

# REGION 8 CHAMPIONSHIPS INFO

## When

Friday 27<sup>th</sup> · Saturday 28<sup>th</sup> & Sunday 29<sup>th</sup>  
January 2017 at Port Hacking Athletics track.

The 3000m is the only Friday event.

The track is an all-weather facility so **competition will take place no matter what the weather.**

During the carnival responses to heat / rain / lightening will be under the control of a Safety Officer and their implementation of the LANSW policy on those elements which can be found at: <http://www.lansw.com.au/Resources/Policies-Guidelines/Risk-Management>

## When you reach the venue

Look for the Balmain banners, T-shirts and shade structures.

There is limited seating, certainly not enough for all athletes and parents/carers. You may need to bring your own seating/shade unless you arrive early. Please register at team table for the day, so we know you have arrived.

## Uniform

Uniform will be strictly policed, much more so than Zone. Please make sure you comply with the requirements specified on page 3. Along with numbers and age patches, shorts/skins are often the main area of concern for the officials.

## Competition start time

- Gates open each day at 7:00am
- First Call for track and field events is 7:40am with first events starting at 8:00am
- The 3000m will start at 7:00pm on Friday. Athletes are asked to report at 6:30 pm.

## Team Manager Contact Details

**Junior Girls Peter Rand 0408 468 401;**

**Junior Boys Richard Chen 0417 685 010;**

**Seniors (U13+) Megan Beer 0402 470190**

Note: Tim Batho is jumps referee for the 2 days of the Region Comp and David Murphy has other duties. If you need help during the carnival, contact Richard, Peter or Megan in the first instance (who will be wearing Club Official shirts)

## Event times

Region runs to an order of events (see pg 6-8), with a NOT BEFORE TIME for each event. It will adhere strictly to the order identified and events will not take place before the time listed on the schedule. It is very difficult to give more precise information about timings. Please be conservative in your estimates and aim to arrive in plenty of time. The event 'Not Before' times will be emailed to participating athletes around Jan 25<sup>th</sup>.

## Qualifying from a heat to a final

There will be a maximum of 2 heats per event. 1st, 2nd, 3rd plus next 2 fastest times across both heats go to the final.

## Field Events

Each athlete will be allowed a minimum of 3 attempts. The top 8 athletes in each event will be given a further 3 attempts. If there are 8 or less athletes competing, all will athletes will receive 6 attempts.

## Qualifying from Region to State

The top two placegetters in every U9-U17 event at the Regional Championships automatically qualify for the State Championships in March. LANSW then selects the next best 8 final performances from all regions, subject to qualifying standards in some events, to make up to a field of 24 at State. Region 8 is a strong region, so athletes who finish 3<sup>rd</sup> or even 4<sup>th</sup> in an event stand a good chance of qualifying. U8 athletes compete at the Regional Championships but do not progress to State

## Parent Duty Roster

Thanks in advance to all parents for completing your rostered duty. At Region, Referees & Chief Judges are provided by LANSW, but **parental support remains vital for all events to run.** Balmain has been allocated various field and track duties. **The final roster will be emailed to your registered email address by Wednesday January 25<sup>th</sup>.**

# VENUE INFORMATION

## Venue

Port Hacking Athletics Track (also known as Sylvania Waters Field), 228 Belgrave Esplanade, Sylvania Waters. It is next to Forshaw Rugby Park.

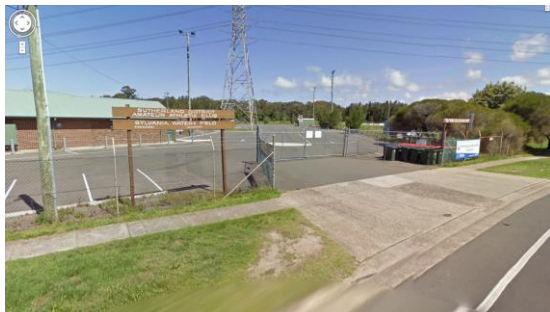
It is a 40 minute drive from Balmain in good traffic. It can regularly take more than an hour.

## Parking

There is small car park attached to the venue but much of it will be reserved for officials. Additional parking is available in the field immediately behind the stadium. You will need to drive through the car park to get to the field. Also, there is unrestricted parking on residential streets.

