



Pakenham Little Athletics

The following pages contain information designed to assist all our parent helpers and officials with regard to the successful running of our competition events.

You will notice that these pages reproduce our help sheets which are present in each of the event boxes containing the record sheets for each event.

The information is taken from relevant Little Athletics Victoria documentation and we gratefully acknowledge their permission to reproduce (with local amendments) the event cards which have been produced for the benefit of Little Athletics Centres in Victoria.

The information can also be used as a revision aid for those members who wish to complete the Level 1 and 2 Officials courses which we encourage our parents and helpers to do.

TRACK & FIELD RULES

Pakenham Little Athletics

General Rules

The Pakenham Little Athletics Centre operates under the LAVic Rules of Competition. Some variations exist, particularly related to the number of attempts permitted for local competition.

Footwear

- (i) Suitable footwear must be worn by athletes at all times.
Barefoot competing is not allowed.
- (ii) The wearing of footwear designed to be fitted with spikes must not contain either a complete set of blanks/slugs or without a spike or blank/slug installed in every mount.
An athlete shall not compete with a spike mount empty.
- (iii) The wearing of footwear with blades or similar shall not be permitted.

Running Spikes

Spikes may be worn by athletes in the following age groups:

a) Under 14-16 age groups:

All events except Shot Put, Discus, Race Walking and Cross Country.

b) Under 11-13 age groups:

Only events as listed below.

Track Events: 70m, 100m, 200m, 400m,
60mH, 80mH, 90mH, 300mH

Field Events: Long Jump, Triple Jump, High Jump, Javelin

Relays: All events, except for the Under 12 athlete in the U9 – U12 Mixed Age Medley

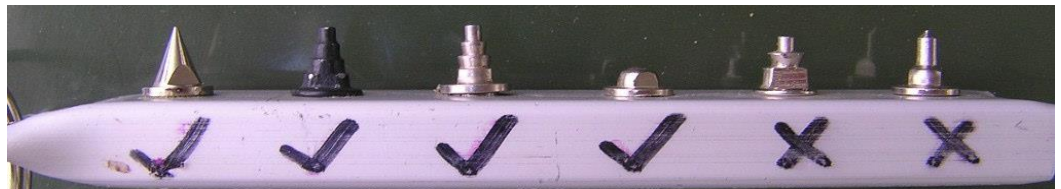
Spike Length

Synthetic surface and non-synthetic surface:

The length of the spike shall not exceed seven (7) mm.

Spike Type / Style

Only the designs known as conical or pyramid (“Christmas Tree”) shall be used.



Conical

Pyramid

Blank

???

Needle

Footwear known as “spikes” shall only be worn within the arena or at the field event venue while the athlete is competing, i.e. in the competition area(s).



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Running Events

A competitor is liable to be disqualified if he or she:

- breaks more than once at the start of the event (twice if the child is Under 9 or younger)
- does not stay in his or her own lane for the duration of the race in a laned event.
- deliberately infringes on another runner in a circular event by contact or by cutting across the path of another competitor.

Runners may have different placings in a race, but receive the same time. Times are taken by 10ths of a second (100ths where available), and a runner may travel up to a metre in one tenth of a second. The finish line is crossed when the athlete's torso (neck to hips, excluding hands and arms) crosses the line.

Crouch starts are compulsory for all Under 12 -16 athletes unless it is physically or medically impossible / impracticable for the athlete. A crouch start shall be used by all athletes in Under 12 and above in all running and hurdles events of 400 metres or less.

Any athlete wearing spikes must start with blocks in the events as noted above.

Field Events

At the Pakenham Centre, athletes will have three attempts in all field events during the weekly athletic session, time and safety permitting.

With the exception of High Jump, the athlete who has the longest measured throw or jump, from all attempts recorded, is the winner. If more than one athlete has the best recorded distance, the decision is made on the next best distance recorded. Measurements are made to the nearest full centimetre below the actual measure, e.g. 15.355 metres becomes 15.35 metres. Where a run up is used, it may not exceed 40m.

In general, athletes will have 90 seconds to complete a trial.

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Sprints

Sprints are short running events, from 50 to 400 metres. At the start of a sprint the athletes are placed in a lane one metre behind the line.

The starter gives three signals:

1. "On yours Marks" - the athlete puts the toes of one foot to the line. The opposite arm is held out in front to help balance.
2. "Set" - the athlete leans forward on the front foot.
3. Gun sounds - the athlete runs.

