

2011 State Relays

Saturday & Sunday, November 26 & 27, 2011

INFORMATION FOR COMPETITORS

Alcohol

Little Athletics NSW has a zero tolerance on the consumption of alcohol during any sanctioned event.

Athlete Behaviour

Little Athletics NSW does not tolerate unacceptable or unsporting behaviour from athletes. This includes bullying or teasing of other athletes. Any serious or repetitive misbehaviour by an athlete may result in the offending athlete being disqualified from the competition.

Awards

Medals will be awarded to 1st, 2nd & 3rd place teams. Presentations will be made as soon as possible after each event. Approved Centre uniform must be worn on the presentation dais.

Bins/Rubbish

Please ensure that you dispose of all rubbish in the bins provided or take it home with you.

Centre Uniform

Full Centre uniform **MUST** be worn, which includes **IGA** age patch, **IGA** sponsors patch, **McDonald's** registration number on the front of the uniform and **Centre** number on the back. Please Note: The old Coca Cola numbers **CANNOT** be worn. If any athlete has one of these numbers, they must get a new Centre number from their Centre.

If these numbers are not worn, then the athlete will need to purchase a replacement at the Information Area - \$10 for Centre and Registration Number.

Athletes may take additional clothing out to field events for sun protection or to keep warm between trials (e.g. hats, t-shirts, jackets, etc)

Clash of Events – Senior Day

Athletes in the U12-U17 (Snr Day) at the State Relays who have a clash of events are to be aware of the following:-

- Athletes must go through marshalling for all events, with the exception of the first call of field events, where they go straight to the event.
- If an athlete is at a track event and they are called to a field event, as soon as they have completed their track event they must go to Field Marshalling. There they **MUST** collect a card from the Express Table at the entrance to the tent. They then go to their field event and present this card to the Chief at that event (to show that they have attended marshalling).
- If an athlete is at a field event and they are called to a track event, they must report to the Track Marshalling tent with the other members of their track relay team.

Emergencies

In the unlikely event of an emergency or the need to evacuate the venue:

- Remain calm
- Listen closely to any announcements
- Follow the directions of the officials

First Aid

First aid is located in a room under the grandstand, near the finish line.

Food/Canteens

The canteen and food outlets will be located on the concourse.

Gates

Gates will open between 7am and 7.30am on both days. Gate entry fee is **\$5 per person**, children **Under 18 free**. There is NO pensioner concession. Please ensure that members of your Centre endeavour to have the correct change available, to avoid congestion and delays.

Information Officer

The carnival Information Officer is in VIP #2 on the concourse.

Marshalling areas

Track Marshalling will be located in the marquee at the top of the embankment at the southern end of the ground. Field Marshalling will be located on the 'red rock' area near the entrance to the tunnel.

Out-of-bounds areas

Out of bounds areas will be clearly marked with signage. Parents are requested to ensure that their children do not enter these areas.

Parking

Please make sure members of the Centre allow sufficient time to walk from the car park to the athletics stadium. The preferred parking areas for the Sydney Olympic Park Athletic Centre are P1. Ample parking will always be available in P1. A flat rate of \$10 applies to the parking stations. Attendees to the State Relay Championships must get a flat rate voucher (available at the Hart Sport stall) prior to leaving the venue.

Polo Shirts

Polo Shirts will be on sale at the Hart Sport stall.

Program

Programs will be on sale at the Championships for **\$3 each**. The program of events (with team composition) will be posted the week beginning Nov 14 on the Little Athletics NSW website in COMPETITIONS section.

Straight Finals

The following track events have less than 9 Centres entered and will therefore be run at the time of the scheduled heat.

U8	Mixed	4 x 100m	U15	Mixed	4 x 100m	Jnr	Mixed	4 x 100m
U13	Mixed	4 x 100m	Snr	Girls	M.Distance	Snr	Mixed	4 x 100m
U14	Mixed	4 x 100m						

Safety

Little Athletics NSW is committed to providing everyone with a safe environment. Please let an official know if you see something that you think is unsafe.

Smoking

Smoking is not permitted in any competition or spectator area.

Spectators

Spectators are not permitted on the competition area.

Spikes

It must be noted that athletes competing on the senior day in the U13-U17 age groups may wear spike shoes in ALL track events, Long Jump & High Jump. Athletes in the U12 age group MAY ONLY wear spike shoes in laned track events, plus Long Jump & High Jump, ie they **CANNOT** wear spike shoes in 4 x 400m or Middle Distance relays.

Sport Rage

Sport rage is any violence, foul language, harassment, abuse or bad behaviour by athletes, coaches, officials or spectators of sport. Any type of sport rage will not be tolerated by Little Athletics NSW and may result in offenders being issued with a formal warning. Repeated or serious breaches may result in an offender being asked to leave the venue. They may also be subject to further penalties, including a ban from future participation in the sport.

Sun Protection

Every effort will be made to provide shade but parents are to be urged to provide hats, sunscreen and t-shirts for their children.

Tents/Shade Structure

Any Centre/person erecting a shade structure **must** ensure that it is well secured on all corners. In the interests of safety, venue management will require any shade structure that is not properly secured is taken down.

Toilets

Toilets are located at a number of locations at the back of the grandstand.

Warm Up Area

Athletes may warm up on the warm up track.

Weather

In the case of very wet or hot weather, the carnival management will continuously monitor the conditions. In the case of lightning/thunderstorms, the LANSW Lightning Guidelines will be applied. In the case of very hot conditions, the LANSW Hot Weather Guidelines will be referred to.

For any further information feel free to contact the Little Athletics NSW office on 9633 4511.