



## HART SPORT LITTLE ATHLETICS NSW STATE TRACK & FIELD CHAMPIONSHIPS INFORMATION

The 2024 HART Sport Little Athletics NSW State Track & Field Championships will be held on 22, 23 & 24 March 2024 at the Sydney Olympic Park Athletic Centre. Below are some answers to some of the most frequently asked questions about the event:

**Q What time does the event start?**

A The first events will begin at 5:30pm on 22 March 24. The program is fully timed. Athletes in track events must attend the relevant call room 20 minutes prior to the start time. On Friday, athletes in the first field events report directly to the relevant field area. On Saturday and Sunday, athletes in the first block of field events report directly to the relevant field area. Please note that some of these events (WUT) will take place on the warm-up track.

**Q Am I able to find out at what time a certain event will take place?**

A The list of events, with call room times and start times has been published and is available on the website in the Competitions, Championships section ([www.lansw.com.au](http://www.lansw.com.au)).

**Q What is the call room?**

A The call room is where athletes are marshaled prior to each event.

**Q Is there a call room on both the main track and warm up track?**

A. Yes, there is a call room on both the main arena and the warm-up track. Athletes must report to the **relevant call room** 20 minutes prior to the start of their event for track events and 25 minutes prior to the start of their event for field events (as advised in the list of events on the website), with the exception of the first lot of field events each day where athletes report directly to the field event area.

**Q How do athletes know when to go to the call room?**

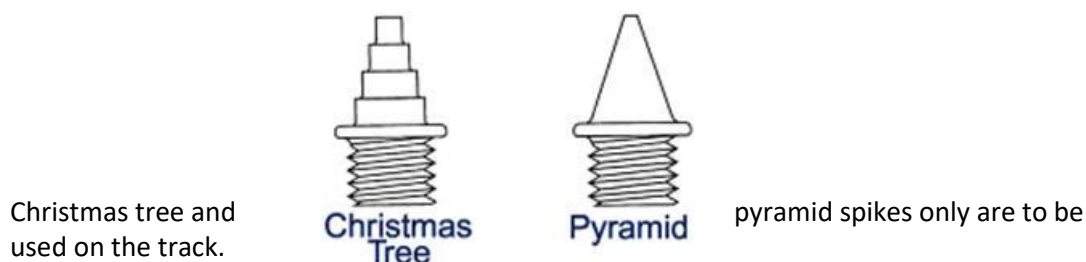
A **NO** calls will be made. All events have scheduled start times. The list of events shows **both** the call room time and start time of every event. It is the responsibility of all athletes to report to the call room at the listed time. If by any chance the program runs behind time, then the required adjustment to call room times will be announced. There are 2 call rooms – the main arena is located near the marathon tunnel (entrance to Main Competition arena). The warm-up track call room will be located on the left as you enter that track (left of grandstand).

**Q When will the opening ceremony take place?**

A The Opening Ceremony will take place at 10.30am on Saturday.

**Q What spike lengths are allowed at Sydney Olympic Park Athletic Centre?**

A It is essential that athletes wearing spiked footwear adhere to the recommended spike length. The maximum spike length is 7mm. (Note a spike length of 9mm is allowed for the javelin, long/triple and high jump areas only).  
Reminder that athletes in the U11 to U17 are the **only athletes** permitted to wear spiked shoes.



Needle spikes CANNOT BE USED. If an athlete is found with needle spikes, they will not be permitted to enter the track. SOPAC staff members will be advised.

**Q Do athletes have to use Starting Blocks at Sydney Olympic Park Athletic Centre?**

A Starting blocks are to be used by all athletes using spiked footwear in all athletic track events, up to and including 400 metres and the first runner of the 4 x 100m relays. This is a condition of entry at Sydney Olympic Park Athletics Centre - <https://www.athleticcentre.com.au/Venue-Information/Conditions-of-Entry>

See LANSW Rules of Competition for all other rules regarding the use of spikes.

**Q Can athletes use their own starting blocks?**

A No private starting blocks are permitted at Sydney Olympic Park Athletic Centre. Fully adjustable blocks will be made available as required. Starting blocks are only to be used by athletes in the U11 to U17 age groups.