Under 12 - 16 athletes do a crouch start.

Runners must stay in their allotted lane for the whole race.

Distance Races

Distance races for Little Athletes are 800 metres (U9 - U16) and 1500 metres (U11 - U16).

The starter gives only two signals to begin a distance race:

1. "On your Marks".
2. Gun Sounds.

Athletes cannot use a crouch start and do not have to run in set lanes.

What is Hurdling?

Hurdle races are sprints with obstacles (hurdles) placed in each lane. Hurdle sizes change with the age group of the athletes.

All hurdle races are run in lanes and the starter gives the same signals as for sprints

Hurdle Heights

	Age	Height	Events
Straight Hurdles	U6	200mm	60m
Straight Hurdles	U7	300mm	60m
Straight Hurdles	U8 - U9	450mm	60m
Straight Hurdles	U10	600mm	60m
Straight Hurdles	U11	600mm	80m
Straight Hurdles	U12	680mm	80m
Straight Hurdles	U13 - U16	760mm	80m, 90m, 100m
Circular Hurdles	U13	680mm	200m
Circular Hurdles	U14	780mm	300m
Circular Hurdles	U14 - U16	760mm	300m

Hurdle Placements

Event	Run In	Spacing	Run Out	Mark Colour	Flights
60 metres	12m	7m	13m	White	6
80 metres	12m	7m	12m	Yellow	9
90 metres	13m	8m	13m	Red	9
100 metres	13m	8.5m	10.5m	Blue	10
200 metres	20m	35m	40m	Green	5
300 metres	50m	35m	40m	White	7

Hurdle Safety

1. Ensure that running track is free of ruts, foreign objects, and indentations prior to the commencement.
2. Ensure running track surface is not slippery due to dew or rain.
3. Check all hurdles regularly for sharp or protruding edges. Ensure that the slide mechanisms are functioning properly
4. Ensure hurdle will fall in the same direction as the child is running.

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Relays

Relay Teams consist of four runners who each run a set distance - 100, 200 or 400m according to the type of relay. The athletes carry a baton which must be passed to the next runner within a specific 20m change over zone.

Equipment needed

- Batons
- Flags -1 red, 1 white. Red to indicate infringement, white to signal “all clear”.

Definitions

Change over zone – the area, 20m in length and one lane width in which the change over of the baton must take place.

Acceleration zone – an unmarked zone in a lane, prior to the beginning of the change over zone where the receiving children may begin to accelerate before the change over of the baton.

- Step 1** - Ensure that all areas of track and change over zone are safe for children.
- Step 2** - Let the children know of the area in which the baton must be changed over. Under 11 – Under 15 children can commence running from within the acceleration zone.
- Step 3** - The baton change takes place within the change over zone. It is still ok if the child is ‘out’ of the zone but the baton is ‘in’ at the moment of the change.
- Step 4** - Raise a red flag to signal if the change over has taken place outside of the change over zone. Raising a white flag indicates that the change over has been made according to the rules.
- Step 5** - Advise children to avoid obstructing other runners in a laned event after handing over the baton. Children should remain in their lanes until the track is clear.

What to do if a child is injured:

- Ensure the environment is safe.
- Comfort the child. Talk to them and reassure them.
- If you suspect a broken bone, dislocation or spinal injury, don’t move the child.
- Don’t leave the child. Ask another parent to call for the First Aid Officer.
- Identify and notify the child’s parents.
- If the injury is of a serious nature, contact Centre Secretary and follow Centre emergency procedure.
- If applicable, assist to complete the ‘Track & Field Injury Reporting Form’.

Discus

A discus is a rubber, wooden or metal disc which is thrown from a ring and must land inside a marked sector. The discus is usually thrown one handed, using a backward swing to build up momentum before launching it into the sector.

Equipment required

- Discus
- Sector and circle
- Measuring tape
- Spike
- Broom – to sweep inside surface of discus circle
- Cage – for safety.

Step 1 - Check surroundings and equipment are safe for all children and officials.

Step 2 - Write children’s names on the recording sheet to record the results.

Step 3 - Arrange children in order they are to throw. Tell the children the number of trials they are to have.

Step 4 - Give each child practise throws before the event begins.

Step 5 - The discus throw must start from a stationary position within the throwing circle. The discus must land within the inner edges of the lines marking the sector.

