



2021 LAACT RELAY CARNIVAL

**Woden Park Athletics Centre
Saturday 11th December 2021**



**NOTE: PARKING INSIDE WODEN PARK
IS FOR OFFICIALS ONLY.**

**ALL ATHLETES, OFFICIALS AND
SPECTATORS MUST ADHERE TO THE
CONDITIONS AND REQUIREMENTS OF
THE COLES RELAY CARNIVAL COVID
19 SAFETY PLAN**

LAACT Board of Management

President	Tess Rooney
Administration Director	Julia Stevens
Finance Director	David Lemon
Marketing and Public Relations Director	Tara McIntosh
Development Director	Allister McInerney
Competition and Technical Director	David Boshier

LAACT Association Officers

Records Officer	James Peek
IT Officer	Darren Smailes
Equipment Officer	Andrew Moorby
Officer of Officials	Simone Jordan
Health and Safety Officer	Barb Miels-Barrett

LAACT Staff

Administration Assistant	Bianca Keehn
Manager: Growth & Development	Matthew Wade

LAACT Carnival Manager	Greg Salway (Queanbeyan)
LAACT Assistant Carnival Manager	Chris Butler (Tuggeranong)

TIMETABLE

7.00am	Equipment Officer, COVID 19 Safety Officers and designated Centre representatives commence set up
7.45am	Chief Officials report to Officer of Officials
8.00am	Entry for U6-U8
8.15am	First call for first events
8.30am	Commence U6-U8 events
Not Before 10.30am	First events start for U9-U12
Not Before 1:30pm	First events start for U13 and above

Hint: With the younger athletes, the order of running in the track events should be written on the athlete's arm, or some other clear indication of order provided to the marshals

LAACT CENTRE UNIFORMS

Centre	Abbr	Singlet/T-Shirt
Bega Valley	BEGA	White, green and yellow
Belconnen	BELC	Light blue with maroon
Calwell	CALW	Red with gold
Cooma	COOM	Aqua, black and white
Corroboree	CORR	White, blue and gold
EuroCoast	EURO	Blue and Aqua
Ginninderra	GINN	Yellow and black
Goulburn Mulwaree	MULW	Aqua, maroon and white
Gungahlin	GUNG	White with black side stripes & red shoulder stripes
Jindabyne	JIND	Lime green, navy and white
Lanyon	LANY	Aqua and royal blue
Murrumbateman	MURR	Black, purple and white
Queanbeyan	QUEA	White and bottle green
Southern Tablelands	SOUT	Orange and black
Tuggeranong	TUGG	Sky blue with gold
Weston Creek	WEST	Red and black
Woden	WODE	Light green and gold

RULES OF COMPETITION

RC/1 GENERAL

Authority and Precedence	All LAACT events will be conducted under the rules of competition of the current World Athletics (WA) Handbook, LAA Standard Rules and LAACT Rules. The order of precedence of the rules is LAACT (Carnival Booklet) followed by LAA Standard then WA.		
Infectious Disease Control	<p>A COVID 19 Safety Plan (Plan) has been written for the Coles LAACT Relay Carnival and is endorsed by the ACT Government.</p> <p>This plan is accessible through the Athletics in the ACT website and will be sent to all participants prior to the event.</p> <p>All athletes, Officials and spectators including children must adhere to the conditions in and requirements of the Plan.</p> <p>All officials and spectators must check in to the Woden Park ground area using the CBR App.</p> <p>Exit and entry areas to the Woden Park ground area are defined and indicated and must be used.</p>		
LAACT Footwear Policy	The wearing of footwear is mandatory in all LAACT events.		
LAACT Definition of Spikes	<p>"Spikes" are defined as footwear which have some sharp objects on or attached to the shoe (especially the sole). The objects may be metal or of some other rigid material.</p> <p>"Spikes" includes any shoe capable of taking spikes whether these spikes are fitted or removed. This includes the replacement of the spikes with blanks.</p>		
Use of Spikes by Athletes	Age Group	Events	Synthetic Tracks
	U6 – U10	All events	NO SPIKES
	U11to U17	All laned track events	Smooth Pyramid or 'Christmas tree' spikes, no longer than 7mm
	U13 to U17	Unlaned track events	Smooth Pyramid or 'Christmas tree' spikes, no longer than 7mm
Personnel allowed to be in the Competition Area	<p>Only identified Officials and those competitors actually competing in an event are permitted into the competition area.</p> <p>On completion of an event athletes must leave the competition area immediately.</p>		

