



2 & 3 March 2024

Hunter Sports Centre, Glendale

INFORMATION



AGE GROUP MANAGERS

Age Group Managers have been appointed. If we have had enough interest up to 2 Age Group Managers will be appointed.

There will be an age manager briefing at 8am

The **Age Group Manager** is responsible for: -

- Checking that all athletes have the correct rego number, age patch, sponsors patch prior to their first event (see [UNIFORM](#) section below).
- Accompanying athletes from the [MEETING POINT AREA](#) to each field event
- Supervision of athletes whilst at the field events
- Assist Meeting Point officials in putting athletes into their heats for track events (paperwork provided at the meeting point)
- Escorting groups of athletes to and from the toilets, as required
- Checking all athletes wear the appropriate coloured wrist band on both days of the event

The **Age Group Manager** must not: -

- Leave the MEETING POINT AREA until all of the group is present to take them to their event. Please see [List of Competitors](#) on the [State Combined Events](#) page of the website.
- Wear thongs or open toed shoes. They must have enclosed shoes on at all times.

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.

ATHLETE WRISTBAND COLLECTION

All athletes must report to the [MEETING POINT AREA](#) (see map of venue) 30 minutes **prior to the start of their first event**. They will then be given a coloured wristband that must be worn for the 2 days of the carnival.

AWARDS

1st, 2nd & 3rd placegetters receive medals.

BINS/RUBBISH

Please ensure that you dispose of all rubbish in the bins provided or take it home with you.

COACHES' AREAS

As per LANSW Rules of Competition, coaches' areas will be available at field events for U12-Open age groups – these will be marked with cones.

ENTRIES

Must be done on the LANSW online entry portal. Cost is \$40 per competitor. Entries close on Monday, 12 February. There are strictly no late entries taken after the closing date. This includes on the day.

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.

EVENTS & DETAILS

First event each day will be at 9am, with first call at 8.30am. **With the exception of U12 boys green and U12 girls pink groups**, who will start their discus at 8:30am on Sunday.

Athletes participate in **ALL** of the events on offer for their particular age group. Athletes are not to enter if their intentions are to compete in only a few events. This is a combined event.

Performances for all events are allocated points, based on the LANSW Multi-Event point score system. The points are then added together to determine final results.

Athlete colour groups will come together for all track events. E.g., All groups of each age have been scheduled for the same start time for each of their track events.

The Meeting Point Officials will have the heat listing for placing the athletes in their lanes prior to the event. This paperwork will then be handed on to the start officials.

Athletes will stay in their colour groups for all field events. When there are more than one group per age, it is impossible for them to all do their field events at the same time. All Shot Put events cannot be scheduled at the same time, e.g. U7B Yellow may have shot put in the morning and U7B Red may not do their shot put until the afternoon.

***U20 & Open** entrants must be a LANSW Social Athletics member, ANSW member or NSWMA member. There is no progression for these age groups to Nationals. This is a non-championship event.

Tiny Tots/Under 6 - there will be a FREE Tiny Tots/Under 6 session on both the Saturday & Sunday taking place at 10am each day. The session will last for approx. 1hr in duration. These athletes will be taken through some fun athletics activities, learning skills in each session. All little athletes are to meet in their centre uniform at the Information marquee at 9.45am sharp. There is no need to pre-register.

EVENTS TABLE

Tiny Tots/U6	Boys & Girls	See above
U7	Boys & Girls	50m; 100m; pack start; long jump; shot put; discus
U8	Boys & Girls	70m; 200m; pack start; long jump; shot put; discus
U9	Boys & Girls	100m; 60m hurdles; 800m; long jump; shot put; discus
U10	Boys & Girls	200m; 60m hurdles; 800m; long jump; shot put; discus
U11	Boys & Girls	100m; 80m hurdles; 800m; long jump; shot put; discus
U12	Boys & Girls	200m; 80m hurdles; 800m; long jump; shot put; discus
U13	Boys & Girls	100m; 80m hurdles; 800m; long jump; shot put; discus
U14	Girls	200m; 80m hurdles; 800m; long jump; shot put; discus
U14	Boys	200m; 90m hurdles; 800m; long jump; shot put; discus
U15	Girls	200m; 90m hurdles; 800m; long jump; shot put; javelin; high jump
U15	Boys	100m; 100m hurdles; 800m; long jump; javelin; discus; high jump
U17	Girls	200m; 100m hurdles; 800m; long jump; shot put; javelin; high jump
U17	Boys	100m; 110m hurdles; 800m; long jump; javelin; discus; high jump
U20/Open	Women	200m; 800m; long jump; shot put; javelin; high jump
U20/Open	Men	100m; 800m; long jump; javelin; discus; high jump

