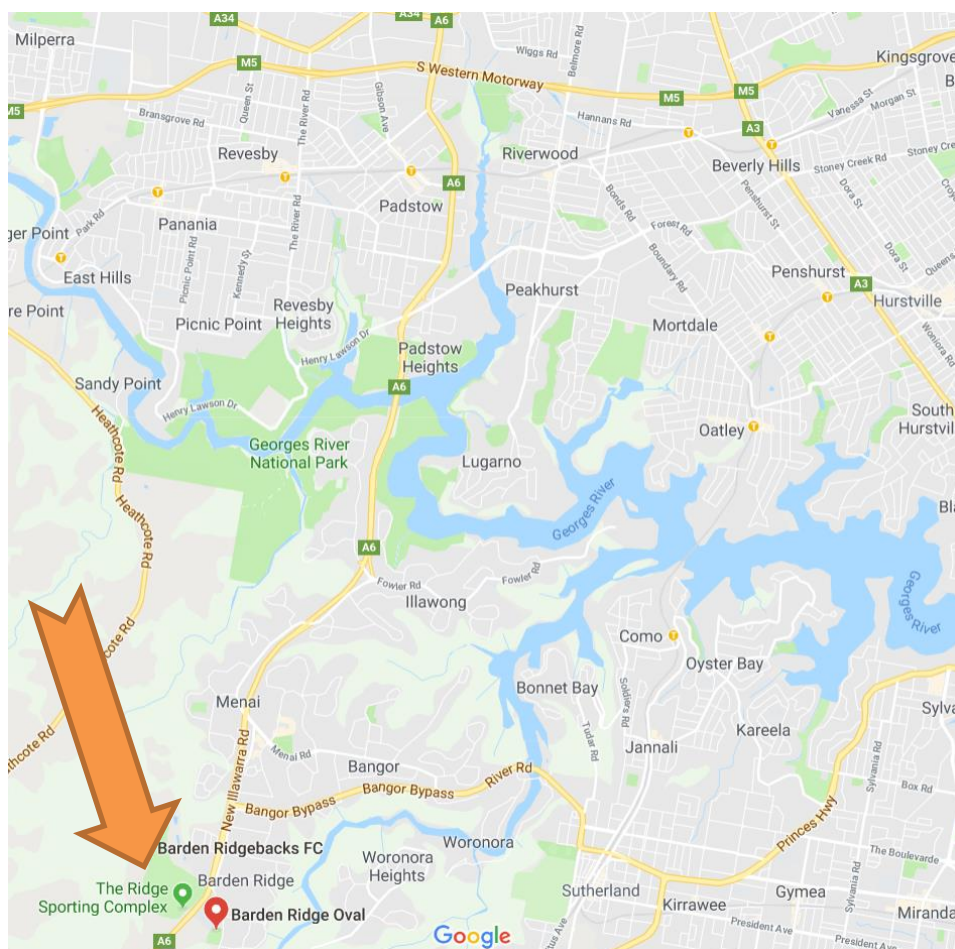


Little Athletics NSW Region 8 Championships 2018 INFORMATION FOR TEAM MANAGERS & ATHLETES

When: Saturday 3 February and Sunday 4 February
Where: The Ridge Athletics Track, Recreation Dr, Barden Ridge
Start Time: First Call: 7.45 am. Events commence at 8:00 am



How To Get To Barden Ridge

Please allow up to an hour of travel time to negotiate Sydney traffic to get to The Ridge Sporting Complex. The M5 exit is Fairford Rd which takes you to Alfords Point Rd/New Illawarra Rd. Turn into the complex that initially looks like a Golf course at a set of lights.

Team Managers

Team Managers for the weekend are

David Murphy	0417 52 10 10
Richard Chen	0417 685 010
Andrea Belunek	0414 848 851

Protest Procedure

If an athlete/club wish to make a protest it must be done by a Team Manager only who submits the protest in writing within 30 minutes of the completion of the event. A \$50 fee is required to lodge a protest which will be assessed according to the LANSW Rules of Competition.

Parking:

Families can find parking at a number of locations throughout the complex. Car park 6, located along the 100m straight, is the best location for families.

