



# **South Barwon Little Athletics Club**

## **2024-25 Season**

### **New Athlete Information Sheet**

Acknowledgement of thanks to our club 2024-25 season  
sponsors and partners

#### **Major Sponsors**

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Welcome to South Barwon Little Athletics Club. We are so pleased to have you join our wonderful club. The club has been running since 1963 helping young athletes grow and challenge themselves to achieve their personal best. We hope you enjoy the experience and if you have any questions please come and see a committee member.

Please find below a few notes to help you settle in and get the best experience out of little athletics with South Barwon:

## COMMUNICATION / SOCIALS

### **How do I find out about what is happening at South Barwon:**

The majority of our communications are via [South Barwon Facebook page](#) and via emails sent to you on your registration email. Please use this QR code to join the South Barwon Facebook Group. Here you will get information of upcoming events, duty rosters, photos and athlete stories, any cancellation of events (if required, but please note events are only cancelled in extreme weather conditions) and general helpful information on all matters impacting Little Athletics.



(QR Scan – SBLAC Facebook Page)

We also will use the Stack Team App (<https://www.teamapp.com/>) to communicate with our members about volunteering, training and age-group specific events. Please use this QR code to download the app onto your mobile phone and search for South Barwon Little Athletics Club.



(Scan – Stack Team App)

If you have any questions please feel free to contact any of our committee members, there is always a member close by the South Barwon table or running the long jump pit. You can also send us an email on [southbarwonathletics@gmail.com](mailto:southbarwonathletics@gmail.com) or a Facebook message and someone will get right back to you.

Geelong Little Athletes Club (GLAC) also prepare a monthly newsletter which will be emailed out to you on your registration email, and also post weekly updates and event program information throughout the season via their [Geelong Little Athletics Club Facebook page](#) and [GLAC Team App](#) for all centre information on what's happening to the Geelong Athletics Centre overall.

The [South Barwon Facebook page](#) will provide club focused information for your benefit.

We highly encourage you to join our [South Barwon Facebook page](#), [Geelong Little Athletics Club Facebook page](#) and [GLAC Team App](#) to stay up to date.

To contact GLAC, please reach out via [Geelong Little Athletics Club Facebook page](#) or email [geelong@lavic.com.au](mailto:geelong@lavic.com.au).

## DUTY REQUIREMENTS

### What are duty requirements:

Little Athletics (LAVic) is a 100% volunteer run sport, and without volunteers we simply would not be able to operate. Many hands make light work for everyone and ensure a smooth run event each week for all athletes to enjoy.

**All families are asked to undertake a minimum of 3 duties per season.** Our club is responsible for providing Chiefs and volunteers each week for:

- Back Straight finish/timing (3 people – Chief, finish marshal and recording),
- 2 x 400m manual timers (where applicable),
- 2 x Long Jump pits (each requires a Chief and 3 volunteers to assist with raking the pits, measuring jumps and recording results),

We also provide:

- 1 x Walks Judge
- 1 x Starter.

**But don't worry, we have a chief in charge at each event who will show you what is required and be there to help all the way through the day.** This might be writing down the jump distances, or raking the jumps pit or scanning athletes' barcodes after a race. But help will be provided all the way.

We will be communicating the duty roster through the South Barwon Little Athletics Stack Team App <https://www.teamapp.com/> and seeking volunteers to undertake their club duties and work with you which weekends best suit you over the year.

**A duty roster will also be posted each week** on our [South Barwon Facebook page](#) and South Barwon Little Athletics Stack Team App <https://www.teamapp.com/>, and reminder text sent to confirm the volunteers each week.

When rostered on for duty please meet at the South Barwon area **15 minutes prior** to the program start time on the day of your duty, most duties are complete well before the last event is run on track.

### IMPORTANT - Duty footwear



If you are doing duty you must wear CLOSED SHOES. This is also a requirement for duties at Region and State events. NO THONGS OR ANY SORT OF OPEN TOE SHOES.

**Remember – the more people we have volunteering and trained as Chiefs the more we can spread the load and have less of a reliance on the same people every week.**

Parents and guardians who are included on the registration details of competitive members (competing athletes) become Associate Members of LAVic as part of registering the competing athlete via the online registration form. Other volunteers such as guardians or grandparents are also required to register as an Associate Member and hold a current Working With Children Check prior to undertaking any Club duty. This is a LAVIC requirement for insurance purposes and covers parents, guardians and volunteers while participating in GLAC activities. For other volunteers to register as an Associate Member of LAVic, please contact LAVic office via (03) 9960 8600 or email [office@lavic.com.au](mailto:office@lavic.com.au). See also [Regulation-11-Associate-Members-v2.3-2024.pdf \(lavic.com.au\)](#).

