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2026 Coles Australian Little Athletics Championships

Athlete Information Booklet

In conjunction with the ALAC Competition Regulations, Uniform Booklet

State Athletics Facility, Brisbane
Sunday 12th – Tuesday 14th
April 2026

Revision Date: April 2026

Version 1.1

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2026 Coles Australian Little Athletics Championships

Competition Rules & Regulations

This Athlete Information Booklet provides an overview of the structure and processes of the 2026 Coles Australian Little Athletics Championships – ALAC. The 2026 ALAC is conducted under the Little Athletics Australia (LAA) Standard Rules for Competition – October 2025 V1.2, ALAC Competition Regulations – November 2025, Version 1.9, and Uniform Booklet - Appendix of the ALAC Regulations, Version October 2025.

Event Webpage

All relevant documents can be found on the 2026 ALAC webpage – Click [Here](#)

Venue Details

State Athletics Facility, QSAC, Kessels Rd, Nathan, Brisbane: Click [Here](#)

Venue Entry

Entry is free. Gates will open at 7.00am both days for the Athletes and Spectators.

Carpark

Parking is available at the venue, free of charge. There are other events, including the National Netball Championships occurring within the precinct as well.

Traffic Management will be in attendance from 7.00am both days.

Teams Welcome & Track Familiarisation – Sunday 12th April

To provide the Athletes and Team Management with an overview of the facilities and structure, along with a chance to warm up, Teams attend Track Familiarisation and Teams Welcome on the day prior to Competition commencing.

The 7 Member Associations have been split into 3 groups, to assist with the number of Athletes at any one time on the Track, and the Teams Welcome.

- **Group 1 – VIC, TAS, CA**
- **Group 2 – AW, QLD**
- **Group 3 – SA, NSW**

Group 1 arrives by 1.55pm, Track Familiarisation 2.15pm – 3.00pm, Teams Welcome at 3.10pm.

Group 2 arrives by 2.30pm, Teams Welcome at 2.45pm, Track Familiarisation 3.00pm - 3.45pm.

Group 3 arrives by 3.45pm, Teams Welcome at 4.00pm, Track Familiarisation 4.10pm - 4.55pm.

Opening Ceremony – Monday 13th April

The Opening Ceremony is on Monday morning from **8.30am to 8.55am**.

Team Management will confirm on the Uniform, which must be the same for all Athletes.

All Athletes must be on the Track at **8.20am**, in readiness for the Opening Ceremony. Teams Assemble at the 150mt start line, in preparation for the March Past, in the following order: **VIC, TAS, NSW, CA, AW, SA, QLD**.

Teams prepare to march with **7 Athletes** across, on the **lines of Lanes 2 – 8**, with the 2 Team Captains carrying the Member Association vinyl banner, which will be provided by the Teams Liaison.

The Teams are to be separated by 10mts, when commencing the March Past.

At **8.30am** the Teams are to commence the March Past, once the initial introductions have concluded and the Music commences.

The Opening Ceremony concludes with the Team Chants in March order, around 8.55am.

Competition Day 1 – Monday 13th April

Following the Opening Ceremony, Athletes can Warm up prior to the first Call Room at **9.00am** with the first Event at 9.30am, and the last Event on Day 1 is at 5.05pm.

Competition Day 2 – Tuesday 14th April

Athletes can Warm up prior to the first Call Room at **8.25am** with the first Event at 9.00am, and the last Event on Day 2 is at 4.20pm.

Closing Ceremony – Tuesday 14th April

Following the last event on Day 2, the Closing Ceremony will be held, and Trophies will be presented.

Teams and Officials will assemble on the track, with the Athletes & Team Management in **Lanes 2 and 3** starting at the 150mt mark. Athletes are to intermingle, not in Team order.

When the music starts, Teams will walk past the Officials and give them a high five. The Team vinyl banners will be on the ground in Lane 2 on the front straight, where the Athletes are to stop, sit down, facing the infield.

It is expected to commence around 4.45pm, once all other Medal presentations are complete.

Teams Area & Restricted Areas

Parents, spectators, and private coaches will not be allowed access to the Team's area, as well as other restricted areas around the venue, such as the Call Room and Presentation Marshal Point.

Athlete Assistants who have been approved to assist Multi-Class Athletes will be permitted to access these areas. These Athlete Assistants will have accreditation and be wearing a Purple Athlete Assistant vest. No accreditation, No access.

Refer to ALAC Competition Regulations – LAA Rule 701.29.

Social Media

To assist each Member Association with their Social Media channels and content, each Team has been granted permission to have accredited Social Media out on the field of play.

