

2016 CHERRYBROOK STATE CHAMPIONSHIPS INFORMATION:

Below is information and link to roster for the State Championships.

Please read all the information carefully.

Contact Jenny Bishop, Championships officer with any questions: 0411 356 755 – Jenny will be team manager also so please ensure that you have her contact details for any queries over the weekend.

State Qualifiers

The State Track & Field Championships will have up to 24 competitors in every individual event. A full list of State qualifiers is up on the Little Athletics website - go to: [2016 State Qualifiers by event](#)

Daily event program from LANSW website:

Note that events with “W” next to them indicate that this event will be on the **warm up track**

Friday: [2016 Friday Program](#)

Saturday: [2016 Saturday State Program](#)

Sunday: [2016 Sunday State Program](#)

Parent Roster:

This will go up on the Cherrybrook website, or follow the link: [Sign up for Parent Roster](#)

You must fill **1 rostered duty** at the championships, unless you are a rostered official during the carnival. If your name is not down on the roster, you will be called upon to fill a duty on the day, most likely late in the day when volunteers are few. Once the duty roster is full, I will create a second “spare” roster in case additional help is required

Other General reminders:

1. You must **arrive at least 1 hour prior to the call room time time listed on the order of events** which is on our website. The order of events show “not before” times. Allow for delays, particularly in case of inclement weather. **Remember that at State there are NO CALLS for events** – your child needs to be in the call room by the call room time
2. Allow plenty of travel time and time for parking. Homebush will be very busy, so **allow extra time** to be safe.
3. When you arrive, please **check in with the Cherrybrook team** each competition day so that we know you have arrived. There will be a list at the whiteboard where you enter indicating which bay Cherrybrook are sitting in, We are usually at about the 40-50m mark of the 100m.
4. Programs are available for sale at the entrance. This will give you lanes and heats etc. Otherwise see full program on LANSW website
5. **Uniform must be correct** - make sure you have the **correct competition shirt and shorts (RED WITH NO LOGOS)**. Jen Bishop will have spares of age patches, Jetstar patches and the 219 centre number.

The registration number **MUST** be for the 2015/16 season.

6. **Spikes:** - please read the following information from LA rules of competition carefully:

Competitors in **the U9-U10 age group may not wear spike shoes**. For the 2015/2016 season.

Competitor Footwear:

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

U8, U9 & 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.

All competitors: Spikes 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.

- All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than 2 blanks/slugs installed.
- Spike shoes must only be worn during the event and are not to be worn to and from the event.
- Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11.
- **Spike length** (subject to any further constraint from ground policies):
 - a) **Synthetic - Track 7mm Maximum**
 - b) **High/Long/Triple/Javelin 9mm Maximum**

PLEASE CHECK YOUR CHILDREN'S SPIKES BEFORE THE COMPETITION, AS SOME OF OUR ATHLETES HAD TO CHANGE SPIKES PRIOR TO COMPETING AT REGIONAL. We will have 7mm and 9mm spikes available for purchase for \$10 at State

7. GENERAL RULE CHANGES AND NEW EVENTS IN 2015/16

Javelin for U11 is a new event.

Spikes may not be worn by U10s (in addition to U7, U8, U9)

U9 athletes competing in High Jump MUST use a scissor kick, landing on their feet before their bottom.

OTHER CHANGES THAT EFFECT THE STATE CHAMPIONSHIPS

All 800m races will be run as two timed finals, so there will not be heats in the 800m at the State Championships. The 12 fastest times achieved at the Region carnivals across the State will determine the faster of the two races for timed finals. It will still be possible to win a medal from the other race, but the races will be seeded.

All sprint races for U11-U17 AT THE STATE CHAMPIONSHIPS will require the use of starting blocks. 100m, 200m, 400m and all hurdle races. Blocks are available at region but not compulsory to use.

8. If you are running late or have some difficulty that prevents you from attending or doing your rostered duty - please call Jen Bishop on 0411 356 7556.

9. There will be live results for State, with detail available on the day.

You will be able to see finalist qualifiers through this rather than crowding around the results board.

10. Athletes who come 1st, 2nd or 3rd in finals of all events will receive a medal.

11. There is a photographer at the ground - photos will be available for purchase during the carnival.

12. Bring plenty of food and drinks. There is a canteen at Homebush, however healthy options are limited and we suggest that you pack some nutritious food.

13. Bring hats, sun cream and a water spray bottle in case of hot weather. Wear red and white if you can, to support our club.

Finally, congratulations on making it to State! Best wishes to all our athletes – Enjoy the carnival!

Jenny Bishop

Championships Officer Cherrybrook