

North East Met Zone

Zone Coordinator: **Ken Carter**

Zone Secretary: **Fran Dorey**

Mobile (ZC): 0419 220 509 Mobile (ZS): 0411 586 001

Email: ken@kencarter.com.au

Fran.Dorey@Australian.Museum

Little Athletics NSW North East Metropolitan Zone Championships 22, 23 and 24 November 2024

INFORMATION FOR CENTRE CHAMPIONSHIPS OFFICERS/TEAM MANAGERS

Ku-Ring-Gai – Manly Warringah – Mosman – Northern Districts – Hornsby District

When:	Friday 22 November 2024 Pennant Hills Park Saturday 23 and Sunday 24 November 2024 Blacktown International Sports Park
Start Time:	Friday: 1 st marshalling call: 6:25pm with events commencing at 6:45pm. Saturday: 1 st marshalling call: 8:10am with events commencing at 8:30am. Sunday: 1 st marshalling call: 7:40am with events commencing at 8:00am
Entry Fee:	Gate entry is free; Centres will be invoiced directly.
Index:	Refer Page 8

Team Manager:

Each Centre must appoint a Team Manager who is responsible for the liaison between their centre athletes and carnival management throughout the weekend. A maximum of two team managers per day per centre may be nominated. Please ensure that they are wearing a lanyard titled Team Manager and specifying their Centre.

The name of each Centre Team Manager(s) and a mobile phone number and email address must be provided to the Zone Secretary & Zone Co-Ordinator by e-mail (Fran.Dorey@australian.museum), Ken Carter (kcarter@rhodesdocherty.com.au) and Sally Richardson (richardsonsally@outlook.com) no later than 5:00pm on Wednesday 20 November 2024.

Team Managers should refer to the attached “Team Manager Duties and Responsibilities” issued by LANSW.

Please remind all athletes and their parents that only the listed Team Manager(s) from each Centre will be able to deal with officials and lodge protests over the weekend.

Program

A programme showing “not before” start times will be available on your own club and the LANSW websites.

Event Marshalling

On Friday evening with only the 3000m events to be run the first marshalling call will be at 6:25pm

The first marshalling call for track and field events will be at 8:10am on Saturday & 7:40am on Sunday. Track athletes should make their way to Track Marshalling when the first call is made.

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For first field events each day athletes should proceed directly to their event for marshalling at the competition area.

For all other field events competitors must make their way to the designated field marshalling area located adjacent to Track Marshalling.

Refer to the attached map for Marshalling locations.

Event Calls:

Events will be referred to by their Little As term and not ANSW in both this documents and all calls throughout the weekend e.g. "14s" not "Under 15s".

Each event will receive two marshalling calls. The first call will be made 20 - 25 minutes before the event start time followed by a second and final call 7 minutes later. In the case of track events, marshalling where possible will close 3 minutes later, with no athlete entries (with the exception of field event clashes) permitted after that cut off point. This policy will ensure that seeding adjustments can be made in the event of multiple athlete withdrawals to ultimately provide a fairer outcome for all competitors.

It should be stressed to athletes and parents the need to arrive at the ground at least 60 minutes prior to the "Not Before" Start time listed for their event.

Programs:

Will not be available for sale at the carnival but can be downloaded from the LANSW website or from your Centre.

Please Note - As of 15 November 2024 the State program has not been released.

Each Centre must ensure that all athletes, their parents and guardians are made aware of the following important information:

Seating

There is a plenty of seating in the grandstand with each centre to be allocated an area. Most team managers will be based there throughout the weekend.

There is very limited grass area for private shade shelters, so we strongly recommend that these are not brought to Blacktown. There is a fixed shade shelter covering a small area of the sloping grass overlooking the track.

Viewing

At the non car park end there will be no access to the competition arena for close viewing of the Javelin, both Shot Puts, and Discus 2.

At the car park end spectators may view High Jumps and Discus 1 from the fence adjacent to the competition arena, but the pathway must be kept clear and accessible at all times.

Spectators may wish to bring binoculars to view field events better from the comfort of the grandstand.

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Centre Uniform:

All competitors must wear the correct, approved Centre uniform, which includes:

- The correct individual cloth registration number firmly attached to the front of their top. The red border **MUST** remain fully visible all around the number and must not be folded under or cut off when the number is attached to the top.

In the case of Manly Warringah athletes this is not your barcoded bib.

- Correct Age Patch firmly attached to the front left-hand side of the top or shorts.
- The Coles patch firmly attached to the right-hand chest of the top.

