

Region Coordinator: Ken Carter
Region Secretary: Sally Richardson
Mobile: 0411 586 001
richardsonsally@outlook.com
13 Dalrymple Avenue, Lane Cove, NSW 2066

Little Athletics NSW Region 5 Championships
Saturday 10 and Sunday 11 February 2024
INFORMATION FOR CENTRES, TEAM MANAGERS,
ATHLETES, PARENTS AND CARERS

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

**CENTRES MUST MAKE SURE THAT THEY PASS THIS INFORMATION TO ALL ATHLETES, PARENTS,
CARERS AND COACHES AS APPROPRIATE AND APPLICABLE**

When: Saturday 10 February and Sunday 11 February 2024
Where: Sydney Olympic Park Athletics Centre (SOPAC) Homebush
Start Time: First Marshaling Call: 7.40am. Events commence at 8:00am - both days.
Index: Refer Page 9

TEAM MANAGERS

Maximum of 2 per day per Centre. Centres are to provide details (name, email & mobile number at the carnival) to richardsonsally@outlook.com no later than 5pm Thursday 8 February 2024.

All athletes and parents should be aware that only listed Team Manager(s) can deal with officials and lodge protests. Only the Team Managers can approach Information with queries regarding results, etc. The parent/athlete involved should not accompany them.

If a Centre does not name a Team Manager by the deadline, they will not be able to lodge protests. The "Team Manager Duties and Responsibilities" document issued by LANSW is at the end of this document, and a copy will be given to each Centre in the Team Manager pack for the weekend.

VENUE ENTRY

Gates will open at 7am each day.
Gate entry fee: Nil

PARKING & VALIDATION FOR FLAT FEE RATE

\$21 flat rate parking is available in P1, P2, P3 and P4. Flat Fee Parking ticket validation is situated at the SOPAC reception under the grandstand.

PARENTS/GUARDIANS

All athletes regardless of age must be accompanied to the Carnival by a parent or adult guardian. Parents and guardians are not permitted in the competition area at any time unless wearing an appropriate lanyard to carry out a parent helper duty as explained elsewhere.

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!

Region Coordinator: Ken Carter
Region Secretary: Sally Richardson
Mobile: 0411 586 001
richardsonsally@outlook.com
13 Dalrymple Avenue, Lane Cove, NSW 2066

In the event of extreme conditions - 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.

There is no back-up date – the carnival must be completed this weekend.

PROGRAM

An Event Listing has been provided and should now be published on your Centre website. It is also on the LANSW websites.

No printed programs will be for sale. The full official program will be sent to Centres for their websites just prior to the carnival.

SEATING AT SOPAC

Each Centre has been allocated a seating area in the Grandstand at SOPAC – see Page 10. A whiteboard will be located on the forecourt near the entry gate giving the bay/gate number for each Centre seating area.

VENUE MAP

A map of the venue showing event areas and other important locations is provided separately with this document. A copy will be included in the Team Manager Pack. Copies will be displayed around the venue during the event and can also be viewed at the Information Desk.

INFORMATION TENT will be located near the finish line and accessed via Gate 13.

CENTRE UNIFORM REQUIREMENTS

Full, correct, approved Centre uniform must be worn:

- Individual McDonald's registration number firmly attached to the front of top (red border fully visible). In the case of Manly Warringah athletes this is not your barcoded bib.
- Age Patch firmly attached to the front left-hand side of the top or shorts.
- Coles patch (red) firmly attached to right hand chest of the top.
- Pins are acceptable, provided patches are secured well and do not 'flap' around.

Compression Garments:

- Compression garments may be worn. For walks events any compression garments **must be form fitting**.

No leniency will be shown at marshaling – any competitor not correctly attired will be sent to their Team Manager to correct their uniform. The event will not be delayed awaiting their return.

Any athlete with the wrong or missing their current season registration number will need to be issued with a new number by the Centre Team Manager who must advise Carnival information of the old and new registration numbers and other athlete details before permission to compete is granted.

The athlete's original number will be cancelled, and the new number will become their number for the remainder of the 2023/24 season. Events will not be delayed pending the issue of new registration numbers.

Officials will not modify any athlete registration number bibs or age patches in marshaling. If they are not correctly attached, the athlete risks missing their event if they are unable to make the adjustments in time.