# SEASON CALENDAR

## What is the Season schedule:

The GLAC calendar for the 2024-2025 Track & Field season is 12 weeks of regular programs plus Championship Day. See [Season Calendar — GEELONG LITTLE ATHLETICS \(geelonglac.com.au\)](https://geelonglac.com.au)

Proposed GLAC Calendar - 24/25 Track and Field Season				Club Duties	
Site	GLAC Time	Dates	Proposed Programs	Setup	Pack-up
Year 2024				Year 2024	
Corio	1pm - 5pm	Saturday, 12th October	Week 1 Program 1	Grovedale	South Barwon
Corio	1pm - 5pm	Saturday 19th October	Week 2 Program 2	Geelong Guild	Chilwell
Away	All Day	Sunday 20th October	60th Anniversary Region Challenge (Location: Caulfield) - Selected 2023/24 athletes		
Corio	1pm - 5pm	Saturday, 26th October	Week 3 Program 3	Peninsula	East Geelong
Corio	10am - 12pm	Sunday, 27th October	U11s Skills Clinic		
Corio	1pm - 5pm	Saturday, 2nd November	Week 4 Program 2	Leopold	Geelong Guild
Corio	9am - 1pm	Sunday 10th November	Week 5 Program 1 - Coles Community Round	South Barwon	Grovedale
Away	All Day	Saturday 16th November	U9s+ at LAVIC Region Relays Carnivals (Location: Werribee)	Away	
Corio	9am - 1pm	Sunday 24th November	Week 6 Program 3	Chilwell	OGBH
Corio	9am - 1pm	Sunday 1st December	Week 7 Program 1	East Geelong	Peninsula
Corio	1pm - 5pm	Saturday, 7th December	Week 8 Program 2	OGBH	Leopold
Corio	10am - 12pm	Sunday, 8th December	GLAC Teams Relays - Geelong practice round		
Away	All Day	Saturday, 14th December	U9s+ at LAVIC State Relays Championships (Location: Whittlesea Centre in Epping)	Away	
**** Summer Holidays ****				Summer Break	
Year 2025				Year 2025	
Landy	8am - 12pm	Saturday, 11th January	Tentative (TBC closer to date, held as backup for any missed pre-Christmas rounds)	Grovedale	South Barwon
Landy	8am - 12pm	Saturday 18th January	GLAC Combined Events Day (Limited events) and 60th Anniversary, Landy Field Track Celebration	Geelong Guild	Chilwell
Landy	5pm - 9pm	Friday 24th January TWILIGHT	Week 9 Program 3 **** TWILIGHT ****	Peninsula	East Geelong
Away	All Day	Saturday + Sunday, 1st - 2nd February	U9s+ at LAVIC State Combined Championship (Location: Bendigo)	Away	
Landy	8am - 12pm	Saturday, 8th February	Week 10 Program 1	Leopold	OGBH
Away	All Day	Saturday + Sunday, 15th-16th February	U9s+ at Region Track and Field (Location: Corio)	Away	
Landy	8am - 12pm	Saturday, 22nd February	Week 11 Program 2	South Barwon	Grovedale
Landy	8am - 12pm	Saturday, 1st March	Week 12 Program 3	Chilwell	Geelong Guild
Away	All Day	Saturday + Sunday, 8th-9th March	LAVIC State Champs (Location: Casey Fields)		
Away	8am - 4pm	Saturday, 15th March	Geelong Championship Day and March Past at Landy	ALL CLUBS	
12 Programs through the 2024/25 season: 4 x Program 1 and 4 x Program 2 and 4 x Program 3					

## Key schedule dates:

- Saturday 12 Oct 2024 - GLAC season commences
- Sunday 27 Oct 2024 – U11 Skills Clinic
- Saturday 10 Nov 2024 – Coles Community Round
- Saturday 7 Dec 2024 - Last GLAC event prior to Christmas
- Saturday 18 Jan 2025 - First GLAC event post Christmas (GLAC Combined Events Day & 60th Anniversary Celebrations)
- Friday 24 Jan 2025 - Twilight event 5:00pm-9:00pm
- Saturday 15 March 2025 - GLAC Championship Day (and March Past parade)

**\*\* Please note, in October-December 2024, Landy Field is undergoing a track upgrade so competition will be mostly Saturday afternoons at Goldsworthy Reserve in Corio. After Christmas we will return to Landy Field. This is subject to the completion of the track upgrade. The season calendar above includes the various site locations, dates and times for each week. Please see Centre Maps appendices further below for site address locations, and a view of where each event will be located around the track, as well as where to find our South Barwon Club area.**

**Some other key dates for Regional & State events are listed below, note normal programs do not run on these dates:**

- **Sunday 20 Oct 2024 - Region Challenge U9-U17 invite only**
- **Saturday 16 Nov 2024 - Regional Relay Championships U9-U17 invite only**
- **Saturday 14 Dec 2024 - State Relay Championships U9-U17 invite only**
- **Saturday 1 & Sunday 2 Feb 2025 - State Combined Championship U9-U17 invite only**
- **Saturday 15 & Sunday 16 Feb 2025 - Region Track & Field U9-U17 invite only**
- **Saturday 8 & Sunday 9 Mar 2025 - State Track & Field Championships U9-U17 invite only**

### **What are Regionals and State Events or Relays?**

All athletes from Under 9's up can nominate to compete in track and field events (between 3-5 events depending on age) at the Regional track and field competition. The top two places from Regionals in each event automatically qualify for the State competition.

