

Snapshot of changes & information for 2019/2020 (Including Rules of Competition)



STATE TRACK & FIELD CHAMPIONSHIPS

2 day carnival again in 2020. Note that the 400m, 800m and now the 200m & 300m Hurdles will be timed finals. ***These are for Zone, Region and State Championships.***

The 2020 State Track & Field Championships will be held on Saturday & Sunday, 14 & 15 March 2020 at Sydney Olympic Park Athletic Centre.

The State Program of Events plus a listing of each event per day/age group as well as a listing by event area can be found on the www.lansw.com.au website under the Competitions tab. Athletes should be advised to look at the timings of events at State before they make their zone selections, to avoid any unnecessary clashes. NB. There will be clash managers at state, as per usual.

ZONE & REGION CHAMPIONSHIPS

Zone and Region dates and venues can be found in Competition Section of the www.lansw.com.au website. All Zones have been sent the Zone Meet Manager database showing all events on offer, plus a grid of events per day/per age group for state which should be used to finalise region programs. Once the zones and regions have finalised their order of events, the relevant Zone/Region Coordinator must forward it to the office, for publication on the website. Any new and updated information will be posted as it comes to hand, so it is important that all centres/athletes/parents come back to the website regularly.

TRANS TASMAN

As this is an away tour, there will be no Trans Tasman Trials. Athletes born between 1 Oct 2007 and 31 Dec 2008 may nominate for the U12 group AND if they were born between 1 Jan 2009 and 31 Dec 2009, for the U11 group. **Bulletin No. 1** is now available on the website under the Competition tab. All information regarding the tour is available in this document, including nomination forms for both Athletes and Officials. Nominations, together with a deposit of \$300 each will close at LANSW on **Wednesday, 23 October 2019.**

Please note that this is the **final** tour for the Trans Tasman, so it would be great to have a large contingent travel to Auckland for the Trans Tasman Tour in January 2020.

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STATE RELAY CHAMPIONSHIPS

State Relays will be held at Sydney Olympic Park Athletic Centre on Saturday & Sunday, 16 & 17 November 2019, with the Junior day on the Saturday and Senior day the Sunday. Centres will be sent the link to the latest version of the State Relay entry program in September. Entries will be by centre only and close on **Wednesday, 30 October** (at a cost of \$25 per team).

STATE COMBINED EVENTS CARNIVAL

Little Athletics NSW State Combined Events Championship has had a name change to Little Athletics NSW State Combined Carnival, with athletes in the younger age groups U7 to U11 now to be given instruction/coaching during the event. Athletes in the U11 and younger will have the opportunity to learn 'how to' throw, jump etc during the event as we understand that many athletes have no idea how to do some of the events. A more relaxed attitude to the age groups will occur with time for instruction/coaching from the officials. Timetable considerations have been looked at with an increase of 10 minutes to attend call room plus athletes moving to event area 10 minutes prior to commencement will allow for such instruction to take place.

Medals will be awarded to the top 3 place getters in all age groups. All athletes will receive a certificate showing each of their performances, following the event. Athletes in the U15 age group will be vying for selection into the LANSW State Team to compete at the Australian Little Athletics Championships, which will be held in Canberra in April 2020.

The State Combined Events Carnival will be held at the brand new synthetic track in Tamworth on Saturday and Sunday, 29 February and 1 March 2020. Entries will be online only and will close on **Wednesday, 5 February 2020** (at a cost of \$25 per athlete). Athletes will be sent an email when online entries open in November. If centre members are intending to travel to Tamworth, it would be advisable to book accommodation now, so that they don't miss out.

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RULES OF COMPETITION

The 2019/2020 edition of the LANSW Rules of Competition has been updated to include all LAA Standard Rules shaded and is available for download from the www.lansw.com.au website under the Competition tab.

All changes from last season are indicated by a thick blue line on the left hand side of the page, as indicated to the left. Some rules to take note of are: -

SECTION A – General Competition Rules

- 1.7 Hurdles – must be of the collapsible type – this is compulsory for all Little Athletics centres/clubs in Australia from this season.
- 1.17 LANSW State Records – reference to the Trans Tasman has been removed for records.

SECTION B – Track Events

- 1.6 Relay Races – added diagram of takeover zone
- 2.2 i. Hand Timing – added, where applicable, to end of first dot point
- 4.3 v. False Starts – changed to reflect LAA Standard rule, if an athlete is responsible for 2 false starts, they shall be disqualified.

SECTION C – Field Events

- 1.11 Delay – revert back to 1min delay
- 1.21 Coaches Area – clarification of actual rule, ie more detail
- 3.1.3. i. Take Off Board (Long Jump – note that at State the board will be placed 2m back from edge of pit.

SECTION D – Competitions

ZONE/REGION/STATE

1.2 ii, iii & iv

Entry to Zone and Progression to Region – U7-U11 up to 4 events (or a greater number at the discretion of the zone); Up to 6 for athletes in U12-U17.

Multi-Class athletes (at Region) athletes permitted to enter up to the following number of events. U9/U10 – up to 4 events each; U11/U12 – up to 5 events each; U13/U14 & U15/U17 – up to 6 events each

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- 1.8 400m – Timed Finals – this is for zone, region and state.
Heats to be seeded slowest to fastest
- 1.9 800m – Timed Finals – at the State Championships. Seeded slowest to fastest using the athletes' performances from region, with fastest 12 athletes in last heat of the timed finals.
- 1.10 200m & 300m Hurdles – Timed Finals
Circular track hurdles at Zones, Regions and State to be timed finals, using athletes' performances from zone and/or region to place fastest seeded athletes in last heat.
- 1.11 Exemption from Zone to Region U12-U17 – more clarification, if for All Schools no need for documentation, as LANSW will obtain listing from ANSW.
- 1.15 Region Championships – Order of Events
Regions will be supplied with a matrix of events to be held at state. They organise their program based on this and forward to LANSW for approval before distributing to zones and centres.

STATE RELAYS

- 2.7 ii. Takeover Zones – 4 x 200m a 30m acceleration zone is allowed.

STATE COMBINED EVENTS

Name change as mentioned above.

- 3.6 Disqualification – Track refer Section B Track 4.3 False Starts.
- 3.9 Instruction/Coaching U7-U11
Permitted by officials at events.

STATE CROSS COUNTRY

- 4.1 Events/Age Groups & Distances – change U7 and U8 from 800m to 1km.

SECTION F – Event and Equipment Specifications

- 1. Event Specifications – Multi-Class events/age groups added
- 2. Hurdle Specifications – U11 and U12 change from 60m hurdles to 80m hurdles