

**INFORMATION FOR COMPETITORS
NORTH METROPOLITAN ZONE CARNIVAL,
BARTON PARK, PARRAMATTA
12-13 DECEMBER 2015.**

We are nearly there for Zone!! Here's hoping the wet weather will be kind to us – at this stage the forecast looks pretty good for the weekend.

Below is information that has been provided to all centres in our Zone. Please read through all of the information carefully, as there have been some rule changes this year pertaining to footwear, as well as some track and field events – particularly at the Regional and State Carnivals.

Please bring with you loads of patience and understanding and lots of smiles. A lot of work goes into running a big carnival, and we may require some extra help with duties etc. in order to get through some events, so let's all work together over the weekend with that in mind.

Cherrybrook will be seated on the hill near the children's play area. We will have 1 large and 1 small shade tent. If you have one of your own, please bring it with you.

Please check in with one of the Cherrybrook Team managers at the Cherrybrook information desk in the Cherrybrook tent as soon as you arrive. You can also collect your child's participation medal and a tattoo for the day. Aim to Arrive **1 hour before your child's first event of the day**

Ensure that you have signed up for a duty. If you have not done so, a duty will be allocated for you to do each day of the carnival. None of the duties are difficult or require training, but they are all essential to the running of the carnival. There are at least 40 people not yet signed up for duties, and approximately 50 duties left to fill. You will be required to do one, so please follow the link and choose the duty that best suits you.

Link to Roster:

<http://www.signupgenius.com/go/5080548a8ae22a02-cherrybrook4>

Last reminders for Zone championships:

Other important reminders:

- Ensure you have all the correct uniform and patches in place
- Arrive **one hour** prior to the scheduled start time of your event.
- Remember that we have about 200 athletes competing, so please make sure that you have checked the program carefully and that you know when your child is competing
- Please look up a record which duties you are doing. Remember these times may change if the carnival does not run to time. We may need people for additional duties on the day so please be prepared to step in if we need you
- Please bring a tent if you have one. We will have a couple of Cherrybrook tents, but more would be most useful if you have one.
- Be prepared for all weather, and bring things to do to keep you and your kids entertained
- Remember to listen carefully to the announcements. We will keep you up to date as the day goes on. Cherrybrook will have an information desk on both days, and we will try to keep everyone as updated as possible.

Jenny Bishop will be team manager for both days. Please make sure you have her phone number handy in case you need it– 0411 356 755.

Good luck to all our competitors!

PROGRAM

A full program of events is available to print off from your club's web site. Follow the link below:

<http://www.cherrybrookathletics.org.au/20152016%20Stuff/Zone/LANSW%20NorthMet%20Zone%20Program%202015%20final.pdf>

Please check that you are aware when all of your child's events are on. There are heats and finals programmed for all track events, however if an event only has enough athletes for a single race then a straight final will be run at the time of the scheduled heat. Whilst there are 800m heats and Finals in the program, traditionally the 800m are straight finals (this will be decided on the day).

Please note that the times given are 'not before times' they are not competing times.

The first Marshalling call for field events will be at 8.10am on both days and athletes will proceed directly to their first field event to Marshall at the competition area.

The first Marshalling call on the Track event on both days will be 8.15am for both the circular and straight tracks.

REGION SHIRTS

If your child makes it to the Region championships (see below regarding Region qualification) then come to the Cherrybrook tent and try on a region shirt if you don't already have one, and write down what size you will require.

WHEN TO ARRIVE

Please check the times of your child's events carefully on the zone program. Field events are listed with a "Not Before Time". This means that the event will not commence before that time, however it is likely to be marshalled in order to start at the "Not Before Time". Track times are given down the side of the Track events - and the track usually runs to schedule, unless we have weather delays such as extreme heat, rain or lightning. **Ensure you arrive 1 hour before your event**, this will enable you to find parking, check in, set up your chairs etc. and not be stressed. Your athlete will also have plenty of time to warm up prior to being marshalled.

FOOTWEAR

Footwear is compulsory for all athletes in all events. For safety reasons Spike shoes are only to be worn during events and must be removed before proceeding to another event.

Spike shoes may not be worn for athletes in the Under 7, Under 8, Under 9 and Under 10 age groups.

Spike shoes may only be worn in track event run entirely in lanes for U11-U12 but can be worn in all track events (except walks) for U13-U17.

Spike shoes may also be worn in Long Jump, Triple Jump, High Jump and Javelin where applicable in U11-U17.

A Maximum 12mm Grass spike may be used at Barton Park. Maximum spike length on the long jump/triple jump run ups is 9mm.

WHAT TO DO ON ARRIVAL

Please check in at your club's tent, so we know your child has arrived and that you have confirmed for your rostered duty.