At these events all athletes compete as one Geelong team, combining all clubs together.

Geelong team relays are also run from Under 9's up with Regional and State competitions. Teams are selected from all clubs, for each age group (boys & girls) to represent Geelong in 4x100, 4x200, medley and Mixed 4x100 & 4x200.

Check the above calendar for dates of all events.

### **Cancellation and Program Changes:**

Season dates and program schedules can change throughout the season due to wet weather or excessive heat conditions. Please check the [GLAC Team App](#) and [Geelong Little Athletics Club Facebook page](#) each week for any changes to the schedule, GLAC makes their best efforts to provide as much notification as possible.

The decision to cancel a program is made by the GLAC Committee with the safety of athletes and officials as their primary concern. On some occasions, a program may also be altered to suit weather conditions. The LAVic weather policy will be used in decision making.

## **WEEKLY PROGRAMS OF EVENTS**

### **How does the event program work each week:**

**Under 8-17 Program:** At Geelong Little Athletics there are 3 rotating programs of events, and each age group will compete in 5 events each week. (Under 8 athletes compete in 4 events each week). The program is below:

(Note: Some events may be swapped with events from another program on occasion, to accommodate large numbers of athletes in a particular age group)



### PROGRAM 1

BOYS TRACK	8	9	10	11	12	13	14	15/16/17
100m	X	X	X	X	X	X	X	X
400m		X	X					
1500m				X	X	X	X	X
60m Hurdles	X	X	X					
80m Hurdles				X	X	X		
90m Hurdles							X	
100m Hurdle								X

BOYS FIELD	8	9	10	11	12	13	14	15/16/17
Long Jump	X	X			X	X		X
Triple Jump				X				
High Jump			X				X	
Shot Put		X	X				X	X
Discus	X					X		
Javelin				X	X			

GIRLS TRACK	8	9	10	11	12	13	14	15/16/17
100m	X	X	X	X	X	X	X	X
400m		X	X					
1500m				X	X	X	X	X
60m Hurdles	X	X	X					
80m Hurdles				X	X	X	X	
90m Hurdles								X

GIRLS FIELD	8	9	10	11	12	13	14	15/16/17
Long Jump	X	X			X	X		X
Triple Jump				X	X			
High Jump			X				X	
Shot Put		X	X				X	X
Discus	X					X		
Javelin				X	X			

### PROGRAM 2

BOYS TRACK	8	9	10	11	12	13	14	15/16/17
20m	X	X	X					
100m		X	X	X	X	X	X	X
400m				X	X	X	X	X
700m	X							
200m Walk		X						
1100m Walk			X	X				
1500m Walk					X	X	X	X

BOYS FIELD	8	9	10	11	12	13	14	15/16/17
Long Jump	X	X					X	X
Triple Jump					X		X	X
High Jump	X			X		X		
Shot Put	X	X			X	X		
Discus			X	X			X	X
Javelin							X	X

GIRLS TRACK	8	9	10	11	12	13	14	15/16/17
20m	X	X	X					
100m		X	X	X	X	X	X	X
300m								
400m				X	X	X	X	X
700m	X							
200m Walk		X						
1100m Walk			X	X				
1500m Walk					X	X	X	X

GIRLS FIELD	8	9	10	11	12	13	14	15/16/17
Long Jump		X	X			X	X	
Triple Jump						X		X
High Jump	X			X				
Shot Put	X	X			X	X		
Discus			X	X			X	X
Javelin							X	X

### PROGRAM 3

BOYS TRACK	8	9	10	11	12	13	14	15/16/17
200m	X	X	X	X	X	X	X	X
800m		X	X	X	X	X	X	X
60m Hurdles	X	X	X					
80m Hurdles				X	X			
200m Hurdles						X	X	
300m Hurdles								X

BOYS FIELD	8	9	10	11	12	13	14	15/16/17
Long Jump	X		X	X			X	
Triple Jump						X		
High Jump		X			X			X
Shot Put	X		X	X				
Discus		X			X			
Javelin						X	X	X

GIRLS TRACK	8	9	10	11	12	13	14	15/16/17
200m	X	X	X	X	X	X	X	X
800m		X	X	X	X	X	X	X
60m Hurdles	X	X	X					
80m Hurdles				X	X			
200m Hurdles						X	X	
300m Hurdles								X

GIRLS FIELD	8	9	10	11	12	13	14	15/16/17
Long Jump	X		X	X			X	
Triple Jump							X	
High Jump		X			X			X
Shot Put	X		X	X				
Discus		X			X			
Javelin						X	X	X

**Under 6-7 On-Trackers Program:** is the LAVic's orientation program for the under 6-7 age group, being a 1 ½ hour skills based program.

