



REGION 5

Region Coordinator: **Cathy Eaton**
Region Secretary: **Sally Richardson**
11 Smith Road, ARTARMON NSW 2064
Mobile (RC): 0415 952 141 Mobile (RS): 0411 586 001
Email: cathyeaton@ozemail.com.au
richardsonsally@outlook.com

Little Athletics NSW Region 5 Championships February 2017

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

When: Saturday 11 February and Sunday 12 February, 2017
Where: Sydney Academy of Sport, Wakehurst Parkway, Narrabeen
Start Time: First Marshaling Call: 7.30am. Events commence at 8:00am - both days.
Entry Fee: \$5 per person per day. Athletes & U18 Free

Each Centre must ensure that all athletes, their parents and guardians are made aware of the following important information:

Centre Uniform:

All competitors must wear the correct, approved Centre uniform, which includes:

- The correct individual McDonald's (with the red border fully visible) or OneSport registration number firmly attached to the front of their top.
 - Correct Age Patch firmly attached to the front left hand side of the top or shorts.
 - Jetstar patch (orange) firmly attached to the right hand chest of the top.
- Pins are acceptable, provided the patches are all secured well and do not 'flap' around loosely.

Compression Garments:

- Compression garments **must be above the knee.**
- Compression garments/bike pants with a logo or any contrasting stitching may 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.
- **ONLY** compression garments in the same colour as the centre uniform shorts with **NO LOGOS OR STITCHING WHATSOEVER** may be worn as an outer garment, where this has been specified to LANSW as part of the acceptable centre uniform.

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

Any athlete with the wrong number or no current season registration number must be issued with a new number by the centre Team Manager and the team manager must advise Carnival information of the old and new registration numbers and other athlete details. The athlete's original number will be cancelled, and the new number will become their number for the remainder of the 2016/17 season. Events will not be held pending the issue of new registration numbers.

We advise that all Team Managers check each competitor uniform very carefully before athletes attend marshaling to avoid any disappointment on the day.

Northern Met Zone – North East Met Zone

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



REGION 5

Region Coordinator: **Cathy Eaton**
Region Secretary: **Sally Richardson**
11 Smith Road, ARTARMON NSW 2064
Mobile (RC): 0415 952 141 Mobile (RS): 0411 586 001
Email: cathyeaton@ozemail.com.au
richardsonsally@outlook.com

Competitor Footwear:

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.

Parents/Guardians

It is a requirement of Little Athletics that all children be accompanied by an adult at the carnival at all times.

Parent Assistance and Rosters:

All centres have been given a number of parent helper duties. It is the responsibility of each Centre Team Manager to MAKE SURE that every rostered duty is fulfilled by their centre.

All parent helpers must report to their Centre Team Manager prior to attending their rostered duty to be issued with a Club lanyard identifying them as a Parent Helper. Access to the competition area will not be allowed without this Club lanyard identification. Parent Helpers sign on for their duty at the event area.

Team Managers - 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. An event area map will be included in the team manager information package and also available at the information desk throughout the weekend.

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

All parent helpers are required to sign on at the event area they are assigned to, and if they do not report in time your Centre will be called over the p.a. to supply an alternate helper.

A brief description of each parent duty can be found at the end of this document.

Below is a link to the Cherrybrook Parent Roster – all families need to do 1 duty for the weekend. Please sign up early and have your choice of roster times

<http://www.signupgenius.com/go/60b054caaa929a13-2017>

Snakes:

It is not uncommon to sight snakes at the venue. Please be alert and aware at all times, and for this reason it is emphasized that parent helpers must be wearing closed shoes, and strongly recommended that all adults and

Northern Met Zone – North East Met Zone

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

athletes wear closed shoes (not their spikes) when walking around the venue, particularly the upper throws area and long jumps 3 and 4 on the far side of the track away from the grandstand.

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 Team Managers as soon as possible.

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. A map of warm up areas will be provided to each Team Manager and will also be available at information during the weekend.

