Little Athletics NSW - Northern Metropolitan Zone

Zone Coordinator
Andrew Murray

Treasurer
Andrew Murray

Secretary & Officials
Sally Richardson
13 Dalrymple Avenue, Lane Cove
(02) 9427 0534 / 0411 586001
richardsonsally@outlook.com

INFORMATION FOR CENTRES AND COMPETITORS

NORTH METROPOLITAN ZONE CARNIVAL – 2025

When: **Friday 28, Saturday 29 and Sunday 30 November 2025**
Where: Barton Park, Parramatta

TEAM MANAGERS

The NRCLAC Team Managers for this weekend's Zone Championships are:

JANET and MATT

They will be located in our NRCLAC Team area at the western side of the field. Look for the NRCLAC tents.

Please ensure you check in with Janet and Matt on your arrival. They will mark off your name and check that you have the correct uniform. Please ensure you check in **NO LATER than 60 minutes prior** to your event.

PROGRAM

Printed programs will not be available for sale at the carnival. A program of events should be available to print from your club's website.

Some of the shorter sprint track events have heats and finals. If the number of entrants is such that only one heat is required, then no heat will be run, but instead the race will be held as a final, at the time of the scheduled final. This is already reflected in the updated Event List. Should the number of athletes reporting at marshalling for heats be such that only one heat is required, then the heats will be collapsed into a straight final, which will be run at the heat time.

All 400m races as well as the 200m hurdles, 300m hurdles and 400m hurdles, will be run as timed finals.

Please note that the times given are '**not before times**' and are provided as a guide only - they are not guaranteed competing times.

All 3000m races will be conducted on Friday evening, 28 November. All athletes should marshal for these races at 6.40pm (listen for announcements at the ground for marshalling location).
3000m races may be combined and the combinations and number of races will be determined after final entries close.

In addition, this season, the following field events will be held on Friday evening:

- **Discus 12 Girls – marshal at the event area at 6.10pm**
- **Javelin 13 girls – marshal at the event area at 5.40pm**
- **Javelin 16, 17 & U20 Boys – wait for the event to be called after completion of the girls event**

MARSHALLING

On Saturday and Sunday, events will start at 8am with the first Marshalling call for all events at 7.40am on both days.

Athletes in the first **field events** on Saturday and Sunday should proceed directly to the field event area to marshal at the competition area and commence the event promptly at 8am.

Competitors in subsequent field events will marshal at the field marshalling tent near the Canteen and Information Tent.

For **all** track events, athletes should go to the track marshalling tent when called, with track events commencing at 8am.

Athletes must not go to either marshalling area until their event has been called over the p.a.

WHEN TO ARRIVE

Please check the anticipated times of events carefully on the zone program.

Field events are listed with “Not Before Time". This means that the event will not commence before that time, however it is intended that athletes are marshalled earlier, ready to actually start at the “Not Before Time”.

Track times are given down the side of the Track events - and the track usually runs to schedule, unless we have technical issues or weather delays such as extreme heat, rain, or lightning.

It is recommended that athletes arrive at Barton Park at least 1 hour before the event time. This will allow time to find parking, check in with the Centre Team Manager, set up chairs etc. and not be stressed. This will also allow athletes plenty of time to warm up prior to being marshalled.

CENTRE UNIFORM

Full centre uniform must be worn by **all** athletes in **all** events.

- Registration number must be displayed in full including the McDonalds logo.
- The 2025/2026 Coles age patch is to be placed on the shoulder of the competition singlet/top on either side. These patches are mandatory, especially for athletes who progress to Region and State.
- Age patch can NO LONGER be worn on the shorts.

Athletes registered with ANSW Clubs who do not have these patches will be issued with them at the Information Desk at the Carnival. Please bring enough safety pins to attach all patches securely and allow plenty of time to collect and pin on the patches ahead of the anticipated marshalling time for events.

We strongly recommend that Team Managers check each athlete uniform before they attend marshalling. If athletes do not have the correct uniform in the marshalling area, they will be sent back to the centre tent to get it corrected. The event will not wait for them, so there is a risk an athlete may miss their event.

REGISTRATION NUMBERS

Should an athlete not have their fabric registration number for any reason, the Team Manager should issue a replacement number to the athlete. Centres may charge for this number if they wish. The Team Manager must then immediately complete a 'change of registration number' form at the Information Desk so that athlete information can be amended, and results can correctly be recorded. This new number will then be the athlete number for any subsequent carnivals in the 2025/2026 season.

FOOTWEAR

Appropriate footwear is compulsory for all athletes in all events.
No athlete may wear football boots or cleats in any event.