Step 6 - Measure the throw by finding the imprint mark left by the discus. The selected point is marked by the spike. The zero end of the tape is held at the spike.

Step 7 - Pull the tape tight through the middle of the circle and measure the distance to the closest centimetre below the distance measured (unless the measurement is a whole centimetre). Measurement is taken from where the tape crosses the inner edge of the circle.

Step 8 - Recording - Ties are broken by referring to the next best throw (NT = No Throw).

Child	1 st trial	2 nd trial	3 rd trial	Best trial	Place
A	14.75	NT	14.62	14.75	4
B	15.35	14.92	15.87	15.87	2
C	14.65	14.35	14.75	14.75	3
D	15.87	15.35	15.03	15.87	1

Step 9 - Record the child’s best performance on their ticket.

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To be considered a valid throw an athlete must:

- commence the throw from a stationary position.
- not leave the circle until the discus has landed.
- not touch the top of the circle or the ground outside the circle during the attempt with any part of his or her body, but may touch the inside of the ring.
- ensure the discus lands so that the imprint it makes is within the inner edges of the throwing sector.
- leave rear half of the circle from a standing position.

Discus Safety

1. Officials stand outside the cage while an athlete is throwing, particularly if the athlete is performing a spin.
2. Correct weights must be used for each age group.

Age	Gender	Weight
U6 - U7	Boys & Girls	350 gram
U8 - U11	Boys & Girls	500 gram
U12 - U13	Boys	750 gram
U12 - U13	Girls	750 gram
U14 - U16	Boys	1000 gram
U14 - U16	Girls	1000 gram

3. One responsible person spikes the landing and retrieves the discus.
4. The discus is carried back to the throwing circle, not thrown or rolled back.
5. Children waiting for their turn must stand outside the cage. Those waiting or watching should be 1 metre away from the cage, with no part of their body touching the cage.
6. Ensure throwing circle is swept clear of sand, dirt or other objects.

What to do if a child is injured:

- Ensure the environment is safe.
- Comfort the child. Talk to them and reassure them.
- If you suspect a broken bone, dislocation or spinal injury, don't move the child.
- Don't leave the child. Ask another parent to call for the first aid officer.
- Identify and notify the child's parents.
- If the injury is of a serious nature, contact Centre Secretary and follow Centre emergency procedure.
- If applicable, assist to complete the 'Track & Field Injury Reporting Form'.

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Shot Put

A shot put is a metal ball which is thrown from a ring and must land inside a marked sector. Its weight and size varies according to the age of the athlete.

Equipment required

- Shot put
- Sector and circle
- Measuring tape
- Spike

Step 1 - Check surroundings and equipment are safe for all children and officials.

Step 2 - Write children's names on the recording sheet to record the results.

Step 3 - Arrange children in order they are to 'put'. Tell the children the number of trials they are to have.

Step 4 - Give each child practise 'puts' before the event begins.

Step 5 - The shot is 'put' from the shoulder with one hand only. It starts touching the jaw line, close to the ear and shouldn't drop below this position. The shot shouldn't be brought back behind the line of the shoulders.

Step 6 - Measure the throw by finding the imprint mark left by the shot. The selected point is marked by the spike. The zero end of the tape is held at the spike.

Step 7 - Pull the tape tight through the middle of the circle. Measure the distance to the closest centimetre below the distance measured (unless the measurement is a whole centimetre). Measurement is taken from where the tape crosses the inner edge of the circle.

Step 8 - **Recording** - Ties are broken by referring to the next best throw (NT = No Throw)

Child	1 st trial	2 nd trial	3 rd trial	Best trial	Place
A	4.75	NT	4.62	4.75	4
B	5.35	4.92	5.87	5.87	2
C	4.65	4.35	4.75	4.75	3
D	5.87	5.35	5.03	5.87	1

Step 9 - Record the child's best performance on their ticket.

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To be considered a valid throw an athlete must:

- commence the put from a stationary position
- not leave the circle until the shot has landed.
- not touch the top of the circle or the ground outside the circle during the attempt with any part of his or her body, but may touch the inside of the ring.
- ensure the shot lands so that the imprint it makes is with the inner edges of the throwing sector.
- leave rear half of the circle from a standing position.
- the shot must be held in one hand and shall touch or be in close proximity to the neck and chin, it no longer needs to touch the jaw line or be in close proximity to the ear, when the athlete takes his stance to commence the trial and proximity maintained during the trial.
- shot must not be brought from behind the line of the shoulders.

