



# 2018 WESTERN PLAINS ZONE CHAMPIONSHIPS

**December 8 & 9, 2018**

**McGrane Oval, Gilgandra**

## **INFORMATION SHEET [To be retained by parent]**

### **Eligibility & Cost**

- ▶ Open to registered athletes in the U7 to U17 age groups only
- ▶ U7 - U12 athletes may enter a maximum of 4 events for the Zone Championships
- ▶ U13 - U17 athletes may enter a maximum of 6 events for the Zone Championships
- ▶ \$2 entry fee per athlete

### **Entries**

Entries close **Friday 9th November**. Completed nomination forms together with entry fee are to be returned to the canteen on or before Friday 9th November. No late entries will be accepted.

Entries will be on the website on Sunday 17th November, and any errors must be notified by email to Phill Dennis: [janeandphill@iinet.net.au](mailto:janeandphill@iinet.net.au) by 10pm on Friday 23rd November. No changes will be made after that date.

### **Events**

Only events that are listed as being available for a particular age group at the Zone Championships should be nominated. Some events will be on Saturday, some on Sunday. You may come for either day or both. See the Event Selection Table on page 2.

### **Progression**

U7 athletes compete at Zone Championships only and do not progress further.

The first 6 places in each event (U8 - U17) at Zone Championships will progress to Regional Championships, held at Barden Park, Dubbo on February 2 & 3, 2019. If you are successful at Zone, you are expected to commit to the next round (Regional Championships (entry fee \$3), and if successful there, then State).

### **Uniform**

Athletes must wear full club uniform, and have all patches (age number, registration number and Coles patch) correctly attached to the uniform. Please note that athletes who are not in correct uniform may be disqualified from their events.

### **Parent Duties**

Parents are required to assist during the carnival and will be required to do a minimum of one duty per child. Please note that duties last for approximately 1½ hours each. Events of children are considered when preparing the duty roster. Duties are not difficult, but require a parent to be actively engaged in the activity on which they have been rostered. It is not acceptable to leave your duty during the scheduled time to watch your child. Fully enclosed shoes must be worn while completing duties.

# WESTERN PLAINS ZONE CHAMPIONSHIPS Event selection table



- ▶ U7 - U12 may select up to 4 events, U13 - U17 may select up to 6 events
- ▶ You may choose events from either Saturday or Sunday, or both days
- ▶ Remember that parents are required to do at least 1. duty per child
- ▶ High jump starting heights (athletes MUST be able to jump this height):

	Zone		Region	
	Girls	Boys	Girls	Boys
U9	0.80	0.85	0.85	0.90
U10	0.90	0.95	0.95	1.00
U11	1.00	1.05	1.05	1.10
U12	1.10	1.15	1.15	1.20
U13	1.15	1.20	1.20	1.25
U14	1.20	1.25	1.25	1.30
U15	1.20	1.25	1.25	1.30
U17	1.25	1.30	1.30	1.35



Boys	U7	50m	100m	500m	Shot Put	70m	200m	Discus	Long Jump	Long Jump
Girls	U7	50m	100m	500m	Discus	70m	200m	Shot Put	Long Jump	Long Jump
Boys	U8	60m Hurdles	100m	400m	Shot Put	Long Jump	70m	200m	700m	Discus
Girls	U8	60m Hurdles	100m	400m	Discus	Long Jump	70m	200m	700m	Shot Put
Boys	U9	60m Hurdles	100m	400m	Shot Put	High Jump	70m	200m	800m	700m Walk
Girls	U9	60m Hurdles	100m	400m	Shot Put	High Jump	70m	200m	800m	700m Walk
Boys	U10	60m Hurdles	100m	400m	Discus	Long Jump	70m	200m	800m	1100m Walk
Girls	U10	60m Hurdles	100m	400m	Discus	Long Jump	70m	200m	800m	1100m Walk
Boys	U11	60m Hurdles	100m	400m	1500m	Shot Put	Triple Jump	200m	800m	Discus
Girls	U11	60m Hurdles	100m	400m	1500m	Shot Put	Triple Jump	High Jump	Javelin	Javelin
Boys	U12	60m Hurdles	100m	400m	1500m	Discus	Long Jump	High Jump	200m	1500m Walk
Girls	U12	60m Hurdles	100m	400m	1500m	Discus	Long Jump	Javelin	200m	1500m Walk
Boys	U13	100m	200m Hurdles	400m	1500m	Discus	Triple Jump	Javelin	3000m	80m Hurdles
Girls	U13	100m	200m Hurdles	400m	1500m	Shot Put	Long Jump	High Jump	3000m	80m Hurdles
Boys	U14	100m	200m Hurdles	400m	1500m	Discus	Triple Jump	High Jump	3000m	90m Hurdles
Girls	U14	100m	200m Hurdles	400m	1500m	Shot Put	Long Jump	Javelin	3000m	80m Hurdles
Boys	U15	100m	300m Hurdles	400m	1500m	Shot Put	Long Jump	Javelin	3000m	100m Hurdles
Girls	U15	100m	300m Hurdles	400m	1500m	Discus	Triple Jump	High Jump	3000m	90m Hurdles
Boys	U17	100m	300m Hurdles	400m	1500m	Shot Put	Long Jump	High Jump	3000m	110m Hurdles
Girls	U17	100m	300m Hurdles	400m	1500m	Discus	Triple Jump	Javelin	3000m	100m Hurdles



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## NOMINATION FORM [Complete one form for each child]

### Athlete Details

Name: \_\_\_\_\_

Age group: Under \_\_\_\_\_ Boys/Girls (please circle) Registration number: \_\_\_\_\_

### Event Nominations

Event	Event Name [please read table of events carefully] eg. Boys U8 100m	Day eg. Saturday
1		
2		
3		
4		
Only U13 - U17 athletes may nominate up to 6 events		
5		
6		

### Parent Commitment

I have read the Zone Championships information sheet  (please tick)

By signing this form, I understand that:

- ▶ I will attend the Zone Championships with my child on December 8 and/or 9, 2018
- ▶ I am agreeing to do a minimum of one duty per child attending the Zone Championships and understand that I must organise my own swap if rostered to an unsuitable time, and will notify any changes by email to janeandphill@iinet.net.au

Parent name: \_\_\_\_\_

Parent signature: \_\_\_\_\_

Mobile phone number: \_\_\_\_\_

Email address: \_\_\_\_\_

**Completed nomination forms together with entry fee are to be returned to the canteen on or before Fri 9th Nov. NO LATE ENTRIES WILL BE ACCEPTED.**

Committee Use Only	
Date form received	
Form complete and signed?	
\$2 entry fee paid?	