

SOUTH AUSTRALIAN ATHLETIC LEAGUE

WELCOME TO SEASON 2024/2025



Welcome!

We're excited to welcome you aboard for the 2024/25 SAAL Season. Whether you're a returning member or new to SAAL, here's some essential information to get you started.

*Jenny Poole
Executive Officer*



Season Calendar

Our calendar can be viewed on the SAAL website.

Click on a meet for more details. Note that details are updated as they come to hand and will be updated regularly in the lead up to the event.

[EVENT CALENDAR](#)



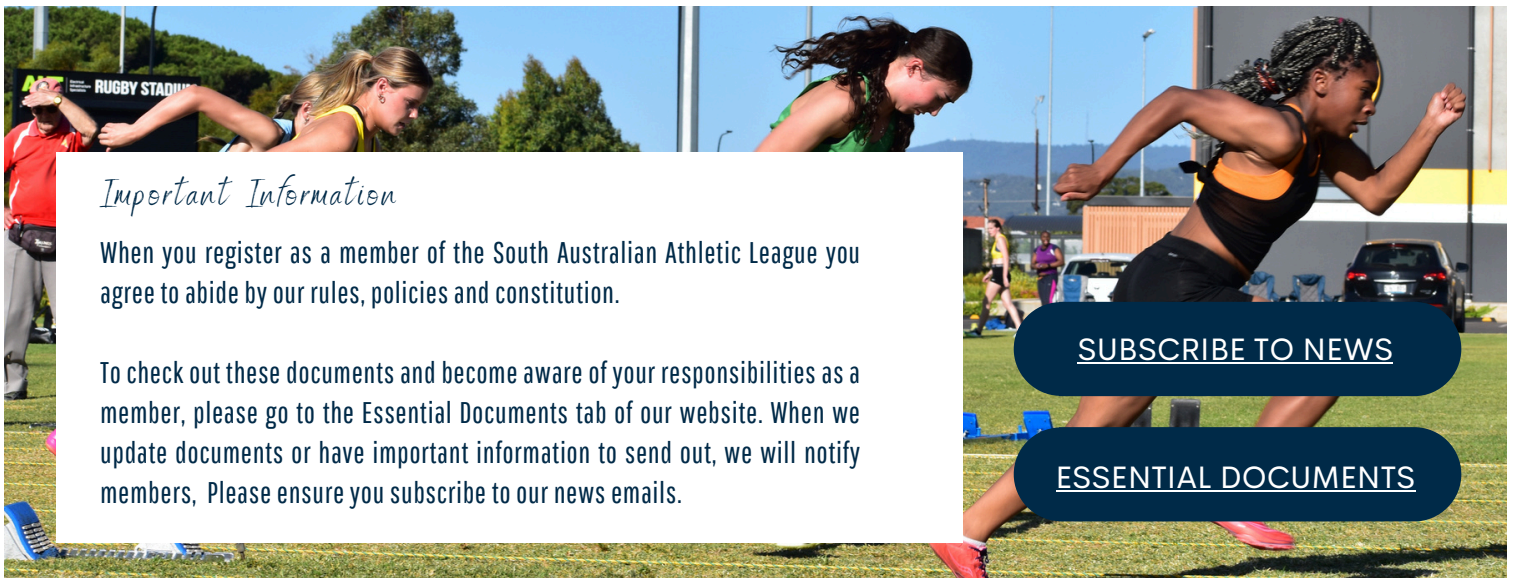
Important Information

When you register as a member of the South Australian Athletic League you agree to abide by our rules, policies and constitution.

To check out these documents and become aware of your responsibilities as a member, please go to the Essential Documents tab of our website. When we update documents or have important information to send out, we will notify members. Please ensure you subscribe to our news emails.

[SUBSCRIBE TO NEWS](#)

[ESSENTIAL DOCUMENTS](#)





What do I wear?