Shot Put Safety

1. Officials and other children must stand at least 2m behind the thrower and the sector must be clear.
2. Correct weights must be used for each age group.

Age	Gender	Weight
U6 - U7	Boys & Girls	1.0 kilogram
U8	Boys & Girls	1.5 kilogram
U9 - U12	Boys	2.0 kilogram
U9 - U12	Girls	2.0 kilogram
U13 - U14	Boys	3.0 kilogram
U13 - U16	Girls	3.0 kilogram
U15 - U16	Boys	4.0 kilogram

3. One responsible person spikes the landing and retrieves the shot.
4. The shot is carried back to the throwing circle, not thrown or rolled back.
5. Ensure throwing circle is swept clear of sand, dirt or other objects.

What to do if a child is injured:

- Ensure the environment is safe.
- Comfort the child. Talk to them and reassure them.
- If you suspect a broken bone, dislocation or spinal injury, don't move the child.
- Don't leave the child. Ask another parent to call for the first aid officer.
- Identify and notify the child's parents.
- If the injury is of a serious nature, contact Centre Secretary and follow Centre emergency procedure.
- If applicable, assist to complete the 'Track & Field Injury Reporting Form'.

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Javelin

A javelin is a metal or fibreglass implement in the shape of a spear, which is thrown as far as possible by the athlete while landing inside a marked sector. Its weight and size varies according to the age of the athlete.

Equipment required

- Javelin
- Runway
- Measuring tape
- Spike

Step 1 - Check surroundings and equipment are safe for all children and officials.

Step 2 - Write children's names on the recording sheet to record the results.

Step 3 - Arrange children in order they are to throw. Tell the children the number of trials they are to have.

Step 4 - Give each child practise throws before the event begins.

Step 5 - The javelin must be held at the grip. The tip of the javelin must strike the ground first for it to be a valid trial.

Step 6 - Measure the throw by finding the point where the javelin tip first hit the ground. The selected point is marked by the spike. The zero end of the tape is held at the spike.

Step 7 - Pull the tape tight through to the mark in the middle of the runway, 8m from the line. Measure the distance to the closest centimetre below the distance measured (unless the measurement is a whole centimetre). Measurement is taken to the inside edge of the line.

Step 8 - Recording - Ties are broken by referring to the next best throw (NT = No Throw)

Child	1 st trial	2 nd trial	3 rd trial	Best trial	Place
A	24.75	NT	24.62	24.62	4
B	25.35	24.92	25.87	25.87	2
C	24.65	24.35	24.75	24.75	3
D	25.87	25.35	25.03	25.87	1

Step 9 - Record the child's best performance on their ticket.

To be considered a valid throw:

- The javelin must be held at the grip
- The javelin must be held over the shoulder or upper arm
- The athlete may not turn their back to the throwing arc

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- The tip must strike the ground before any other part of javelin. It is not necessary for it to stick in.
- The javelin must land so that the imprint it makes is within the inner edges of the landing sector.
- The athlete may not leave the runway until the javelin has landed
- When leaving the runway first contact must be completely behind the white lines of the arc at right angles to the parallel lines
- No part of the athlete may contact runway lines or the ground outside.

Javelin Safety

Warning: Javelins are dangerous implements. The javelin is a form of spear and as such is a lethal weapon.

1. Javelin is an event for U11 children and older. Alternatives for younger children include 'Turbo Jav' and 'Vortex'
2. Correct weights must be used.

Age	Gender	Weight
U11 - U12	Boys	400gram
U11 - U14	Girls	400gram
U13 - U14	Boys	600gram
U15 - U16	Girls	500gram
U15 - U16	Boys	700gram

3. Javelins can be deflected by gusts of wind. Officials must be vigilant because as the javelin comes towards them it can be hard to track it's path.
4. During the javelin event the area around the throwing sector must be kept clear.
5. Four officials run this event: chief, spiker, spotter, and recorder/marshal.
6. The chief measures the throw and the spotter retrieves the javelin.
7. Javelins are always carried in an upright position with the tip pointing toward the ground.
8. The javelin is never thrown back to the throwing line.
9. Children waiting for their turn must be well behind and out to the side of the throwing line.