It aims to teach young children the components of athletic events in a fun, noncompetitive way. Using games, encouragement and a variety of physical activities, the program seeks to build confidence and skill levels before introducing children to the range of track and field events comprising the Little Athletics weekly programs – running, hurdles, relay, long and high jump, discus and shot put. Race walking and javelin are not taught to On Trackers.

Programs will be run on a safe zone on the infield as well as progressing athletes towards standard events on the track or field as their skills develop.

**On Track athletes (aged 6-7yrs) athletes and parents meet at their club area before walking their on-track athletes over to the infield.** For safety reasons we ask that other parents and siblings watch from the safety of spectator areas. The infield and the track are for competitors and officials/helpers.

- Uniform On Track athletes are required to wear their full Club uniform including registration bib.
- Slip, Slop, Slap On Track athletes are required to have sun protection including a hat and sunscreen.
- Development of Skills Skill development is a session of between 1 ½ and 1 ¾ hrs commencing from 8:30 am. As well as skills development, onTrackers will be introduced to several events held on the track or field of John Landy Field. Events will vary according to the availability of a particular track, pit or ring. Children will be called to assemble on the John Landy Field PA system, meeting the On Track Coordinator at the competition recording office. The Competition Recording Office is located at the west end of John Landy Field closest to the park, opposite end to the Factory.
- Putting Skills into Practice The introduction-to-events sessions allow On Trackers and their families to become familiar with the layout of John Landy Field and its event locations. Children are shown how each event is conducted and the rules governing each event. These sessions are important preparation for the following year when the On Trackers will compete as Under 8 Little Athletes.
- Learn with your Child The On Track program is designed so that you can learn alongside your child. Parents, grandparents, aunts, uncles, siblings etc. are encouraged to get involved with the program and share the experience. For further information, please see the On Track section of the LAVic web site: [www.lavic.com.au](http://www.lavic.com.au) Parents are required to be present at little athletics and assistance is required approximately once every three weeks. We will also train parents on how to assist and engage in the program.

### How will my child know where to go each week:

**GLAC will post weekly** via the [GLAC Team App](#) and [Geelong Little Athletics Club Facebook page](#) and to your registered email address each week's program and the first event for each age group, but the order of further events will depend on how quickly the events run. **South Barwon club will also post weekly** via our [South Barwon Facebook page](#).

Please see **Centre Maps** appendices further below for site address locations, and a view of where each event will be located around the track, as well as where to find our South Barwon Club area.

Please **listen out to the announcements on the day** to check which event your child needs to be at. All events are **called three times** over the PA system on site, please listen out for your child's age group and the event they are being called to. All athletes should start making their way to their event on the first call, and depending when they finish their previous event may have to go immediately straight to their next event.

Eg. "First call for Under 8 Boys 100 metres on the front straight". Then second call, and final call.

**On Track athletes (aged 6-7yrs) athletes and parents meet at their club area before walking their on-track athletes over to the infield.**

You can also visit our South Barwon club area on event days for any additional assistance, see the track maps below for where you can find our area.

### Cancellation and Program Changes:

Season dates and program schedules can change throughout the season due to wet weather or excessive heat conditions. Please check the [GLAC Team App](#) and [Geelong Little Athletics Club Facebook page](#) each week for any changes to the schedule, GLAC makes their best efforts to provide as much notification as possible.

The decision to cancel a program is made by the GLAC Committee with the safety of athletes and officials as their primary concern. On some occasions, a program may also be altered to suit weather conditions. The LAVic weather policy will be used in decision making.

## RESULTS OF EVENTS

### ResultsHQ – What is this?

ResultsHQ is Little Athletics results page, you can log onto this and see your results and track your Personal Best (PB) performance results.

**ResultsHQ accounts are automatically created for you once your registration is paid online and proof of age has been provided to your Centre.** Please allow up to 48 hours for an account to become available before making contact with the Little Athletics Victoria office or your Centre.

**How to access ResultsHQ:** You will need to request your account details by [clicking here](#). You'll need to enter your primary email address you used during your Little Athletics registration into the **forgotten password** page linked above. This will become your **username** for ResultsHQ. You will then receive an email with details on how to access your account.

**New Members:** Once you have logged into ResultsHQ you will need to complete a couple of simple steps to activate the viewing of results, these include confirming x 2 different parent / guardians for the ability to view results.

**Returning Members:** If you have changed your primary email address from the previous season, you will not be able to see your prior results as the system would not recognise the change. Please communicate with us directly for additional help, if this is the case.

After your initial login, you can then easily **login each week via** [ResultsHQ - Login \(https://resultshq.com.au/login\)](https://resultshq.com.au/login)

## When will weekly results be available in ResultsHQ:

Full results from our weekly programs are usually available from the Monday afternoon following an event. The GLAC Results Coordinator reviews all results recorded on a Saturday, checking for errors or omissions, prior to publishing the full results. Some results may be available shortly after each event, others may take longer so please wait until Monday afternoon to see all results before contacting us or GLAC. Please remember results only start recording after you have been issued with your member registration patch.

