

1. What is ALAC?

ALAC is the Australian Little Athletics Championships, where athletes are selected by each Little Athletics Association to compete in a Teams format. In 2022 for the first time, it consists of 3 separate events, the ATC, ACEC & AMCC.

The ATC is the Australian Teams Championships, for the U13 athletes who compete in the Track & Field events in a Teams format.

The ACEC is the Australian Combined Events Championships, for the U15 athletes who compete in the Combined Events in a Teams format.

The AMCC is the Australian Multi-Class Championships, for the U13 and U15 Multi-Class athletes who compete in the Track & Field events.

2. What are the dates of the 2022 ALAC?

ALAC will be held over 2 days on Saturday 23rd April and Sunday 24th April, with the Teams attending a Track familiarisation activity on Friday 22nd April.

3. Where will the 2022 ALAC be held?

Lakeside Stadium – Melbourne Sports Centre. 33 Aughtie Drive, Albert Park. Vic, 3206.

Google Maps: Click [here](#)

The Opening Ceremony will commence at 9.15am on the Saturday with first event at 10.30am. First event on the Sunday will be at 9.15am and the closing ceremony will commence around 4.30pm.

4. Where can you park at Lakeside Stadium?

There are two car parks at Lakeside Stadium, along with some additional parking around the venue.

The main carpark is Aughtie Drive, the secondary carpark is Aquatic Drive which is behind the venue. Refer to Google map above.

Parking inside Albert Park is metered, taking credit card, some take coins.

Monday – Friday, 8.00am – 5.00pm, \$5.50 per hour, \$13.50 full day.

Saturday and Sunday, \$5.50 flat rate full day.

5. Where are the entry gates and drop off areas for the athletes?

There are two entry gates at Lakeside Stadium, Gate 1, and Gate 2. Due to the vicinity of the car parks and a large open space to meet, for both the Friday Track Familiarisation, and the Competition, Team Management and athletes are to enter the venue via Gate 2.

This is next to the Cathy Freeman room, where the Officials will be entering, and is behind the main grandstand, facing the Lake. There will be signs directing the way to Gate 2 from the main carpark.

Each Team will receive specific details from the Team Management on the times and location to meet, prior to entering Gate 2.

6. Are there any COVID protocols?

Due to the cancellation of the last 2 ALAC's due to COVID restrictions, the 2022 ALAC has been designed to take into account the current COVID protocols and recommendations from Little Athletics Australia and the Victorian Government to ensure the health and safety of all participants, spectators and officials.

Personal hygiene measures such as hand sanitising after touching surfaces and using toilets are essential, as well as observing the cough etiquette to minimise the risk of spreading any droplets.

Physical distancing is encouraged, especially around high traffic areas of the venue.

Athletes will be required to sanitise their hands prior to touching implements, including the starting blocks. Each field event site equipment and implements, will be sprayed, and wiped with surface disinfectant prior to each event.

Hand sanitising stands will be at each event site and at both entry gates, including the warm up track.

7. What are the vaccination requirements?

ALAC is being conducted under the Community Sport settings for vaccinations. While it is recommended to be at least double vaccinated, spectators, volunteers, officials, and athletes are **not** required to show proof of vaccination to enter Lakeside Stadium.

8. Do you require to scan in with a QR code at Lakeside Stadium?

Yes, everyone 18 years and older are required to scan in using the QR code to enter Lakeside Stadium, but they do not need to show proof of vaccination.

It is suggested that all Interstate parents / guardians and Team Management, download the Services Victoria app prior to attending, to minimise the time delays at the venue.

Here are the links to either the App Store or Google Play.

<https://apps.apple.com/au/app/service-victoria/id1438062029>

<https://play.google.com/store/apps/details?id=au.gov.vic.service.digitalwallet.citizen>

9. What are the requirements for COVID Testing prior to travelling or attending?

It is the recommendation of Little Athletics Australia, that all attendees provide a Negative RAT test prior to travel and attendance at ALAC, however, it is not mandatory. If someone has recovered from COVID-19, they are not required to get tested or isolate within 8 weeks of ending their isolation period. It is important to check with each Team Management if there are additional policies imposed by each Team.

10. What is the Working with Children Check requirements for Interstate Officials, Team Management and Athlete assistants?

Officials, Team Management and Athlete Assistants, who normally live outside Victoria and hold an equivalent Check from their home State/ Territory, can do child-related work in Victoria without a Check for a maximum of 30 days in a calendar year, which can comprise one or several events or occasions.

LAA will ensure each volunteer holds the appropriate Child safety checks.

11. Will there be First Aid or Physio available?

St John's will be providing the first aid services for the event, looking after the basic first aid requirements. In addition, inside the Teams area, there will be two physio's providing injury assessment, taping and massage for the athletes. They will be located at the end of the grandstand, outside the track call room and entrance to the warm up track.

