

Little Athletics NSW Southern Met Zone Championship December 2022

INFORMATION FOR PARENTS

Helensburgh – Illawong – Port Hacking – Revesby Workers – St George – Sutherland

When: Friday 9 December, Saturday 10 December and Sunday 11 December

Where: The Ridge Athletics Track, Recreation Dr, Barden Ridge

Start Time: Friday evening First Call: 6.10pm. Events commence at 6.30pm

Sat-Sun First Call: 7.45 am. Events commence at 8:00 am

Team Manager:

Each Centre has a Team Manager/s who is responsible for the liaison between their Centre athletes and carnival management throughout the weekend. The St George Team Manager is:

Michelle Carati: 0408 763 345, championships@stgeorgelac.org.au

Only the Team Manager will be able to lodge protests over the weekend.

Ground Access:

The grounds will be open on Friday 9th December from 1pm. No tarps or shelters can be placed within the fenced area of the track. Leaving your personal shade shelter and any associated equipment at the grounds is done at your own risk. Please note however that no tarps or shelters can be placed either side of the main equipment shed as this is the location for the Call Room; any that have been placed there will be moved.

Parking:

Families can find parking at a number of locations throughout the complex. Car park 6, located along the 100m straight, is the best location for families.

The car park located directly behind the clubhouse and canteen is ONLY for the use of officials with parking passes. There will be an official monitoring this car park throughout the weekend, if anyone parks in this area without a pass they will be asked to move their vehicle.

Athletes withdrawing from an event:

Any athlete who is withdrawing from any event over the course of the weekend needs to notify the Team Manager and Information as soon as they know they are unable to compete. This will assist in the smooth running of the program.

Protest Procedure:

If an athlete wishes to make a protest it must be done by the Team Manager ONLY. The Team Manager needs to submit the protest in writing using the Protest Form, which is available at the Information desk. There is a \$50 fee to lodge a protest, which will need to be paid by the parent or Centre. It must be submitted to the information officer within 30 minutes of the completion of the event. The protest will then be assessed according to the LANSW Rules of Competition.

Call Room:

Athletes in the **first listed field events of each day** will go straight to their first event. All other athletes must attend Call Room when their event is announced. The Call Room location is at the southern end of the main track. The **Field Call Room** and **Track Call Room** are on either side of the equipment shed. Only competing athletes are permitted in the Call Room. Only parents rostered to help are permitted in the Call Room.

Athletes are not allowed to wear their spikes in the call room, they must put them on when at the start line for their event.

Centre Uniform:

Competitors must wear the **full, 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 for all athletes.
- Correct Age Patch firmly attached to the front left-hand side of the top or shorts.
- Coles patch firmly attached to the top right hand side.

Pins are acceptable, provided the patches are all secured well and do not 'flap' around loosely.

While the Call room officials will try and assist athletes who are not correctly attired, they may be sent back to their Centre to procure age patches, Coles patches or registration numbers if these are missing. Please ensure you know where your Team Manager is sitting. Events will not be held up for athletes who need to fix their uniforms.

Any athlete with the wrong number or no current season registration number must be issued with a new number by the Centre Team Manager (a fee may apply) 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 2022/23 season. Events will not be held up pending the issue of new registration numbers. It is advised that competitors have their uniform checked by their Team Manager (prior to going to Call Room) to avoid disappointment.

Parents/Guardians

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

Parent Helper Duties:

All Centres have been given a number of parent helper duties and Centre parents are obliged to fill these. The Team Manager is required to MAKE SURE that every rostered duty is fulfilled by their Centre.

- **Parent helpers need to check in with their TEAM MANAGER (not information desk)**
- **Bring sunscreen, hat and plenty of water**
- **Team Manager will provide you with a Tag to be worn while at your Duty**
- **All parent helpers must be wearing closed in shoes – not thongs or sandals.**
- **You must remain at your duty till the end of the relevant event.**
- **Parent helpers ARE NOT ALLOWED to provide any assistance, coaching or encouragement to ANY athlete whilst helping at an event. You must not use mobile phones whilst assisting at any events.**

If parent helpers do not report in time to their assigned event, you or our Centre will be called over the p.a. to supply a helper.

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

Only those parents rostered to help at an event or athletes competing at an event are permitted in the competition area. All spectators must remain outside the gates surrounding the top and bottom field competition areas.

Competitor Footwear/Spikes:

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

U8 to U10: Spikes **cannot be worn at all**.

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.

Any athlete who wears spikes for track events run entirely in lanes MUST USE STARTING BLOCKS. Spike length is 6mm. This is a ground rule and no exceptions will be allowed. If an athlete cannot use blocks they must not wear spikes.