	<p>LAACT Referees will be identified by the wearing of a pink coloured vest.</p> <p>LAACT Chief Officials will be identified by the wearing of a red vest. Other LAACT Officials will be identified by the wearing of an orange or yellow vest. Anyone without a vest or not competing in an event, is NOT to be inside the competition area.</p> <p>Parents, who are not Officials, spectators and children of Officials are NOT permitted inside the competition area.</p>
Photography	<p>Photography inside the competition area is only permitted to be taken by appointed official photographers. Anyone else in the competition area is NOT permitted to take photographs.</p> <p>Photographs will be taken of children and adults competing. The official photographers will then delete any photographs where they can identify an athlete who is not allowed to be photographed. This will occur before any photographs are published.</p>
On Field assistance including Coaching	<p>Athletes must NOT receive coaching from within the competition area whilst competing in an event. Athletes who receive coaching from within the competition area during an event may be disqualified.</p> <p>No person is permitted to offer advice to an athlete from within the competition area other than an Official. Such advice is not to be coaching and is limited to factual feedback.</p>

RC/2 CONDUCT OF EVENTS

Event Scheduling	<p>The Carnival Manager in consultation with the Track Referee has discretion to cancel or reschedule any/all event/s.</p> <p>Every endeavour will be made to notify Centres via email and/or text messaging as soon as possible following a decision to cancel all events.</p> <p>Any event/s that cannot be held during the Carnival will not be rescheduled and recorded as not being held.</p>
Role of Marshals on Uniforms	<p>Marshals have a responsibility to check that athletes are in their correct uniform. Once an athlete commences an event, that athlete cannot be disqualified on the grounds of incorrect uniform.</p>
Carnival Procedure	<p>Events will be progressed as shown in the Carnival Programme unless varied/cancelled by the Carnival Manager.</p>
Merging	<p>The Carnival Manager and Track Referee have the discretion to merge age groups of the same sex into one event where numbers are low.</p>
Reporting for Competition	<p>Competitors will report to the designated marshalling area (see track diagram) immediately after the calls for an event</p> <p>Each event will receive two calls only, approximately five (5) minutes apart, with the first call being fifteen (15) minutes before the start of the event.</p> <p>Events will commence in accordance with the Carnival Programme order.</p>
Athletes with Disabilities	<p>Any athlete with a disability is encouraged to compete but in doing so complies with the Rules of Competition as per able bodied athletes.</p>
Records	<p>Any LAACT records set need to be verified by the Track Referee. For track events, where hand timing is used, this requires verification of the result from watches. Where electronic timing is used the Track Referee must sight the electronic result prior to verifying the record</p> <p>It is the responsibility of the LAACT Track Referee to complete and countersign, where available, the correct paperwork recording a newly achieved record before completion of the Carnival.</p> <p>LAACT composite track relay teams will not be accredited with records.</p>

RC/3 LAACT CENTRE RESPONSIBILITIES

Entries and Teams	The nomination of entries will be coordinated by the Administration Assistant of LAACT. Teams, except for composites, are to be formed prior to the Carnival by LAACT Centres. Composite teams can be formed on the day with the assistance of LAACT Team Managers and/or Marshals.
Uniforms	All athletes must compete in their approved LAACT Centre Uniform. The LAACT uniform is to include a current age patch, Coles patch and registration number including the sponsors logo. Any sponsorship on a LAACT athlete's uniform which conflicts with current LAACT and/or LAA sponsors must be covered prior to competition.
Responsibility for Uniforms	It is the LAACT Centre's responsibility to ensure the completeness of an athlete's uniform. Any difficulties should be cleared with the Carnival Manager, who has been granted discretion on these matters, prior to the athlete's first event of the day.
LAACT Team Managers	Each LAACT Centre must provide a Team Manager. The Team Manager is responsible for all aspects of the management of the LAACT Centre activities on the day including entry on call to the competition area. The LAACT Centre Team Manager is responsible for ensuring that the required Officials from the Centre are provided, as necessary, for the Carnival. Team Managers are to inform marshalling of the need for the formation of composite teams and must assist marshalling in the formation of the composite teams.