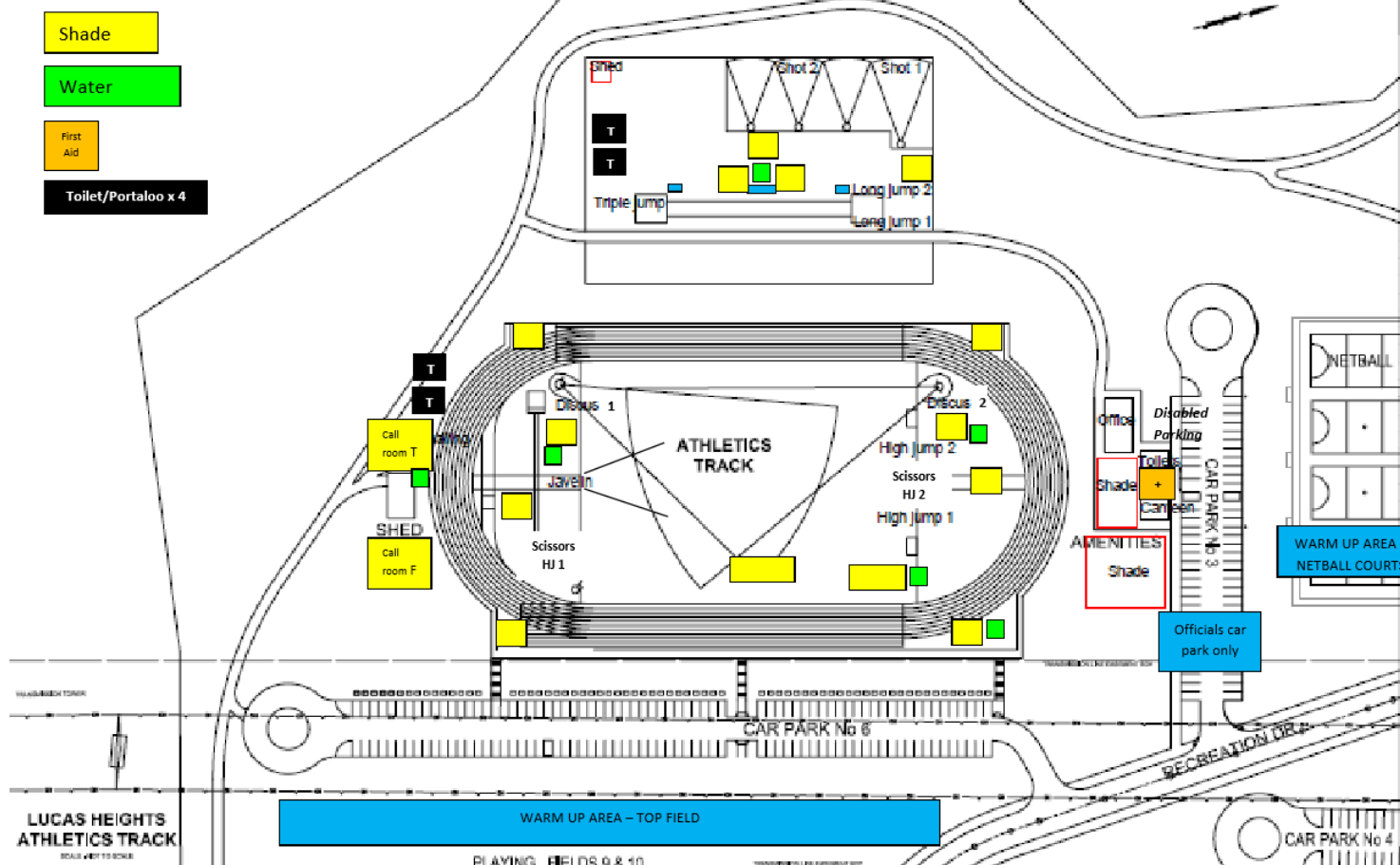
The car park located directly behind the clubhouse and canteen is ONLY for the use of officials with parking passes. There will be an official monitoring this car park throughout the weekend, if anyone parks in this area without a pass they will be asked to move their vehicle.