To avoid this, Centres and Team Managers are requested to follow up any athletes and parents who are not complying, so they understand the requirements.

Region Coordinator: Ken Carter

Region Secretary: Sally Richardson

Mobile: 0411 586 001

richardsonsally@outlook.com

13 Dalrymple Avenue, Lane Cove, NSW 2066

MARSHALLING & EVENT CALLS

- Athletes should arrive at SOPAC at least 60 minutes prior to the “Not Before” Start time listed for their event. Any parents not familiar with SOPAC should allow plenty of time.
- If an athlete does not report to marshalling, the event will go ahead without them.
- There will be a first and second call for every event. The first call will be made 20 - 25 minutes before the event start time followed by a second and final call 7 minutes later.
- Athletes and parents must listen carefully and only proceed to marshalling once their event has been called **not before**.

Marshalling – Field Events

- For all except first events each day Field Marshalling will be located on the concrete area above the grass slope at the South end behind Discus 2.
- For first field events each day, athletes should proceed directly to the field event area – athletes only must enter the competition arena via the marathon tunnel only.
- After the field event finishes, athletes must wait to be escorted to the exit by an official.
- Medalists will be held and others should return to the grandstand via the back exit underneath the grandstand. The athlete exit where parents can meet their children is marked on the venue map and will have signage on the day.

Marshalling – Track events

- Proceed to **Track Pre-Marshalling** which will be located in the Marathon Tunnel at the south end. Uniforms will be checked before athletes are then taken by officials to marshalling on the track near the finish line.
- After completing a heat, athletes must leave the track via the ‘first aid’ tunnel using the exit underneath the grandstand unless subject to an event clash. In this instance they must return promptly to their other event.
- After a final, medalists will remain for presentations. Others leave the track via the back exit as above.
- Please refer to the map supplied which indicates where parents can meet their children.

GENERAL ACCESS TO MARSHALLING

Access to both field and track marshalling areas is via the concourse at the back of the grandstand only – NOT from the front of the grandstand or across the competition arena.

ATHLETES - ACCESS TO AND FROM THE COMPETITION AREA:

NO access to the track or field events from the front of the grandstand

NO access to the grandstand from trackside

Access to the grandstand is via the concourse only.

Exit from the competition area is via the ‘first aid’ tunnel near the finish line only.

Parent Helpers Access

Access the field event areas via either the North end (Bay 6) or South end (Bay 13) access gate only.

These gates will be controlled, and the Parent Helper lanyard should indicate whether the event area is at the North or South end of the field.

Officials Access

Officials may access the competition arena either via the track exit tunnel or the North or South end access gate. All officials will be wearing dark blue polo shirts and wear an official lanyard.

Region Coordinator: Ken Carter
Region Secretary: Sally Richardson
 Mobile: 0411 586 001
richardsonsally@outlook.com
 13 Dalrymple Avenue, Lane Cove, NSW 2066

FOOTWEAR - COMPETITORS

- Appropriate footwear is compulsory for all athletes in all events.
- No athlete may wear football boots or cleats in any event.
- **U8, U9 & U10:** Spikes may not be worn in any event.
- **U11 – 12s:** 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. 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.
- **SPIKED SHOES cannot be worn outside the defined “field of play” unless all spikes are suitably covered.**

The following information is copied directly from the SOPAC website:

STARTING BLOCKS

For track preservation and longevity, **all athletes wearing spikes must use starting blocks in laned events up to and including 400m and the first runner of a relay.**

Para athletes excluded.

SPIKES

Only ‘Pyramid’ or ‘Christmas Tree’ spikes (also called compression tiered spikes) are to be used on the track for athletic activity.

Needle spikes are not permitted. Spikes are only permitted on competition areas and must not be worn in spectator areas or indoors.



Maximum spike lengths:
 Running activity maximum of 7mm
 Throw and Jump activity maximum of 9mm

PARENT ASSISTANCE

All Centres have been allocated parent helper duties.

It is the responsibility of the Team Manager to **MAKE SURE** that parents fully understand their duty, and that every rostered duty is fulfilled by their Centre.

Parent helpers must first report to their Centre Team Manager to be issued with a Centre lanyard which will identify them as a Parent Helper and give full details of their roster duty. Examples have been providing to each Centre.