What to do if a child is injured:

- Ensure the environment is safe.
- Comfort the child. Talk to them and reassure them.
- If you suspect a broken bone, dislocation or spinal injury, don't move the child.
- Don't leave the child. Ask another parent to call for the first aid officer.
- Identify and notify the child's parents.
- If the injury is of a serious nature, contact Centre Secretary and follow Centre emergency procedure.
- If applicable, assist to complete the 'Track & Field Injury Reporting Form'.

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Equipment required

- Landing bag / crash mat.
- Cross bar.
- Uprights x2.

Step 1 - Check surroundings are safe for all children and officials.

Step 2 - Set up so that the uprights are 100mm out from the landing bag. Ensure that the brackets that support the cross bar are facing the opposite upright.

Step 3 - Arrange children in order they are to jump and set the starting height for the cross bar.

Step 4 - Write children's names on the recording sheet to record the results.

Step 5 - Give each child practise jumps before the event begins.

Step 6 - Children are allowed 3 chances to clear each height.

Step 7 - Ensure children are jumping off one foot.

Step 8 - The bar is raised in 5 cm increments until there are one or two competitors remaining and then in 2 cm increments. The last competitor may nominate the increment.

The height is measured from the top of the middle of the bar. Due to sag of the bar this will be lower than the height at the ends. This known sag is accounted for on our equipment and a mark has been placed on each end of the bar to identify the height at the middle of the bar. The height of the bar should be measured against these marks.

Step 9 - When recording, **o** indicates a clearance at that height; **x** indicates a failed attempt, **-** indicates a pass or "did not attempt".

Child	1.05	1.10	1.15	1.20	Place
A	-	XO	XXO	XXX	3
B	o	o	XXX		4
C	o	o	XO	XXO	1
D	o	XXO	XO	XXX	2
E	x-	x-	x		5

Step 10 - Record the child's best performance on their ticket.

The athlete who jumps the greatest height is the winner. If there is a tie, the athlete with the lowest number of jumps at the height at which the tie occurs is awarded the higher place.

If the tie still remains, the athlete with the lowest total of failures throughout the competition up to and including the last height cleared, will be awarded the higher place.

If a tie still remains a jump off is required.

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HIGH JUMP

- An athlete may commence jumping at any height above the starting height. Starting heights are listed below. Three consecutive failures will terminate the athlete's involvement in the competition.
- An athlete may pass on a second or third trial at a particular height after failing at an earlier attempt and still jump at a subsequent height.
- An athlete may approach the bar from any angle.
- An athlete must take off from one foot only.
- Diving over the bar is not allowed.
- If the bar falls after an athlete has landed and left the mat, officials will decide whether the jump is valid.
- If an athlete leaves the high jump to compete in another event, he/ she must re-commence jumping at the height of the bar on return.

Starting Heights for High Jump

The minimum starting height for each age group is to be the lowest height previously achieved by the athletes. The latest competition sheets are to be referred to for the appropriate starting height, i.e. lowest PB height.

High Jump Safety

1. Ensure the environment is safe. Check:
 - Run-up is flat and not slippery.
 - Equipment including landing bags, uprights and cross bar for any faults.
2. A minimum of three volunteers run this event.
3. Sufficient bags should be supplied to prevent children from hitting the ground.
4. Uprights should be placed on a level surface.
5. When multiple bags are used, a continuous top layer needs to cover all landing bags.
6. Children should receive instruction and coaching in technique prior to participation in high jump.
7. Inspect all equipment at the end of each competition. Either repair it or report disrepair to the equipment manager.

What to do if a child is injured:

- Ensure the environment is safe.
- Comfort the child. Talk to them and reassure them.
- If you suspect a broken bone, dislocation or spinal injury, don't move the child.
- Don't leave the child. Ask another parent to call for the first aid officer.
- Identify and notify the child's parents.
- If the injury is of a serious nature, contact Centre Secretary and follow Centre emergency procedure.
- If applicable, assist to complete the 'Track & Field Injury Reporting Form'.

Equipment required

- Take off area (mat, sand, tape or board)
- Measuring tape
- Spike
- Rake
- Broom

Step 1 - Check surroundings and equipment are safe for all children and officials.

Step 2 - Write children's names on the recording sheet to record the results.

Step 3 - Arrange children in order they are to jump. Tell the children the number of trials they are to have.

Step 4 - Give each child practise jumps before the event begins.

