Little Athletics SA

MID COAST
LITTLE ATHLETICS
HANDBOOK

more than a club, a community

MID-COAST.LITTLEATHS.COM.AU

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Welcome Message

Welcome to Mid Coast Little Athletics! We are thrilled to have you and your family join our club and look forward to sharing an exciting season of athletics, personal growth and fun.

At Mid Coast Little Athletics, our aim is to provide a safe, inclusive and supportive environment where children of all abilities can participate, learn new skills, challenge themselves and develop a lifelong love of physical activity. Whether your child is trying athletics for the first time or has been involved for several years, we are committed to helping every athlete achieve their personal best while enjoying the experience.

Our club is about much more than competition. We value participation, sportsmanship, friendship, teamwork and respect. Through athletics, children have the opportunity to build confidence, resilience, and healthy habits while making lasting friendships and creating wonderful memories.

As a volunteer-run organisation, Mid Coast Little Athletics relies on the support and involvement of parents, carers, and families. We encourage everyone to get involved throughout the season, whether by assisting at events, helping with club activities, or cheering on our athletes from the sidelines. Your support plays a vital role in creating a positive and rewarding experience for all participants.

This handbook has been designed to provide important information about our club, policies, expectations, and how you can make the most of your Little Athletics experience. If you have any questions throughout the season, please don't hesitate to reach out to a committee member or club official.

Thank you for being part of the Mid Coast Little Athletics family. We look forward to a fantastic season of fun, friendship, participation and achievement.

ALLISON STIDIFORD
PRESIDENT

Vision
Mission

Vision

To be a welcoming, inclusive and community-focused athletics club where every child is inspired to participate, achieve their personal best and develop a lifelong love of athletics and physical activity.

Mission

To provide a safe, fun, and supportive environment where children of all abilities can learn, develop and enjoy athletics. Through quality coaching, positive participation, family involvement and strong community connections, we aim to build confidence, resilience, sportsmanship and healthy lifestyles in every athlete.

Mid Coast History

Mid Coast Little Athletics has grown from humble beginnings into the thriving, family-focused community it is today.

Incorporated in 2006 as Mount Compass Little Athletics Centre Inc., the Centre began at Mount Compass Area School before relocating to Mount Compass Oval. In 2012, the Centre moved to Tatachilla Lutheran College Oval and proudly became Mid Coast Little Athletics Centre Inc. ahead of the 2012/13 season.

The move sparked significant growth, with membership increasing by more than 300% in the first season to over 120 athletes. From a single 20-foot shipping container, the Centre has continued to grow through the support of grants, sponsors, volunteers and fundraising. Today, we have a purpose-built storage and canteen facility and equipment supporting athletes of all ages and abilities.

In 2025, a passionate volunteer committee stepped forward to secure the Centre's future at a critical time, committing to rebuilding Mid Coast Little Athletics and creating a sustainable future for generations to come.

Our vision extends beyond a traditional summer season, with a focus on developing a year-round athletics hub for Tiny Tots, athletes aged 3–17, recreational athletes, families and the wider community.

Through stronger partnerships, improved facilities and increased opportunities, we are working to make athletics accessible, inclusive and welcoming to all.

At the heart of Mid Coast Little Athletics are our athletes, families and volunteers. We strive to create a place where friendships are formed, confidence grows, personal bests are celebrated and everyone feels part of something bigger than sport.

More Than a Club, A Community — that is who we are.

Little Athletics Values



Family

Encouraging family involvement and volunteering.



Fun

Prioritising enjoyment, participation, and personal improvement.



Fitness

Promoting healthy, active lifestyles from an early age.



Be Your Best

Focusing on individual improvement rather than simply winning.

Committee Members

PRESIDENT	ALLISON STIDIFORD
VICE PRESIDENT	MATT NEOS
TREASURER	KAITLYN NEOS
SECRETARY	DALICE KENNEDY
REGISTRAR	TRUDI CHARLTON
RECORDER	KAITLYN NEOS
	RHIANNON CHAMPION
TINY TOTS COORDINATOR	ALLISON STIDIFORD
COACHING COORDINATOR	MATT NEOS
SOCIAL MEDIA COORDINATOR	MATT NEOS
CHILD SAFETY OFFICER	WADE CHAMPION
FIRST AID OFFICER	WADE CHAMPION
COMPETITION MANAGER	CHARLOTTE CARMICHAEL
CANTEEN MANAGER	MATT NEOS
GENERAL COMMITTEE	BRIONI OLIVER
	CHRIS JOHNSON
	JENNIFER AINSWORTH
	JAKE CARMICHAEL