### Location

Find us at: 228 Belgrave, Sylvania Waters NSW



**The signposting at the Track says Sutherland & District Athletics Club; Sylvania Waters Field**

The newly renovated Westfield Miranda Fair is an easy 5 minute drive further up Port Hacking Road from the Sylvania Waters track if anyone is looking for a break from the athletics.

**FURTHER INFORMATION:** A Region Championship Program containing further information about the carnival will be emailed to all competing athletes a few days before the Championships.



### Can I wear SKINS?

Athletes can wear **plain** black compression/bike pants with no logos or contrasting stitching as an outer garment. If they wear compression/bike pants with logo or contrasting stitching they must be worn as an under garment, ie underneath club or plain black shorts.

In both cases, the compression pants must remain above the knee.

**TEAM MANAGERS  
WILL HAVE JESTAR  
PATCHES & AGE  
PATCHES FOR  
ANYONE WHO NEEDS  
THEM. BYO PINS!**

## UNIFORM GUIDE

The Centre uniform consists of a black and gold singlet with official club or **plain** black shorts and/or body suit or two piece suit. The uniform is worn at all levels of competition and must have the appropriate cloth registration numbers sewn or pinned on (see placement left).

**ALL ATHLETES MUST COMPETE IN THEIR SINGLET/CROP-TOP NOT THE REP T-SHIRT.**

Shoes are compulsory. **Spike shoes MUST NOT be worn in any U7 - U10 event.** Competitors in U11 and U12 age group may wear spikes in events run entirely in lanes, long jump, triple jump and high jump. Competitors in the U13 to U17 age groups may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump, javelin, 800m, 1500m and 3km. Competitors must not wear spike shoes with the spikes removed in any event .

### Rego, sponsor & age patch Placement...

**On the singlet front:** sew or pin– Jetstar sponsor's patch (top RIGHT from athlete's view), athlete registration number (with **red border visible for juniors**) & age patch (top LEFT). See pic top left of this page. These will all fit on a standard singlet.

**Note from this year there is NO requirement for a centre number "17" on the back of the singlet.** If you already have a centre number on the back, it does not need to be removed!

**For crop tops,** the rego number and Jetstar patch will fit on the top front but the age patch may not and should be placed on the FRONT LEFT leg of the shorts.

**Shorts must be either BLAC club shorts or PLAIN black –** with no visible logos, no coloured piping etc. If you have anything not black on the shorts, cover it with black tape or black it out with permanent marker

# THINGS TO KNOW

## Event Clashes

Track events take precedence over field events. A competitor must not leave their field event without reporting to the Chief Judge of that event. Unlike Zone, at Region there is a Clash Manager who will co-ordinate with the Chief Judges when clashes occur and make sure athletes are correctly marshalled for their events.

## Protests

Any athlete in the U8-U12 age groups wishing to make a protest must do so via a BLAC Team Manager. U13+ athletes may make on field protests themselves **in field events only**. Throwers and Jumpers please check with the Team Managers BEFORE your event to ensure you understand the protocol for doing this. For track events U13+ must also protest through official BLAC Team Managers. **Parents – if you have any concerns please speak to one of the BLAC team managers, do not approach officials directly.**



## Medals

Medals will be awarded for first, second and third place in ALL events. If your child receives a medal, please send us a pic of them on the podium so we can share all medal successes. FB message them or email to [news@balmainlac.org.au](mailto:news@balmainlac.org.au) (NOT the info@ address)

## The PB Board Returns!

Following its successful launch at Zone, the PB board will also be making an appearance at Region. If you set a new PB, make sure you write it on the Board. Let's see how close we can get to the 278 PBs set at Zone!!



To comply with H&S requirements, **parent helpers need to wear closed in shoes for rostered duties**....and take a hat. Even if there is shade in the stands, there is rarely any on the track.

Region will be  
on **WHATEVER**  
the weather!

## REGION HINTS & TIPS

Your first Regional Carnival can be a bit daunting. Check out our top tips for making the experience run as smoothly as possible.

### 1. Remember Club Team Managers are there to help but you need to be responsible for your child.

The Club will have 3 team managers at each day of the Regional Carnival. They will have many duties and will not be able to wrangle individual athletes. Please make sure you **check the final programme for event schedules** & arrive at the stadium in plenty of time. Look for the BLAC banners, shade structures and the mass of BLAC T-shirts to find the team in the stadium.