RC/4 LAACT PROTESTS

First Step	Before a protest is lodged, in the first instance a verbal approach may be made by the Team Manager to the Track Referee.
Written Protest	If not satisfied with the decision of the Track Referee, as appropriate, a written protest may then be lodged with the Carnival Manager, by the Team Manager, to be adjudicated by the Jury of Appeal.

Timing of Protest	The protest must be lodged not more than fifteen (15) minutes after the event result has been posted and be accompanied by a deposit of \$50.00 which will be forfeited if the appeal is unsuccessful.
The Jury of Appeal	The Jury of Appeal will consist of the Carnival Manager, the Officer of Officials and an Official who was not involved in the original decision.
Conflict of Interest	If any member/s of the Jury of Appeal are associated in any way with the protesting Team or were involved in the original decision, the Carnival Manager will appoint a replacement/s to the Jury on the day for that appeal only.

RC/5 RELAYS

Track Event Teams	<p>A LAACT Centre complete age group relay team is comprised of athletes of the same age group.</p> <p>LAACT Complete relay teams must be formed from the same age group before the use of younger age groups.</p> <p>LAACT Athletes may compete in older age groups in Track Relays where a Centre is having difficulty in fielding a complete team, except that U6, U7 & U8 may not compete in the Swedish medley circular, 4x200m, 4x400m relays and such a team must contain at least one member of the older Age Group.</p> <p>LAACT Centres may enter more than one track relay team per Age Group.</p> <p>Mixed gender teams are not permitted</p>	
Composite Track Event Teams	<p>LAACT composite teams comprising same or same and younger age group athletes from different Centres may compete in track relays.</p> <p>Where the same LAACT Centre is represented by a same age group athlete in more than one composite team, only one of those composite teams may use younger age group athletes.</p> <p>LAACT Team Managers are to inform marshalling of the need for the formation of composite teams and must assist marshalling in the formation of the composite teams.</p> <p>Mixed gender teams are not permitted.</p>	
LAACT Points Scoring	<p>Only the highest finishing track relay team from each Centre or composite Centres will score points.</p> <p>Composite teams comprising athletes from different Centres will share the points designated for their relevant placing in the event. The Centre sharing is a ratio of the placing points based on the number of athletes from a Centre in the team.</p>	
LAACT Overall Points	<p>The LAACT Centre points score will be based on the total points gained in all relay events. The Centre accumulating the highest aggregate points score will receive the Mick Morris Relay Championship Award.</p>	
LAACT Points Score	<p>Once placings have been decided, points for each relay event will be allocated as per the table below:</p>	
	13 points for 1st place	6 points for 7 th place
	11 points for 2 nd place	5 points for 8 th place
	10 points for 3 rd place	4 points for 9 th place
	9 points for 4 th place	3 points for 10 th place
	8 points for 5 th place	2 points for 11 th place
	7 points for 6 th place	1 point for 12 th place

Teams that compete in a track relay but are disqualified receive one (1) point for competing.