- **Athletes in the 7 - 10 age groups** may not wear spike shoes.
- **Athletes in the 11 - 12 age groups** may wear spike shoes in events run entirely in lanes only.
  Spike shoes may also be worn for long jump, triple jump, high jump, and javelin.
- **Athletes in the 13 – U20 age groups** may wear spike shoes in all track events (includes laned or un-laned events) except walks.
  Spike shoes may also be worn for long jump, triple jump, high jump, and javelin.

All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.

Spike shoes cannot be worn outside the defined "Field of Play" unless all spikes are suitably covered. Spikes are not to be worn in the marshalling areas.

A maximum 12mm Grass spike may be used at Barton Park. Maximum spike length on the long jump/triple jump run ups is 9mm.

WHAT TO DO ON ARRIVAL

Please check in at your Centre tent, so your Team Manager knows your child has arrived and that you have confirmed for your rostered parent duty.

PARENT ROSTER DUTIES

As is the case with all Little Athletics events, the Northern Metropolitan Zone Carnival is run entirely by volunteers. All the officials are volunteers, and to assist them, each Centre has been allocated Parent Roster duties.

An explanation of what each duty entails can be found with your Centre Team Manager.

Parents must collect a "parent helper lanyard" from the Centre Team Manager prior to proceeding to the rostered duty. This lanyard will give exact details of the job you are rostered to carry out and the location, and access to the competition area will not be allowed without this lanyard. Please make sure you return the lanyard to your Team Manager at the completion of your parent duty.
No photography or coaching is allowed by a Parent helper whilst anywhere inside the competition area.

IMPORTANT – ALL parent helpers **MUST be wearing closed shoes – no thongs or sandals**. Thank you.

Please note that most Parent Roster duties relate to events (for example 10 Boys Discus or Track Events 15 to 24). The times are provided as a guide only, so if the carnival is suspended due to bad weather or events are delayed for some other reason, the parent roster duty will also be delayed as well but must still be carried out when events resume, or the field event commences.

In the case of time-based roster duties, the time will be pushed back by the same length of time as the delay has delayed the program.

MARSHALLING CALLS

Marshalling calls will be announced throughout the day. It is the parent's responsibility to warm up their children and to ensure athletes go to marshalling on time. If an athlete does not turn up at marshalling for their event the event will go ahead without them, and they will miss out.

Track events go to the track marshalling tent and field events to the field marshalling tent – refer to map of Barton Park on notice boards and at Information.

CLASHING EVENTS

In the event an athlete is called for both a field and track event at the first call at 7.40am the athlete should first report to the field event area and advise the official that they are going to a track event, then report to track marshalling. The athlete must then go directly back to the field event area immediately after finishing their race.

Throughout the day, if an athlete is called for a track event while taking part in a field event, the athlete **MUST REMAIN at the field event** until collected by the Clash Manager or delegate.

Athletes must not leave the field event alone or with their parents as the Clash Manager will coordinate for them to remain at the field event as long as possible and only take them to the start line for the track event just before the event starts. They will not be required to go to Track Marshalling with the other athletes.

Any athlete leaving a field event without being collected by the Clash Manager may not be allowed to return to the field event.

Athletes must return to their field event as soon as they finish their track event.
Athletes should not detour to see a parent or go to the toilet or canteen!
The Clash Manager will not take the athletes back to their field events after their track event finishes.

PARENTS/ GUARDIANS

We would like to remind all parents / caregivers that all athletes, regardless of age, MUST be accompanied by an adult at the carnival. On arrival at the Carnival, we require that one parent / caregiver sign in with their Centre and check that the Team Manager has the correct contact details for the attending adult on the day in case of emergencies or any other need to contact you.

TRACK PROGRESSION FROM HEATS TO FINALS

2 Heats - The first 3 from each heat plus the next 2 best times progress to the final
3 Heats - The first 2 from each heat plus the next 2 best times progress to the final
4 Heats - The first 1 from each heat plus the next 4 best times progress to the final
5 Heats – The first 1 from each heat plus the next 3 best times progress to the final

RESULTS AND FINALS

Results from all the events will be posted on the results board on the wall of the amenities block by the canteen. Please check these lists to see if you are in the final of your track events.

We hope to have results online periodically during the carnival here AthleticLIVE
At a minimum, we will endeavour to have Saturday's results uploaded on Saturday night.

MEDALS and RIBBONS

Athletes in the 7s age group who place in the top three in any final will receive a medal in a special medal presentation. You are welcome to take photos of the athletes on the presentation dais.
All athletes will receive a certificate detailing all their zone results. These will be given to each centre in due course after the carnival.
Athletes in older age groups will be awarded ribbons for placings in a final.

