



# ATHLETICS VICTORIA

## AVSL Members Guide to Participating

Please Note: This document is subject to change and will be adjusted based on updated advice received from the Victorian Government

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## INTRODUCTION

This document describes the key aspects of the functional areas associated with the 2020-21 AVSL season. Importantly this document is a key communication tool describing the services to be delivered at the event considering COVID-19 Department of Health processes including:

Our mission is to provide an opportunity for athletes to return to participate in Track and Field events with Athletics Victoria in a safe and effective manner in line with all COVIDSafe restrictions.

## EVENT INFORMATION

### Dates & Venues (Rounds 1-4 only):

<b>METROPOLITAN</b>					
<b>ROUND</b>	<b>DATE</b>	<b>VENUE 1: YELLOW</b>	<b>VENUE 2: RED</b>	<b>VENUE 3: WHITE</b>	<b>VENUE 4: BLUE</b>
01	29/11/2020	Aberfeldie	Doncaster	Nunawading	Casey
02	06/12/2020	Werribee	Doncaster	Nunawading	Knox
03	13/12/2020	Aberfeldie	Doncaster	Nunawading	Casey
04	20/12/2020	Werribee	Doncaster	Nunawading	Knox

  

<b>REGIONAL</b>				
<b>ROUND</b>	<b>DATE</b>	<b>VENUE 1</b>	<b>VENUE 2</b>	<b>VENUE 3</b>
01	28/11/2020	Ballarat	Bendigo	Geelong
02	05/12/2020	Ballarat	Bendigo	Geelong
03	12/12/2020	Ballarat	Bendigo	Geelong
04	19/12/2020	Ballarat	Bendigo	Geelong

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CHECK-IN AND OUT IS MANDATORY**

**CS Sports App can be downloaded from Google Play or Apple App Store**

## Competition Venues – Metro/Country:

There will be seven venues offering AVSL with four (4) metro venues and three (3) country venues. The Country Regions will be running competition on Saturday and Metro Melbourne on Sunday.

In Metro Melbourne, a number of Little Athletics Centres will be conducting their own competition on Saturday and will finish mid to late Saturday afternoon which will affect the number of sessions that can be offered. Moving AVSL in Metro Melbourne to a Sunday will allow more certainty on the four (4) sessions AND ensure that all sessions comply with the requirements for cleaning and sanitising.

To ensure that all venues can deliver competition with new processes and offer competition opportunities please compete at your nearest AVSL Venue.

If you live in Metro Melbourne please compete at a Metro Melbourne venue on Sunday  
If you live in a Country Region please compete at a Country Region on Saturday  
We need your help to make sure we can provide opportunities to as many members as possible.

## On the Day Entries:

Due to contract tracing requirements, no on the day entries will be offered at AVSL.

## Trialling Entries:

Non-Members can complete a maximum of one (1) 'Individual Round Entries' as a trial athlete throughout the 2020/21 AVSL season.

A 'Trial Entry' are those that are not a member of Athletics Victoria currently or have been in the past. Individuals, who are not a current member and have not been a member in the past, are to submit an online form to confirm their eligibility to be a Trial Entry.

For the 2020/21 season a trial entry request must be submitted to Athletics Victoria before the closing date for each rounds (see rule 3.4.3 for entry process). A Trial Entry will only be accepted if there are positions available after the registered Athletics Victoria members entry period has concluded.

## School Student Entries:

For season 2020/21 school students who are Non-Members can compete as a trial athlete throughout the AVSL season. 'School Student Entries' are only for those individuals who are not a current member of Athletics Victoria and have not been a member in the past.

Student athletes, who wish to enter as a 'School Student Entry', are to submit an online form to confirm their eligibility to be a School Student Entry.

Once approved 'School Student Entries' must purchase an individual round entry for any rounds that they wish to compete in. These entries will only be confirmed if there is capacity following the exclusive Athletics Victoria member entry period has concluded.

These 'School Student Entries' WILL NOT be eligible to score points for a club and will not contribute to their eligibility to compete at the AVSL Playoffs (please see rule 7.2). No 'School Student Entries' will be available for the AVSL Playoffs. No 'School Student Entries' will be available for Victorian State Championships.

## Venue Canteens

There are restrictions in place that may affect the re-opening of canteens at some venues.

