



**2024**

# **STATE TRACK & FIELD RELAY BOOKLET**

Congratulations on being selected for the 2024 Athletics West State Track and Field Relay Championships. The Joondalup Board would like to wish everyone the best of luck for the weekend.

Please take the time to read the important information below.

### TEAM MANAGER

Our Team Manager for the weekend will be there to answer any questions you have or handle any issues that may arise on the day. Please make sure you save this numbers in your phone to use if required.

**TRACK & FIELD TEAM MANAGER - NICOLE JAMES 0478 601 653**

### ATHLETE CHECK-IN

Track Teams – on arrival please check in with your Team Coach  
Field Teams – on arrival please check in with our Team Manager

### LOCATION

The WA State Championships are being held at the WA Athletic Stadium, Stephenson Avenue, Mt Claremont.



## PARKING

Due to several sporting events at nearby venues, parking will be at a premium. We suggest arriving at least 1.5 hours before the Call Centre time for your athlete's event. This will enable you plenty of time to find parking and walk to the venue.

## ARENA MAP

[HERE](#) is a Map of the WA Athletics Stadium. This will show you where sites are located around the venue.

## FOOD

Please remember to pack healthy snacks and cold drinks.

Several food trucks will be present for purchases on the day.

## SUN SAFETY

This weekend is forecast to be warm. Please remember to bring your JAC Cooling towel, hat and suncream. We will have suncream available for families to use.

## JOONDALUP TENTS

Our tents are set up along the back straight, near the 1500m start line. Look out for our Joondalup Branded tents.

We would love all our families to bring along chairs and picnic blankets to sit on under our tents for this event. Being a team event, it is a great opportunity for the athletes to bond as one group.

## SUPPORTING YOUR TEAM

If your athlete is in the Field Relay team, we encourage athletes to arrive and remain at the Stadium to watch all 4 field events.

Please support your fellow athlete by cheering them on from the sidelines whilst they are participating in their event.

## CALL ROOM

A Call Room will be in use on the day. The Call Room is located at the Southern End of the grandstand (near the 100m start line).

Track teams will proceed to the call room with their coach, this includes the reserve for each event.

Field athletes will need to make their own way to the Call Room for each event they are listed for. If you are unsure about this process, or would like some help, please chat with our Team Manager when you arrive.

There will be no announcements made during the event. It is the responsibility of the Track Coaches and Field Parents to make sure that athletes arrive in the call room at the published time.

*If you are doing a TRACK EVENT, the call room entry time is 20 minutes prior to the scheduled start time of the event.*

*If you are doing a FIELD EVENT, the call room entry time is 35 minutes prior to the scheduled start time of the event.*

All TRACK TEAMS must proceed to the Call Room as one group, not as individual athletes.

Athletes must be in full Joondalup Athletics Centre Uniform and have their spike shoes (if permitted) in hand. They are not to be worn into the Call Room

**Where a team or field athlete fails to report to the Call Room prior to the last athlete crossing the Call Room departure line, then the team or field athlete shall not be permitted to join the event. This will then disqualify the team and rule them ineligible for medals.**

Please take note of the opening times for each of your athletes' events by looking at the attached Timetable.

[TRACK TIMETABLE](#)

[FIELD TIMETABLE](#)

**Hint: make use of your mobile phone devices and put an alarm into your phone 5 minutes prior to the Call Room opening. This will remind you of the time so you can get your athlete organised and ready for their event.**

## ITEMS PERMITTED IN CALL ROOM

The Call Room Judges shall permit athletes to take items to site including:

- Athlete bags
- Towels
- Clothing
- Shoes required for the current event only
- Water Bottles, drinks and snacks

Mobile Phones, music devices or other similar devices are NOT PERMITTED on site. They are to remain with the parent/guardian or in your bag and not to be taken out during competition.

Markers will be provided for track and field events by Athletics West.

### CLASH OF EVENTS

If your athlete is competing in a field event and has a possible clash, please collect a clash form from our Team Manager. They are to hand this form in when presenting to the Call Room for their first event.

### SCRATCHING

If you need to scratch your athlete from a Track Relay, please advise your Relay Coach. If you are a field athlete, please advise our Field Team Manager of your intent to scratch your athlete.

### FALSE START RULES

U9 to U13 Age Groups – A maximum of 2 false starts per race shall be allowed without disqualification, regardless of which athlete is responsible. Any athlete responsible for a subsequent false start shall be disqualified.

U14 to U17 Age Groups – A maximum of 1 false start per race shall be allowed without disqualification, regardless of which athlete is responsible. Any athlete responsible for a subsequent false start shall be disqualified.

Senior Events - Any athlete responsible for a false start shall be disqualified. This event will be conducted under World Athletics Rules of competition.

## PROGRESSION TO FINALS

### 4 x 100m Relay

4 heats – First per heat plus next 4 fastest to finals

3 heats – First 2 per heat plus next 2 fastest to finals

2 heats – First 3 per heat plus next 2 fastest to finals

The next fastest will be decided on times to 0.01 sec. If times are equal, then the highest placing in the round will determine who will progress to the next round if there is no spare lanes available.

**\*\*If only 9 teams report to the Call Room for their heat, these races will be turned into Straight Finals and will be run at the Final Time\*\***

### Swedish Relay and Distance Relay

These are timed finals. All heat times will be calculated to work out the top 3 places per age/gender.

## STARTING BLOCKS

Starting blocks may be used by athletes in the U11 to U17 age groups for all races. Starting blocks will be provided by Athletics West. Starting blocks must be used for Senior Track Relay athletes.

## FIELD EVENT COACHING

There will be a marked coaching area for each field site. Coaches may directly coach their athlete from within this defined area. Please look out for our event coaches who will be there to assist you with your event.

