

# KATOOMBA DISTRICT ATHLETICS

## CLUB HANDBOOK



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## PRESIDENT'S MESSAGE

Welcome to Katoomba District Athletics Club. The 2021 Annual General Meeting of the Katoomba Little Athletics Club Inc resolved to affiliate the organisation with both Little Athletics NSW and Athletics NSW, and to rename itself as Katoomba District Athletics Club Inc. This now allows our Club to offer athletics competition for members aged Tots through to Master, as well as permitting athletes to compete in both Little Athletics NSW and Athletics NSW sanctioned meets as members of Katoomba Athletics.

Athletics is a family sport and everyone should be involved. Our aim is to encourage children and adults to participate in sport and improve their skills within their own abilities, while creating friendships. Children in particular love to run, jump and throw and have a goodtime with their friends. At Katoomba we focus on allowing our members to set their personal goals and providing the opportunity for the members to reach those goals in whatever form they may be.

We are a Club of volunteers. We only exist because of the hard work that many people put in. Throughout the year, many of you, both parents and athletes, will have the opportunity to assist in various ways. I ask you to please come forward and offer your help as it is the only way we can continue to build and run our successful Athletics Club.

As in previous years, it will remain a requirement that all athletes have a parent or nominated guardian at the grounds at all times.

We have a Club website at [www.katoomba-athletics.org](http://www.katoomba-athletics.org) and a presence of Facebook. Both will be maintained but our website will be the main source of information for our members. It contains all the information you need to know about our Club including our program of events, competition program, ground conditions and results. Remember, this is our website and anyone can contribute with photos and stories.

Katoomba Athletics had a fantastic year last year. We made several successful changes to our program, saw a small increase in our members and had several athletes go on to various levels of representative competition. We would like to continue this trend this year.

Don't forget we have a canteen and BBQ available each week. Please support our Club so we can fundraise to upgrade new equipment for our athletes.

If at any stage during the season you have any questions or queries please don't hesitate to come and see me or anyone from the committee, we will be more than happy to assist you.

This document outlines the Club's policies, procedures and practices.

Chairman and President

## OUR CLUB AND COMMUNICATIONS

### COMMITTEE

All our Committee Members, Officials, Age Managers and other helpers are volunteers. The Club does not have any paid employees. It is an enormous but rewarding job to organise the athletic activities for our children for the whole season and run the Saturday competition each week.

Our Committee is selected at the Annual General Meeting but we are always on the lookout for new people to assist us. So, if you have an interest in helping run our Club, have some background with sport, children or administration then we are always keen to welcome additional people to our Committee during the year.

### COMMUNICATION

We feel the key to a successful season is through good communication with our members. To achieve this we utilise several different ways to communicate with you.

### WEB SITE

Our website ([www.katoomba-athletics.org](http://www.katoomba-athletics.org)) contains a wealth of information about the Club. Regular news updates make this one of the most up-to-date news sources of the Katoomba Athletics. We include:

- Contact details for the Club
- Committee members
- Club history
- Photo gallery
- Events program for the season
- Our competition programs
- BBQ roster
- News updates
- Club records.

### FACEBOOK

The Club has a Facebook page (Katoomba District Athletics) that is used to provide updates to members. This is updated frequently.

### TEAM APP

Our club uses 'Team app' to communicate news and celebrate athlete achievements. You will need to download the app from your App Store (Apple/android), sign up (or log in if you already have an account) then search for "Katoomba Athletics".

Here you will find important news items, photos of our events, calendar of events, links to your athlete's results and so much more.

### NOTICE BOARD

There is a notice board near the timing and finish line recording tent on competition days. Please check the board regularly to keep up to date with what is going on.

## PA ANNOUNCEMENTS

Be alert for announcements made over the public address system during a Saturday morning competition.

## E-MAIL ADDRESSES

Katoomba Athletics, Little Athletics NSW and Athletics NSW regularly send email to athletes, or their families, with updates or important information. The email address used is the one that was entered into the Little Athletics NSW or Athletics NSW registration system at the beginning of the season. Please advise the Club Secretary if your email address changes during the season.

## CONTACTING US

There are a few ways to contact us.

In Person: The committee are very approachable. If you have a question or some feedback, feel free to come up and talk to us.

By Email: You can send us an email through the contact us section of our website.



## SATURDAY COMPETITION

### PROGRAM OF EVENTS

Our Saturday carnival operates on a 3-week cycle. The athletes generally compete in 4 events each Saturday and over the 3-week cycle compete in all the events for their age group once or twice.

Our first day of competition is Program A; the next is Program B, and so on. We also have a wet field program that caters for those days in Wentworth Falls when the air and ground is moist but we can run some activity so long as we eliminate the more hazardous activities like sprints on the bends, high jump and some throwing.

When a program is cancelled due to wet weather or where the ground is closed, the cancelled program will generally take place the next week although this may change at the discretion of the competition manager.

Please be patient in the first few weeks of competition. There are often delays or programming changes while until our registration numbers are finalised.

Our program integrates all ages groups from Tots to Masters into a single program. Masters athletes (18+) will follow a similar program to that offered to the U17 athletes although allowance will be made for some specific events where we can.

### START TIME

Competition will begin promptly at 8.30am. If an athlete misses an event due to being late, they will not be able to make it up as events are run in Age Groups according to the published program. Please make sure you arrive in sufficient time to undertake any venue entry registration procedures, read the Notice Board and prepare properly for the competition day ahead.

