

REGION 8 LITTLES STATE QUALIFIER
Sylvania Waters Athletics Track
Session Report

Session: 1 Friday Track Events
Day 1 - Friday 5/02/2021 - Starts at 06:30 PM

Not Before Time	Event	Round
6:30 PM	#1 Boys U 9 - 70 Metre Sprint	Heats
6:30 PM	#2 Girls U 9 - 70 Metre Sprint	Final
6:40 PM	#3 Boys U 10 - 70 Metre Sprint	Heats
6:40 PM	#4 Girls U 10 - 70 Metre Sprint	Heats
7:00 PM	#5 Boys U 9 - 800 Metre Run	Final
7:08 PM	#6 Girls U 9 - 800 Metre Run	Final
7:12 PM	#7 Boys U 10 - 800 Metre Run	Final
7:16 PM	#8 Girls U 10 - 800 Metre Run	Final
7:20 PM	#9 Boys U 11 - 1500 Metre Run	Final
7:30 PM	#10 Girls U 11 - 1500 Metre Run	Final
7:40 PM	#11 Boys U 12 - 1500 Metre Run	Final
7:50 PM	#12 Girls U 12 - 1500 Metre Run	Final
8:00 PM	#13 Boys U 9 - 70 Metre Sprint	Final
8:00 PM	#14 Girls U 10 - 70 Metre Sprint	Final
8:00 PM	#15 Boys U 10 - 70 Metre Sprint	Final

REGION 8 LITTLES STATE QUALIFIER
Sylvania Waters Athletics Track
Session Report

Session: 2 Friday Field Events
Day 1 - Friday 5/02/2021 - Starts at 06:30 PM

Not Before Time	Event	Round
6:30 PM	#1 Girls U 9 - High Jump (S/H 0.85m)	Final
6:30 PM	#2 Boys U 12 - Triple Jump	Final
6:30 PM	#3 Girls U 10 - Discus (500 Gram)	Final
6:30 PM	#4 Girls U 11 - Long Jump	Final
6:30 PM	#5 Girls U 12 - High Jump (S/H 1.15m)	Final
6:30 PM	#6 Boys U 10 - Discus (500 Gram)	Final
6:30 PM	#7 Boys U 11 - Long Jump	Final