12. Is there a Café at Lakeside stadium?

Yes, there is a Café serving food and drinks, along with a pop up coffee van.

13. Can we bring eskies/food into the venue?

Yes, you can bring eskies/food into the venue, no alcohol is allowed.

14. Will the athletes be supplied with snacks, lunch, and drinks?

Yes, the athletes will have access to snacks and bottled water, along with lunch on both days. The athletes are required to pre-order their lunches, the order form has been sent to each Team Management for distribution. Athletes are advised to bring along a drink bottle and then fill up as required, to minimise any potential swapping of water bottles or wastage.

15. When will the athlete badge swap happen?

Due to the varying Team sizes this year, and without a formal Teams welcome on the Friday, the Team Managers will control and distribute the swap badges. Each Team will be asked to bring along enough badges for each team size, which will be advised. The Team Managers will organise the distribution of the badges on the Friday and Saturday once they receive them.

16. When will athletes receive their Competition bibs?

Team Managers will be given the athlete bibs on the Friday. The Team Managers will determine when to distribute them.

17. Do bibs have to be worn on the front and back of the uniform?

Yes, every athlete shall be provided with two bibs which, during the competition shall be worn visibly on the front and back of their uniform, except in the jumping events, where only one bib is required to be worn on the front.

18. Which flag should the Team captains carry in the Opening Ceremony March Past?

The Member Association vinyl banner will be provided by LAA on the day which displays the Association logo.

19. What Team formation is required for the Opening Ceremony March Past?

Teams should march with 7 athletes across, on the track lines from lanes 2 to 8, with the 2 Captains carrying the Member Association vinyl banner in the middle lanes.

20. What uniform is required for the March Past?

Full ISC tracksuits and ISC cap must be worn in the March past.

In the event of hot weather, the Competition Manager will inform Teams on the morning of the opening ceremony whether tracksuit jackets may be taken off. In this instance the ISC T-shirt must be worn underneath.

21. Can athletes wear a shirt underneath their competition singlet?

Athletes will be allowed to wear a short-sleeved t-shirt under their competition singlet if they choose, however it must be plain white or the same colour as the competition uniform and have no other branding showing other than ISC.

22. Do singlets need to be tucked in during competition?

No, provided that all numbers (e.g. hip numbers for non-laned events) are visible.

23. Can athletes have a choice of which bottoms to wear in competition, from the supplied official uniform?

Yes, they can wear whatever they feel most comfortable in, from the choice of items supplied by ISC.

24. Can athletes wear bike pants underneath their shorts?

Yes, athletes may wear bike or compression pants underneath their supplied uniform, provided they are the exact same colour as the team uniform or black and do not have any branding (other than ISC).

Compression pants with branding or contrast stitching cannot be worn. Taping over logos is not permitted.

If longer plain tights are worn under the shorts they need to be above the knee.

25. Which socks should be worn in competition?

Athletes will be allowed to wear any competition socks they choose (including compression socks); however all socks must be below knee height and compression socks must be either ISC branded or non-branded. All socks must be designed to be non-objectionable with the organising body having the ability to determine final suitability.

Parents and Athletes please note: Some Associations may already have Team Uniform Rules in place regarding socks, so please check with your Association regarding uniform rules.

26. What spike lengths are allowed at Lakeside Stadium?

The maximum allowable spike length is 7mm for the Track, and 9mm for Field events.

Needle or **Pin** spikes are not allowed. If an athlete is found with needle or pin spikes, they will need to be replaced otherwise, they will not be permitted to commence or continue in their events, until replaced.

 Christmas tree	 Pyramid	 Needle	 ASICS Compression
Approved	Approved	NOT Permitted	NOT Permitted

27. Where can athletes warm up?

There is a 6 lane, 60m warm up track behind the back straight grandstand which also has a sand pit and run up for Long and Triple Jump. There is a Discus cage and Shot Put ring for warm ups. Only if the Discus cage is empty, can Javelin practice throws occur. The timetable of events for both days should facilitate these warm up throws. It is up to each Team Management to manage the warm up facilities. Starting blocks, Hurdles and practice Hurdles, throwing implements will be made available to use.

28. Will the athletes be allowed to use the back straight for warm up?

No, all warm up is to occur on the warm up track.

29. How many events can the athletes compete in?

For both the U13 ATC and U13 & U15 Multi-Class, the athletes can compete in a maximum of 6 events.

In the U13 ATC, the 6 events include the Relays. Athletes can compete in both Relays. The U15 ACEC consist of 7 Individual events and 1 Mixed Relay.

30. How many athletes are in each event?

In the U13 ATC, each event can have up to 3 athletes, except the Race Walks which has up to 2 athletes.

In the U13 & U15 Multi-Class events, there is no limit to the number of athletes in each event.

