

# Section D

## Competitions

### 1 – 1.4 Amended

These rules are to be read in conjunction with Section "A" Competition General Rules  
Section "B" – Track Events & Section "C" – Field Events and take precedence over the General Rules

## 1. STATE QUALIFYING MEETS/STATE TRACK & FIELD

### 1.1 Eligibility

- i. All athletes must be registered with LANSW.
- ii. LANSW athletes can only enter the State Qualifying Meets the Region containing their centre. "Individually registered athletes" can only enter the State Qualifying Meets for the Region to which they have been allocated, based upon their place of residence.

Where direct entry as per 1.2 ii above, has been approved for a region, LANSW athletes may only enter the region containing their centre (or zone for individually registered athletes).

- iii. Age divisions:

<b>State Qualifying Meets</b>	U9-U12
<b>State</b>	U9-U12 & U13-U17
- iv. Athletes must compete in their own age group.

### 1.2 Entry for State Championships for U13-U17

- i. Direct nominations apply for the U13-U17 via the LANSW Registration Portal.
- ii. The registration portal for nominations open Monday, 18 January and close on Sunday, 21 February 2021.
- iii. Qualifying Standards must be achieved in the 2020/21 season at any Little Athletics competition. If the Standard is achieved in an event outside of a Little Athletics competition, then the standard must be achieved under the Little Athletics specifications e.g. weights and heights and achieved when competing in their own age group.
- iv. Standards (will be posted Tuesday, 22 December 2020).
- v. Athletes can nominate/compete in up to 4 events only.
- vi. Top 2 from each Region then next top 8 from across the state will be selected to compete (they must meet the standards).
- vii. Announcement of successful athletes will be published by 28 February 2021.
- viii. A cap of 24 athletes per event.
- ix. There will be NO relays for the U13-U17 age groups.
- x. Multi-class athletes will have direct entry to State Championships. The online registrations will open in December and close at the end of January.

### 1.3 Entry to State Qualifying Meets for U9-U12

- i. Athletes may only compete in one LANSW State Qualifying Meet in a season.
- ii. No athlete will compete in more than 4 events, excluding the relays.
- v. Each Region will have a State Qualifying Meet (SQM) for those in the U9-U12 age groups.
- vi. To be considered to compete in the SQM, athletes must have achieved the qualifying marks set out by LANSW. See your LANSW Centre for qualifying marks for your Region.
- vii. Qualifying marks must be achieved this season, under the Little Athletics specifications e.g., weights and heights and achieved when competing in their own age group.
- viii. Athletes in the U9-U12 age groups must compete at and qualify for LANSW State Championship via a LANSW State Qualifying Meet.
- ix. Centres will be eligible to submit teams for relays
- X. There will be a cap of 24 athletes per event.
- xi. Multi-class athletes will have direct entry to State Championships. The online registrations will open in December and close at the end of January.

**Note:**

- o *Any places at a State Qualifying Meet not filled by the top 24 qualifiers will not be filled by additional next best performances.*
- o *The centre must forward entries in the approved format to the LANSW Competition Manager for all athletes representing their centre by 31 December.*
- o *All successful athletes will be published on or before 15 January 2021.*

### 1.3 Progression to next Level of Competition U9-U12

The relevant number of automatic qualifiers must be identified for progression to the next level (State) of competition, therefore the principal of elimination shall be used.

i. **Track Events**

- a. If there is a tie for automatic qualifiers when **timed finals** for track events have been held, then the higher placed athlete in their heat shall fill the automatic placing. If the tie still remains, a random process with equal probability (e.g., A coin toss) shall be used to determine the athlete to progress as automatic qualifier.
- b. If there is a tie in a **final where heats to finals** have been conducted, the referee will arrange for the athletes so tying to runoff. Runoffs will not affect the original placing of the athlete. If a runoff is not possible, a random process with equal probability (e.g., A coin toss) shall be used to determine the athlete to progress as automatic.
- c. Ties in other placings shall remain.
- d. All qualifying rounds, i.e., State Qualifying Meet to State, must adhere to these rules.

ii. **Field Events**

If there is still a tie after all countbacks have been checked, the tying athletes will be required to throw or jump off to determine which athlete progresses to the next level as automatic qualifier.

In high jump the following will apply:

- a. Athletes tying shall have 1 more jump at the last height at which any of those involved in the tie failed and if no decision is reached, the bar shall be raised if the tying athletes were successful or lowered if not.
- b. The bar shall be raised or lowered in 2cm increments.
- c. They shall then attempt 1 jump at each height until the tie is resolved. Athletes so tying must jump on each occasion when resolving the tie.

- ii. Where elimination is used the original result will not be altered in the official results.

## 1.4 Progression from State Qualifying Meets to State – Qualifying Standards

- i. Athletes must compete at and qualify for LANSW State Track & Field championships via an LANSW State Qualifying Meet (except U13-U17). Regions will be restricted to 2 automatic qualifiers per event, plus the next best 8 clear final performances across all regions, to a maximum of 24. See Appendix A, Progressions from Region to State, at the end of Section D.

**Note:**

- Any places at a region not filled by automatic progression will not be filled by additional next best performances from other regions.
- If an automatic qualifier is unable to attend the next level of championships, they may be substituted by the next ranked finalist from their event. The withdrawing athlete must have completed and submitted an official withdrawal form to the region coordinator, **on the weekend of the relevant championship.**

ii. **Qualifying Standard 1500m Walk**

- a. A maximum qualifying time for 1500m walk events for boys and girls are as follows: -  
U12      11.00min
- b. Athletes who cannot complete their 1500m walk within these time limits, at State Qualifying Meets, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships.

iii. **Qualifying Standard for High Jump**

Athletes who cannot attain the State minimum starting height for the relevant age groups (see 1.5 next page) at State Qualifying Meets, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships.