**Q Can athletes receive assistance via electronic/technical devices?**

A As per rule 5.9 > Assistance to Athletes > a. – The use of electronic/technical devices is **NOT** permitted to be used when communicating to and from an athlete in the competition area. Please refer to the Rules of Competition page. 25.

**Q How do athletes progress from a heat to a final?**

A With **up to** 24 competitors in each event, there are 3 heats for track events from 70m up to and including the 200m. In these events, 1<sup>st</sup> and 2<sup>nd</sup> placings plus the next 2 fastest times shall proceed to the final (making a total of 8 in each final).

Both the 400m and 800m events will be timed final heats based on times from Region Championships.

There are 3 heats of 8 for the 400m and for the 800m there will be 2 heats of (up to 12). Athletes will be seeded slowest to fastest using their Region Championships performance into heats with a randomised lane draw in each of those heats.

**Q What happens if there is a clash of events?**

A There will be clash managers in place for this event. If an athlete has a clashing event they must remain at their event until the clash manager collects them to take them to their other event. *\*Note: - Under no circumstances must the athlete leave the event to go to their clashing event on their own. If an athlete is found to have left the event without a clash manager, they may be recorded as having left the event and will not be allowed to return. Results recorded prior to their departure from the event without a clash manager will remain valid.*

Once an athlete has finished their clashing event, they must return to their first event to finish their trials/event. See LANSW Rules of Competition (RoC) for further details regarding clashes.

It is advised that if you have a clashing event that you are prepared physically (warmed up) and have your belongings that you need for the clashing event prior to the first event. The clash manager will collect an athlete as close as possible to the start of the clashing event (you will not be required to go to the call room). Athletes will have time to do 1 practice start prior to getting on the line. In the case of using starting blocks the athlete will be allowed time to set up their blocks.

**Q How will athletes be placed at the start for events that use a pack start?**

A In the 3km, 1500m and walks, the fastest 16 qualifiers will be placed randomly on the front line and the remaining athletes will be placed randomly behind them.

**Q Will programs be available at the championships?**

A No programs will be printed. The program can be downloaded from the Competition section of the Little Athletics NSW website – [www.lansw.com.au](http://www.lansw.com.au).

**Q Where can athletes warm up?**

A Athletes can warm up on the grassed/paved areas located behind the grandstand on the main arena and grassed/paved areas at the warm up track. There is **STRICTLY** no warm-up permitted on the Warm-up track. For the athletes' safety, implements **cannot** be used during warm up.

**Q Can we bring eskies/food into the venue?**

A Yes, you can bring eskies/food into the venue, but it can only be what you have brought from home. Please note that Sydney Olympic Park Athletics Centre has a catering contractor, therefore NO pre purchased take away food or hot drinks e.g., McDonald's, Subway, Gloria Jeans etc. can be brought into the venue. People who bring eskies/bags through the gate

should be aware that security will be doing bag checks upon entry. Glass, alcohol, and sharp objects will not be allowed and will be confiscated.

**Q Will there be live results at this championship?**

A Yes, results will be published. You can view the live results by going to [www.littleareresults.com](http://www.littleareresults.com)

**Q Can we bring bikes/skateboards/scooters into the venue?**

A Definitely NOT. There are bike racks outside the main gate entry where they can be locked and stored (make sure you bring your own lock). Skateboards and/or scooters are **not** permitted to be brought into the venue.

**Q Can we bring our pets?**

A It is a condition of hire of the venue that **NO** pets of any kind are permitted at the Sydney Olympic Park Athletic Centre. The exception being a service animal, which must be kept with its jacket on indicating it is a service animal. If you bring a pet, you will be asked to leave the venue immediately.

**Q. What time will the gates open?**

Gates will open at 3.30pm on Friday and 7am on both Saturday & Sunday.

**Q. Is there an entry fee?**

This is a ticketed event. Entry is \$10 per day or \$15 for the weekend. All spectators over the age of 5 years will be charged entry.

**Q Where do we park?**

A Entry is via the main gates at the main track, Edwin Flack Ave or to the warm up track, Shane Gould Ave.