Access to the competition area will not be allowed without this Centre lanyard identification.

See above for how to access the competition arena.

Parent Helpers must sign on for their duty at the event area.

All parent helpers must wear closed shoes – not thongs or sandals.

Team Managers must monitor all duties and ensure helpers are in the correct place at the correct time. An event area map will be included in the team manager information package and will be available at the information desk.

Region Coordinator: Ken Carter
Region Secretary: Sally Richardson
Mobile: 0411 586 001
richardsonsally@outlook.com
13 Dalrymple Avenue, Lane Cove, NSW 2066

Parent Helpers with event number-based duties should report to their duty area when they hear the first marshalling call for that event. For time-based duties, they should report at the duty time, or just before to receive a hand over.

If helpers do not report correctly, the Centre will be called over the p.a. to supply an alternate helper. Failure to provide helpers where required could result in the carnival being delayed or suspended.

WARMING UP

The warm up track will not be available.

Athletes may warm up on the outer concourse area but launching of throwing implements is not permitted.

All athletes, parents and coaches should be aware that there will be no warming up on the track after 7.30 a.m. once the first marshalling call has been made on both days of the carnival.

COACHES AREA – SENIOR ATHLETES ONLY

Where possible an area designated for Coaches to speak with athletes will be clearly marked on the perimeter fence for all field events. Seats will be designated for coaches in the grandstand where possible. Parents and other spectators are requested to respect this signage and leave the seats free.

The event chief/official will monitor and control crossing of the track if necessary.

CLASH OF EVENTS & WRIST BANDS

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.

To assist this for athletes U8-U11, the Team Manager (or parent) is requested to write 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 identify any clashes during the day.

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

Athletes will be collected from field events by the Clash Assistants and taken to the start of their track event. They will not be taken from the field event until the track event competitors are assembled at the start line.

To help track officials, athletes will be 'tagged' with a wrist band indicating the field event they have left. Athletes will be told to return directly to the field event but they will not be escorted back to the field event.

RELAYS – 4 x 100m

Team Managers will be provided with a relay entry form which must be completed and returned to Information no later than 3.00pm on Sunday afternoon.

RESULTS

In addition to being posted in the window opposite the canteen on the concourse, all results will be available online as soon as possible after the event. You can access these results at www.littlearesults.com

AWARDS

All competitors placing 1st, 2nd or 3rd in a final will receive a medal.

Medals will be presented as soon as possible after the event.

Track medalists should remain in the designated area at the finish line until their medal presentation*.

Field medalists will be taken to the presentation area by an official at the end of their event.

Region Coordinator: Ken Carter
Region Secretary: Sally Richardson
Mobile: 0411 586 001
richardsonsally@outlook.com
13 Dalrymple Avenue, Lane Cove, NSW 2066

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.

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

*Athletes who need to return to a field event should make the track officials and medals officials aware, and a decision will be made as to whether the presentation is made immediately or held until after the field event.

Medals: Medals will be pre-engraved with the age group and event.
Ensign Engraving will be available at a cost of \$10 to add the athlete's name and performance details.
Where: On the Concourse in front of the Betty Cuthbert Room
When: Daily from approx. 9:30am until 4:00pm.

WITHDRAWAL FROM EVENTS AT THE REGION 5 CARNIVAL

Before the Carnival:

Centers must advise Sally Richardson by email (richardsonsally@outlook.com) no later than 5pm on Saturday 3 February of any withdrawals

On the Day of the Carnival:

Field event withdrawal - no action is required.

Track Events – Team Manager should advise the Information Desk up to 60 minutes prior to the event to allow start lists to be amended.

CANTEEN

Two full canteens will be open both days and an ice cream/coffee van will be on the forecourt.

Please note home prepared food may be brought into the venue, but it is NOT PERMITTED to bring in food from other outside outlets, such as Subway, McDonalds, Gloria Jean, etc.

As the major sponsor of LANSW, Coles will be providing a supply of bananas for athletes and spectators free of charge, and LANSW will also be handing out Raw C coconut water. These will be available from a tent on the forecourt near the entry gate.