Step 5 - Prepare take off area:

- Up to U11 – piece of carpet/mat (measuring 1.22m x 0.5m) covered in a light, even layer of sand.
- U12 and above – take off board (measuring 1.22m x 0.2m).

Step 6 - Ensure children are jumping off one foot.

Step 7 - When measuring the length of the jump, mark the landing point (imprint in the sand by foot, hand, etc. that is closest to the take off area) with the spike. The zero end of the tape is held at the spike.

Step 8 - Pull the tape tight and measure the distance to the closest centimetre below the distance measured (unless the measurement is a whole centimetre).
Measurement is made to:

- Up to U11 – front edge of footprint made in the sand of the take off mat.
- U12 and above – front edge of take off board.

Note: If an athlete takes off before the take-off mat, then the jump will be measured from the break in the landing pit to the back edge of the take-off mat.

Step 9 - Recording (NJ = No Jump).

Child	1 st trial	2 nd trial	3 rd trial	Best trial	Place
A	4.75	NJ	4.62	4.75	3
B	5.35	4.92	5.87	5.87	1
C	4.65	4.35	4.75	4.75	2
D	NJ	NJ	4.05	4.05	4

Step 10 - Record the child's best performance on their ticket.



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To be considered a valid jump an athlete must:

- take off from one foot.
- take off with the foot on or behind the mat. If any part of foot is over the edge of the mat, it is a foul.
- in the course of landing, not touch the ground outside landing area nearer to the take-off point than the nearest imprint in the landing area.
- An attempt is called a foul if the athlete walks back through the landing pit after jumping.

The front edge of the take-off mat should not be less than 50 cm or more front edge of the landing pit.

Long Jump Safety

1. Inspect runway for slipperiness. Sweep loose sand from runway, especially at take-off area.
2. Ensure sufficient sand is in the pit to cushion landings.
3. Dig over landing pit and remove any foreign objects. Ensure sand is level with run up.
4. When laid on the ground rake spikes should point toward the ground.
5. A minimum of two officials run this event

What to do if a child is injured:

- Ensure the environment is safe.
- Comfort the child. Talk to them and reassure them.
- If you suspect a broken bone, dislocation or spinal injury, don't move the child.
- Don't leave the child. Ask another parent to call for the first aid officer.
- Identify and notify the child's parents.
- If the injury is of a serious nature, contact Centre Secretary and follow Centre emergency procedure.
- If applicable, assist to complete the 'Track & Field Injury Reporting Form'.

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Equipment required

- Take off area (mat, sand, tape or board)
- Measuring tape
- Broom
- Rake
- Spike

Definition

The triple jump consists of three distinct skills performed in a continuous action:

- Hop – child hops and lands on the same foot as take off
- Step – child lands on the opposite foot (to that used for the hop)
- Jump – child performs a jump from the ‘step’ foot and lands in the pit.

Step 1 - Check surroundings and equipment are safe for all children and officials.

Step 2 - Write children’s names on the recording sheet to record the results.

Step 3 - Arrange children in order they are to jump. Tell the children the number of trials they are to have.

Step 4 - Give each child practise jumps before the event begins. Assist children to judge where to position the take off mat/board so that they land safely in the sandpit.

Step 5 - Prepare take off area:

- Up to U11 – piece of carpet/mat (measuring 1.22m x 0.5m) covered in a light, even layer of sand.
- U12 and above – take off board (measuring 1.22m x 0.2m).

Step 6 - Ensure children are taking off on one foot.

Step 7 - When measuring the length of the jump, mark the landing point (imprint in the sand by foot, hand, etc. that is closest to the take off area) with the spike. The zero end of the tape is held at the spike.

Step 8 - Pull the tape tight and measure the distance to the closest centimetre below the distance measured (unless the measurement is a whole centimetre).
Measurement is made to:

- Up to U11 – front edge of footprint made in the sand of the take off mat.
- U12 and above – front edge of take off board.

Note: If an athlete takes off before the take-off mat, then the jump will be measured from the break in the landing pit to the back edge of the take-off mat.

TRIPLE JUMP

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TRIPLE JUMP

Step 9 - Recording (NJ = No Jump)

Child	1 st trial	2 nd trial	3 rd trial	Best trial
A	10.75	NJ	10.62	10.75
B	11.35	11.92	11.87	11.87
C	10.65	10.35	10.75	10.75
D	NJ	NJ	9.05	9.05

Step 10 - Record the child's best performance on their ticket.