Club Captains

Alyssa Sweeney
U13

Patrick Mulroney
U12

Vice Captains

Riley De Pretis
U11

Olyver Neos
U11

Age Groupings

YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2023	TT	TT	TT	TT	TT	TT	TT	TT	TT	TT	TT	TT
2022	TT	TT	TT	TT	TT	TT	TT	TT	TT	TT	TT	TT
2021	U6	U6	U6	U6	U6	U6	U6	U6	U6	U6	U6	U6
2020	U7	U7	U7	U7	U7	U7	U7	U7	U7	U7	U7	U7
2019	U8	U8	U8	U8	U8	U8	U8	U8	U8	U8	U8	U8
2018	U9	U9	U9	U9	U9	U9	U9	U9	U9	U9	U9	U9
2017	U10	U10	U10	U10	U10	U10	U10	U10	U10	U10	U10	U10
2016	U11	U11	U11	U11	U11	U11	U11	U11	U11	U11	U11	U11
2015	U12	U12	U12	U12	U12	U12	U12	U12	U12	U12	U12	U12
2014	U13	U13	U13	U13	U13	U13	U13	U13	U13	U13	U13	U13
2013	U14	U14	U14	U14	U14	U14	U14	U14	U14	U14	U14	U14
2012	U15	U15	U15	U15	U15	U15	U15	U15	U15	U15	U15	U15
2011	U16	U16	U16	U16	U16	U16	U16	U16	U16	U16	U16	U16
2010	U17	U17	U17	U17	U17	U17	U17	U17	U17	U17	U17	U17
2009 +	REC	REC	REC	REC	REC	REC	REC	REC	REC	REC	REC	REC

If born in 2024, the athlete will not be eligible to register for Little Athletics until the beginning of the 2027/28 season.

Registration Information

Mid Coast Little Athletics is committed to providing affordable opportunities for children and families to participate in athletics. To help keep costs as low as possible, our annual registration fee includes access to the Summer Track and Field Season, Winter Cross Country Season, and Winter Race Walking program, along with athlete insurance and membership with the South Australian Little Athletics Association (SALAA). This ensures athletes have the opportunity to participate, develop their skills, and stay active throughout the year while enjoying excellent value for families.

2026 | 27 Fee Structure	
First Athlete (U6-U17) Includes $50 refundable parent duty bond	**$260** $210 + $50 bond
First Additional Athlete	**$195**
Second Additional Athlete $30 family refund on state fee - apply seperately	**$195** $165 after state fee refund
Third Additional Athlete + $60 per athlete refund from 4th onwards - apply seperately	**$195** $135 after state fee refund
Tiny Tot (Ages 3-4)	**$155**
Come and Try 2 Weeks	**FREE**
Recreational Athlete (18+)	**$120**

Family Discount: Families with 3+ athletes recieve a refund on the State Association Fee: $30 for the 3rd; $60 per athlete from the 4th onwards. Complete the family refund form here after registering all athletes.

How To Register

1 Register Online Via Sport:80

To register, please visit the Mid Coast Little Athletics registration portal and complete the online registration process. For step-by-step assistance, please refer to the registration guides below, which provide detailed instructions for both new and returning members.

New Members Guide | New Members Video | Come and Try Guide

Returning Members Guide | How to Find Head of Family Number

2 Pay Your Fees

Payment is completed online during registration. SA Government Sports Vouchers are accepted and can be redeemed at checkout. Check if your voucher has been used here.

How To Register

3 Collect Your Membership Pack

Collect your membership pack from the registrar at the next home meet. Your pack contains your athlete's registration number, age group and sponsor badges. All badges must be sewn onto the uniform top.

Uniform Guide

4 Join the Mid Coast Community

Once you have completed your registration, join us on Sunday morning at Tatachilla Lutheran College, 211 Tatachilla Road, McLaren Vale. Please arrive by 8:45am for a 9:00am start to allow time for check-in and event preparation.

We can't wait to welcome you to Mid Coast Little Athletics and see you out on the track!