In the U15 ACEC, each event can have up to 3 athletes.

31. How many athletes score points in each event?

In both the U13 ATC and U15 ACEC, the top 2 athletes in each event score the Team points.

32. What is the structure of the Relays?

The U13 ATC have the 4 x 100mts Relay and the Swedish Medley Relay, in order is 100mts, 300mts, 200mts, 400mts.

The U13 Relays are split across both days, with the 4 x100mts on Saturday and the Swedish Medley on Sunday. Both are the last events of the day for the U13 athletes.

In the Swedish Medley Relays, the first 100mts is run in lanes, starting at the 200mts start line, the first change occurs on the bend at the beginning of the front straight in the 30mt changeover zone, the second athlete running the 300mt leg, can leave their lane at the end of the changeover zone, which will have lane cones marking the position. The next two changes are both unlaned, within the 20mts changeover zone.

The U15 ACEC have a Mixed 4 x 100mts Relay, consisting of 2 Girls and 2 Boys. This Relay is the final event for the Combined Events athletes and is scheduled as the last event on the Sunday.

In all Relays, U13 ATC and U15 ACEC, the Relays are worth double Team points.

33. Can athletes do a Standing Start for Sprints, Hurdles, and Relay events?

Yes, either a crouch start, or a standing start may be used by the starting athlete.

Athletes wearing spikes, cannot do a crouch start without using blocks.

34. What is the Track Call Room / Field Marshal Point times for events?

Athletes must be in the Track Call room, 15mins prior to the Track event time, for all age groups, U13 and U15.

Athletes must be at the Field Marshal Point, 25mins prior to the Field event time, for all age groups, U13 and U15.

Multi-Class Assistants/Guide Runners must present with their athletes, at the times listed above.

35. Will athletes be called over the PA for events?

No. Athletes will be expected to be at the Track Call Room, or Field Marshal Point at the allocated times for the U13, U15 and Multi-Class events.

36. How will Clashes be managed?

A Clash manager and Clash marshal will be responsible for all clashes and will ensure that athletes are taken from one event to another. The clash reports will be created once the final team entries are submitted and sent to each Team Manager for their reference. Each Field Event Chief Official will also have a copy of the clashes, and will ensure the athletes have as many attempts as possible or warm up attempts, prior to leaving the Field event, under the supervision of the clash marshal. Athletes can compete out of order and out of round in all rounds.

It is not permitted for an athlete to have two or more consecutive trials (with the exception of seated throws), nor can an athlete demand to have a trial that has been missed. Note: The first three rounds of trials must be completed, and a final eight determined prior to any other subsequent rounds of trials being commenced.

For High Jump, where a clash of events occurs, the Chief Judge may allow the athlete to compete out of order. The athlete re-joins the competition at the current height of the bar.

37. What events have Heats, Timed Finals or a Final?

In the U13 ATC, events up to and including the 200mts and 200mt Hurdles have up to 3 Heats and a Final. The 400mts are up to 3 Timed Finals. The 800mts are up to 2 Timed Finals. The 1500mts and 1500mts Race Walk are a single Final.

The U13 & U15 Multi-Class 100mts, 200mts and 800mts, are all a single Final.

The U15 ACEC events are up to 3 Heats only.

38. How many trials will be conducted in the Field events?

In the U13 ATC, athletes will have 3 trials, and the top 8 will have 1 additional trial. The last trial will be in reverse order.

In the U13 & U15 Multi-Class, all athletes will have 4 trials, the last trial will not be changed.

In the U15 ACEC, athletes will have 3 trials only.

39. How are finalists determined for Track events where 3 heats are conducted?

The winner in each heat, plus the next 5 fastest performances across all heats, will progress to the final of 8.

40. If an athlete qualifies for a final and then subsequently scratches or is injured, will another athlete be progressed to the final?

No, only those athletes who qualify for the final after the heats have been completed, will compete in the final.

41. Where there are Timed finals, which one will be run first?

The seeding will be based on the athlete's performance achieved at their Association's State Track & Field Championships, or where they did not compete in that event, their season best shall be provided. If no performance is provided, athletes will be ranked last.

The final with the lowest ranked athletes will be run first and the final with the highest ranked athletes running last.

In the 400mts the lane allocation will be seeded, in the 800mts, lane allocation is random.

42. What happens with Relays if events are running late?

Relay events will not commence until all other events have been completed. We want to enable all athletes the opportunity to watch their teams compete in the relays and to cheer them on.

Athletes will be allowed to cheer from inside the venue, standing in the D at both ends of the track. An Official will supervise the athletes.

43. How are the Relay runners listed on the Relay Form?

As we are providing Live Streaming commentary, Relay runners must be listed in running order.

The Relay team sheets are due 75mins before each Relay on the day of competition. They are to be submitted to the Administration manager – Debbie Baskin inside the Presidents room in the main grandstand.