Events like the 3000m and 200 / 300m hurdles are offered for eligible ages but they start at around 8am on the respective week. It is the responsibility of the athlete and parents to be there in time to warm up and help set up for that event. We will not delay the start of the main program for the balance of Katoomba Little Athletics to cater for a late start of these early events. Therefore, the early events may be cancelled if they cannot be completed in time due the late arrival of the athlete or parent helpers.

### WET WEATHER

Wet weather information or field closures will be available on our Facebook pages at 7:30 am on competition days. We will also provide notification through Team App for registered parties.

### AGE GROUP MANAGEMENT

All the athletes are organised into their age groups and are accompanied around the field to their events by their Age Manager and parent helpers. The Age Group Manager will lead the group around their various events and ensure that all parents are informed of any news. Parents are expected to assist with measuring, marshalling, place judging and set up / pack up for their age group. It is not up to the Age Manager to do all of this.

The President and/or Competition Manager will identify the composition of age groups following registration each year. Where possible, age groups will be kept discrete, but they may need to be merged for the season on any particular week to assist with event programming and Pitt Park capacity. Age groups will be capped at 20 athletes where possible.

## ROLES FOR PARENTS

Little Athletics is run by ALL the parents for the benefit of ALL the children. It is essential that ALL parents assist in the many activities each Saturday morning while their child is there. Parents are needed every Saturday to act as officials, officials' helpers, timekeepers, BBQ and canteen assistants, equipment return etc.

## PARENT ATTENDANCE

All Little Athletics athletes MUST be accompanied by a parent/guardian during Saturday competition. This is especially important if an athlete is injured or if competition is cancelled due to bad weather. If a child is on their own and we cannot contact a parent, unfortunately we are obliged to inform the local Police to comply with our Child Protection obligations.

## PARENT OBLIGATIONS

Parental assistance is required to complete each Saturday competition. All parents are asked to undertake one of the many roles that are needed to be filled each week. It will not be possible to run competition if we do not have parents volunteering to be place judges, timekeepers, various officials or age managers. We will cancel activities for an age group if we do not have the required parent helpers to run events safely and effectively for that group.

As well as being essential to the running of the carnival each week, it is also a good way for new parents to get to know other parents, both in their child's age group and throughout the club.

## CANTEEN AND BARBEQUE

The canteen and barbeque are usually staffed by one or two Committee members, assisted by duty rostered parents. The BBQ roster will be allocated to age groups and be published on the website.

The canteen and BBQ are open every Saturday morning, and are an important source of funding for the club. Please try to support these activities if you can.

## UNIFORM

### UNIFORM, NUMBERS AND AGE PATCHES

Every athlete must wear a Katoomba uniform at all Club, Little Athletics Zone, Region and State competitions, and any Athletics NSW meets. This includes the normal Saturday competition.

The Katoomba singlet and crop tops are blue with red trim and feature our logo. The shorts or bike shorts are red with no logos at all. Plain black shorts may be worn instead of the red.

Uniforms may be purchased every Saturday at the canteen. There must not be any markings or advertising material on the uniform, this includes the maker's label.

Every athlete will be issued with:

- An individual registration number,
- An age patch.
- A major sponsor patch.

These must be sewn onto the uniform using the following pictures as a guide

**REGISTRATION NUMBER** – middle chest. Do not trim the patch.

Athletes Tots – U17 should wear their LANSW season number. Note that any 12-17 year of Dual (LANSW/ANSW) registered athletes will wear different Registration numbers at Little Athletics and Athletics NSW meets.

Athletes 18 and above need to wear their ANSW season number.

**AGE PATCH** – Little Athletics only - left chest (above the registration number) OR on left land side of front of shorts

Age patches are not worn at ANSW events but it ok for Little Athletics athletes who are dual registered.

**LITTLE AS SPONSOR PATCH** - right side of the chest. In the past our major sponsors have been IGA, Jetstar and Coles.

Our Club is affiliated with Little Athletics Association of NSW and Athletics NSW, and our uniform needs to be approved annually. This means that you cannot vary the way uniform in any way. We are not able to vary colours, styles or location of patches. A plain white T-shirt for sun protection or on cold mornings may be worn under the regulation singlet. This will be strictly enforced at Little Athletics Zone, Region and State competition meets and competitors may be not be allowed to participate in competition if their uniform is not correct, so it's best to get into the standard from day 1

Please ensure that all athletes are adequately protected against the sun with hat, water and sunblock.





## SAFETY AND OTHER RULES

Little Athletics athletes and competition is subject to the NSW Little Athletics policies and Rule of Competition. 18+ athletes are competition are subject to Athletics NSW policies and rules.

## RUNNING SHOES

Little Athletics NSW publishes Rule of Competition that set all rules for Little Athletics events.

The 2020/21 Rules of Competition state that:

- Shoes must be worn in all events.
- Football boots or cleats may not be worn,
- Children in Tiny Tots, under 6, 7 and 8, 9, 10 age groups may not wear spikes at all.
- U11-17 athletes may wear spikes shoes in events run entirely in lanes (i.e. up to an including 400m), long jump, triple jump, high jump and javelin.
- U/12 –U/17 athletes may wear spikes in all events list above as well as events not entirely run in lanes, except walks

In addition,

- As per LANSW rules, athletes who perform a crouch start and who are wearing spikes, MUST use blocks. The alternative is to perform a standing start.
- Spikes must be put on just before each event and taken off immediately on finishing before leaving the track or the event area.

