



2016/2017 REGION 7 CHAMPIONSHIPS
FRIDAY/SATURDAY/SUNDAY 17/18/19 FEBRUARY 2017
The Crest Athletics Centre,
McClellan Street Georges Hall
INFORMATION FOR CENTRES/COMPETITORS

Starting times: Friday first call 6.15pm for a 6.30pm start

Saturday/Sunday first call 7.40am for an 8.00am start

Events: The Region program has not before times it is not a timed program. Therefore centres should not be giving times for events at Region, as some track events may go to straight finals or athletes not turning up at field events causing the next events to be called earlier than expected.

Please note there will be only 2 high jump areas this season also the discus will not be closing down for javelin.

Medals: Medals will be awarded to the first three (3) placegetters in all Finals. Presentations will be made as soon as possible after each event. Approved Centre uniform **MUST** be worn on the presentation dais.

Certificates: All athletes will be awarded with a Performance Certificate for these Championships.

Centre Uniform: All athletes must compete in their registered centre uniform. Athletes may wear plain compression/bike pants in colour of Centre uniform with no logos or contrasting stitching as an outer garment. If they wear compression/bike pants with logo or contrasting stitching they must be worn underneath their centre shorts. **No part of the uniform shall extend beyond the top of the knee.** Athletes may wear a plain "T" shirt under their competition uniform.

McDonald's registration number **with the red border showing or One Sport (U12-U17)** is to be firmly affixed to the front of the uniform top.

Age patches are to be worn on the **front left hand side** of the uniform.

The **orange** Jetstar sponsors patch must be worn on the **top right hand side** of the uniform top.

Athletes presenting to Call Room/events **NOT in correct uniform will be sent away to have it fixed**, event will not be held up.

Team managers should bring spare registration numbers, age patches, sponsor patches and safety pins to championships.

Athletes may take additional clothing out to field events for sun protection or to keep warm/dry between trials (eg. hats, t-shirts, jackets etc).

Footwear: Footwear is compulsory for **ALL** competitors in all events. Spike shoes **MUST NOT** be worn in any U8, U9 and U10 events. Competitors in U11 and U12 age groups may wear spikes in events run entirely in lanes, javelin, long jump, triple jump and high jump.

Competitors in the U13 to U17 age groups may wear spike shoes in all track events (except walks), javelin, long jump, triple jump and high jump.

Spike shoes must only be worn during the event and **are not** to be worn to and from the event.

Spike length: Synthetic track 7mm maximum

High/Long/Triple/Javelin 9mm maximum

Blocks will be provided by Bankstown Sports LAC and **are not compulsory.** The use of personal blocks is not permitted.

Spectator Parking: The Bankstown SES will be assisting with parking for a gold coin donation.

Engraving: There will be someone in attendance on Saturday and Sunday to have your medals engraved for a fee.

Live Results: The results for the Championships will be available at:

www.littlearesults.com/Region7/

Call Room: All track and field events will be marshalled at the northern end of the ground. All athletes **MUST** go through the call room for all events with the exception of **the first call of field events each day** where they will go straight to the event and have their uniform checked at field event.

Clash of events: There will be two (2) clash managers who will manage the clash of events. If an athlete is at a track event and they are called to a field event, as soon as they have completed their track event they **MUST report to call room**. If an athlete is at a field event and they are called to a track event they **MUST remain at their field event** and the clash manager will pick them up. Please ensure you take your track shoes to field event if a clash is likely to occur.

Program: Programs will be on sale at the Championships for \$5.00 each. The list of events can be found on the LANSW website in the Competitions section (Region 7 - 3 day program).

First Aid: will be located near the end of the finish line.

Information Officer: will be near the finish line for all enquiries.

Sun protection: Every effort will be made to provide shade, but parents are urged to provide hats, sunscreen, t-shirts and water for their children especially when going to field events.

Tents/Shade structures: Any Centre/person erecting a shade structure **MUST** ensure that it is well secured on all corners. In the interest of safety any shade structure that is not properly secured will need to be taken down, our safety officer will be checking all structures.

Safety: LANSW is committed to providing everyone with a safe environment. Please let the Information Officer know if you see something that you think is unsafe.

Spectators: are not permitted on the competition area.

Weather: In the case of very wet or hot weather the carnival management will continuously monitor the conditions. In the case of lightning/thunderstorms the LANSW Lightning Policy will be applied. In the case of very hot conditions, the LANSW Heat Policy will be referred to.

Bins/Rubbish: please ensure that you dispose of all rubbish in bins provided.

Smoking: is not permitted in any competition or spectator area.

Alcohol: LANSW has a zero tolerance on the consumption of alcohol during championships.

Athlete Behaviour: LANSW does not tolerate unacceptable or unsporting behaviour from athletes. This includes bullying or teasing of other athletes. Any serious or repetitive misbehaviour by an athlete may result in the offending athlete being disqualified from the competition.

Sport Rage: Sport Rage is any violence, foul language, harassment, abuse or bad behaviour by athletes, coaches, officials or spectators. Any type of sport rage will not be tolerated by LANSW and may result in offenders being issued with a formal warning. Repeated or serious breaches may result in the offender being asked to leave the venue. They may also be subject to further penalties, including a ban from future participation in the sport.

Qualifying Times for State Championships - 3000m and 1500m Walks: The following qualification times will now apply for progression to the State Championships for the 3000m and 1500m walk events (i.e. athletes must achieve these times at region, in order to progress to state):

Qualifying times for the 3000m		Qualifying times for the 1500m Walk	
U13	13:30 min	U12	11:00 min
U14	13:00 min	U13	10:45 min
U15	12:30 min	U14	10:30 min
U17	12:00 min	U15	10:15 min
		U17	10:00 min

Qualifying Standard for High Jump: Athletes who do not attain the state minimum starting height for the relevant age groups at regional carnivals, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships

Parent/Centre Helpers: are to wear enclosed shoes especially at field events.