

RECREATIONAL ATHLETICS 'Rec Aths'

Little Athletics SA in partnership with Athletics SA is excited to announce that we are formalising the former Little Athletics parent 'Mums and Dads' events, and are introducing Recreational Athletics 'Rec Aths'!

Rec Aths is a participation entry point for members to participate in friendly competition at Little Athletics SA centres and clubs, compete at the current Mums and Dads races at the Little Athletics SA Cross Country events, and Little Athletics SA Relay Day, and will be asked to align with an Athletics SA club. This will give the Rec Aths member the opportunity to also attend Athletics SA competitions.

MEMBERSHIP AND REGISTRATION

Recreational athletics members can register with Little Athletics SA and Athletics SA for just \$30, and registrations will be taken through the Little Athletics SA registration system.

The cost of the membership will include:

- Insurance with V Insurance
- Free entry into Little Athletics SA State Relay Championship races
- Free entry into Little Athletics SA State Cross Country Championship races
- A centre fee for their nominated Little Athletics SA centre
- Membership with Athletics SA, as a Basic Member and an Athletics SA bib number*
- Becoming aligned with an Athletics SA Club
- \$10 which is a centre/club fee for the Little Athletics Centre.

*If the Rec Aths member is already a member of Athletics SA, the Rec Aths membership will only cost \$20. \$10 of this then goes back to the Little Athletics Centre/Club.

ELIGIBILITY

This membership is only available to participants not currently eligible for current Little Athletics SA competition, due to being over age limits.

UNIFORM

Rec Aths members should wear a centre t-shirt or singlet when competing or a t-shirt, or singlet that has similar Centre/Club colours with a registration number bib attached. This will be required when competing at an Association competition.

- Age group patches and other sponsors patches are not required.
- Shorts/bottoms should be the same colour as the centre shorts or black shorts or leggings.
- Closed in shoes are required for all events.
- Spikes may be worn in all track events, jumping events and javelin.

Rec Aths will be given an Athletics SA registration bib number to wear if competing at any state events (for Little Athletics SA and/or Athletics SA). This will be sent to the member by post once registered.

CENTRE/CLUB EVENTS AND RESULTS

Rec Aths members can participate in any athletics events, for fun and personal best results as part of the existing Little Athletics SA event program. Events, weight implements, specifications and results will be at the discretion of the individual and the centre. No formal structure will be implemented, however recommended specifications and rules can be seen below.

STATE EVENTS

Rec Aths members are also welcome to compete at the following Little Athletics SA events for the 2017-2018 season for no additional cost:

- Health Partners State Relay Championships
 - 4x100m for Men & Women
 - 4x100m for Men & Women and Little Athletes (TBC)
- Cross Country Championships
 - 1km race
- Additional: Country Games **various dates**
 - Host Centre's may include Family Athletics events on the program at their discretion

State Records will not be recorded for Rec Aths members. Centres may choose to maintain records.

All Rec Aths members are also invited to compete at Athletics SA competition and events. Additional fees for an Athletics SA club membership and for Athletics SA events will apply.

Athletics SA Membership Hub: <http://www.athleticssa.com.au/MembershipHub>

Athletics SA Events: <http://www.athleticssa.com.au/SummerComp>

INSURANCE

Membership for all Family Athletics members includes Premium Insurance with V Insurance. The age limits of this insurance are from 17 to 90 years of age. This insurance is only available to Rec Aths members who are not eligible for current Little Athletics SA competition.

CODE OF BEHAVIOUR

All Family Athletics members must abide by the Little Athletics SA and Athletics SA Code of Conduct policies, and Member Protection policies.

Recommended Specifications and Rules for Events

Weights and Standards

	Shot Put	Discus	Javelin
Men	7.26kg	2kg	800g
Women	4kg	1kg	600g

Note: For Men's events conducted at Centres, U17 Boys weights may be used where the correct implements are not available. For family members under the age of 20, refer to [Athletics Australia standards](#).

Hurdles

	Distance	Flights	Height	Distance to First Hurdle	Distance Between Hurdles	Distance to Finish	Colour Code
Men	110m	10	99cm	13.72m	9.14m	14.02m	Blue
Women	100m	10	76cm	13m	8.5m	10.5m	Yellow
Men	400m	10	91cm	45m	35m	40m	Green
Women	400m	10	76cm	45m	35m	40m	Green

Note: If hurdles events are conducted at centres, 76cm Little Athletics Hurdles may be used instead of full height hurdles. If there is not an 110m straight available, the men's hurdles can be conducted over 100m, using 9 flights with the same distance to the first hurdle and distance between hurdles as the 110m hurdles.

For family members under the age of 20, refer to [Athletics Australia standards](#).

Standard Events

The following events may be conducted for Family Athletes at Little Athletics Centres.

Event	Men	Women
60m	✓	✓
100m	✓	✓
200m	✓	✓
400m	✓	✓
800m	✓	✓
1500m	✓	✓
100m Hurdles		✓
110m Hurdles	✓	
400m Hurdles	✓	✓
Shot Put	✓	✓
Discus	✓	✓
Javelin	✓	✓
Long Jump	✓	✓
Triple Jump	✓	✓
High Jump	✓	✓

If formulating a regular program for Family Athletes at Little Athletics Centres, it is recommended that the events above be used.

Athletes competing in Athletics SA or SA Masters events at SA Athletics Stadium may participate in additional events. More information about these membership products can be found at [Athletics SA](#) or [SA Masters](#).

Event	Men	Women
3000m	✓	✓
5000m	✓	✓
10000m	✓	✓
2000m Steeplechase		✓
3000m Steeplechase	✓	
5000m Walk	✓	✓
Hammer Throw	✓	✓
Weight Throw	✓	✓
Pole Vault	✓	✓

The longer running and walking events may be conducted at centres if desired. The steeplechase, hammer throw, weight throw and pole vault may only be conducted at venues with the appropriate safety equipment and appropriately trained personnel available.

Sample Programs

Centres offering a Family Athletics program can offer a selection of events each week, and participants can choose which of those events they will participate in.

Program 1	Program 2	Program 3
100m	200m	400m Hurdles
Long Jump	Triple Jump	High Jump
400m	100m/110m Hurdles	60m
Discus	Shot Put	Javelin
800m	1500m	800m