## SUN SAFETY

Katoomba Athletics Club recommends that hats should be always worn except if the athletes wish to take them off during events. Athletes are allowed to wear hats in all events and, except in the high jump, will not be penalized in any way if they fall off. If an athlete's hat dislodges the bar in the high jump it will be ruled a foul.

Sunscreen should be applied to all exposed areas of skin every two hours. Sun block is available for all athletes and parents. It is recommended that T-shirts be worn over singlet or crop tops while not competing. Please ensure your child has a water bottle and encourage plenty of drinks during the morning.

## WORKING WITH CHILDREN

Katoomba Athletics endorses the LANSW 'Codes of Behaviour' and 'Codes of Conduct', including its 'Personal Protection and Intervention Policy'. Of utmost importance is the safety and wellbeing of all children and adults

Any concerns regarding the wellbeing of a child can be aired verbally to the Club President and then must be put in writing addressed to the Club Secretary.

## PACING

Please let the athletes do it by themselves! Parents or others ARE NOT to run on or alongside the track to pace athletes. Athletes are not to be paced by another running purely for the purpose of pacing. This is against the rules of athletic competition and if any records are set under such circumstances they will not be recognized and the athlete may be disqualified and/or their results not recorded.. Please cheer and encourage ALL children, not just your own.

## NO SMOKING

All Blue Mountains City Council facilities have been designated strictly NO SMOKING areas, and Katoomba Little Athletics will enforce this ruling in order not to be in breach of its oval use agreement.

## NO ANIMALS

Council regulations prohibit dogs and other pets from being on or near the oval outside of prescribed times.

Please leave your pets at home when coming to the Saturday morning competition.

## VISITING ATHLETES AND UNREGISTERED CHILDREN/PARENTS/HELPERS

Athletes registered with other LANSW or ANSW Clubs are welcome to compete with us on Saturday mornings, provided they can show proof of registration with another Club.

Unregistered children, parents, helpers or athletes cannot compete as they are not insured.

## INSURANCE

All registered Athletes, parents and officials are covered by insurance taken out by Little Athletics Australia and Athletics Australia.

Please report any injury or accident to the Secretary as soon as possible.

## LOST PROPERTY

Our lost property collection can be found at the canteen. Please regularly check for any missing hats, jumpers, etc. The collection of lost property operates on an honour system. Uncollected items will be donated to charity at the end of the season

## REFUNDS

Registration refunds will only be available up to and including the trial day that will be announced on our website.

## COACHING

Athletes will run, jump or throw best if they have the right technique. Children who want to improve their performance levels, should attend our club coaching sessions which are provided free of cost to all registered athletes U/9 age group and above. These are advertised within the Team App calendar.

One of our basic aims is to teach children fundamental skills for each event (as distinct from fitness training).

Each season the club needs more parents to come forward to be trained as Track and Field coaches to ensure that we can provide adequate coaching in all events. Are you interested? Please contact the President for more information.

## CLUB COACHING SESSIONS

Coaching sessions are conducted at Pitt Park Oval on days agreed with the available coaches. This may change between seasons depending on the availability of qualified coaches.

## SPONSORS

Katoomba Athletics will engage in a variety of sponsorship and fundraising activities.

Sponsorship could be in the form of a monetary contribution to the Club or through the provision of goods or services that benefit the Club. Either way, there is an obligation on the Club to meet the conditions of the sponsorship including acknowledgement of the sponsor in some way.

In each instance, the acceptance of a sponsor and their associated conditions of sponsorship must be approved by the Club Committee before the sponsorship is accepted. The Club Committee must carefully consider each offer of sponsorship against the objectives of the Club, associated conditions and any conflicts with corporate sponsors held by Little Athletics and Athletics at state and national levels. Correspondence between the Club and sponsor must be signed by the President.

Specific considerations of the Committee include:

- I. Is the sponsor a direct competitor of a state or national sponsor?
- II. Is the sponsor seeking any recognition that competes with state or national sponsorship of Little Athletics or Athletics? E.g. We cannot have local sponsors present on any competition uniform.
- III. Is the sponsor seeking anything from the Club that is against the values of the Club, sport, our parent bodies or our community?
- IV. Is the nature of the sponsor's business or personal conduct against the values of the Club, sport, our parent bodies or our community? E.g. Adult entertainment services, political
- V. Is there any concern that accepting sponsorship from a specific individual or organisation could bring the reputation of Katoomba Athletics or our affiliated parent organisations into disrepute? E.g. nature of business, sponsor has been previously prosecuted for actions associated with child protection, favouring political positions
- VI. Is the recognition sought by the sponsor fair and equitable across sponsors?

The below table provides guidance for the Committee.

Nature of sponsorship	Specific Considerations in addition to the above	Approval required	Sponsor Recognition Options
Cash – non-specific conditions	Is the Club willing to accept a donation or sponsorship on a non-specific basis	Committee	AGM mention Training shirts Venue Signage
Cash – specific outcomes	Is the Club willing to spend the funds in the manner proposed by the sponsor?	Committee	AGM mention Training shirts Venue Signage
Services	Are the services of benefit to the Club or specific individuals?	Committee	AGM mention Training shirts Venue Signage
Goods	<p>Are the goods of the quality and specification required by Little Athletics or Athletics?</p> <p>Do the goods align with the future plans of the Club? E.g. consistency of equipment, part of a broader system need?</p>	Committee	AGM Training shirts Venue Signage

## CHAMPIONSHIP EVENTS

The Values of Katoomba Athletics and Little Athletics promote Family, Fun and Fitness. We cater for children and adults of all standards of athletic ability at Club level but also promote representative events that provide opportunities for competition against athletes from other Clubs.

