



# 2023 State Relays

Saturday & Sunday, 11 & 12 November 2023

## 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 according to the medal presentation timetable available on the [website](#). Approved centre uniform must be worn on the presentation dais.

### 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** 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.

**\*First field events on Saturday and Sunday that start at 9am are to go straight to the field area. There is no Call Room for these events.**

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 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.

### **Merchandise**

Merchandise orders will be available from our partner RHSports. RHSport will be situated in VIP 2 (entry via grandstand).

### **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. There is a flat rate of \$18 if tickets are validated. To get the flat rate you must validate your parking ticket at the at SOPAC Reception located under the main grandstand by walking down the stairs on the main forecourt.

### **Partnerships**

Kumon and Tensegrity will be in attendance at this years State Relays.

[Kumon](#) are our State Combined Carnival sponsors! Kumon provides supplementary, after-school learning programmes for children and have helped thousands of kids in around 60 countries. You will find Kumon in the main forecourt as you walk in the main gates.

[Tensegrity](#) are our new partners who are a team of chiropractors, physios and massage therapists. They run a series of clinics across Sydney. They will be located on the left hand side of the main forecourt when you enter through the main gates.

### **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.

### **Protests**

If a Team Manager has an issue with a result they will need to go to the Information Officer, who will give them a Protest Form to complete. If the outcome of the protest is not satisfactory to the centre, they may lodge an appeal to the Jury of Appeal (please read RoC 5.15 Protests and Appeals for further information).

As per Rules of Competition, the Jury of Appeal will consist of 3 people, taken from the following:

- Sport and Event Manager
- Carnival Manager
- Track Referee
- Field Referee
- Chief Executive Officer
- Officials Manager

#### **Relay 4 x 400m**

The 4 x 400m relay is not run entirely in lanes. The start is at the start/finish line where the athletes will be placed in their lanes by the starters. The first runner will run 400m in their lane and change the baton inside the 20m changeover zone. The 2<sup>nd</sup> runner will begin in their lane and is able to merge into lane 1 after crossing the 800m breakline. The 3<sup>rd</sup> and 4<sup>th</sup> runners change the baton inside their 20m changeover zone and may run in lane 1. They are placed in order on the track by the change officials in the order of place at the 200m mark. All changeover zones will be indicated on the track. The athletes will be shown these markings prior to the race, by the change officials.

*Please note: U11 and U12 runners in the 4 x 400m are not permitted to wear spikes in 4 x 400m relay.*

#### **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 30m 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 30m 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.

#### **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**

U8, U9 & U10 athletes **CANNOT** wear spike shoes. U11 & U12 athletes may wear spikes in the 4 x 100m plus long, triple and high jump.

Athletes competing on the senior day in the U13-U17 age groups may wear spike shoes in ALL track events, Long Jump, High Jump and Javelin.

Spike length as per LANSW Rules of Competition.

### **Starting Blocks**

All athletes in the U11+ age groups who are wearing spikes and are the first runner of the relay in laned events, must use starting blocks. This is a [Condition of Entry](#) for SOPAC.

In applying this rule LANSW have organised the following “how to set up blocks” sessions to assist athletes who need assistance at the Relays.

*Saturday at 8am – Warm-Up track at the 100m start*

*Sunday at 8am, 9am & 10am – Warm-Up track at the 100m start*

Athletes will be shown the basics on how to set up the blocks and also have the opportunity to try them out.

If you would like to try out blocks prior the Championships, SOPAC have training nights where blocks can be accessed. Please check their website for [training times](#).

If the athlete is not confident to use blocks then it is advisable for the athlete to wear waffles or normal running shoes.

### **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.

### **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.

Some areas will be unavailable during events. Please do not enter these areas.

### **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.***