

2018/2019 CWMZONE CHAMPIONSHIPS
SATURDAY 8th December - SUNDAY 9th December 2018
Western Blues LAC, Craik Park, cnr 4th and 11th Aves, Austral

[https://www.google.com.au/maps/place/Craik+Park/@-](https://www.google.com.au/maps/place/Craik+Park/@-33.928652,150.8053198,17z/data=!3m1!4b1!4m5!3m4!1s0x6b12930de3a7750d:0xf8b1824764e59b32!8m2!3d-33.9286565!4d150.8075085)

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INFORMATION FOR CENTRES/COMPETITORS

Starting times: Saturday/Sunday first call 8.45am for an 9.00am start Events:

The Zone program is not a timed program. Therefore, arrive with plenty of time for your events.

Age divisions:

Zone U7-U17

Region U8-U17

State U9-U17

Athletes must compete in their own age group.

Medals: Medals will be awarded to the first three (3) placegetters in the U7 age group only. Presentations will be made as soon as possible after each event. U8-U17 top 4 in each zone plus next best 4 clear final performances over all zones

Approved Centre uniform MUST be worn on the presentation dais.

Certificates: All athletes will be awarded with a Performance Certificate for these Championships, at a later date.

Parent/Centre Helpers: This season we will not be allocating centre helpers to field events as in the past. The Zone has a "**Jump the Fence Policy**" on parent helpers this year. We will be calling for parents to assist at field events. Parents assisting at field events are required to wear closed in shoes.

Centre Uniform: All competitors MUST compete in their registered centre uniform. If the clothing has a logo, it must be no more than 5cm in height, have lettering no more than 4cm in height and not exceed a total of 30cm sq (ie. 5cmx6cm, 3cmx10cm etc), unless the logo is a centre logo or a centre sponsor logo approved by LANSW.

Competition singlets/t-shirts must not cover any compulsory numbers. No part of the uniform shall extend beyond the top of the knee for athletes competing in the walks. 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 (top of singlet or shorts). (NO JETSTAR AGE PATCHES-old age patch) **The Coles 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.

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 the U11 age groups may wear spikes in events run entirely in lanes, javelin, long jump, triple jump and high jump.

Competitors in the U12 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 Western Blues LAC and are not compulsory. The use of personal blocks is not permitted.

Regional Championships at Campbelltown LAC blocks are compulsory.

Call Room: All track and field events will be marshalled. 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 the field event.

Clash of events: There will be a clash manager 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.

Relay Teams

Junior (Boys team and Girls team) – 4 athletes (one athlete from U9, U10, U11 & U12)

- U12 may be replaced by an U9, U10 or U11
- U11 may be replaced by an U9 or U10
- U10 may be replaced by an U9.

Senior (Boys team and Girls team) – 4 athletes (one athlete from U13, U14, U15 & U17)

- U17 may be replaced by an U15, U14 or U13
- U15 may be replaced by an U14 or U13
- U14 may be replaced by an U13
- U13 may be replaced by an U12 (Note: a maximum of 1 x U12 athlete may be used in a senior relay team. If an U12 is used in the Senior Relay team the same athlete cannot be a member of the Junior Relay team).

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.

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 accordance with LANSW policies.

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: Athletes who cannot complete their 3000m run and 1500m walk within these time limits, at regional carnivals, irrespective of placings (including auto qualifiers) will not be considered for progression to the State Track & Field Championships.

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

Qualifying Standard for High Jump: Athletes who cannot 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.