



The LAVic Centres are zoned into seven regions, three country and four metropolitan. The Geelong Little Athletics Centre is a member of the Western Metropolitan Region, along with ten other centres. These Centres are Altona, Bacchus Marsh, Brimbank, Corio, Gisborne, Melton South, South Melbourne, Werribee, Williamstown and Woodend. During the year athletes may represent the Geelong Little Athletics Centre at Region and State events.

These events include:

- Relays – Region and State
- Track and Field – Region and State
- Multi-Event – State
- Cross Country – Region and State
- Road Relays - State

For the Relay and Track and Field Championships, athletes must enter and compete at the Region event to be eligible to compete at the State event.

There is no Region qualifying event for State Multi-Event.

Relays

Squads for the Geelong Relay Teams will be selected from eligible Under 9 to Under 15 athletes by a committee from the GLAC Executive and the Coach/Manager of each team. Performances from the first few weeks of competition will be used as a basis for squad selection, with Coaches able to add athletes to the squad up until entries are submitted for the Region Championships. Athletes must be registered to be eligible for selection. Online entries will be completed by the Centre Secretary or the Relay Team Manager. ***Upon selection each athlete is required to pay GLAC a \$10.00 entry fee for your participation.***

The Region Relay Championships are being held on 25 November 2017 at Geelong and the State Championships at Lakeside Stadium, Albert Park on 16 December 2017.

The GLAC Relay Coaches will be confirmed early in the season and selected athletes advised accordingly.

Track and Field

You are invited to join the 2017-18 Geelong Little Athletics Team at the LAVic Region Track and Field Championships. Entry is open to all registered athletes, provided they have participated in at least four (4) weeks of GLAC competition prior to the closing date of entries (see LAVic website). Athletes may enter up to four (4) events, chosen from those they compete in at GLAC competition. To be eligible for the State Championships, an athlete must compete at the Region Championships.

Athletes must enter online via www.lavic.com.au.

Dates for open registration and closing dates will be published in the GLAC newsletter closer to the event.

Region: 17 & 18 February 2018 at Williamstown

State: 10 & 11 March 2018 at Lakeside Stadium, Albert Park

Full payment must accompany the online entry.

Extra Notes for Track & Field:

High Jump Starting Heights State: Region will start 10cm below the State Height.

Athletes who do not reach the State qualifying height at Region will not be progressed to State.

There are qualifying times for the walk that have to be met to advance from region to states.

Multi-Event

All U9 to U15 Geelong athletes are invited to join the 2017-18 Geelong Little Athletics Team at the LAVic State Multi-Event Championships on 27 & 28 January 2018 at Casey Fields. Entry is open to all registered athletes.

Athletes must enter online via www.lavic.com.au no later than 11 January 2018. Athletes compete on separate days according to their Age Group and number of events. Actual days and times will be available when entries open. Information will be published in the GLAC Newsletter.

Athletes compete in five to eight athletic disciplines depending on their age and gender. Points are allocated according to performance in each discipline and totalled to determine the athlete's overall placing.

Cross Country

You are invited to join the 2018 Geelong Little Athletics Team at the LAVic State Cross Country Championships. Entry is open to all registered athletes who meet the registration requirements.:

- It is preferred that athletes participate in the local cross country competition to compete as part of the centre team.
- Have competed at the WMR Open Day (information will be published in GLAC Newsletter)

Athletes must enter online via www.lavic.com.au prior to the closing set by LAVic for entries

Athletes run as individuals and can make up a Centre team. Team medals are awarded to the first three competitors that cross the finish line.

State Road Relays

U9–15 Athletes registered to compete in the GLAC Cross Country season will be eligible to participate in teams selected for the State Road Relays Event each year. The Cross Country Managers endeavour to nominate as many teams as possible to encourage participation for all athletes. Teams consist of 3 athletes in gender based teams. First priority is to run athletes in their regular age group, however there are options for athletes to run up to 2 age groups above to complete a team. Teams are selected by the Cross Country Managers based on performance and participation at local events. ** Where it is required to support participation of regular Cross Country athletes, other registered GLAC members may be invited by the Cross Country Managers to participate.

It is a condition of entry that a parent/guardian commits to performing duty at the Region/State events. The GLAC Team Managers will receive a copy of confirmed entries and will compile a duty roster, which will be available at the Competition Office and emailed to all families prior to the event. Failure to adequately complete duty will result in an athlete's entry being withdrawn on the day and refused the following year. These competitions cannot operate without volunteers and your support! (NB - Chief officials on duty for a day at either Region or State events will have fully satisfied their duty requirements.)

Region and State Entry Information

Enquiries should be directed to the GLAC Secretary. Further information may also be found via www.lavic.com.au or www.lavic.com.au/Western-Metro-Region

Uniform

ATHLETES CURRENTLY HAVE TWO OPTIONS FOR UNIFORM WHEN REPRESENTING THE GEELONG LITTLE ATHLETICS CENTRE. THE TRADITIONAL OR THE NEW UNIFORM:

1. The traditional uniform consists of GLAC Royal Blue logo on singlet or crop top, with LAVic logo plus plain black shorts/briefs/bike shorts, no logos or brands in line with LAVic competition rules.
2. The new uniform consists of GLAC singlet or crop top in White and Navy Blue hoops with LAVIC Logo. Shorts are to be Navy Blue. Little Athletics Branded Navy Blue shorts will be available for the 2017/18 season. Alternatively athletes can supply their own Navy Blue shorts/briefs/bike short no logos or brands in line with LAVic competition rules.
3. The new uniform only will be available for sale to be ordered and paid for online. Items will be available for collection from Landy Field Competition Office.

The online link for uniform sales is:

<https://shopdesq.sportstg.com/index.cfm?fuseaction=main&OrgID=1491>

Some opportunities for Second Hand/Hire of Centre Tops are available by arrangement with the Registrar. Please contact geelongregistrar@lavic.com.au.

Parent Duty

It is a condition of entry that a parent/guardian commits to performing duty at the State event. The GLAC Team Managers will receive a copy of confirmed entries and will compile a duty roster, which will be available at the Competition Office and emailed to all families prior to the event. Failure to adequately complete duty may result in an athlete's entry being withdrawn on the day and refused the following year. These competitions cannot operate without volunteers and your support!

Entry Fees

Relay participation fee will be \$10 per athlete for the 2017/18 season, payment will be required when accepting your invitation to participate. For all other events, full payment must accompany the online entry.

LAVIC Junior Development Squad (JDS)



JDS is for athletes in the Under 12 to Under 15 age groups. JDS qualifying standards are reviewed and adjusted every year if required. Athletes must qualify in their current age group of the season, which finishes in September each year. U11 athletes can only register from June – September leading into their U12 season. An athlete must qualify in 1 event twice at separate meets or 2 separate events once to be eligible. A Top 8 finish at either the State Multi-Event or Cross Country Championships is an automatic qualifier. Athletes must use current season results for qualification purposes. Please go to the LAVIC website: lavic.com.au, and click on the JDS link for more information.