

Dear ESLAC Regional Team, Athletes, Parents and Carers,

Congratulations on making it through to the Regional Championships being held this weekend Saturday the 1st and Sunday 2nd of February at The Ridge Athletics Track, Recreation Drive, Barden Ridge.

Key Points for Regional Competitors:

- Training will be available this Friday night from 1700-1800 with Mal on Hurdles, Leo on starts, Jemima on throws and Sara on Long Jump for those Regional Competitors that have paid for Friday training and want some last minute practice
- A reminder for relay competitors from the Zone teams the relay is the last event on Sunday at around 1600 we will try to get some practice in Saturday afternoon after the 100m finals for the teams
- The Regionals table will be open from 6pm for volunteer timing, to take payment and collect Regionals uniform piece. It will be located beside the BBQ
- Regionals entry fee is \$30 payable at the Regional table that will be located next to the barbeque this Friday night. The fee covers the entry costs for the club, the cost of our coach over the weekend and some of the costs of the 7 duties we have to cover over Saturday and Sunday.
- If you won't be at ES Marks this Friday night then you can pay the \$30 by direct debit to "Eastern Suburbs Little Athletics" BSB 012241 Account Number 254095775 and put "Regionals" and your athlete's name and/or registration # in the comments field. Otherwise you can track Drew down over the weekend and pay directly.
- This year we have ordered some Steigen running socks for the Regional competitors and they will hopefully arrive this week to issue Friday night and over the weekend. Photo below.
- We will have a number of duties that we will cover with paid resources and this year Parent helpers may be asked to assist at the field events.
- All parent helpers must be wearing closed in shoes – not thongs or sandals

Other Regional information

- Regional coach Mal Baker will there all weekend with warm ups on the grass oval above the track
- ESLAC competition Manager on Saturday is Drew Richardson (0438 989 571) and Robert Doohan (0417 584 503) will also assist on Sunday
- We will have ESLAC tents there but please bring a chair as the track has no real seating. Our allocated tent position is down near the start of the 100m
- Automatic qualification for State is based on 1st and 2nd from the finals with additional places dependant on performances in other Regions. There can be an additional 8 qualifiers across all the regions subject to specific qualifiers.
- Where there are timed finals places are based purely on the fastest times
- There are medals for the top 3 finishers in each event
- Please wear your ESLAC uniform to Regionals
- Please support our ESLAC competitors as the competition will be tough

Competitor Footwear:

- Athletes - 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.
- All competitors: 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

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/>

Weather:

- The Region Championships will go ahead in all but the most extreme weather conditions so athletes and parents should come prepared with hats and sunscreen
- The forecast is for very hot conditions

Centre Uniform:

- Competitors must wear the correct, approved Centre uniform, which includes:
 - The correct individual McDonald's registration number firmly attached to the front of their top with the red border fully visible for all athletes in U8 – U11 age groups.
 - The correct OneSport registration number firmly attached to the front of their top for all athletes in U12 – U17 age groups. Athletes can turn down the top of the number if it is too big for their uniform. They are NOT allowed turn up the bottom where sponsors names are shown.
 - Correct Age Patch firmly attached to the front left hand side of the top or shorts.
 - Coles patch firmly attached to the right hand shoulder.
- 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 not correctly attired will be sent to their Team Manager to correct their uniform, but the event will not be held waiting for them to return.

Please see the following attachments for more information:

1. [ESLAC Region 8 qualifiers 2020](#)
2. [Region 8 Updated Events Listing 2020](#)
3. [LANSW Region 8 Full Program](#)

4. [REGION SEATING PLAN](#)

Regards,

Your Regional Team Managers

Drew Richardson and Robert Doohan