their uniform.
15. The eight fastest teams will progress from the heats to the finals. When a tie occurs for qualification to finals, a toss of a coin will take place to decide eighth place.
16. Each Centre must nominate a Track Team Manager and advise the Arena Manager in writing.
17. An Intention to Protest must be advised to the ARENA MANAGER by the nominated TEAM MANAGER within 10 minutes of the completion of the event and accompanied by a Fee of \$30.00 which will be forfeited if the Protest is frivolous. Confirmation in writing must be received within 20 minutes of completion of the event. If satisfactory resolution is not reached, either party may approach the Disputes Committee who shall be the Competition Committee.
18. Once a team has competed in the preliminary rounds of an event, the composition of the team may not be altered for any subsequent round or final. With the approval of the Referee, however, this may be permitted in the case of an injury or illness certified by the Official Medical Officer appointed for the meeting such as to make it unwise for the competitor to run. It is permissible for the order of running to be changed between heats and succeeding rounds or final. No competitor may run two sections for a team.
Any replacement athlete must be of the same gender as the injured or sick athlete. (Refer to Clause 8.)
19. Any breach of Rules 4,5,6,7,8,13,14, & 18 WILL LEAD TO DISQUALIFICATION IN THAT EVENT. All notices of disqualification will be given to the last leg runner for handing to the Centre Team Manager. The onus is on the Centre Team Manager to check with the last leg runner for any disqualification.
20. Points for the Teams Competition are as follows: 1st 10, 2nd 8, 3rd 6, 4th 5, and so on to 8th 1 point. These will be scored from the finals only. Mums and Dads events do not count in the Teams Competition.

SPECIFIC CIRCULAR RELAY RULES

1. The acceleration zone will not be used. In all Relay Races, the Baton must be passed within the take-over zone. The passing of the Baton is complete at the moment it is in the hand of the receiving runner only.

5.5 Little Athletes who have not satisfied the above criteria due to illness, injury or some other satisfactory reason may appeal in writing to the Competition and Technical Committee to be included in the Championships.

5.6 Qualifying Standards must be met on at least 2 occasions during Centre/Club competition (or in accordance with rule 5.4).

5.7 Each athlete has until Sunday 25th February 1996 to reach the qualifying standard.

6. Entry Fee is \$1.50 per event. Entry Fee must accompany the entry form.
7. Should there be too many ENTRIES for a particular event, the Competition and Technical Director may at his discretion limit fields, performance on entry forms being used to assist him in this regard.
8. Athletes will be expected to report to the Marshalling Area for their specific event 15 minutes prior to the scheduled time of their event. (Refer to Programme for Marshalling Areas.)
9. (a) Footwear is compulsory. Up to 7mm needle spikes ONLY are permitted in laned events, jump events and javelin for Under 12 to Under 15 age groups.
(b) **CORRECT CENTRE UNIFORM MUST BE WORN** in all events and at medal presentations. Failure to do so will result in either the athlete not being allowed to compete in their event or even disqualification.
10. Each High Jump event will commence 5cm below the qualifying height.
11. (a) In Long Jump, Triple Jump, Discus, Shot Put and Javelin - the 8 leading competitors and equals after the first 3 Jumps/Throws will receive a further 3 Jumps/Throws. If 8 or less competitors are present at the start of the event all competitors will have 6 trials.
(b) Progression from Heats to Finals:- The first placegetters from each heat plus the fastest runners, on times, will form finals fields of eight runners. In the event of "tied" times, the placings in heats will be taken into consideration when selecting the fastest losers.

**1995/96 Commonwealth Bank
State Individual Championships**

RULES AND INFORMATION

1. **ENTRIES CLOSE 3.00pm THURSDAY 29th FEBRUARY 1996. MAIL ENTRIES MUST BE IN THE ASSOCIATION OFFICE BY 3.00pm ON THURSDAY 29th FEBRUARY 1996. NO LATE ENTRIES WILL BE ACCEPTED.**
2. Each athlete may enter a maximum of 5 events.
3. Any event with less than 3 entrants will not be run.
4. Each athlete must compete in his/her registered age group.
 - 4.1 The term "compete" to mean that an athlete must take part in at least 50% of the appropriate age group events whilst he/she is attending any Little Athletics Meeting.
5. To be eligible to compete in the Championships, the little Athlete must:
 - 5.1 Be registered with the Association Registrar for the first time on or before 31st December, 1995 and compete at 50% of his/her Centre/Club meets from the day of Registration on a minimum of 6 occasions.
 - 5.2 Be eligible to compete in the Under 9 to under 15 age groups in the 1995/96 year.
 - 5.3 It is the responsibility of the Centre Recorder to certify that the above criteria and the qualifying standards have been met.
PLEASE NOTE: Spot checks will be made to ensure eligibility.
- 5.4 If any individual athlete should achieve a qualifying standard while competing at another registered S.A.L.A.A. Centre/Club the Athlete's Centre Recorder must verify the performance either by telephone or letter. Should the performance not be recorded by the Recorder at the Centre/Club visited, the performance is invalid.

