



2023 State Track & Field Championships

Saturday 11th & Sunday 12th March 2023

Lakeside Stadium, Albert Park



Please find below information to assist you at State

BMLAC Team Managers: Linda Thompson - Mobile Number: 0407 348 287

Karen Stewart - Mobile Number: 0408 372 903

Timetable: To view a copy of the final timetable please visit the LAVic event page [HERE](#). Athletes must report to the BMLAC team manager on arrival.

Venue Access: Both Gate 1 and Gate 2 will be open from 7am.

Track Call Room

The Track call room, located near the 100mts start line/VIS building, will be used for all track events. All athletes competing in track events must report to the track call room in full approved Centre uniform prior to the final entry time, and they will be escorted from there to the start of their race.

Entry times are:

- First Entry time – 30 mins prior to the scheduled start time
- Final Entry time – 20 mins prior to the scheduled start time

Field Marshal Points

A call room will not be operating for the Field events, the athletes will be required to assemble at the field marshal points, in full approved Centre uniform, **20mins** prior to the scheduled start time of the event. Athletes are not to enter the infield, they will be collected and escorted to the field event by an official.

There will be announcements over the PA to remind athletes to make their way to the marshalling points.

There are 4 marshal points for the weekend, details on the venue map.

Marshal Point 1: Long Jump, High Jump and Discus 1- 1500mts start line.

Marshal Point 2: Discus 2, outside at warm up track near cage.

Marshal Point 3: Javelin and Triple Jump - 200mts start line.

Marshal Point 4: Shot Put 1 & 2, at warm up ring, outside near Gate 1.

Warm-up Area: The warmup track will be open for the entire duration.

Uniform: Plain black shorts with **no logos, no pockets**. Centre singlets must have the LAVic logo and Coles Logo.

Registration Patch: Every athlete who competes at the LAVic State Track and Field Championships must wear their Commonwealth Bank registration patch.

Carpark: A reminder that Lakeside Stadium has metered car parking that takes both coins and credit cards. There is additional parking out on Albert Road Drive. The venue has confirmed that there will be several other events on over the weekend so parking space may be limited.

Duty: BMLAC have been allocated the duty of Triple Jump (Pit 4) and General Official. Families have been allocated a duty at some stage over the weekend. Please ensure you arrive at your allocated duty at the scheduled time. **When completing duty, due to current OH&S requirements, volunteers are required to wear closed toe footwear, as you may be in close proximity to athlete's wearing spikes. You are also reminded that NO PHONES are to be used whilst officiating.**

Spikes:

Spikes Size: Max 7mm for Track Events and 9mm for Field Events.

Spikes Shape: Only Conical or Pyramid spikes are permitted at Lakeside Stadium.

Age Groups	Track Events	Field Events
U9 - U10	No spike shoes allowed	No spike shoes allowed
U11 - U12	All events run entirely in lanes	All jump events & Javelin
U13 - U16	All events except Race Walks	All jump events & Javelin

Heats/Finals: All events are either Finals or Timed Finals. No heats will be conducted.

Ranking and Composition of Timed Finals: Athletes shall be allocated lanes and seeded to a Timed Final based on the performances achieved during the Region Carnivals.

Presentations: Medals will be presented to the first three placegetters, in either the Final or the finalised times from the Timed Finals. Ribbons will be presented to fourth to eight place getters. Centre uniform must be worn at the Presentation Ceremony.

Results

Live Results will be made available throughout the entire Championships on our Results Hub platform. Access to Results Hub is done through the event page on the website, or by clicking the link below ...

<https://lavic.resultshub.com.au>

Live Stream

A link to the live stream will be available on the event page [HERE](#).

Good Luck - Be Your Best - Go Marsh!!

Venue Map

BMLAC will set up in back straight grandstand at the 200m start

