

## Qualifying

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- The JDS is open to all qualified athletes in the **Under 12 to Under 15** age groups.
- **U11** athletes may qualify anytime during the season to be eligible for JDS in the following year.
- JDS qualifying runs from 1st October to 30th September yearly.
- An athlete must qualify in **1** event **twice** (at separate meets) or **2** separate events **once** to be eligible.
- Only **1** qualifying performance is required at the State Multi Event and State Cross Country Championships.
- Athletes may register immediately upon qualifying to take advantage of the current season's activities and benefits, otherwise defer their registration until the next season's application forms are released.
- JDS application forms are released during July each year. **This** application form will only be accepted for the 2008 - 2009 season.
- All registrations using performances from season 2007 - 2008, must be forwarded by 30th September 2008.
- Athletes must qualify and re-apply each year to become members.

[Refer to Qualifying Standards for details.](#)

### **The athlete must achieve these performances at any of the following.**

1. VLAA Centre competition, Open days, Region & State Championships.
2. VPSSA and VSSSA State Championships.
3. AV sanctioned events including "All Schools" competitions.
4. APS / AGS Combined finals.

- The application form **must** have the performance(s) signed by a Centre Executive with **supporting documentation** attached. A copy or printout of the results is sufficient.
- The application form must be completed and payment received prior to the athlete being accepted into the squad.
- Athletes with disabilities should contact the VLAA office for qualification requirements.

## Squad Fee & Benefits

Squad fee for 2008 - 2009 is \$35.00 inc GST. This entitles you to:

- Attend all JDS sessions.
- An Official JDS T-Shirt, which needs to be worn to all official JDS activities.
- JDS Shoe Bag (New members only).
- Chat sessions with elite athletes and coaches.
- Opportunity to attend the JDS camp. This is an additional cost and is only open to 80 registered JDS athletes. Camp forms are released during November.
- Invites to special athletic meets, open championships and training days held at Olympic Park with National and International athletes.
- Recognition of being a member of the JDS training group.

## Code of Conduct

Please read this information carefully, it is an important agreement between you and the VLAA. The general standard of behaviour of all members reflects on the image of the VLAA. JDS members will abide by the conditions set out and published in the VLAA Codes of Behaviour.

### SMOKING

Smoking is not permitted and will not be tolerated at any sanctioned JDS activity or function.

### DISCIPLINARY ACTION

VLAA reserves the right to terminate the JDS membership status of any individual without refund of monies paid, for what it deems as serious breaches of the Code of Conduct.

## JDS 2008 -2009 Qualifying Standards

Event	BOYS					GIRLS				
	U11	U12	U13	U14	U15	U11	U12	U13	U14	U15
70m	10.40	9.90				10.60	10.30			
100m	14.70	13.90	13.10	12.60	12.10	14.90	14.20	13.60	13.60	13.40
200m	30.00	28.60	27.00	25.30	24.40	30.90	29.20	28.30	27.80	27.40
400m	69.20	67.10	62.00	59.10	57.00	71.70	68.20	65.20	64.90	65.30
800m	2:37.00	2:33.00	2:27.00	2:22.00	2:14.00	2:46.00	2:40.00	2:37.00	2:35.00	2:37.00
1500m	5:23.00	5:12.00	5:02.00	4:54.00	4:41.00	5:47.00	5:31.00	5:28.00	5:34.00	5:45.00
80mH	14.60	14.30	14.00			15.00	14.90	14.30	14.20	
90mH				14.90						15.20
100mH					15.00					
300mH			49.30	47.60	43.30			51.50	50.50	50.10
1500mW	9.15.00	9.00.00	8.45.00	8.30.00	8.15.00	9.15.00	9.00.00	8.45.00	8.30.00	8.15.00
L/J	4.20	4.40	4.70	5.20	5.50	4.00	4.30	4.50	4.70	4.70
T/J	9.00	9.60	10.30	10.80	11.50	8.70	9.30	9.70	10.30	10.10
H/J	1.30	1.40	1.45	1.55	1.65	1.25	1.30	1.40	1.45	1.45
Shot	9.70	8.60	10.60	10.60	11.40	7.90	9.20	8.50	8.90	8.90
Discus	24.00	28.00	28.00	33.00	36.50	19.50	23.50	26.50	24.50	24.50
Javelin	23.50	29.00	30.50	37.00	38.00	17.00	22.00	26.00	25.00	25.00
Multi Event	1st to 8th place inclusive at the State Championships in each age group									
Cross Country	1st to 8th place inclusive at the State Championships in each age group									

- To standardise the performance across all conditions there is an adjustment made to the qualifying standard for grass tracks. Please have the Centre Executive fill in what conditions the performance was achieved under, and the VLAA office will make any necessary adjustments.
- Performances close to the qualifying standard run on a grass track should be submitted to the VLAA office for consideration.