THROUGHOUT THE DAY

There will be marshalling calls throughout the day on the loud speaker system. It is the parent's responsibility to warm up their children and to ensure athletes go to marshalling on time. If an athlete does not turn up for their event at marshalling, it runs without them and they miss out.

PARENTS/ GUARDIANS

We would like to remind all parents / caregivers that we do require all children to be accompanied by an adult at the carnival. On arrival at the zone Carnival we would like to ask that one parent / caregiver sign in with their club and check that we have the correct contact details for the attending adult on the day in case of emergencies or any other need to contact you.

ZONE DUTIES

As the North Metropolitan Carnival is run entirely using volunteers, each club has been allocated a number of jobs.

An explanation of what each duty entails can be found at the end of this document.

RESULTS AND FINALS

Results from all the track events are posted on the amenities block, by the canteen. Please check these lists to see if you are in a final.

WHAT TO DO IF YOU HAVE A PROBLEM?

If you have a problem or query, you **MUST** see your centre Team Manager. They will likely be able to resolve the problem, or will take it up on your behalf with the appropriate carnival officials. Event Officials are responsible for the safe and efficient running of the carnival and cannot talk to parents.

WARM UP AREA

Athletes may warm up under supervision on PH Jeffrey (the field next to the tennis courts). There is a throws area here, please ensure any athlete doing warm up throws is supervised to ensure everyone's safety.

MEDALS AND REGIONAL QUALIFIERS

Under 7 Athletes who place in the top three in any Final, will receive a medal in a special medal presentation. You are welcome to take photos of the athletes on the dais.

All athletes will receive a certificate detailing all their zone results early in the new year. Athletes U8-U17 who place in the top 6 in their Finals will qualify for Region Championships on the 13-14th February at Narrabeen. There are two zones in our region, and the next best 4 results from either zone will be additional qualifiers to the region carnival. Athletes must be in the final to be a subsequent qualifier. All field events are considered straight finals. Pack starts, 800, 1500 and 3000 are also straight finals. Therefore, if you finished 7th or 8th it is likely you will be an additional qualifier to Region. Additional qualifiers will see their names posted on the www.lansw.com.au website in the week following zone. This will give you plenty of time to train for Region in any additional event.

The first 3 relay teams will achieve qualification to region.

RULE CHANGES AND NEW EVENTS IN 2015

1. Javelin for U11s is a new event.
2. Spikes may not be worn by U10s (in addition to U7, U8, U9)
3. U9 athletes competing in High Jump **MUST** use a scissor kick, landing on their feet before their bottom.

CHANGES THAT EFFECT THE STATE CHAMPIONSHIPS

1. 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.
2. 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 zone but not compulsory to use.
3. High jump minimum starting heights in a table below. If an athlete has not cleared the minimum starting height at region, regardless of place at their region, they will not continue to the State Championships.

Age	Zone Boys	Zone Girls	Region Boys	Region Girls	State Boys	State Girls
U9	0.85	0.80	0.90	0.85	0.95	0.90
U10	0.95	0.90	1.00	0.95	1.05	1.00
U11	1.05	1.00	1.10	1.05	1.15	1.10
U12	1.15	1.10	1.20	1.15	1.25	1.20
U13	1.20	1.15	1.25	1.20	1.30	1.25
U14	1.25	1.20	1.30	1.25	1.35	1.30
U15	1.25	1.20	1.30	1.25	1.35	1.30
U17	1.30	1.25	1.35	1.30	1.40	1.35

4. Maximum qualifying times for the 1500m walk and 3000m run at the State Championships as follows:

Age	1500m walk	3000m run
U12	11.00 min	
U13	10.45 min	13.30 min
U14	10.30 min	13.00 min
U15	10.15 min	12.30 min
U17	10.00 min	12.00 min

SERVICES AVAILABLE AT ZONE:

At the carnival there will be the following:

1. Canteen
2. BBQ
3. Coffee Van
4. Sno Cone Machine
5. Athletes Foot for shoe sales
6. First Aid
7. Photographer – Photos in a Flash will be taking photographs all weekend, and these photos will be available for viewing onsite. Cash and credit cards are accepted. Photos make a great gift for Christmas, make sure you check out the big TV screens in the equipment room next to the canteen, to see the range of photos available. They will be only available at the Zone Championships.

WHAT TO BRING

1. Full Centre uniform – shirt (or shorts) with age patch, **orange** Jetstar patch, individual number with all the red borders visible on the front and a centre number on the back. See your team manager if you do not have all these patches.
2. Hat, sunscreen and plenty of drinks. It is a very hot weekend traditionally. If your child has a field event, pack a backpack that can be taken on the field with these items in it.
3. Make sure you have the right shoes. It is nearly impossible to loan shoes and athletes may not compete barefoot in anything.
4. Food
5. Something to sit on – there is no grandstand, so your own chairs, or groundsheet and possibly shade. Sit in your club area to form a cheer squad for other athletes in your club.
6. Spray bottles and towels are also a good idea.

