



## REGION 8

Region Coordinator: **Lynne Whatman**

Region Secretary: **Mikaela North**

Mobile contact: 0438703882

Email: [jwl@idx.com.au](mailto:jwl@idx.com.au)

### LANSW Littles State Qualifier Region 8 February 2021

#### 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*

<b>When:</b>	Friday 5 and Saturday 6 February
<b>Where:</b>	Sylvania Waters Athletics Track, 225 Belgrave Esplanade, Sylvania Waters
<b>Start Time:</b>	Friday First Call: 6.15 pm. Events commence at 6:30 pm <b>Saturday</b> First Call: 7:45 am. Events commence at 8:00 am
<b>Entry Fee:</b>	\$10 per entered athlete to be paid by centres prior to the event

#### **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 ([region8secretary@yahoo.com](mailto:region8secretary@yahoo.com)) no later than Wednesday 3 February 2021.

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.

#### **Ground Access:**

The grounds will be open on Friday 5 February from 4:00 pm for Centres who may wish to set up official Centre shade shelters for their families.

#### **Shade Shelters**

Each Centre is asked to bring along their Coles 3 x 3m shade shelter for the host Centre to use for shade at events. If these could be brought to the blue shade shelter near the finish line to be set up and labelled with your centre name.

#### **Relays:**

Centres that have submitted a nomination for relay teams to compete will be able to substitute athletes in the event of injury, illness or inability to compete. All substitutions must comply with the rules regarding relay team composition and details of substituted athletes need to be given to the Mikaela at Meet Manager.

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

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#### **Southern Met Zone – Inner City Zone**

*Bundeena – Helensburg – Illawong – Port Hacking – Revesby Workers – St George – Sutherland  
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### **Parents/Guardians and COVID procedures**

It is a requirement of Little Athletics that all children be accompanied by an adult at the carnival at all times. Where possible, we request that only ONE parent/guardian attends per child to minimise the number of participants.

ALL adult attendees will be required to Check-In via a QR code on their phone in accordance with current Public Health Orders for COVID. Signs with the QR code will be posted around the grounds.

Families are asked to leave the grounds at the conclusion of their child's events and not loiter at the field.

Centres need to advise all participants and their parents/carers, and all volunteers who will be attending the Region 8 State Qualifying Event, that they must not attend if, in the past 14 days, they have:

- attended any of the reported case locations listed on the NSW Health website (<https://www.nsw.gov.au/covid-19/latest-news-and-updates>)
- been unwell or had any flu-like symptoms, or
- been in contact with a known or suspected case of COVID-19,
- had any sudden loss of smell or loss of taste, or
- are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.

Attendees are encouraged to download the Australian Government's COVID Safe App.

### **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.

### **Parking:**

Parents can park in the carpark located on the western end (finish line end) of the track and the overflow parking behind this carpark.

The tennis carpark is also available for use. Both parking facilities are accessible via Belgrave Esplanade.

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

**The baseball carpark at the eastern end is NOT available for use by any athletics parents.**

### **Athletes withdrawing from an event:**

Any athlete who is withdrawing from any event throughout the Qualifying event 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. Withdrawal forms are available from Information to facilitate this process.

### **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 eastern end of the track near the 200m bend. Only competing athletes are permitted in the Call Room. Only parents rostered to help are permitted in the Call Room.

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**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 gold border fully visible.
- 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.

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

There will be **no leniency** shown at the 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 2020/21 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.

### **Parent Assistance:**

Parents are required to assist on events over the course of the Qualifying Meet. Parents will sign up for a duty using the Sign-Up app/website via the link <https://signup.com/go/bFUwzCa>

They will be able to select the event (field event and age group) or area (track assistance by time) they wish to assist on. Centres will be provided with a list of parent helpers for their records. 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. Until all helpers are at an event, the event will not proceed.

A brief description of each parent duty can be found at the end of this document, they are also supplied in the description on the Sign-Up app/website when parents nominate for their duty.

Only those parents helping 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:

U9 to U10: Spikes may not be worn in any event.



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

U12: 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 7mm (Track) or 9mm (Long/Triple/High/Javelin).**

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 State Qualifying meet 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 Coordinator and the carnival Safety Officer and advised to Centre Team Managers as soon as possible.

### **Program:**

The 2-day List of Events has been included in this information. 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.

**There may be some breaks between events on the track to allow for athlete recovery breaks.**

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

All competitors are advised to review the program for the Littles State Championships via the LANSW website, to ensure availability in the event of qualification to progress.

### **Warming Up:**

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

### **Clash of Events:**

At this stage there is no Clash Manager. Athletes should advise 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. The Chief judge communicate with the Call Room and athletes will be sent to their clashing to ensure no athlete misses an event due to a clash. 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.



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### 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/>

### Water

Due to COVID regulations, there will NOT be any communal water containers at events. Athletes and parent helpers are advised to bring water bottles with them to events.

### Services Available:

Full canteen and BBQ

First Aid

### Progression from Qualifying event to State:

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

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

This season some qualifying times will be applied as follows:

1500m Walk U12 11.00 min

Athletes who cannot complete their 1500m walk within the time limit, at their Littles State Qualifying meet, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships.

### 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

### More Information:

Please contact any of the following:

Region Coordinator:

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[jwl@idx.com.au](mailto:jwl@idx.com.au)

Region Secretary:

Mikaela North

[region8secretary@yahoo.com](mailto:region8secretary@yahoo.com)

**LANSW Littles State Championships** will be held at Sydney Olympic Park Athletics Centre (SOPAC), Homebush on Saturday 20 and Sunday 21 March 2021. 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 to the Chief Umpire— 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, SUNSCREEN AND A DRINK AS YOU WILL BE IN THE SUN.

#### **Hurdles Assistant**

- a. Report to the finish line to the Chief Umpire or Track Manager.
- b. After each hurdles race, pickup and reset any fallen hurdles.
- c. Chief Umpire or Track Manager will advise when to raise, lower or remove hurdles.

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#### **Call Room Assistant**

- a. Report to the appropriate Call Room Tent and Chief of Call Room.
- b. Follow the instructions of the Call Room Chief.
- c. Call out children's names and numbers to check them off the starting lists.
- d. Check uniforms— correct numbers in the correct position, pin leg numbers for distance events, spikes carried and put on at the start line.
- e. Escort the athletes to their event.

#### **Data Entry Assistant**

- a. Report to the Recording shed at the end of the track
- b. You will be trained to enter field event results into the computer program.
- c. Take printed results sheets to the results board.

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### **Field Event Assistants**

**Make sure you know which event area you are to report to** – listen out for when that event has been called. 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.

### **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 pick up the bar when it falls. One helper will always be required to record the results for each event.