Pins are acceptable, provided the patches are all secured well and do not 'flap' around loosely.

Athletes who belong to NSW Clubs who do not have these patches must collect them from Information on arrival – please allow sufficient time to pick up and attach the patches correctly. Please bring sufficient safety pins to do this.

Any competitor not correctly attired will be sent to their Team Manager to correct their uniform, but please note that the event will not be held awaiting their return.

Any athlete with an incorrect number or without a current season registration number must be issued with a new number by the centre Team Manager who must promptly advise Carnival information of the old and new registration numbers and other athlete details. The athlete's original number will be cancelled, and the new number will become their number for the remainder of the season. Events will not be held pending the issue of new registration numbers.

We recommend that all Team Managers check each competitor's uniform very carefully before athletes attend marshalling to avoid any disappointment on the day.

Competitor Footwear:

Shoes are compulsory for all competitors in all events.

Athletes in the 7, 8, 9 and 10 ages - Spikes may not be worn in any event.

11 and 12s: Spikes may be worn in all track events run entirely in lanes, all jumps events and javelin.

13 to 17: Spikes may be worn in all track events (except Walks), all jumps events, and javelin.

- All competitors: All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.

No athlete may compete bare foot in any event.

Christmas Tree or Pyramid spikes are permitted.

Maximum spike length:

- Running activity 7mm
- Throw and Jump activity 9mm

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SPIKED SHOES MUST BE REMOVED BEFORE LEAVING THE COMPETITION AREA, AND MUST NOT BE WORN TO WALK AROUND THE VENUE UNLESS SUITABLY COVERED.

Parent Assistance:

All centres have been given parent helper duties. It is the responsibility of each Centre Team Manager to MAKE SURE that every rostered duty is fulfilled by their centre.

All parent helpers must report to their Centre Team Manager prior to attending their rostered duty to be issued with a Club lanyard identifying them as a Parent Helper. Access to the competition area will not be allowed without this Club lanyard identification.

Team Managers - Please keep track of all duties and make sure you have parents in the correct place at the correct time otherwise the carnival will be delayed waiting for them. An event area map will be included in the team manager information package and will also be available at the information desk throughout the weekend.

All parent helpers must be wearing closed shoes – not thongs or sandals.

All parent helpers are required to sign on at their assigned event area, and if they do not report in time your Centre will be called over the p.a. to supply an alternate helper.

A brief description of each parent duty has already been distributed to each Centre.

Weather:

The Zone Championships will go ahead regardless of the weather so athletes and parents should come prepared with hats and sunscreen as well as umbrellas and raincoats!

In the event of extreme conditions, such as excessive heat, storms or flooding, the Championships may be delayed or temporarily suspended. Any decision to delay or postpone the Championships will be made by the Zone Committee and advised to Centre Team Managers as soon as possible.

Warm Up

There is a small warm up area at the side of the grandstand, however, but the use of throwing implements including from the discus cage is not permitted in this area at any time.

There will be NO warming up inside the perimeter fence of the track after 7.30am on both days of the carnival unless authorized by the Carnival Manager.

Coaches Area – Ages 13 and up ONLY

Coaches areas for athletes aged 13 and up will be available only as follows:

At the car park end for Discus 1 and both high jumps.

From the first row of seats in the grandstand for long and triple jumps

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These areas are only to be used whilst your athlete is competing and even then only when they have completed a jump or throw. The Carnival manager will remove those people that are seen to be abusing this benefit.

Athletes in the 7-12 age group are reminded that they must not leave the event area during competition for any reason, and they risk disqualification if they do.

Clash of Events & Wrist Bands:

There will be a Clash Manager (and assistants) responsible for collecting athletes from field events and taking them to track events when there is a clash. As a suggestion to make this clash management easier for everyone concerned, especially the younger 7-11 age groups, each Centre Team Manager may consider writing the child's events on their hand each morning, along with the 'not before time' so that the Event Chief and Clash Manager can more easily assist in identifying any event clashes during the day.

We will again be aiming to use Wrist Bands to highlight track athletes that have come from a clashing field event. These will be applied to affected athletes by the Clash Management team.

Event Chiefs will be instructed only to release children to designated Clash Manager/Assistants (identified by a lanyard). **Parents MUST NOT remove children from an event themselves. If they do, the child risks disqualification.**

Results:

Results will be available online as soon as possible after the event. You can access these results at http://www.littleareresults.com/Data/2024/15_NEMZ/

Withdrawals from next level of competition (8-17):

Any athlete who may qualify to compete at the Regional Championship but who knows they will not be available must advise the Team Manager BEFORE the end of the Zone carnival weekend. Team Managers must in turn advise the Computer Tent on the form provided in the Team Manager Information Pack.