Each race you will be allocated a colour to wear. Approved singlets are available for purchase at each carnival from the SAAL tent. Full Sets - \$65. Single - \$10

If you make a sprint final you will need to collect a silk to borrow from the SAAL Tent.

If you need spikes we stock 7mm, 9mm, 12mm, and 15mm spikes for \$15 a packet

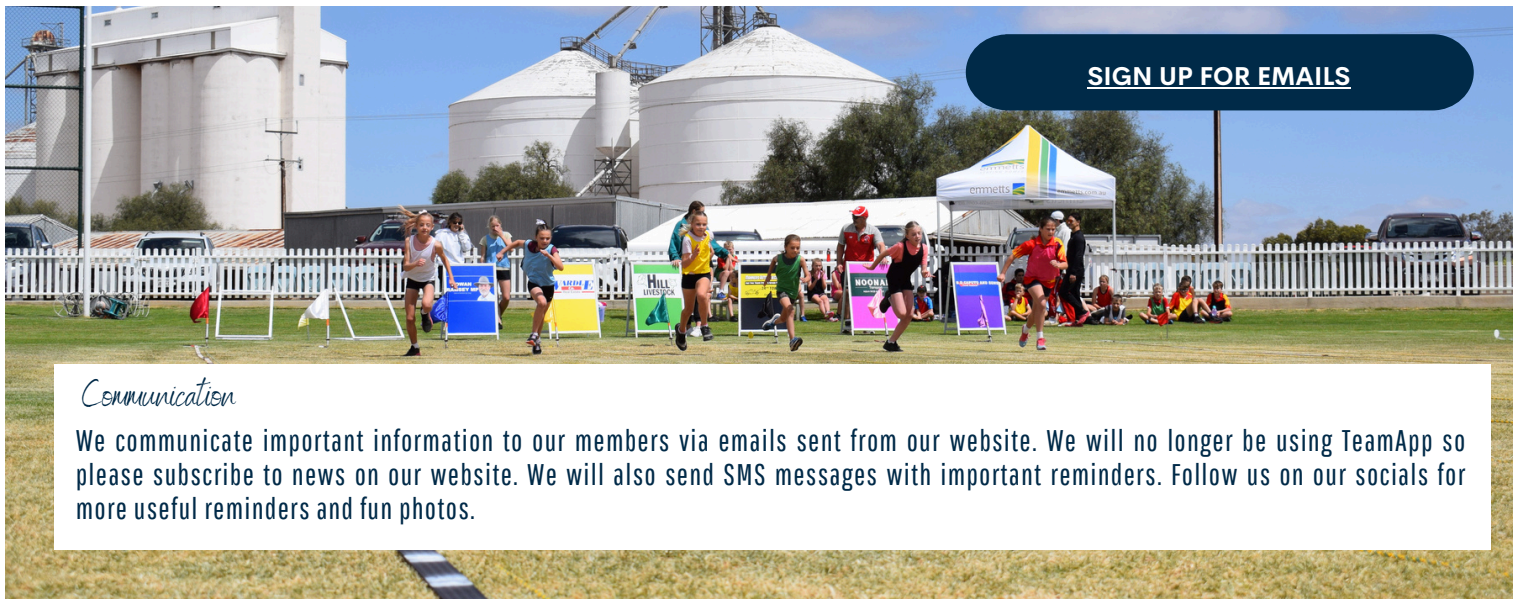
Handicaps

Handicapping is a hot topic which you can read all about in the Handicapping Rules and Guidelines. These will be published on our website prior to season commencement. It's your responsibility as a member of the SAAL to understand the rules of competition, along with our review and appeal process.

[SEE MY HANDICAP](#)

[GUIDELINES](#)

[REVIEW & APPEAL GUIDE](#)



Communication

We communicate important information to our members via emails sent from our website. We will no longer be using TeamApp so please subscribe to news on our website. We will also send SMS messages with important reminders. Follow us on our socials for more useful reminders and fun photos.