REGION 8 LITTLES STATE QUALIFIER
Sylvania Waters Athletics Track
Session Report

Session: 3 Saturday Track Events
Day 2 - Saturday 6/02/2021 - Starts at 08:00 AM

Not Before Time	Event	Round
8:00 AM	#16 Girls U 11 - 800 Metre Run	Final
8:08 AM	#17 Boys U 11 - 800 Metre Run	Final
8:16 AM	#18 Girls U 12 - 800 Metre Run	Final
8:20 AM	#19 Boys U 12 - 800 Metre Run	Final
8:30 AM	#20 Girls U 9 - 60 Metre Hurdles (45cm)	Heats
8:36 AM	#21 Boys U 9 - 60 Metre Hurdles (45cm)	Heats
8:45 AM	#22 Girls U 10 - 60 Metre Hurdles (60cm)	Heats
8:54 AM	#23 Boys U 10 - 60 Metre Hurdles (60cm)	Heats
9:05 AM	#24 Girls U 11 - 80 Metre Hurdles (60cm)	Heats
9:11 AM	#25 Boys U 11 - 80 Metre Hurdles (60cm)	Heats
9:17 AM	#26 Girls U 12 - 80 Metre Hurdles (68cm)	Heats
9:23 AM	#27 Boys U 12 - 80 Metre Hurdles (68cm)	Heats
9:30 AM	#28 Girls U 9 - 700 Metre Walk	Final
9:38 AM	#29 Boys U 9 - 700 Metre Walk	Final
9:46 AM	#30 Girls U 10 - 1100 Metre Walk	Final
9:46 AM	#31 Boys U 10 - 1100 Metre Walk	Final
9:56 AM	#32 Girls U 11 - 1100 Metre Walk	Final
9:56 AM	#33 Boys U 11 - 1100 Metre Walk	Final
10:06 AM	#34 Girls U 12 - 1500 Metre Walk	Final
10:06 AM	#35 Boys U 12 - 1500 Metre Walk	Final
10:20 AM	#36 Girls U 9 - 60 Metre Hurdles (45cm)	Final
10:23 AM	#37 Boys U 9 - 60 Metre Hurdles (45cm)	Final
10:26 AM	#38 Girls U 10 - 60 Metre Hurdles (60cm)	Final
10:29 AM	#39 Boys U 10 - 60 Metre Hurdles (60cm)	Final
10:33 AM	#40 Girls U 11 - 80 Metre Hurdles (60cm)	Final
10:36 AM	#41 Boys U 11 - 80 Metre Hurdles (60cm)	Final
10:39 AM	#42 Girls U 12 - 80 Metre Hurdles (68cm)	Final
10:42 AM	#43 Boys U 12 - 80 Metre Hurdles (68cm)	Final
11:00 AM	#44 Girls U 9 - 200 Metre Sprint	Final
11:03 AM	#45 Boys U 9 - 200 Metre Sprint	Heats
11:12 AM	#46 Girls U 10 - 200 Metre Sprint	Heats
11:21 AM	#47 Boys U 10 - 200 Metre Sprint	Heats
11:24 AM	#48 Girls U 11 - 200 Metre Sprint	Heats
11:33 AM	#49 Boys U 11 - 200 Metre Sprint	Heats
11:42 AM	#50 Girls U 12 - 200 Metre Sprint	Heats
11:48 AM	#51 Boys U 12 - 200 Metre Sprint	Heats
12:45 PM	#52 Girls U 9 - 100 Metre Sprint	Heats
12:51 PM	#53 Boys U 9 - 100 Metre Sprint	Heats
12:57 PM	#54 Girls U 10 - 100 Metre Sprint	Heats
1:06 PM	#55 Boys U 10 - 100 Metre Sprint	Heats
1:15 PM	#56 Girls U 11 - 100 Metre Sprint	Heats
1:21 PM	#57 Boys U 11 - 100 Metre Sprint	Heats
1:27 PM	#58 Girls U 12 - 100 Metre Sprint	Heats
1:33 PM	#59 Boys U 12 - 100 Metre Sprint	Heats
1:40 PM	#60 Girls U 9 - 400 Metre Sprint	Final
1:52 PM	#61 Boys U 9 - 400 Metre Sprint	Final
2:06 PM	#62 Girls U 10 - 400 Metre Sprint	Final

Track lunch break

REGION 8 LITTLES STATE QUALIFIER
Sylvania Waters Athletics Track
Session Report

Session: 3 Saturday Track Events
Day 2 - Saturday 6/02/2021 - Starts at 08:00 AM

Not Before Time	Event	Round
2:18 PM	#63 Boys U 10 - 400 Metre Sprint	Final
2:26 PM	#64 Girls U 11 - 400 Metre Sprint	Final
2:38 PM	#65 Boys U 11 - 400 Metre Sprint	Final
2:46 PM	#66 Girls U 12 - 400 Metre Sprint	Final
2:54 PM	#67 Boys U 12 - 400 Metre Sprint	Final
Short track break		
3:15 PM	#68 Boys U 9 - 200 Metre Sprint	Final
3:18 PM	#69 Girls U 10 - 200 Metre Sprint	Final
3:21 PM	#70 Boys U 10 - 200 Metre Sprint	Final
3:24 PM	#71 Girls U 11 - 200 Metre Sprint	Final
3:27 PM	#72 Boys U 11 - 200 Metre Sprint	Final
3:30 PM	#73 Girls U 12 - 200 Metre Sprint	Final
3:33 PM	#74 Boys U 12 - 200 Metre Sprint	Final
Short track break		
3:50 PM	#75 Girls U 9 - 100 Metre Sprint	Final
3:53 PM	#76 Boys U 9 - 100 Metre Sprint	Final
3:56 PM	#77 Girls U 10 - 100 Metre Sprint	Final
3:59 PM	#78 Boys U 10 - 100 Metre Sprint	Final
4:02 PM	#79 Girls U 11 - 100 Metre Sprint	Final
4:05 PM	#80 Boys U 11 - 100 Metre Sprint	Final
4:08 PM	#81 Girls U 12 - 100 Metre Sprint	Final
4:12 PM	#82 Boys U 12 - 100 Metre Sprint	Final
4:30 PM	#83 Girls U 9-12 4x100 Metre Relay (Jnr)	Final
4:30 PM	#84 Boys U 9-12 4x100 Metre Relay (Jnr)	Final

