

REGION 8 CHAMPIONSHIPS INFO

When

Friday 27th · Saturday 28th & Sunday 29th 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 25th.

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 3rd or even 4th 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 25th.

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.

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 .

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!

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 [\(NOT the info@ address\)](mailto:news@balmainlac.org.au)

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 & Field Program - SATURDAY

TRACK

<i>Event</i>				<i>Event</i>			
1 U10	Girls	1,500m	Final	93	U17	Girls	100m
2 U10	Boys	1,500m	Final	94	U17	Boys	100m
3 U11	Girls	1,500m	Final	95	U8	Girls	100m
4 U11	Boys	1,500m	Final	96	U8	Boys	100m
5 U12	Girls	1,500m	Final	97	U9	Girls	100m
6 U12	Boys	1,500m	Final	98	U9	Boys	100m
7 U13	Girls	200m Hurdles	Heats	99	U10	Girls	100m
8 U13	Boys	200m Hurdles	Heats	100	U10	Boys	100m
9 U14	Girls	200m Hurdles	Heats	101	U11	Girls	100m
10 U14	Boys	200m Hurdles	Heats	102	U11	Boys	100m
11 U15	Girls	300m Hurdles	Heats	103	U12	Girls	100m
12 U15	Boys	300m Hurdles	Heats	104	U12	Boys	100m
13 U17	Girls	300m Hurdles	Heats	105	U13	Girls	400m
14 U17	Boys	300m Hurdles	Heats	106	U13	Boys	400m
15 U13	Girls	1,500m	Final	107	U14	Girls	400m
16 U13	Boys	1,500m	Final	108	U14	Boys	400m
17 U14	Girls	1,500m	Final	109	U15	Girls	400m
18 U14	Boys	1,500m	Final	110	U15	Boys	400m
19 U15	Girls	1,500m	Final	111	U17	Girls	400m
20 U15	Boys	1,500m	Final	112	U17	Boys	400m
21 U17	Girls	1,500m	Final	113	U8	Girls	400m
22 U17	Boys	1,500m	Final	114	U8	Boys	400m
23 U8	Girls	60m Hurdles	Heats	115	U9	Girls	400m
24 U8	Boys	60m Hurdles	Heats	116	U9	Boys	400m
25 U9	Girls	60m Hurdles	Heats	117	U10	Girls	400m
26 U9	Boys	60m Hurdles	Heats	118	U10	Boys	400m
27 U10	Girls	60m Hurdles	Heats	119	U11	Girls	400m
28 U10	Boys	60m Hurdles	Heats	120	U11	Boys	400m
29 U11	Girls	60m Hurdles	Heats	121	U12	Girls	400m
30 U11	Boys	60m Hurdles	Heats	122	U12	Boys	400m
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				

FIELD

<i>Event</i>			
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

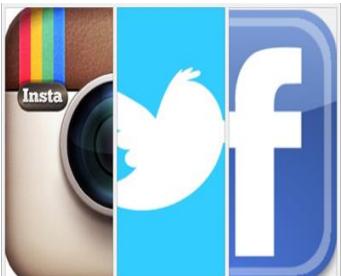
2017 - 3 Day Region Track & Field Program - SUNDAY