### 2. Listen out for marshalling calls & make sure you know where your event is being marshalled.

Each event will be called twice. When an event is called, participants should go to the marshalling area for that event. Track and field events normally (but not always) have separate marshalling areas so **check where your marshalling area is when you arrive**. Athletes go directly to the competition area for the first field events of the day, so listen carefully to the announcer. If you miss the marshalling call, you will miss your event!

The Championships run to a schedule with 'not before' times not a timetable. Please be conservative in your estimate of the likely event start time.

### 3. Pack supplies of food & drink, including lots of water.

There is a canteen and tuck shop selling BBQ food, drinks and snacks. Remember to pack **plenty of water**. Athletes can take water bottles with them to field events, but not normally to track events. If it's very hot, pack some frozen wash-cloths and/or a water spray bottle to help kids stay cool between events.

**If it looks like there will be wet weather, prepare for it by bringing rain gear, towels and a change of clothes for athletes.**

### 4. If you have a clash of events, talk to the officials.

Track takes precedence over field, so tell your field officials about the clash and they will work to ensure you get to both events. At Region if you have a clash it's likely someone else in your event will too, so the officials are used to sorting this out.

### 5. Take something to do in the inevitable downtime.

Like all carnivals, Region can be a long day. Supporting their team mates, and playing with friends will keep the younger athletes amused while they wait for their events, but it's worth packing a book or a game for the (dare I say it) dull bits ☺. For parents, too!

### 6. Make sure your uniform fully conforms to regulations.

The Zone did not police uniform as strictly as it usually does. This will not be the case at Region. **Marshalls can, and do, remove athletes from an event if they are not wearing correct uniform**. In the past kids have been pulled out of events at marshalling or even on the start-line for as little as their Jetstar patch being on the wrong side of their singlet or having a logo on black shorts. This is distressing for the athletes and their parents. To avoid issues, before you leave for the championship, check your uniform fully conforms. See pg3 for a summary of correct Club uniform.



LITTLE ATHLETICS NSW

2017 - 3 Day Region Track & Field Program - FRIDAY

*Event*

123	U13	Girls	3,000m	Final
124	U13	Boys	3,000m	Final
125	U14	Girls	3,000m	Final
126	U14	Boys	3,000m	Final
127	U15	Girls	3,000m	Final
128	U15	Boys	3,000m	Final
129	U17	Girls	3,000m	Final
130	U17	Boys	3,000m	Final