## AVSL Age Groups:

**Age Determination:** Age group calculation is taken from the 31<sup>st</sup> December 2020.

Age Group	Year of Birth	Age Group	Year of Birth
<b>Under 14</b>	<b>2007, 2008</b>	<b>Under 18</b>	<b>2003, 2004*, 2005*</b>
<b>Under 15</b>	<b>2006, 2007*, 2008*</b>	<b>Under 20</b>	<b>2001, 2002, 2003*, 2004*</b>
<b>Under 16</b>	<b>2005, 2006*, 2007*</b>	<b>Open</b>	<b>2000+ (Juniors from 2002* onwards can enter)</b>
<b>Under 17</b>	<b>2004, 2005*, 2006*</b>		

*\*Year of birth in italics are those that are competing up an age group.*

## Uniform/Bibs:

Athletes will be expected to wear their official AV club uniform or school uniform.

Bibs will be required and will be issued on the day of competition.

## Footwear:

The ruling for maximum spike length is 7mm for all track events and 9mm for all field events. Only conical & pyramid (Christmas tree) are allowed, unless otherwise stated by individual venue policy.

## Private Implements:

No private implements will be able to be used at AVSL meets due to COVIDSafe measures in place for all Metropolitan and Regional venues.

## Athlete Check-In:

Athletes will only access the venue 15 minutes prior to session entry time. Athletes may enter up until 30 minutes left in their session. Events will begin once the session start time is reached.

## Athlete Warm Up:

Athletes will need to warm up prior to entering the venue so that they are ready to compete once the session begins. Warm up must be carried out external to the venue until otherwise advised by Athletics Victoria.

## False Start Rule:

~~For AVSL season 2020/21 if a false start occurs, no disqualification will occur on an athletes first break. Athletes will only be disqualified after two (2) false starts.~~

**Rule Change as at 27.11.20: If an athlete breaks, then the athlete is allowed to compete by invitation, in a later heat in that nominated timed session if time permits. Athletes will not be able to compete in a different timed session. The Starter's Marshal needs to notify the scorers that this athlete cannot score points and is now competing as an invite athlete.**

## Para Athletes:

Para Athletes will be included within their booked session for the throws and track events.

## Withdrawals:

Track sheets will not be pre-seeded therefore athletes can come and go as they please. Athletes must however pre enter which session they wish to compete in before the closing date of each round. Athletes not on the session list will not be granted access and will not be eligible to compete.

## Hip Numbers:

Athletes will not be required to wear hip numbers at AVSL. Athletes will be made aware of their finishing position and told to report into administration/results tent by the track officials. A briefing will be provided to athletes before each heat/event.

## First Aid:

St Johns will be located within the first aid location provided by each venue.

## Memberships:

AVSL package collection will be available on the day at check-in

Any bibs that are not collected will be **returned to the AV Office in club and alphabetical order** for redistribution at the next event that the member registers for.

## COVIDsafe Principles:

There is several other laminated signage to be displayed at AVSL venues to promote COVIDSafe principles, questions at Check In and venue specific QR Codes:

### What COVIDsafe principles do I need to follow?

- Wear a mask (government permitted face coverings only) **\*Please note that guidelines on face coverings have been updated however due to the age demographic of our Victorian Officials, at this time we ask that you abide by the guidelines in this document to reduce risk.**
- Do not attend if you feel sick or unwell
- Maintain physical distancing (1.5 metres)
- Cough and sneeze into a tissue or elbow
- Practice good hand hygiene and
- Do not spit or blow nasal fluid at any time within the venue



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## TIMETABLE

### Venues (All):

Round	Date	Venue 1	Venue 2	Venue 3	Venue 4	Ballarat	Bendigo	Geelong
01	28/11/2020					Ballarat	Bendigo	Geelong
01	29/11/2020	Aberfeldie	Doncaster	Nunawading	Casey Fields			
02	05/12/2020					Ballarat	Bendigo	Geelong
02	06/12/2020	Werribee	Doncaster	Nunawading	Knox			
03	12/12/2020					Ballarat	Bendigo	Geelong
03	13/12/2020	Aberfeldie	Doncaster	Nunawading	Casey Fields			
04	19/12/2020					Ballarat	Bendigo	Geelong
04	20/12/2020	Werribee	Doncaster	Nunawading	Knox			

### Event Timetable (Metro): \*See website for regional start times

Round	Session 1(50)	Session 2(50)	Session 3(50)	Session 4(50)	(HVC Hurdles)
01	9.00am – 10.00am	10.15am – 11.15am	11.30am – 12.30pm	12.45pm – 1.45pm	2.00pm – 3.00pm Sprint Hurdles: Nunawading Long Hurdles: Aberfeldie
02	9.00am – 10.00am	10.15am – 11.15am	11.30am – 12.30pm	12.45pm – 1.45pm	2.00pm – 3.00pm Sprint Hurdles: Knox Long Hurdles: Nunawading
03	9.00am – 10.00am	10.15am – 11.15am	11.30am – 12.30pm	12.45pm – 1.45pm	2.00pm – 3.00pm Sprint Hurdles: Aberfeldie Long Hurdles: Nunawading
04	9.00am – 10.00am	10.15am – 11.15am	11.30am – 12.30pm	12.45pm – 1.45pm	2.00pm – 3.00pm Sprint Hurdles: Nunawading Long Hurdles: Knox

\*Note: HVC Hurdles is a specialist meet for Hurdlers commencing after AVSL. It is a non-scoring AVSL event for both Sprint Hurdles and Long Hurdles. Officials and helpers will be allocated in advance however in some instances additional assistance may be required.



