



Australian Little Athletics Championships (ALAC)

Terms and Conditions

Venue

The venue for the championships changes each year. This year it is to be held in Canberra, ACT. The competition will be held on Saturday 18th and Sunday 19th April 2020 at the AIS.

Trip Dates

16th- 19th April 2020

Cost

There is a levy set each year. This will cover transport, some items of the uniform, accommodation, meals and sightseeing for 4 days. Little Athletics ACT allocates money to pay the full team management costs and will subsidise 20% of the total cost to each of the selected athletes. The levy will be between \$800 - \$1,000. The full competition and training uniform is provided by the ALAC uniform sponsor, ISC. There is a deposit of \$400 payable on acceptance of the position in the team.

What is ALAC?

The Australian Little Athletics Championships (ALAC) is for Under 13 in all disciplines and Under 15 athletes in multi event (MEC). The trip is not just about the competition. For 4 days the team will travel and live together. This may be the first time away as part of a team for some and we want to make sure it is a positive experience.

ALAC

- The ALAC competition is a teams championship where each team member obtains points according to their placing in each event in which they compete.
- There is a maximum of 2 representatives from the ACT in each of 14 individual events plus a relay team in boys and girls but only a maximum of 26 athletes can be chosen to cover all the events.
- Selection is centred on obtaining the best overall team score. An athlete winning only 1 event at the ACT State Championships might not be selected in the team, but an athlete gaining several placings may be selected.
- A key measure in selection is the relative strength of an athlete's performances compared to previous ALAC championship results.

MEC

- 3 males and 3 females will be selected to represent the ACT in the multi-event championship.
- The multi-event consists of 7 events:
 - Male Events- 100m 800m 100m Hurdles Discus Javelin High Jump Long Jump
 - Female Events- 200m 800m 90m Hurdles Shot Put Javelin High Jump Long Jump
- Athletes score points for each event based on a Little Athletics Australia performance scale. The points are then added together to give a total score.



Selection

Selections for ALAC and MEC are based on the following:

1. Athletes will be selected on athletic performance.
2. Athletes must have completed the online nomination form by the required date to be considered for selection.
3. All U13 athletes must compete in the ACTLAA State Championships and U15 athletes must compete in the Multi Event Heptathlon in order to be eligible for selection.
4. The Selection Panel will have sole discretion on the selection of athletes to represent the ACT at the ALAC. The panel may consider athlete performances at all ACTLAA Carnivals. Enquiries about final team selections are to be directed to the President, Little Athletics ACT.
5. The Selection Panel will also have the right to exclude an athlete from the team up until the time of departure of the team for the ALAC, as a result of adverse reports from Team Managers, Team Coaches or Centres.
6. Special consideration may be given to athletes who miss the ACTLAA State Championships or Multi Event Heptathlon through illness/injury and have a medical certificate indicating they will be fit to prepare for and compete at ALAC. An athlete must present certificates and other supporting information to the Head or Assistant Coach either prior to or on the day of the ACT State Championships or Multi Event Heptathlon.

(The selection panel will have the sole discretion on the selection of athletes. Enquiries about selections should be directed to the President, Little Athletics ACT)

Expectations of Athletes

- Once selected in the team each athlete must show 100% commitment to the team.
- Complete all forms and hand them in on time.
- Attend allocated individual and team training sessions.
- Athletes must attend compulsory sessions.
- We expect each athlete to do their best and have fun and learn from the experience.

Expectations of Individual Coaches

- Understand the philosophy and concept of the championships.
- Encourage their athletes to participate and involve themselves in as much of the team activities as possible.
- Discuss with the Head Coach training program requirements of their athletes.
- Work cooperatively with the Head Coach to make their athletes available to event coaches, where their athletes require training in an event not covered by their coaching.

Expectations of Parents/Families

- Provide support at all times.
- Ensure that athletes attend all team activities.
- Ensure that levy payment and forms are handed in on time.

How to Enter

Look out for information on nomination that will be available on the Little Athletics ACT website.

If you would like more information please contact:

ACT Team Coach:

Ruud Van Scheppingen – 0431 747 591

ACT Team Manager:

Stuart Todd – 0438 721 900