

REGIONAL COMPETITION - QUICK REFERENCE GUIDE (on what to do)

BEFORE LEAVING HOME

Make sure athletes are dressed in the **full correct uniform**

Bring chairs/picnic blanket, hats, water and food, sunscreen

Correct Uniform is: Club Shirt, maroon shorts, and enclosed shoes

Club Shirt must have rego number sewn on front, jester patch on front right chest, age patch on left sleeve

Shorts must be plain maroon without logos, stripes or brand names Girls can wear maroon “bike” pants

Compression pants that are maroon or black (with maroon shorts over) can be worn. Boys must wear maroon short over compression pants.

SPIKES – U11 & U12's can wear spike shoes ONLY in laned track events up to 400m, Long jump, High Jump and Javelin. U13s+ can wear spike shoes in any event.

WHEN YOU ARRIVE

Arrive at least **45 minutes** before the first scheduled event (events can be moved forward up to 30 minutes)

Find the Bli Bli “Base Camp” and immediately check in the team manager (Bret)

Settle in and familiarise yourself with the event layout

Follow our team manager’s instructions and ask any committee member if you need help.

HELP TO RUN BOYS SHOT PUT

Everything here is volunteer run - All the centres in the region jointly run this event.

Our Centre (with Wamuran) is providing officials to chief on boy’s shot put (Tina, Paul, Tony)

We will need at least 3 others to help to spike, retrieve and record, whenever boys shot put is on. It’s easy and any adult can do it... so please help out.

Listen out for calls for assistance at other events throughout the day – sometimes areas are short on volunteers.

IMPORTANT TIPS & RULES (parents included)

Only officials, team managers and event volunteers are allowed on the track, in track marshalling or event areas.

Only team managers and clash marshals can remove athletes from an event. If your child has events that clash please DO NOT REMOVE THEM FROM AN EVENT, let the team manager know and they will talk to clash marshall

U7 & U8 athletes receive participation medals at lunch on Sunday. Please let Bret know if they will not be attending

U9 + athlete’s track events up to 800m consist of heats and finals. Results sheets should be checked regularly to see if an athlete has progressed to finals, or listen out for finals announcements. Finals are held in the afternoon. If your athlete has qualified but won’t compete in a final please let Bret know promptly so another athlete can compete.

Field events (except high jump) will have 3 attempts. The top 8 results immediately proceed to a final with another 3 attempts.

U9 and older athletes receive medals for placing 1st, 2nd or 3rd in any event final. These are presented immediately at field events and throughout the day for track events.

Under 9 and older athletes placing in the top 4 of a final qualify to attend the State Championships.

Please remember this is NOT the Olympics – officials are volunteers and every athlete is trying their best

Have fun, be positive, help out and support all athletes ☺