

Little Athletics NSW Region 5 Championships
Saturday 9 and Sunday 10 February 2019
INFORMATION SHEET

WHEN: Saturday 9 February and Sunday 10 February, 2019
WHERE: Sydney Academy of Sport, Wakehurst Parkway, Narrabeen
TIME: First Marshaling Call: 7.30am. Events commence at 8:00am - both days.

REGION 5 CLUBS - Ku-Ring-Gai – Manly Warringah – Mosman Northern Districts – Hornsby District - **Cherrybrook** – North Rocks Carlingford – Northern Suburbs – Parramatta - Ryde

VENUE ENTRY AND ARRIVAL

Gates will open at 7am each day. There is no gate entry fee for either Athletes or spectators. All Athletes are encouraged to arrive at least 1 hour prior to their first event. Leave plenty of time for parking and walking to the venue from the car. On arrival Athletes are required to check in at the Cherrybrook Information Desk on each day they compete. Athletes will receive a Regional pack with representative shirt and information etc when arriving on their first day of competition. A parent or guardian of all competing athletes is also required to check in on any day they have an athlete competing.

TEAM MANAGERS:

Your Team Managers for Cherrybrook for both days at Regional are Nicky Jenneke (0448407716) and Naomi Moore (0416128316).

Your Team Managers should be approached by any Athlete or Parent that has any questions or concerns that the Cherrybrook Information desk cannot answer.

Your Team Managers are the only ones from your Centre that are allowed to deal with officials and lodge protests over the weekend. If wishing to lodge a protest you must notify a team manager within 20 minutes of the results being posted and be prepared to pay a \$50 fee, which will be returned if the protest is upheld or not deemed frivolous.

PROGRAM :

A program showing Region 5 events with not before times is both attached to your latest Regional email and can also be found on the Cherrybrook Athletics Website Home Page.

Events may be called for marshalling 30 minutes prior to the 'not before' time, so please ensure that athletes arrive at the ground at least 60 minutes prior to the "Not Before" Start time listed for their event. If an athlete does not turn up for their event at marshalling, their event will run without them and they will miss out.

There will be no printed programs for sale over the weekend. The full official program should be available online just prior to the carnival for you to download and print if required.

WHERE TO SIT

Cherrybrook athletics would like to invite all it's regional Athletes and supporters to sit together. Traditionally Cherrybrook will set up at the far side of the Oval between the start of the 200m and 100m. Please look for the Cherrybrook banner on the fence to find our area. Those wishing to sit else where should advise the Cherrybrook Information desk so that Athletes can be found quickly if required.

WHAT TO BRING

- Plenty of water to keep hydrated.
- Healthy snacks to keep athletes fueled
- A cool wet towel, sports wrap or spray bottles to keep core temperature down
- Chairs or a picnic blanket to sit on, there is no seating in the area we sit in.
- Sunscreen and wet weather gear to cater for a range of weather conditions.
- Spare socks and underwear in case of wet weather or accidents.
- Sports Rub or moisturizer for massage purposes to keep athletes limber
- Shade shelter, whilst the club will provide some shelter, families are encouraged to bring small shade shelters if possible (beach shelters are ideal)
- Full uniform, running shoes and joggers.
- A fully charged phone.
- A copy of this information sheet.
- Lots of enthusiasm, energy and a good cheering voice.

MARSHALLING

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 miss out. The Cherrybrook Information desk will keep a record of all marshalling calls, please check at the desk if you are unsure if your child's event has been called.

Athletes doing Track events go to the track marshalling tent and field events Athletes go to the field marshalling tent.

It is a good idea for athletes to visit the bathroom before going to marshalling if possible.

CLASH OF EVENTS

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. Athletes with clashes should visit the Cherrybrook information desk before marshalling to have their events written on their hands, this will assist the clash managers to easily identify any athletes with event clashes during the day.

Event Chiefs will be instructed only to release Athletes to designated Clash Manager/Assistants (identified by a lanyard).

PARENTS MUST NOT remove children from an event themselves. If they do, the child risks disqualification.

RESULTS :

In addition to being posted on the notice board at the ground, all results will be available online as soon as possible after the event. You can access these results at <http://www.littlearesults.com/region5> .

