



Canterbury Little Athletics Centre Regional Athletics Carnival 1 & 2 February 2020

Our Team Managers for the weekend are:

Saturday

7.30am - 12.30pm	Katherine O'Brien	0410 445 834
12.30 - 5.30pm	Venessa Reidy	0409 329 415

Sunday

7.30am - 12.30pm	Steve Laws	0414 727 925
12.30pm - 5.30pm	Phil Martin	0411 642 454

The Region 8 Carnival is to be held at The Ridge Athletics Track, off New Illawarra Road, Recreation Drive, Barden Ridge on 1st and 2nd February.

Start Time: First Call: 7.40 am. Events commence at 8:00 am

Parking

Families can find parking at a number of locations throughout the complex. Car park 6, located along the 100m straight, is the best location for families but will fill up quickly. The car park located directly behind the clubhouse and canteen is ONLY for the use of officials with parking passes. There will be an official monitoring this car park throughout the weekend, if anyone parks in this area without a pass they will be asked to move their vehicle.

Parent Duties

We still require parent volunteers; please visit the link below to ensure you have signed up to a duty:

<https://signup.com/go/XKjhaRz>

It is a condition of your child competing at the regional carnival that each family completes a duty. If you are not able to sign up to a duty can you please contact Mandy with the reason that you are unable to assist. We do track volunteer participation and this will help with future planning.

Please ensure that you turn up to your duty on the day, 5 minutes prior to your start time.

Parent helpers need to check in with the Team Manager prior to going to your duty. If there are any problems regarding duties please contact Mandy on 0497808046 on the day.

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

Please ensure you have adequate sun protection and water.

Parent helpers are not allowed to provide any assistance, coaching or encouragement to any athlete whilst helping at an event.

If parent helpers do not report in time to their assigned event, our Centre will be called over the p.a. to supply an alternate helper and it may cause delays to the program.

Regional Program

The Regional Program can be found on Team App under documents or at:

<http://clac.org.au/wp-content/uploads/sites/77/2020/01/LANSW-Region-8-Full-Program-140120.pdf>

PLEASE NOTE: The times on this program are Not Before times, which means that the event may not START before that time (unless ALL athletes are present).

The event may be called to the Call Room up to 30 minutes prior to this time and the group may be taken to their event location. If it is a field event, the chief may allow athletes to set up their run ups or do a practice round before this event time.

Athletes should be at the track at least 45 mins before their event time to avoid disappointment.

These times are a guide and on occasion, the program may run behind schedule due to any number of reasons. The program has been timed based on athlete numbers and previous year's programs however it is not an exact science and things such as weather, clashes and waiting for parent helpers can cause delays.

Protest Procedure

If an athlete/centre wishes to make a protest it must be done by the Team Manager ONLY.

The Team Manager needs to submit the protest in writing using the Protest Form, which is available at the Information desk.

There is a \$50 fee to lodge a protest which is payable by the athlete/family. It must be submitted to the information officer within 30 minutes of the completion of the event. The protest shall then be assessed according to the LANSW Rules of Competition.

Athletes withdrawing from an event

Any athlete who is withdrawing from any event over the course of the weekend, needs to notify the Team Manager as soon as they know they are unable to compete. This will assist in the smooth running of the program.

Call Room

Athletes in the first listed field events of each day will go straight to their first event. All other athletes must attend Call Room when their event has been announced.

The Call Room is located at the southern end of the main track. The Field Call Room and Track Call Room are on either side of the equipment shed. Only competing athletes are permitted in the Call Room. Only parents rostered to help are permitted in the Call Room.

Athletes are not allowed to wear their spikes in the call room, they must put them on when at the start line for their event.

Centre Uniform

Please ensure that your child is in complete Canterbury Uniform, including club shorts. All patches, including rego number, age patch and Coles patch must be sewn on in the correct place. Pins are acceptable, provided the patches are all secured well and do not 'flap' around loosely.

There will be no leniency shown at the Region Call Room – any competitor in incomplete uniform will not be allowed to compete on the day.

Competitor Footwear

Shoes are compulsory for all competitors in all events.

Spikes may be worn as follows:

- U8 to U10: Spikes may not be worn in any event
- U11 to U12: 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.

Any athlete who wears spikes for track events run entirely in lanes **must use starting blocks**. Spike length is 6mm.

Spike shoes with the spikes removed or blanks inserted may not be worn in any events. No athlete may compete bare foot in any event.

SPIKED SHOES MUST BE REMOVED BEFORE LEAVING THE COMPETITION AREA, AND MUST NOT BE WORN TO WALK AROUND THE VENUE OR THE CALL ROOM.

Weather

The forecast for this weekend is very hot and there is not a lot of shade at the Athletics track.

It is unclear how much allocated space CLAC will have. If you have portable shade, it is recommended to have this available in your car should there be a need for it. Personal sized umbrellas may also be helpful.

The Regional Championships will go ahead under most weather conditions, please come prepared with hats, sunscreen and plenty of water.

You may find the following guidelines helpful:

- Take sufficient drinks and make sure they're readily available
- Take iced or frozen drinks to the activity
- Take ice packs that can be massaged or held against the skin for a cooling effect
- Packing towels and face washers that can be soaked with water during the day and draped around shoulders and necks.
- Taking personal spray bottles and/or battery operated fans
- Taking umbrellas and other shade structures in case there is not enough adequate shade.

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 the carnival Safety Officer and advised to Centre Team Managers as soon as possible.

Warming Up

Athletes can use the Fields 9 & 10, the football and cricket fields and the netball courts for warming up. No athletes are to use any part of the track or field areas for warming up.

Clash of Events

There is a Clash Manager for this carnival. Athletes should advise the Chief Judge of their event if they believe a clash may occur so that the chief can make arrangements for that athlete to attend call room and compete in their event.

The Clash Manager will take athletes to clashing events and will inform call room to ensure no athlete misses an event due to a clash. Track events take priority when a clash occurs.

The athlete is responsible for returning immediately to their field event to complete any further attempts. Athletes should be aware of any potential clashes of events they are competing in.

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.littleareresults.com/Region8/>

Awards

All competitors will receive a medal if they are placed 1st, 2nd or 3rd in a final.

Medals for competitors will be presented as soon as possible after the event at the medal presentation area, next to the information desk.

Any uncollected medals will be given to the relevant centres at the conclusion of the championships.

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

Services Available

Full canteen and BBQ

First Aid

Instant Photos

Photographer

Photographers for this year's Region 8 Championships are Instant Photos. You will find them in a big caravan near the entrance to the ground. Photos are only available to purchase at the carnival over the weekend and ARE NOT available online after the event.

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 the State will progress.

If any athlete does not intend to progress to State, please notify the Team Manager who will follow the appropriate procedure to notify Information.

LANSW State Championships will be held at Sydney Olympic Park Athletics Centre (SOPAC), Homebush on Saturday 14 and Sunday 15 March 2020.

You will be advised of qualifiers and further information in due course; however, the program is currently available on the LANSW website.

Good Luck to all our CLAC Athletes!