## VENUE ENTRY & EXIT & EVENT SITES

### Entry (Ingress)

#### Athlete Process

With the current restrictions on outdoor community sport and public gatherings, there are specific requirements to manage entry and exit of all participants at every venue.

#### The Car Park

- Athletes are to park in the designated external carpark, or the advised area located outside the venue.

#### The Entry Point and Venue Check in

Each venue will be provided with a list of Athletes who have pre-entered for each sixty-minute session

All athletes will be required to enter each venue through a designated entry (ingress) point

Prior to venue entry (ingress):

- All athletes must check in at the venue via two options:-
  - By using the CS Sports APP or by scanning the venue QR code located at the entry (ingress) point for each venue using your mobile device; or
  - By a manual check in process for the session you have entered.
  - **CS Sports App can be downloaded from Google Play Store or alternatively from the Apple App Store**

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The Check in Team will ask questions about your health & contact tracing information.  
If you feel unwell or you do not meet the contact tracing restrictions, you will be asked to leave the venue.  
It is recommended that you immediately get tested and remain at home until you receive your test results.



### What is compulsory

Everyone must wear a mask before and after competing

Remain 1.5m apart at all times

1 person per 4m<sup>2</sup>

If you feel unwell stay at home

**Remember to download the CS Sports App before arriving to the venue. This will speed up the CHECK IN process or arrival.**

Follow all information on all signs within the venue

Remember to CHECK IN and CHECK out of the CS Sports App

Follow all information on all signs within the venue

## How each Session will work

- Each 60-minute session will have a maximum of 50 athletes per session (not including officials/club helpers)
- Each Athlete can compete in up to four (4) events in each 60-minute session:
  - o 2 Track events and
  - o 2 Field events
- Circular track events will be scheduled in the first 30 mins of each session followed by the sprint event in the back half of the session
- Each field event site will run group of ten (10) people at any one time. This is limit gatherings at each event site and to comply with the 1 person per 4m2 rule.
- Some venues there may be two sites for a specific field event (eg long jump, triple jump, shot put)
- The first ten (10) athletes to register at each field site will compete first up and attempts recorded. When this group is finished, Officials will sanitise the event site, and once complete call for the next ten (10) athletes to compete and so on. There will be sufficient field event opportunities so

## Exit Process Athletes (Egress)

Once athletes complete all events, they will then be asked to leave the venue through the designated exit (egress) point.

**Get in, Compete and Get out!**

## Spectator Process

*\*Spectators include parent/guardian, Coach, general public*

**Update following announcement 22<sup>nd</sup> November 2020**

- For the initial rounds of AVSL, there will be a limit on spectators to metro and regional venues at one time.
  - o For AVSL rounds athletes will be permitted two (2) spectators per session
  - o Spectators must not congregate in more than 50 at one time
  - o A cap of 500 patrons per venue at one time will be enforced.
  - o All patrons must maintain a distance of 1 per 4sqm per quotient.

Prior to venue entry (ingress):

- Permitted spectators must check in at the venue via two options:-
  - o By using the CS Sports APP or by scanning the venue QR code located at the entry (ingress) point for each venue using your mobile device; or
  - o By a manual check in process for the session you have entered.

The Check in Team will ask questions about your health & contact tracing information.  
If you feel unwell or you do not meet the contact tracing restrictions, you will be asked to leave the venue.  
It is recommended that you immediately get tested and remain at home until you receive your test results.

## Exit Process Spectators (Egress)

**Spectators are advised to exit the venue after each timed session in order to manage venue capacity guidelines**

Spectators are asked to leave the venue through the designated exit (egress) point.

Spectators must re-enter and check-in for each session they wish to attend.