FINAL EVENT - PACK START/800M

The final event of the carnival is the Pack Start for U7 and U8 athletes and the 800m for U9 to Open athletes.

The seeding and start lists for this event cannot be completed until the final field event results for all colour groups in any age/gender have been completed and processed.

For example, if the U10 Boys Blue group finish their field events in the morning, but the U10 Boys Green group do not have their final field event until the afternoon, the U10 Boys Blue will have to wait for the Green group to complete their field event and for their results to be processed before the U10 Boys 800m event will be called.

Each age group will be called (first and second call) over the PA system once the paperwork is completed and available for the race. There is no way of knowing how long this will take or what time the event for each age will be run, therefore, please listen very carefully for the calls.

Please do not attend the Meeting Point in anticipation or hope – please only attend AFTER the call has been made.

FIRST AID

First Aid will be located near the finish line.

FIRST EVENTS

First event both days will be at 9am. **With the exception of the U12 boys green and U12 girls pink discus**, which will begin at 8:30am on Sunday. The time for each event can be found on the website, in the COMPETITION section, under Combined Events.

FOOD/DRINKS

Hunter Sports Centre will be supplying food/drinks at the venue. More information will be made available on the LANSW website once it becomes available. In addition, a BBQ will be operating.

INFORMATION

The Information Area can be found in the main building between track entry and the canteen.

INSTRUCTION AT FIELD EVENTS FOR U7-U11

LANSW Officials at the events may assist with instruction for these young athletes. However, no coaching is allowed. Age Group Managers are not involved in this assistance.

MEETING POINT

The meeting point areas can be found on the track near the 100m start. These are marked with 1, 2, 3 and 4, 5, 6. The athletes will be met by their Age Group Manager and then taken to their event. Note: Athletes must be at meeting point 30 minutes before their first event on Saturday and **20 minutes prior** to their scheduled start time for all subsequent events.

MERCHANDISE

Pre-ordered merchandise can be collected from the Valor click and collect stand near reception. Orders placed prior to the end of competition will be processed and sent out in the weeks following the carnival.

PARENTAL ASSISTANCE

Parent helpers will be called upon to assist at various events. Please come forward if the officials need assistance, so that the event will not be delayed. Age Group Managers have been appointed to supervise the athletes and to take them to their field events. Age Group Managers are not required or allowed to record results at field events.

PARKING

Limited parking will be available at Hunter Sports Centre. Additional parking has been booked at Glendale Technology High School with a shuttle bus operating from 7am Saturday and 6:30am Sunday morning. Stockland shopping centre is also adjacent to the Sports Centre.

PROGRAMS

There will be **NO** printed program available, but this can be downloaded from the web the week prior to the event, in the COMPETITION section, under [COMBINED EVENTS CARNIVAL](#).

PROTESTS

For all protests, please read the LANSW Rules of Competition and/or see the Information Officer at the venue. As per Rules of Competition, the Jury of Appeal will consist of a minimum of 3 people, taken from the following:

- Sport and Events Manager
- Carnival Manager
- Officials Manager and Events Coordinator
- Chief Executive Officer
- Track Referee
- Throws Referee
- Jumps Referee

PETS

No pets are permitted at Little Athletics NSW championship events. Please **do not** bring your dog or pet as you will be asked to leave. The only exception being service animals.

