

# LANSW STATE RELAY CHAMPIONSHIPS

**SATURDAY 22 AND SUNDAY 23 NOVEMBER 2014**  
Sydney Olympic Park Athletics Centre (SOPAC)

## **Information for Age Managers, Parents and Athletes**

Junior (U8 - U11) - Saturday 22 November / Senior (U12-U17) - Sunday 23 November

The State Relay Championships is the largest event on the LANSW calendar in terms of the number of competitors. As the name suggests the Championships are comprised entirely of relay events. Each relay team consists of four members. Performances in each of the field events are allocated points, based on the LANSW Multi-Event point score system. The performances of all four athletes in each team are added together to determine final results.

*Centres must enter teams on the official entry form - no individual entries will be accepted.*

***Any athlete interested in taking part should complete the State Relays Nomination Form as soon as possible***

**Nomination Forms Due: Place forms in the marked tray in the Club Room by Friday 17 October 2014**

**Team Notifications: Teams published by Friday 31 October 2014**

### **DETAILS**

- Centres may only enter one team per age group, per event, per sex or mixed. The events available for each age group are listed on the back of this sheet.
- Junior athletes can only compete in the Track Relays **OR** the Field Relays - NO EXCEPTIONS.
- Senior athletes may compete in both Track and Field teams – but there will be no clash management and athletes will have to go back to the marshalling tent for each event. Track relays will be run independently of the Field Relays.
- Athletes may only compete in one (1) age group. Athletes are permitted to go up one (1) age group (for events where specifications do not alter), but must remain in this age group for the duration of the day.
- Athletes competing in either the 4 x 400m or the 4 x 200m cannot compete in the 4 x middle distance (4 x 800m) event.
- The minimum age for participation is U8. U7's **may not** compete in **any** events.
- U9's **may not** compete in the U10 4 x 400m relay or High Jump.
- Each Centre team shall consist of four (4) individual members per event. A mixed team shall consist of two males and two females.
- Field event competitors may only compete in one part of the paired relays (i.e. only shot, or only discus, not both. Only long jump or only high jump, not both).
- **For those of you who have not competed in a relay carnival before please understand that you are one of a team of 4 people (e.g. 2 high jumpers and 2 long jumpers, or 2 shot puts and 2 discus, or 4 runners) and all four team members must attend and complete the event. If you do not show up on the day, or if you do not wait for your event and leave before competing, the rest of your team cannot compete.**
- The State Relay carnival is run by volunteers and parents for the athletes. As a condition of entry to this carnival, each club has an obligation to provide a number of officials or parents on the day of the carnival to assist with the running of the events. **A parent of every Cherrybrook athlete competing at the carnival will be required to act as an official or helper for a short time.**

**Enquiries:** Championships Officer – Jenny Bishop 0411 356 755 [jenbishop@optusnet.com.au](mailto:jenbishop@optusnet.com.au)

## EVENT DETAILS BY AGE GROUP

### JUNIOR DAY - SATURDAY

BOYS	GIRLS	MIXED
<b>Under 8</b> 4 x 100m 4 x Long jump 2 x shot / 2 x discus	<b>Under 8</b> 4 x 100m 4 x Long jump 2 x shot / 2 x discus	<b>Under 8</b> 4 x 200m
<b>Under 9</b> 4 x 100m 4 x long jump 2 x shot / 2 x discus	<b>Under 9</b> 4 x 100m 4 x long jump 2 x shot / 2 x discus	<b>Under 9</b> 4 x 200m
<b>Under 10</b> 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2 x discus	<b>Under 10</b> 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2 x discus	<b>Under 10</b> 4 x 400m
<b>Under 11</b> 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2 x discus	<b>Under 11</b> 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2 x discus	<b>Under 11</b> 4 x 400m
<b>Junior (U8-U11)</b> Middle Distance (4 x 800m)	<b>Junior (U8-U11)</b> Middle Distance (4 x 800m)	
<b>NO AGE SUBSTITUTIONS PERMITTED</b>		

\*\* Junior Middle Distance: U8 runs 700m first, U9, U10 and U11 run 800m in any order

### SENIOR DAY - SUNDAY

BOYS	GIRLS	MIXED
<b>Under 12</b> 4 x 100m 2 X long jump / 2 x high jump 2 x shot / 2 x discus	<b>Under 12</b> 4 x 100m 2 X long jump / 2 x High jump 2 x shot / 2 x discus	<b>Under 12</b> 4 x 400m
<b>Under 13</b> 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2 x discus	<b>Under 13</b> 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2 x discus	<b>Under 13</b> 4 x 400m
<b>Under 14</b> 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2x discus	<b>Under 14</b> 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2x discus	<b>Under 14</b> 4 x 400m
<b>Under 15</b> 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2 x discus	<b>Under 15</b> 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2 x discus	<b>Under 15</b> 4 x 400m
<b>Under 17</b> 2 x long jump / 2 x high jump 2 x shot / 2 x discus	<b>Under 17</b> 2 x long jump / 2 x high jump 2 x shot / 2 x discus	<b>Under 17</b> 4 x 100m 4 x 400m
<b>Senior (U12-U15)</b> Middle Distance (4 x 800m)	<b>Senior (U12-U15)</b> Middle Distance (4 x 800m)	
<b>NO AGE SUBSTITUTIONS PERMITTED</b>		