UNIFORM

All competitors must wear full Cherrybrook Athletics Uniform including

- The correct individual McDonald's (with the red border fully visible) or OneSport registration number firmly attached to the front of their top.
- Correct Age Patch firmly attached to the front left hand side of the top or shorts.
- Coles patch (red) firmly attached to the right hand chest of the top.

Pins are acceptable, provided the patches are all secured well and do not 'flap' around loosely.

- Black compression tights may be worn, but must be above knee high

If any athlete has lost their registration number please advise Nicky Jenneke asap

If any Athlete requires Uniform before zone, please visit the uniform shop in the Club room this Friday evening between 5.45pm and 7pm or contact Nicky Jenneke on 0448407716

Athletes requiring a Coles Patch or Age Patch, can enquire about these in the Club Room this Friday night or see the Cherrybrook Information Desk at Regional for them.

PLEASE NOTE

We have been advised that no leniency will be shown at Region marshaling – any competitor not correctly attired will be sent to their Team Manager to correct their uniform, but the event will not be held waiting for them to return. So please ensure all athletes have everything well in advance, so there are no nasty last minute discoveries! Uniform will be checked on arrival when athletes first check in.

FOOTWEAR

Shoes are compulsory for all competitors in all events. No athlete may compete bare foot in any event.

Spikes may be worn as follows:

U8, U9 & U10: Spikes may not be worn in any event.

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 spike shoes in all of the events listed above, as well as events not run entirely within lanes, except walks.

At Narrabeen, any brand of Christmas Tree spikes up to 7mm on the track and 9mm for jumps may be used. Christmas tree spikes are recommended for the best performance on synthetic tracks)

If Pyramid spikes are used **ONLY** the following “**Omni Lite**” **Pyramid spikes** are now permitted on the Narrabeen Track

- Pyramid 5mm - Pyramid 7mm - Pyramid 9mm – jumps only
(Pyramid Spikes are better suited to grass tracks)

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

SPIKED SHOES must only be worn during the event. Spiked shoes MUST BE REMOVED OR SUITABLY COVERED BEFORE LEAVING THE COMPETITION AREA, AND MUST NOT BE WORN TO WALK AROUND THE VENUE.

QUALIFYING FOR 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 the State will progress.

Only the first place Relay Team will progress to State level.

ALL ATHLETES THAT MAKE THE TOP EIGHT IN A TRACK OR FIELD EVENT ARE REQUIRED TO INFORM THE CHERRYBROOK INFORMATION DESK. All Top eight Athletes will be asked to confirm their availability for State by the end of the carnival and first time State Athletes will be sized up for a State Jacket.

All competitors (U9 and above) are advised to review the program for the State Championships via the LANSW website prior to regional, to ensure availability in the event of qualifying for State. State will be held at Sydney Olympic Park (SOPAC), on Saturday the 16th and Sunday the 17th of March (there will be no Friday night events this season)

The State program is very different to the Region 5 program. Events are NOT necessarily on the same day – so please check the State program carefully for your availability. State details can be found at

<http://www.lansw.com.au/Competition/Championships/State-Track-Field-Championships>

Athletes in the 1500m Walk, 3000m run who do not achieve the qualifying times for the State Championships as well as Athletes who do not achieve the High Jump opening heights as tables below, will not progress to State.

High Jump Start Heights for State				1500m Walk and 3000m Run Qualifying Times			
Age		State Boys	State Girls	Age	1500m walk	3000m run	
U9		0.95	0.90	U12	11.00 min		
U10		1.05	1.00	U13	10.45 min	13.30 min	
U11		1.15	1.10	U14	10.30 min	13.00 min	
U12		1.25	1.20	U15	10.15 min	12.30 min	
U13		1.30	1.25	U17	10.00 min	12.00 min	
U14		1.35	1.30				
U15		1.35	1.30				
U17		1.40	1.35				

PARENTS / GUARDIANS

A reminder that It is a requirement of Little Athletics that all Athletes be accompanied by an adult at the carnival at all times. If for any reason a parent needs to leave the venue, they must appoint another parent as the guardian of their child/ren and notify the Cherrybrook Information desk.

