



REGION 8

Region Coordinator: **Andrew Kohlrusch**
Region Secretary: **Mikaela Butters**
Mobile (RC): Mobile (RS): 0434 024 762
Email: Andrew.Kohlrusch@ghd.com
Zone Coordinator: Lynne Whatman

Little Athletics NSW Region 8 Championship January 2018

INFORMATION FOR CENTRE CHAMPIONSHIPS OFFICERS/TEAM MANAGERS

*Helensburg – Illawong – Port Hacking – Revesby Workers – St George – Sutherland
Balmain – Canterbury – Eastern Suburbs – Inner West – Randwick Botany – South Eastern – Tiger Wests*

When:	Saturday 3 February and Sunday 4 February
Where:	The Ridge Athletics Track, Recreation Dr, Barden Ridge
Start Time:	First Call: 7.45 am. Events commence at 8:00 am
Entry Fee:	\$5 per entered athlete to be paid by centres prior to the Region carnival

Team Manager:

Each Centre must appoint a Team Manager/s who is responsible for the liaison between their centre athletes and carnival management throughout the weekend.

The name of each Centre Team Manager/s and a mobile phone number/s must be provided to the Region Secretary by e-mail (mikaelabutters@y7mail.com) no later than Thursday 25 January 2018.

Team Managers should refer to the attached "Team Manager Duties and Responsibilities" issued by LANSW.

Please remind all athletes and their parents that only the listed Team Manager/s from each Centre will be able to lodge protests over the weekend.

Protest Procedure:

If an athlete/centre wishes to make a protest it must be done by the Team Manager ONLY. The Team Manager needs to submit the protest in writing using the Protest Form, which is available at the Information desk. There is a \$50 fee to lodge a protest, it must be submitted to the information officer within 30 minutes of the completion of the event. The protest shall then be assessed according to the LANSW Rules of Competition.

Ground Access:

The grounds will be open on Friday 2 February for centres who may wish to set up shade shelters for their families. Please note however that no tarps or shelters can be placed either side of the main equipment shed as this is the location for the Call Room, any that have been placed there will be moved.

Parking:

Families can find parking at a number of locations throughout the complex. Car park 6, located along the 100m straight, is the best location for families.

The car park located directly behind the clubhouse and canteen is ONLY for the use of officials with parking passes. There will be an official monitoring this car park throughout the weekend, if anyone parks in this area without a pass they will be asked to move their vehicle.

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Each Centre must ensure that all athletes, their parents and guardians are made aware of the following important Region 8 information:

Athletes withdrawing from an event:

Any athlete who is withdrawing from any event over the course of the weekend needs to notify their team manager and Information as soon as they know they are unable to compete. This will assist in the smooth running of the program.

Call Room:

Athletes in the first listed field events of each day will go straight to their first event. All other athletes must attend Call Room when their event has been announced. The Call Room location is at the southern end of the main track. The field Call Room and Track Call Room are on either side of the equipment shed. Only competing athletes are permitted in the Call Room. Only parents rostered to help are permitted in the Call Room. Athletes are not allowed to wear their spikes in the call room, they must put them on when at the start line for their event.

Centre Uniform:

Competitors must wear the correct, approved Centre uniform, which includes:

- The correct individual McDonald's registration number firmly attached to the front of their top with the red border fully visible for all athletes in U8 – U11 age groups.
- The correct OneSport registration number firmly attached to the front of their top for all athletes in U12 – U17 age groups.
- Correct Age Patch firmly attached to the front left hand side of the top or shorts.
- Coles patch firmly attached to the right hand shoulder.
- Athlete shorts: if they have a logo, the logo must be no more than 5cm in height; have lettering no more than 4cm in height and not exceed a total of 30cm sq. If athlete is competing in the walks events, their pants cannot go below the knee.

Pins are acceptable, provided the patches are all secured well and do not 'flap' around loosely.

There will be **no leniency** shown at the Region Call Room – **any competitor not correctly attired will be sent to their Team Manager to correct their uniform, but the event will not be held waiting for them to return.**

Any athlete with the wrong number or no current season registration number must be issued with a new number by the centre Team Manager and the team manager must advise Carnival information of the old and new registration numbers and other athlete details. The athlete's original number will be cancelled, and the new number will become their number for the remainder of the 2017/18 season. Events will not be held pending the issue of new registration numbers.