44. Where will the Coaching areas be located at the venue for the Field events?

Each Field event will have a coach's area located inside the field of play close to the event, which will be marked by cones and where possible seats.

45. Who will be allowed to coach the athletes? Will it just be Team Management?

Yes, only accredited Team Management as per the ALAC Competition Regulations 2022

"Only accredited Team Management shall be permitted to coach athletes from within the areas reserved for this purpose. The coaching areas must be clearly defined."

46. What will be the distance of the Long Jump board from the leading edge of the pit?

The Long jump take off board at Lakeside is 1.5mts from the front edge of the pit.

47. What are the distances of the Triple Jump take off boards?

There will be three take off lines set at 7m, 9m and 11m.

48. Will a plasticine indicator board be used for the Long Jump and Triple Jump foul lines?

No.

49. What are the Starting Heights for the U13 ATC High Jump?

Girls starting height is 1.20m

Boys starting height is 1.30m

50. How will High Jump be conducted for the Combined-Event athletes?

The High Jump will be conducted on one mat only, the benchmark of one (1) metre will be used. Each bar increment will be at 3cm intervals.

51. How will the 800m events for the U15 Combined Events be conducted?

For each gender, there will be two heats. The 10 highest ranked athletes, based on points after the sixth event will compete in the second heat, and the rest of the athletes will compete in the first heat. This allows for the 10 athletes in contention to win the event to compete in the one heat.

52. How will the Medal presentations be organised?

Medal presentations have been scheduled throughout the weekend close to the conclusion of events. The first 3 placegetters in each event once confirmed, both track and field, will be taken to the medal presentation marshal area after the completion of the event, except where ceremonies have been scheduled later.

Once the official results have been verified, the athletes will walk out from the marshal area accompanied by the presentation officials, across the track to the dais.

Due to COVID protocols, the medals will be carried on cushions and collected by the athletes themselves. The Combined-Event presentations are scheduled to be the last presentations prior to the closing ceremony.

53. Where will the Medal presentation marshal area be located?

The medal presentation marshal area will be inside the tunnel on the front straight, directly opposite the presentation dais.

54. What uniform is required for Medal presentations?

In most cases medal presentations will occur at the conclusion of an event. ISC tracksuits and athlete's shoes must be worn for medal presentations. The athletes' clothes will be taken to the finish line by the basket carriers for all Track finals. In Field events, the athletes should pack these in their bags.

55. Will there be live results?

Yes, we will be using the Results Hub platform, which links to the Meet Manager program to display live results. The link will be sent to all Team Managers for distribution, it will also be on the home page of the Little Athletics Australia website. This can be viewed on all devices, it will be available as an online program displaying the start lists in heat, lane and competing order for the field events, from the Wednesday prior to the competition. The results from Results Hub are only provisional, as they can change, especially for events such as the Race Walks and Relays, where the officials need to confirm any disqualifications. The official results will be placed on the window outside communications and a copy will be given to each Team Manager. The Results Hub platform will display the official results once they are confirmed. The Team points will not be displayed in the Results Hub platform.

56. Will Team point scores be announced throughout the competition?

We will announce point scores periodically throughout each day.

57. Will the Individual Combined Events points be regularly supplied?

Yes, a report listing progressive points will be supplied to each Team after each individual discipline has been completed. These will also be available in the Results Hub platform. The Team points will not be listed in Results Hub.

58. What happens in the case of a wet or very hot weekend?

The event will go ahead. The ALAC Competition Committee will continuously monitor the conditions and will follow the guidelines set out in the Coles LAA ALAC Extreme Weather policy. The policy can be found on the Coles Little Athletics Australia Website under About Us/Constitutions and Policies/ ALAC Extreme Weather Policy

Events may need to be delayed or postponed. The ALAC Competition Committee will advise of the contingency plan.

59. Will programs be available at the championships?

No, programs are not being produced, as the Results Hub platform will have the start list. The names of the Athletes and the Team Management for each Team will be listed on the LAA website, along with other important information, such as timetables, maps and the Results Hub link.

60. Will parents, spectators or private coaches have access to the Teams' area?

Parents, spectators and private coaches will NOT be allowed access to the Team's area. There will also be other restricted areas around the venue where parents, spectators and private coaches will not be permitted, such as the Warm up Track, or Presentation Marshal Point.

Depending on the travel arrangements for each Team, once the athletes are dropped off to the designated area according to the Team Management, the athletes remain under the supervision of the Team Management. Each Team will determine where they meet the parents at the end of the day's competition, however it will not be in the Team's area, it should be outside the venue, near Gate 2.

61. Are athletes allowed to sit with their family and friends?

No, athletes will not be permitted to sit in the grandstand with family and friends during the competition period, regardless of if they have finished competing.