



# REGION 5

Region Coordinators: Cathy Eaton & John McFadden  
Secretary: Sally Richardson  
13 Dalrymple Avenue, Lane Cove NSW  
2066  
PO Box 882, Willoughby NSW 2068  
Telephone (02) 9427 0534  
Mobile 0411 586 001

## Little Athletics NSW Region 5 Championship

### INFORMATION FOR CENTRE CHAMPIONSHIPS OFFICERS

*Ku-Ring-Gai – Manly Warringah – Mosman – Northern Districts – Hornsby District  
Cherrybrook – North Rocks Carlingford – Northern Suburbs – Parramatta - Ryde*

### February 2014

Please ensure that all your athletes, their parents and guardians are made aware of the following important Region 5 information:

- When:** Saturday 15 February and Sunday 16 February, 2014  
**Where:** Sydney Academy of Sport, Wakehurst Parkway, Narrabeen  
**Start Time:** First Marshaling Call: 7.30am. Events commence at 8:00am - both days.  
**Entry Fee:** Competitors and U18 free. Adults \$3 per day or \$5 for 2 day pass

#### Centre Uniform:

All 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.
- Correct Age Patch firmly attached to the front left hand side of the top or shorts.
- Centre number firmly attached to the back of the top or shorts.
- IGA patch firmly attached to the right hand chest of the top.

#### Compression Garments:

- Compression garments must be above the knee, and can only be worn under the approved Centre shorts or bike pants.
- As an exception, girls may wear plain compression/bike pants as an outer garment, provided they are the colour of Centre uniform and do not have any logos or contrasting stitching.
- Compression garments/bike pants with a logo or contrasting stitching must be worn as an under garment, with the club uniform shorts, scungies or bike pants over the top. Athletes in branded compression garments will not be allowed to compete until the Club outer garment is added.

There will be **no leniency** shown at Region marshaling – any competitor not correctly attired will be sent to correct their uniform, but the event will not be held waiting for them to return.

It is advised that all Team Managers check each competitor uniform very carefully before the athlete attends marshaling to avoid any disappointment on the day.

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## Parents/Guardians

A reminder that it is a requirement of Little Athletics that all children be accompanied by an adult at the carnival.

## Parent Assistance:

All centres will be given a number of parent helper duties, which will be advised to you very soon. Please supply the name and mobile phone number of each parent rostered to assist in each particular job. This must be given to the Officials Information Tent when you arrive on Saturday morning.

It is the responsibility of each Centre Team Manager to MAKE SURE that every rostered duty is fulfilled either by the listed parent or an alternate parent. Please keep track of all duties and make sure you have parents in the correct place at the correct time otherwise the carnival will be delayed waiting for them.

All parent helpers are required to sign in at the Officials Information Tent located opposite the Canteen block before commencing their duty.

## **All parent helpers must be wearing closed in shoes – not thongs or sandals.**

## Competitor Footwear:

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

U8: Spikes may not be worn in any event.

U9 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.**

## Team Manager:

Please remind your athletes and their parents that only the Team Manager from each Centre will be able to deal with officials and lodge protests over the weekend.

The name of each Centre Team Manager and a mobile phone number must be provided to the Region Secretary by e-mail ([richardsonsally@bigpond.com](mailto:richardsonsally@bigpond.com)) no later than Monday 10 February.

## Weather:

The Region Championships will go ahead regardless of the weather 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 Committee and advised to Centre Championships Officers/Team Managers as soon as possible.

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## Program:

The 2-day Region List of Events is available on the LANSW website. A detailed program showing Region 5 “not before” start times is attached to this Information Letter. This means the event can be called 20 minutes prior to this time ready to start at that time, so please ensure that your athletes arrive at the ground at least 60 minutes prior to the “Not Before” Start time listed for their event. If an athlete does not turn up for their event at marshalling, it runs without them and they miss out.