TRACK

Event					Event				
131	U13	Girls	80m Hurdles	Heats	207	U10	Girls	800m	Final
132	U13	Boys	80m Hurdles	Heats	208	U10	Boys	800m	Final
133	U14	Girls	80m Hurdles	Heats	209	U9	Girls	800m	Final
134	U14	Boys	90m Hurdles	Heats	210	U9	Boys	800m	Final
135	U15	Girls	90m Hurdles	Heats	211	U8	Girls	200m	Final
136	U15	Boys	100m Hurdles	Heats	212	U8	Boys	200m	Final
137	U17	Girls	100m Hurdles	Heats	213	U11	Girls	200m	Final
138	U17	Boys	110m Hurdles	Heats	214	U11	Boys	200m	Final
139	U11	Girls	1100m Walk	Final	215	U12	Girls	200m	Final
140	U11	Boys	1100m Walk	Final	216	U12	Boys	200m	Final
141	U10	Girls	1100m Walk	Final	217	U13	Girls	200m	Final
142	U10	Boys	1100m Walk	Final	218	U13	Boys	200m	Final
143	U9	Girls	700m Walk	Final	219	U14	Girls	200m	Final
144	U9	Boys	700m Walk	Final	220	U14	Boys	200m	Final
145	U8	Girls	Pack Start	Final	221	U15	Girls	200m	Final
146	U8	Boys	Pack Start	Final	222	U15	Girls	200m	Final
147	U12	Girls	1500m Walk	Final	223	U17	Girls	200m	Final
148	U12	Boys	1500m Walk	Final	224	U17	Boys	200m	Final
149	U13	Girls	1500m Walk	Final	225	U10	Girls	200m	Final
150	U13	Boys	1500m Walk	Final	226	U10	Boys	200m	Final
151	U14	Girls	1500m Walk	Final	227	U9	Girls	200m	Final
152	U14	Boys	1500m Walk	Final	228	U9	Boys	200m	Final
153	U15	Girls	1500m Walk	Final	229	Snr	Girls	Relay	Final
154	U15	Boys	1500m Walk	Final	230	Snr	Boys	Relay	Final
155	U17	Girls	1500m Walk	Final	231	Jnr	Girls	Relay	Final
156	U17	Boys	1500m Walk	Final	232	Jnr	Boys	Relay	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	49	U11 Boys	High Jump		Final
162	U15	Boys	100m Hurdles	Final	50	U12 Girls	High Jump		Final
163	U17	Girls	100m Hurdles	Final	51	U9 Boys	Long Jump		Final
164	U17	Boys	110m Hurdles	Final	52	U17 Girls	Long Jump		Final
165	U10	Girls	70m	Heats	53	U14 Girls	Triple Jump		Final
166	U10	Boys	70m	Heats	54	U13 Girls	Discus		Final
167	U9	Girls	70m	Heats	55	U15 Boys	Discus		Final
168	U9	Boys	70m	Heats	56	U10 Girls	Shot Put		Final
169	U8	Girls	70m	Heats	57	U14 Boys	Shot Put		Final
170	U8	Boys	70m	Heats	58	U9 Girls	Long Jump		Final
171	U11	Girls	200m	Heats	59	U15 Girls	Long Jump		Final
172	U11	Boys	200m	Heats	60	U15 Boys	Triple Jump		Final
173	U12	Girls	200m	Heats	61	U17 Boys	Discus		Final
174	U12	Boys	200m	Heats	62	U11 Girls	Discus		Final
175	U13	Girls	200m	Heats	63	U11 Boys	Javelin		Final
176	U13	Boys	200m	Heats	64	U12 Boys	Shot Put		Final
177	U10	Girls	200m	Heats	65	U17 Girls	Shot Put		Final
178	U10	Boys	200m	Heats	66	U10 Girls	High Jump		Final
179	U9	Girls	200m	Heats	67	U13 Boys	High Jump		Final
180	U9	Boys	200m	Heats	68	U11 Boys	Long Jump		Final
181	U8	Girls	200m	Heats	69	U14 Boys	Long Jump		Final
182	U8	Boys	200m	Heats	70	U17 Boys	Triple Jump		Final
183	U14	Girls	200m	Heats	71	U8 Boys	Discus		Final
184	U14	Boys	200m	Heats	72	U8 Girls	Shot Put		Final
185	U15	Girls	200m	Heats	73	U12 Girls	Shot Put		Final
186	U15	Boys	200m	Heats	74	U13 Girls	Javelin		Final
187	U17	Girls	200m	Heats	75	U14 Girls	High Jump		Final
188	U17	Boys	200m	Heats	76	U10 Girls	High Jump		Final
189	U10	Girls	70m	Final	77	U11 Girls	Long Jump		Final
190	U10	Boys	70m	Final	78	U13 Boys	Long Jump		Final
191	U9	Girls	70m	Final	79	U12 Girls	Triple Jump		Final
192	U9	Boys	70m	Final	80	U9 Boys	Discus		Final
193	U8	Girls	70m	Final	81	U10 Boys	Shot Put		Final
194	U8	Boys	70m	Final	82	U15 Girls	Shot Put		Final
195	U11	Girls	800m	Final	83	U12 Boys	Javelin		Final
196	U11	Boys	800m	Final	84	U15 Boys	High Jump		Final
197	U12	Girls	800m	Final	85	U17 Girls	High Jump		Final
198	U12	Boys	800m	Final	86	U13 Girls	Triple Jump		Final
199	U13	Girls	800m	Final	87	U9 Girls	Discus		Final
200	U13	Boys	800m	Final	88	U13 Boys	Shot Put		Final
201	U14	Girls	800m	Final	89	U14 Boys	Javelin		Final
202	U14	Boys	800m	Final	90	U12 Boys	Triple Jump		Final
203	U15	Girls	800m	Final	91	U11 Boys	Discus		Final
204	U15	Boys	800m	Final	92	U17 Boys	Javelin		Final
205	U17	Girls	800m	Final	93	U14 Girls	Discus		Final
206	U17	Boys	800m	Final	94	U15 Girls	Javelin		Final

GOOD LUCK!

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for latest updates and information**



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