The Region Championship will be held at Sydney Olympic Park Athletics Centre on Saturday 8 February and Sunday 9 February 2025. Some events may be conducted on Friday 7 February but the program is yet to be finalized.

Services Available:

Full canteen operated by Delaware North – with EFTPOS facility

Coffee van

First Aid by St John Ambulance

Tensegrity Chiropractors

Track & Field footwear supplies - from Keep on Running – Bruce Hogg

Photographer:

Instant Photos will be our photographers this year taking action shots of the athletes. Martin and Vanessa will be at the track all weekend.

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Speak to either of them for specific photo requests noting photos are only available for purchase over the weekend and not online.

Awards – Medals and Ribbons

Competitors in the 7's age group who place 1st, 2nd or 3rd in a final will receive a medal.

For all other age groups, the first three placegetters will receive a ribbon.

Medals and ribbons will be presented as soon as possible after the event.

Track medalists should remain in the designated area at the finish line until their medal presentation*.

Field top 3 placegetters will be taken to the presentation area by an official at the end of their event.

All competitors will also receive a certificate showing all their performances via their Centre in due course.

*Athletes who need to return to a field event should make the track and medals officials aware, and a decision will be made as to whether the presentation is made immediately or held until after the field event.

Zone Exemption:

Athletes must apply to LANSW prior to the carnival on the prescribed form for consideration of approval of any zone exemption.

Details can be found on the LANSW website here: [Entry-Guidelines-State-Pathway-FINAL.pdf](#)

Equipment & Throwing Implements

All equipment will be provided by the event organisers. No athlete is allowed to use their own throwing implements.

Finally, on behalf of the Zone Committee I wish all athletes, parents and officials the very best for what is hoped will be another memorable experience but this time at a new venue.

Yours sincerely



Ken Carter – NEMZ Coordinator

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TEAM MANAGER DUTIES & RESPONSIBILITIES

At all LANSW carnivals, each participating centre is required to appoint a 'Team Manager', who becomes the official point of contact for the centre. The following aims to assist Team Managers in better understanding their responsibilities.

WHAT TO BRING

Below is a list of necessary items that a Team Manager should have with them at a Little Athletics NSW Carnival.

- Spare centre numbers
- Spare registration numbers (current year) and the paperwork to go with a change of number
- Spare age patch for each age group that is competing at the championship
- Spare sponsor patches
- Enough lanyards to cover all the parent duty roster roles for each day
- Safety pins for attaching numbers etc. to uniforms
- Details of the centre uniform, and all of its variants, as approved by Little Athletics NSW
- Details of the Little Athletics NSW requirements regarding centre uniforms
- Copy of the Rules of Competition
- \$50 notes for protests
- Copy of the entry form (where applicable), or list of participating athletes

DUTIES

The Team Manager is the point of contact for the centre for the championship. If the Carnival Management requires clarification on any matter relating to a centre, they will call for the Team Manager. In addition to the above, the duties of a Team Manager include:

- Lodging protests
- Viewing videos (for identification of athletes only), with regard to protests
- Fixing any uniform problems
- Collecting certificates (where applicable)
- Advising of withdrawals

PROTEST PROCEDURES

- Protests can only be lodged by the centre's nominated Team Manager.
- Protests must be lodged with the carnival Information Officer **no more than 30 minutes** after the results have been posted. They must be in writing.
- An amount of \$50 must accompany a protest.
- The Starters decision is final, not even the Track Referee can overturn it. A protest lodged against the start of a race will be deemed frivolous and the carnival Information Officer should advise the Team Manager prior to lodging such a protest.
- Protests against a DQ in a walk will be deemed frivolous and the carnival Information Officer should advise the Team Manager prior to lodging such a protest.
- The \$50 accompanying the protest will be retained by the carnival Information Officer if the protest is deemed frivolous or if the centre has been advised by the carnival Information Officer that it is not a valid protest and the centre still chooses to submit it.
- Video evidence from outside the arena will not be used by a Referee to make a decision on a protest (for track or field).
- There shall be a right of appeal to the Jury, which must be lodged within 30 minutes after the notification of the decision. The appeal must be in writing.
- Full details can be found in the LANSW Rules of Competition.

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