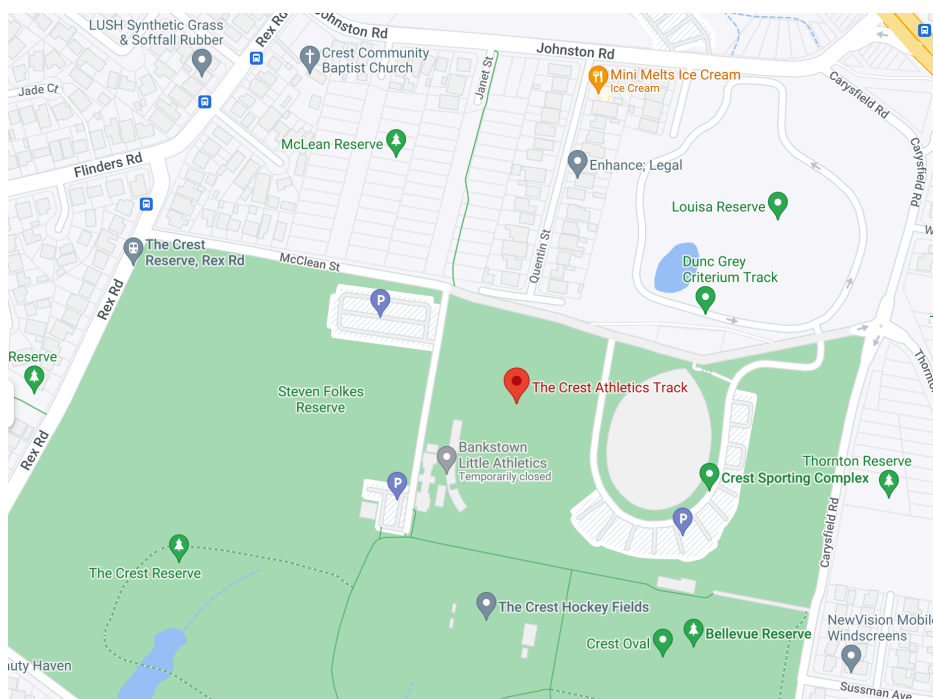

INNER CITY ZONE CHAMPIONSHIPS 2022/23

When: Saturday 10 & Sunday 11 December 2022

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

Zone is volunteer run and we need your help to make it happen! [Click here](#)

Sunday - March Past

Don't forget to be part of the **Balmain Club spirit** in the **March Past on Sunday at 11.15am.** Then cheer on our **Relay Teams at 11.30am.**

Final Zone Program - Check event times. Note that some track events have heats and finals.

* For track events, athletes must be in the Track Callroom (see map on page 3) 15 minutes before the event is scheduled to start.

* For field events, athletes must go directly to the location of the event 10 minutes before it is scheduled to start.

Entry List of Athletes by Event - [Saturday Field Events](#), [Saturday Track Events](#), [Sunday Field Events](#), [Sunday Track Events](#).

Balmain Team List - A list of Balmain athletes (as at 29/11/22).

On arrival: check in with the Club Team Managers, Andrea and Kate, in the Balmain area in the stands, marked by the Balmain Athletics banner. Collect your athlete's Representative T-shirt.

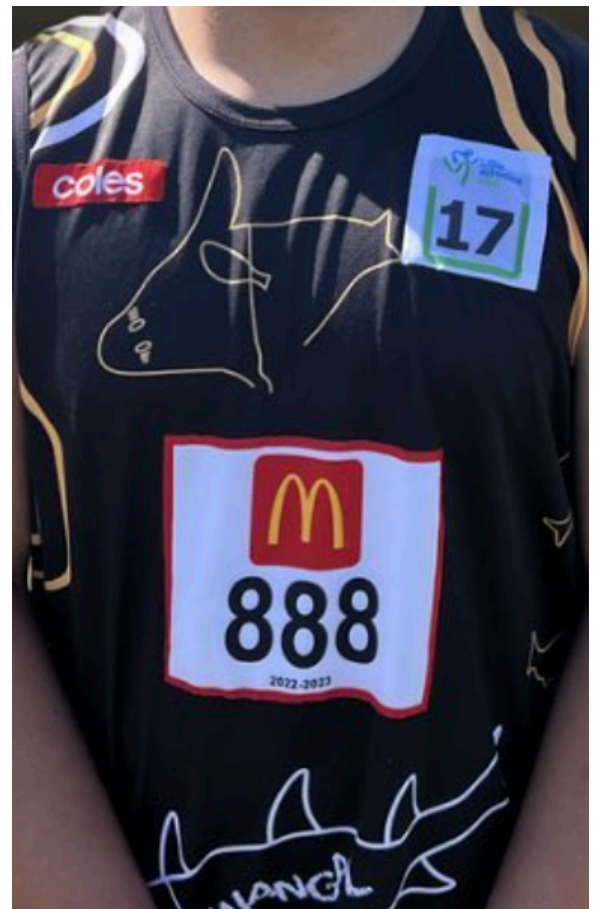
Uniform: Athletes must wear the correct Club uniform.

* **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).

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.

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



Uniform

Event clashes: It is the responsibility of the athlete or parent to notify the Team Manager of any event clashes. The athlete must be accompanied by a Club Representative or parent to the field event so they can be marked on the event list and then go to the Track Callroom. After the track event is completed, the athlete must go directly to the field event.

Weather: Zone 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. Club tents not being used at events will be set up for extra cover. Bring your own shade/cover and seating.

Food & Drink: A Canteen and BBQ will be operating. A coffee van will also be available. Local suburban shops are close by. We recommend you bring sufficient refreshments with you.

Team Managers: Committee members, Andrea and Kate, 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 back. It is a wonderful record of the effort applied by Balmain athletes.

Club Socials: Send us your photos on [Facebook](#) or [Instagram](#) or tag us in your posts.