Katoomba Athletics extends invitations to all athletes to compete at representative events such as the Little Athletics Zone Championship, any Zone or State Multi events, or any Athletics NSW events such as the NSW Country Championships.

As there may be limited places allocated to each Club at representative carnivals, selection criteria may need to be applied when choosing athletes to compete at these events.

The guidelines used by Katoomba Athletics Club officials when considering which athletes will be invited to compete at a particular event include:

- The athlete must be a registered member of Katoomba Athletics.
- The performances of the athlete at Saturday carnivals.
- Any other factor deemed appropriate (e.g. injury, availability, attendance).
- The availability of a parent/guardian of the athlete to assist the officials on the day of the carnival.

All the representative carnivals are run by volunteers and parents for the athletes. As a condition of entry to these carnivals, each club has an obligation to provide a number of officials or parents on the day of the carnival to assist with the running of the event.

At the Little Athletics Zone and Regional Championships it is quite likely that a parent of Katoomba Athletics athletes competing at the carnival will be required to act as an official or helper for a short time. Parents will be rostered to assist in nominated roles.

## LITTLE ATHLETICS ZONE CHAMPIONSHIPS

Katoomba is in the Western Ranges Zone along with Bathurst, Blayney, Canowindra, Cowra, Glenbrook, Kandos / Rylstone, Kurrajong/Bilpin, Lithgow, Mudgee, Oberon and Springwood. The Zone Championships are the qualifying stage to progress to the Region and State Championships.

Little Athletics NSW, may at its own discretion, decide to cancel a Zone Championship event. Should this occur, then suitable information will be provided regarding how athletes may compete at a Region level or compete at some other form of competition as a pathway for qualification to the State Championships. These alternative pathways often have minimum qualifications to be considered for entry as well as a cap on the number of athletes who can complete.

Any athlete may take part in the Zone Championships should they be run. Unlike some metropolitan Little Athletics Clubs, the Western Ranges Zone does not conduct this event as an invitational.

Athletes from the Under 7 age groups and above compete in the full range of events appropriate to the age group. There is also a Junior Relay Team (one athlete from each of the Under 9, 10, 11 and 12 age groups) and a Senior Relay Team (one athlete from each of the Under 13, 14, 15 and 17 age groups) for both boys and girls.

Athletes may not compete in any more than 4 individual events (plus the relay) except for U/13-U/17 who may enter up to 6 events. An athlete who meets the Club's selection criteria will be invited to take part in one or more events at the Zone Championships. A program of events will be released several weeks before the cut-off date for entries to enable decisions to be made as to which events an athlete should contest.

The first 4 placegetters from each event will qualify for the Region Championships. The next 4 best performances in each event from the combined results of all zones in our region will also be invited to compete at the Regional Championships. Additional information on the qualification process is available on the Little Athletics New South Wales Website.

Children from the Under 7 age groups do not proceed past Zone level. Medals are awarded to 1st, 2nd and 3rd places from this age group in each event and certificates are awarded to the 8 finalists from each event from all age groups.

Depending on the number of entrants for an event heats and finals may be run in track events.

The location of the Zone Championships changes each year and is hosted by one of the Little Athletics Clubs in the Zone. Our website will indicate the actual dates and location of the Zone Championships for the current year.

We do not conduct local competition on the weekend of the Zone Championships so that all Club members can have the opportunity to compete.

## LITTLE ATHLETICS REGION CHAMPIONSHIPS

Western Ranges Zone is one of 2 zones in Region 3.

The Region Championships for Region 3 is held over one full weekend in February each season. The program and event format is similar to the Zone and State Championships excluding the Under 7 age groups who do not compete. All athletes reaching a final in an event receive certificates and the first 3 place getters receive medals.

The first 2 place getters in each event from the U/9 age group and above will be invited to compete at the State Championships held at the Sydney Olympic Park Athletic Club (SOPAC) at Homebush in March. The next 8 best performances in each event from the combined results of all regions will also be invited to compete at the State Championships. Additional information on the qualification process is available on the Little Athletics New South Wales Website.

The location of the Regional Championship varies each year and is available on our website.

Katoomba Athletics may offer a local competition on the same weekend at the Regional Championships so that athletes who have not qualified to Region can still compete. The ability to do this is dependent on key setup, timekeeping, starting, recording and pack up roles being filled in advance. The President will make the final decision a week in advance.

If a local competition is offered and run (i.e. not cancelled) on the weekend of the Regional Championship, Katoomba Athletics Attendance Points will be awarded to athletes who actually compete in their nominated events at Region. They will not accrue points if they do not actually start their nominated Region event. We will not award Place Points for any event run at this Region meet. This ensures they are not disadvantaged from accruing Katoomba Athletics championship points because they miss a local day while attending the Regional Championships. Equally, they do not gain advantage by accruing local points but not competing. LANSW official results will be used to confirm participation.



## LITTLE ATHLETICS STATE CHAMPIONSHIPS

The program of events for State Championships is conducted over a Saturday and Sunday. All finalists in each event receive certificates and the first 3 place getters receive medals.