Track Events	U6-8	4 x 50 metre shuttle relay 4 x 100 metre shuttle relay Slalom relay (4 per team) – Inner field
	U9-12	4 x 70 metre shuttle relay 4 x 100 metre circular relay 4 x 200 metre circular relay
	U13-17	4 x 100 metre circular relay 4 x 400 metre circular relay 1000 metre Swedish medley circular relay (1x100m, 1x300m, 1x200m, 1x400m)

TRACK EVENTS

LA ACT Starting Blocks	Starting blocks may only be used by U11 Age Groups and above for the first runner in the 4x100m, 4x200m, 4x400m and Swedish circular relays.
LA ACT Relay Heats	a. In the shuttle relays, if more than ten (10) Centres compete in any one relay, heats will be run. b. If more than eight (8) Centres participate in the 4x100m and Swedish medley circular relay, heats will be run. In both instances no final will be run, with the final placings based on the times recorded in the heats.
LA ACT 4x200m Relay	a. Classed as a laned event b. Staggered start using 800m stagger lines. After 100m cut into lane 1 c. Change over zones used in order will be: Lane 1 4x200m (commencing at the 200m start point – 30m Change Over Zone no acceleration zone), 4x400m (30m Finish Line – no acceleration zone), Lane 1 4x200m (commencing at the 200m start point - 30m Change Over Zone no acceleration zone).
LA ACT 4x400m Relay	a. Classed as a laned event b. Staggered start. 1st 400m in lanes. 2nd runner cuts in after 100m c. Change over zones used in order will be: 4 x 400m 30m zone, 4x400m (20m Change Over Zone - no acceleration zone), 4x400m (20m Change Over Zone – no acceleration zone).
LA ACT Swedish Medley Circular Relay	Swedish medley circular relay: a. Classed as a laned event b. Order of running will be 100m, 300m, 200m, 400m (note only 100m will be in lanes) c. Race begins at the 200m start d. Change over zones used in order will be: third 4x100m (30m Change Over Zone), unlaned 4x200m (commencing at the 200m start point 30m

	<p>Changeover Zone – no acceleration zone), 4x400m (no acceleration zone).</p> <p>e. 300m leg becomes single lane at a designated cut in point in the straight. That point is a line marked by cones (or tape) across the track.</p>
Lane Draw	The lane draw will be advised on the day.
Track Disqualification	<p>A LAACT relay team will be disqualified if they are responsible for two (2) false starts or on the basis of a technical rule.</p> <p>At the discretion of the Track Referee, a LAACT relay team will be disqualified for a conduct breach that is deemed to be in contravention of the ACTLAA By- Laws (Code of Behaviour for athletes). The team may also, but not necessarily, be disqualified if other relevant Codes of Behaviour sections within the By-Laws have been deemed to be contravened.</p>
LAACT Track Relay Placing and Ribbons	<p>Ribbons will be awarded to the Teams placed 1st, 2nd and 3rd.</p> <p>Where there are heats, the top three teams by time will be awarded ribbons.</p> <p>Ribbons will be provided to centres after the carnival to distribute</p>

THE SLALOM RELAY

Activity Area: Inner field with each team lane designated by cones

Number of Competitors: Four (4) competitors from each team, up to 5 teams in any heat

Activity Description: Measured from the start line, ten upright plastic weave posts or high cones are placed at an interval of 5m. Each line of posts will be 5m apart from the neighbouring lines. Each team competitor runs an outward leg weaving around each post/cone and turns after the final post/cone to complete an inward leg by weaving around each post/cone. Each team will be allocated a baton which is exchanged at each change of competitor.

All batons to be collected and cleaned before issue to the next set of teams in accordance with the COVID 19 Safety Plan.

Rules: A weave must be done around each post/cone on the outward and inward leg. There is no designated direction of the weave around a post/cone. The feet of a competitor must be behind the start line at the time of baton exchange.

Points will be allocated by placing if there is only one heat and times if there are more than one heat.

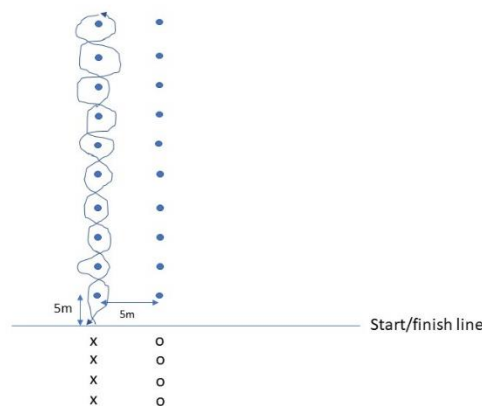
Equipment:

Fifty (50) weaving posts or large cones or a combination of posts /cones

Five (5) junior relay batons

Officials:

Track Referee, Starter (2), Chief, Umpires (7), Marshals (Start, Finish, Team (3)), Timekeeper (3), Place Judges (4), Recorder (2)



THE SWEDISH MEDLEY RELAY

The Swedish Medley Relay is conducted over 1000 metres and involves legs of 100, 300, 200 & 400 metres.