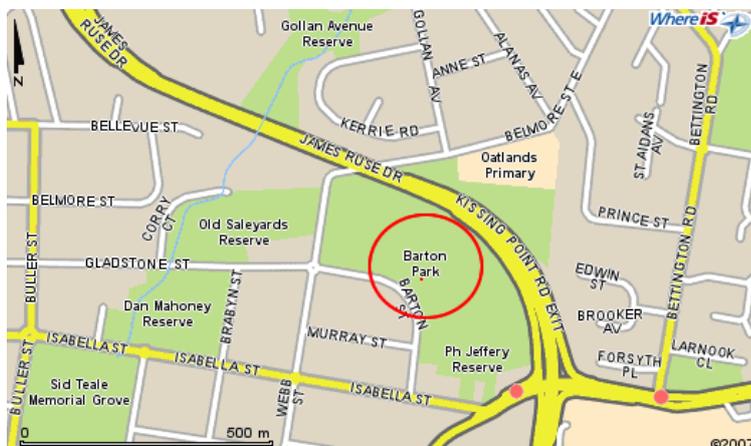
WET WEATHER

Barton Park is a grass track, so may be affected by heavy rain. Any wet weather notification will be placed on the Parramatta Little Athletics web site www.plac.org.au. However if there is no website notice, all athletes should arrive at the carnival despite the weather and wait for a decision to be made, and this may involve a delayed start. In the event of wet weather please bring plenty of wet weather gear as the carnival is likely to proceed despite wet conditions. Barton Park has lights and so if the carnival is delayed it will proceed until finished in the evening. In the worst case scenario, the back up date for the zone carnival is 19-20 December. It is extremely unlikely that the whole carnival will be moved to that date.

WHAT TO DO IF YOU ARE NOT AVAILABLE FOR REGION

If you know you cannot attend Region on 13-14 February 2016, please notify your team manager by the end of the carnival. This may allow another athlete to compete. Your team manager will fill in the notification and forward it to the Zone Committee.

MAP OF THE GROUND



EXPLANATION OF ROSTERED 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.

Circular & Straight Track Umpires

- a. Report to the finish line to the Chief Umpire and stating the club you are from and the duty you have been allocated.

You will be directed to the required position, probably replacing the previous parent on duty from your club.

- b. Watch that children are not crossing over into others lanes and/or impeding other runners.
- 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.

Circular & Straight Track Recorders

- a. to the finish line and state which club you are from. You will most likely be given a job calling out the numbers of the finishing athletes, or writing these numbers down in finish order.

Marshalling Assistant

- a. Report to the Marshalling Tent and take over from the previous parent helper from your club, or report to the Chief Marshall if you are on first. Check with your Team Manager to see if you are to help in Track Marshalling or Field Marshalling and go to the appropriate tent.
- b. Call out children's names and numbers to check them off the starting lists.
- c. Check uniforms in accordance with the Chief Marshall's requirements – correct numbers in the correct position, correct club shorts over skins, or plain skins in the club coloured shorts also allowed without shorts over the top, spikes carried and put on at the start line.
- d. Escort the marshalled athletes to their event.
- e. Return to the marshalling tent for the next group.

Assistant Clash Manager

Report to the Clash Manager who is located beside the Track Marshalling Tent. You will be sent to collect athletes from one event and deliver them to another, usually from a field event, to track marshalling or to the start line (depending on the time available). Make sure you know their name and club, as young athletes especially might get confused about which events they are in. Then return to the clash manager.

Field Event Assistants

If your own child is competing in the event, you must notify the chief prior to commencement of the event.

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. You are required to stay for the whole of the field event, including the final regardless of whether your child is still competing. **REMEMBER ENCLOSED FOOTWEAR IS COMPULSORY.**

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.

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. There is a small possibility that you would be asked to record.

High Jump

The Chief Judge will ask you to either pick up the bar when it falls, or record the jumps according to instructions.

Results Runner from Finish Line to Computer Room

Take results from the finish line recording desks (both straight and circular) to the upstairs results room. Report to the finish line and return there.

Results Runner from Computer room to Marshalling, Finish Line and results board

- a. Report to the Computer room UPSTAIRS between the canteen and the toilets.
- b. Take result/starting sheets to the marshal and to the finish line.
- c. Post results sheets up when produced by the Data Manager.

If you have any questions, please contact Jenny Bishop

Best of luck to all our competitors on the weekend.

GO CHERYBROOK!!