



# 2019 State Relays

Saturday & Sunday, 16 & 17 November 2019

## INFORMATION FOR CENTRES/COMPETITORS

### Alcohol

Little Athletics NSW has a zero tolerance on the consumption of alcohol during any sanctioned event.

### Athlete Behaviour

Little Athletics NSW 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.

### Awards

Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place teams. Presentations will be made as soon as possible after each event. Approved centre uniform must be worn on the presentation dais. Certificates are to be collected by the centre team manager from the computer room at the end of each day.

### Bins/Rubbish

Please ensure that you dispose of all rubbish in the bins provided or take it home with you.

### Call Rooms

Field call room will be located in the marquee at the top of the embankment at the southern end of the ground. Track call room will be located on the 'red rock' area near the entrance to the tunnel. There is NO call room on the warm up track this year.

### Please Note:

**No calls** will be made for any events. All events, both track and field, are timed. Athletes are to report to the track call room 20 minutes prior for 4 x 100m and 4 x 200m.

4 x 400m and Middle Distance must report 25 minutes prior to scheduled event. Field event competitors report to the Field Call room 30 minutes prior to their scheduled event.

### Centre Helpers

Centre helpers will sign on at their **allotted event** areas. Centre helpers are NOT to be used as Chief Judges.

Sufficient centre helpers have been allocated to some areas to allow for at least one Athlete Controller at each field event.

### Footwear – Centre Helpers

Due to State WH&S regulations, all volunteers in the competition area must be wearing enclosed shoes. If a volunteer arrives with bare feet, sandals or thongs, they should be advised of the rule and asked if they have enclosed shoes. **If they don't have enclosed shoes, the Officials Coordinator will have the helper reallocated to another role.**

### Centre Uniform

Full centre uniform **MUST** be worn, which includes age patch on the left of the uniform (top or bottom), **Coles** sponsors patch on the right shoulder, **McDonald's (U8-U11)** and **ONESPORT (U12-U17)** registration number on the front of the uniform. If these numbers are not worn, then the athlete will need to purchase a replacement at the Information Area - \$10 for temporary Registration Number.

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

### Clashing Events

Athletes in the U12-U17 events (Senior Day) at the State Relays, are permitted to compete in both track and field relays. Officials are to be aware of the following:-

- Unless covered by the following exceptions, athletes must go through the call room for all events (except for the first call of field events, where they go straight to the event, which is deemed to be the call room area for those events).
  - Athletes at a track event when required at Call Room for field event  
Athletes who are competing in a track event, when due at a field event go straight to the field event, after the track event has completed.
  - Athletes at a field event when required at Call Room for a track event
    - For track events, the relevant team manager is to report to the call room (with all non-clashing athletes) at call room time and advise the call room of the clash.
    - The call room officials will highlight the sheet, showing that there is an athlete at a field event. This sheet is taken to the change areas.
    - The athletes in the call room are taken to the event as usual.
    - It is the responsibility of the athlete who was at the field event at call room time, to make sure that they are at the correct change area 5 minutes prior to the start of the event.
    - If all 4 athletes are not at their area by the time the event is placed on the track, the referee will exclude the team. i.e. the athlete is not there at the time of the scheduled event, the change umpire will advise the referee that the athlete is not there and ready to compete. At that time, the team is taken off the track.
- Field Chief Judges may allow athletes who are in concurrent events to compete out of order and/or out of round.
- **Competition takes precedence** over medal presentations. If athletes are competing in an event when called to a medal presentation they have to wait until after they have completed their event before going to medal presentation.

### Coaches Areas

Designated 'coaches areas' will be provided for field events on the senior day. Each field event will have a coaches area located in the spectator area close to the event, which will be marked by witches hats (or similar). Athletes in the U12-U17 age groups only, are permitted to approach that area to talk to their coach. It should be noted that it will be the responsibility of the individual athlete (not the event officials) to ensure that the athlete crosses the track safely and does not miss a trial because they have left the immediate competition area to talk to their coach.