Runner 1 (100m) - The race begins at the 200 metres start, and the first runner runs 100m entirely in their lane.

Runner 2 (300m) - The second runner receives the baton within the third 4x100m takeover zone. Once athletes enter the straight, they may cut across at a designated point to run on the inside. The designated point is a line marked by cones (or tape) across the track.

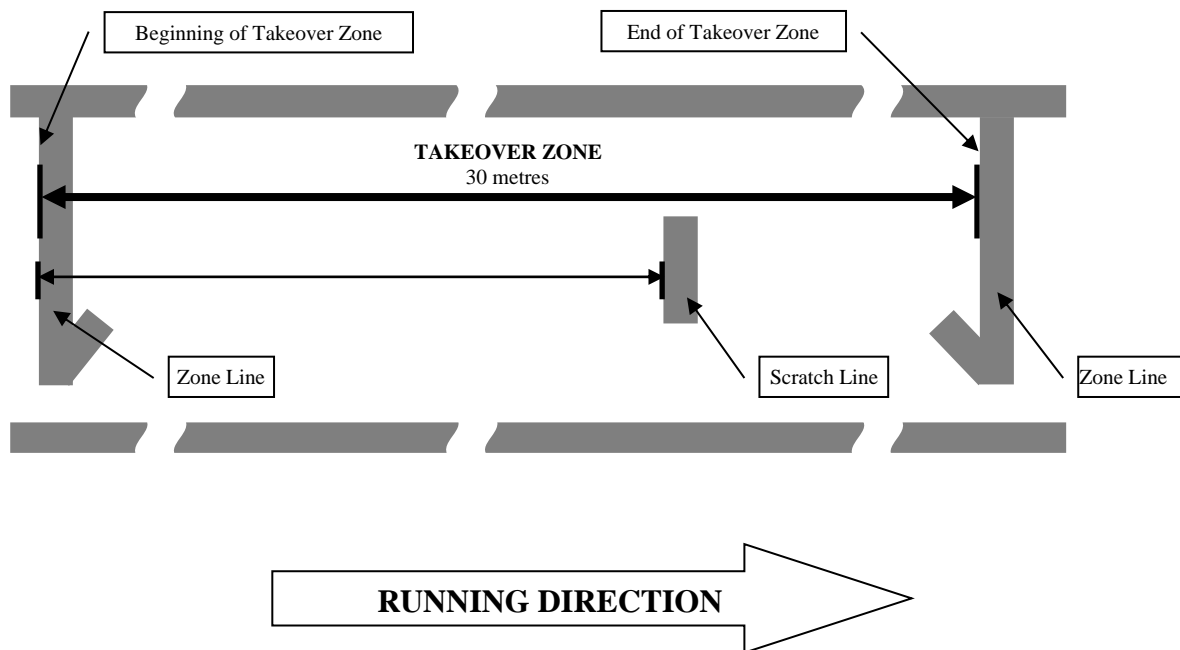
Runner 3 (200m) - The third runner commences at the 200 metres start point within the unlaned 4x200m change zone. Athletes are lined up in the takeover zone based on the order of their teams start position inside to out. Once placed in order by the competition Officials, they may not change order.

Runner 4 (400m) - The final change over occurs in the 4x400m change zone. There is **no** acceleration zone. Athletes are lined up in the takeover zone based on the order of their teams start position inside to out. Once placed in order by the competition officials, they may not change order.