*Spike shoes with the spikes removed or blanks inserted may **not** be worn in any event. 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 OR THE CALL ROOM.

Weather:

The Zone Championships will go ahead under most weather conditions so athletes and parents should come prepared with hats, sunscreen, water 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 Zone Co-Ordinator (Carnival Manager) and the carnival Safety Officer and advised to Centre Team Managers as soon as possible.

Program:

The Zone List of Events and program has been distributed. If an athlete does not turn up for their event at the Call Room, it runs without them and they miss out. The program contains event NOT BEFORE times which means that the event cannot start before the given time, this is a guide for athletes and parents. An event may be announced to go to call room up to 30 minutes BEFORE the NOT BEFORE time. Athletes should be at the track **ideally 1 hour** before the event time listed. The track events have been bracketed into time zones. Only the first field events have a start time, after that the order may change depending on availability of officials.

All competitors (U8 and above) are advised to review the program for the Region Championships via the LANSW website, to ensure availability in the event of qualification to progress. Region Championships are scheduled for 4th and 5th February at The Crest Bankstown.

Warming Up:

Athletes may use the Fields 9 & 10, the football and cricket fields and the netball courts for warming up.

No athlete may use any part of the track or field areas for warming up.

Clash of Events:

There is no Clash Manager for this carnival. Athletes should advise the Chief Judge of their event if they believe a clash may occur so that the chief can make arrangements for that athlete to attend call room and compete in their event. Track events take priority when a clash occurs. The athlete is responsible for returning immediately to their field event to complete any further attempts. Athletes should be aware of any potential clashes of events they are competing in.

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: www.littleareresults.com/Data/2022/28_SMZ (or Tap the button on the front of Team App)

Awards:

All U7 competitors will receive a medal if they are placed 1st, 2nd or 3rd in a final.

Medals for competitors will be presented as soon as possible after the event at the medal presentation area, next to the information desk. Any uncollected medals will be given to the relevant Centre at the conclusion of the championships.

Services Available:

Canteen and BBQ

First Aid

Coffee and Ice-cream van

ATHLETES

- Let Team Manager Michelle know you are at the ground
- GOOD LUCK. DO YOUR BEST. HAVE FUN!

Progression from Zone to Region

If any athlete does not intend to progress to Region – please advise your Team Manager so a Withdrawal Form can be completed by the parents and lodged with Information to allow the next eligible competitor to progress.

U7: Competitors do not progress beyond Zone.

U8 to U17: The first 6 place getters in a final automatically progress to the Region Championships. In addition, the next best 4 competitors in each event across Inner City and Southern Met Zones will progress.

Relays: Each Centre can enter up to 4 relay teams, junior boys, junior girls, senior boys and senior girls. Only the first 3 relay teams in each event will progress to Region.

High Jump

The minimum starting height for high jump is as below:

	Boys	Girls
U9	0.85	0.80
U10	0.95	0.90
U11	1.05	1.00
U12	1.15	1.10
U13	1.20	1.15
U14	1.25	1.20
U15	1.25	1.20
U17	1.30	1.25

Region 8 Championships will be held on 4th and 5th February 2023 at The Crest Bass Hill

State Championships will be held at Sydney Olympic Park Athletics Centre (SOPAC), Homebush on Saturday 18 and Sunday 19 March 2023

Map of The Ridge



EXPLANATION OF PARENT ROSTER DUTIES

All helpers on the ground must wear CLOSED IN SHOES - regardless of the duty, you must have closed in shoes. You should also bring a hat, water bottle and sunscreen as you will be in the sun. ALL PARENT HELPERS REPORT STRAIGHT TO THEIR DUTY after letting their Team Manager know they are doing so.

Track Umpires

- a. Report to the finish line— you will be directed to the required position, replacing the previous person parent 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.

Call Room Assistant

- a. Report to the Call Room Tent and sign on.
- b. Follow the instructions of the Call Room Chief.
- c. Call out children's names and numbers to check them off the starting lists.
- d. Check uniforms— correct numbers in the correct position, pin hip numbers for distance events, spikes carried and put on at the start line. (only females can pin hip numbers onto athletes uniforms)
- e. Escort the athletes to their event.

Computer Room Runner

- a. Report to the Computer room
- b. Distribute results and starting sheets as directed.
- d. Keep returning to the computer room.

Field Event Assistants

Make sure you know which event area you are to report to – your Team Manager has this information. There are 2 long jump pits, 1 triple jump pit, 2 shot circles, 2 discus areas, 2 high jump and 1 javelin, go to the correct one for the event you are rostered to.

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.

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.

One helper will always be required to record the results for each event.

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.

One helper will always be required to record the results for each event.

High Jump

The Chief Judge will ask you to either pick up the bar when it falls. One helper will always be required to record the results for each event.