



Little Athletics NSW - Northern Metropolitan Zone

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INFORMATION FOR CENTRES AND COMPETITORS **NORTH METROPOLITAN ZONE CARNIVAL**

When: Saturday 3 and Sunday 4 December 2022
Where: Barton Park, Parramatta
Start Time: First marshalling Call: 7.40am. Events commence at 8am on both days.

TEAM MANAGER:

Each Centre must appoint a Team Manager who is responsible for the liaison between their Centre athletes and carnival management throughout the weekend. A maximum of two team managers per day per Centre may be nominated. Please ensure that they are wearing a lanyard titled Team Manager and specifying their Centre. The name of each Centre Team Manager and a mobile phone number must be provided to the Zone Secretary by e-mail (richardsonsally@outlook.com) no later than 5:00pm on Thursday 1 December 2022. Team Managers should refer to the attached "Team Manager Duties and Responsibilities" issued by LANSW.

Athletes and their parents must be aware that only the listed Team Manager(s) from each Centre will be able to deal with officials and lodge protests over the weekend.

PROGRAM

Printed programs will not be available for sale at the carnival. A program of events should be available to print from your club's web site and access will be available by QR code displayed on posters around the ground during the event.

There are heats and finals programmed for some track events. If an event only has enough athletes for a single race, then a straight final will be run at the time of the scheduled heat. All 400m races as well as the 200m hurdles and 300m hurdles, will be run as timed finals.

Please note that the times given are '**not before times**' provided as a guide - they are not guaranteed competing times.

Please also note that events will start at 8am with the first Marshalling call for all events at 7.40am on both days.

Athletes in the first field events each day should proceed directly to their first field event to marshal at the competition area and commence the event at 8am.

Competitors in subsequent field events will marshal at the field marshalling tent near the Canteen and Information Tent area.



Northern Metropolitan Zone

CENTRES: Parramatta (7), Ryde (38), Northern Suburbs (54), North Rocks Carlingford (158), Cherrybrook (219)

For all track events, athletes should go to the track marshalling tent when called, and track events will commence at 8am.

WHEN TO ARRIVE

Please check the anticipated times of your child's events carefully on the zone program. Field events are listed with a "Not Before Time". This means that the event will not commence before that time, however it is quite likely to be marshalled ready to start at the "Not Before Time". Track times are given down the side of the Track events - and the track usually runs to schedule, unless we have weather delays such as extreme heat, rain, or lightning.

Please ensure you arrive at least 1 hour before the event time. This will enable you to find parking, check in with your Centre Team Manager, set up your chairs etc. and not be stressed. Athletes will also have plenty of time to warm up prior to being marshalled.

CENTRE UNIFORM

Full centre uniform must be worn by all athletes in all events.

- Registration number must be displayed in full including the McDonalds logo and red border
- Coles patch is to be placed on the right shoulder of the competition singlet/top if available from your club. Please note not all centres have been issued with Coles patches at the moment. However, these will be available and mandatory for athletes who progress to Region and State.
- Age patch can be worn on either the competition singlet/top or on the shorts but must be placed on the left-hand side

We strongly recommend that Team Managers check each athlete uniform before they attend marshalling. If they do not have the correct uniform in the marshalling area, they will be sent back to the centre tent to get it corrected. The event will not wait for them, so there is a risk an athlete may miss their event.

We have been advised that from this season, Officials will not modify any athlete registration number bibs or age patches in marshalling at the State Championships should they not comply. Therefore, if they aren't correctly applied to the uniforms there is a risk that they will miss their event if they are unable to make the adjustments in time. To avoid this, please actively follow up any athletes and parents who are not complying at Zone and Regional Championships, so they understand the requirement in advance of State Championships.

FOOTWEAR

- Appropriate footwear is compulsory for all athletes in all events.
- No athlete may wear football boots or cleats in any event.
- Athletes in the U7 - U10 age group may not wear spike shoes.
- Athletes in the U11 - U12 age group may wear spike shoes in events run entirely in lanes only. Spike shoes may also be worn for long jump, triple jump, high jump, and javelin.
- Athletes in the U13 - U17 age groups may wear spike shoes in all track events (includes laned or un-laned events) except walks. Spike shoes may also be worn for long jump, triple jump, high jump, and javelin.
- All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.
- Spike shoes cannot be worn outside the defined "Field of Play" unless all spikes are suitably covered.
- A maximum 12mm Grass spike may be used at Barton Park. Maximum spike length on the long jump/triple jump run ups is 9mm.

WHAT TO DO ON ARRIVAL

Please check in at your Centre tent, so your Team Manager knows your child has arrived and that you have confirmed for your rostered parent duty.



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PARENT ROSTER DUTIES

As is the case with all Little Athletics events, the Metropolitan North Zone Carnival is run entirely by volunteers. All the officials are volunteers, and to assist them, each Centre has been allocated a number of Parent Roster duties.