Full official programs, \$5 each, must be pre-ordered and pre-paid by each Centre. If you have not previously advised, please inform the Region Secretary ([richardsonsally@bigpond.com](mailto:richardsonsally@bigpond.com)) how many programs you wish to purchase no later than Friday 7 February. Payment can be made by cheque upon collection or by bank transfer to the Region 5 Account: NAB Chatswood, A/C Name – LANSW Region No. 5, BSB – 082 201, Account Number 146557063 (please note your centre name and # of region programs as the payment description).

Programs will not be for sale at the Information Tent over the weekend.

All competitors (U9 and above) are advised to review the program for the State 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 there is to be NO warming up inside the perimeter fence of the track after 7.30 a.m. on both days of the carnival.

## Clash of Events:

There will be a Clash Manager (and assistants) responsible for collecting athletes from field events and taking them to track events when there is a clash. As a suggestion to make this clash management easier for everyone concerned, especially the younger age groups U8-U11, each Centre Team Manager may consider writing the child’s events on their hand each morning, along with the ‘not before time’ so that the Event Chief and Clash Manager can more easily assist in identify any event clashes during the day.

## 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.mwllac.org.au/content.asp?ID=271> or by using the QR code at right.



## Awards:

All competitors will receive a medal if they are placed 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in a final.

Medals for U8 competitors will be presented as soon as possible after the event. Other competitors may collect their medals at the Information Tent approximately 1 hour after the results for the event have been posted.

All competitors will also receive a certificate showing all their performances via their Centre in due course.

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## Medals:

Medals will be pre-engraved with the age group and event.

**Ensign Engraving** will be engraving on site from approx. 10am to 4pm each day if athletes wish to add their own name, performance details, etc.

The cost will be \$7 for up to 16 characters with a maximum of \$10 for more than 16 characters. (This is very reasonable as engraving is usually \$1.50 or \$2 per character.)

## Services Available:

Full canteen and BBQ

Athletes Foot stall selling spikes and running shoes

First Aid by St John Ambulance Manly Warringah Division

## Photographer:

Photographers for this year's Region 5 Championships are **Abbey Digital Photography**.

You will be able to see photos of the each day's events on the same evening of the event at website [www.abbeydigital.com.au](http://www.abbeydigital.com.au) and the password to access the photos is **ATHLETE**.

Prices start at \$8 and a percentage of the sales will be donated to the Region.

Use the QR code at right to go straight to the website:



## Relay Teams:

Please note that the Relay Teams competing at the Region carnival must be the same age group combination as the team that competed at Zone.

## Progression from Region to State:

U8: Competitors do not progress beyond Region.

U9 to U17: The first 2 place getters in a final automatically progress to the 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.

## More Information:

Please contact any of the following:

Region Coordinators:	Cathy Eaton	<a href="mailto:cathyeaton@ozemail.com.au">cathyeaton@ozemail.com.au</a> ,
	John McFadden	<a href="mailto:cracka68@bigpond.com">cracka68@bigpond.com</a>
Region Secretary:	Sally Richardson	<a href="mailto:richardsonsally@bigpond.com">richardsonsally@bigpond.com</a> .

**LANSW State Championships** will be held at Sydney Olympic Park Athletics Centre (SOPAC), Homebush on Friday 21, Saturday 22 and Sunday 23 March 2014. 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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## **State Championships Merchandise**

Attached to this information is a flyer showing the merchandise range for sale at the 2014 State Championships plus an order form for this merchandise.

Please make this information available to all State qualifiers from your centre and place a consolidated Centre order on the attached form by fax to Christian at Hart Sport the week following the Region carnival.

There will only be a very limited number of shirts available at the State Championship, so it is highly recommended that each CENTRE put their order in through Hart Sport in advance so that your athletes do not miss out.

Please pass our congratulations to all athletes who have qualified to compete at the Region 5 Championships.

Kind Regards

John McFadden, NEM Zone Coordinator

Cathy Eaton, NM Zone Coordinator

The Region 5 Committee

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