REGIONAL QUALIFIERS

Athletes aged 8 to 15 who place in the top 6 in their Finals will qualify for the Region 5 Championships. The Region Championship will be held at Mingara Regional Athletic Centre 7 and 8 February 2026
.
There are two zones in our region, and a maximum of the next best 4 results from either Zone will be additional qualifiers to the Region carnival. Athletes must be in the final to be a subsequent qualifier. All field events are considered straight finals. All 400m events, as well as the 200m/300m/400m hurdles, will be **timed finals**, with the fastest 6 times in each age group qualifying for Region Championships. Pack starts, 700m, 800m, 1500m and 3000m and all walks are straight finals. The 8s 400m will be run as a pack start, possibly with several timed finals, depending on the number of entries.
Therefore, if you finished 7th, 8th, 9th or 10th, it is possible you may be an additional qualifier to Region. Additional qualifiers will see their names posted on the www.lansw.com.au website in the weeks following Zone.

If you know you cannot attend the Region Carnival in February 2026, or wish to withdraw from specific events, please notify your Team Manager before the end of the Zone carnival. This may allow another athlete to compete. Your Team Manager will fill in the notification and forward it to the Zone Committee, but the notification is invalid if it is received after the end of the Zone weekend.

The first 3 relay teams will qualify for Region.

A reminder for those that qualify to progress to the Region and State Championships:

STARTING BLOCKS

At Region and State Championships all sprint races up to and including the 400 m for ages 14-20 will require the use of starting blocks.

Starting Blocks are available at Zone but are not compulsory.

For those needing assistance with the use of starting blocks, Alvin Umadhay from LANSW will hold training sessions at 9am and 11am on both Saturday and Sunday at Zone. If there is interest a third session may be added at 2pm. Please check with the Information Desk for the location of these training sessions.

REGION AND STATE HIGH JUMP STARTING HEIGHTS

High jump minimum starting heights are shown in the table below. If an athlete has not cleared the minimum starting height at Region, regardless of place at their Region, they will not continue to the State Championships.

Age	Zone Boys	Zone Girls		Region Boys	Region Girls		State Boys	State Girls
9	0.85	0.80		0.90	0.85		0.95	0.90
10	0.95	0.90		1.00	0.95		1.05	1.00
11	1.05	1.00		1.10	1.05		1.15	1.10
12	1.15	1.10		1.20	1.15		1.25	1.20
13	1.20	1.15		1.25	1.20			
14	1.25	1.20		1.30	1.25			
15	1.25	1.20		1.30	1.25			
16	1.25	1.20		1.30	1.25			
17	1.30	1.25		1.35	1.30			

NOTE: Starting heights for 13 and above at the State Championships will be subject to World Athletics rules.

STATE QUALIFYING TIMES

Qualifying times for the 1500m walk and 3000m run at the State Championships as follows:

Age	1500m walk	3000m run
12	11.00 min	
13	10.45 min	13.30 min
14	10.30 min	13.00 min
15	10.15 min	12.30 min

Athletes who cannot complete their 1500m walk or 3000m run within these time limits, at region carnivals, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships.

WHAT TO BRING

1. Full Centre uniform – shirt with Coles age patch, McDonalds individual number The age patch must be attached to the shoulder area of the top – NOT on the shorts. See your Team Manager if you do not have all these patches.

2. The carnival will proceed in most weather conditions (see below), so please come prepared - Hat and sunscreen and a raincoat and umbrella, along with plenty of drinks. If your child has a field event, pack a backpack that can be taken on the field with these items in it.

3. Make sure you have the right shoes. It may not be possible to borrow shoes and athletes cannot compete barefoot in any event and parent helpers cannot help without closed shoes.

4. Parents/Carers must have CLOSED SHOES, not thongs or sandals, to carry out parent roster duties. If the carnival officials are short of helpers, any parents/carer may be called to assist 'over the fence', so closed shoes are recommended for everyone at all times.

5. While the canteen and BBQ will be operating all weekend, you may wish to bring any special food requirements with you.

6. Something to sit on – there is no grandstand, so your own chairs, or groundsheet and possibly shade. Sit in your club area to form a cheer squad for other athletes in your club.

SERVICES AVAILABLE AT ZONE:

At the carnival there will be the following:

1. Canteen
2. BBQ
3. Coffee Van
4. Sno-Cone Machine
5. First Aid
6. Keep on Running – Saturday only.

PARKING

There is plenty of street parking around Barton Park, however, please be respectful to local residents when parking your car and avoid blocking or restricting their driveways or access to their property.
There is to be **no parking** in the local Scout Hall across the road from the venue.

