

**The 2021 Little Athletics State Combined Carnival will be held  
on 6 & 7 March  
Kerryn McCann Athletics Track, Beaton Park, Wollongong**

**INFORMATION FOR ATHLETES & PARENTS**

**Covid**

- Please make sure that that you sign in at the gate upon entering the premises using the QR Code provide. On exit you will be required to check out using the same QR code.
- Please adhere to all signs around the complex regarding Covid.
- At all times social distancing must be adhered to. 1.5m must be kept between all members unless you are from the same family.
- Sanitiser will be available around the venue.
- All equipment will be sanitised before and after each use.
- If you wish to erect a marquee you must make sure that the distance between your marquee and someone else's is 1.5m apart.
- Covid Marshalls will be in attendance across both days. If you need assistance, please speak to one of the Covid Marshals.
- Only 1 parent/carer per athlete is allowed with no more than 2 parents/carers per family in attendance during the carnival.
- If at any stage we find that members are not being Covid safe we will stop the carnival and only proceed when we feel it is safe to do so.

**Age Group Managers:**

Age Group Managers have been appointed. If we have had enough interest 2-4 Age Group Managers have been appointed.

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
- Accompanying athletes from the MEETING POINT AREA to each field event
- Supervision of athletes whilst at the field events
- Putting athletes into their heats (paperwork supplied) before taking athletes to the start for track events
- Escorting groups of athletes to and from the toilets, as required.

Age groups will not be able to leave the MEETING POINT AREA until the Age Group Manager is there to take them to their event. Please see **List of Competitors** on the State Combined Events page of the website.

**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.

### **Bins/Rubbish:**

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

### **Coaches Area:**

As per LANSW Rules of Competition, coaches' areas will be available for U12-U17 field events – these to be marked with witches' hats.

### **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:**

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

### **Events/Venues:**

Athlete groups will come together for all track events. E.g., All 2 groups of each age have been scheduled for the same start time for each of their track events. The age group managers and start panel will have the heat listing for placing the athletes in their lanes prior to the event. Athletes will stay in their colour groups for all field events. With there being 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.

### **Final Event - Pack Start/800m**

The final event for each age group is the 800m for U9 to U17 athletes and the Pack Start for U7 and U8 athletes. The order of this has been scheduled based on the 2<sup>nd</sup> last event of the carnival (i.e. the event before the 800m Pack Start).

### **First Aid:**

First Aid will be located near the finish line outside the track.

### **First events:**

First event both days will be at 9am. The time for each event can be found on the website, in the COMPETITION section, under Combined Events.

### **Information:**

The Information Area can be found next to the Admin building.

### **Instruction at Field Events for U7-U11:**

LANSW Officials at the events can assist with instruction for these young athletes.

### **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 **20 minutes prior** to their scheduled start time.

### **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.

### **Parking:**

There is ample parking at The Snakepit Stadium adjacent to the athletics track. At no time shall members park at the Gym/Aquatic Centre.

### **Gym/Aquatic Centre:**

Members must not enter the Gym or Aquatic Centre, unless they intend to use the Gym or Pool and are a paying guest.

### **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.

### **Photographer:**

Instant Photos Australia will be in attendance for the 2 days to take pictures of the athletes. These will be available for purchase on the day only.

### **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 CHAMPIONSHIP.

### **Merchandise:**

All merchandise is available online. Once purchase these can be picked up from our marquee at the track.

### **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 here today with a safe environment. Please let an official know if you see something that you think is unsafe.

### **Skateboards/bikes/scooters:**

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

### **Smoking:**

Smoking is not permitted in any competition or spectator area.

### **Spectators:**

Spectators are not permitted on the competition area.

### **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.

### **Starting Blocks/Spikes:**

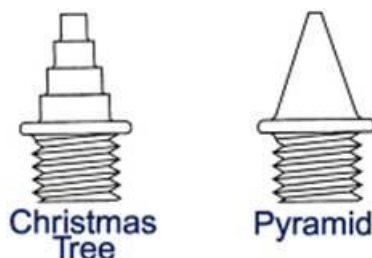
Athletes in the U11 age group may wear spike shoes in all laned events, plus the long jump. Athletes in the U12 – U17 age groups may wear spike shoes in all laned events, the 800m, long jump, high jump, and javelin. Spike lengths are as per LANSW Rules of Competition, e.g., Track – 7mm max; High/Long/Javelin – 9mm max. Starting blocks, provided by the venue 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 and crouching **MUST** 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.

### **Uniform:**

All athletes must be in full centre uniform. This includes the McDonald's registration number (with full gold 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 turn up to their event or the call room 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 each from Information.

### **Tents/Shade Structures:**

The Stadium will be out of use during the carnival. It is currently going through an upgrade.

There is plenty of shaded areas under trees around the track. Bring a picnic blanket to sit under a tree or a tent with 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.
- Be kept well clear of designated walkways.
- Feature no protruding 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 the Friday night between 5pm & 6pm to erect their marquees/shade. You must sign in with the QR Code provided.***

### **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.**

### **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 9633 4511 or 1800 451 295.*