



**2022 McDonalds State  
Track & Field Centre Duties  
SATURDAY 19<sup>TH</sup> & SUNDAY 20<sup>TH</sup> OF MARCH**

**SYDNEY OLYMPIC PARK  
ATHLETICS CENTRE**

Thank you for assisting LANSW in hosting the McDonalds 2022 State Track and Field Championships at Sydney Olympic Park. The centre helpers who assist the officials are a vital component to the success of the event.

This year, we are completing the allocation slightly differently by utilising an online program. This program allows the individual or centre to select the specific event that they wish to help with. The online sign up does operate on a **first in first served basis**.

**The allocation numbers are based on 'slots' this year rather than entire area.** For example, rather than Shot Put, it is now U9 GIRLS, U10 BOYS etc Shot Put. This change has resulted in what appears to be a spike in the number of centre helpers. But the number of centre helpers is similar to previous years, we have just broken down the allocations.

The sign up is divided into the following:

- Equipment (Saturday and Sunday)
- Saturday Administrations (includes, call room)
- Saturday Field
- Saturday Track
- Sunday Administrations (includes call room and medals)
- Sunday Field
- Sunday Track

Ideally, individual centre helpers complete the online sign up, however if the centre would prefer to, they can do it on behalf of the centre helpers, simply using the centre name as the first name.

[YOU CAN VIEW THE SIGN UP HERE](#)

Please direct any questions to [tamara.savage@nswathletics.org.au](mailto:tamara.savage@nswathletics.org.au)

## **THE PROCESS**

1. LANSW informs the Centres of their number of allocations (see below).
2. Centres are then able to sign up on behalf of their Centre through the link below OR the link is shared to parents to sign up themselves. All duties for each centre must be completed by 16<sup>th</sup> March.

<https://www.signupgenius.com/go/10C0C49A5A82EA2F9CF8-lansw1>

Please email a copy of your centres allocations by the above date to [tamara.savage@nswathletics.org.au](mailto:tamara.savage@nswathletics.org.au)

## **PLEASE NOTE**

Centres are to be reminded that their Team Manager will be contacted if their centre is not fulfilling their duties. If there is no team manager, parents may be called.

Consideration has been given to the number of qualifiers from each centre when allocating duties.

All finish times are approximate only and helpers will be expected to stay at their duty until they are replaced, or their allocated events are completed.

Relay duties are to be treated as separate to the other allocations (they are only needed for an hour or less). It is suggested that centres with teams in the relays be asked to supply helpers - 1 helper if the centre has 1 or 2 teams; 2 if the centre has 3 or 4 teams.

## **SAFETY**

Helpers are to be reminded that for safety reasons it is recommended that they **wear**

**enclosed shoes**, not thongs or loose sandals, especially on throws events. If anyone turns up without closed in shoes, they will still be required to assist, but will be moved to another area.

### **SUNSAFE**

Helpers are reminded to be 'sun safe'. They should set an example to the athletes by wearing appropriate clothing and hats, regularly applying sunscreen and hydrating.

Little Athletics NSW will attempt to provide sunscreen that can be used by the athletes as well as officials.

**See below for the number of duties per Centre**

## LIST OF CENTRE DUTIES

Centre	# of Athletes	Total Duties	Centre	# of Athletes	Total Duties	Centre	# of Athletes	Total Duties	Centre	# of Athletes	Total Duties
Aberdeen	1	0	Glenbrook	50	12	Narrandera	1	0	Wallsend Rsl	6	1
Adamstown/New Lambton	15	3	Gloucester	4	1	Narromine	2	0	Warradale	4	1
Albion Park	28	7	Gosford	27	6	Nepean	15	3	Wauchope	15	3
Armidale	8	2	Grafton	8	2	Newcastle City	7	1	Werrington	19	4
Ballina	7	1	Greystanes	14	3	North Rocks Carlingford	34	8	Western Blues	3	0
Balmain	68	17	Griffith & District	3	0	Northern Districts	17	4	Westlakes	5	1
Bankstown Sports	29	7	Gulgong	2	0	Northern Illawarra	6	1	Winston Hills	55	13
Bathurst & District	10	2	Gunnedah	11	2	Northern Suburbs	47	11	Wollongong City	52	13
Blacktown	10	2	Harrington	1	0	Old Bar	3	0	Woolgoolga	10	2
Bowral	22	5	Hawkesbury City	13	3	Orange	22	5	Woy Woy Peninsula	7	1
Cabra Vale/Fairfield	5	1	Helensburgh	17	4	Parkes	1	0	Wyong	12	3
Camden	44	11	Hills District	118	29	Parramatta	35	8			
Camden Haven	2	0	Holroyd	7	1	Penrith	14	3			
Campbelltown Collegians	45	11	Hornsby	21	5	Port Hacking	68	17			
Canowindra	7	1	Illawong	23	5	Port Macquarie	26	6			
Canterbury	25	6	Individual Athletes	1	0	Port Stephens	2	0			
Cardiff & District	20	5	Inner West	24	6	Prestons Robins	22	5			
Casino	3	0	Katoomba	16	4	Prospect	13	3			
Cessnock	5	1	Kempsey	2	0	Quakers Hill	20	5			
Cherrybrook	58	14	Kiama	8	2	Randwick Botany	19	4			
Cobar	3	0	Kings Langley	11	2	Raymond Terrace	10	2			
Coffs Coast	11	2	Koorinal Wagga	19	4	Revesby Workers	26	6			
Colyton St Clair	8	2	Kotara South	37	9	Riverstone	16	4			
Coonabarabran	1	0	Ku-Ring-Gai	86	21	Rouse Hill Rams	22	5			
Corowa	2	0	Kurrajong Bilpin	30	7	Ryde	48	12			
Cowra	7	1	Lake Illawarra	18	4	Shoalhaven	28	7			
Cranebrook	6	1	Leeton	6	1	Singleton	7	1			
Cumnock	2	0	Lethbridge Park	1	0	Smithfield	11	2			
Dapto	8	2	Lismore	18	4	South Eastern	40	10			
Deniliquin	5	1	Lithgow	12	3	Springwood	17	4			
Denman	1	0	Liverpool City	26	6	St George	22	5			
Doonside	11	2	Lockhart	1	0	St Georges Basin	6	1			

# McDONALDS STATE TRACK & FIELD CHAMPIONSHIPS 2022

## CENTRE DUTIES



Douglas Park	2	0	Macquarie Hunter	31	7	Stockton	1	0
Dubbo	26	6	Maitland	18	4	Stuarts Point & District	3	0
East Maitland	2	0	Manly Warringah	135	33	Sutherland	69	17
Eastern Suburbs	38	9	Medowie	3	0	Tallawong Park	7	1
Eastlakes	11	2	Merriwa	1	0	Tamworth	30	7
Edgeworth	12	3	Milton-Ulladulla	7	1	Taree	11	2
Emu Plains	19	4	Minchinbury	4	1	Temora	13	3
Eschol Park	16	4	Mingara Athletics	27	6	Terrigal/Wamberal	9	2
Everley Park	3	0	Moree	5	1	The Ponds	17	4
Finley	5	1	Mosman	31	7	Thornton	3	0
Forbes	9	2	Mt Druitt	5	1	Tiger Wests	7	1
Forster Tuncurry	2	0	Mudgee	5	1	Toukley	2	0
Gilgandra	1	0	Nambucca & District	8	2	Tumut & District	1	0
Girraween	37	9	Narrabri	3	0	Wagga Wagga	4	1