



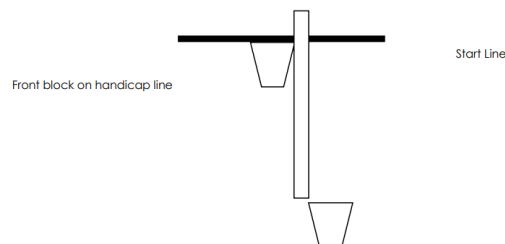
2024 Cranbourne Little Athletics Centre Meteorite Gift

Event Information:

- The first event will commence at 1:30pm sharp. The first four events will be marshalled at 1:15pm.
- Please ensure athletes are at the marshalling area on time as they need to be checked in, put their coloured laned race bibs on, and then be set in the correct handicap all prior to the allocated race start time. Races will not be held waiting for athletes to arrive.
- Athletes are strongly encouraged to warm up properly prior to their race – the back straight will be open as the designated warm up area.
- Heats will be required for some age groups in the 100m – please refer to the event program for details of heat progressions.
(Example Under 9 girls have two heats of the 100m with the top 5 in each heat making the final)
Progression numbers vary between age groups based on the overall size of the group.
- 100m races are held entirely in lanes, the 200m races are unlaned. Athletes need to use caution in the unlaned 200m that they do not infringe another athlete when passing. A track referee has been allocated to oversee the race.
- One of the program highlights is the 'Ultimate Champion' race. There will be four heats made up of the age group winners – the top 2 progress to the ultimate final. The multiclass winners for the boys and the girls will go directly into the ultimate final. The winner of the Ultimate Final will receive a winners sash.
- In the event that an athlete false starts, they will incur a one metre penalty. Two breaks will incur disqualification (starter will use discretion concerning DQ's with younger athletes U6-U8)
- Handicaps are set according to the verified season PB. Handicaps may be altered at the discretion of the event manager/handicapper; they can be subjected to change prior to and during the event.
- As per LaVic handicap guidelines there is a 20 metre limit on all 100 m Handicap's, and a 30 metre limit on all 200m Handicap's (exc MC)
- Protests will not be accepted at this event.

Uniform/Equipment:

- Centre uniform must be worn including athlete tag.
- Spikes permitted for U11 & above athletes. Must not exceed 7mm. Standing starts allowed for both the 100m and 200m. Blocks can be used for U11 and over athletes and are supplied by the venue (only for 100m event).
- Athletes can place the front block or foot behind the start line where they have been handicapped. So long as this block is on the line it does not matter if your hands are in front of the line.



Mark Jouvelet 100m Handicap Event



Mark Jouvelet is a life member of Cranbourne Little Athletics Centre, having served on the committee in a number of senior roles on the executive committee. In recognition of Mark's innovation, leadership and drive of the Cranbourne Little Athletics Centre Meteorite Gift over many years, the committee have decided to name the Seniors 100m exhibition race after him in honour of his outstanding service. This 100m event will be made up of senior athletes from the Casey Cardinia Athletics Centre. A perpetual trophy will highlight the 100m winner each season.

The dynamic of handicap racing!

The Meteorite Gift is a handicapped event program which is a unique Little Athletics event! The formula used for the race handicapping is adapted from the system that is used for the iconic Stawell Gift event. Athlete's season best PB's are used to formulate a handicap based on a metres per second system. Ideally all the athletes come close to hitting the finish line at the same time if everyone runs their exact PB time, but there are various factors that come into handicap racing that makes this more complicated. Athletes who might usually finish at the back of the pack now find themselves with a lead, which might give them the determination to hold that lead. Athletes who might usually win find themselves in the situation of having to come from behind, and young athletes respond to this challenge differently. We can assure all athletes, that PB times that are provided on registration are cross checked with LaVic to ensure we have a fair governance in place. We hope your child enjoys participating in the 2024 Meteorite Gift, and we wish all athletes the best of luck!

Thanks to our 2024 event partners:

1. Big Dogg
2. Frenken Homes
3. Skoda Bayside
4. Lance Cowan Accounting
5. Ideal Variety Gift Shop
6. Vicki Cain Property
7. Intersport Cranbourne & Casey Central
8. Only Mine Handmade Chocolates
9. Trios Cranbourne
10. headspace Narre Warren