## LITTLE ATHLETICS NSW

## 2017 - 3 Day Region Track &amp; Field Program - SATURDAY

## TRACK

## Event

1	U10	Girls	1,500m	Final
2	U10	Boys	1,500m	Final
3	U11	Girls	1,500m	Final
4	U11	Boys	1,500m	Final
5	U12	Girls	1,500m	Final
6	U12	Boys	1,500m	Final
7	U13	Girls	200m Hurdles	Heats
8	U13	Boys	200m Hurdles	Heats
9	U14	Girls	200m Hurdles	Heats
10	U14	Boys	200m Hurdles	Heats
11	U15	Girls	300m Hurdles	Heats
12	U15	Boys	300m Hurdles	Heats
13	U17	Girls	300m Hurdles	Heats
14	U17	Boys	300m Hurdles	Heats
15	U13	Girls	1,500m	Final
16	U13	Boys	1,500m	Final
17	U14	Girls	1,500m	Final
18	U14	Boys	1,500m	Final
19	U15	Girls	1,500m	Final
20	U15	Boys	1,500m	Final
21	U17	Girls	1,500m	Final
22	U17	Boys	1,500m	Final
23	U8	Girls	60m Hurdles	Heats
24	U8	Boys	60m Hurdles	Heats
25	U9	Girls	60m Hurdles	Heats
26	U9	Boys	60m Hurdles	Heats
27	U10	Girls	60m Hurdles	Heats
28	U10	Boys	60m Hurdles	Heats
29	U11	Girls	60m Hurdles	Heats
30	U11	Boys	60m Hurdles	Heats
31	U12	Girls	60m Hurdles	Heats
32	U12	Boys	60m Hurdles	Heats
33	U13	Girls	200m Hurdles	Final
34	U13	Boys	200m Hurdles	Final
35	U14	Girls	200m Hurdles	Final
36	U14	Boys	200m Hurdles	Final
37	U15	Girls	300m Hurdles	Final
38	U15	Boys	300m Hurdles	Final
39	U17	Girls	300m Hurdles	Final
40	U17	Boys	300m Hurdles	Final
41	U8	Girls	60m Hurdles	Final
42	U8	Boys	60m Hurdles	Final
43	U9	Girls	60m Hurdles	Final
44	U9	Boys	60m Hurdles	Final
45	U10	Girls	60m Hurdles	Final
46	U10	Boys	60m Hurdles	Final
47	U11	Girls	60m Hurdles	Final
48	U11	Boys	60m Hurdles	Final
49	U12	Girls	60m Hurdles	Final
50	U12	Boys	60m Hurdles	Final
51	U13	Girls	100m	Heats
52	U13	Boys	100m	Heats
53	U14	Girls	100m	Heats
54	U14	Boys	100m	Heats
55	U15	Girls	100m	Heats
56	U15	Boys	100m	Heats
57	U17	Girls	100m	Heats
58	U17	Boys	100m	Heats
59	U8	Girls	100m	Heats
60	U8	Boys	100m	Heats
61	U9	Girls	100m	Heats
62	U9	Boys	100m	Heats
63	U10	Girls	100m	Heats
64	U10	Boys	100m	Heats
65	U11	Girls	100m	Heats
66	U11	Boys	100m	Heats
67	U12	Girls	100m	Heats
68	U12	Boys	100m	Heats
69	U13	Girls	400m	Heats
70	U13	Boys	400m	Heats
71	U14	Girls	400m	Heats
72	U14	Boys	400m	Heats
73	U15	Girls	400m	Heats
74	U15	Boys	400m	Heats
75	U17	Girls	400m	Heats
76	U17	Boys	400m	Heats
77	U8	Girls	400m	Heats
78	U8	Boys	400m	Heats
79	U9	Girls	400m	Heats
80	U9	Boys	400m	Heats
81	U10	Girls	400m	Heats
82	U10	Boys	400m	Heats
83	U11	Girls	400m	Heats
84	U11	Boys	400m	Heats
85	U12	Girls	400m	Heats
86	U12	Boys	400m	Heats
87	U13	Girls	100m	Final
88	U13	Boys	100m	Final
89	U14	Girls	100m	Final
90	U14	Boys	100m	Final
91	U15	Girls	100m	Final
92	U15	Boys	100m	Final

## Event

93	U17	Girls	100m	Final
94	U17	Boys	100m	Final
95	U8	Girls	100m	Final
96	U8	Boys	100m	Final
97	U9	Girls	100m	Final
98	U9	Boys	100m	Final
99	U10	Girls	100m	Final
100	U10	Boys	100m	Final
101	U11	Girls	100m	Final
102	U11	Boys	100m	Final
103	U12	Girls	100m	Final
104	U12	Boys	100m	Final
105	U13	Girls	400m	Final
106	U13	Boys	400m	Final
107	U14	Girls	400m	Final
108	U14	Boys	400m	Final
109	U15	Girls	400m	Final
110	U15	Boys	400m	Final
111	U17	Girls	400m	Final
112	U17	Boys	400m	Final
113	U8	Girls	400m	Final
114	U8	Boys	400m	Final
115	U9	Girls	400m	Final
116	U9	Boys	400m	Final
117	U10	Girls	400m	Final
118	U10	Boys	400m	Final
119	U11	Girls	400m	Final
120	U11	Boys	400m	Final
121	U12	Girls	400m	Final
122	U12	Boys	400m	Final