Parents are asked to be encouraging and supportive and encourage their children to be good sports and congratulate fellow competitors, cheer on team mates and to thank the officials.

PARENT DUTIES

All Parents with athletes competing at the Regional 5 Carnival have been allocated a duty to undertake over the weekend (unless assisting at the championships as an official). Most families have been allocated a duty on each day they have an athlete competing. Those that do not have a second duty (if attending on both days of competition) will be regarded as a 'Reserve Helper' and may be called upon to assist with an additional Duty if required. Please assist if a request is made of you. We appreciate the support of our parents cooperation and help.

All parent helpers must visit the Cherrybrook Information desk five to ten minutes before their allocated duty time, to be checked off the roster, receive instructions and receive a Cherrybrook Lanyard, identifying them as a Parent Helper. Access to the competition area will not be allowed without this Club lanyard identification. All parent helpers will also be required to sign on at the event area they are assigned to.

Parent with Duties taking photos should contact Nicky Jenneke if they do not have a camera to use on the day and then one will be supplied.

If anyone has a valid reason why they cannot undertake their allocated duty, please contact Nicky Jenneke to discuss. Failure to undertake a parent duty, could jeopardize your child from representing the club in future competition, including

state. (so please please please contact Nicky if you have any doubt whether you can undertake your duty).

All parent helpers must be wearing closed in shoes – not thongs or sandals.

SNAKES:

It is not uncommon to sight snakes at the venue. Please be alert and aware at all times, and for this reason it is emphasized that parent helpers must be wearing closed shoes, and strongly recommended that all adults and athletes wear closed shoes (not their spikes) when walking around the venue, particularly the upper throws area and long jumps 1 and 2 on the far side of the track away from the grandstand.

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!

In the event of extreme conditions, such as 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. Announcements will be made in the Cherrybrook Athletics area on the day and email notifications will be made if lengthy delays are expected.

WARMING UP :

Unfortunately there is no designated warm up area available at this venue. NO warming up will be permitted inside the perimeter fence of the track after 7.30 a.m. on both days of the carnival. Parents and Coaches may find grass areas outside the Athletics arena where warming up is possible.

COACHES AREA – Senior Athletes ONLY

An area designated for Coaches to speak with athletes will be clearly marked on the perimeter fence for all field events EXCEPT at Triple Jump pits 1 and 2 (due to the possibility for interference across the track).

AWARDS

All competitors will receive a medal if they are placed 1st, 2nd or 3rd in a final. Medals will be presented as soon as possible after the event. Track medalists should remain in the designated shade tent at the finish line until their medal presentation. Field medalists will be taken to the presentation area by an official at the conclusion of their event.

All competitors will also receive a certificate showing all their performances via their Age Managers before the end of the season.

MEDALS:

Medals will be pre-engraved with the age group and event.

Ensign Engraving will be engraving on site from approx. 10am to 4pm each day if athletes wish to add their own name, performance details, etc. They will be located near the canteen.

The cost will be just \$10 to record the athlete name and performance details.

WITHDRAWAL FROM EVENTS AT REGION.

For withdrawal from a field event, no action is required.

If an athlete wishes to withdraw from a track event please let Nicky Jenneke know before the day or inform one of the team managers on the day at least an hour before their scheduled event.

RELAY TEAMS

Athletes in relay teams have been informed and should see Nicky Jenneke and assemble near the Cherrybrook Information Desk around 3.30pm or after their 200m Final.

CANTEEN AND BBQ

There will be a canteen and BBQ in operation across both days of competition – cash sales only.

FIRST AID

First Aid will be provided by St John Ambulance Manly Warringah Division. Tensegrity Sports Chiropractors will also be on site.

FOOTWEAR AND EQUIPMENT SALES

Kings Track and Field – T&F supplies – will be available all day on both days and will have a supply of spikes for sale.

PHOTOGRAPHER:

Paul Seiser from SPA IMAGES will be attending on Sunday only. Photographs taken will be available for sale via Paul's website www.spaimages.com.au after the event. Flyers will full details and costs will be available at information and posted around the ground over the weekend.

If any Athlete or Parent has any further questions regarding the Regional Carnival or State please feel free to contact Nicky Jenneke anytime on 0448407716.

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

MAP OF OVAL