They will be wearing accreditation and a Green Media vest. They are not permitted to interact with the Athletes, show any photos or video, conduct interviews or to provide assistance, while the competition is occurring.

Catering

Along with the lunches & snacks supplied by the Teams, Athletes will have access to, Bananas, Apples, Muesli Bars and Water, supplied by ALAC sponsor Coles. Fruit Juice, supplied by new ALAC Sponsor – Grove Juice, will also be supplied to each Team.

Water in the Teams Area will be in 10L containers for the Athletes to use.

All Athletes are required to bring along a drink bottle and then fill up as required, to minimise any potential swapping of water bottles, and reduce wastage.

There is a Café serving food, drinks, and coffee. Food and drinks can be brought into the venue for own consumption.

Merchandise

Official ALAC Merchandise is available to order until Wednesday 8th April.

Tribal Sport will have a pop up marquee at the venue during ALAC with very limited supplies and samples to try on for Post Event orders.

The online orders will be boxed up and given to the Team Management on Sunday 12th April.

Click here for the [Online Shop](#)

First Aid, Physio, Masseurs

First Aid will be provided during all days of the event, looking after the basic First Aid requirements. The First Aid room is located behind the Control Room - Finish Line end, next to the Presentation Marshal Point (Whitehouse). There will be a First Aid marquee at the Finish Line.

There will be Physio's providing injury assessment and taping, along with Masseurs providing massage for the Athletes, during each day of the event, including the Sunday. They will be in front of the Call Room at the entrance to the Warm Up track, under the canopies. There will be a triage process, with Athletes requiring immediate assistance given priority, due to upcoming events or level of injury.

They will be there on Sunday to provide Athletes with assistance with taping and stretching, to ensure a plan is implemented, if required.

Uniforms, Footwear & Bibs

All Athletes must wear the Uniform approved by LAA or Australian Athletics (AA).

With the inclusion of AA Member Associations, and changes to uniform regulations over the last few years, there will be several variations of Athlete Uniforms being worn.

Spikes permitted at the State Athletics Facility – QSAC for ALAC 2026 is listed in the ALAC Competition Regulations.

Refer to ALAC Competition Regulations – LAA Rule 704.11 – page 10.

Athletes will be provided with two Bibs which during the competition must be worn visibly on the front of the torso, and on the back, except in the jumping events, where one bib must be worn on the front of the torso only. The Bibs have the Athlete's surname on them.

Refer to ALAC Competition Regulations – LAA Rule 704 and Uniform Booklet for further information.

Hip Numbers

In Track events conducted entirely in Lanes, Hip numbers are not used.

In Track events, not conducted in Lanes or entirely in Lanes, Athletes will be supplied with Hip numbers to be worn on both sides, including the last Athletes in the Swedish Medley Relay. The numbers will correspond to the Start list.

In Race Walking events, Athletes will have larger numbers to be worn on their front and back of their Competition Top, which corresponds to their Hip numbers.

Warm Up Facilities

The Warm Up track is the Main Stadium at QSAC. Athletes will **not** be allowed to use the Back straight of the State Athletics Facility – Competition Venue, for Warm up.

Attention must be paid to ensure the safety of all Athletes and spectators, whilst using the Warm Up facilities, at all times.

The Call Room Referee will also oversee the Warm Up facility, and they will be responsible for the safety of all participants, and any direction given to Athletes, Spectators, Coaches, Team Management, must be followed.

Starting Blocks, Hurdles, and Throwing implements will be made available for use. Athletes can bring along their own Warm Up equipment to use at the Warm Up facilities **only**.

Private implements cannot be used in Competition.

Refer to ALAC Competition Regulations – LAA Rule 701.28 and 705.9

Check In

There is no Athlete Check In for ALAC.

Call Room Times

All Athletes must be in the Call Room prior to the closing time for each event.

The Call Room, both Track and Field, will be located at the entrance of the Warm Up Track. Toilets are located inside the Call Rooms. They are only available for Officials, Athletes and Team Management.

Jumps Events: 35mins prior to the Jumps event scheduled time.

Throws Events: 35mins prior to the Throws event scheduled time.

Track Events: 20mins prior to the Track event scheduled time.

Multi-Class Assistants/Guide Runners must present with their Athletes at the times listed above.

Refer to ALAC Competition Regulations – LAA Rule 701.31 – 32.

Athletes will not be called; they must be in the applicable Call Room at the allocated time.

In all Events, the Athletes will leave the Call Room with sufficient time to prepare for their Race or have Practice trials at the Field Event site.

The Athletes are taken from the Call Room to their event by the Call Room Assistants, according to the Call Room schedule.