An explanation of what each duty entails can be found with your Centre Team Manager.

Parents must collect a "parent helper lanyard" from the Centre Team Manager prior to proceeding to your rostered duty. This lanyard will detail the job you are rostered to carry out, and access to the competition area will not be allowed without this lanyard. Please make sure you return the lanyard to your Team Manager at the completion of your parent duty. No photography or coaching is allowed by a Parent helper whilst at the event.

IMPORTANT – ALL parent helpers **MUST** be wearing closed shoes – no thongs or sandals. Thank you.

Please note that Parent Roster duties relate to events, and times are provided as a guide only, so if the carnival is suspended due to bad weather or events are delayed for some other reason, your parent roster duty will also be delayed as well but must still be carried out when events resume or your field event commences.

THROUGHOUT THE DAY

There will be marshalling calls throughout the day on the loudspeaker system. It is the parent's responsibility to warm up their children and to ensure athletes go to marshalling on time. If an athlete does not turn up for their event at marshalling, the event will go ahead without them, and they will miss out.

Track events go to the track marshalling tent and field events to the field marshalling tent – refer to map of Barton Park on notice boards and at Information.

CLASHING EVENTS

In the event an athlete is called for both a field and track event at the first call at 7.40am the athlete should first report to the field event area and advise the official that they are going to a track event, then report to track marshalling. The athlete must then go directly back to the field event area immediately after finishing their race.

Throughout the day, if an athlete is called for a track event while taking part in a field event, the athlete **MUST REMAIN** at the field event until collected by the Clash Manager or delegate.

Athletes must not leave the field event alone or with their parents as the Clash Manager will coordinate for them to remain at the field event as long as possible and only take them to the start line for the track event just before the event starts.

Athletes must return to their field event as soon as they finish their track event.

Athletes should not detour to see a parent or go to the toilet or canteen!

The Clash Manager will not collect them after the track event finishes.

PARENTS/ GUARDIANS

We would like to remind all parents / caregivers that all children **MUST** be accompanied by an adult at the carnival. On arrival at the Carnival, we would like to ask that one parent / caregiver sign in with their Centre and check that the Team Manager has the correct contact details for the attending adult on the day in case of emergencies or any other need to contact you.

RESULTS AND FINALS

Results from all the events will be posted on the results board on the wall of the amenities block, by the canteen. Please check these lists to see if you are in the final of your track events.

We hope to have results online periodically during the carnival. If online results are possible, the website details will be available from your Team Manager or Carnival Information. We will endeavour to have Saturday's results uploaded on Saturday night.



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MEDALS AND REGIONAL QUALIFIERS

U7 Athletes who place in the top three in any final will receive a medal in a special medal presentation. You are welcome to take photos of the athletes on the presentation dais.

All athletes will receive a certificate detailing all their zone results. These will be given to each centre in due course after the carnival.

Athletes U8-U17 who place in the top 6 in their Finals will qualify for Region Championships on Saturday 4 and Sunday 5 February 2023 at Sydney Olympic Park Athletic Centre (SOPAC), Homebush. There are two zones in our region, and the next best 4 results from either Zone will be additional qualifiers to the Region carnival. Athletes must be in the final to be a subsequent qualifier. All field events are considered straight finals. All 400m events, as well as the 200m/300m hurdles, will be **timed finals**, with the fastest 6 times in each age group qualifying for Region Championships. Pack starts U8 400m, 700m, 800m, 1500m and 3000m and all walks are straight finals. Therefore, if you finished 7th or 8th it is possible you will be an additional qualifier to Region. Additional qualifiers will see their names posted on the www.lansw.com.au website in the weeks following zone.

If you know you cannot attend the Region Carnival in February 2022, or wish to withdraw from specific events, please notify your Team Manager before the end of the Zone carnival. This may allow another athlete to compete. Your Team Manager will fill in the notification and forward it to the Zone Committee, but the notification is invalid if it is received after the end of the Zone weekend.

The first 3 relay teams will achieve qualification to region.

A reminder for those that qualify to progress to the Region and State Championships:

1. All sprint races for U11-U17 will require the use of starting blocks if the athlete is wearing spike shoes. Blocks are available at Zone but not compulsory.
2. High jump minimum starting heights are shown in the table below. If an athlete has not cleared the minimum starting height at Region, regardless of place at their Region, they will not continue to the State Championships.

