



**KU-RING-GAI**  
Little Athletics  
Centre Inc.

# Zone Championships – 2021/22

## INFORMATION FOR CENTRES

*Ku-Ring-Gai – Manly Warringah – Mosman – Northern Districts – Hornsby District*

**When:** Saturday 29 and Sunday 30 January 2022  
**Where:** Sydney Academy of Sport, Wakehurst Parkway, Narrabeen  
**Start Time:** First marshalling 8:00am. Events commence at 8:30am on both days.  
**Entry Fee:** Gate entry free  
**Team Manager:** Martin Laslett – 0410498622, Michael Hooton - 0414541867

### **Event Marshalling:**

A programme showing “not before” start times is available on Centre and LANSW websites.

The first marshalling call for track and field events will be at 8:00am on both days. For first field events each day athletes will proceed directly to their event for marshalling at the competition area. For all other field event marshalling competitors must make their way to the designated field marshalling area located behind the 100m starting point on the front track.

All track events marshalling will occur on the northern side of the track near the 1500m starting point. **Refer attached map.**

### **Event Calls:**

Each event will receive two marshalling calls. The first call will be made 20 - 25 minutes before the event start time followed by a second and final call 7 minutes later. In the case of track events, marshalling where possible will close 3 minutes later, with no athlete entries (with the exception of field event clashes) permitted after that cut off point. This policy will ensure that seeding adjustments can be made in the event of multiple athlete withdrawals to ultimately provide a fairer outcome for all competitors.

**Athletes and parents need to arrive at the ground at least 60 minutes prior to the “Not Before” Start time listed for their event.**

### **Centre Uniform:**

All competitors must wear the correct, approved Centre uniform, which includes:

- The correct individual (with the red border fully visible) registration number firmly attached to the front of their top.
- Correct Age Patch firmly attached to the front left-hand side of the top or shorts.
- The Coles patch firmly attached to the right-hand chest of the top.

Pins are acceptable, provided the patches are all secured well and do not ‘flap’ around loosely.

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### **Competitor Footwear:**

Shoes are compulsory for all competitors in all events.

**U7, U8, U9 & U10:** Spikes may not be worn in any event.

**U11 – 12s:** 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.

Spikes with the spikes removed or blanks inserted may not be worn in any events.

No athlete may compete bare foot in any event.

**Only Christmas Tree & Omni Lite pyramid spikes are permitted at Narrabeen. If necessary Kings Track & Field will have stock available to purchase on the day.**

**SPIKED SHOES MUST BE REMOVED BEFORE LEAVING THE COMPETITON AREA, AND MUST NOT BE WORN TO WALK AROUND THE VENUE.**

### **Masks – COVID**

In accordance with the prevailing health orders NSW Office of Sport have advised that it will be necessary for all attendees be they athletes, spectators or officials, over 12 years of age to bring a mask and to wear within the toilets, the room occupied by Tensegrity the chiropractors, and when in congested areas such as the grandstand, queueing at the canteen or track and field marshalling areas when social distancing cannot be applied.

### **Parent Assistance:**

All centres have been given a number of parent helper duties.

All parent helpers must report to their Centre Team Manager or delegate prior to attending their rostered duty to be issued with a Club lanyard identifying them as a Parent Helper. Access to the competition area will not be allowed without this Club lanyard identification.

KLAC Parent helpers to collect lanyards from the Ku-Ring-Gai tent alongside the 100m track.

**All parent helpers must be wearing closed in shoes – not thongs or sandals.**

All parent helpers are required to sign on at the event area they are assigned to, and if they do not report in time your Centre will be called over the p.a. to supply an alternate helper.

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### Snakes:

It is not uncommon to sight snakes at the venue. Please be alert and aware at all times, and for this reason it is emphasized that parent helpers must be wearing closed shoes, and strongly recommended that all adults and athletes wear closed shoes (not their spikes) when walking around the venue, particularly the upper throws area and long jumps 1 and 2 on the far side of the track away from the grandstand.

### Weather:

The Zone Championships will go ahead regardless of the weather so athletes and parents should come prepared with hats and sunscreen as well as umbrellas and raincoats!

In the event of extreme conditions, such as excessive heat, storms or flooding, the Championships may be delayed or temporarily suspended. Any decision to delay or postpone the Championships will be made by the Zone Committee and advised to Centre Team Managers as soon as possible.

### Warming Up:

Please note that there is to be NO warming up inside the perimeter fence of the track after 8:00am on both days of the carnival.

### Coaches Area – Senior Athletes ONLY ( U12s – U17s)

Where possible an area designated for Coaches to speak with athletes will be clearly marked on the perimeter fence for all field events EXCEPT at Triple Jump pits 1 and 2 (due to the possibility for interference across the track).

### Clash of Events:

There will be a Clash Manager (and assistants) responsible for collecting athletes from field events and taking them to track events when there is a clash. As a suggestion to make this clash management easier for everyone concerned, especially the younger age groups U7-U11, parents may consider writing the child's events on their hand each morning, along with the 'not before time' so that the Event Chief and Clash Manager can more easily assist in identifying any event clashes during the day.

Event Chiefs will be instructed only to release children to designated Clash Manager/Assistants (identified by a lanyard). **PARENT MUST NOT remove children from an event themselves. If they do, the child risks disqualification.**

### Results:

In addition to being posted on a 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.littlearesults.com/NEMZ/>

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### **Withdrawals from next level of competition (U8-U17)**

Any athlete who may qualify to compete at the Regional Championship (February 12 & 13 2022) but who knows they will not be available must advise the Team Manager BEFORE the end of the Zone carnival weekend. Team Managers must in turn advise the Computer Tent on the form provided in the Team Manager Information Pack.

### **Portaloos**

The portaloos are for the benefit of only the athletes, officials and parent helpers that are currently rostered on. All others must use the main toilets area.

### **Services Available:**

Full canteen and BBQ – with EFTPOS facility  
First Aid by St John Ambulance Manly Warringah Division  
Tensegrity Chiropractors  
Kings' Track & Field Supplies

### **Photographer:**

Instant Photos will be at the track with their van situated inside at the track entrance taking action pictures of the athletes. Parents may purchase from inside the van shortly after the relevant event has completed.

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