Come and Try

Not sure if athletics is the right fit for your child? We'd love you to come and experience what Mid Coast Little Athletics is all about.
New athletes are welcome to attend up to two weeks free of charge before committing to registration. This gives your child the opportunity to try a range of events, meet our athletes and families, and experience our supportive and welcoming community firsthand.
We believe Mid Coast is more than a club, a community, and we encourage all families to come along, get involved, and see what makes our Centre so special.

1

Register Online Via Sport:80

To register, please visit the Mid Coast Little Athletics registration portal and complete the online registration process.

Come and Try Guide

2

Complete Registration

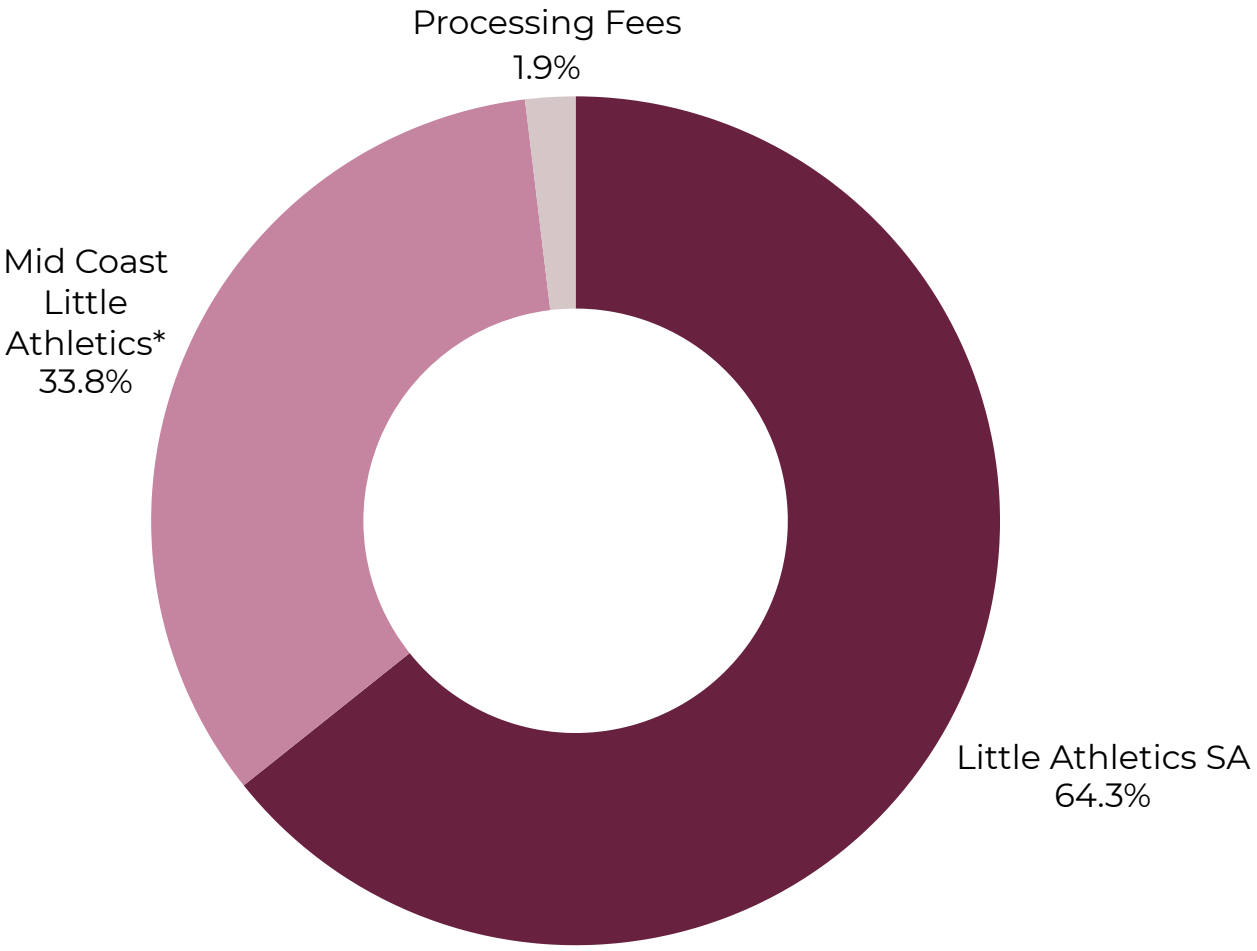
It's completely **FREE!**

3

Join The Mid Coast Community

After completing your online FREE registration, come along to one of our Sunday meets and visit the Registration Table upon arrival. Our volunteers will check you in, answer any questions you may have, and provide any relevant information to help you get started. Your athlete will then be able to join in and experience everything Mid Coast Little Athletics has to offer.

