

# ZONE EXEMPTION REQUEST FORM



NAME	REGISTRATION NUMBER	CENTRE (e.g., Werrington)	ZONE (e.g., Inner City)	REGION (e.g., 1)	AGE GROUP	EVENTS (e.g., 100m, HJ)

Please return to [competitions@lansw.com.au](mailto:competitions@lansw.com.au)

**RULE 1.12 UNDER THE COMPETITION SECTION OF THE LANSW RULES OF COMPETITION**

Athletes in the U12-U17 age groups, who are unable to attend their Zone Championships because they have been selected to represent NSW or Australia at a clashing National or International sporting event, will be able to automatically progress to the relevant Region Championships. **The athlete MUST provide evidence in the way of results to show that they participated at the event they have been selected for. This evidence must be provided to the Sport & Events Team at Little Athletics NSW via [competitions@lansw.com.au](mailto:competitions@lansw.com.au) as soon as possible post competition.** If for some reason they do not attend the clashing event, they will not be permitted to progress to the Region Championships.

The athlete must apply in writing (on the Application for Exemption Form, which can be found on the [www.lansw.com.au](http://www.lansw.com.au) website in the Competition/Zone/Region section) to Little Athletics NSW, prior to their Zone Championships for this automatic progression to be accepted.

The application must be accompanied by documentation verifying their selection for the clashing event. If the exemption is due to the All-Schools Athletics, the athlete does not need to attach documentation from the clashing organiser, as the list of NSW team members is supplied to Little Athletics NSW.