



Northern Metropolitan Zone – Little Athletics NSW

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INFORMATION FOR COMPETITORS **NORTH METROPOLITAN ZONE CARNIVAL** **BARTON PARK, PARRAMATTA** **Saturday 8 and Sunday 9 December 2018**

PROGRAM

Printed programs will not be available for sale at the carnival.

A program of events is available to print off from your club's web site. Please check that you are aware when all your child's events are on. There are heats and finals programmed for most track events. If an event only has enough athletes for a single race then a straight final will be run at the time of the scheduled heat. This season all 400m races will be run as timed finals.

Please note that the times given are 'not before times' they are not competing times.

The first Marshalling call for field events will be at 8am on both days and athletes will proceed directly to their first field event to marshal at the competition area.

The first Marshalling call on the Track event on both days will be 8.15am for both the circular and straight tracks. Athletes should go to the track marshalling tent.

WHEN TO ARRIVE

Please check the times of your child's events carefully on the zone program. Field events are listed with a "Not Before Time". This means that the event will not commence before that time, however it is quite likely to be marshalled ready to 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 weather delays such as extreme heat, rain or lightning.

Ensure you arrive 1 hour before your event, this will enable you to find parking, check in, set up your chairs etc. and not be stressed. Your athlete will also have plenty of time to warm up prior to being marshalled.

FOOTWEAR

Footwear is compulsory for all athletes in all events.

Spike shoes may not be worn by athletes in the Under 7, Under 8, Under 9 and Under 10 age groups.

Athletes in the U11-U17 age groups only may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump and javelin.

Athletes in the U12-U17 age groups may wear also spike shoes in events not run entirely within lanes, except walks.

All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than 2 blanks/slugs installed.

For safety reasons Spike shoes are only to be worn during events and must be removed or covered before proceeding to another event.

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 club's tent, so your Team Manager knows your child has arrived and that you have confirmed for your rostered parent duty.

Parents must collect a "parent helper lanyard" from the club Team Manager prior to proceeding to your rostered duty. Access to the competition area will not be allowed without this lanyard.

THROUGHOUT THE DAY

There will be marshalling calls throughout the day on the loud speaker system. 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 for their event at marshalling, the event will go ahead without them and they 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.

PARENTS/ GUARDIANS

We would like to remind all parents / caregivers that all children MUST be accompanied by an adult at the carnival. On arrival at the Carnival we would like to ask that one parent / caregiver sign in with their club 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.

ZONE DUTIES

As the North Metropolitan Carnival is run entirely by volunteers, each club has been allocated a number of Parent Roster jobs. An explanation of what each duty entails can be found with your club's team manager.

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. If online results are possible, the website details will be available from your Team Manager or Carnival Information. We will endeavour to have Saturday's results uploaded on Saturday night.

MEDALS AND REGIONAL QUALIFIERS

Under 7 Athletes 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 dias.

All athletes will receive a certificate detailing all their zone results early in the new year.

Athletes U8-U17 who place in the top 6 in their Finals will qualify for Region Championships on the 9 and 10 February 2019 at Narrabeen Academy of Sport. There are two zones in our region, and 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. This year, all 400m events will be **timed finals**, with the fastest 6 times in each age group qualifying for Region Championships. Pack starts, 800m, 1500m and 3000m are straight finals. Therefore, if you finished 7th or 8th it is possible you will be an additional qualifier to Region. Additional qualifiers will see their names posted on the www.lansw.com.au

website in the week following zone. This will give you plenty of time to train for Region in any additional event.

If you know you cannot attend Region on 9 and 10 February 2019, please notify your Team Manager by the end of the carnival. This may allow another athlete to compete. Your team manager will fill in the notification and forward it to the Zone Committee.

The first 3 relay teams will achieve qualification to region.

RULE CHANGES IN 2017

A reminder about the two new rule changes applied last year:

1. In the 4 x 100m relay, each takeover zone shall be 30m long. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.
2. Rule 180.18 – Time Allowed for Trials Time limits have changed to:
 - a. Long Jump, Triple Jump, Shot, and Discus, and Javelin – 30 seconds
 - b. High Jump – 30 seconds, but when only 2 or 3 athletes continue in the competition, the time should be increased to 1.5 minutes. If there is only 1 athlete left, then the time should be increased to 3 minutes.
 - c. For consecutive trials for the above events, the time should be 2 minutes.
 - d. When only one athlete (who has won the competition) remains in high jump and is attempting a record the time limit shall be increased by 1 minute beyond those set out above

In addition, remember that new Implement weights have been introduced in the 2018/19 season, as follows:

U11 Girls and U11 boys use a 500g Rubber discus

U12 Boys use a 2Kg Shotput

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

1. All sprint races for U11-U17 will require the use of starting blocks. 100m, 200m, 400m and all hurdle races. Blocks are available at zone but not compulsory to use.
2. 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
U9	0.85	0.80		0.90	0.85		0.95	0.90
U10	0.95	0.90		1.00	0.95		1.05	1.00
U11	1.05	1.00		1.10	1.05		1.15	1.10
U12	1.15	1.10		1.20	1.15		1.25	1.20
U13	1.20	1.15		1.25	1.20		1.30	1.25
U14	1.25	1.20		1.30	1.25		1.35	1.30
U15	1.25	1.20		1.30	1.25		1.35	1.30
U17	1.30	1.25		1.35	1.30		1.40	1.35

3. Maximum qualifying times for the 1500m walk and 3000m run at the State Championships as follows:

Age	1500m walk	3000m run
U12	11.00 min	
U13	10.45 min	13.30 min
U14	10.30 min	13.00 min
U15	10.15 min	12.30 min
U17	10.00 min	12.00 min

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

WHAT TO BRING

1. Full Centre uniform – shirt (or shorts) with age patch, Red Coles Patch, individual number with all the red borders visible on the front. See your team manager if you do not have all these patches.
2. Hat, sunscreen and plenty of drinks. It is usually a very hot weekend. 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 is nearly impossible to borrow shoes and athletes may not compete barefoot in any event.
4. While the canteen and BBQ are operating all weekend, you may wish to bring any special food requirements with you.
5. 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.
6. Spray bottles and towels are also a good idea.

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. Barton Park has lights and 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 15 and 16 December. It is extremely unlikely that the whole carnival will be moved to those dates.

WHAT TO DO IF YOU ARE NOT AVAILABLE FOR REGION

If you know you cannot attend Region on 9 and 10 February 2019, please notify your Team Manager by the end of the carnival. This may allow another athlete to compete. Your team manager will fill in the notification and forward it to the Zone Committee.

A MAP OF EVENT AREAS AT BARTON PARK WILL BE AVAILABLE WITH YOUR TEAM MANAGER OR AT INFORMATION AT THE CARNIVAL.

WARMING UP

There is no specific designated warm up area. There is some space outside the competition arena at both ends of the field. Please see information to have these locations clarified on the venue map.

LOCATION OF BARTON PARK, Parramatta