Where do your fees go?



Little Athletics SA
Major events, association management, athlete and equipment insurance

Mid Coast Little Athletics
Equipment, line marking, trophies, medals, rent, coaches

Processing Fees
Sport:80 and Stripe fees

***Data based on first athlete registration fees only**

Mid Coast Uniform

Registered athletes are encouraged to wear the official Mid Coast Little Athletics Centre uniform at all club events. The correct Centre uniform is mandatory for participation in all South Australian Little Athletics Association (SALAA) events and championships. Wearing the Centre uniform helps promote team spirit, pride, and ensures athletes can be easily identified when representing Mid Coast Little Athletics.

All athletes Tiny Tots-U17 must ensure the following are correctly attached to their uniform and securely sewn on prior to competition:

- Cloth Registration Number – centred on the front of the shirt.
- Age Group Patch (TT–U17) – top left front.

Athletes may be ineligible to compete at SALAA events if these patches are not correctly attached to their uniform.

Tiny Tots

Tiny Tots are welcome to wear either the official Mid Coast Little Athletics Centre uniform or a plain maroon polo shirt or t-shirt. This provides families with a flexible and affordable option while still helping our youngest athletes feel part of the Mid Coast community.

Purchase online via this link or at Sunday home meets.

Mid Coast Uniform

Centre Polo Shirt

The official Centre polo shirt must be worn by all U6–U17 athletes at club meets and is required for participation in all SALAA events and championships.





Centre Singlet (Strictly U12-U17)





Purchase online via this link or at Sunday home meets.

Mid Coast Uniform

Shorts

Athletes must wear plain black shorts, sports briefs, or black bike shorts/skins as part of the Centre uniform.

- Any undershorts or compression garments must also be plain black.
- For cross country only, athletes may wear plain black leggings or tights, with Centre shorts worn over the top.
- Branding on shorts must not exceed 30mm x 30mm.

Footwear

Appropriate footwear is compulsory for all athletes in all events.

- Shoes must be a running-style shoe that fully encloses the foot and is secured with laces or Velcro.
- Football boots, cleats, and similar footwear are not permitted.
- Athletes must not compete barefoot.
- Spikes must not exceed 7mm in length.
- Athletes must not wear spike shoes with the spikes removed.
- Spikes are not permitted in Shot Put, Discus, or Race Walk events.

AGE	TRACK EVENTS	FIELD EVENTS	RELAYS	CROSS COUNTRY
U9 U10	No spike shoes permitted	No spike shoes permitted	No spike shoes permitted	No spike shoes permitted
U11 U12	All events run entirely in lanes	All jumps and javelin	4x100m and laned sections of 4x200m and medley	U11 - No spike shoes permitted U12 - Spike shoes permitted on grass/dirt courses
U13 U17	All events except race walking	All jumps and javelin	All relay events	Spike shoes permitted on all grass/dirt courses

Mid Coast Home Meets

Summer Track & Field Season

When

Sunday Mornings

Where

Tatachilla Lutheran College

Time

8:45am for 9:00am start until 11:30am approx

Our meets begin with a warm-up, followed by a program of track and field events for athletes from U6 to U17. Events include running, race walking, hurdles, jumps, and throws.

Tiny Tots

Tiny Tots (ages 3–4) participate in a fun program of games and modified athletics activities designed to develop fundamental movement skills.
Programs rotate throughout the season to provide athletes with a variety of events and opportunities to qualify for SALAA championships.

Parent Help

Set-up begins at 8:30am, and assistance with pack-up after the meet is always appreciated.

Friday Night Meets

Occasionally, a Sunday meet may be replaced with a Friday night meet due to other events. Friday meets start at 6:00pm and run a shortened program. Families will be notified in advance.

Mid Coast Home Meets

Summer Track & Field Season

Home Meet Expectations

At Mid Coast Little Athletics, our home meets are a team effort, and we love seeing our athletes, families and volunteers working together to create a fun, supportive and positive morning for everyone.
Athletes are expected to:

- Arrive on time and be ready to participate.
- Wear the correct club uniform.
- Listen to and follow the instructions of officials, coaches and volunteers.
- Have a go and give their best effort.
- Show respect, encouragement and good sportsmanship to everyone.

