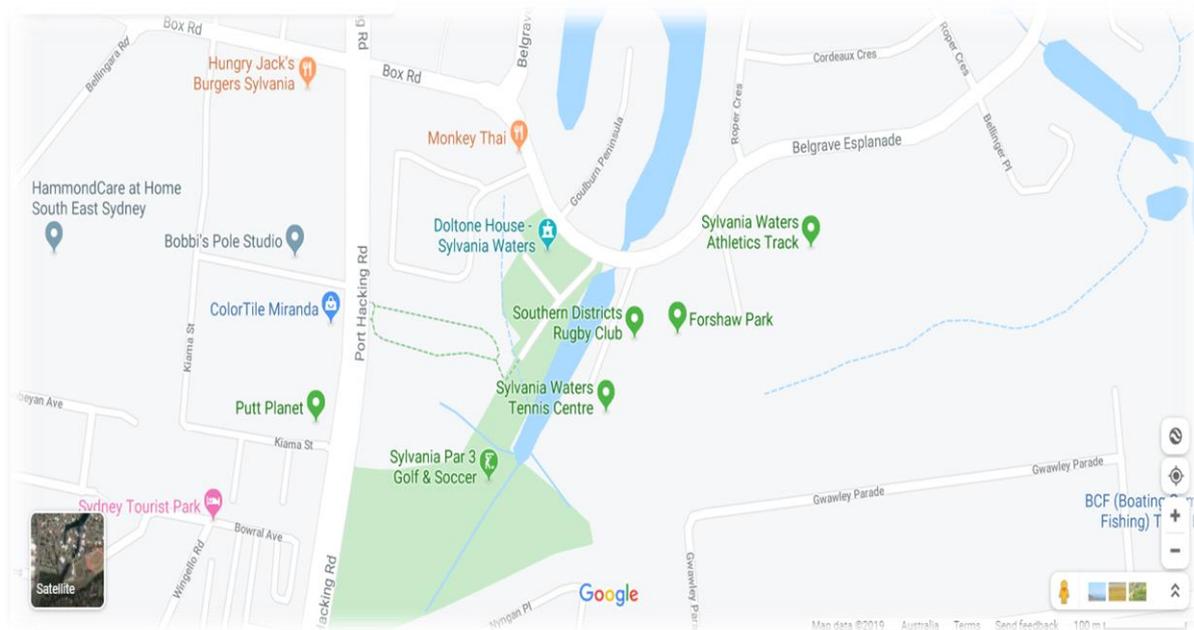


# SOUTHERN METROPOLITAN ZONE CARNIVAL INFORMATION FOR PARENTS

**Dates:** Friday 13<sup>th</sup> thru Sunday 15<sup>th</sup> December 2019

**Address:** Sylvania Waters Athletics Track, Belgrave Esplanade, Sylvania



See the map at the end for the ground and field layout

**Parking:** Street parking along the Esplanade and in surrounding streets but be aware, parking police do patrol the area. There will be some parking available on site at the western end of the grounds and also some overflow parking on the baseball fields behind. Officials parking will be roped off behind canteen area and entry is with a parking pass only.

**Seating:** There is grandstand seating at Sylvania as well as room for spectator tents at the eastern end of the grandstand and on the far side of the track along the back straight adjacent to the baseball fields.

**Food and Drinks:** there is a canteen running for the entire carnival and food and drinks can be purchased here. The BBQ will run Saturday and Sunday. There will be an ice-cream/slushie van also and a coffee van at the grounds. You can also bring your own supplies. There are no shops in the near vicinity.

**Toilet facilities:** There are toilets in each of the male and female change-rooms and there will be a few portaloos placed strategically around the ground also.

**Weather Protection:** Zone carnival goes ahead in sunshine, rain and wind. The only weather events that stop a carnival are extreme heat and lightning and air quality issues which are all monitored according to LANSW guidelines. We recommend that all athletes and parent helpers come prepared with sunscreen, hats, water bottles, warm clothing and rain jackets as desired.

**Footwear for Parents on Roster:** All adults assisting and anywhere on the athletic ground must wear closed in shoes for safety reasons. Not wearing closed shoes will not be an excuse for not helping. We have a supply of spare closed in shoes!

**Uniform for athletes:** Full Centre uniform including Athlete Number on front, age patch on left leg or left side of top, Red Coles Patch on right side of top (must be horizontal and not cover any part of the Macdonald's rego number) The red outline of athlete number must be visible. For U12-U17 athletes the top part of the registration patch can be folded down to fit crop tops as necessary.