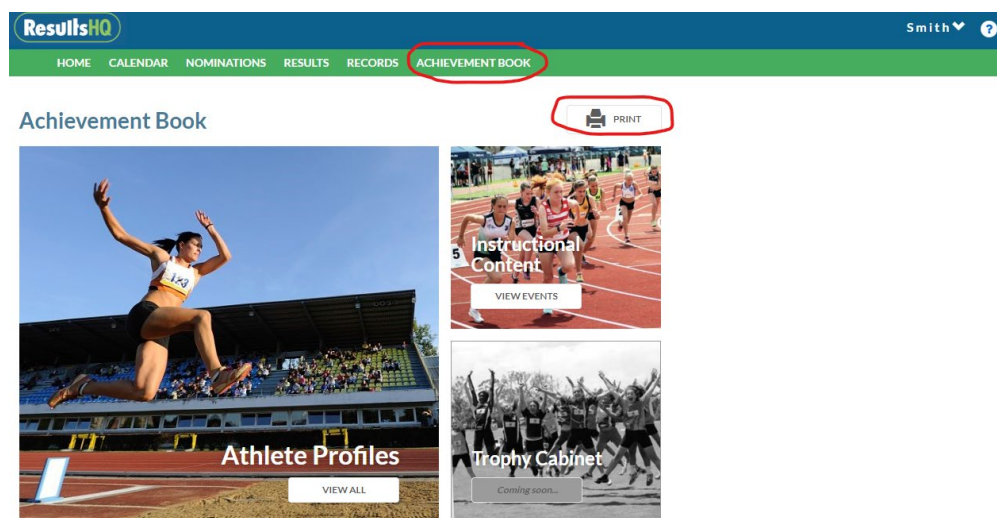
You can view your results from the [ResultsHQ home page](#), personal best (PB) performances will be reflected by a yellow star.

24 Feb 2024 - Week 13

80m Hurdles 17.63	★ High Jump 1.35	★ Discus 13.16	★ 200m 32.81
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## End of Season results – Achievement Book

A customisable ResultsHQ achievement book with all of the athletes' season results will be available at the end of the season to download. A separate book is available for each competitive member. Further information will be communicated at the end of the season regarding achievement books. You need to login into your ResultsHQ account (see link below) and select the print button to view and print/save. Link - <https://resultshq.com.au/AchievementBook/>.



**Frequently Asked Questions:** Visit [Centre Results - Little Athletics Victoria \(lavic.com.au\)](http://lavic.com.au)

**GLAC Records:** You can view all GLAC Centre records via [ResultsHQ - Centre Records](#) and [Records & Awards - GLAC Web site](#).

**SBLAC Records:** You can view all SBLAC Records via our website [Club Records – SBLAC Web site](#)

## UNIFORMS

### Where can I get uniforms and are they required:

We do ask that all South Barwon athletes participate in a club uniform, the uniform is blue shorts and the club red/blue top. This is a LAVic, GLAC, SBLAC requirement. On the track you will see each club has its own uniform helping identify the clubs and athletes. All tops must have a Coles badge stitched in the top right corner.



Uniforms can be purchased from the South Barwon area during any Saturday event, please come on over and try the uniforms to find the right size. A Coles badge will be supplied, GLAC can provide a replacement badge at \$5 cost. We have an electronic payment facility available for easy payment, prices are displayed at the South Barwon area for each item. **Please see our 2024/25 Uniform price list appendix further below.**

If you prefer, you can also email or message us on Facebook to pre-order your uniform for collection the next weekend.

## TRAINING

### **Does South Barwon offer training sessions for athletes?**

Yes, our club is very pleased to offer training to all our registered South Barwon athletes who wish to be ready to take to the track in October, we've organised four free training sessions with specialist coaches over the coming weeks. We will send you an email after you have registered to invite you along to the below training sessions which you then *reply to this email and let us know the names and ages of your children and which sessions they will be attending.*

- **5pm Thursday 17th October** - [Goldsworthy Reserve \(Corio\)](#)  
Shot Put, Sprints, Hurdles, Discuss, Long Jump and Triple Jump
- **4pm Friday 18th October** - [Deakin University Athletics Track \(Waurm Ponds\)](#)  
Sprints, Hurdles, Long Jump and Triple Jump
- **4.30pm Thursday 24th October** - [Goldsworthy Reserve \(Corio\)](#)  
Shot Put, Sprints, Hurdles, Discuss, Long Jump and Triple Jump
- **4pm Friday 25th October** - [Deakin University Athletics Track \(Waurm Ponds\)](#)  
Sprints, Hurdles, Long Jump and Triple Jump

The training sessions are open to all our athletes, from OnTrackers and up, but Triple Jump training will be limited to athletes in U11s and older this season. Athletes join a group and focus a single discipline in each session. If they attend all sessions they will cover all the different athletics disciplines listed above.