**Get in, Compete and Get out!**

## FIELD EVENT Process

Field event sites will be limited to **10 athletes** at one time.  
Some venues may have capacity

### Athlete Process

- As athletes arrive, athletes will be expected to observe the 1.5m distancing rules.
- Athletes will be provided with instructions on what processes need to be followed when at the event site
- Athletes will be given one warm-up if time permits and three competition attempts in field events and must complete warm up and all three attempts within the allocated slot provided.
- Long Jump and Triple Jump: Two pits may be in operation at some venues.
- Long Jump and Triple jump will require the pit being sprayed with disinfectant after being raked following each competitors' attempts in preparation for the next athlete.
- 2x sets of 3 implements of each weight (if applicable) at each event site to provide efficient flow of attempts, and disinfecting of implements after athletes three attempts.
- In the case where venues only have one set of implements, it is recommended that a rotation of weight be factored in.
- Equipment and Structures will be cleaned before and after each set of attempts and session.
- Athletes must not spit or blow into their hands or on the implements at any time whilst inside the venue.

For field events (throws – shot put and discus)

- Competition will be conducted in groups of ten (10) for each field event. There will be five groups allocated during the sixty-minute session
- Athletes will have one warm up and three attempts which will be taken in succession and will be provided (at most venues) with three (3) throwing implements of the required weight.
- After the warm-up throw, the implement will be retrieved and return for each athlete to comment their three attempts.
- Each attempt will be spiked and the implement removed from the field of play. Once all attempts are complete, the furthest attempt will be measured and recorded.
- Officials/Club Helpers will retrieve the implements and sanitize in preparation for the next thrower.
- At the end of the group event, the event site will be sanitised and prepared for the next group of ten (10) competitors. Athletes will be required to exit the competition area and apply face mask.

Some venues may have capacity to conduct two field events at the same time provided athletes comply with 1.5m distancing at all times and wear a face mask in between attempts.

**Athletes to keep face covering with them throughout participation in event**

## SPRINT TRACK Processes

Track event sites will be limited to **16 athletes** at one time to comply with the COVIDSafe plan. Please do not congregate at the event site and observe physical distancing at all times.

### Athlete Process

Due to restrictions in place, sprint track events will operate differently until further notice.

Athletes will not be seeded and can nominate which heat they wish to compete in

- Heats will be conducted with no more than four (4) athletes in each heat.
- Where there are multiple heats of a sprint event, the first heat of four (4) will compete in Lanes 2, 4, 6, 8 with the second heat in Lanes 1,3,5, and 7 and then alternating for the remaining heats. This will provide sufficient time for starting blocks and start area to be sanitised and allowed to dry while the next heat is preparing to compete.
- At the end of each heat athletes MUST report to admin/results and provide their bib number and lane in which they competed to obtain a result. Please take note and remember your lane number.

**After each track event remember**  
**No shaking hands**  
**No hugs or high fives.**  
**Keep your distance**  
**Move off the track as soon as possible**  
**Avoid lying down on the track.**  
**Please no spitting**

**Please put your mask back on at least 5 mins after you have competed.**

## MIDDLE DISTANCE Processes

### Athlete Process

Current COVID restrictions will see some changes in how we conduct middle distance track events.

- For 600m and above, track events will not be seeded. Events will operate in heats of 4 and run off a 3k curve start and split line.
- For 800m and above, the number in each heat will be reviewed following government advice on Sunday 22nd November.
- After your race you will be required to report into the admin/results in the order in which your finished. Please make sure you stay in finishing order so that you receive the correct time.

**After each track event remember**  
**No shaking hands**  
**No hugs or high fives.**  
**Keep your distance**  
**Move off the track as soon as possible**  
**Avoid lying down on the track.**  
**Please no spitting**

**Please put your mask back on at least 5 mins after you have competed.**

## ADMIN/RESULTS Processes

### Athlete Process

#### REMINDER

1. Once you complete your track event report to the Admin/Results Marquee located at the finish line
2. Ensure that they maintain 1.5m distancing
3. Sprint Athletes
  - Provide Administration with lane and athlete number
4. Middle Distance Athletes
  - Provide Administration with finishing position and athlete number

## EGRESS Processes

### Athlete Process

- Once athletes have completed all their chosen events, please ensure you leave the venue via the designated exit (egress).
- If an athlete must wait in-between events, they must do so away from the event areas and maintain 1.5m distancing between other patrons
- For those who have scanned using QR scanning on mobile device must checkout using the app.
- For those who have checked in manually, they must provide egress Official/Staff with athlete name, mobile number, and bib number to check out of venue
- Parent/Guardian must also provide name to Egress Official/Staff to check out of venue
- Staff/Officials must manage individuals leaving the venue to ensure 1.5m distancing
- After each 60-minute session the safety officer will complete a full sweep of the venue and ask all patrons excluding those assisting in the running of the event to exit immediately.