NOTE: only the first leg is run in lanes. Thereafter, each athlete is entitled, (subject always to the rules of obstruction and interference) to run in lane 1.

4X100M RELAY TAKEOVER ZONE

1. In the 4 x 100m, each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. *NB Woden is not marked for a 30m zone, so tape is applied on the track to mark the zone/s*
2. For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their takeover zone and are aware of any applicable acceleration zone. The designated official shall also ensure that Rule 24.4 is observed.



Note: Unless a track has been specifically marked for 30m takeover zones, the existing line marked on the track to denote the acceleration line shall be used as the incoming zone line.

LAACT RELAY CARNIVAL RECORDS

Event	Record	Centre	Date	Event	Record	Centre	Date
6 Girls				6 Boys			
4 x 50 Metres Relay	40.95s/E	Cal	Dec 03	4 x 50 Metres Relay	42.95s	Cor	Dec 17
4 x 100 Metres Relay	1:25.3s	Lan	Nov 16	4 x 100 Metres Relay	1:20.7s	Wod	Nov 16
7 Girls				7 Boys			
4 x 50 Metres Relay	38.24s/S	Wes	Nov 90	4 x 50 Metres Relay	37.04s/S	Qbn	Nov 89
4 x 100 Metres Relay	1:12.04s/S	Bel	Dec 88	4 x 100 Metres Relay	1:10.44s/S	Tug	Dec 88
8 Girls				8 Boys			
4 x 50 Metres Relay	35.34s/S	Bel	Nov 89	4 x 50 Metres Relay	34.04s/S	Qbn	Nov 89
4 x 100 Metres Relay	1:06.44s/S	Wod	Dec 88	4 x 100 Metres Relay	1:03.74s/S	Bel	< 85
9 Girls				9 Boys			
4 x 70 Metres Relay	46.04s/S	Gin	Nov 90	4 x 70 Metres Relay	44.94s/S	Tug	Nov 90
4 x 100 Metres Relay	1:04.44s/S	Cal	Nov 97	4 x 100 Metres Relay	1:01.54s/S	Tug	< 84
10 Girls				10 Boys			
4 x 70 Metres Relay	43.18s/E	Wod	Dec 18	4 x 70 Metres Relay	43.14s/S	Wes	Nov 90
					43.14s/S	Cal	Nov 93
4 x 100 Metres Relay	59.94s/S	Tug	< 84	4 x 100 Metres Relay	58.84s/S	Eri	Nov 91
11 Girls				11 Boys			
4 x 100 Metres Relay	58.24s/S	Wod	Mar 88	4 x 100 Metres Relay	56.74s/S	Wes	< 85
	58.24s/S	Tug	Mar 88		56.74s/S	Cal	Nov 93
4 x Swedish Relay	2:51.4s	Wod	Dec 17	4 x Swedish Relay	2:46.5s	Wod	Dec 17
12 Girls				12 Boys			
4 x 100 Metres Relay	56.24s/S	Tug	Nov 91	4 x 100 Metres Relay	54.14s/S	Wes	Mar 86
4 x Swedish Relay	2:42.97s	Cor	Dec 18	4 x Swedish Relay	2:41.95s	Wod	Dec 18
13 Girls				13 Boys			
4 x 100 Metres Relay	53.84s/S	Qbn	Mar 86	4 x 100 Metres Relay	52.30s/E	Gin	Dec 15
4 x Swedish Relay	2:38.8s	Wod	Nov 16	4 x Swedish Relay	2:29.4s	Gin	Nov 16
14 Girls				14 Boys			
4 x 100 Metres Relay	51.84s/S	Tug	Nov 93	4 x 100 Metres Relay	49.44s/S	Wes	Mar 87
4 x Swedish Relay	2:33.16s	Cal	Dec 18	4 x Swedish Relay	2:25.5s	Gin	Dec 17
15 Girls				15 Boys			
4 x 100 Metres Relay	51.58s/E	Wod	Dec 15	4 x 100 Metres Relay	47.2s	Wod	Nov 16
					47.2s	Gin	Dec 17
4 x Swedish Relay	2:32.5s	Bel	Nov 16	4 x Swedish Relay	2:20.8s	Wod	Nov 16
16 Girls				16 Boys			
4 x 100 Metres Relay	51.91s/E	Gin	Nov 13	4 x 100 Metres Relay	47.0s	Wod	Dec 17
4 x Swedish Relay	2:36.9s	Gin	Nov 16	4 x Swedish Relay	2:11.6s	Wod	Nov 16
17 Girls				17 Boys			
4 x 100 Metres Relay	51.30s	Qbn	Nov 16	4 x 100 Metres Relay	44.9s	Wod	Dec 17
4 x Swedish Relay	2:34.8s	Gun	Dec 17	4 x Swedish Relay	2:07.3s	Wod	Dec 17

