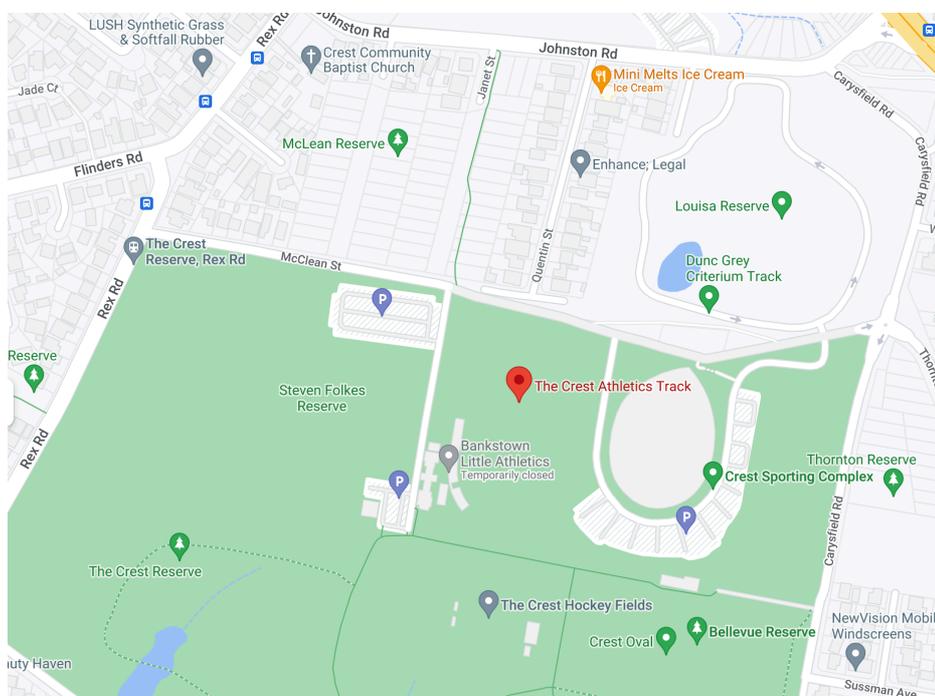

REGION 8 CHAMPIONSHIPS 2022/23

When: Saturday 4 & Sunday 5 February 2023

Where: The Crest Athletics Track, McClean street, Georges Hall

Directions: Recommended entry point is McClean street (via Johnston road then Rex road). Parking is available adjacent to the track. ***Allow plenty of travel time.*** It can take 25-50 minutes depending on time of day and traffic conditions. **We suggest you arrive at least one hour before your child's first scheduled event.**



Volunteer Sign Up

This event is volunteer run and we need your help to make it happen!

[Click here](#) to see the allocated duties and find your name.

Email registrar@balmainlac.org.au if you don't yet have a duty.

UPDATED Final Program including Entry Lists (as at 23 January 2023) is available **[HERE](#)**. Check event times. Note that some track events have heats and finals.

* **First events start at 8am.** After that events may be called up to 20 minutes before the published "Not Before Time" (on the Final Program).

* **All field and track events will be marshalled in the Call Room.** See venue map on page 3 or Program.

Balmain Team List - A list of Balmain athletes/qualifiers is [HERE](#).

On arrival: check in with the Club Team Managers, Kate (Saturday & Sunday) and Brent (Saturday), at the Balmain Tent near the Grandstand.

Uniform: Athletes must wear the correct Club uniform.

* **Balmain Competition Singlet** with their registration number (centre, front), age patch (left) and Coles patch (right) displayed as shown in the photo above.

* **Plain black shorts or compression wear** (not extending past the knee).



Uniform

Spikes can be worn by athletes in the U11-U17 age groups U11 & U12s can wear spikes in events run entirely in lanes (so not the 800m+) as well as High Jump, Long Jump and Triple Jump. U13 to U17s can wear spikes in all events. Spikes are not permitted in Racewalks.

* Starting blocks must be used by all athletes wearing spikes in all track events up to and including 400m.

* Maximum spike length is 7mm. Note 9mm is allowed for long and high jump areas only.

* Spike shoes without spikes in them are not permitted. This is a LANSW rule.

Event clashes: Athletes must notify the officials in the Call Room of any event clashes when marshalling for their first event. If that first event is a field event, athletes will be required to remain at the field event until the track event is called for the second time (at least) or athletes are making their way to the start of track event. Officials will direct the athletes as appropriate/required. If the first event is a track event, athletes must proceed to the field event as soon as the track event is completed.

Weather: The event will go ahead in all weather conditions, except lightning, so check weather conditions and come prepared for it all! There is some covered seating, but not enough for everyone attending. A Club tent will be set up in the grass area marked on the venue map. Bring your own shade/cover and seating.

Food & Drink: A Coffee Van with some limited food items (muffins) will be available. A Food Truck will be selling hot dogs, chips and drinks. The Canteen will be selling ice creams, lollies, crisps. No BBQ. Local suburban shops are close by. We recommend you bring sufficient refreshments with you.

Team Managers: Committee members, Kate (Saturday & Sunday) and Brent (Saturday), will be Team Managers. Other Committee members will be officiating and volunteering. The role of the Team Manager is to answer queries, direct volunteers to their duties and act as intermediaries on other issues (including protests).

Warming Up: Practice and warm up equipment will be available. Please return it after use. Team Managers will direct you to suitable warm up areas.

PB Board: The Balmain PB Board will be there.

Venue Map

