



Centre Championships

2019



KEY DATES

Friday 08 February 2019	Week 1 HVLA Centre Championships (Domain Athletics Centre, Hobart)
Saturday 23 February 2019	Week 2 HVLA Centre Championships (Huonville Athletics Ground)
Saturday 2 March 2019	Week 3 HVLA Centre Championships (Huonville Athletics Ground)
Saturday 9 March 2019 & Sunday 10 March 2019	State Individual Championships (St Leonards)
Saturday 16 March 2019	HVLAC Championships Presentation Day (Huonville Athletics Ground)

CONTACTING US



www.huonvalley.org



info@huonvalley.org



Huon Valley Little Athletics Centre

THE FORMAT

Centre Championships runs on a different program to the weekly meets, with each athlete competing once in each of their eligible events over the three weeks of Centre Championships.

The proposed program for each week is included in this booklet, however please check the program posted at the Centre at the start of each week as changes may be made at short notice in order to accommodate weather or organisational constraints.

Centre Championships run to a more formal format than our weekly meets. All athletes must wear correct uniform. The centre shirt needs to have all sponsor badges on the front and the 25 events badge on the back. Black shorts must be above the knee in length and logos should not be larger than a 20 cent coin, as per the Little Athletics Tasmania guidelines in your annual information manual. Athletes must have competed in an event twice at our centre this season to be eligible in that event - please contact Karen if you need assistance with this.

Please read through the Rules of Competition outlined in this program and contact a Committee Member if you have any questions.

PRESENTATION DAY

On Saturday the 16th of March we will be holding our Presentation Day at the athletics ground. We will kick off the morning with a few fun relay events, followed by medal and award presentations and a sausage sizzle and icy poles for our athletes to finish off the season.

This year we are trialling a few changes including a different Centre Championships format. Instead of amalgamating performances for an overall championship we will award placings for the disciplines of Sprints, Distance, Throws and Jumps in each age group. Please ask a committee member if you have any questions about this change.

The Club also presents a number of perpetual awards, with the Tassal All Rounder being awarded from member nominations. Nomination forms are available from Karen in the Clubrooms. Nominations close at the end of Week 3 of Centre Championships.

RULES OF COMPETITION

1. Competitors and officials only are permitted in the Competition area. Competitors must leave the area immediately after the completion of their event.
2. No athletes or parents are permitted in the time keeping area unless providing assistance at the request of the chief timekeeper.
3. No athletes or parents are permitted on the inside of the arena unless competing or assisting in an event.
4. Coaching by officials at an event site is not permitted. It shall not be considered coaching for an official to provide factual feedback to an athlete after a trial in a field event e.g. where the athlete's foot landed in relation to the take-off area in the long jump. The exception to this is that the Chief Official may provide technical coaching to Under 6 or 7 athletes to assist the in completing a legal trial. All other forms of coaching are not permitted.
5. Athletes may only receive coaching during an event at an approved location or area from coaches approved by the association. Any coaching or assistance to athletes delivered from unapproved areas, or by non authorised person/coaches may result in the athlete being disqualified from the event. Coaching and assistance includes the following;
 - Assistance in measuring or adjusting run up
 - Advising athletes of split times during distance races
 - Advising athletes of techniques and/or providing technical advice during competition
6. All records are to be verified by the Track/Field referee
7. Prior to a record attempt and high jump the field referee must be called prior to the athlete attempting the trial.
8. Mobile phones shall not be used on the area by athletes.

WEEK 1— 8 FEBRUARY 2019

		Week 1									
	Age Group	6	7	8	9	10	11	12	13	14	15
Track Event	Sprint Hurdles										
	200-300m Hurdles										
	70m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	100m										
	150m										
	200m	✓	✓								
	400m			✓	✓	✓	✓	✓	✓	✓	✓
	800m										
	1500m										
	Age Group	6	7	8	9	10	11	12	13	14	15
Field Event	Shot Put	✓		✓		✓					
	Discus		✓		✓				✓	✓	✓
	Voretex										
	Turbo Jav										
	Javelin						✓	✓			
	Long Jump					✓	✓				
	Triple Jump										
	High Jump							✓	✓	✓	✓

WEEK 2—23 FEBRUARY 2019

		Week 2									
Age Group		6	7	8	9	10	11	12	13	14	15
Track Event	Sprint Hurdles	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	200-300m Hurdles										
	70m										
	100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	150m										
	200m										
	400m										
	800m										
	1500m						✓	✓	✓	✓	✓
Age Group		6	7	8	9	10	11	12	13	14	15
Field Event	Shot Put		✓						✓	✓	✓
	Discus	✓					✓	✓			
	Voretex										
	Turbo Jav			✓	✓	✓					
	Javelin										
	Long Jump			✓	✓				✓	✓	✓
	Triple Jump							✓			
	High Jump					✓	✓				

WEEK 3— 2 MARCH 2019

		Week 3									
Age Group		6	7	8	9	10	11	12	13	14	15
Track Event	Sprint Hurdles										
	200-300m Hurdles								✓	✓	✓
	70m										
	100m										
	150m	✓	✓								
	200m			✓	✓	✓	✓	✓	✓	✓	✓
	400m										
	800m				✓	✓	✓	✓	✓	✓	✓
	1500m										
Age Group		6	7	8	9	10	11	12	13	14	15
Field Event	Shot Put				✓		✓	✓			
	Discus			✓		✓					
	Voretex	✓	✓								
	Turbo Jav										
	Javelin								✓	✓	✓
	Long Jump	✓	✓					✓			
	Triple Jump						✓		✓	✓	✓
	High Jump			✓	✓						

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Quick Contacts

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