- To be a valid jump the athlete must land in the pit.
- Placing any part of the take off foot over the edge of the mat nearest the landing pit results in a foul being recorded.
- If, in running up to the take-off mat, a competitor passes the edge furthest from the landing pit, it will be called an attempt even if jump is not completed.
- In the course of landing, a competitor must not touch the ground outside the landing area nearer to take-off point than the nearest imprint in the landing area.
- An attempt is called a foul if the athlete walks back through the landing pit after jumping.

Triple Jump Safety

1. Inspect runway for slipperiness. Sweep loose sand from runway, especially at take-off area.
2. Ensure sufficient sand is in the pit to cushion landings.
3. Dig over landing pit and remove any foreign objects. Ensure sand is level with run up.
4. When laid on the ground rake spikes should point toward the ground.
5. A minimum of two officials run this event

What to do if a child is injured:

- Ensure the environment is safe.
- Comfort the child. Talk to them and reassure them.
- If you suspect a broken bone, dislocation or spinal injury, don't move the child.
- Don't leave the child. Ask another parent to call for the first aid officer.
- Identify and notify the child's parents.
- If the injury is of a serious nature, contact Centre Secretary and follow Centre emergency procedure.
- If applicable, assist to complete the 'Track & Field Injury Reporting Form'.



Pakenham Little Athletics

Equipment Required

- Stand – elevated to provide a view of all lanes.
- Starter's Gun (with caps).
- Whistle.
- Ear Protection.
- Communication device – for contacting other officials. i.e. – time-keepers.
- Starting blocks for children U12 and above.

Location of Starter

Straight Start (70m, 100m etc)

Starter should be located on the infield slightly in front of start line to enable all children to be viewed.

Staggered Start (400m, relays)

Starter to be located in a position so that all children are in one line of vision.

Curve Line (800m, 1500m)

Starter to be located on the infield slightly in front of start line to enable all children to be viewed.

- Step 1 -** Check surroundings and equipment are safe for all children and officials.
- Step 2 -** Arrange children into lanes they are to run in (centre should have policy for lane allocations).
- Step 3 -** Give each child a practice start before the event begins.
- Step 4 -** Contact time-keepers to check if they are ready for start of race.
- Step 5 -** Blow whistle to warn children of start of race.
- Step 6 -** Starter says “**On your marks**” and raises the gun to 90° pointing away from body.
- Step 7 -** When all the children are settled and still starter says “**Set**” and raises the gun pointing it straight upwards.
- Step 8 -** Starter fires gun and starts race. If a child takes off before the gun, the starter fires a second shot and the children are called back. The child that took off before the gun is given a false start warning and starter begins again from “**step 4**”.

STARTING

Pakenham Little Athletics

STARTING

Starting Safety

Most starting pistols are exempt under firearms regulations. Any non-prohibited person may carry and use a starting pistol. The starting pistol must, however, be stored in a locked cabinet.

1. All caps are to remain in the original packaging except for a minimum quantity for immediate use.
2. No more than 10 caps are to be removed from the original packaging at any one time.
3. When removing caps from the original packet care is to be taken to ensure no sharp objects come into contact with the caps. This includes fingernails, keys, pens and the like.
4. If a strip of 10 caps is removed from the original packaging then the paper sheet from the original packaging must be placed between any cap surface that may rub together.
5. Any caps removed from the original packaging and not placed in the starting pistol must be placed in either an empty cap packet or a dedicated non-metallic container; such as a "bum bag" or leather pouch.
6. When loading caps into the starting pistol do not use any sharp hard material (i.e. fingernails, keys, or pen) to push the caps into place, use only the pad area of your finger.
7. Keep naked flame away from any storage of caps.
8. Keep pistol and caps away from children and store in a safe place.
9. All disused or misfired caps are to be disposed of in a safe manner.
10. Starters can undertake a LAVic Starter's Course.

What to do if a child is injured:

- Ensure the environment is safe.
- Comfort the child. Talk to them and reassure them.
- If you suspect a broken bone, dislocation or spinal injury, don't move the child.
- Don't leave the child. Ask another parent to call for the first aid officer.
- Identify and notify the child's parents.
- If the injury is of a serious nature, contact Centre Secretary and follow Centre emergency procedure.
- If applicable, assist to complete the 'Track & Field Injury Reporting Form'.