

Yarra Ranges is for ages 5-105.

Little Athletics (LAVic) is held at our track in Mount Evelyn for ages 5-16.

Seniors (AV) is for ages 12-105 at various locations around metro Melbourne.

Summer Track & Field competition from October till March.

Winter Cross Country racing from April till September.

When does Summer competition begin?

Competition will begin the first weekend in October. 7/10/23.

Competition is mostly on Saturday mornings. Friday twilight rounds near long weekends and other LAVic Championship weekends.

How do I register?

All registration and payment is completed via the www.lavic.com.au website. Select Yarra Ranges. Registration will open in late August and is open all year round for new members.

Do I have to pay before the season starts? How much does it cost?

New members can complete 2 trial rounds before payment is required.

Summer Registration is \$170 per athlete & \$35 for a competition club T-shirt. Inc Oct-Sep

Winter Registration is \$80 per athlete. Inc April-Sep

What time does competition start?

Weekly summer competition is held at Morrison Reserve in Mt Evelyn, on Burdap Drive.

Parents are asked to arrive before 8.45am to allow competition to start on time at 9am.

Age groups U11-U16 with Javelin and/or long hurdles scheduled to start at 8am as per the program.

Competition finishes around 11am.

What does Summer Competition look like?

Events are a mixture of track and field, short and long races, jumps, throws and hurdles. The number of different events increases as athletes get older.

What does Winter Competition look like?

Long distance races increasing as athletes get older. Starting at 500m for our U6 up to 3km for U13+.

What about training and coaching?

We have regular coaching and training during the week. Training is an important part of skills development but is optional.

Details for club coaches and sessions are available on the club website.

What do my registration fees cover?

Fees include 12 months of competition. Track and Field in Summer and Cross Country in Winter.

It includes injury insurance, access to coaching, and improvements to facilities and equipment.

Athletes U9 and above can also compete in Region and State events.

Are there other events my athlete can do?

Throughout the year there are other sanctioned events run by Little Athletics and other clubs.

Registered athletes are able to attend and compete.

If your athlete is 12 years or older, they can also consider competing with our Senior athletes in the Athletics Victoria Shield competition – mostly on Saturday afternoons.

Communication and Information for the club is available:

Website: www.yarrarangesathletics.org.au

Facebook: 'Yarra Ranges Athletics'. Members also join closed group 'Yarra Ranges Athletics Clubhouse'.

Newsletter: Sign-up for the weekly newsletter by e-mailing news@yarrarangesathletics.org.au



If your questions are not answered here, you may find it on our website, or call Katie on 0403 819 391 or e-mail join@yarrarangesathletics.org.au for more information.