

## **VENUE**

---

The Australia Cup will be held at the AIS Track,  
Bruce, Canberra

*DATE: Saturday 30 January 2010*

## **COST**

---

All costs associated with participation in the event as a member of the ACTLAA team are to be met by individual athletes (expected to be around \$100). This will be confirmed at a later date.

Uniforms will be provided by ACTLAA.

**DON'T MISS YOUR  
OPPORTUNITY TO  
REPRESENT THE  
ACT AT THE  
HIGHEST LEVEL  
IN LITTLE  
ATHLETICS**

**GET YOUR  
NOMINATION IN  
SO THAT YOU CAN  
BE CONSIDERED  
FOR SELECTION**

**ACT Little Athletics Association  
Phone: (02) 6247 1296 Fax: (02) 6247 1297  
Email: [admin@actlaa.org.au](mailto:admin@actlaa.org.au)**

If you would like more information please  
contact: [Kerry Boden at ACT Little Athletics](#)  
- Phone: 6247 1296

**AUSTRALIA  
CUP**

**Inter-State Match  
Canberra**

**30 January 2010**

**AN OPPORTUNITY  
FOR UNDER 14  
ATHLETES TO  
REPRESENT THE  
ACT**

## WHAT IS THE AUSTRALIA CUP?

The **Australia Cup** is a Team's competition between a small number of Open Age male and female athletes from each of the States. There is competition in individual events and then combined for the 4X100m relay, with the winning team being the one that scored the most points.

While the Open Team will be selected by the Senior State Athletics Association, the Under 14 Team will come from and be selected by the State Little Athletics Association.

This is a wonderful opportunity for selected Under 14's to represent the ACT at an exciting interstate competition along with their fellow State Senior athletes.

- **The Australia Cup will be conducted under IAAF Rules – not Little Athletics modified rules.**

## SELECTION OF UNDER 14 TEAM MEMBERS

- **Athletes who wish to be considered for selection must submit a completed nomination form to the ACTLAA Office by Friday 20 November 2009.**
- **To be eligible for selection, an athlete must be a member of ACTLAA in the Under 14 age category.**
- **Team selection will be based on recent verified performances by athletes for their nominated event (s).**
- **Athletes are asked to submit a verified record of their most recent performances. (This could be by reference to results on relevant websites).**
- **Selectors, may at their discretion, ask nominated athletes to compete in a selection trial on 28 November.**
- **There will be 5 girls and 5 boys (i.e. a total of 10 athletes) only selected.**

The selection panel will have the sole discretion on the selection of athletes.

## EVENTS CONDUCTED

	<b>Girls</b>	<b>Boys</b>
1.	100m	100m
2.	400m	400m
3.	1500m	1500m
4.	High Jump	Long Jump
5.	Shot Put	Javelin
6.	4x100m relay	4x100m relay.

- **No athlete may do more than 3 events (not including relay)**
- **Long Jump, Javelin, Shot Put, four trials/attempts only**
- **High Jump, four failures total, may be made at any height**
- **One competitor per event**