It is advised that all Team Managers check each competitor uniform very carefully before athletes attend Call Room to avoid any disappointment on the day.

Parents/Guardians

It is a requirement of Little Athletics that all children be accompanied by an adult at the carnival at all times.

Parent Assistance:

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All centres have been given a number of parent helper duties. It is the responsibility of each Centre Team Manager to MAKE SURE that every rostered duty is fulfilled by their centre. Please keep track of all duties and make sure you have parents in the correct place at the correct time otherwise the carnival will be delayed waiting for them. An event area map will be included in the team manager information package and also available at the information desk throughout the weekend.

Parent helpers need to check in with their TEAM MANAGER (not information desk)

All parent helpers must be wearing closed in shoes – not thongs or sandals.

Parent helpers ARE NOT ALLOWED to provide any assistance, coaching or encouragement to ANY athlete whilst helping at an event.

If parent helpers do not report in time to their assigned event, your Centre will be called over the p.a. to supply an alternate helper.

A brief description of each parent duty can be found at the end of this document.

Only those parents rostered to help at an event or athletes competing at an event are permitted in the competition area. All spectators must remain outside the gates surrounding the top and bottom field competition areas.

Competitor Footwear:

Athletes - Shoes are compulsory for all competitors in all events. Spikes may be worn as follows:

U8 to U10: Spikes may not be worn in any event.

U11 to U12: Spikes may be worn in all track events run entirely in lanes, all jumps events and javelin.

U13 to U17: Spikes may be worn in all track events (except Walks), all jumps events, and javelin.

Any athlete who wears spikes for track events run entirely in lanes must use starting blocks. Spike length is 6mm.

All competitors: Spike shoes with the spikes removed or blanks inserted may not be worn in any events. No athlete may compete bare foot in any event.

SPIKED SHOES MUST BE REMOVED BEFORE LEAVING THE COMPETITION AREA, AND MUST NOT BE WORN TO WALK AROUND THE VENUE OR THE CALL ROOM.

Weather:

The Region Championships will go ahead under most weather conditions so athletes and parents should come prepared with hats and sunscreen as well as umbrellas and raincoats!

In the event of extreme conditions, such as excessive heat, storms or flooding, the Championships may be delayed or temporarily suspended. Any decision to delay or postpone the Championships will be made by the Region Committee and the carnival Safety Officer and advised to Centre Team Managers as soon as possible.

Program:

The 2-day Region List of Events is available on the LANSW website. If an athlete does not turn up for their event at the Call Room, it runs without them and they miss out. The program contains event NOT BEFORE times which means that the event cannot start before the given time, this is a guide for athletes and parents. An event may be announced to go to call room up to 30 minutes BEFORE the NOT BEFORE time. Athletes should be at the track at least 30 minutes before the event time listed.

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There are **no programs being sold** over the weekend, centres must advise families where to view copies.

All competitors (U9 and above) are advised to review the program for the State Championships via the LANSW website, to ensure availability in the event of qualification to progress.

Warming Up:

Please advise all athletes, parents and coaches that athletes can use the Fields 9 & 10, the football and cricket fields and the netball courts for warming up.

No athletes are to use any part of the track or field areas for warming up.

Clash of Events:

There is no Clash Manager for this carnival. Athletes and parents are responsible for advising the Chief Judge of their event if they believe a clash may occur so that the chief can make arrangements for that athlete to attend call room and compete in their event. Track events take priority when a clash occurs. The athlete is responsible for returning immediately to their field event to complete any further attempts. Athletes should be aware of any potential clashes of events they are competing in.

Results:

In addition to being posted on the notice board at the ground, all results will be available online as soon as possible after the event. You can access these results at

<http://www.littlearesults.com/Region8/>

Awards:

All competitors will receive a medal if they are placed 1st, 2nd or 3rd in a final.

Medals for competitors will be presented as soon as possible after the event at the medal presentation area, next to the information desk. Any uncollected medals will be given to the relevant centres at the conclusion of the championships. All competitors will also receive a certificate showing all their performances via their Centre.

Services Available:

Full canteen and BBQ
First Aid
Instant Photos

Photographer:

Photographers for this year's Region 8 Championships are **Instant Photos**. You will find them in a big caravan near the entrance to the ground.

