

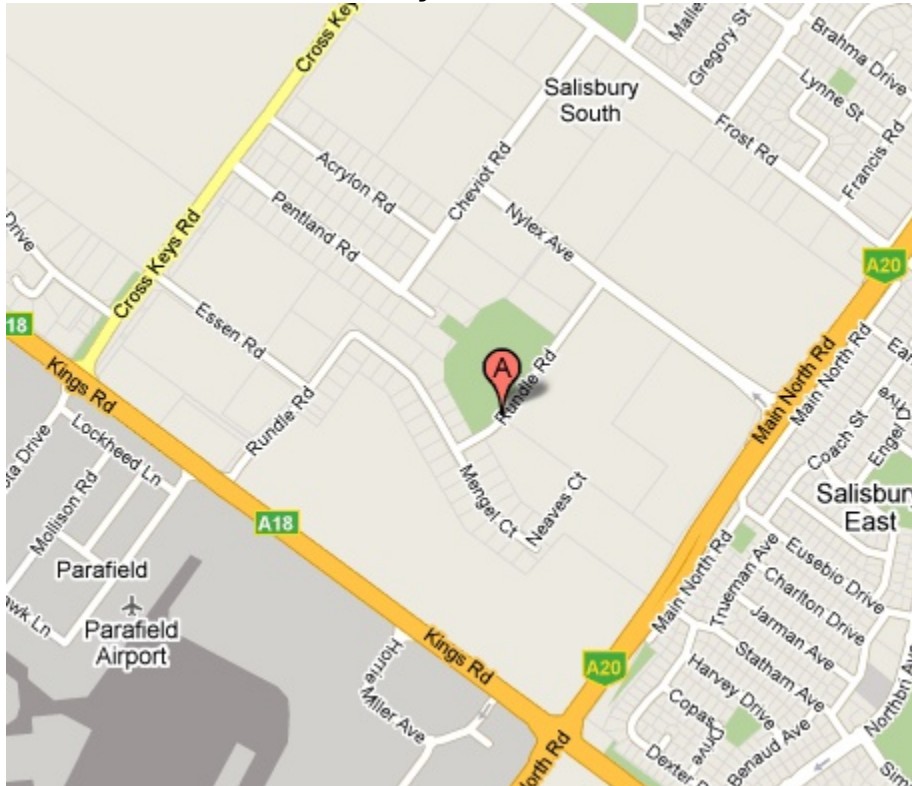


THE SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION INC.

IGA State Relay Championships - Competing Centres' Information

Location

Salisbury East Little Athletics Centre
Rundle Road, Salisbury South



Parking

On-street parking is available in the streets around the venue. Local businesses have been approached for use of their car parks - those that can be used will have signs indicating parking is available.

Centres are encouraged to promote car-pooling amongst their members for this event.

Centre Tents

Centres who wish to set up tents for their members may do so on the eastern side of the arena. Tents are to be set up in two rows in this area. Centres that are setting up more than one tent are requested to set them up one behind the other.

Centres are requested to ensure that their area is left clean and tidy at the end of the day.

Spectators may also utilise the areas around the northern and western sides of the track.

March Past

The march past of centres will be conducted at 11:00am. Centres are to assemble on the back straight following the conclusion of the last event of the morning session. Centres are requested to have their athletes march in the marked lanes.

All balloons, streamers, etc must be removed from the track area following the march past and disposed of appropriately.

Marshalling

Track events will be marshalled under the veranda of the equipment sheds at the northern end of the arena, 15 minutes before the scheduled starting time of the event. Only complete teams of 4 athletes will be permitted into the marshalling area.

For field events, athletes are to marshal directly at their field event area, 15 minutes prior to the starting time of their event.

Posting Board

Results will be posted to the notice board located near the marshalling area. Note that only track event results will be posted during the day.

Toilets

The main toilet block is located in the club rooms – please enter through the door at the western end of building.

Additional toilets will be located behind the equipment sheds.

Catering Facilities

Canteen and BBQ will be available, as will a Coffee Van.

First Aid

St John First Aid will be located in the Club Rooms.

Warm Up Area

The area at the southern end of the track, from the club rooms to the green shed are reserved as a warm up area.

Track and Field Facilities

The main running track is dolomite, the Long Jump and High Jump have synthetic run ups and all throwing circles are concrete. Both discus rings have throwing cages.

Footwear

The standard rules for athletes footwear applies at this meeting. From the rules of competition:

1.1 Footwear - Spikes

Shoes are compulsory for **ALL** competitors in **ALL** events.

1.1.1 Definitions

1. Spike(s) – A metal spike inserted into the sole of a spike shoe
2. Spike shoe - A shoe with screw holes in the sole capable of accepting spikes.
3. Moulded sole - A shoe with plastic or rubber mouldings in the shape of spikes or wedges protruding from the sole of the shoe.

1.1.2 Safety

Spiked shoes should not be worn in the stands or outer areas of the track.

1.1.3 Rules

1. All shoes must be a running style shoe. A running style shoe is one that encloses the foot and is fastened with laces and/or Velcro. Shoes intended as football boots or similar will not be permitted.
2. Athletes in the Under 12 age group and above may wear **spike shoes with spikes fitted** in the following events:
 - a) Track events - 100m, 200m, 400m, 60m Hurdles, 80m Hurdles, 90m Hurdles, 100m Hurdles, 200m Hurdles.
 - b) Field Events - Long, Triple and High Jumps and Javelin.
 - c) Those sections of a relay held wholly in lanes (i.e. all runners in a 4x100m, only the first runner in a 4x400m.)
3. Athletes in the Under 9 to Under 11 age groups may wear **spike shoes with the spikes removed** in the following events:
 - a) Track events - 70m, 100m, 200m, 400m, 60m Hurdles.
 - b) Field Events - Long, Triple and High Jumps, Javelin.
 - c) All runners in a 4x100m relay, the first two runners in a 4x200m relay, and the first runner in a 4x400m relay.
4. Spikes must not exceed 7mm in length.
5. Spikes, spike shoes or moulded sole shoes cannot be worn in the shot put or discus events.
6. Spikes are not permitted for the 800m, 1500m, Walks and those parts of the relays not conducted in lanes. Spike shoes with the spikes removed and moulded sole shoes are permitted in these events, however if in the opinion of the marshals or start area officials the shoe has elements that may cause injury to other athletes, the athlete will not be permitted to wear the shoe.

7. Blanks may be used in a spike shoe, however if in the opinion of the officials the blank protrudes excessively from the sole of the shoe and may cause injury to other athletes, the athlete will be required to remove the blanks.