Family Involvement

Parent and family involvement is an important part of our home meets, and we ask all families to play their part. Parents and carers are expected to assist their athlete's age group throughout the morning, whether that is by chaperoning, recording, timing, spiking, measuring, helping with equipment or supporting athletes.
Tiny Tots athletes require constant parent or guardian supervision and support throughout their session. Parents and carers are encouraged to actively participate alongside their child and assist them with activities and instructions.
You don't need to be an expert — our coaches and volunteers will provide guidance and show you what to do!
When everyone pitches in, the workload is shared, our meets run smoothly and, most importantly, our athletes receive the encouragement and support they deserve.

Mid Coast Home Meets

Summer Track & Field Season

Supervision Requirements

To ensure the safety and wellbeing of all athletes:

- **Tiny Tots:** A parent or guardian must provide constant supervision and support throughout the session.
- **U6–U8:** A parent or guardian must remain with the athlete at all times.
- **U9–U13:** A parent or guardian must remain at the venue for the duration of the meet.
- **U14–U17:** A parent or guardian must remain at the venue unless prior arrangements have been approved.

Mid Coast Little Athletics is not a child-minding service, and athletes may be unable to participate if the required supervision or family support is not provided.

All athletes, parents and carers are expected to follow the Codes of Behaviour outlined in this handbook and contribute to a safe, respectful and welcoming environment. Together, we can make our home meets enjoyable for our athletes, families, officials and volunteers.

Mid Coast Training

Summer Track & Field Season

When

Wednesday Evenings

Where

Tatachilla Lutheran College

Time

5:30pm - 6:30pm

Our training nights are designed to be fun, engaging, and suitable for athletes of all abilities. Each session includes a structured warm-up, event-specific skill development and technique activities, games that reinforce the weekly training focus, and a cool-down to aid recovery. Training provides athletes with the opportunity to build confidence, improve their skills, and develop a love of athletics in a supportive environment.

Training Expectations

Athletes attending training are expected to follow the Codes of Behaviour outlined in this handbook. Failure to do so may result in an athlete being unable to participate in training sessions. Parents and carers are encouraged to review the Codes of Behaviour with their children to ensure they understand the expectations for creating a safe, respectful, and positive environment for everyone.

Mid Coast Training

Parent Supervision

To ensure a safe and positive training environment, the following supervision requirements apply:

- U6–U8: Parent or guardian must remain with the athlete at all times.
- U9–U13: Parent or guardian must remain at the venue.
- U14–U17: Parent or guardian must remain at the venue unless prior arrangements have been approved by the Coaching Coordinator.
-

Little Athletics is a family activity, and parent involvement is encouraged. Training is run by volunteer coaches and helpers, and family support is essential to the success of our program. Mid Coast Little Athletics is not a child-minding service, and athletes may be unable to participate if the required supervision is not provided.

Please Remember to:

- Bring a water bottle.
- Wear a hat and sunscreen when needed.
- Sign in before training.
- Treat coaches, volunteers, and fellow athletes with respect.
- Encourage your athlete to have fun, try their best, and celebrate their progress.

ResultsHQ Access

ResultsHQ is the online platform used by Mid Coast Little Athletics for athletes results, competition entries and programs

First Time Login

- Visit the ResultsHQ website.
- Select Login.
- Use the email address provided during your child's registration.
- Select Forgot Password to create your password if you are logging in for the first time.
- Follow the email instructions to set your password and access your account.

Once Logged in, you can:

- View your child's athlete profile
- Enter upcoming competitions
- Check event programs and information
- View results and personal bests
- Update registration details

Parent Tip

Check ResultsHQ regularly for upcoming competitions, entry deadlines and results.

If you have trouble accessing your account or your child's profile, please contact the Mid Coast Little Athletics committee for assistance.

Rewarding Achievement

At Mid Coast Little Athletics Centre, we celebrate participation, commitment, and personal achievement. All registered athletes who meet the attendance requirements are eligible to receive an end-of-season award.

Eligibility

To be eligible for an end-of-season award, an athlete must have attended at least 30% of home meets since their registration date.