The level of competition at State Championships is extremely high. It is only the exceptional athletes at their age level who qualify for State.

Katoomba Athletics may offer a local competition on the same weekend at the State Championships so that athletes who have not qualified to State can still compete. The ability to do this is dependent on key setup, timekeeping, starting, recording and pack up roles being filled in advance. The President will make the final decision a week in advance.

If a local competition is offered and run (i.e. not cancelled) on the weekend of the State Championships, Katoomba Athletics attendance points will be awarded to athletes who actually compete in their nominated events at State. They will not accrue points if they do not actually start their nominated State event. We will not award Place Points for any event run at this State meet. This ensures they are not disadvantaged from accruing Katoomba Athletics championship points because they miss a local day while attending the State Championships. Equally, they do not gain advantage by accruing local points but not competing. LANSW official results will be used to confirm participation.

## LITTLE ATHLETICS STATE RELAY CHAMPIONSHIPS

The State Relay Championships is an annual team event where clubs may enter both track relay teams and field relay teams. No athlete may compete in both track and field relay teams.

The first 3 place getters for each event receive medals, all finalists receive certificates. Place getters in the field relay format are decided on the multi point system where points are allocated based on the result achieved.

Further information will be available closer to the event.

## LITTLE ATHLETICS ZONE MULTI / COMBINED DAY

This carnival is periodically run and is open for all Katoomba athletes U7-U17. It is a one-day event based on the State Multi Event. Athletes undertake 5 or 6 events and receive points based on their results in each event.

Results are based on total points from all events.

Attendance or competition points do not accrue towards the Katoomba Athletics Championship season point score because of participating in this Zone multi / combined day. This ensures that no Katoomba Athletics athlete is disadvantaged by not participating in this additional discretionary event in addition to the normal Club competition days.

Details of the Zone Multi will be announced once they are known.

## LITTLE ATHLETICS STATE MULTI EVENT

The State Multi Event is open to athletes in the Under 7 age groups and above and is held over a weekend in early March usually in a regional location.

Athletes take part in 4, 5 or 6 events (depending on the age group) over the 2 days. No finals are run and points are awarded to the athlete depending on the result in accordance with the LANSW multi points table. Placings are awarded based on accumulated points scores.

Any athlete may take part. It is a very popular event with some age groups having 80 or more participants.

If a local competition is offered and run (i.e. not cancelled) on the weekend of the State Multi, Katoomba Athletics attendance points will be awarded to athletes who actually compete in their nominated events at the State Multi. They will not accrue points if they do not actually start their nominated State event. We will not award Place Points for any event run at this State meet. This ensures they are not disadvantaged from accruing Katoomba Athletics championship points because they miss a local day while attending the State Multi. Equally, they do not gain advantage by accruing local points but not competing. LANSW official results will be used to confirm participation.

## ATHLETICS NSW EVENTS AND CHAMPIONSHIPS

Katoomba Athletics is affiliated with Athletics NSW and is considered to be a Regional Centre for the purposes of competition.

Athletes who have registered with ANSW are eligible to compete as Katoomba Athletes. They would compete in Katoomba uniform at ANSW events but will need to wear their ANSW season registration bib. If Athletes have not been issued a bib beforehand, they can collect it at their first ANSW event of the season when they arrive at event registration on the day.

ANSW promotes its annual calendar of events on its website and registered ANSW athletes will also receive email notifications.

Entry into ANSW events (eg NSW Country Championships or NSW All Schools) is usually direct entry via the ANSW event portal. Event specific fees may apply (eg entry fee and per event fees) in addition to any season registration fees that may have been paid.

## EVENTS OFFERED BY KATOOMBA ATHLETICS

Katoomba Athletics offers a comprehensive range of athletics events for athletes that are consistent with the Little Athletics NSW Rules of Competition (RoC) and Athletics Australia competition rules.

The ROC is available on the Little Athletics NSW website and it contains all general, technical and competition rules for our sport. These are a modified form of the World Athletics (previously IAAF) rules that caters for young people and youth.

Katoomba Athletics is not in a position to offer all Seniors events as we do not have the required facilities or equipment (eg pole vault, hammer, steeple chase). We will make every effort to offer a range of activities within the capabilities of our Club.

## TRACK EVENTS

The Tiny Tots age group uses a modified program that is based on the U6 age group. The program varies from year to year depending on the number of registered athletes in this age group.

CATEGORY	DISTANCE	AGE
<b>Sprints</b>	50m	U/6-U/7
	70m	U/6-U/10
	100m	U/6-U/17 and Seniors (18+)
	200m	U/6-U/17 and Seniors (18+)
<b>Middle</b>	300m	U/6
	400m	U/8-U/17 and Seniors (18+)
	500m	U/7
	700m	U/8
	800m	U/9-U/17 and Seniors (18+)
<b>Distance</b>	1500m	U/11-U/17 and Seniors (18+)
	3000m	U/13-U/17 and Seniors (18+)
<b>Hurdles</b>	60m	U/8, U/9, U/10
	80m	U/11, U/12, U/13 (all) & U/14 girls
	90m	U/14 boys & U/15 girls
	100m	U/15 boys, U/17 girls, 18+ women
	110m	U/17 boys, 18+ men
	200m	U/13 & 14, Dual registered 15-17 (all), 18+ (all)
	300m	U/15 & U/17

*Note: Katoomba Club does not yet possess senior hurdles that provide heights to World Athletics requirements (84/91/99/106 cm). All senior hurdle events will be run at the maximum Little Athletics hurdle height of 76cm until such time the Club obtains facilities to store separate senior hurdles and obtains the hurdles*

## FIELD EVENTS

Only brief details are provided here; these are not the full rules. If there is uncertainty on how to perform any of these events properly or the rules, please contact a committee member who will provide basic instruction. Please try to ensure that athletes understand the proper rules. Full instructions are also available on the website [www.littleathletics.com.au](http://www.littleathletics.com.au)

The Tiny Tots age group uses a modified program that is based on the U6 age group. The program varies from year to year depending on the number of registered athletes in this age group.