RESULTS

We will endeavour to post progressive results on the Little Athletics NSW website during the weekend after all groups within the age group have completed their discipline. Just click on the STATE COMBINED RESULTS button on the right-hand side of the home page.

RULES

The State Combined Carnival is run under the Rules of Competition of Little Athletics NSW. These are available for viewing or downloading from the [Little Athletics NSW 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.

SHOES AND THE USE OF STARTING BLOCKS

Athletes in the U11 and U12 age groups may wear spike shoes in all laned events, plus the long jump. Athletes in the U13 – U17 age groups may wear spike shoes in all laned events, the 800m, long jump, high jump, and javelin.

Spike lengths are as per LANSW Rules of Competition, i.e., Track – 7mm max; High/Long/Javelin – 9mm max.

Starting blocks will be supplied for athletes in the U11 – U17 age groups.

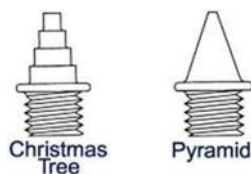
NOTE 1: No personal starting blocks permitted.

NOTE 2: Spike shoes or starting blocks **CANNOT** be used by athletes in the U7-U10 age groups.

NOTE 3: Athletes wearing spikes are encouraged to use starting blocks.

Christmas tree and pyramid spikes only are to be used on the track. Needle spikes **CANNOT BE USED**.

Needle spikes are most seen with cheaper shoes.



SKATEBOARDS/BIKES/SCOOTERS

Are not permitted to be bought into the venue. This is for the safety of all athletes, spectators.

SMOKING

Smoking, including the use of e-cigarettes, is not permitted in any competition or spectator area.

SPECTATORS

Spectators are not permitted on the competition area at any time. Any spectator on the competition arena will be removed.

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.

TENTS/SHADE STRUCTURES

There are plenty of spectator areas around the track. If bringing a tent, you must adhere to the following:

Any Centre/person erecting a tent **MUST** ensure:

- That it is well secured on all corners and sufficiently weighted down against gusts of wind. Pegs are allowed but must NOT exceed 200mm in depth.
- Be kept well clear of designated walkways.
- Feature no pegs, guy ropes, etc, that poses a trip or fall hazard.

In the interests of safety, any tent that does not conform to the above guidelines will have to be moved or taken down.

****Centres may arrive on Friday between 3:30pm & 7pm to erect their marquees/shade****

TIMED PROGRAM

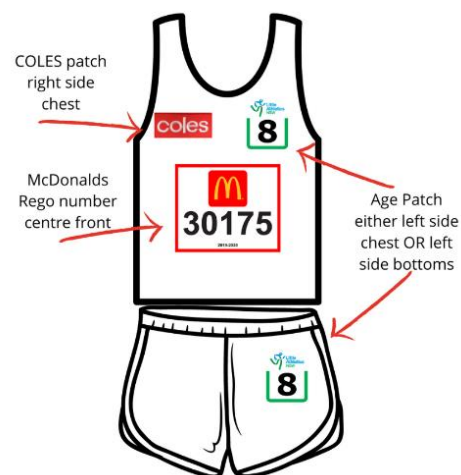
The Combined Events is being run using a timed program. All athletes are therefore required to present to the MEETING POINT AREA to meet with their AGE GROUP MANAGER **20 mins before the scheduled time of their event.**

UNIFORM

All athletes must be in full Centre uniform. This includes the McDonald's registration number (with full red border showing) on the front of the uniform top; Little Athletics age patch on the front left side of the uniform; Coles sponsor patch on the top right-hand chest of the uniform.

If athletes report to the Meeting Point without full Centre uniform, which includes all patches, they will be sent away to obtain the required patches or correct uniform components. If they do not have their registration number, they can purchase one for \$10.00 each from Information.

**The above does not apply to U20/Open athletes. U20/Open athletes are encouraged to wear the Centre/Club uniform. Social Athletics members must wear their LANSW supplied rego number. ANSW athletes will be supplied a number at the Meeting Point at the beginning of the competition.



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.

If you have any questions or require further information, please contact Little Athletics NSW on 02 9633 4511 OR competitions@lansw.com.au