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REGION 8 – THE RIDGE



Each Centre has been asked to ensure all athletes, parents and guardians are made aware of the following important Region 8 information:

Athletes withdrawing from an event:

Any athlete who is withdrawing from any event over the course of the weekend needs to notify a team manager and the championship Information officer as soon as they know they are unable to compete. This will assist in the smooth running of the program.

Call Room:

Athletes in the first listed field events of each day are to go straight to the event area. All other athletes must attend the Call Room when their event has been announced. The Call Room location is at the southern end of the main track. The Field Call Room and Track Call Room are on either side of the equipment shed.

Only competing athletes and those parents/carers rostered to assist are permitted in the Call Room.

Athletes are not allowed to wear their spikes in the Call Room.

Spikes are to be put on once athletes reach the starting area for their event.

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Club Uniform

Competitors must wear the correct and approved Centre uniform which includes:

- The McDonald's registration number attached to the front of the top with the **red border fully visible** for all U8 to U11 athletes ,or, the OneSport registration number attached to the front for all U12 to U17 athletes.
- Correct Age Patch firmly attached to the front left hand side of the singlet or shorts.
- Coles patch firmly attached to the front right hand shoulder.
- Black shorts / compression wear: if they have a logo, the logo must be no more than 5cm in height, have lettering no more than 4cm in height and not exceed a total of 30cm sq.



Accepted



Not accepted as logo too big, regardless of being block white lettering as shown, or written as a white outline

- In the walks events, shorts / compression wear cannot go below the knee.

We have been directly notified that **no leniency** will be shown at the Region Call Room.
Any competitor not correctly attired will be sent to a Team Manager to correct their uniform
The event will not be held up to wait for their return.

Team Managers will check each Balmain athlete's uniform before they attend the Call Room. To avoid any disappointment on the day please have any issues rectified prior to Region.

Parental Assistance

Balmain has been allocated 110 event duties of just over an hour to complete over the weekend.

Parents and carers are asked to sign up for a duty of their choice at our sign up page <http://signup.com/go/XvuDGOc>

This is a mandatory component of your athlete taking part in these Championships

- # Duty helpers need to check in with a team manager, not the information desk
- # All helpers are required to wear closed in shoes – not thongs or sandals.
- # Helpers are not permitted to provide assistance, coaching or encouragement to athletes whilst at an event.

A brief description of each duty is found at the end of this document.

Only those parents rostered to help at an event or athletes competing at an event are permitted in the competition area. All spectators must remain outside the fences of the top and bottom field competition areas.

Parents/Guardians

It is a requirement of Little Athletics that all children be accompanied by an adult at the Championships at all times.

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Competitor Footwear:

Shoes are compulsory for all competitors in all events. Spikes may be worn as follows:

U8 to U10: Spikes may not be worn in any event.

U11 to U12: Spikes may be worn in all track events run entirely in lanes, all jumps events and javelin.

U13 to U17: Spikes may be worn in all track events (except Walks), all jumps events, and javelin.

ANY ATHLETE WHO WEARS SPIKES FOR TRACK EVENTS RUN ENTIRELY IN LANES MUST USE BLOCKS

Weather:

The Region Championships will go ahead under most weather conditions so athletes and parents/carers should come prepared with hats and sunscreen as well as umbrellas and raincoats!

In the event of extreme conditions such as excessive heat, storms or flooding, the Championships may be delayed or temporarily suspended. Any decision to delay or postpone the Championships will be made by the Region Committee and the Championships Safety Officer.

Program:

The 2-day Region Program of Events is available on the Balmain LAC website. The program contains event NOT BEFORE times which means that the event cannot start before the given time. This should be used as a guide for athletes and parents as an event may be announced to go to call room up to 30 minutes **BEFORE the NOT BEFORE time**. Athletes should be at the track at least 30 minutes before the event time listed. If an athlete does not turn up for their Call Room time the event will be run without them.

No programs are provided at Region. The program which can be found via the link below is 110 pages long so please be selective which pages you print: <http://www.balmainlac.org.au/centre-information/?p=133>

All competitors (U9 and above) are advised to review the program for the State Championships via the LANSW website to ensure availability in the event of qualification to progress.

