

Little Athletics NSW Southern Met Zone Championship February 2022

INFORMATION FOR PARENTS

Helensburgh – Illawong – Port Hacking – Revesby Workers – St George – Sutherland

When: Friday 4 February, Saturday 5 February and Sunday 6 February
Where: Sylvania Waters Athletics Track, Belgrave Esplanade, Sylvania Waters
Start Time: Friday evening First Call: 6.10pm. Events commence at 6.30pm
Sat-Sun First Call: 7.45 am. Events commence at 8:00 am

Key contacts and check in requirements

Michael Michael Team Manager 0411 276 592.

Please check in with Michael upon arrival to confirm entry of athlete and provide sizing for Zone Rep gift

Lara Sams Officials and Parent helper manager 0411 520 208

Parent helpers will be required to register with Lara prior to commencement of their duty

Michael and Lara will be located at the canteen end of the grandstand throughout the championship and will also be contactable on mobiles

Ground Access:

The grounds will be open on Friday 4th February from 1pm. No tarps or shelters can be placed within the fenced area of the track. Leaving your personal shade shelter and any associated equipment at the grounds is done at your own risk.

Parking:

Families can find parking at the end of the track nearest the rugby fields. Street parking is also available but be aware of parking restrictions.

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 weekend, if anyone parks in this area without a pass they will be asked to move their vehicle.

COVID-19 Safety:

There will be QR codes around the ground and parents are encouraged to sign in using these (this will assist in contact tracing if necessary)

Please remember to practice safe distancing and not congregate in areas while watching events. Mask wearing is encouraged. Regularly use hand sanitizer throughout the day and encourage your athletes to do the same. If you or someone in your household tests positive in the week prior to the championships and anyone has been asked to self-isolate it is important that they follow this advice and do not attend the Championship. There will be no medical exemptions given for Covid positive cases or close contacts.

Call Room Process

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 far end of the main track nearest the baseball fields. 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 requirements

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.

- Correct Age Patch firmly attached to the front left-hand side of the top or shorts.
- Coles patch firmly attached to the top right hand side.

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

While the Call room officials will try and assist athletes who are not correctly attired, they may be sent back to their Centre to procure age patches, Coles patches or registration numbers if these are missing. Please ensure you know where we are sitting. Events will not be held up for athletes who need to fix their uniforms.

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 2021/22 season. Events will not be held pending the issue of new registration numbers.

Parents/Guardians

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

Parent helper rules

Parent helpers need to check in with Lara Sams prior to commencement of duty. She will be located at the canteen end of the grandstand and is contactable on 0411 520 208

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, our 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 track and field competition areas.

Under 7 athletes- field events:

Under 7 Athletes competing in any field event will be given 3 throws/jumps, the top 8 athletes after these throws/jumps, will be given 1 further throw/jump and places will be determined from these four attempts. Medals will be awarded to 1st, 2nd and 3rd place getters.

Athletes withdrawing from an event:

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

Competitor Footwear:

Rule 5.8.1 Footwear

- Appropriate footwear is compulsory for all athletes in all events.
- No athlete may wear football boots or cleats in any event.
- Athletes in the U6 - U10 age group may not wear spike shoes.
- Athletes in the U11 - U12 age group may wear spike shoes in events run entirely in lanes only. Spike shoes may also be worn for long jump, triple jump, high jump, and javelin.
- Athletes in the U13 - U17 age groups may wear spike shoes in all track events (includes laned or unlaned events) except walks. Spike shoes may also be worn for long jump, triple jump, high jump, and javelin.
- All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.
- Spike shoes cannot be worn outside the defined "Field of Play" unless all spikes are suitably covered.

Any athlete who wears spikes for track events run entirely in lanes must use starting blocks. Spike length is 7mm.

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 PUT ON AND REMOVED AT THE COMPETITION AREA, AND MUST NOT BE WORN TO WALK AROUND THE VENUE OR THE CALL ROOM. Therefore, all athletes must wear other shoes to the Call Room.

Weather:

The Zone 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 Zone Co-Ordinator (Carnival Manager) and the carnival Safety Officer and advised to Centre Team Managers as soon as possible.

Program:

The program and start lists have been distributed to parents and is available on Team App. 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. The track events have been bracketed into time zones. Only the first field events have a start time, after that the order may change depending on availability of officials.

All competitors (U8 and above) are advised to review the program for the Region 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 area outside the track along the back straight for warmup.

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 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. 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.littleareresults.com/SMZ/>

Awards:

All U7 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 Centre at the conclusion of the championships.

Services Available:

Full canteen and BBQ

First Aid

Coffee and Icecream van

Progression from Zone to Region

If any athlete does not intend to progress to Region – please advise your Team Manager so a Withdrawal Form can be completed by the parents and lodged with Information to allow the next eligible competitor to progress.

U7: Competitors do not progress beyond Zone.

U8 to U17: The first 6 place getters in a final automatically progress to the Region Championships. In addition, the next best 4 competitors in each event across Inner City and Southern Met Zones will progress.

Relays: Each Centre can enter up to 4 relay teams, junior boys, junior girls, senior boys and senior girls. Only the first 3 relay teams in each event will progress to Region.

High Jump

The minimum starting height for high jump is as below:

	Boys	Girls
U9	0.85	0.80
U10	0.95	0.90
U11	1.05	1.00
U12	1.15	1.10
U13	1.20	1.15
U14	1.25	1.20
U15	1.25	1.20
U17	1.30	1.25

Protest Procedure:

If an athlete 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, which will need to be paid by the parent. It must be submitted to the information officer within 30 minutes of the completion of the event. The protest will then be assessed according to the LANSW Rules of Competition.

More Information:

Michael Michael PHLAC Team Manager
Mobile: 0411 276 592

Region 8 Championships will be held on 19-20 February at The Crest Bass Hill.

LANSW State Championships will be held at Sydney Olympic Park Athletics Centre (SOPAC), Homebush on Saturday 19 and Sunday 20 March 2022

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

- a. Report to the Call Room Tent and sign on.
- 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.

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.

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.