Region Track & Field Championships

Region Track & Field for season 2012/13 was held at numerous venues over the weekend of Saturday, 23rd and Sunday, 24th February.

All Regions, Centres, Team Managers and athletes are to be congratulated on their hard work and effort in ensuring the weekend was a success.

LAVic Office Closures

Please note the following office closures to the LAVic Office:

- Closed on Friday, 22nd March (Staff will be in Bendigo in preparation for State Track & Field)
- Closed on Friday, 29th March (Good Friday Public Holiday)
- Closed on Monday, 1st April (Easter Monday Public Holiday)
- Closed on Thursday, 25th April (Anzac Day Public Holiday)

Keep up to date with what’s happening at LAVic by ‘Liking’ us on Facebook.

For a limited time, simply ‘like’ us to be in the running to win a fantastic LAVic prize pack!*

*Competition closes on 31 March. Eligible to new ‘likes’ only. Must be a registered member of LAVic to win.
The 2013 IGA State Track & Field Championships are being held this weekend at La Trobe University Athletics Complex, Retreat Rd, Bendigo.

A final list of Qualifiers and Progressions has been sent to all Centre Team Managers, and is also available for viewing on the LAVic website along with other relevant documents including the timetable, venue map, and all the Rules and Regulations.

Little Athletics Victoria would like to wish all athletes competing the best of luck and let’s keep our fingers crossed for some fine weather!

Please find below some final reminders for the State Track & Field Championships:

**Call Room – Uniforms**

All athletes competing at State Track & Field this weekend are reminded that they must present at the Call Room in full competition uniform. The legality of their uniform will be checked upon entry, and an athlete will not be permitted to enter the Call Room if they are wearing tracksuit pants or a jumper over their uniform.

This is a new process and the overall intention is to increase the efficiency in the Call Room and to ensure that all athletes are competing in correct Centre uniform. Once inside the Call Room, athletes will be permitted to put on their tracksuit/jumper if they desire.

In addition, athletes are reminded that all Centre uniforms worn at Region and State Championships must have the red IGA patch sewn on the front of their uniform. If you are unsure of the desired location please contact your Centre Secretary.

**National Anthem**

The Australian National Anthem will be sung at approximately 8.20am this Saturday prior to the commencement of the first event.

An invitation is extended to an athlete to sing the anthem, so if you are interested and available can you please contact the LAVic office as soon as possible. You will then be contacted to confirm the final arrangements.

**Admission Tickets and Programs**

Weekend admission tickets and programs will be on sale at the track on Friday night from 6pm until 8pm. Come along on Friday night to take advantage of these great early bird opportunities and avoid the weekend queues.

**U6-U8 Friday Night Festival Clinic**

120 U6-U8 athletes will be participating in the 2012/2013 Friday Night Festival Clinic at La Trobe University Bendigo Athletics Complex. The clinic will run from 6pm until 7pm so come along, cheer on your friends and enjoy the fun.
**Road Closures**

Please be advised of the following major road closures on Sunday, 24th March due to the Run for the Kids and the Ironman Triathlon:

<table>
<thead>
<tr>
<th>Road</th>
<th>Section</th>
<th>Direction closed</th>
<th>Closure time</th>
<th>Re-open</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alexandra Ave</td>
<td>Southbank Blvd to Swan St Bridge</td>
<td>Both Directions</td>
<td>6:45am</td>
<td>10:30am</td>
</tr>
<tr>
<td>Swan St Bridge</td>
<td>Alexandra Ave to Batman Ave</td>
<td>Both Directions</td>
<td>6:45am</td>
<td>10:30am</td>
</tr>
<tr>
<td>Domain Tunnel*</td>
<td>Monash Fwy to West Gate Fwy</td>
<td>Westbound Only</td>
<td>N/A</td>
<td>11:00am</td>
</tr>
<tr>
<td>West Gate Fwy</td>
<td>Domain Tunnel to Bolte Bridge</td>
<td>Westbound Only</td>
<td>7:30am</td>
<td>11:00am</td>
</tr>
<tr>
<td></td>
<td>From West Gate Fwy outbound</td>
<td>Northbound Only</td>
<td>7:30am</td>
<td>11:45am</td>
</tr>
<tr>
<td></td>
<td>From West Gate Fwy inbound</td>
<td></td>
<td>7:30am</td>
<td>11:45am</td>
</tr>
<tr>
<td>EastLink</td>
<td>Frankston Fwy to Springvale Rd</td>
<td>Southbound</td>
<td>4:30am</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Frankston Fwy</td>
<td>EastLink to Frankston-Dandenong Rd</td>
<td>Southbound</td>
<td>4:30am</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Cranbourne Rd</td>
<td>Davey St to Fletcher Rd</td>
<td>Northbound</td>
<td>3:00am</td>
<td>7:30pm</td>
</tr>
</tbody>
</table>