CATEGORY	AGE	WEIGHT
Discus	U/6-U/7	350g
	U/8-U/11	500g
	U/12 & U/13	750g
	U/14, U/15, U/17G, 18+ women	1.0kg
	U/17B, U18 Men	1.5kg
	U20 Men	1.75kg
	Senior Men	2.0kg

Competitors have up to three throws. The athlete may enter the circle from any direction but must leave from the rear half of the circle after the discus has landed in a controlled manner.

To measure the throws:

- a prong, with the zero end of a measuring tape attached, is placed on the near edge of the imprint mark made by the discus or the marking pin;
- the tape measure is drawn tight through the Club of the throwing ring;
- the distance of the throw is measured at the point where the tape crosses the inner edge of the ring;
- The measurement is made to the nearest centimetre below the distance thrown unless the reading is a whole centimetre.

Places are determined by the best performance of all trials.

CATEGORY	AGE	WEIGHT
Shot Put	U/6	500g (pink)
	U/7	1kg (blue)
	U/8	1.5kg (yellow)
	U/9 - U/12	2kg (orange)
	U/13, U/14, U/15G, U/17G, U18W	3kg (white)
	U/15B, U20+ Women	4kg (red)
	U/17B, U18Men	5kg (green)
	U20 Men	6.0kg
	Senior Men	7.26kg

Competitors have up to three throws. Measurement is like that described for discus.

When a competitor takes a stance in the circle, the shot must be held in one hand touching or in close proximity to the neck or the chin in front of the ear and the hand must not be dropped below this position during the put. The shot must not be taken back behind the line of the shoulders.

No part of the athlete's body or clothing is permitted to touch the outside of the circle or the top of the ring, during the throw. The athlete must not leave the circle until the shot has landed. The athlete may enter the circle from any direction but must always leave from the rear half of the circle and in a controlled manner.

CATEGORY	AGE	WEIGHT
Javelin	U/11 & U12	400g
	U/13G & U14G	400g
	U/15G, U/17G, U18 Women	500g
	U/13B, U/14B, U20+ Women	600g
	U/15B, U/17B, U18Men	700g
	U20+ Men	800g

No part of the athlete's body or clothing is permitted to touch beyond the defined throwing line during or after a throw. An athlete must leave the throwing area from the rear. The javelin must land so that the imprint mark made by the leading edge of the javelin is within the inner edges of the marked sector.

Measurement is like that described for discus.

CATEGORY	AGE	JUMP LOCATION
Long Jump	U/6-U/10	50cm board 50cm from pit
	U/11-U/17	20cm board 1m from pit

Competitors have up to three jumps and jump from a mat covered in sand near edge of the pit (for the Under 6s to Under 10s) and from a white line (for the Under 11s to Under 17s). An athlete must take off on one foot from behind the front of the take-off mat or line and land in the sandpit.

For junior athletes, a jump is measured from the front of the imprint of the foot on the mat to the closest indentation in the sand made by the athlete.

For senior athletes a jump is measured from the front of the line to the closest indentation in the sandpit made by the athlete, whether this be from the foot, hand or other parts of the body.

Competitor places are adjudged by the highest jump distance of each competitor.

A foul jump (no-jump) is recorded if:

- any part of the athlete's take-off foot crosses the front or side edge of the take-off mat or line;
- after completing a jump, the athlete walks back through the sandpit;
- in the course of landing, the athlete touches the ground outside the sand pit nearer to the takeoff point than the nearest break in the landing area made by the jump;
- The athlete does not land in the sandpit.

CATEGORY	AGE	JUMP LOCATION
Triple Jump	U/11-U/17	20cm board

Competitors have up to three jumps and jump from a white line to a sandpit. The rules for measurement and no-jumps are the same as the long jump.



CATEGORY	DETAILS
High Jump	<p>Note that the bar height is checked with the measuring stick perpendicular to the ground at the lowest point of the bar - that is, the middle of the bar. The outer edges must measure equal heights and be set so that the Club of the bar is at the stipulated height.</p> <p>A competitor does not have to start jumping at the starting height but may commence jumping at any height above the starting height. Athletes must take off from one foot.</p> <p>An athlete is eliminated from the event after three consecutive failures, not necessarily from the same height. It is considered a failure if the athlete knocks the bar off the supports or any part of the athlete's body touches the ground or landing area beyond the plane of the uprights without clearing the bar. If the bar falls off without being hit by the athlete e.g., strong wind, mats hitting the uprights, it is not considered a failure.</p> <p>It is also regarded as a failure if the athlete takes an unreasonable time to complete the jump, as adjudicated by the person running the event.</p> <p>The athlete who achieves the jump of the greatest height is the winner. Tied competitors are awarded equal placing in the competition.</p> <p>The scissor technique is the only technique valid for ages U10 and below. U11 and above can complete a "flop" so long as the appropriate mats are in place for the jump.</p>

## ATHLETE RESULTS, RECORDS AND AWARDS

### RESULTS

All of our athlete's results from the U/6 age group and above are entered into the Club's electronic record system each week. During the following week the results will be available on our website.