**Spiked shoes:** can only be worn by athletes in U11 and above age groups and **they must be carried to the Call room area and not put on until the athlete is at their event.** U11-U17 athletes are permitted to wear spike shoes in events run entirely in lanes, long jump, high jump and triple jump. Spikes to be a maximum of 6mm in length. Athletes in the U12-U17 age groups may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump and javelin.

Athletes in the U13-U17 age groups may wear spike shoes in all of the events listed above as well as events not run entirely within lanes, except walks.

All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than 2 blanks/slugs installed.

Any athletes wearing spikes must start off the starting blocks in laned events. Spikes to be a maximum of 6mm in length.

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

**Team Managers** Each Centre is required to provide a list of team managers' names and contact numbers and these people are the only ones who can lodge a protest on behalf of the Centre. Team managers are also responsible for ensuring Centre parents fulfil their designated duty and will be called out if parent helpers are missing. They are also an athlete or parent's first contact for any queries about the program, duties etc.

**Protests over results:** If you have a protest about the results of an event, this needs to be submitted by the team manager through the information officer and will cost a fee. If the protest is found to be valid the fee is refunded.

**Calls to Marshalling Areas:** Listen carefully for calls to the Call Room as these are sometimes missed when everyone is talking/cheering. Events are sometimes called out of order depending on what is happening in the program. If your child has missed their call it doesn't always mean they have missed the event. In a field event they can still enter providing the event has not entered the final cut of 8 athletes. In a track event they are often able to enter if the athletes are not yet on the start line. In either case the athlete must still go through the Call room to be checked and then taken by an official to the event. Parents cannot take children to an event on their own. Ensure children use the toilet facilities prior to going to the Call room tent as it is much less stressful for them than having to leave halfway through.

**Event times:** The times in the program are "**NOT BEFORE**" times. This means that an event can start anytime at or after this time and may be called to the call room 30 minutes prior to this not before time. It is recommended that athletes be at the grounds and checked in with their team manager at least ½ hr prior to the not before time stated in the program. Events from 500m and longer require athletes to wear hip numbers and so these events are often called to the call room well in advance so hip numbers can be allocated and pinned on to athletes uniforms.

**Rostered Duties:** Please be aware of what duty you are rostered to and when. Check in with your team manager so he/she knows you are there and can direct you to a rostered duty. Do not go to Information and ask where you are supposed to be as different Centres have different rostered duties. This year we are trialling a new scheme whereby Chiefs at Field events will call for parents from the age group at the event to come across and assist for that event. So if your child is going to a field event and you don't have a specific rostered duty for your Centre we ask that you go to the event and volunteer. The chiefs will have a sign on sheet at the event for each age group and parents assisting are to sign on with their name and Centre details when fulfilling one of these roles. Once you are assisting at the event you must follow all the directions of the Chief and cannot give any assistance/guidance/support or otherwise to any athlete in that event including your own. Failure to comply can jeopardise the athlete's result and may even cause a disqualification.

**Results:** Live results will be available throughout the championships on the following link:

<http://www.littleareresults.com/SMZ/>

**Progression to Region Carnival:** Under 7 athletes do not progress to Region and medals are awarded to these athletes for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place overall in each event. The medal presentations will occur fairly soon after the finish of each event unless there is a protest.

All other athletes U8-U17 progress through to Zone by the following means:

1<sup>st</sup> to 6<sup>th</sup> place in the final of each event goes to Region PLUS the next four best across our Zone and Inner City Zone. (We will not know these last four contenders for several weeks, but if your child finishes in the top 6 in their event they automatically qualify. Region Carnival is being held at The Ridge track on the weekend of 1<sup>st</sup> and 2<sup>nd</sup> February 2020. If for any reason your child qualifies for Region and then is not able to attend please let the Team manager know at the Zone so another child can be put in their place.



Green areas = overflow parking on both sides of grounds

Blue areas = Spectator/Club tent areas (there is also a grandstand on the Northern side of the grounds.)

Yellow = Callroom

Port Hacking LAC are providing a hydration/Recovery Spray tent at the western end of the ground.

Southern Met Zone Co-ordinator and Committee wishes all our athletes a great carnival with lots of PB's and lots of fun and friendships.

Parents please remember these are kids and this is not the Olympics, cheer positively and encourage kindly.