Warming Up:

Athletes can use Fields 9 & 10, the football and cricket fields and the netball courts for warming up.

No athlete is permitted to use any part of the track or field areas for warming up.

Clash of Events:

Please make yourselves aware of any potential clash of events during the weekend. There is no Championship Clash Manager for this carnival. Athletes and parents are responsible for advising the Chief Judge at their field event if they believe a clash may occur with a track event. The Chief Judge will make arrangements for the athlete to attend the call room and compete in their clashing event. The athlete is responsible for returning immediately to their field event to complete any further attempts. Track events take priority when a clash occurs.

Results:

In addition to being posted on the notice board at the ground, all results will be available online as soon as possible after the event. You can access these results at: <http://www.littlearesults.com/Region8/>

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Awards:

All competitors will receive a medal if they finish 1st, 2nd or 3rd in a final.
 Medals will be presented as soon as possible after the event at the presentation area next to the information desk.
 All competitors will receive a certificate showing all their performances.

Services Available:

Full canteen and BBQ First Aid Instant Photos

Progression from Region to State:

U8: Athletes do not progress beyond Region.

U9 to U17: The first 2 place getters in a final automatically progress to the State Championships, dependent upon meeting any qualification standards in the Walks, 3000m and High jump as described below.

In addition, the next best 8 competitors in each event across all Regions will progress to State.

This season's qualifying times to progress to State will be applied as follows:

<u>1500m Walk</u>		<u>3000m Run</u>	
U12	11.00 min	U13	13.30 min
U13	10.45 min	U14	13.00 min
U14	10.30 min	U15	12.30 min
U15	10.15 min	U17	12.00 min
U17	10.00 min		

These qualifying times must be achieved at the Region Championship to proceed to the State Championship.

High Jump

Athletes who do not attain the State Championships starting height for the relevant age groups at Regional Championships, irrespective of placing 1st or 2nd, will not be considered for progression to the State Track & Field Championships.

The State minimum standards for High Jump are:

	Boys	Girls
U9	0.95	0.90
U10	1.05	1.00
U11	1.15	1.10
U12	1.25	1.20
U13	1.30	1.25
U14	1.35	1.30
U15	1.35	1.30
U17	1.40	1.35

Only the first place Relay Team will progress to the State Championships.

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EXPLANATION OF PARENT ROSTER DUTIES

**It is a requirement of LANSW that all helpers on the ground wear closed in shoes.
ALL PARENT HELPERS ARE TO REPORT STRAIGHT TO THEIR DUTY AREA**

Track Umpires

- a. Report to the finish line. You will be directed to the required position.
- b. Watch that athletes do not cross over into other lanes and/or impede other athletes.
- c. Watch that there is no pushing or interference from athletes.
- d. Report any of the above to the Chief Track Judge if it occurs.

YOU WILL NEED A HAT AND A DRINK AS YOU WILL BE IN THE SUN.

Call Room Assistant – FIELD

- a. Go to the Field Call Room tent to sign on and report to the Chief Marshall.
- b. Call out children's names and numbers to check them off the starting lists.
- c. Check uniforms, pin leg numbers for distance events
- d. Escort the athletes to their event. Spikes carried and put on at the event location.

Computer Room / Results Runner

- a. Report to the Computer room
- b. Distribute results and starting sheets as directed.
- d. Keep returning to the computer room.

Field Event Assistants

Report to the correct event area (see map). There are 2 long jump pits, 1 triple jump pit, 2 shot circles, 2 discus areas, 2 high jump and 1 javelin.

You are not allowed to coach or comment on any athlete, particularly not your own child. Be careful with this as it could be cause for a protest against your child and a change in result.

Most field events duties are in the sun so please ensure you have a hat, sunscreen and a water bottle.

Discus

The Chief Judge will ask you to either collect implements, indicate if a throw is out of sector, or possibly spike where the implement has landed. For your own safety please ensure you are always facing the throwing circle.

Walk backwards away from the throwers so you always know what is happening.

One helper will always be required to record the results for each event.

High Jump

The Chief Judge will ask you to either pick up the bar when it falls or to record the results for each event.

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