**Athletes will need to bring a drink bottle and running shoes.** They are welcome to change into running spikes, but these are not compulsory. It'd be great to see everyone in their South Barwon uniform if possible.

We look forward to seeing you at these training sessions.

Please follow the [South Barwon Facebook page](#) and keep an eye on your emails for further information about the season dates and programs, as well as stay across any changes of dates/times or late cancellations in the event of bad weather conditions.

## WINTER CROSS COUNTRY

The Winter Cross-Country program takes place **between April 2025 and August 2025** where athletes participate in Cross-Country running on a weekly basis.

Athletes still participate as part of the same Centre that they were in during the Summer Track & Field program, however, unlike the summer program, **nearby Centres all participate together usually in different locations. The Geelong Little Athletics Cross Country runs are locally based, normally at Easter Gardens**, and distance varies depending on age from 1km to 3km.

On any given Cross-Country day, athletes will participate in one event only. The distance of the event the athlete participates in is the same in any Cross Country program across Victoria.

A Cross-Country day is shorter in duration due to fewer athletes participating and only one event per athlete. A Cross-Country day also only involves a single event being run at any one time. These programs are determined by the Cross Country group your Centre is involved with.

LAVic also offer Region/State competitions throughout the season.

XC	EVENT	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16
	Cross-Country Season	500m	1km	1km	1.5km	1.5km	2km	2km	3km	3km	3km	3km
	EVENT	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16
	Multi-Class Cross-Country	500m	1km	1km	1.5km	1.5km	2km	2km	2km	2km	2km	2km

Please keep an eye out on the [Geelong Little Athletics Club Facebook page](#) and [GLAC Team App](#) for Cross Country season information.

See also <https://southbarwonathletics.com/cross-country/>

## OTHER USEFUL INFORMATION

### Who do I contact?

**When at the track**, please visit the **South Barwon Club area** for any assistance. Usually, a committee member is always there, or returning in a few minutes. Our South Barwon club committee members regularly wear the South Barwon club hoodie jumpers for easy identification and are very approachable and happy to provide any assistance.

**For all other times**, the best method of contacting South Barwon Club is to reach out to us via our [South Barwon Facebook page](#) or send an email to [southbarwonathletics@gmail.com](mailto:southbarwonathletics@gmail.com).

If you would like to contact GLAC, please reach out via [Geelong Little Athletics Club Facebook page](#) or email [geelong@lavic.com.au](mailto:geelong@lavic.com.au).

### Can parents leave their child at athletics unattended?

NO, all children must be supervised by an adult parent/carer for the duration of every event. Athletics is not a drop-off sport.

### Canteen and Coffee

There is a canteen onsite with hot and cold food available. There is also sometimes a coffee van available for those needing a caffeine fix early in the morning.

### Drinking Water

There are drinking water bubble taps available onsite. Athletes are also strongly encouraged to bring a named water bottle to all events.

### **Slip, Slop, Slap**

All athletes are strongly encouraged to have sun protection including a hat and sunscreen during all events.

### **First Aid**

Ambulance Victoria trained officers are in attendance for the duration of each event. The First Aid station is located at the main pavilion office.

### **Child safety, disability, cultural diversity and inclusion**

You can find information and policies on child safety, disability, cultural diversity and inclusion via Geelong Little Athletics web site: [www.geelonglac.com.au](http://www.geelonglac.com.au) or LAVic web site: [www.lavic.com.au](http://www.lavic.com.au).

For any queries or assistance, please reach out to us via our [South Barwon Facebook page](#) or send an email to [southbarwonathletics@gmail.com](mailto:southbarwonathletics@gmail.com).

**We hope you have a great season with South Barwon, and please ask as many questions of the Committee as needed, we are here to help.**

