

REGION 5

Region Coordinator: **Kevin Fisher**

Mobile: 0410 107 975/fisherkc@cba.com.au

Region Secretary: **Sally Richardson**

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13 Dalrymple Avenue, Lane Cove, NSW 2066

EXPLANATION OF PARENT ROSTER DUTIES

It is a requirement of LANSW that all helpers on the ground wear closed shoes - regardless of the duty performed

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 Chief Umpire at 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 Umpire 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 Tent 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.

Pre-Marshalling Assistant - Track

Report to Chief Track Marshall - As instructed group athletes into age groups/events ready to proceed to marshalling area

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.

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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.

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Data Entry Runner

- a. Report to the Computer room above the grandstand.
- 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.

Northern Met Zone – North East Met Zone

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

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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'.

Field event Results Runner

You are to bring the field event results back to the computer room for processing in a timely manner. Report to the Field Manager. Take over from the previous helper from your club.

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 3 long/triple 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

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 x 3

3 positions in front of the grandstand, covering 2 gates each.

Ensure that no athlete, official or parent enters or leaves the grandstand via these trackside gates

Access for athletes to marshalling is via the rear concourse and into the marathon tunnel. Athletes will return to the seating area via the exit tunnel near Information/medal presentation.

Parents are not permitted on the competition oval at any time.

Remind athletes they should not be wearing spikes to walk around the venue.

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