Point System

10 pts	5 pts	1 pt	1 pt
Centre Record	Personal Best	Meet Attendance	Event Participation

Our points system is designed to reward dedication, perseverance, and self-improvement. Athletes are encouraged to challenge themselves, strive for personal growth, and continually improve on their previous performances.
At the end of the season, the athlete in each age group with the highest points total will receive a Trophy. All other eligible athletes will receive a Medal in recognition of their efforts and achievements throughout the year.

Special awards are also presented at the end of the season including the Athlete of the Year Award, Club Spirit Award, and the Rob Saunders Award. These awards recognise athletes who demonstrate outstanding achievement, dedication, sportsmanship, positive attitude, and contribution to the Mid Coast Little Athletics community.

Social Media

Mid Coast Little Athletics Centre uses social media to keep athletes and families informed, connected, and engaged throughout the season. Our social media platforms provide updates on competitions, training opportunities, events, fundraising activities, achievements, and important Centre announcements. We encourage all members and families to follow our social media pages and join our private Facebook group to stay up to date with the latest news, share experiences, and celebrate the successes of our athletes and the wider Mid Coast community.

Platforms

Parent Involvement

It Takes a Village

Running a Sunday meet is a team effort, with track events, field events, the BBQ, and canteen all requiring volunteer support. To help share the workload fairly, a $50 refundable Parent Duty Bond is included in the membership fee for your first registered child.

Each family is required to complete four rostered duties during the season — two before December 31st and two before season conclusion. Duties can be selected at a time that suits your family through our online roster system, SignUp.
Once all required duties have been completed, the bond will be refunded at the end of the season. Your contribution helps ensure our meets run smoothly and provides the best possible experience for all athletes.

The Roles

Set Up Pack Down | **Track Assistants** | **Canteen BBQ** | **Season Start Helpers** | **Line Marking**

SignUp Tips

To help us track and manage volunteer duties, please:

- Use the same email address that you used for registration.
- Enter your child's full name when selecting duties.
- Choose duties from the earliest available dates where possible.
- If you are unable to complete a rostered duty, please arrange a swap or update your selection through SignUp as soon as possible.

Codes of Behaviour

Parent/Caregivers

- Encourage participation, but never force a child to compete.
- Focus on effort, improvement, and enjoyment rather than results.
- Teach good sportsmanship and respect for the rules.
- Never ridicule, criticise, or yell at a child for mistakes or performance.
- Remember Little Athletics is for the children.
- Treat athletes, officials, coaches, volunteers, and other families with
- respect.
- Raise concerns through the appropriate channels, not publicly.
- Support a safe, positive, and inclusive environment free from abuse,
- harassment, and intimidation.
- Respect and appreciate the volunteers, coaches, and officials who make
- our sport possible.
- Smoking, intoxication, or inappropriate behaviour within the arena will not
- be tolerated.

Any behaviour that negatively impacts the enjoyment, safety, or wellbeing of others may result in removal from the venue and further disciplinary action.

Athletes

- Play by the rules and always compete fairly.
- Respect officials and accept their decisions.
- Control your temper and show good sportsmanship at all times.
- Do your best and give your full effort in every event.
- Celebrate and applaud the achievements of all athletes.
- Treat others with kindness, respect, and fairness.
- Never bully, harass, or take unfair advantage of another athlete.
- Work together with coaches, volunteers, and teammates.
- Participate for fun, friendship, and personal improvement.

Remember, Little Athletics is about developing skills, building confidence, making friends, and enjoying the sport.

Inclusion Diversity

Everyone Belongs

At Mid Coast Little Athletics, we are committed to providing a welcoming, inclusive, and supportive environment where every child has the opportunity to participate, learn, and enjoy athletics.

We welcome athletes of all abilities, including those with disability, medical conditions, developmental differences, or additional support needs.

Working Together

Parents and carers know their child best. If your child requires any additional support, we encourage you to let us know before the season or at registration. Sharing this information helps our volunteers provide the best possible experience.

Where reasonable, we will work with families to make adjustments that support participation while ensuring a safe and enjoyable environment for everyone.

Our Commitment

We ask all members to treat each other with kindness, respect, and understanding. Bullying, discrimination, or exclusion will not be tolerated.

Hidden Disabilities Sunflower Program

Mid Coast Little Athletics proudly supports the Hidden Disabilities Sunflower program. Athletes and family members may choose to wear a Sunflower lanyard or wristband to discreetly indicate that they have a hidden disability or may require extra patience, understanding, or support.