## FIELD

## Event

1	U9	Boys	High Jump	Final
2	U12	Boys	High Jump	Final
3	U13	Girls	Long Jump	Final
4	U15	Boys	Long Jump	Final
5	U13	Boys	Triple Jump	Final
6	U12	Girls	Discus	Final
7	U14	Boys	Discus	Final
8	U11	Girls	Shot Put	Final
9	U17	Boys	Shot Put	Final
10	U9	Girls	High Jump	Final
11	U15	Girls	High Jump	Final
12	U10	Boys	Long Jump	Final
13	U17	Boys	Long Jump	Final
14	U14	Boys	Triple Jump	Final
15	U10	Girls	Discus	Final
16	U17	Girls	Discus	Final
17	U11	Girls	Javelin	Final
18	U11	Boys	Shot Put	Final
19	U14	Girls	Shot Put	Final
20	U11	Girls	High Jump	Final
21	U13	Girls	High Jump	Final
22	U12	Girls	Long Jump	Final
23	U12	Boys	Long Jump	Final
24	U17	Girls	Triple Jump	Final
25	U8	Girls	Discus	Final
26	U8	Boys	Shot Put	Final
27	U9	Boys	Shot Put	Final
28	U13	Boys	Javelin	Final
29	U14	Boys	High Jump	Final
30	U17	Boys	High Jump	Final
31	U8	Girls	Long Jump	Final
32	U10	Girls	Long Jump	Final
33	U15	Girls	Triple Jump	Final
34	U10	Boys	Discus	Final
35	U15	Boys	Shot Put	Final
36	U9	Girls	Shot Put	Final
37	U14	Girls	Javelin	Final
38	U8	Boys	Long Jump	Final
39	U14	Girls	Long Jump	Final
40	U11	Boys	Triple Jump	Final
41	U12	Boys	Discus	Final
42	U13	Girls	Shot Put	Final
43	U12	Girls	Javelin	Final
44	U11	Girls	Triple Jump	Final
45	U15	Girls	Discus	Final
46	U17	Girls	Javelin	Final
47	U15	Boys	Javelin	Final
48	U13	Boys	Discus	Final

## LITTLE ATHLETICS NSW

## 2017 - 3 Day Region Track &amp; Field Program - SUNDAY

## TRACK

## Event

131	U13	Girls	80m Hurdles	Heats
132	U13	Boys	80m Hurdles	Heats
133	U14	Girls	80m Hurdles	Heats
134	U14	Boys	90m Hurdles	Heats
135	U15	Girls	90m Hurdles	Heats
136	U15	Boys	100m Hurdles	Heats
137	U17	Girls	100m Hurdles	Heats
138	U17	Boys	110m Hurdles	Heats
139	U11	Girls	1100m Walk	Final
140	U11	Boys	1100m Walk	Final
141	U10	Girls	1100m Walk	Final
142	U10	Boys	1100m Walk	Final
143	U9	Girls	700m Walk	Final
144	U9	Boys	700m Walk	Final
145	U8	Girls	Pack Start	Final
146	U8	Boys	Pack Start	Final
147	U12	Girls	1500m Walk	Final
148	U12	Boys	1500m Walk	Final
149	U13	Girls	1500m Walk	Final
150	U13	Boys	1500m Walk	Final
151	U14	Girls	1500m Walk	Final
152	U14	Boys	1500m Walk	Final
153	U15	Girls	1500m Walk	Final
154	U15	Boys	1500m Walk	Final
155	U17	Girls	1500m Walk	Final
156	U17	Boys	1500m Walk	Final
157	U13	Girls	80m Hurdles	Final
158	U13	Boys	80m Hurdles	Final
159	U14	Girls	80m Hurdles	Final
160	U14	Boys	90m Hurdles	Final
161	U15	Girls	90m Hurdles	Final
162	U15	Boys	100m Hurdles	Final
163	U17	Girls	100m Hurdles	Final
164	U17	Boys	110m Hurdles	Final
165	U10	Girls	70m	Heats
166	U10	Boys	70m	Heats
167	U9	Girls	70m	Heats
168	U9	Boys	70m	Heats
169	U8	Girls	70m	Heats
170	U8	Boys	70m	Heats
171	U11	Girls	200m	Heats
172	U11	Boys	200m	Heats
173	U12	Girls	200m	Heats
174	U12	Boys	200m	Heats
175	U13	Girls	200m	Heats
176	U13	Boys	200m	Heats
177	U10	Girls	200m	Heats
178	U10	Boys	200m	Heats
179	U9	Girls	200m	Heats
180	U9	Boys	200m	Heats
181	U8	Girls	200m	Heats
182	U8	Boys	200m	Heats
183	U14	Girls	200m	Heats
184	U14	Boys	200m	Heats
185	U15	Girls	200m	Heats
186	U15	Boys	200m	Heats
187	U17	Girls	200m	Heats
188	U17	Boys	200m	Heats
189	U10	Girls	70m	Final
190	U10	Boys	70m	Final
191	U9	Girls	70m	Final
192	U9	Boys	70m	Final
193	U8	Girls	70m	Final
194	U8	Boys	70m	Final
195	U11	Girls	800m	Final
196	U11	Boys	800m	Final
197	U12	Girls	800m	Final
198	U12	Boys	800m	Final
199	U13	Girls	800m	Final
200	U13	Boys	800m	Final
201	U14	Girls	800m	Final
202	U14	Boys	800m	Final
203	U15	Girls	800m	Final
204	U15	Boys	800m	Final
205	U17	Girls	800m	Final
206	U17	Boys	800m	Final