CONNECT WITH SA ATHLETIC LEAGUE

WWW.SAAL.ORG.AU



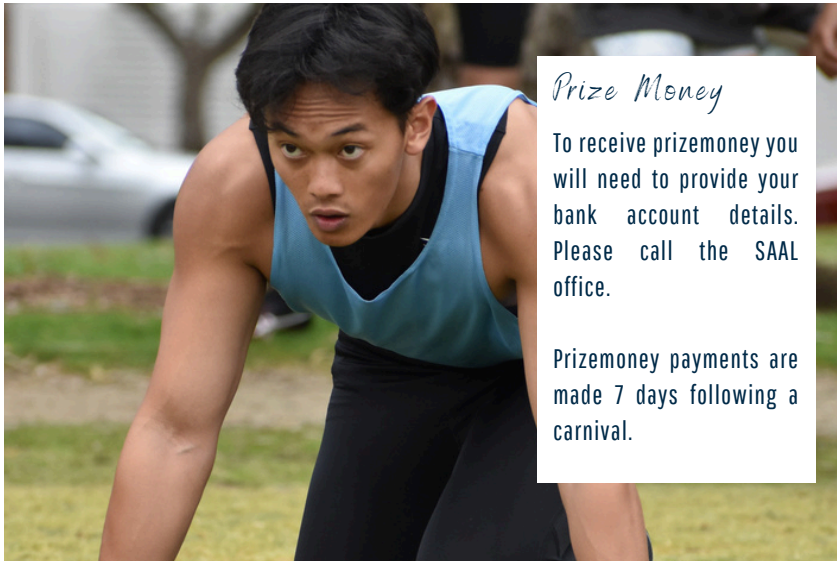


Race Nominations

When race nominations open and close, we will keep you informed through notifications, SMS, and our social media platforms. To enter a race, simply use the "Nominate Now" button on the website. Sign up early to take advantage of the lower entry fee. If you wait, you can still enter but at a higher cost.

If you have any issues entering, don't worry, we want you to participate! Reach out to us via email or phone, and we'll assist you in getting ready for the race.

[NOMINATE HERE](#)



Prize Money

To receive prizemoney you will need to provide your bank account details. Please call the SAAL office.

Prizemoney payments are made 7 days following a carnival.



Track Roster

On race day our volunteer officials need the help of our athletes and their families. We will issue a track roster for track set up, pack up and block pulling so please be prepared to help out when required. It is a great way to get to know others in our community!



My Results

Prior to racing, it is the responsibility of all athletes to ensure their results from all competitions are complete and correct. To help us help you with your result entries from ASA and the Victorian Athletic League please login and enter your VAL number and your national amateur ID number. You can add your other results at the bottom of the results table.

[CHECK MY RESULTS](#) [ENTER ID NUMBERS](#)

I nominated and now I can't race - What do I do?

If you are unable to race you need to scratch. If you know early, log into your SAAL account prior to the meet and scratch by the deadline published. Athletes can also scratch any time no less than 60 minutes before the time appointed for starting of the first heat of such event. Please text the SAAL Office on 0400 353 506 or advise the SAAL tent on race day. Athletes must identify themselves and each race they are scratching from in any communications.

Injury, Illness and Fitness

Any athlete who is unable to compete to the best of their ability for reasons of injury, illness or fitness shall disclose this information to the Chief Steward prior to the commencement of their event. The Chief Steward shall determine whether the athlete is permitted to compete and, if the athlete is permitted to compete, shall take these factors into account when assessing the athlete's performance.

HELP!

If you have any questions please do not hesitate to contact the SAAL office

Email: admin@saal.org.au

Phone: 0400 353 506 Jenny Poole



If you are running with the SAAL, plan to race the iconic 138th consecutive Bay Sheffield! Our main event is one not to miss!

28th and 29th of December 2024 - Colley Reserve, Glenelg

Check out our Bay Sheffield website and follow our dedicated Bay Sheffield Socials for all things "Bay Sheff."

CONNECT WITH THE BAY SHEFFIELD

WWW.BAYSHEFFIELD.ORG.AU

