

Northern Metropolitan Zone Championships

Saturday and Sunday 8-9 December

Barton Park, Parramatta

We would love as many U7 – U17 athletes as possible to compete at the Zone Championships at Barton Park, North Parramatta on the 8th and 9th December this year. The carnival has a warm and friendly atmosphere with plenty of space and a park for smaller children to play. It is a fun and social weekend, so please nominate and help Cherrybrook field a big team!

The Zone Championships is the first step on the way to the State Championships in March 2019. **Athletes MUST compete at Zone to qualify through to Region and then qualify through to the State Championships.**

Athletes in the U7 age group do not progress any further than Zone but receive medals if they come 1st, 2nd or 3rd.

Athletes who place in the top six in any event automatically qualify to the Region Championships which will be held on 9th and 10th February 2019 at Sydney Academy of Sport, Narrabeen. Athletes who are deemed to be the next best four from either of the two zones in our region will be notified in the week following the Zone Championships if they will be progressing to Region.

Please note:

Athletes in the **U12 to U17** age groups may apply for an [Exemption from Zone Championships](#) (as per [Rules of Competition, Section D, 1.10](#)), if they are unable to attend their Zone Championships due to selection for NSW in a clashing National or International sporting event. Please ensure that the full rule relating to exemption from zone has been read by all athletes/parents, prior to application.

The Exemption form will need to be completed, scanned and emailed to dlevy@lansw.com.au and karimburkhardt@hotmail.com prior to Friday 9th November.

Parents will be required to do at least 1 duty for each competing child at Zone Championships. A Sign Up Genius roster link will be sent to all Cherrybrook families shortly. We suggest signing on for a parent helper duty as early as possible when the duty time is convenient for you. If you do not sign up for a parent helper duty you will be allocated a duty at a day and time that may not be convenient.

Rules for Zone:

U7 to U12 athletes

Cherrybrook is **allowed to enter 6 athletes per age group per event for Zone**. Everyone needs to nominate for the events they would like to compete in and we choose a team based largely on performance, but with a view to allowing as many athletes as possible to compete at Zone. **U7-U12 athletes can compete in up to 4 events but can apply for up to 6 events**. Because of the limits, athletes are **NOT GUARANTEED** their nominations.

U13 to U17 athletes

Can nominate for up to 6 events. No participation limits apply in these age groups as there are less senior athletes registered and competing, and events are rarely full.

Please note:

Athletes will be entered only if they complete the nomination process via ResultsHQ which is now open. Nominations will close at 9pm on Wednesday the 7th of November 2018.

A copy of your nomination form will need to be emailed to Karim Burkhardt at karimburkhardt@hotmail.com once you have nominated, with preferences against each of your events if you are in the U7-U12 age groups.

Zone Program:

The program for Zone is on the Upcoming Events section of the Cherrybrook website or click on this link:

<https://athleticsclubwebsite.files.wordpress.com/2018/07/north-met-zone-program-2018-5-9-18-incl-multi-class-final.pdf>

Nomination Instructions

If you have not previously logged into ResultsHQ, your username is your email address, and your password is the same as you used to register for Cherrybrook. If you have forgotten it, use the forgot password link to reset.

1. Go to the ResultsHQ family portal at <https://resultshq.com.au/Login/Index/> Please note that the mobile version of RHQ may not support the following process and you will be unlikely to nominate from a mobile phone. Tablet users should make sure they are using the desktop version of RHQ.
2. Your login ID is the email address you used to register for Little Athletics this season (this is likely to be the email address your club/age manager contacts you with).

If you do not know your password, use the “Forgotten your password?” link and it will be sent to the above email address.

3. When you log in you will see a red bar labelled “New Notifications”. Click on 
4. Click on the “View” link to see carnivals that are available for you to nominate for.
5. You will see the Zone carnival option (and may see other events). Note that it will show 12-13 December 2018 dates, but this is due to a technical problem – the **carnival is taking place on December 8-9**. Select the <Edit> button to register.
6. You will see a list of available events for each of your athletes. Select the check boxes on the right side to nominate for events. ***Please note that the dates and session times of the events are indicative but for final event times you will need to refer to the Zone Event Program.***

After selecting your events click on the <next> button. Please note that if you select more than 6 events the <next> button will vanish until it is corrected. You are able to nominate up to 6 events.

7. If you see red highlight this is a clash warning. Do not worry about this. Clashes at our Zone are actively managed. However, you should refer to the Zone Event Program for the official event timing to ensure you are available for the events you nominate for.
8. After submitting, you will see a nomination summary. This information will be emailed to you. You can go back into the system and revise your nominations up until nominations are closed by the Zone. This will occur at 9pm on Wednesday the 7th of November 2018.
9. If you wish to identify preferences to help guide the selection process, please print the nomination summary you are emailed and number your preferences in order (where 1 is most preferred) and scan and email this form to karimburkhardt@hotmail.com. Alternatively, please give a printed copy to Karim on Friday 2nd November during Friday night competition.
10. After nominations have closed Karim Burkhardt, the Championships team and Age Managers will review the nominations for U7 to U12 athletes to ensure that the athlete and event limits are met.

Please note:

- Any questions about the **nominations process** should be directed to Karim Burkhardt at karimburkhardt@hotmail.com