## Event

207	U10	Girls	800m	Final
208	U10	Boys	800m	Final
209	U9	Girls	800m	Final
210	U9	Boys	800m	Final
211	U8	Girls	200m	Final
212	U8	Boys	200m	Final
213	U11	Girls	200m	Final
214	U11	Boys	200m	Final
215	U12	Girls	200m	Final
216	U12	Boys	200m	Final
217	U13	Girls	200m	Final
218	U13	Boys	200m	Final
219	U14	Girls	200m	Final
220	U14	Boys	200m	Final
221	U15	Girls	200m	Final
222	U15	Girls	200m	Final
223	U17	Girls	200m	Final
224	U17	Boys	200m	Final
225	U10	Girls	200m	Final
226	U10	Boys	200m	Final
227	U9	Girls	200m	Final
228	U9	Boys	200m	Final
229	Snr	Girls	Relay	Final
230	Snr	Boys	Relay	Final
231	Jnr	Girls	Relay	Final
232	Jnr	Boys	Relay	Final

## FIELD

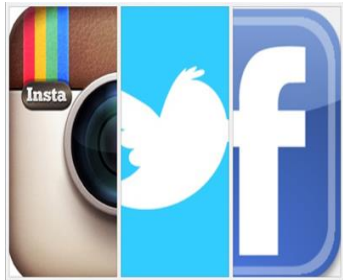
## Event

49	U11	Boys	High Jump	Final
50	U12	Girls	High Jump	Final
51	U9	Boys	Long Jump	Final
52	U17	Girls	Long Jump	Final
53	U14	Girls	Triple Jump	Final
54	U13	Girls	Discus	Final
55	U15	Boys	Discus	Final
56	U10	Girls	Shot Put	Final
57	U14	Boys	Shot Put	Final
58	U9	Girls	Long Jump	Final
59	U15	Girls	Long Jump	Final
60	U15	Boys	Triple Jump	Final
61	U17	Boys	Discus	Final
62	U11	Girls	Discus	Final
63	U11	Boys	Javelin	Final
64	U12	Boys	Shot Put	Final
65	U17	Girls	Shot Put	Final
66	U10	Boys	High Jump	Final
67	U13	Boys	High Jump	Final
68	U11	Boys	Long Jump	Final
69	U14	Boys	Long Jump	Final
70	U17	Boys	Triple Jump	Final
71	U8	Boys	Discus	Final
72	U8	Girls	Shot Put	Final
73	U12	Girls	Shot Put	Final
74	U13	Girls	Javelin	Final
75	U14	Girls	High Jump	Final
76	U10	Girls	High Jump	Final
77	U11	Girls	Long Jump	Final
78	U13	Boys	Long Jump	Final
79	U12	Girls	Triple Jump	Final
80	U9	Boys	Discus	Final
81	U10	Boys	Shot Put	Final
82	U15	Girls	Shot Put	Final
83	U12	Boys	Javelin	Final
84	U15	Boys	High Jump	Final
85	U17	Girls	High Jump	Final
86	U13	Girls	Triple Jump	Final
87	U9	Girls	Discus	Final
88	U13	Boys	Shot Put	Final
89	U14	Boys	Javelin	Final
90	U12	Boys	Triple Jump	Final
91	U11	Boys	Discus	Final
92	U17	Boys	Javelin	Final
93	U14	Girls	Discus	Final
94	U15	Girls	Javelin	Final



# GOOD LUCK!

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