* Domain Tunnel will be closed on Saturday, 23rd March for maintenance.

If you are travelling to Bendigo on Sunday morning please ensure you plan ahead and give yourself plenty of time.

**McDonald’s Bring a Friend Competition Winners**

Congratulations to Rhys and Aiden from Diamond Valley who were the winners of our Bring a Friend competition for this season. Rhys is now the proud owner of an exciting new IPod bundle, and Aiden has won a McDonald’s Party with special guests Vicky and Victor.

**Little Athletics Nunawading receive a McDonald’s Sponsorship Grant**

Congratulations to Little Athletics Nunawading who were the successful recipients of a McDonald’s $1000 Equipment Grant. The grant will go towards the cost of new Starter pistols and radios for Starters and Officials.

Pictured: Nunawading Centre Chairperson, Claire Seeley and the centre’s most experienced starter, Vicky Robertson, receiving the Cheque from McDonald’s Customer Representative, Jan Delaney.

McDonald’s also provided a canopy for the young athletes. The under 6’s certainly put it to good use.
Royal Children’s Hospital/ Relaython Fundraising

Congratulations to all Centres who participated in fundraising events for the Royal Children’s Hospital Good Friday Appeal. Those Centres who conducted the Relaython event reported that they had a great time.

“We really enjoyed it again this year with a good lot of Athletes and parents getting involved. It's something different and a good fun day. The kids really loved the RCH baton flying around in lane 8...We had our 'I ran for the RCH' badges again this year which were very successful” Tracy Wilson, President, Bendigo Little Athletics Centre.

Royal Children’s Hospital Good Friday Appeal 2013

Every year, LAVic set up an interactive site during the Royal Children’s Hospital Good Friday Appeal at Etihad Stadium. Not only is this a fantastic way to support a great cause, but it also allows us to get involved with the community and spread the word about all things Little Athletics.

If you’ve never visited this site on Good Friday, what a day you have missed! It is an action packed affair with plenty of activities on offer, celebrities walking around the ground, great prizes to be won and of course, the opportunity to appear on television.

This year, we are excited to announce that superstars Ryan Gregson, Jeff Riseley and Kaila McNight will be in attendance.

Little Athletics is calling on volunteers to assist on the day in managing our activities which include coordinating races, a throws area, a jumps area, blowing up balloons and talking to the public about Little Athletics. We would love to see some new faces assist, so if you can spare a few hours on Good Friday to support a very worthy cause, please email Alex Lewis at the LAVic office.

Ideally, we require assistance in two shifts: Morning (10:00am – 1:00pm) & Afternoon (1:00pm – 4:00pm). When your shift concludes, please feel free to stay and enjoy the many other activities available, which would normally require a gold coin donation to join in.

Athletes attending are encouraged to wear Centre uniforms to help promote their Centre.
Junior Development Squad

The Junior Development Squad (JDS) gives U12 – U16 athletes an opportunity to gain new skills and improve technical competencies through participation in coaching and training sessions with some of Victoria’s leading coaches. Training with other keen and enthusiastic squad members is both fun and motivational, and helps develop new friendships based on an enjoyment of athletics. The emphasis on learning new athletic skills and improving on existing skills is done so in a friendly and supportive environment. The program consists of coaching days, invites to events, and a highlight for the year is the JDS Coaching Camp.

Although JDS doesn’t commence until next season, with the first activity in October, to join JDS, athletes must achieve the qualifying standard in their current age group of this season. Thus, current U11 athletes must qualify against the U11 standards, U12 must qualify against the U12 standards etc. Athletes must achieve One standard on two separate occasions or Two different standards, once. This ensures that the performances demonstrate consistency rather than a once off.