OTHER SERVICES AVAILABLE AT SOPAC

- First Aid by St. Johns located near the finish line on the track
- Tensegrity Sports Chiropractors located on the concourse.
- Kings Sports Store – Track and Field equipment and supplies – all day both days. (Between bays 5 & 6)
- Anthony Khoury Photos -photos will be available for sale online after the event. www.akphotos.com.au. Cards will be given to the athletes when the photographs are taken with a code which will allow access to the photographs for our event.
- Ensign Engraving – as detailed above. (Outside the Betty Cuthbert Room between VIP 1 and VIP 2.

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 all 8 Regions will progress.

Only the first place Relay Team will progress to State.

LANSW STATE CHAMPIONSHIPS

The State Championships will take place over three days – Friday 22, Saturday 23 and Sunday 24 March 2024 - at Sydney Olympic Park Athletic Centre (SOPAC).



REGION 5

Region Coordinator: Ken Carter

Region Secretary: Sally Richardson

Mobile: 0411 586 001

richardsonsally@outlook.com

13 Dalrymple Avenue, Lane Cove, NSW 2066

The State program is not identical to Region 5's, so all competitors (U9 and above) should review that program carefully to ensure you are available in the event of qualification.

WITHDRAWALS FROM NEXT LEVEL OF COMPETITION (U9-U17)

Any athlete who may qualify to compete at the State Championship, either directly or as a 'next best' qualifier who knows they will not participate **must** advise the Team Manager BEFORE the end of the Region carnival weekend.

A "Not Proceeding" form will be provided to each Team Manager. This form must be returned to the Information Desk before the end of the carnival. Team Managers are required to submit a 'nil' return if applicable.

More Information:

Please contact any of the following:

Region Coordinator/NEM Zone Coordinator Ken Carter

Ken@kencarter.com.au

Region Secretary:

Sally Richardson richardsonsally@outlook.com

02 9427 0534/0411 586001

Congratulations and the very best of luck to all athletes who have qualified to compete at the Region 5 Championships.



REGION 5

Region Coordinator: Ken Carter

Region Secretary: Sally Richardson

Mobile: 0411 586 001

richardsonsally@outlook.com

13 Dalrymple Avenue, Lane Cove, NSW 2066

CENTRE SEATING ALLOCATION

| | |
|-------------------------|-------------------------|
| North Rocks Carlingford | Bay 4 |
| Mosman | Bay 5 |
| Cherrybrook | Bay 6 |
| Hornsby | Bay 7 |
| Parramatta | Bay 8 Back |
| Northern Suburbs | Bay 8 Middle |
| Northern Districts | Bay 9 Middle |
| Manly | Bay 9 Back |
| Ryde | Bay 10 |
| Ku-ring-gai | Bay 11 above glass area |
| | Bay 12 |

Front seating areas are unallocated and to be left for spectators to come down to watch events

Region Coordinator: Ken Carter
Region Secretary: Sally Richardson
 Mobile: 0411 586 001
richardsonsally@outlook.com
 13 Dalrymple Avenue, Lane Cove, NSW 2066

INDEX

PAGE

| | |
|--|------|
| 1. Appeals | 1 |
| 2. Awards - Medals | 5 |
| 3. Canteen | 6 |
| 4. Clash of Events & Wrist Bands | 5 |
| 5. Centre Uniforms | 2, 3 |
| 6. Chiropractors – Tensegrity | 6 |
| 7. Coaches Areas | 5 |
| 8. First Aid | 6 |
| 9. Footwear – Athletes | 4 |
| 10. Information Tent | 2 |
| 11. Marshalling Calls | 3 |
| 12. Parent Helper Assistance | 4, 5 |
| 13. Parking & Flat Fee Validation | 1 |
| 14. Photographers | 6 |
| 15. Protests | 1 |
| 16. Programme Availability | 2 |
| 17. Programme Event Marshalling | 3 |
| 18. Relays | 5, 6 |
| 19. Results | 5 |
| 20. Seating – Centre Grandstand Allocation | 2, 8 |
| 21. Services Available | 6 |
| 22. Starting Blocks | 4 |
| 23. Spikes | 4 |
| 24. Team Manager – Appointment & Number Permitted | 1 |
| 25. Track & Field Supplies for Sale | 6 |
| 26. Track Access | 3 |
| 27. Venue Entry | 1 |
| 28. Warming Up | 5 |
| 29. Weather | 1 |
| 30. Withdrawals from Progression to State (U9s – U17s) | 6, 7 |