Teams Liaison

The Teams Liaison is a unique role at ALAC that acts as an intermediary between the Team Management and Officials.

The Teams Liaison works closely with the Call Room and Administration Manager, assisting the Team Management with their role to ensure they dedicate their time managing the Athletes, without leaving the Teams Area when distributing paperwork or with queries.

The Teams Liaison will be in the Teams Area, and facilitate any changes made to event selection or clashes that occur on the day, due to Athlete substitutions, as well as Athlete withdrawals.

Results & Video

The AthleticLIVE results program will display the live results for each Track event, once imported via Photo Finish into the Meet Manager program.

The AthleticLIVE Field Events app will display Field Events live, once the Results Recorder enters each performance into a Tablet, that has been pre-loaded with the Athletes details from the Meet Manager program.

Each Field Event will also have a Video Recorder, an Official with a Tablet to record video of each Athletes attempt.

A strong internet connection is vital for both the Results and Video uploads into AthleticLIVE. Options are being worked on to improve or provide this connectivity at the SAF.

Once uploaded, both the Results and Video for each performance will be available to view on the AthleticLIVE platform. The Videos are delayed by a few minutes, depending on the strength of the internet connection.

Multi-Class - Seated Throws

Multi-Class Athletes competing from a Throwing Frame will be seeded last in event order, unless competing at a separate event site, which will be confirmed before the competition starts.

They Warm up after the other Athletes have finished, if competing at the same event site.

They have 4 consecutive Trials, with the applicable Time Limits applied.

Refer to ALAC Competition Regulations LAA Rule 705.10 and 706.7 for further information.

Relays

Due to the nature of ALAC being a Teams event in all age groups, Relay events will not commence until all other events have been completed.

U12 and U13 Athletes compete in the following Relays.

- 4 x 100mts & Swedish Medley Relay - 100mts, 300mts, 200mts, 400mts.
- Swedish Medley Relays are on Monday as the last event.
- 4 x 100mts Relays are on Tuesday as the last event, prior to the Closing Ceremony.

In the Swedish Medley Relays, the first 100mts is run in lanes, starting at the 200mts start line, the first change occurs on the bend at the beginning of the front straight in the 30mt changeover zone, the second athlete running the 300mt leg, can leave their lane, once they reach the breakline on the front straight, which will have lane cones marking the position.

The second change occurs back at the 200mts start area, unlaned within the 30mt changeover zone. The last change is unlaned, occurs within the 20mts changeover zone at the finish line, with the last Athlete running the 400mt leg.

Simultaneous Competition

Age groups and genders may be combined where numbers warrant it.

Athletes will use the correct implement specification for their age group and gender and be judged and awarded for their age group and gender. Separate medals and points will be awarded.

Australian Best Performance (ABP) & ALAC Meet Record

LAA will be responsible for the submission of all ABP paperwork.

An ABP can only be claimed by LAA registered Athletes in the U12 and U13 age groups, including Multi-Class. Athletes registered only with an AA Member Association are not eligible for an ABP.

Only the highest placed LAA Athlete / Team may claim an ABP.

A permanent record of best performances set for each event at ALAC will be kept, known as an ALAC Meet Record.

All Athletes, from both LAA and AA Member Associations, are eligible for an ALAC Meet Record.

ALAC Meet Records for Multi-Class Athletes are based on the Baseline Percentage.

As the ABP covers the entire Season, all records are Pending until ratified following ALAC.

As the ALAC Meet Record is only applicable to ALAC, they are recognised immediately and announced during the Medal Presentation.

An ALAC Meet Record sign will be given to the Athletes / Relay Team to hold during the Medal Presentation and Official photos.

As 2026 will be the first year for U12 Athletes, including U12 Multi-Class, all first placed U12 Athletes / Relay Teams will be recognised with the ALAC Meet Record.

Member Association Records cannot be measured or checked at any time during ALAC.

Refer to ALAC Competition Regulations – LAA Rule 701.26 for further information.

Teams – Age Groups & Events

ALAC is open to Athletes in the U12 and U13 Age Groups, including Multi-Class.

U12 Athletes were born in 2014 only.

U13 Athletes were born in 2013 only.

U12 & U13 Athletes can compete in a maximum of 6 events, including both Relays.

U12 & U13 Multi-Class Athletes can compete in a maximum of 6 events.

In all age groups, a maximum of **3** Athletes per gender, per Team, can compete in each event.

Refer to ALAC Competition Regulations – LAA Rule 701.15 – 19 for further information.

Athlete Substitutions

Athletes may be substituted into events by the Team Manager only.

Team Managers have Athlete Substitution Forms, which are submitted to the Teams Liaison.