The new JDS qualifying standards for Season 2013-2014 can be found here. Each year the JDS qualifying standards are reviewed to ensure athletes have an opportunity to qualify. This year, we have released the standards in time for State Track & Field so athletes can use this event as an opportunity to qualify.

The online registration for the 2013 -2014 JDS will be released late June / early July and will be on the LAVic website.

Cred-Up & Cash Up! Level C and B Officials Courses

The first of the Cred-Up & Cash up Officials course for this year will take place at Ballarat on Friday, 19th and Saturday, 20th April 2013 and is open to any interested member of the local athletics community (Athletics Victoria, Little Athletics Victoria, Schools etc.).

The following discipline specific Level C and B Officiating sessions will be offered:

- Track: 6:00 pm – 9:00 pm Friday, 19th April
- Throws: 9.30 am – 12.30 Saturday, 20th April
- Jumps: 1.30 pm – 4.30 Saturday, 20th April

Please note, to be a fully credentialed Athletics Australia Level C or B Official, one must attend all three discipline specific information sessions, and successfully complete the subsequent open-book quizzes. A fantastic gift will also be provided to all those who complete the course.

CLICK HERE for Flyer and Application form.

If you require any additional information, please feel free to contact Andrea on (03) 8646 4500 or via email Andrea Hallett.
Upcoming Event Information

Melbourne IAAF World Challenge

The Melbourne IAAF World Challenge will take place on Saturday, 6th April at Lakeside Stadium, Albert Park. It will feature a large contingent of the Australian Flame including Olympic long jump silver medallist Mitchell Watt and former pole vault Olympic champion Steve Hooker, with our best track and field athletes set to face off with international superstars including sprint sensation Asafa Powell and a bounty of athletes from across the world.

Tickets for the Qantas Melbourne World Challenge are ON SALE NOW, and by pre-purchasing your ticket you can help your centre WIN $2000 of Asics gear.

Winning is easy - the centre who purchases the most tickets is set to take home this great prize.

The unique 20% discount promotional code for your centre can be found HERE. Visit the Ticketmaster website HERE, use the code when you purchase your ticket, and your centre is on its way to winning!

The code for every centre can be used as many times as required, so spread the word with your family and friends, it will be a huge afternoon of track and field!

Melbourne Sprint Challenge

In conjunction with The Melbourne World Challenge on Saturday, 6th April, LAVic will be running 10 x 100m races throughout the program. This exciting event will offer LAVic athletes to mix with some of the best runners not only in Australia, but the world.

We received an overwhelming response from athletes and we are excited to announce that we have reached capacity. If you missed out this time around, please come along and support your local centre and team-mates. The ‘Melbourne Sprint Challenge’ will take place during the main program commencing at approximately 5pm.
Australia Post Stawell Gift

Experience the hype and run on the same track as Asafa Powell, 3 time world 100m finalist and the fastest man ever to run at Stawell.

LAVic in conjunction with McDonald’s, have joined forces to include four handicap events throughout the Easter long weekend ranging from 100m to 1600m.

Event details are as follows:

- 100m Boys & Girls: Heats and Finals- Sunday, 31st March
- 400m: Heats - Sunday, 31st March / Final - Monday, 1st April
- 800m: Heats & Final - Saturday, 30th March
- 1600m (1 mile) **U11 - U16 athletes ONLY**: Monday, 1st April

To view the timetable schedule for the Easter weekend please click [here](#)
To view confirmed entrants please click [here](#)
Please visit our [website](#) for additional information.

State Road Relay Championships

The 2013 State Road Relay Championships, held in conjunction with Athletics Victoria, is returning to Sandown Racecourse this year and will be held on **Saturday, 11th May**.

Now in its second year as a State Championship, the event features U7 – U15 athletes in teams of 3 running alongside some of the best senior athletes from around the state.

Sashes will be presented to team members of the first three placegetters on the day, and a trophy will be awarded to the leading Centre based on entries per capita and team performances.

