



Mid West Metropolitan Zone Challenge (U9-U17)
Saturday & Sunday 12 to 13 December 2020
The Crest Athletics Track, McClean Street, Georges Hall

INFORMATION FOR CENTRES/COMPETITORS

Starting times: first call 7.45am for an 8.00am start

Check-in & Out: It will be a requirement of all athletes and parents to adhere to the following key points and instructions given to them by our COVID Marshalls.

- All attendees will be required to sign in and out via QR codes stationed at the entrance to the ground.
- Avoid physical contact including shaking hands, high fives or hugging
- You must not attend, if:
 - a member of your household is awaiting the results of a COVID test
 - in the past 14 days you have attended any of the reported case locations listed on the NSW Health website
 - If you or an athlete in your family are unwell, please stay home and avoid physical contact with other people

Spectator Areas: Centres will be allocated spectator areas in the grandstand – these will be clearly marked for parents to see. We ask that spectators using the grandstand remain in their centre's allocated area. The grass hill adjacent to the grandstand is available for all to use.

Track Events: All track events will be run as timed finals

Field Events: 3 trials per athlete only

Parent Assistance: Parents will be required to assist at their child's field events and should accompany them to the call room and thence to the actual field event. Parents assisting at field events are required to wear closed in shoes.

Centre Uniform: All athletes must compete in their registered centre uniform. Athletes may wear plain compression/bike pants in colour of Centre uniform with no logos or contrasting stitching as an outer garment. If they wear compression/bike pants with logo or contrasting stitching they must be worn underneath their centre shorts. No part of the uniform shall extend beyond the top of the knee. Athletes may wear a plain "T" shirt under their competition uniform.

McDonald's registration number with the gold border showing is to be firmly affixed to the front of the uniform top.

Age patches are to be worn on the front left hand side of the uniform.

The Coles sponsors patch must be worn on the top right hand side of the uniform top.

Centres with uniform supply issues should contact the zone championship officer (Graham O'Brien) prior to the challenge date noting which athletes require an exemption. Athletes with an exemption will still be required to wear athlete number, age patch and sponsor patch.

Athletes presenting to Call Room/events without an exemption NOT in correct uniform will be sent away to have it fixed, event will not be held up. Team managers should bring spare registration numbers, age patches, centre numbers, sponsor patches and safety pins to challenge.

Athletes may take additional clothing out to field events for sun protection or to keep warm/dry between trials (eg. hats, t-shirts, jackets etc).



Footwear: Footwear is compulsory for ALL competitors in all events. Spike shoes MUST NOT be worn in any U9 and U10 events. Competitors in the U11 age groups may wear spikes in events run entirely in lanes, javelin, long jump, triple jump and high jump.

Competitors in the U12 to U17 age groups may wear spike shoes in all track events (except walks), javelin, long jump, triple jump and high jump.

Spike shoes must only be worn during the event and are not to be worn to and from the event.

Spike length: Synthetic track 7mm maximum
High/Long/Triple/Javelin 9mm maximum

Blocks will NOT be provided by Bankstown Sports Athletics and are not compulsory. The use of personal blocks is permitted.

Spectator parking: There is ample parking at the end of McClean Street

Results: Will be posted on the notice board near the BBQ.

Call Room: All track and field events will be marshalled at the northern end of the ground. All athletes MUST go through the call room for all events with the exception of the first call of field events where they will go straight to the event and have their uniform checked at field event.

Clash of events: There will be a clash manager who will manage the clash of events. If an athlete is at a track event and they are called to a field event, as soon as they have completed their track event they MUST report to call room. If an athlete is at a field event and they are called to a track event they MUST remain at their field event and the clash manager will pick them up. Please ensure you take your track shoes to field event if a clash is likely to occur.

First Aid: will be located near the end of the finish line.

Information Officer: will be behind the Grandstand near the BBQ.

Sun protection: Every effort will be made to provide shade, but parents are urged to provide hats, sunscreen, t-shirts and water for their children especially when going to field events.

Safety: LANSW is committed to providing everyone with a safe environment. Please let the Information Officer know if you see something that you think is unsafe.

Spectators: are not permitted on the competition area.

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 Policy will be applied. In the case of very hot conditions, the LANSW Heat Policy will be referred to.

Bins/Rubbish: please ensure that you dispose of all rubbish in bins provided.

Smoking: is not permitted in any competition or spectator area.

Alcohol: LANSW has a zero tolerance on the consumption of alcohol during championships.

Athlete Behaviour: LANSW 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.

Sport Rage: Sport Rage is any violence, foul language, harassment, abuse or bad behaviour by athletes, coaches, officials or spectators. Any type of sport rage will not be tolerated by LANSW and may result in offenders being issued with a formal warning. Repeated or serious breaches may result in the offender being asked to leave the venue. They may also be subject to further penalties, including a ban from future participation in the sport.