### Emergencies

In the unlikely event of an emergency or the need to evacuate the venue:

- Remain calm
- Listen closely to any announcements
- Follow the directions of the officials

### Field Team Identification

For centres who have entered 2 teams in field events, these are referred to A & B, please ensure your athletes know whether they are in team A or team B. Centres are requested (particularly for the junior day), to mark on the athletes' hands, the discipline they are competing in and if they are in team A or B, e.g. Shot A, Disc A etc.

An athlete is only permitted to compete in one leg of a field event e.g. for the U8, U9 & U10 Throws the same athlete can only compete in the Shot Put leg OR one Discus leg. In the same age Jumps the same athlete can only compete in one leg of the Long Jump.

Field events 33-35 (Sat) and 84,85, 86, 87 and the and high jump 88 (Sun) will go directly to the event area, as the first events of the day.

Field event officials will be expected to check that athletes in these events are in correct uniform. If they are not in correct uniform they are to be sent away to correct any uniform issues.

### **First Aid**

First aid is located in a room under the grandstand, near the finish line.

### **Food/Canteens**

The canteen and food outlets will be located on the concourse and a coffee van will be located at the warm up track.

### **Gates**

Gates will open at 7am on both days. There is NO gate entry fee.

### **Information Officer**

The carnival Information Officer is in on the concourse, in front of the Radio Box Room, which is next to the announcer.

### **Parking**

Please make sure members of the centre allow sufficient time to walk from the car park to the athletics stadium. The preferred parking areas for the Sydney Olympic Park Athletic Centre are P1, P2, P3 and P4. Ample parking will always be available in P1. Normal parking fees are \$5 per hour or \$25 per day. A flat rate of **\$15** applies for events held at SOPAC if you park in these parking stations. Attendees to the State Relay Championships can get their parking ticket validated (if they are at the venue for more than 2 hours) in the Reception at SOPAC prior to leaving the venue.

### **Merchandise**

Merchandise will be available from our sponsor Nordic Sport (make sure you go up and say hello!!). The Nordic Sport stall will be situated in VIP 2 (entry via grandstand).

### **Program**

NO programs will be on sale on the day. The program of events (with team composition) has been posted on the Little Athletics NSW website in COMPETITION section.

### **Relay 4 x 200m**

The 200m relay is run entirely in lanes. The start is at the start/finish line where the athletes will be placed in their lanes by the starters. They will run 200m in their lane and change the baton inside the 20m changeover zone. The 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> runners also run their lanes and change the baton inside their 20m changeover zone. All changeover zones will be indicated on the track. The athletes will be shown these markings prior to the race, by the change officials.

### **Relay changes**

In the 4 x 100m, each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. More detail can be found in the COMPETITION section, Rules of Competition on our website.

## Straight Finals

At close of entries, the following track events are straight finals and will therefore be run at the time of the scheduled heat.

Mixed U12	4 x 100m	Mixed U15	4 x 100m	Mixed 12-15	4 x 100m
Mixed U14	4 x 100m	Mixed U17	4 x 100m		

## Safety

Little Athletics NSW is committed to providing everyone with a safe environment. Please let an official know if you see something that you think is unsafe.

## Smoking

Smoking is not permitted in any competition or spectator area.

## Spectators

Spectators are not permitted on the competition area.

## Spikes

It must be noted that athletes competing on the senior day in the U12-U17 age groups may wear spike shoes in ALL track events, Long Jump and High Jump. **NB.** U8, U9 & U10 athletes **CANNOT** wear spike shoes. U11 athletes may wear spikes in the 4 x 100m plus long, triple and high jump.

## Sport Rage

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

## Sun Protection

Every effort will be made to provide shade but parents are to be urged to provide hats, sunscreen and t-shirts for their children. Athletes should also have a water bottle.

## Tents/Shade Structure

Any centre/person erecting a shade structure **must** ensure that it is well secured on all corners. In the interests of safety, venue management will require any shade structure that is not properly secured is taken down.

## Toilets

Toilets are located at a number of locations at the back of the grandstand.

## Warm Up Area

Athletes may warm up on the warm up track when no event is being held.

## 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 Guidelines will be applied. In the case of very hot conditions, the LANSW Heat Policy will be referred to.

***For any further information feel free to contact the Little Athletics NSW office on 9633 4511.***