Refer to ALAC Competition Regulations – LAA Rule 701.20 -23 for further information.

Athlete Withdrawals

Athletes can be withdrawn from any, or all events by the Team Manager only.

Team Managers have Athlete Withdrawal Forms, which are submitted to the Teams Liaison.

Refer to ALAC Competition Regulations – LAA Rule 701.24 - 25 for further information.

Event Clashes

All Clashes are managed through the **Clash Manager**, who is the only one responsible for the movement of Athletes between events, without the need for Team Management to interact with the Athletes or Officials.

The Clash Summary Reports are created by LAA, once the final Athlete entries are submitted, covering all age groups. They are sent to each Team Manager for their reference.

Each Field Event Chief Official will have a copy of the Clash Summary Report and will ensure the Athletes have as many attempts as possible or Warm up attempts, prior to leaving the Field event, under the supervision of the Clash Manager only.

Clashes that occur on the day that are not listed on the Clash Summary Report, due to Substitutions or other factors, are submitted to the Teams Liaison by the Team Manager, on the Event Clash Form.

The completed Event Clash Forms will then be distributed by the Teams Liaison. The Clash Manager will then respond accordingly.

Athletes can compete Out of Order and Out of Round in all Rounds, including Warm up.

Refer to ALAC Competition Regulations – LAA Rule 703 for further information.

Coaching

All Athletes will be permitted to receive coaching advice from either the accredited Team Management or Private Coaches.

Team Management will determine the structure for each.

Coaching areas for the accredited Team Management will be inside the field of play, or along the fence line for Private Coaches, who are not accredited.

To assist Team Management, and to provide a clean and safe environment, chairs are supplied where the accredited Team Management Coaches are to sit and to provide the coaching advice.

Athletes must come to the Coaches area to talk to the Coach, not at the take-off board or jump pit area, circle etc. If Chief Officials or Referees observe any coaching outside of the Coaches area, they will remind them to move back to the Coaches area.

To assist the Athletes, Team Management and Coaches can take photos or video and show this to the Athletes, only once they are inside the Coaches area.

In the Long & Triple Jump events, to better observe the take-off, Coaches can leave the seated area and watch the attempt, however they must move back to the seated area to talk to the Athlete or show them any photos or video.

Only the Coach of the Athlete on the runway making their attempt, is to leave the seated area, all other Coaches are to remain seated until their Athlete is making their attempt. This is to ensure that the Officials are not impeded or distracted by several people around the event site.

As Seated Athletes in Multi-Class have their Throwing Frame tied down at the event site, they can receive Coaching directly at the throwing circle, by Team Management or the accredited Athlete Assistant, between trials, within the applicable time limits.

Refer to ALAC Competition Regulations LAA Rule 701.27 - 28 for further information.

Multi-Class Parents / Carers / Assistants / Guide Runners

Parents or Carers of Multi-Class Athletes are **not** permitted onto the Track or Field Events, Call Rooms or the Medal Presentation Marshal Point.

Only approved Athlete Assistants / Guide Runners with accreditation will be allowed to enter any event site, Call Room or Presentation Marshal Point, to provide assistance, not Coach the Athlete. Any Coaching must be done within the dedicated Coaches' area only, unless it is for Seated Throws.

A request for accreditation is sent by the Team Management to LAA, with the details of the Athlete and Assistant, along with the reason for the Assistance, which requires confirmation.

Accreditation if approved will be collected from the Teams Liaison, who will issue a Lanyard and a Purple Vest. They are to be returned at the end of each day.

Some Assistants will be required in the Call Room, to assist Multi-Class Athletes with their runners / spikes. They must have accreditation to enter the Call Room.

The Teams must provide their own Athlete Assistants / Guide Runners.

If anyone is at a Field Event site, on the Track, or Call Room, without Accreditation & wearing a Purple Vest, the applicable Referee will ask the person to leave. No accreditation, No access.

Christine McCoombes the ALAC Multi-Class Manager will be at each Event to provide assistance to all Officials and Athletes. Christine will sit next to the Recorder for Field Events, with a laptop to enter the results into the Baseline Tables spreadsheet.

This will be used to determine the Athletes' final place and complete the Field Presentation Form for the Top 3.

Christine is there to liaise with the Athletes, Assistants, and Officials, to ensure that all requirements and needs are met, within the applicable Rules and Regulations.

Refer to ALAC Competition Regulations – LAA Rule 701.34 – 43 for further information.

Presentations

Medal Presentations will occur immediately after the conclusion of events.

