

### **Declaration of outside performances**

Please be advised that under the rules of the Victorian Athletic League it is a requirement to lodge all personal best times and season best times on registering at the commencement of each season. If you have ran with the VAL previously but compete in external competitions it is not acceptable to simply state "As per previous records" or similar statements. This also applies for interstate athletes competing in the VAL. Athletes competing externally who don't provide their PBs and SBs on registering, will have their marks withheld until they do.

Let me also state absolutely clearly that any athlete providing false (ie slower) times on their registration, will be subject to a handicap review and further penalties. It needs to be remembered that the registration form is a statutory declaration and providing false times is a serious issue. I regularly check the internet and with other athletic bodies for the accuracy of times provided and take a very dim view of athletes not being up front with their previous performances. We will always look to make athletes who are honest and forthright with their performances as competitive as possible but will be harsh on those that don't. If you believe you may have "accidentally" supplied incorrect information, I would strongly suggest you advise the office asap.

It is also essential that athletes competing in outside competitions such as Athletics Victoria or interstate Leagues, regularly forward their outside performances to the office. All performances are required to be forwarded within the month and any PBs must be provided within the week.

Let me state again that I have absolutely no problems with athletes competing in other competitions such as Athletics Victoria or interstate Leagues. I very much support athletes who wish to compete in both AV and VAL ranks and won't penalize athletes for doing so. However I am growing increasingly frustrated with discovering PBs in AV or interstate competition that haven't been declared. The bottom line is that athletes that run PBs and don't declare them within the week, in accordance with the guidelines, will have their handicap reviewed and in all likelihood, reduced. Those that declare PBs in accordance with the guidelines will have their marks looked at more favorably and will only suffer a reduction in handicap in the unlikely and rare event that the time takes them under the ceiling for the distance, once allowing for track and racing conditions. You can be assured that I check outside competition records on a weekly basis.

Again the same goes for interstate athletes who wish to compete in the VAL. If we are confident we have all your performance records at hand, we will be able to handicap you appropriately. If we feel otherwise, we will be more conservative.

Thank you and best wishes,

Mark O'Brien

VAL Chief Handicapper