

# SOUTH AUSTRALIAN ATHLETIC LEAGUE

WELCOME TO SEASON 2025/2026



## WELCOME!

We're thrilled to have you join us for the 2025/26 SAAL Season. Whether you're a returning member or a newcomer, here's some important information to help you get started.

*Jenny Poole*  
Executive Officer

## SEASON CALENDAR

You can see our calendar on the SAAL website.

Click on a meeting for more details. Remember, we update the details regularly as we get new information before the event.

[EVENT CALENDAR](#)

*Nippy's*

Save the Date



25TH LOXTON GIFT

SATURDAY

28<sup>TH</sup> FEBRUARY 2026

## IMPORTANT INFORMATION

By joining the South Australian Athletic League, you agree to follow our constitution, rules and policies. To understand your responsibilities, visit the Essential Documents tab on our website. Members will be notified of updates and important information, so subscribe to our news emails to stay informed.

[SUBSCRIBE TO EMAILS](#)

[ESSENTIAL DOCUMENTS](#)

[SAFEGUARDING CHILDREN  
AND YOUNG PEOPLE](#)



### WHAT DO I WEAR?

Each race you will be allocated a colour to wear. Approved singlets are available for purchase or borrow from the SAAL tent.

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 9mm , 12mm, and 15mm spikes for \$15 a packet

### Handicaps

You can read all about in the Handicapping process in our 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. 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.

[SIGN UP FOR EMAILS](#)

# CONNECT WITH SA ATHLETIC LEAGUE

[WWW.SAAL.ORG.AU](http://WWW.SAAL.ORG.AU)





## RACE NOMINATIONS

We will notify you about the opening and closing of race nominations through SMS alerts and our social media channels. To register for a race, just click the "Enter Now" button on our website. **\*\*Sign up early\*\*** to benefit from earlybird rates; if you delay, you can still register, but the cost will be higher.

If you encounter any difficulties while entering, don't fret—we want you to race! Please contact us via email or phone, and we'll help you get racing.

[NOMINATE HERE](#)



## PRIZE MONEY

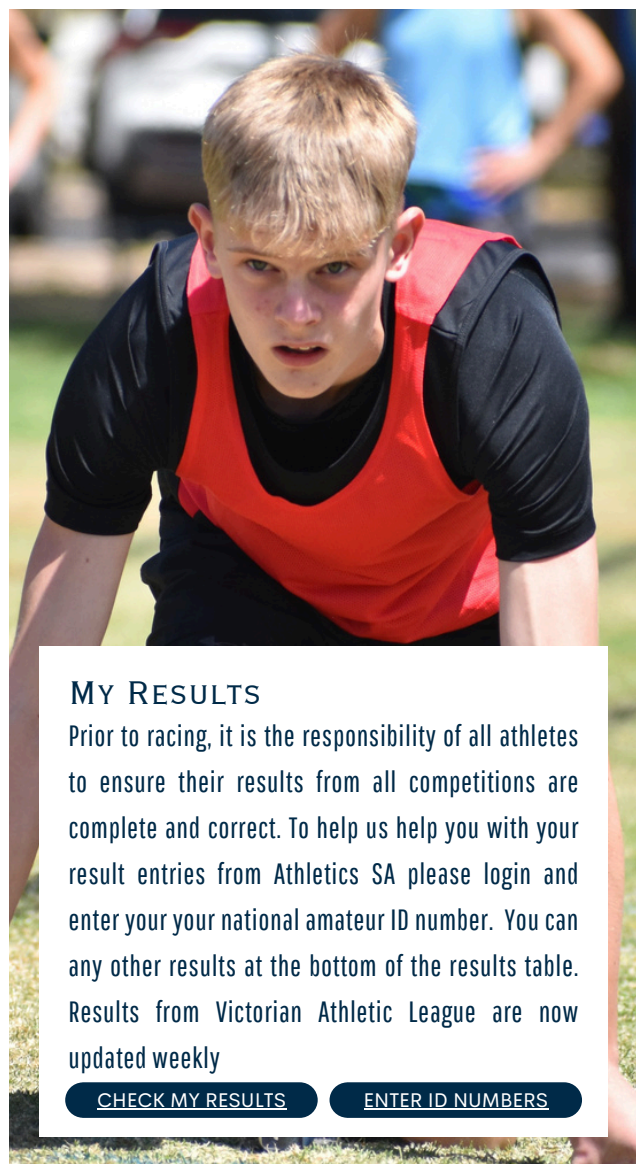
To receive prizemoney you will need to provide your bank account details. Please call the SAAL office.

Prizemoney payments are made approximately seven days following a carnival.



## VOLUNTEER SUPPORT REQUIRED ON RACE DAY

On race day, our volunteer officials will rely on the assistance of our athletes and their families. We will provide a track roster for both setup and pack up, so please be ready to lend a hand when needed. This is a fantastic opportunity to connect with 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 Athletics SA please login and enter your your national amateur ID number. You can any other results at the bottom of the results table. Results from Victorian Athletic League are now updated weekly

[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](mailto:admin@saal.org.au)

Phone: 0400 353 506 Jenny Poole



If you are running with the SAAL, plan to race the iconic 139th consecutive Bay Sheffield! Our main event is one not to miss!

27th and 28th of December 2025 - 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](http://WWW.BAYSHEFFIELD.ORG.AU)