Within the take-over zone, it is only the position of the baton which is decisive and not the position of the body or limbs of the competitor. When a relay race is being run in lanes, a competitor may make a check mark on the track within his/her own lane with a flat metal disc no larger than a 50 cent coin.

2. The baton must be carried in the hand throughout the race. If dropped, it must be recovered by the athlete who dropped it.
3. The positions of Teams at the start of the race shall be drawn and shall be retained at each take-over zone, except that waiting runners can move to the inside position on the track as in-coming team mates arrive, providing that this can be done without fouling.
4. In events where the first part of the race is in lanes, competitors after completing this part may move into the inside lane.
5. Competitors, after handing over the baton, should remain in their lanes or zones until the course is clear to avoid obstruction to other runners. Where a baton change does not occur in the laned part of the race, the athlete shall leave the track, quickly, without causing interference to another runner. Should any competitor impede a member of another team by running out of position or lane at the finish of the stage, he/she is liable to cause disqualification of his/her team.
6. Assistance by pushing off or by any other method will cause disqualification.
7. Relay Batons will be provided by the Association.

RELAY SPECIFICATIONS - CIRCULAR

1. Lines shall be drawn across the track to mark distances of the stages and to denote scratch line.
2. Lines shall also be drawn 10 metres before and after the scratch line to denote the take-over zone, within which lines the baton must be passed. These lines are to be included in the zonal measurement.
3. **CONDUCT OF EVENTS:**
 - i. 4 x 100 Metres - Totally in lanes.
 - ii. 4 x 200 Metres - The first two stages as well as that part of the third stage up to the exit from the first bend will be run entirely in lanes. From then on all runners use the inside lane.
 - iii. 4 x 400 Metres - The first lap as well as that part of the second lap up to the exit from the first bend will be run entirely in lanes. From then on all runners may use the inside lane.

FIELD RELAY CHAMPIONSHIPS

OLYMPIC SPORTSFIELD - SUNDAY, 3rd December 1995,

RULES OF COMPETITION

1. The priority of a Centre is to nominate a Track Relay Team BEFORE a Field Relay Team.
2. Rules 2,4,5,7,8,9,12,13,14, for the Relay Championships also apply for the Field Relay Championships.
3. There will be 4 Events for the U9 to U15 age groups, namely Long Jump, High Jump, Shot Put, Discus, which together form the Field Relay.
4. A Centre may enter one team per age group.
5. Each team must compete in all 4 Events.
6. Each athlete in the team may compete in no more than 2 Events, Teams may be composed of:
 - (a) 4 athletes - with 1 Event each
 - (b) 3 athletes - with 1 athlete competing in 2 Events and the other 2 athletes competing in 1 Event each.
 - (c) 2 athletes - with each athlete competing in 2 Events each.
7. Athletes competing in the Field relay may not compete in a Track Relay Event and vice versa.
8. Athletes will be allowed three attempts at each Event, other than High Jump. (No practice attempts will be allowed.) there will be no finals for any Event.
9. The High Jump Bar will go up in 5cm increments ONLY, and shall start low enough to allow a recorded jump for EVERY athlete.
10. Points are awarded based on placings for each Event as follows:-
25 points for 1st place
24 points for 2nd place
23 points for 3rd place
to 1 point for 25th and lower places and 0 points for failure to record a performance (e.g. 3 fouls).
11. Count backs will be used to decide placings for each Event.
12. In the event of a tie for a placing in an Event, tied Athletes share the points. e.g.:
 - (a) If 2 athletes tie for 2nd place, their teams receive 23.5 points each, and the next athlete (4th place) receives 22 points.
 - (b) If 3 athletes tie for 4th place, their teams receive 21 points each and the next athlete (7th place) receives 19 points.

TEN COMMANDMENTS - FOR PARENTS

1. Little Athletics is a Family Sport, to be enjoyed by each family member in his/her own way. Don't spoil it by getting too intense.
2. There is no one winner at each event. If your child does not come across the line first, and it matters to you, go home - Little Athletics is not for you.
3. Be on your guard against projecting your own aspirations on to your child. If you want to win a race, go and run it yourself! Or join a Senior Club!
4. Never hurl abuse from the sidelines - people do not respect you for it. By all means cheer your child on, but do so with good temper and friendly enthusiasm.
5. There is no circumstance which warrants humiliating a child. If he/she were able to win or were in the mood to try, as the case may be, then it would have happened. Punishment brings resentment under these circumstances. Resentment means deteriorating relationships. Deteriorating relationships are bad for the whole family. A child will go to the ends of the earth for parents who play fair, no matter how strict the discipline in the home.
6. Be on the watch for signs of stress. Reluctance to compete, worsening times, heights and distances. Anger, resentment, change of personality, anything. Be ready and willing to listen. If you do, your child will tell you the trouble - unless he/she thinks it is something you do not want to hear. (See 3 above).
7. Approach the Coach, Chaperone, or one of the Committee if you see problems occurring, or even to make yourself or your feelings known. Virtually all of them have children of their own, and many are in the business of caring for children in one way or another.
8. Little Athletics is not the only thing in your child's life. This is the age of exploration. If things go badly, it is time for a rethink, and maybe a change of activity for a while. Sometimes it is an event which is causing trouble. Try to find out, then concentrate on the ones the youngster enjoys.
9. The higher you climb, the further you fall.
10. If you see something of which you disapprove, bring it to the notice of the Committee. Do not grumble in the background, and do not try to set the world right single-handed. You will find you can get a lot of help, at worst your comments will be noted and appreciated.