## APPENDICES

### CENTRE MAPS

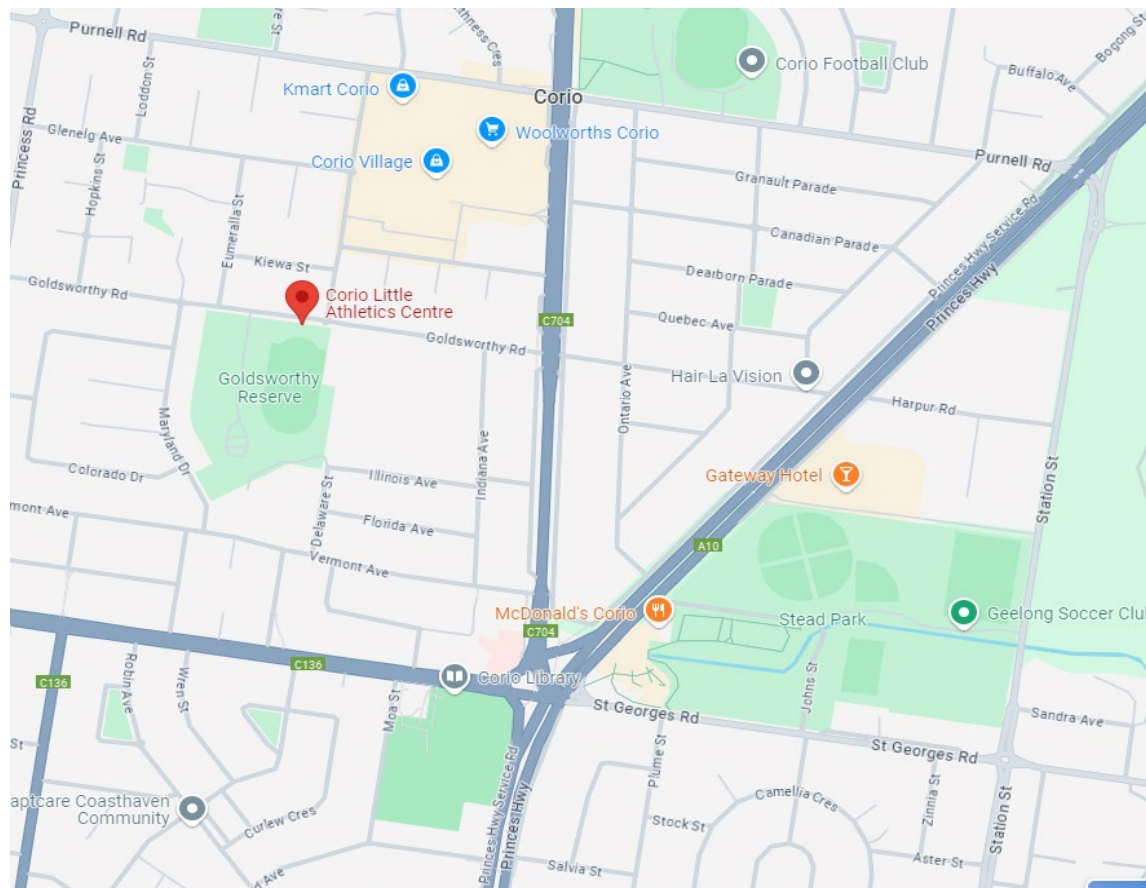
**\*\* Please note, in October-December 2024, Landy Field is undergoing a track upgrade so competition will be mostly Saturday afternoons at Corio Little Athletics Centre, Goldsworthy Reserve in Corio. After Christmas we will return to Landy Field. This is subject to the completion of the track upgrade. The season calendar above includes the various site locations, dates and times for each week.**

#### **Corio Little Athletics Centre, Goldsworthy Reserve in Corio (October 2024 to December 2024)**

[Corio Little Athletics Centre, Goldsworthy Reserve \(Corio\) – Google Maps](#)

Goldsworthy Road, Corio Vic 3214.

Entry via Goldsworthy Road.



## Track Map

Our South Barwon club area is located under the **Grandstand area in end bays 9-10**, look for our club banner, coloured streamers.

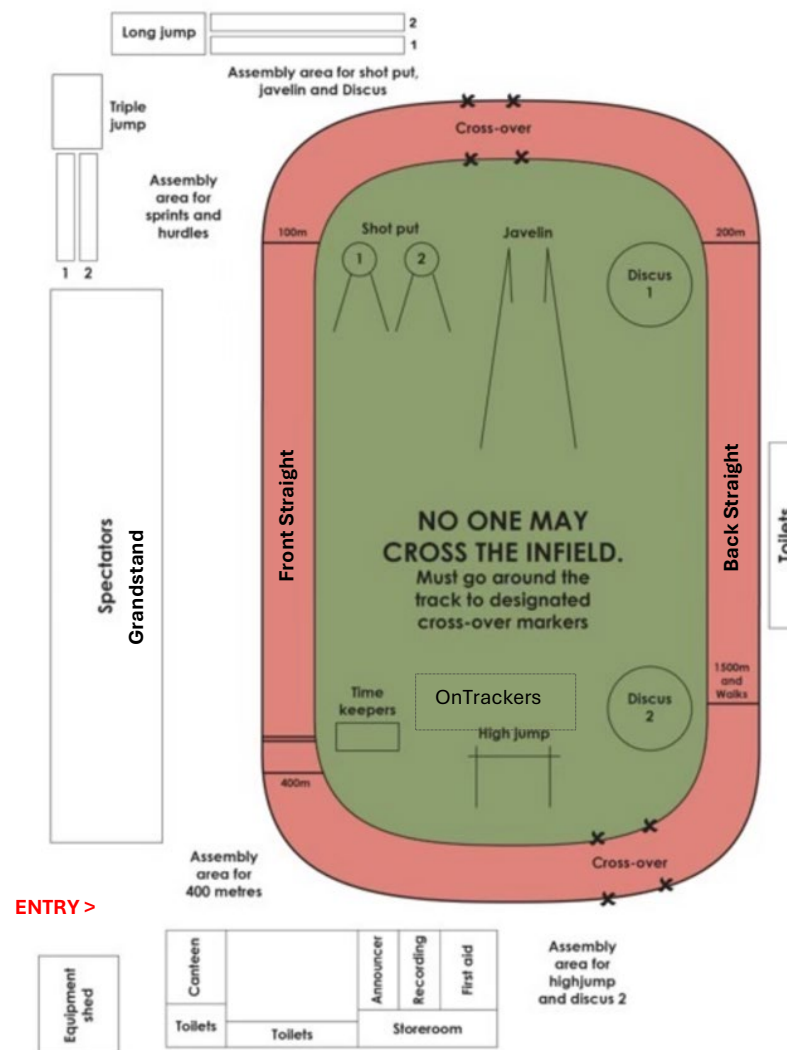
Each event station and our South Barwon club area location are shown in the track map below.

