



Australian Little Athletics Championships

NSW State Team Frequently Asked Questions

What is the ALAC?

The ALAC (Australian Little Athletics Championships) is a two-day event held every year, hosted by each State or Territory on a rotational basis. All States and Territories, apart from the Northern Territory, are represented at the championships.

The ALAC encompasses the Australian Teams Championships for Under 13 athletes and the Australian Combined Event Championships for Under 15 athletes.

Although recognition is given to individual place-getters, the emphasis is on team performance and the main focus is on the team point scores.

What are the details of the ALAC?

The event will be held on Saturday, 18 April & Sunday, 19 April, at the Australian Institute of Sport, Bruce, Canberra.

What is the make-up of the team?

Selection in the Little Athletics NSW State Team – a team with a wonderful history and a remarkable record - is considered a great honour and a major highlight of Little Athletics involvement.

A team of twenty-six (26) Under 13 athletes (usually, but not necessarily 13 boys and 13 girls) are chosen to represent NSW in the Under 13 Teams Event.

Three girls and three boys are selected to represent NSW in the Under 15 Combined Event.

How is the team selected?

The Under 13 athletes are primarily selected on their performances at the Little Athletics NSW State Track & Field Championships. Athletes do not have to nominate for selection; they automatically come under consideration for selection through their participation in the state championships.

All athletes are selected by their State Association. Individual entries are not permitted. The State Associations nominate the events that an athlete will contest with a view to obtaining the best results for the team. Each Association can enter a maximum of two competitors in each individual event and one relay team in each relay. No athlete may compete in more than four events, which includes a relay.

The Under 15 athletes are selected on their performances at the Little Athletics NSW State Combined Event Championships. Under 15 athletes also do not have to nominate themselves for selection.

What events are contested?

Under 13 Boys & Girls: 100m, 200m, 400m, 800m, 1500m, 80m hurdles, 200m hurdles, 1500m walk, 4 x 100m team relay, long jump, triple jump, high jump, shot put, discus and javelin.

Under 15 Boys: 100m Hurdles, Discus, Long Jump, 100m, High Jump, Javelin, 800m

Under 15 Girls: 90m Hurdles, Shot Put, High Jump, 200m, Javelin, Long Jump, 800m

Two of the boys and two of the girls will also combine to form a 4 x 100m relay team.

When is the team announced?

The Under 13 team members will be advised of their selection via telephone by 9pm on the Monday following the LANSW State Track & Field Championships.

The Under 15 team members will be advised of their selection via telephone in the days following the LANSW State Combined Event Championships as soon as possible after their selection is confirmed.

What are the team member commitments?

Team Camp 1: Friday, 3 April to Sunday, 5 April 2020 at Naamaroo (Uniting Venues), Chatswood

Team Camp 2: Wednesday, 15 April to Friday, 17 April 2020 at Sydney Academy of Sport & Rec, Narrabeen

Team travels to Canberra: Friday, 17 April 2020 (straight from camp 2)

Australian Little Athletics Championships: Saturday, 18 April & Sunday, 19 April, Canberra

Team Returns to Sydney: Monday, 20 April

Are there any costs involved?

A levy of \$750 has been set to contribute towards the costs of both the team preparations and the championships. This represents only a small percentage of the actual costs that will be incurred by Little Athletics NSW. Travel assistance to and from team activities will be provided for those athletes who reside west of Lithgow, north of Lake Macquarie and south of Kiama.

Who looks after the team?

The NSW State Team Management usually consists of five individuals (both males and females). These people are drawn from the LANSW full-time staff and other suitably qualified and experienced individuals. All of the team managers have undergone a Working with Children background check. The State Team Management is responsible for the supervision, care, coaching, preparation and general management of the athletes during all team activities.

What is the travel & accommodation arrangements?

During the camps and in the days leading up to, and during, the ALAC, the LANSW State Team travels and is accommodated together. The team travels together as a team to the venue each day of the championships. Overnight accommodation prior to the championships will be motel-style.

Where can I find more detailed information?

The State Team itinerary, team selection policies, conditions of selection, the NSW team Code of Conduct, FAQs, past ALAC results, rules of competition, championships records, and the program of events can be found on the Little Athletics NSW website. Click on 'Championships' then 'LANSW State Team - Australian Little Athletics Championships'. It is the responsibility of all prospective team members, their parents/guardians and their coaches to read and make sure they understand the relevant policies and how they operate. If anyone has a specific query in relation to the intended meaning or operation of the policies, they can contact Little Athletics NSW on 02 9633 4511 or admin@lansw.com.au.