### RECORDS

Club records will only be recorded and validated for results that arise from competition held at Pitt Park on a designated Club-wide competition day and for an event that is open for all eligible athletes on a specified competition program. This ensures that the ground conditions for any Club records are consistent across all results and that the opportunity to set Club records is open on a fair and equitable basis for all registered athletes. For example, it would be unfair for a track record to be set on the grass track of Pitt Park and broken on a synthetic track elsewhere as it would mis-represent the ground records of the Club.

Club records cannot be set:

- for events held at other Clubs, grounds or championships (e.g. zone, region, state etc);
- for any training activity, school event, other activity;
- where a normal competition program has been varied on the day of normal competition without the prior consent of the entire Club Committee followed by the public notification of the resolution to all Club participants present on the day;
- where the athlete is paced as defined by the World Athletics rules; or
- where the event is not run to the appropriate standard as dictated by the Little Athletics Rules of Competition of Athletics Australia rules that apply. For example, a record cannot be set for a hurdles race where the hurdles height is not correct, for a throw event with an incorrect weight or a track event that is not run from the correct start position or configuration (pack/laned).

For a record to be achieved in a field event the measurement of the distance must have been checked by 2 committee members at the actual time of measurement. The committee members must also verify the weight of the discus/shot put/javelin used. In the case of high jump, 2 committee members must have checked the height of the bar BEFORE the record equalling or breaking jump.

For track records with manual timers at least 2 stopwatches must have been used with the slowest time taken and being checked by 2 committee members at the time.

Note that Committee members CANNOT verify the results of their own child.

The Katoomba Little Athletic records held at the end of the season are listed on the Club website.

## CLUB CHAMPIONSHIPS

The Club Championships are determined by the children's performances throughout the season; we do not have a Club Championship Day as such.

Each week you child will compete in set events which follow a three-week rotating program. Each time an athlete competes in an event they will be awarded points for where they place in their age group. The points are awarded and calculated automatically as results are entered into our results software system, and discretionary points are not possible. Clearly, athletes need to come to as many Club days as possible to maximise their points.

The Club's Presentation Day is at the end of the season and will reflect these ideals.

To be eligible for trophies and awards athletes must attend 60% (rounded up) active competition days at Pitt Park throughout the season. E.g. 60% of 17 comp days = 10.2 (rounded to 11 days for eligibility). Trophies and awards are based both on personal improvement and overall results.

The Child with the highest aggregate point score in each age group will receive the Age Champion trophy.

These awards will be made on the Club's Presentation Day.

## 100 CLUB

In recognition of attendance, athletes receive 1 point for each day of competition they attend and where they compete in an event on the program. This continues to accumulate through the season and each subsequent season attended.

At 100 weeks they join the '100 club' and receive an embroidered club shirt.

At the beginning of the season a running tally will be posted on the website.

## KATOOMBA LITTLE ATHLETICS SEASON AWARDS

AWARD	CRITERIA
Tiny Tots	Medallion for participation
Point Score U6 – U17 age groups	<p>1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> place by gender</p> <p>(Eligibility – must attend 60% of available season competition weeks)</p> <p>Points only accumulate for events run at Pitt Park on a normal competition day.</p> <p>Separate provision is made to allow the accumulate of Participation points when an athlete competes at a Region or State Little Athletics meet on the same day as a normal Katoomba competition day. In such instances</p> <ol style="list-style-type: none"> <li>Athletes will accrue 1 point per event that they have competed in.</li> <li>Place points are not awarded.</li> <li>Points will only be awarded if normal competition proceeds at Pitt Park on the day or the Region / State meet – i.e., if competition at Pitt Park is washed out or cancelled, then an athlete will not accrue Club participation points for competing at the Region / State meet. This removes any unfair advantage.</li> </ol>
Age Manager Awards	<p>1 for each gender within an age group. Criteria for selection are:</p> <ul style="list-style-type: none"> <li>Most consistent contribution to sport each week</li> <li>Willingness to assist and participate</li> <li>Sportsmanship</li> <li>Always tries their best</li> </ul> <p>Open to all registered athletes except those who have been placed 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in their age point score</p> <p>Medallions awarded for all other athletes in each age group who have not placed in the Point Score of received and Age Manager award</p>
Most improved 6 - 9 year age group (B&G) 10 – 12 year age group (B&G) 13 – 17 year age group (B&G)	Most Personal Best results in a season as recorded from weekly local competition results
Club Championships Junior (7 – 12 year old) Senior (13 – 17 year old)	<p>Most points accumulated in track and field events during season. Awarded by gender</p> <p>1 point is accumulated for each event entered and competed in on each competition day held at Pitt Park</p> <p>Points awarded for 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> place in each event</p> <p>6-year-olds are not eligible</p> <p>Points only accumulate for events held at Pitt Park on a normal competition day.</p> <p>Separate provision is made to allow the accumulate of Participation points when an</p>