Participation in the program is completely voluntary. Our volunteers will always respect the privacy and dignity of those who choose to wear the Sunflower.

Event Specifications

Tiny Tots

The Tiny Tots program at Mid Coast Little Athletics introduces young children to movement, coordination, and basic athletics skills in a fun, safe, and supportive environment.

Sessions focus on play-based activities that build confidence, physical literacy, and enjoyment of sport while encouraging participation and social interaction.

U6-U8 Track and Field

EVENT	U6	U7	U8
50m	✓	✓	-
70m	✓	✓	✓
100m	✓	✓	✓
200m	✓	✓	✓
Pack Start	300m	500m	700m
60m Hurdles	MH	MH	✓
Long Jump	✓	✓	✓
High Jump	-	-	✂
Shot Put	1kg	1kg	1.5kg
Discus	350g	350g	500g
Vortex/Turbo Javelin	✓	✓	✓

✂ **Athletes in the Under 8 age group must jump using the scissors technique**

Event Specifications

U9-U17 Track

EVENT	U9	U10	U11	U12	U13G	U13B	U14G	U14B	U15G	U15B	U16G	U16B	U17G	U17B
70m	✓	✓	-	-	-	-	-	-	-	-	-	-	-	-
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
60m Hurdles	45cm	60cm												
80m Hurdles			60cm	68cm	76cm	76cm	76cm							
90m Hurdles								76cm	76cm		76cm			
100m Hurdles										76cm		76cm	76cm	
110m Hurdles														76cm
200m Hurdles					68cm	68cm	76cm	76cm						
300m Hurdles									76cm	76cm	76cm	76cm	76cm	76cm
700m Race Walk	✓													
1100m Race Walk		✓	✓											
1500m Race Walk				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Event Specifications

U9-U17 Field

EVENT	U9	U10	U11	U12	U13G	U13B	U14G	U14B	U15G	U15B	U16G	U16B	U17G	U17B
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Jump	✂	✂	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put	2kg	2kg	2kg	2kg	3kg	3kg	3kg	3kg	3kg	4kg	3kg	4kg	3kg	5kg
Discus	500g	500g	500g	750g	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg	1kg	1.5kg
Javelin	*	*	400g	400g	400g	600g	400g	600g	500g	700g	500g	700g	500g	700g

✂ **Athletes in the Under 9 and Under 10 age group must jump using the scissors technique**

* **Mid Coast offers Vortex, TurboJav and Fly-Hi Javelin at home meets. These events will not be offered as a championship event.**

Events blocked out are not offered to any athlete in that age group.

Starting Blocks

Starting blocks may be used by athletes in the Under 11 age group and above for all track events up to and including 400 metres, including the first leg of all relay events. Personal starting blocks may only be used when blocks are not supplied by the organising committee or venue. For events conducted at SA Athletics Stadium, starting blocks will be provided by SALAA.

26|27 SALAA Events

Summer Season

15 Nov
Invitational
U11 - U13
$28

22 Nov
PB Classic I
Tiny Tots - U17
$28

13 Dec
State Relay Day
U8 - U17
$37

30/31 Jan
State Combined Event
U9 - U17
$32

21 Feb
PB Classic II
Tint Tots - U17
$28

6/7 Mar
State Individual Championships
U9 - U17
$19 - first 3 events
$9.50 - fourth event
Capped at $66.50

8 Mar
State Challenge
U8 - U17
$19 - first 3 events
$9.50 - fourth event
Capped at $66.50

Winter Season

10 Jul
Race Walking Championships
U6 - U17
$15

18 Jul
Cross Country Championships
Tiny Tots - U17
$10 - TT - U6
$20 - U7 - U17

25 Jul
Winter Track & Field Challenge
U8 - U17
$20 - Members
$30 - Non-members

Mid Coast Sponsors

Mid Coast Little Athletics is proud to be supported by a small generous group of sponsors whose ongoing contributions play a vital role in the success of our centre. While we actively fundraise throughout the season to help provide quality equipment, facilities and opportunities for our athletes, the continued support of our sponsors is invaluable.

Their commitment helps keep athletics accessible and affordable for local families while enhancing the experience for every athlete. We sincerely thank our sponsors for their loyalty, generosity and investment in the future of our young athletes.