Age	Zone Boys	Zone Girls		Region Boys	Region Girls		State Boys	State Girls
U9	0.85	0.80		0.90	0.85		0.95	0.90
U10	0.95	0.90		1.00	0.95		1.05	1.00
U11	1.05	1.00		1.10	1.05		1.15	1.10
U12	1.15	1.10		1.20	1.15		1.25	1.20
U13	1.20	1.15		1.25	1.20		1.30	1.25
U14	1.25	1.20		1.30	1.25		1.35	1.30
U15	1.25	1.20		1.30	1.25		1.35	1.30
U17	1.30	1.25		1.35	1.30		1.40	1.35

3. Qualifying times for the 1500m walk and 3000m run at the State Championships as follows:

Age	1500m walk	3000m run
U12	11.00 min	
U13	10.45 min	13.30 min
U14	10.30 min	13.00 min
U15	10.15 min	12.30 min
U17	10.00 min	12.00 min

An athlete who has not completed their walk or run within these time limits at the Region carnival, regardless of their place at Region, will not progress to the State Championships.



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WHAT TO BRING

1. Full Centre uniform – shirt (or shorts) with age patch, Red Coles Patch, individual number with all the red borders visible on the front. See your Team Manager if you do not have all these patches.
2. Hat, sunscreen and plenty of drinks. It is usually a very hot weekend. If your child has a field event, pack a backpack that can be taken on the field with these items in it.
3. Make sure you have the right shoes. It is nearly impossible to borrow shoes and athletes cannot compete barefoot in any event.
4. While the canteen and BBQ are operating all weekend, you may wish to bring any special food requirements with you.
5. Something to sit on – there is no grandstand, so your own chairs, or groundsheet and possibly shade. Sit in your club area to form a cheer squad for other athletes in your club.

SERVICES AVAILABLE AT ZONE:

At the carnival there will be the following:

1. Canteen
2. BBQ
3. Coffee Van
4. Sno-Cone Machine
5. First Aid

PARKING

There is plenty of street parking around Barton Park, however, please be respectful to local residents when parking your car and avoid blocking or restricting their driveways or access to their property.

There is to be no parking in the local Scout Hall across the road from the venue.

WET WEATHER

Barton Park is a grass track, so may be affected by heavy rain. Any wet weather notification will be placed on the Parramatta Little Athletics web site www.plac.org.au. However, if there is no website notice, all athletes should arrive at the carnival despite the weather and wait for a decision to be made, and this may involve a delayed start.

In the event of wet weather please bring plenty of wet weather gear as the carnival is likely to proceed despite wet conditions.

In the event of severe bad weather or extreme heat, the carnival may be suspended for a while, but every effort will be made to resume events as soon as possible and practical when conditions ease. Barton Park has lights and so if the carnival is delayed it will proceed until finished in the evening.

In the worst-case scenario, the back-up dates for the zone carnival are 10 and 11 December 2022. Back up dates are used on a day-by-day basis - It is extremely unlikely that the whole carnival will be moved to those dates.

In the unlikely event of either back up date being used, athletes unable to attend due to competing at the Australian All Schools Championships in Adelaide on 10 or 11 December must complete a "Zone Exemption Request Form" and submit this to LANSW no later than close of business Monday 5 December. Your team manager has a copy of this form.



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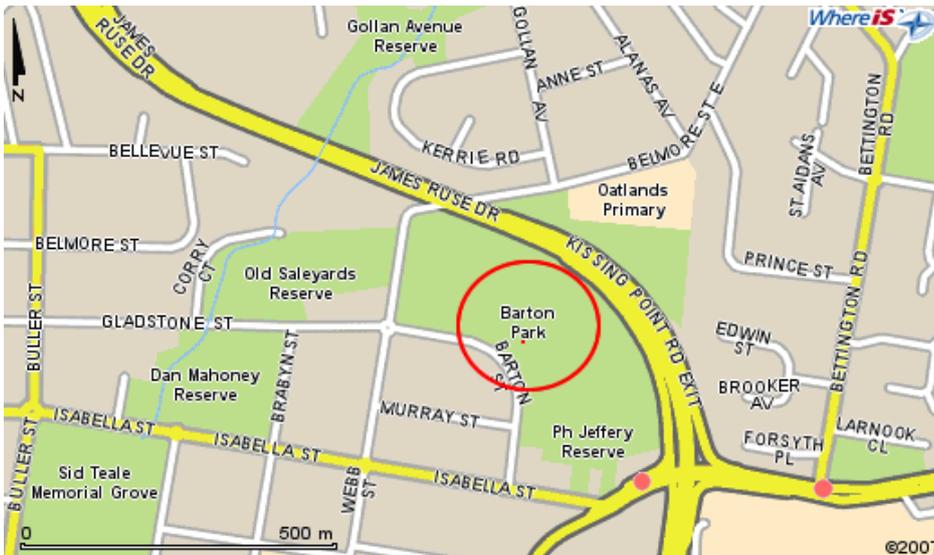
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A MAP OF EVENT AREAS AT BARTON PARK WILL BE AVAILABLE WITH YOUR TEAM MANAGER OR AT INFORMATION AT THE CARNIVAL.

WARMING UP

There is no specific designated warm up area. There is some space outside the competition arena at both ends of the field. Please see information to have these locations clarified on the venue map.

LOCATION OF BARTON PARK, Parramatta



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