PROGRAMME OF EVENTS FOR HOME MEETINGS - 1995/96

	U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14-15
PROG 1:	B H3 70m SF3 100m 100m	B L3 70m LJ3 100m 100m	B L2 70m 70m 100m 100m	B H2 70m SF2 100m 800m	B H2 70m H2 SF1 800m	B L1 200m 100m 800m Disc1	B L1 200m Disc1 100m 100m 800m	B L1 200m Disc1 100m 100m 800m	B T 200m SF1 100m 800m
PROG 2:	B L3 200m LJ3 Disc2	B H2 60H H3 200m SF3	B H2 LJ2 SF3 500m H2 200m	B L2 60H Disc2 200m Disc2 700w	B H2 60H LJ2 Disc1 1100w LJ2	B H2 400m SF1 60H H2 1100w	B H2 400m SF1 60H H2 1100w	B H1 400m Disc1 400m Disc1 1500w	B L1 400m Disc1 400m Disc1 1500w
PROG 3:	B H3 100m H3 70m	B L3 100m LJ3 70m	B L2 100m Disc2 70m	B H2 800m SF3 100m H2 70m	B H2 800m SF2 100m 70m	B L1 100m Disc1 200m LJ1 1500m	B L1 100m Disc1 200m Disc1 1500m	B T 100m 100m 200m 200m 1500m	B T 100m H1 200m 200m 1500m
PROG 4:	B L3 200m LJ3 200w	B H3 60H SF3 200m 400w	B H2 H2 60H SF2 200m 400w	B L2 Disc2 LJ2 700w	B H2 400m 60H Disc1 1100w	B H2 400m 60H H1 SF2 1100w	B H2 400m 60H H1 SF2 1100w	B H1 400m Disc1 400m Disc1 1500w	B L1 400m Disc1 400m Disc1 1500w

U/15 200m Hurdles to run every 2nd programme

- Points are totalled for the 4 Events for each team to determine team performance. The team with the highest points total for the age group wins that Field Relay Event.
- In the Event of a tie for total team points, the team with the most athletes will win the field relay in that age group. If the teams are still tied, team placing's will be determined by placing's in the last Event scheduled for that age group. In the Event that there is still a tie, team placing's will be determined by placing's in the 2nd last event scheduled for that age group, and so on.
- Footwear (Shoes) is compulsory. Up to 7mm needle spikes are permitted in the Long Jump and High Jump.
- Each Centre must nominate a Field Team Manager and advise the Arena Manager in writing on the day.
- Entry Fee is \$6.00 per Team. Medals will be presented to first three placed teams in each age group.



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NIGHT

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SEASON 1995/96

PROG

OCTOBER (COME and TRY MONTH)

8	9.15	Home - Bulkana Oval	1
15	9.15	Home - Bulkana Oval	2
22	9.15	Home - Bulkana Oval	3
29	9.15	Home - Bulkana Oval	4

NOVEMBER

5	9.30	Northern Metro Regional Day Salisbury East LAC Rundle Reserve, Rundle Rd., Salisbury South	
12	9.15	Home - Bulkana Oval	1
19	9.15	Home - Bulkana Oval	2
26	9.15	Home - Bulkana Oval	3

DECEMBER

3	9.00	State Relay Championships Olympic Sports Field, Kensington	
10	9.15	Home - Bulkana Oval	4
17	9.15	Home - Bulkana Oval (Christmas Break-up)	1
28	TBA	Bay Sheffield Colley Reserve, Glenelg (U/12 & U/14 age groups only)	

JANUARY

7	9.15	Home - Bulkana Oval	2
12	6.00	Home - Bulkana Oval pm (Golden Grove, Enfield Visiting)	Twilight
21	9.15	Home - Bulkana Oval	3
28	10.00	Home - Bulkana Oval (Murray Bridge Visiting)	4

FEBRUARY

4	9.15	Home - Bulkana Oval	
11	11.00	Personal Best Day Olympic Sports Field, Kensington	
18	9.30	Alan Iverson Multi Event (U/9 -U/15) Munno Para, Kooranowa Reserve Vincent Road, Smithfield Plains	
23	6.00	Plympton - Ascot Park School Oval Duncan Avenue, Parkholme	

MARCH

3	9.30	Peter Fullager Walks - State Championships Campbelltown, East Marden Primary School James Street, Campbelltown U/6-U/8 Special Day at the same venue -hosted by Campbelltown	
10	9.15	Home - Bulkana Oval	2
17	9.15	Home - Bulkana Oval	3
23	9.00	State Individual Championships	
24		Olympic Sports Field, Kensington	
30	TBA	End of Season Break-up	

NB! Venues, dates and times for State Team Trials for U/13 and U/15 Athletes are not known at the time of preparation of this program. Athletes concerned will be advised in due course.

THE HISTORIC



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