Please note the following for the PA announcements on where to go:

- **Front Straight** – nearest side closest to the Grandstand
- **Back Straight** – far side of track near toilet block
- **For field event stations** – refer to map locations.



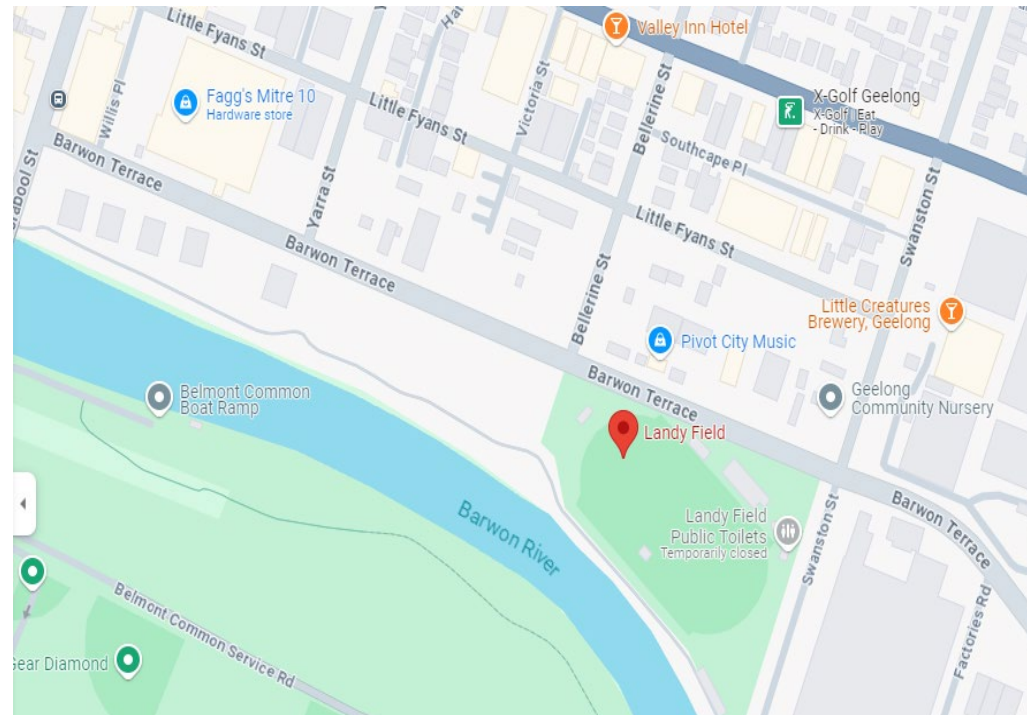
## LAYOUT OF THE CORIO LITTLE ATHLETICS CENTRE





## John Landy Athletics Field 'Landy Field' (January 2025 to March 2025)

[John 'Landy' Field \(South Geelong\) - Google Maps](#), 230 Swanston Street, South Geelong, Vic 3220. It is situated along the Barwon River. Entry via Swanston Street.



### Track Map

**\*\* Please note, in October-December 2024, Landy Field is undergoing a track upgrade so competition will be mostly Saturday afternoons at Corio Little Athletics Centre, Goldsworthy Reserve in Corio. After Christmas we will return to Landy Field. This is subject to the completion of the track upgrade. More information will be communicated as it becomes available from GLAC, including an updated track map.**

## UNIFORM PRICE LIST

### South Barwon Little Athletics Club

#### 2024/25 Uniform Price List

#### COMPETITION DAY ITEMS (required uniform (1 x shorts and 1 x top))

Running shirt:	\$45
Singlet:	\$35* selected sizes available
Crop top:	\$40
Running shorts:	\$25
IMPI bike shorts:	\$35

#### OFF TRACK ITEMS (optional purchase)

Hoodie:	\$55* selected Adult sizes available (Kids sizes made to order – see samples)
Trucker hat:	\$15* (made to order – see samples)

**All athletes will receive a registration pack on collection of their competition bib (uniform discount applies now)**

*This includes: \$10 off per athlete towards the cost of uniform*

***SBLAC Drawstring Bag by Indigo Wolf***

***1 pair of no tie shoelaces and***

***% Discount (membership card) at De-Grandi Inter Sport***

We have an electronic payment facility available for easy payment (preferred) or cash is accepted on event days.