Pre booking is strongly recommended due to the number of events occurring at Sydney Olympic Park during the weekend of the Championships. You can book your spot [here](#). Please make sure members of the centre allow sufficient time to walk from the car park to the athletics stadium. There is no pre-booking available for P2. If validated, a flat rate of **\$21** applies to the P2 parking station. If you wish to pay the reduced parking rate, you must get your parking voucher validated in the foyer/reception at SOPAC (under the grandstand) before you leave the venue.

**Q How do I move from the main track to the warm-up track?**

A Shane Gould Ave will not be closed during the State Track and Field Championships. SOPA will have a traffic management plan in place to assist movement between both arenas. It is important to factor additional time when attending the call room, particularly at the Warm-up arena (WUT).

**Q What should centre parent/helpers wear at events?**

A All centres should advise their parent/helpers that they **must wear closed in shoes** on the field, as a safety precaution. If they have been allocated a duty and turn up in non-closed in shoes, they will be allocated to an admin duty.

**Q Where should centre parent/helpers sign on to assist?**

A All centres should advise their parent/helpers that they must report to the relevant area at least 5 minutes prior to the scheduled start time of the event to sign on.

**Q Can mobile phones be used whilst on one of the arenas?**

A No. Mobile phones CANNOT be used on either the main or warm up tracks and should not be taken onto the field.

**Q If we have a query, who should we see?**

A The Information Officer is located near the results/admin room at the back of the grandstand, just past the canteen at the southern end. This is the best place to go to at first. The Information Officer will then point you in the right direction.

**Q If a Team Manager has an issue with a result, where do they go?**

A 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. The Jury of Appeal will consist of 3 people taken from the people listed on the [www.lansw.com.au](http://www.lansw.com.au) website.

**Q If an athlete or spectator is injured or sick, where do they go?**

A The First Aid area is located under the grandstand, near to where the athletes leave the competition arena. First Aid will be supplied by Medifast.

**Q What happens in the case of a wet or very hot weekend?**

A The event will go ahead. The carnival management will continuously monitor the conditions. In the case of lightning/thunderstorms, the Little Athletics NSW Lightning Policy will be referred to. In the case of very hot conditions, the Little Athletics NSW Hot Weather Policy will be referred to.

In the event of extreme weather conditions, the carnival management will advise of the contingency plan. Events may need to be delayed or postponed.

Little Athletics NSW encourages all athletes to: -

- Apply sunscreen every two hours, to all exposed areas.
- Wear protective clothing, including a hat, when not participating in a trial or an event
- Stay in the shade as much as possible.
- Take in small amounts of fluid regularly – before, during and after events.
- Take a filled drink bottle out to field events.

**Q What is the ruling on centre uniform?**

A Centre uniform MUST be worn, which includes an age patch on the front left hand side of the uniform; McDonald's registration number on the front of the uniform top; COLES sponsor patch on the front right hand side of the uniform top. If these numbers/patches are not worn, then the athlete will need to purchase a replacement from the Information Officer at a cost of \$10 each for a registration number. The McDonald's registration number cannot be modified in any way and the red border must be shown.

Approved centre uniform must be worn on the presentation dais.

**Q How do I nominate for the U13 and U14 State Team and what do I need to know?**

**A** All U13 and U14 athletes competing at the HART Sport LANSW State Track & Field Championships come under consideration for selection in the NSW State Team to compete in the COLES Australian Little Athletics Championships in April.

All U13 and U14 competitors at the 2024 State Championships have been sent an Athlete Availability and Contact Form. All state finalists are encouraged to complete a form prior to 3pm on the Sunday to express interest in being selected. The form can be emailed to [competitions@lansw.com.au](mailto:competitions@lansw.com.au) or handed to the Information Officer at the event. The team will be finalised on Monday following the championships and the athletes selected will be publicly announced at 5pm via the LANSW website and relevant social media channels. **All dates** in the NSW State Team itinerary are compulsory. All relevant information, including the State Team itinerary, team selection policies, etc., can be found on the website under the Competition/Events tab. It is the responsibility of all prospective team members, their parents/guardians, and their coaches to read and make sure they understand the relevant policies and how they operate. If anyone has a specific query in relation to the intended meaning or operation of the policies, they can contact Little Athletics NSW on 02 9633 4511 or [admin@lansw.com.au](mailto:admin@lansw.com.au).

***For further information, contact Little Athletics NSW on  
9633 4511***