Further information will be released in the coming weeks but please mark the date down in your diary!
State Cross Country Championships

The 2013 State Cross Country Championships will once again be held at Larnder Park, Lardner (Warragul) on Saturday, 3rd August.

This is the premier Cross Country event for the season so it is not to be missed!

Entry details and further information will be available very soon.
Australian Little Athletics Championships (ALAC)

This year’s ALAC will be held in Canberra on Sunday, 28th April.

These Championships showcase 22 – U13 athletes and 4 – U15 athletes who have been selected to represent the State in a National Competition in a one day event. The U13 athletes compete in individual events, scoring points for the team, with each State vying for the Trevor Billingham Trophy.

The U15 athletes compete in a multi-event competition and again, accumulate points for the team and contest for the Life Members Trophy.

The initial process is to select a State Squad, which was completed for the U15 athletes at the conclusion of the State Multi Event Championships in December.

Congratulations to the following athletes on their selection:
Andrew McGrath (Brighton), Jake DiPalma (Whittlesea City), Jonathan Taylor (Box Hill), Andrew Bialecki (Ringwood), Ellie Sanford (Waverley), Amy Benifer (Ringwood), Phoebe Condon (Box Hill), Ashlea Byslma (Ballarat), Keely Henderson (Whittlesea City).

The selected athletes will now be involved in a number of activities and training sessions over the next couple of months with the final 4 team members being selected in early April.

In regards to the U13 athletes, an initial squad will be selected at the conclusion of the State Track & Field Championships. All athletes competing will be considered, and selection is not necessarily based on your placing at our State Event. There are multiple factors taken into account, and athletes are selected on their versatility in a number of events rather than just one event. All medal recipients in the U13 age groups will be asked to try on a State uniform in Bendigo however, please note that this does not guarantee selection.

To any U13 athletes who are interested in being in this team, there is no application process. Instead, a group of selectors will view performances at both Region and State Championships. We do however ask that you discuss this event with your families and consider that if you are selected into the State Squad, there will be weekly requirements to attend training sessions which will commence on Easter Monday. Athletes unable to attend one or more of the allocated training days may be ineligible for selection.

The final team of 22 U13 athletes will be selected in mid-April with the team travelling to Canberra on Friday, 26th April and returning to Melbourne on Monday, 29th April.

For any additional enquires regarding ALAC, please contact Jö Linford either via email or phone 8646 4504.
# Upcoming Calendar of Events

## March

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>23-Mar-2013</td>
<td>State Track &amp; Field Championships (March 23-24)</td>
</tr>
<tr>
<td>24-Mar-2013</td>
<td>State Track &amp; Field Championships (March 23-24)</td>
</tr>
<tr>
<td>24-Mar-2013</td>
<td>ALAC Squad Selection</td>
</tr>
<tr>
<td>29-Mar-2013</td>
<td>RCH Good Friday Appeal</td>
</tr>
<tr>
<td>30-Mar-2013</td>
<td>Stawell Gift - McDonald’s Little Athletics Handicaps (March 30-April 1)</td>
</tr>
</tbody>
</table>

## April

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>01-Apr-2013</td>
<td>ALAC Training Day 1 @ Mentone</td>
</tr>
<tr>
<td>06-Apr-2013</td>
<td>IAAF Meet</td>
</tr>
<tr>
<td>06-Apr-2013</td>
<td>ALAC Camp @ Knox (April 6-7)</td>
</tr>
<tr>
<td>07-Apr-2013</td>
<td>ALAC Team Selection</td>
</tr>
<tr>
<td>14-Apr-2013</td>
<td>ALAC Training Day 2 @ Williamstown</td>
</tr>
<tr>
<td>21-Apr-2013</td>
<td>ALAC Training Day 3 @ TBC</td>
</tr>
<tr>
<td>28-Apr-2013</td>
<td>Australian Little Athletics Championships 2013 @ Canberra</td>
</tr>
</tbody>
</table>

## May

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>11-May-2013</td>
<td>AV/LAVic State Road Relays @ Sandown Racecourse, Springvale</td>
</tr>
<tr>
<td>19-May-2013</td>
<td>JDS Day 7 - Cross-Country @ Ruffey Lake Park</td>
</tr>
</tbody>
</table>