Callum – Long and Triple Jump

Allana – Discus and Shotput

## FIELD ATTEMPTS

All field athletes will receive 3 trials for throwing and jumping events.

## TRIPLE JUMP MINIMUM MATS

Please refer to the Rules of Competition for the minimum mat requirements for each age/gender for Triple Jump.

## PROTESTS

Please advise your Team Manager if you wish to protest. This will then be done in person, with the athlete to the relevant referee. The outcome of this protest will be conveyed to the Team Manager as either dismissed, upheld or sent to Jury of Appeal.

There is a 'Right of Appeal' to the Jury, which will need to be lodged within 15 minutes after the decision has been made by the referee. The appeal must be in writing and include the \$55.00 fee.

If the centre feels we could win this Right of Appeal, the Centre will fund this protest. If a family still wish to protest this fee will need to be paid by the individual and must be given to the Team Manager at time of lodgment. This fee will only be returned to the individual if the protest is successful.

## MEDAL PRESENTATIONS

Track Relays – Medal Presentations will be made as soon as possible after the event. Medalists will be called to the Medal Presentation area by the Announcer. Each athlete must wear their Centre Uniform for presentations, including shoes or slides. No spike shoes will be allowed in the Medal Presentation area. Athletes who are reserves for the Track Relay's will also receive a medal.

Field Relays – After the final points score for field events are listed for each age/gender, medal presentations will be made as soon as possible after the event. Please ensure you remain at the venue until the completion of all the field events for your athlete's age/gender. Medalists will be called to the Medal Presentation by the Announcer. Each athlete must wear their Centre Uniform for presentations, including shoes or slides. No spike shoes will be allowed in the Medal Presentation area.

**Medals for Track and Field Relays can only be presented once 15 minutes has passed following the posting of results online with no protests being lodged.**

## RECORDS

Individual State records and Australian Best Performances will be recognised where applicable. If a record is achieved by an individual in the field relays, officials will complete the required paperwork and advise the Results and Recording Room of a “pending” record.

Records will also apply for all Track Relay Events. Records will be “pending” until formally ratified. Joondalup Away records will also be recognised for field athletes.

Joondalup Athletics Centre also have Track and Field Relay records based. All results will be verified, and teams who break a record will be presented with their certificate during our competition in 2025.

## ROSTERS

Parents are required to do 1 roster per family during the day. Athletics West have taken control of the roster this year. If you are unable to attend your roster, please advise one of our Team Managers ASAP, so a replacement family can be sourced.

You will need to proceed to the Athletics West TIC Tent, located near the 100m start line, to sign in. You will then be directed to site. Make sure you wear closed in shoes, have a hat and water with you.

## UNIFORM

Joondalup Athletes **MUST BE** in full Centre Uniform. This consists of the Joondalup Athletic Centre Purple/Yellow Polo Shirt or Singlet and **PLAIN BLACK** bottoms. If there is a log on your shorts this cannot be any bigger than a matchbox in size. We will have black tape to cover any large logos.

Registration Numbers must be pinned or sewn to the front of the uniform. If using pins, please make sure they are secured with 4 pins in each. Pins are available at the Joondalup Tent. If you have misplaced your Registration Numbers please contact us ASAP to arrange a replacement.

If an athlete is not in full Centre Uniform they may be disqualified from their events.





## SHOES

Under 9 to Under 10 athletes are not permitted to wear spikes or shoes that can take spikes.

Under 11 to Under 12 athletes can wear spikes for 100m relay only. Athletes can also wear spikes for Long Jump, Triple Jump and Javelin.

Under 13 to Under 17 athletes can wear spikes for 100m relay and Swedish relay. Athletes can also wear spikes for Long Jump, Triple Jump and Javelin.

Spike shoes are to be carried by the athlete to the Call Room and put on at the event site or start of track.

## SPIKES

Spikes may be used by athletes in the U11 to U17 age group. We encourage the use of Christmas Tree Spikes, however Pyramid Spikes are also permitted. We will have Christmas Tree Spikes available to purchase on the day if required. The number of spikes in each shoe must not exceed 11, blanks are to be used if there are not enough spikes in each shoe (ie no holes permitted where spikes would go)

Track Events – Maximum of 7mm

Long/Triple Jump – Maximum of 9mm

Javelin – Maximum of 12mm for heel

Please make sure your spike shoes are available for inspection upon entering the Call Room. Spikes are not permitted to be on athletes' feet whilst they are in the Call Room.

## START LISTS

Below are the links to the Start Lists. This will also show lane draws and heats for each event/age/gender for track events. It also shows which site athletes will be competing at for field events.

[TRACK START LIST](#)

[FIELD START LIST](#)

## PHOTOS

We will endeavour to take photos over the weekend, but the nature of the event means we are not able to be everywhere at once. If your athlete received a medal, please take a photo, and send it to us via Facebook Messenger. We will then do a group post at the end of the competition.

Please take video footage of your athlete participating in their event. If a protest is made, this footage may be submitted as evidence.

Feel free to upload to Facebook Messenger any photos of your athlete competing over the weekend, and we will include a collage in our weekly newsletter.

## RULES OF COMPETITION

Please find the link to the Rules of Competition for this weekend. It is not a requirement for you to be aware of all these rules, however there are a couple of events that have specific rules to them. This can be accessed [HERE](#).

## CODE OF CONDUCT

All athletes, families and officials are bound by our Centre Code of Conduct. This can be accessed [HERE](#)

Finally remember to have fun, show great sportsmanship, and congratulate the winners and other competitors in your event. But most of all remember to have fun and enjoy the experience.