DRAFT RELAY CARNIVAL SCHEDULE OF EVENTS
11th December 2021 8am entry, 8:30 first event start

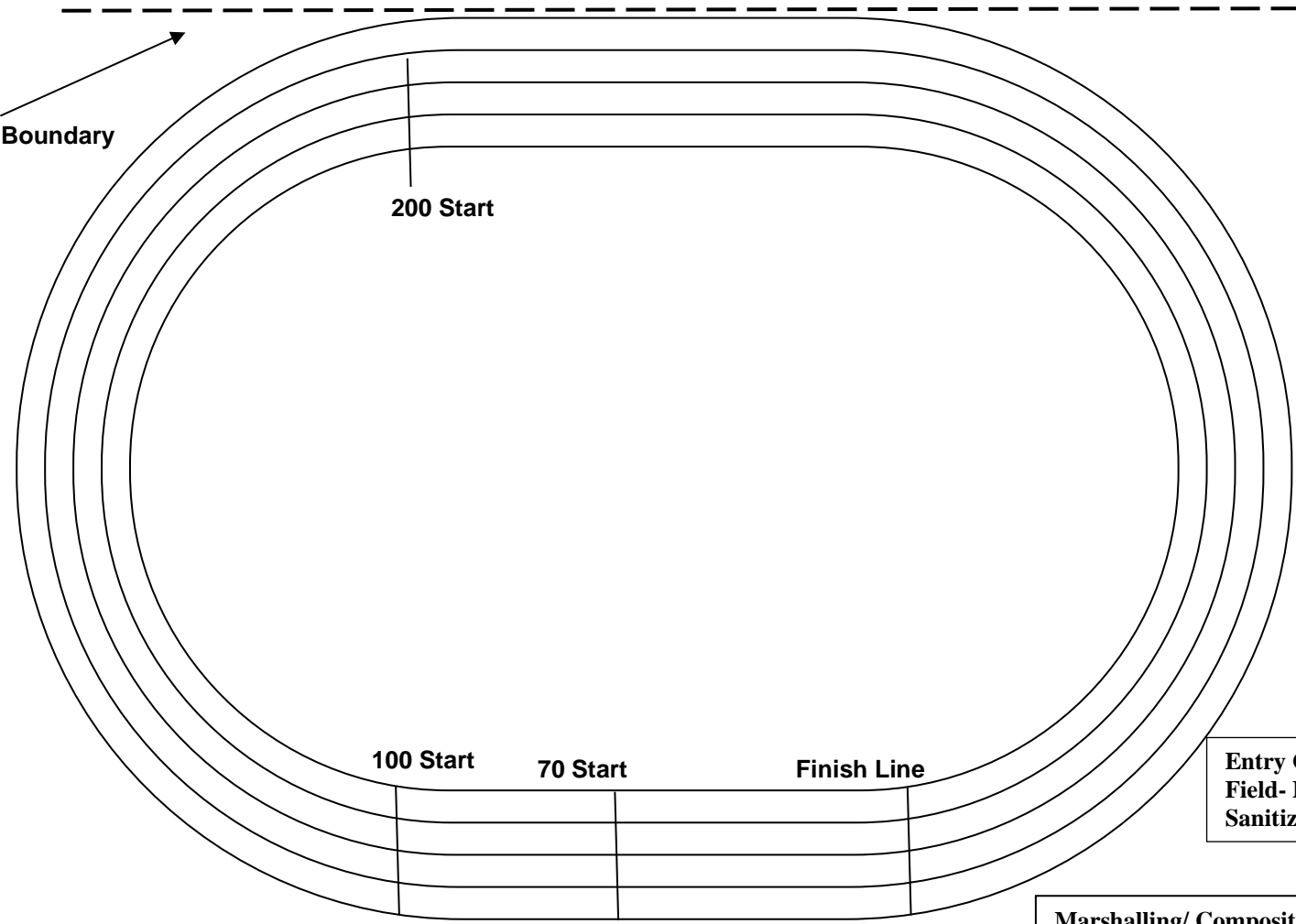
U6-8 (enter 08:00am, commence 08:30am)				U9-12 (not before 10:30 am)				U13-17 (not before 1:30pm)			
S1	B	U6	4 X 50	S13	B	U9	4 X 70	C21	B	U13	4 X 100
S2	G	U6	4 X 50	S14	G	U9	4 X 70	C22	G	U13	4 X 100
S3	B	U7	4 X 50	S15	B	U10	4 X 70	C23	B	U14	4 X 100
S4	G	U7	4 X 50	S16	G	U10	4 X 70	C24	G	U14	4 X 100
S5	B	U8	4 X 50	C1	B	U9	4 X 100	C25/26/27	B	U15/16/17	4 X 100
S6	G	U8	4 X 50	C2	G	U9	4 X 100	C28/29/30	G	U15/16/17	4 X 100
S7	B	U6	4 X 100	C3	B	U10	4 X 100	C31	B	U13	4 x 400
S8	G	U6	4 X 100	C4	G	U10	4 X 100	C32	G	U13	4 x 400
S9	B	U7	4 X 100	C5	B	U11	4 X 100	C33	B	U14	4 x 400
S10	G	U7	4 X 100	C6	G	U11	4 X 100	C34	G	U14	4 x 400
S11	B	U8	4 X 100	C7	B	U12	4 X 100	C35/36/37	B	U15/16/17	4 x 400
S12	G	U8	4 X 100	C8	G	U12	4 X 100	C38/39/40	G	U15/16/17	4 x 400
F1	B	U6	Slalom relay	C9	B	U9	4 x 200	C41	B	U13	4 X Swedish
F2	G	U6	Slalom relay	C10	G	U9	4 x 200	C42	G	U13	4 X Swedish
F3	B	U7	Slalom relay	C11	B	U10	4 x 200	C43	B	U14	4 X Swedish