Coaches Area – Senior Athletes ONLY

An area designated for Coaches to speak with athletes will be clearly marked on the perimeter fence for all field events EXCEPT at Long/Triple Jump pits 1 and 2 (due to the possibility for interference across the track).

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.

Event Chiefs will be instructed only to release children to designated Clash Manager/Assistants (identified by a lanyard). Please advise parents they MUST NOT remove children from an event themselves. If they do, the child risks disqualification.

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.resultsattheready.com.au> or by using the QR code at right.



Awards:

All competitors will receive a medal if they are placed 1st, 2nd or 3rd in a final. Medals will be presented as soon as possible after the event. Track medalists should remain in the designated shade tent at the finish line until their medal presentation. Field medalists will be taken to the presentation area by an official at the conclusion of their event.

Athletes in the 1500m Walk and 3000m run who do not achieve the qualifying times for the State Championships will still receive medals at region for placing 1, 2 or 3, but will not progress unless the times above are achieved.

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

Northern Met Zone – North East Met Zone

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



REGION 5

Region Coordinator: **Cathy Eaton**
Region Secretary: **Sally Richardson**
11 Smith Road, ARTARMON NSW 2064
Mobile (RC): 0415 952 141 Mobile (RS): 0411 586 001
Email: cathyeaton@ozemail.com.au
richardsonsally@outlook.com

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. They will be located near the canteen.

The cost will be \$10 to record the athlete name and performance details (This is very reasonable as engraving is usually \$1.50 or \$2 per character.)

Withdrawal from events at the Region 5 carnival.

For withdrawal from a field event, no action is required.

If an athlete wishes to withdraw from a track event, the Team Manager should advise the Computer Room up to 60 minutes prior to the event to allow start lists to be amended accordingly, and in the case of a final, the reserve to be put into the event.

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.

Withdrawals from next level of competition (U9-U17)

Any athlete who may qualify to compete at the State Championship but who knows they will not participate must advise the Team Manager BEFORE the end of the Region carnival weekend. Team Managers must in turn advise the Computer Room on the form provided in the Team Manager Information Pack.

Services Available:

Full canteen and BBQ

First Aid by St John Ambulance Manly Warringah Division

Tensegrity Physiotherapy

Photographer:

Photographers for this year's Region 5 Championships are **Instant Photos**. You will find them in a big caravan near the entrance to the ground.

Photos are only available to purchase at the carnival over the weekend and ARE NOT available on line after the event.

RULE CHANGES AND NEW EVENTS IN 2016/17

1. U15 and U17's run 300m hurdles not 200m.
2. U9 AND U10 athletes competing in High Jump MUST use a scissor kick, landing on their feet before their bottom.

More Information:

Northern Met Zone – North East Met Zone

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



REGION 5

Region Coordinator: **Cathy Eaton**
Region Secretary: **Sally Richardson**
11 Smith Road, ARTARMON NSW 2064
Mobile (RC): 0415 952 141 Mobile (RS): 0411 586 001
Email: cathyeaton@ozemail.com.au
richardsonsally@outlook.com

Please contact any of the following:

Region Coordinator: Cathy Eaton cathyeaton@ozemail.com.au
NEM Zone Coordinator Deb Walsham Debwalsham75@gmail.com
Region Secretary: Sally Richardson richardsonsally@outlook.com.

LANSW State Championships will be held at Sydney Olympic Park Athletics Centre (SOPAC), Homebush on Friday 17, Saturday 18 and Sunday 19 March 2017. You will be advised of qualifiers and further information in due course, however, the program is currently available on the LANSW website.

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

Northern Met Zone – North East Met Zone

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

EXPLANATION OF PARENT ROSTER 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.

ALL PARENT HELPERS MUST REPORT TO THEIR CENTRE TEAM MANAGER TO OBTAIN A LANYARD, PRIOR TO REPORTING TO THEIR DUTY AREA.

AT THE DUTY AREA, EVERY PARENT MUST SIGN THE PARENT REGISTER.

Track Umpires

- a. Report to the finish line and sign on for your club – you will be directed to the required position, replacing the previous person on duty from your club.
- b. Watch that children are not crossing over into others lanes and/or impeding them.
- 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.