WET WEATHER

Barton Park is a grass track, so may be affected by heavy rain. Any wet weather notification will be placed on the Parramatta Little Athletics web site www.plac.org.au . However, if there is no website notice, all athletes should arrive at the carnival despite the weather and wait for a decision to be made, and this may involve a delayed start.

In the event of wet weather please bring plenty of wet weather gear as the carnival is likely to proceed despite wet conditions.

In the event of severe bad weather, lightning or extreme heat, the carnival may be suspended in line with LANSW Guidelines, but every effort will be made to resume events as soon as possible and practical when conditions ease. Barton Park has lights so if the carnival is delayed it will proceed until finished in the evening.

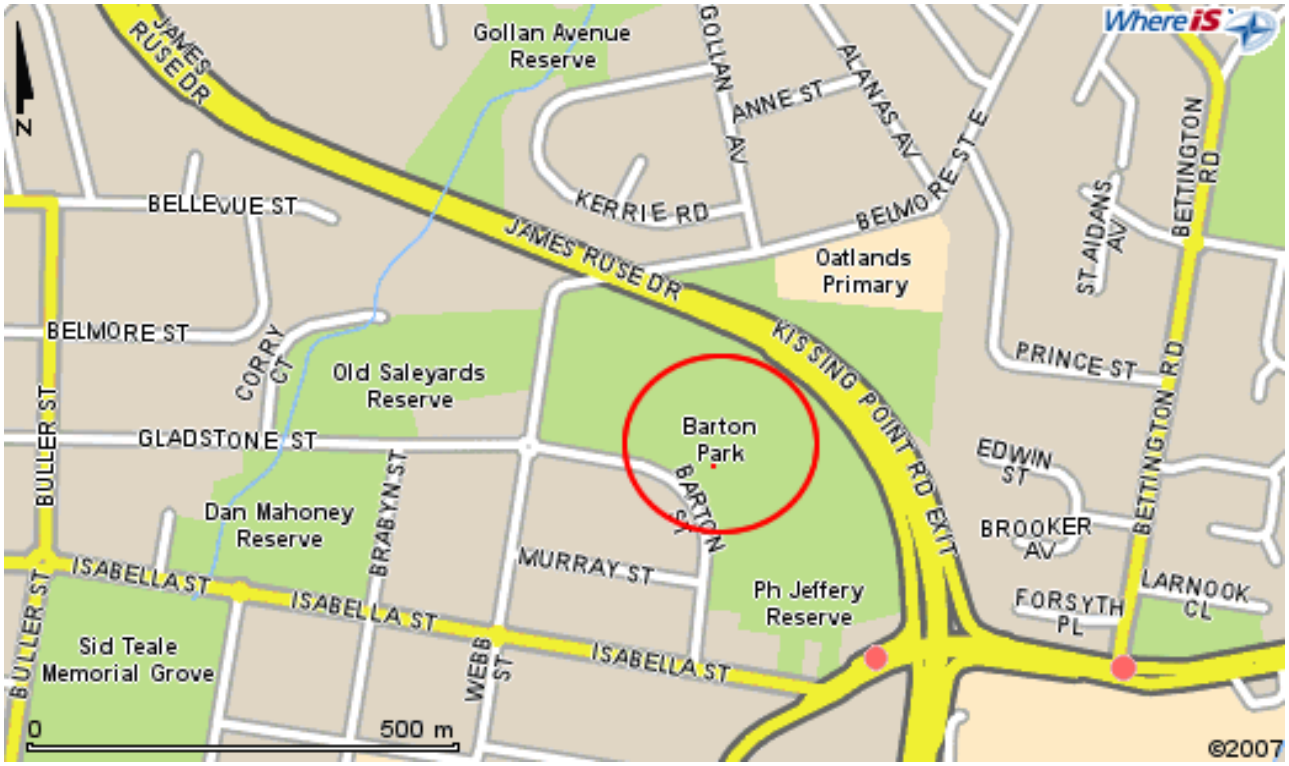
In the worst-case scenario, the back-up dates for the zone carnival are 14 and 15 December 2024.

Back up dates are used on a day-by-day basis - It is extremely unlikely that the whole carnival will be moved to those dates.

WARMING UP

There is no specific designated warm up area. There is some space outside the competition arena at both ends of the field but warming up is not permitted inside the competition area after 7.30am on both days.
Please see information to have these locations clarified on the venue map.

EVENT AREAS

A map of event areas at barton park will be available with your team manager or at information at the carnival.

LOCATION OF BARTON PARK, Parramatta