## 1.5 Relay Events – State Qualifying Meet/State

- i. Centre Teams  
Centres may enter a maximum of 1 relay team in each division.
- ii. Divisions
- a. Boys Junior
  - b. Girls Junior
  - c. ~~Boys Senior~~
  - d. ~~Girls Senior~~
  - e. Senior Relays will not be conducted in 2021
- iii. Team Composition
- a. Junior – 4 athletes (one athlete from U9, U10, U11 & U12)
- U12 may be replaced by an U9, U10 or U11
  - U11 may be replaced by an U9 or U10
  - U10 may be replaced by an U9
- NB. Athletes may compete in any age order.
- iv. Eligibility  
Minimum Age - Athletes must be genuine U9 and older.
- v. Age Substitution  
No age substitution is permitted apart from that shown in iii above.
- vi. Team Progression – Region to State  
1 team per division will progress from Region to State.
- vii. Once the team qualifies, athletes may be replaced as required.

- vii. To be eligible for the relay teams' athletes must be registered with LANSW.

## 1.6 Rules Specific to State Qualifying Meet/State

### i. Track Times

- a) The normal rules for timing an event apply, with the exception that hand times will be to the 1/100<sup>th</sup> of a second rather than 1/10<sup>th</sup>.
- b) For progression purposes manual times will be adjusted by adding: -
- 0.24 secs to the actual time for events up to and including 200m, and
  - 0.14 secs to the actual time for events over 200m and up to and including 400m.
- c) On all result sheets at regions that use handheld times, there must be a sentence advising that this adjustment will be made in order for progressing athletes to be determined.

### ii. High Jump – starting heights (applies to State Qualifying Meets and State Champs)

The starting height for high jumps will be as follows: -

Age	Boys	Girls
U9	0.95	0.90
U10	1.05	1.00
U11	1.15	1.10
U12	1.25	1.20
U13	1.30	1.25
U14	1.35	1.30
U15	1.35	1.30
U17	1.40	1.35

### iii. Reserves to Finals

Reserves to finals have been deleted from all levels of competition, Region & State and should not be listed.

## Local Rules

- i. To be accepted as a local rule, rules listed in the conditions of hiring a ground, e.g., spikes, blocks etc. apply to all carnivals conducted at that ground, including State Qualifying Meet and State.
- ii. Any other local competition rules which have been submitted and approved by LANSW before they can be used at State Qualifying Meet and State. This is to be done on a carnival-to-carnival basis.
- iii. Local rules may not contradict Little Athletics NSW rules.

## 1.8 3000m

Region Coordinators are permitted to move the 3000m to suit weather conditions.

## 1.9 400m – Timed Finals

All 400m events at all State Qualifying Meets and the State Track & Field Championships will be conducted as timed finals.

Each timed final heat will be seeded slowest to fastest using the athletes' region performances. Performances from all timed finals will be combined to determine the overall places for each age group.

## 1.10 800m – Timed Finals

All 800m events at the State Track & Field Championships will be conducted as timed finals, which will be seeded, using the athletes' performances from Regions, with the 12 fastest athletes in the same heat, which will be conducted last. Performances from both timed finals will be combined to determine the overall places for each age group.

## 1.11 200m Hurdles & 300m Hurdles – Timed Finals

All circular track hurdles, i.e., 200m & 300m hurdles at all State Qualifying and the State Track & Field Championships will be conducted as timed finals.

Each timed final heat will be seeded slowest to fastest, using the results from the athletes' State Qualifying Meet (in the case of U9-U12) or Nomination (U13-U17) performances. Performances from all timed finals will be combined to determine the overall places for each age group.

## 1.12 Coaches Areas

Refer to Section C. 1.21.

## 1.13 State Qualifying Meets – Order of Events

Regions will supply their own program and submit them to LANSW for approval. Once approved, regions can then publicise their program to their members. The Region Coordinator must also provide the updated Region program to LANSW for posting on the LANSW website before the Region Championships.

## 1.14 Program for State Qualifying Meet/State

- i. A standard program at State Qualifying Meet / State Championships to consist of: -
  - a. Heats and Finals for 70m, 100m, 200m, 60m/80m/100/110m hurdles (where there are less than 8 entries these events would be conducted as straight-out finals
  - b. 400m, 800m, 200m Hurdles and 300m Hurdles will be conducted as timed finals.  
**NB.** Timed final heats will be seeded slowest to fastest using the athletes' zone or region performances. (The heat with the fastest athletes to be conducted last). Performances from all timed finals will be combined to determine the overall places for each age group. (**Note:** refer to 1.9 for conduct of 800m at State Track and Field Championships).
  - c. Other circular track events will be conducted as pack starts.
  - d. Field events (with the exception of High Jump) will consist of 3 rounds with the top 8 (with valid performances at the end of round three) having three additional rounds. (Note the normal rules regarding ties and progression will apply)
  - e. Timed Finals
- ii. If the Championships need to be altered, due to extenuating circumstances (e.g., adverse weather conditions), a compressed program should be used. The decision to compress the carnival shall be made during the carnival if circumstances warrant the change.  
A compressed program will consist of: -
  - a. Timed finals for all track events.
  - b. Field events (except for high jump) consisting of three rounds plus one additional round for the top eight.
  - c. The decision to reduce a Championship carnival to a compressed carnival will be made by: -
    - 1) Region Championships – Region Coordinator and/or Carnival Manager, Region Technical Delegate, in conjunction with Head of Competition.
    - 2) State Championships – Head of Competition, in conjunction with Carnival Manager and Technical Delegate (if appointed).