As our centre continues to grow, we are always looking to partner with new sponsors who share our passion for supporting youth sport and our local community.

SALAA Sponsors

Major Sponsors

RAA

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Suppliers

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SPORT:80

SPORT 360

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Partners

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timing solutions

Gow Gates

Government of South Australia Office for Recreation, Sport and Racing

Play by the Rules

2026|27 Summer Season			
Meet #1	Sunday, Oct 11, 2026	Home	
Meet #2	Sunday, Oct 18, 2026	Home	
Meet #3	Sunday, Oct 25, 2026	Home	
Meet #4	Sunday, Nov 1, 2026	Home	
Meet #5	Sunday, Nov 8, 2026	Home	Coles Community Round
Meet #6	Sunday, Nov 15, 2026	Home	
Invitational Meet U11-U13 Athletes	**Sunday, Nov 15, 2026**	**SA Athletics Stadium**	**Nominations: Open Sept 30 Close Oct 28**
Meet #7 - Twilight	Friday, Nov 20, 2026	Home	
PB Classic | TT - U17	**Sunday, Nov 22, 2026**	**SA Athletics Stadium**	**Nominations: Open Oct 7 Close Nov 4**
Meet #8	Sunday, Nov 29, 2026	Home	
Meet #9	Sunday, Dec 6, 2026	Home	
Meet #10 - Twilight	Friday, Dec 11, 2026	Home	
State Relay Championships U8-U17	**Sunday, Dec 13, 2026**	**SA Athletics Stadium**	**Qualifying Ends: Dec 6**
Meet #11	Sunday, Dec 20, 2026	Home	Christmas Meet
CHRISTMAS BREAK			
Meet #12	Sunday, Jan 3, 2027	Home	
Meet #13	Sunday, Jan 10, 2027	Home	
Meet #14	Sunday, Jan 17, 2027	Home	
Meet #15	Sunday, Jan 24, 2027	Home	
Meet #16 - Twilight	Friday, Jan 29, 2027	Home	
State Combined Event Championships U9-U17	**Saturday, Jan 30, 2027 Sunday, Jan 31, 2027**	**SA Athletics Stadium**	**Qualifying Ends: Jan 10 Nominations: Open Dec 16 Close Jan 13**
Meet #17	Sunday, Feb 7, 2027	Home	
Meet #18	Sunday, Feb 14, 2027	Home	
Meet #19 - Twilight	Friday, Feb 19, 2027	Home	
PB Classic || TT - U17	**Sunday, Feb 21, 2027**	**SA Athletics Stadium**	**Nominations: Open Jan 6 Close Feb 3**
Meet #20	Sunday, Feb 28, 2027	Home	**AGM**
State Individual Championships U9-U17	**Saturday, Mar 6, 2027 Sunday, Mar 7, 2027**	**SA Athletics Stadium**	**Qualifying Ends: Feb 21 Nominations: Open Jan 25 Close Feb 22**
State Challenge U9-U17	**Monday, March 8, 2027**	**SA Athletics Stadium**	
Presentation Day Family Fun Day	**Sunday, Mar 21, 2027**	**Home**	

Please Note: Dates and events are subject to change. Any updates will be communicated through official Mid Coast Little Athletics club channels.

Calendar Overview

2026

2027

SEPTEMBER

MO	TU	WE	TH	FR	SA	SU
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER

MO	TU	WE	TH	FR	SA	SU
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER

MO	TU	WE	TH	FR	SA	SU
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DECEMBER

MO	TU	WE	TH	FR	SA	SU
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JANUARY

MO	TU	WE	TH	FR	SA	SU
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY

MO	TU	WE	TH	FR	SA	SU
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MARCH

MO	TU	WE	TH	FR	SA	SU
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL

MO	TU	WE	TH	FR	SA	SU
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY

MO	TU	WE	TH	FR	SA	SU
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUNE

MO	TU	WE	TH	FR	SA	SU
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JULY

MO	TU	WE	TH	FR	SA	SU
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST

MO	TU	WE	TH	FR	SA	SU
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- HOME MEETS
- SA ATHLETICS STADIUM EVENTS
- TRAINING
- PRESENTATION | FAMILY FUN DAY
- AGM
- PUBLIC HOLIDAYS
- SCHOOL HOLIDAYS
- WINTER EVENTS

MID COAST
LITTLE ATHLETICS

more than a club, a community