



2023/2024 REGION 7 CHAMPIONSHIPS

FRIDAY/SATURDAY/SUNDAY 9/10/11 FEBRUARY 2024

Camden Athletics Narellan Sports Hub Athletics Centre

Porrende Street Narellan

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 two high jump areas and two discus areas.**

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.

Parent/Centre Helpers: We will be calling for parents to assist at field events. Parent's wishing to assist at their child's event should accompany them to the call room and thence to the actual field event. **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. **Any clothing worn over the knee in any walks event must be form fitting to ensure that the rules of competition for walks can be judged appropriately.** Athletes may wear a plain "T" shirt under their competition uniform.

McDonald's registration number **with the red border showing** 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 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.

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

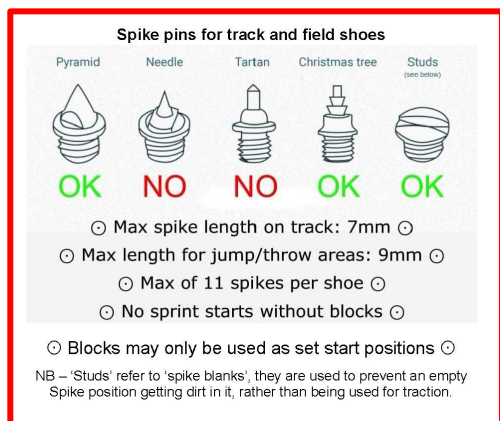
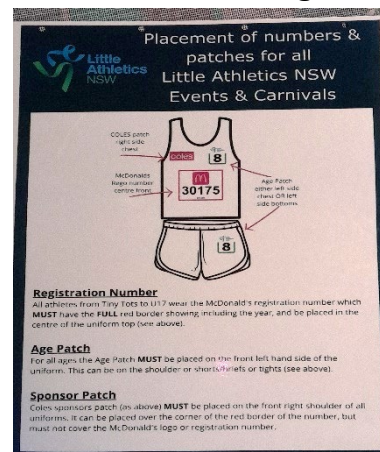
Athletes may take additional clothing out to field events for sun protection or to keep warm/dry between trials (eg. hats, t-shirts, jackets etc) and full **water bottles**.

Footwear: Footwear is compulsory for **ALL** competitors in all events. Spike shoes with or without the spikes **MUST NOT** be worn in any U8, U9 and U10 events. Competitors in the 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 group 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.

Blocks will be provided by Camden Athletics Club and **are compulsory to use if wearing spikes this is a condition of entry at Camden Athletics Centre.** Athletes **MUST** know how to use and set up their own blocks. The use of personal blocks is **NOT** permitted. State Championships at Homebush **blocks are compulsory.**



Call Room: All track and field events will be marshalled at the southern 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 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: The list of events can be found on the LANSW website in the Competitions section (Region 7). The program will be posted the week leading up to Region.

Live Results: The results for the Championships will be available at: <http://www.littleareresults.com/> click on Region 7. **Information Officer:** will be outside the clubhouse.

Spectator parking: See map, NO PARKING ON GRASS.

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

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.

All athletes MUST bring their own water bottle clearly marked with their name, as cups and water WILL NOT be provided.

Tents/Shade structures: Any Centre/person erecting a shade structure **MUST** ensure that it is well secured on all corners **(NO PEGS ALLOWED only weights/sand bags)**. 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. **NO tents/shades can be left at facility on Friday, tents are to be set up on Saturday am and need to be lowered Saturday pm. The Region has arranged for security on Saturday night. Please ensure you take all valuables with you.**

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 in 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/Vaping: 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/Standard for State Championships – 3000m,1500m Walks and High Jump:

Athletes who cannot complete their 1500m walk or 3000m within these time limits, or attain the state minimum starting height for the relevant age groups (high jump) at this Championship, irrespective of placings (including auto qualifiers) will not be considered for progression to the State Track & Field Championships. See Region 7 program for qualifying times and standards.

Long Jump for U11 and U12 athletes will be from a 2m take off board as this is a State requirement.

WARM UP AREA on the grass northern end outside field of play.

Children's Playground: Parental supervision is required at all times; this area is not part of the hire agreement with Camden Council for the Region 7 Athletics Championships.

NETBALL COURTS ARE OUT OF BOUNDS