AWARD	CRITERIA
	<p>athlete competes at a Region or State Little Athletics meet on the same day as a normal Katoomba competition day. In such instances</p> <ol style="list-style-type: none"> <li>1. Athletes will accrue 1 point per event that they have competed in.</li> <li>2. Place points are not awarded.</li> <li>3. Points will only be awarded if normal competition proceeds at Pitt Park on the day or the Region / State meet – i.e., if competition at Pitt Park is washed out or cancelled, then an athlete will not accrue Club participation points for competing at the Region / State meet. This removes any unfair advantage.</li> </ol>
Best at Zone	<p>Only Under 7 athletes are eligible            Best placed Under 7 athlete at the Zone Championships            Where there is a tie for the highest placed athlete, e.g. both gained a 1st place, then a count back will be undertaken to recognize the next highest place achieved in events until one athlete achieves a clear result. A tie will be declared if the athletes cannot be separated after the count back.</p>
Best at Region	<p>Only Under 8 athletes are eligible            Best placed Under 8 athlete at the Region Championships            Where there is a tie for the highest placed athlete, e.g. both gained a 1<sup>st</sup> place, then a count back will be undertaken to recognize the next highest place achieved in events until one athlete achieves a clear result. A tie will be declared if the athletes cannot be separated after the count back.</p>
Best at State	<p>Separate awards for Track and Field            Calculated on an accumulated points-based system using the below table            Athletes accumulate 1 point for each event that they compete in – DNS does not accumulate any points            Athletes accumulate additional points based on where they finish in the Finals of their event. Place points do not accumulate for heats. For events where finals are not held or where timed heats are used to determine winners (e.g., 400m, 1500, 3000m), points will be awarded based on the final published aggregated results for the event as declared by LANSW.</p>
Nathan Conroy Memorial trophy	<p>The Club volunteer/s to who go above and beyond to assist with the running of the Club as determined by a majority vote of the Club Executive            Executive Committee members are ineligible            Up to two awards can be provided in any one season</p>
Club Records	<p>Athletes who set a Katoomba Athletics Club Record as determined at the end of the season will be awarded a Certificate</p>
Region Championship Representation	<p>A simple sports or Club themed gift for athletes who <u>qualify and then represent</u> Katoomba Little Athletics at the Region Championships            Athletes who qualify for the Regional Championships but do not compete are ineligible for any gift            The nature of the gift is at the sole discretion of the Executive Committee</p>
State Championship Representation	<p>A simple sports or Club themed gift for athletes who <u>qualify and then represent</u> Katoomba Little Athletics at the State Championships            Athletes who qualify for the State Championships but do not compete are ineligible for any gift            The nature of the gift is at the sole discretion of the Executive Committee</p>

AWARD	CRITERIA
Life Members	<p>Any Katoomba Athletics member who can meet the following requirements is eligible for nomination for Life Membership of Katoomba Little Athletics</p> <ul style="list-style-type: none"> <li>• Contribution to the operation of Katoomba Athletics over a period of 10 consecutive years</li> <li>• Contribution to the expansion and / or sustainability of KATOOMBA ATHLETICS</li> <li>• Representation of Katoomba Athletics outside of the Club through either: <ul style="list-style-type: none"> <li>○ Assuming a Zone or higher role</li> <li>○ Officiating at Zone, Regional or State Championships over an extended period</li> </ul> </li> </ul> <p>Any member of Katoomba Athletics can nominate a candidate for consideration for the award of Life Membership. All nominations must be made in writing via the Secretary addressing the above criteria.</p> <p>The award of Life Membership to suitable nominees requires the unanimous agreement of the Executive Committee.</p>
Retiring Athletes awards	<p>At its sole discretion, the Executive Committee may decide to provide an award to long term Katoomba Athletics athletes who have concluded their final season with KATOOMBA ATHLETICS. The criteria for the award are as follows. The athlete must</p> <ul style="list-style-type: none"> <li>• have over 100 Club competition points accumulated</li> <li>• have contributed to the running of the Club through any 3 of the following over a period of more than 2 seasons: <ul style="list-style-type: none"> <li>○ age managed a group of athletes other than their own</li> <li>○ provided coaching or guidance to junior athletes</li> <li>○ undertaken an official role at zone or regional championships</li> <li>○ obtained official accreditation and contributed these skills to the Club</li> <li>○ assisted with the organisation of Katoomba Athletics teams at zone or regional championships</li> <li>○ assisted with athlete warm up on a weekly basis</li> <li>○ assisted with set up and/or pack up on a weekly basis</li> </ul> </li> </ul>



### Calculation table for *Best at State*

ACTIVITY / PLACE	POINTS
Attendance and competition,	1 point per event qualified for and competed in
State Record	16 points for the event
1 <sup>st</sup>	16 points
2 <sup>nd</sup>	14 points
3 <sup>rd</sup>	12 points
4 <sup>th</sup>	10 points
5 <sup>th</sup>	8 points
6 <sup>th</sup>	6 points
7 <sup>th</sup>	4 points
8 <sup>th</sup>	2 points
9 <sup>th</sup> -16 <sup>th</sup>	1 point

**Note:** Points are awarded for places 1 – 16<sup>th</sup> in the FINAL of an event only. Place points do not accumulate for heats. For events where finals are not held or where timed heats are used to determine winners (e.g. 400m, 1500, 3000m), points will be awarded on the basis of the final published aggregated results for the event as declared by LANSW.