MAKE SURE YOU APPLY SUNSCREEN AND YOU WILL NEED A HAT AND A DRINK AS YOU WILL BE IN THE SUN.

Marshalling Assistant – ascertain if you are on duty at TRACK marshalling tent or FIELD marshalling tent

- a. Report to the appropriate Marshalling Tent and sign on to replace the previous parent helper from your club or report to the Marshalling Tent Chief if you are on first.
- 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, pin leg numbers for distance events, spikes carried and put on at the start line.
- d. Escort the marshalled athletes to their event.

Clash Manager Runner

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.

MAKE SURE YOU APPLY SUNSCREEN AND YOU WILL NEED A HAT AND A DRINK AS YOU WILL BE IN THE SUN.

Northern Met Zone – North East Met Zone

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



REGION 5

Region Coordinator: **Cathy Eaton**
Region Secretary: **Sally Richardson**
11 Smith Road, ARTARMON NSW 2064
Mobile (RC): 0415 952 141 Mobile (RS): 0411 586 001
Email: cathyeaton@ozemail.com.au
richardsonsally@outlook.com

Track Referees Assistant and Finish Line Assistant

Help the Track Referee and Track Manager at the finish line as directed – including but not limited to directing athletes to remove their shoes, raising hurdles, escorting athletes off the field.

MAKE SURE YOU APPLY SUNSCREEN AND YOU WILL NEED A HAT AND A DRINK AS YOU WILL BE IN THE SUN.

Computer Room Runner

- a. Report to the Computer room next to the canteen.
- b. You will be assigned to either go to the finish line to collect results and take them back to computer room or take starting sheets to the track marshalling tent.
- c. Post results sheets up as required by the Computer Room Manager.
- d. Keep returning to the computer room.

Track Recorder Runner

Report to the finish line on the track. You will be required to take results tickets from the track finish line to the computer room next to the canteen. Please ensure you return to the track promptly after each 'delivery'.

Throws Referee Runner (Top Field)

You are to bring the field event results back to the computer room for processing. Report to the chief referee on the top throws field.

MAKE SURE YOU APPLY SUNSCREEN AND YOU WILL NEED A HAT AND A DRINK AS YOU WILL BE IN THE SUN.

Data Entry Assistant

Please report to the computer room next to the canteen, where you will be given instructions. It is likely you will be asked to enter either track or field results into the Meet Manager results system. Training and assistance will be given if necessary.

Field Event Assistants

PLEASE APPLY SUNSCREEN AND TAKE A HAT AND A DRINK AS YOU WILL BE IN THE SUN

Make sure you know which event area you are to report to – your Team Manager has this information. There are 4 Long Jump pits, 2 shot areas, 2 discus areas, 2 high jump mats and 1 javelin. Please make sure you go to the correct one for the event you are helping at and sign the parent register at 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!

Discus, Javelin and Shot Put

Northern Met Zone – North East Met Zone
*Cherrybrook—Northern Suburbs—North Rocks/Carlingford—Parramatta—Ryde
Hornsby—Ku-Ring-Gai—Manly Warringah—Mosman—Northern Districts*



REGION 5

Region Coordinator: **Cathy Eaton**

Region Secretary: **Sally Richardson**

11 Smith Road, ARTARMON NSW 2064

Mobile (RC): 0415 952 141 Mobile (RS): 0411 586 001

Email: cathyeaton@ozemail.com.au

richardsonsally@outlook.com

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.

Gate Controllers

Either track finish line or top bend 200m start (near steeplechase water- Please check which gate you are assigned to.

Managing the traffic that comes through the gate, ensuring entry only by authorised officials (wearing a lanyard) and athletes who are leaving the field of competition. Athletes who are going to marshalling must use the gate nearest to marshalling and cannot detour across the ground.

Make sure athletes are not wearing spikes as they exit the ground.

Ticket Sales

At the front gate – you will be required to collect \$5 per person gate entry fee from all everyone entering the venue except officials wearing lanyards, competing athletes and children under 18.

Northern Met Zone – North East Met Zone

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