The first 3 placegetters in each event once confirmed, Track and Field, will be taken to the Medal Presentation Marshal point, located in the Whitehouse, after the completion of the event, except where ceremonies have been scheduled later, due to Event Clashes.

Only Athletes, Officials, Team Management and Accredited Assistants – those with accreditation and wearing a Purple vest are allowed in the Medal Presentation Marshal Point.

Once the Official results have been verified, the Athletes will walk out from the Presentation Marshal point accompanied by the Presentation Officials to the dais.

Competition **Uniform** with Bib, and runners, must be worn for Medal presentations. The Athletes' clothes will be taken to the finish line by the basket carriers for all Track events. In Field events, the Athletes should pack these other items in their bags.

Athletes will be presented with their medals and any other sponsorship items to be worn.

Once the Medal Presentation has occurred, photos will be taken on the dais, and then individually in front of the Media Wall.

Athletes will then be directed back to the Teams Area by the Presentation Athlete Control Manager, unless the Clash Manager collects them.

Refer to ALAC Competition Regulations – LAA Rule 707 for further information.

Live Results & Team Points

The results from AthleticLIVE are Unofficial, until confirmed, as they can change, especially for events such as the Race Walks and Relays, where the Officials need to confirm any disqualifications.

In the case of Multi-Class events, the results must be converted using the Baseline Tables, which could change the finishing order of Athletes.

The results will not be printed or displayed, the AthleticLIVE platform will display the Official results once they are confirmed.

The AthleticLIVE platform will be available to access from Wednesday 8th April.

There will be a link on the ALAC webpage, as well as QR codes around the venue. The website is [live.athletic.net](https://www.live.athletic.net) which displays all Meets. The 2026 ALAC Meet will appear on this list from Wednesday 8th April.

All events score Team Points. Points are calculated based on final placing.

Team points will be announced periodically throughout each day.

The Team points will not be displayed in the AthleticLIVE platform.

Refer to ALAC Competition Regulations – LAA Rule 708 for further information.

Team Trophies & Team Medals

U12 and U12 Multi-Class, all Athletes are awarded points based on their final place.

U12 and U12 Multi-Class Athletes' points are added together, to decide the Trophy Winners.

- **Maxine Boyd Trophy** – Highest Points score
- **Dick Healey Trophy** – Points Adjusted score

The winner of the Maxine Boyd Trophy is excluded from the Dick Healey Final points structure. The same Team cannot win both Trophies.

The winning Team will receive a replica of the Perpetual Trophy to keep.

A Team medal will be presented to the Athletes of the Winning Team of each Trophy.

U13 and U13 Multi-Class, all Athletes are awarded points based on their final place. U13 and U13 Multi-Class Athletes' points are added together, to decide the Trophy Winners.

- **Trevor Billingham Trophy** – Highest points score
- **Alan Triscott Trophy** – Points Adjusted score

The winner of the Trevor Billingham Trophy is excluded from the Alan Triscott Final points structure. The same Team cannot win both Trophies.

The winning Teams will receive a replica of the Perpetual Trophy to keep.

A Team medal will be presented to the Athletes of the Winning Team of each Trophy.

In all age groups, the Trophies and Team Medals will be presented at the Closing Ceremony. Refer to ALAC Competition Regulations – LAA Rule 707 & 708 for further information.

Live Stream & AthleticLIVE Videos

Live Stream at ALAC will be delivered and produced by Sportscast Australia. It will be available to view via the LAA YouTube channel.

The link will be available shortly and located on the 2026 ALAC Webpage. <https://www.littleathletics.com.au/2026-coles-australian-little-athletics-championships/>

The Livestream will be focused on Track events only. All Field Events will be captured using Tablets operated by Officials, uploading directly into the AthleticLIVE results platform.

The link for the AthleticLIVE Results platform is on the 2026 ALAC Webpage and will be updated on Wednesday 8th April. Last year's results can be viewed until then.

Both the Track Events and Field Events Videos published on the AthleticLIVE Results platform are delayed, as the Track Events are cut and edited from the Live stream, while the Field Events videos are uploaded after each attempt, and are dependent on the strength of the internet connection. It is expected that they will be delayed only a few minutes.

Along with Livestream camera operators, there will be several photographers and commentators involved in ALAC.

The commentators will be calling the events and introducing the Athletes, where possible.

There will also be Live interviews with Athletes after they have competed and group interviews in the Teams area.

The Medal Presentations will have its own announcer, and be conducted separately from the main commentators, it will not be Livestreamed.

Please refer to the ALAC Webpage where possible, as updated documents including the Provisional Timetable will be added when confirmed. Click [Here](#).

Thank you again and good luck, we hope you enjoy the Championships.