Photos are only available to purchase at the carnival over the weekend and ARE NOT available on line after the event.

Progression from Region to State:

U8: Competitors do not progress beyond Region.

U9 to U17: The first 2 place getters in a final automatically progress to the State Championships. In addition, the next best 8 competitors in each event across the State will progress.

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This season some qualifying times will be applied as follows:

1500m Walk		3000m Run –	
U12	11.00 min	U13	13.30 min
U13	10.45 min	U14	13.00 min
U14	10.30 min	U15	12.30 min
U15	10.15 min	U17	12.00 min
U17	10.00 min		

These qualifying times must be achieved at the Region Championship in order to proceed to the State Championship.

High Jump

Athletes who cannot attain the state minimum starting height for the relevant age groups at regional carnivals, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships.

The state minimum starting height for high jump is as below:

	Boys	Girls
U9	0.95	0.90
U10	1.05	1.00
U11	1.15	1.10
U12	1.25	1.20
U13	1.30	1.25
U14	1.35	1.30
U15	1.35	1.30
U17	1.40	1.35

Only the first place Relay Team will progress to State level.

More Information:

Please contact any of the following:

Region Coordinator:	Andrew Kohlrush	Andrew.Kohlrusch@ghd.com
Southern Met Zone Coordinator:	Lynne Whatman	Lynne.Whatman@uts.edu.au
Region Secretary:	Mikaela Butters	mikaelabutters@y7mail.com

LANSW State Championships will be held at Sydney Olympic Park Athletics Centre (SOPAC), Homebush on Friday 23, Saturday 24 and Sunday 25 March 2018. You will be advised of qualifiers and further information in due course, however, the program is currently available on the LANSW website.

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EXPLANATION OF PARENT ROSTER DUTIES

It is a requirement of LANSW that all helpers on the ground wear closed in shoes - regardless of the duty, you must have closed in shoes.

ALL PARENT HELPERS REPORT STRAIGHT TO THEIR DUTY.

Track Umpires

- a. Report to the finish line– you will be directed to the required position, replacing the previous person parent on duty from your club.
- b. Watch that children are not crossing over into others lanes and/or impeding them.
- c. For hurdles – watch that the lead leg is going over the hurdle and not around (in outside lanes)
- d. Watch that there is no pushing or interference from one athlete to another.
- e. Report any of the above to the Chief Track Judge if it occurs.

YOU WILL NEED A HAT AND A DRINK AS YOU WILL BE IN THE SUN.

Call Room Assistant – ascertain if you are on duty at TRACK or FIELD

- a. Report to the appropriate Marshalling Tent and sign on to replace the previous parent helper from your club or report to the Chief if you are on first.
- b. Call out children's names and numbers to check them off the starting lists.
- c. Check uniforms– correct numbers in the correct position, pin leg numbers for distance events, spikes carried and put on at the start line.
- d. Escort the athletes to their event.

Computer Room Runner

- a. Report to the Computer room
- b. Distribute results and starting sheets as directed.
- d. Keep returning to the computer room.

Field Event Assistants

Make sure you know which event area you are to report to – your Team Manager has this information. There are 2 long jump pits, 1 triple jump pit, 2 shot circles, 2 discus areas, 2 high jump and 1 javelin, go to the correct one for the event you are rostered to.

You are not allowed to coach or comment on any athlete, particularly not your own child. Be vigilant on this as it could be cause for a protest against your child and a change in results!

For all field events you will be in the sun, please ensure you have a hat, sunscreen applied and a water bottle.

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Discus, Javelin and Shot Put

The Chief Judge will ask you to collect the implements, or indicate if the throw is out of sector, or possibly to spike where the implement has landed. Please make sure you are always facing the throwing zone for your own safety. Walk backwards away from the throwers so you always know what is happening. One helper will always be required to record the results for each event.

Long Jump and Triple Jump

The Chief Judge will ask you to rake the sand, spike the point where the athlete made a mark in the sand, nearest to the take-off mat, or to marshal the athletes calling out the next 3 in a row to have them ready. One helper will always be required to record the results for each event.

High Jump

The Chief Judge will ask you to either pick up the bar when it falls. One helper will always be required to record the results for each event.

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