

LANSW STATE RELAY CHAMPIONSHIPS

Saturday & Sunday 16 & 17 November 2019

Sydney Olympic Park Athletics Centre

Saturday – 16 Nov 2019 Jnr Day – U8 to U11 age groups Officials Sign-on 7.30am First Marshal call 8.30am First Event 9.00am	Sunday – 17 Nov 2019 Snr Day – U12 to U17 age groups Officials Sign-on 7.30am First Marshal call 8.30am First Event 9.00am
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*Entries close **Wednesday, 30 October 2019***

at Little Athletics NSW

via email to: dlevy@lansw.com.au

An electronic, Excel based, State Relay entry form created for use by all centres is attached to this email. It is compatible with Windows and Apple Mac systems. Please read the attached User Guide before completing the entry process. The program will not allow centres to enter ineligible teams. All sections of the entry program must be completed prior to sending through to Di Levy at the office.

CONDITIONS OF ENTRY

- Centres may only enter one team per age group, per event, per sex or mixed in SECTION 1, SECTION 2, SECTION 3 & SECTION 5, with the following qualifications on each day of the Championships.
NB. Centres may enter TWO teams into SECTION 4.
 - All centres may enter teams in Sections 1, 3 & 4
 - Centres with a total of **200 or less** registered members from the previous season in the age groups U/8 to U/17 can enter teams in Sections 1 OR 2, plus Sections 3 & 4. List of ineligible centres is overpage.
 - Centres with a total of **150 or less** registered members from the previous season in the age groups U/8 to U/17 can enter teams in Sections 1 OR 2, plus Sections 3, 4 AND 5. List of ineligible centres is overpage.
- Athletes in the U8-U11 age groups may compete only in Track **OR** Field relays but not in both. Athletes in the U12-U17 age groups may compete in **both** Track and Field relays (on the express understanding that there is no clash management provided) except for centres eligible for and entering teams in Section 5 events.
- Competitors may compete up 1 age group (minimum age U8) to form a team, however competitors may only compete in 1 age group at the championships, and only in events / specifications offered for their own age group.
- Timed finals only will be held for the 4 x 200m (U8 & U9), 4 x 400m Relays (U10-U17) plus Middle Distance Relays (Jnr & Snr). Centres entering teams in these events can now include the same athlete in both teams if required.
- Middle Distance Relays entry requirements have changed to:
 - Jnr Middle Distance to consist of 4 athletes from the U8 to U11 age groups, with there being only 1 x U8 (who **MUST** be the 1st runner as they run 700m). The remaining athletes, to run 800m in any age order, to be from the U9 to U11 age groups, with a maximum of 1 x U11; 2 x U10 or 3 x U9.
 - Snr Middle Distance to consist of 4 athletes from the U12 to U15 age groups, to run 800m in any age order, with a maximum of 1 x U15; 2 x U14; 3 x U13 or 4 x U12.
- An entry fee of **\$25.00** per team is to accompany the completed entry form. *NB. There is no gate entry at State Relays.*
NB. Centres must have submitted at least 75% of registrations ON OR BEFORE the closing date & time, for that centre's entries to be accepted. Registration forms and fees for all competing athletes **MUST be lodged with Little Athletics NSW prior to the commencement of the State Relay carnival. Teams from centres failing to meet these requirements **WILL NOT** be accepted.**

Late Entries will be accepted after 30 October and close on 6 November. If a centre wishes to add additional teams during this period the entry fee will be **\$50** per team. If a centre missed entering any teams by 30 October they are permitted to submit a late entry by 6 November and the entry fee will be \$50 per team.

CONFIRMATION OF ENTRIES

After 30 October, all centres entering the championships will be forwarded: -

Team Entry Summary: These are to be carefully checked by the person nominated on the entry form and if any discrepancy exists then they must notify Little Athletics NSW by 6 November. After 6 November **no changes** will be accepted.

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Excluded Centre list for Section 2

Centres **NOT** eligible to compete in the mixed 4 x 100m Relays (Section 2) are those centres with more than 200 registrations in the U8-U17 age groups, based on registrations for the 2018/2019 season as below: -

BALMAIN	GLENBROOK	MOSMAN	RYDE
CAMDEN	GOSFORD	NTH ROCKS CARLINGFORD	SMITHFIELD
CAMPBELLTOWN COLLEGIANS	HILLS DISTRICT	NORTHERN SUBURBS	ST GEORGE
CANTERBURY	HORNSBY	PARRAMATTA	STH EASTERN
CHERRYBROOK	INNER WEST	PORT HACKING	SUTHERLAND
DUBBO	KOTARA SOUTH	PRESTONS ROBINS	THE PONDS
EASTERN SUBURBS	KU-RING-GAI	QUAKERS HILL	TUGGERAH LAKES MINGARA
EMU PLAINS	MACQUARIE HUNTER	REVESBY WORKERS	WINSTON HILLS
GIRRAWEE	MANLY WARRINGAH	ROUSE HILL RAMS	WOLLONGONG

Excluded Centre list for Section 5

Centres **NOT** eligible to compete in Section 5 (junior/senior 4 x 100m relay and/or junior/senior 4 x long jump) are those centres with more than 150 registrations in the U8-U17 age groups, based on registrations for the 2018/2019 season, as below:

BALMAIN	HILLS DISTRICT	NEWCASTLE CITY	RYDE
BLACKTOWN	HOLROYD	NORTHERN DISTRICTS	SMITHFIELD
CAMDEN	HORNSBY	NORTHERN SUBURBS	SPRINGWOOD
CAMPBELLTOWN COLLEGIANS	INNER WEST	NTH ROCKS CARLINGFORD	ST GEORGE
CANTERBURY	KINGS LANGLEY	ORANGE	STH EASTERN
CHERRYBROOK	KOTARA SOUTH	PARRAMATTA	SUTHERLAND
DUBBO	KU-RING-GAI	PORT HACKING	TERRIGAL WAMBERAL
EASTERN SUBURBS	KURRAJONG/BILPIN	PRESTONS ROBINS	THE PONDS
EMU PLAINS	LIVERPOOL	PROSPECT	TUGGERAH LAKES MINGARA
GIRRAWEE	MACQUARIE HUNTER	QUAKERS HILL	WERRINGTON
GLENBROOK	MANLY WARRINGAH	RANDWICK BOTANY	WINSTON HILLS
GOSFORD	MINCHINBURY	REVESBY WORKERS	WOLLONGONG
GREYSTANES	MOSMAN	ROUSE HILL RAMS	WOY WOY
HAWKESBURY			WYONG