F4	G	U7	Slalom relay	C12	G	U10	4 x 200	C44	G	U14	4 X Swedish
F5	B	U8	Slalom relay	C13	B	U11	4 x 200	C45/46/47	B	U15/16/17	4 X Swedish
F6	G	U8	Slalom relay	C14	G	U11	4 x 200	C48/49/50	G	U15/16/17	4 X Swedish
				C15	B	U12	4 x 200				
				C16	G	U12	4 x 200				
				C17	B	U11	4 X Swedish				
				C18	G	U11	4 X Swedish				
				C19	B	U12	4 X Swedish				
				C20	G	U12	4 X Swedish				
U9-U17	4 x 100 staggered start. Running in lanes										
	4 x 200 Staggered start using 800m lines. After 100m cut in to lane 1										
	4 x 400 staggered start. 1st 400m in lanes. 2nd runner cuts in after 100m										
	4 x Swedish 100m-300m-200m-400m, staggered start using 200m lines. 100m in lanes. 2nd runner cuts in after leaving handover box										

Perimeter Fence



Arena Boundary

WODEN ATHLETICS TRACK



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Entry Gate to
Field- Hand
Sanitizer

Marshalling/ Composite
Team Formation Area
Hand Sanitizer

Entry Gate to
Field- Hand
Sanitizer

Gate Entry
2 COVID Safe Officers
Hand Sanitizer

Canteen
Boys/Girls Toilets

Results