



# 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 2019 ALAC?

The event will be held on Saturday, 27 April & Sunday, 28 April 2019 at the Domain Athletics Centre, Hobart, Tasmania.

### How many U13 & U15 athletes will the team consist of?

#### **Athletes who progress from U12 in 2017-18 to U14 in 2018-19 and would otherwise miss out on State Team selection in the U13 age group for the 2019 Australian Little Athletics Championships**

- Athletes will still be eligible for selection in their State Team to compete at the 2019 Australian Little Athletics Championships
- The State Team numbers will be increased by 25% from 26 athletes to 32 athletes so that athletes are not disadvantaged
- Three athletes will be selected in each event instead of two athletes in each event
- Athletes who are born between 01 October 2005 and 31 December 2006 are eligible to compete in the Aust Teams Championship

#### **Athletes who progress from U14 in 2017-18 to U16 in 2018-19 and would otherwise miss out on State Team selection in the U15 age group for the 2019 Australian Little Athletics Championships**

- Athletes will still be eligible for selection in their State Team to compete at the 2019 Australian Little Athletics Championships
- The State Team numbers will be increased by 25% from 3 boys and 3 girls to 4 boys and 4 girls so that athletes are not disadvantaged
- The states that do not conduct U16's will be amending their rules to ensure that the affected athletes are still eligible for selection
- Athletes born between 01 October 2003 and 31 December 2004 are eligible to compete in the Aust Combined Event Championship.

The following is a list of the host Associations in rotation order-

- 2019 - TAS
- 2020 - ACT

### **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, 22 March (approx. 4.30pm) to Sunday, 24 April (approx. 2.30pm) at Sydney Academy of Sport & Recreation, Narrabeen

Team Camp 2: Friday, 5 April (approx. 4.30pm) to Sunday, 7 April (approx. 2.00pm) at Sydney Academy of Sport & Recreation, Narrabeen

Team travels to Hobart: Thursday, 25 April 2019

Australian Little Athletics Championships: Saturday, 27 April & Sunday, 28 April 2019

Team Returns to Sydney: Monday, 29 April 2019

### **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 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.

**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 'Competitions', then 'Championships' then '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](mailto:admin@lansw.com.au).