REGION 8 LITTLES STATE QUALIFIER
Sylvania Waters Athletics Track
Session Report

Session: 4 Saturday Field Events
Day 2 - Saturday 6/02/2021 - Starts at 08:00 AM

Not Before Time	Event	Round
8:00 AM	#8 Girls U 9 - Shot Put (2.0 Kg)	Final
8:00 AM	#9 Girls U 12 - Shot Put (2.0 Kg)	Final
8:00 AM	#10 Boys U 9 - Discus (500 Gram)	Final
8:00 AM	#11 Boys U 12 - Discus (750 Gram)	Final
8:00 AM	#12 Girls U 10 - High Jump (S/H 0.95m)	Final
8:00 AM	#13 Boys U 11 - High Jump (S/H 1.10m)	Final
8:00 AM	#14 Girls U 11 - Triple Jump	Final
8:00 AM	#15 Boys U 10 - Long Jump	Final
8:00 AM	#16 Girls U 12 - Long Jump	Final
9:00 AM	#17 Girls U 11 - Discus (500 Gram)	Final
9:00 AM	#18 Boys U 12 - Long Jump	Final
9:15 AM	#19 Boys U 12 - Shot Put (2.0 Kg)	Final
9:30 AM	#20 Boys U 9 - Long Jump	Final
10:00 AM	#21 Girls U 10 - Shot Put (2.0 Kg)	Final
10:00 AM	#22 Boys U 10 - High Jump (S/H 1.00m)	Final
10:00 AM	#23 Girls U 12 - Triple Jump	Final
10:15 AM	#24 Boys U 12 - Javelin (400 Gram)	Final
10:15 AM	#25 Girls U 9 - Long Jump	Final
10:15 AM	#26 Girls U 11 - High Jump (S/H 1.05m)	Final
10:30 AM	#27 Boys U 11 - Discus (500 Gram)	Final
10:45 AM	#28 Boys U 9 - Shot Put (2.0 Kg)	Final
11:00 AM	#29 Girls U 12 - Javelin (400 Gram)	Final
11:15 AM	#30 Boys U 11 - Triple Jump	Final
11:45 AM	#31 Boys U 12 - High Jump (S/H 1.20m)	Final
11:45 AM	#32 Girls U 10 - Long Jump	Final
12:30 PM	#33 Boys U 11 - Shot Put (2.0 Kg)	Final
12:30 PM	#34 Girls U 11 - Javelin (400 Gram)	Final
12:30 PM	#35 Boys U 10 - Shot Put (2.0 Kg)	Final
12:30 PM	#36 Girls U 12 - Discus (750 Gram)	Final
12:30 PM	#37 Boys U 9 - High Jump (S/H 0.90m)	Final
2:00 PM	#38 Girls U 11 - Shot Put (2.0 Kg)	Final
2:15 PM	#39 Boys U 11 - Javelin (400 Gram)	Final
2:30 PM	#40 Girls U 9 - Discus (500 Gram)	Final



NO PARKING

Marshalling

Spectator/
Club Tents

Officials Parking

Spectators

Toilets and
Canteen

Announcer

Meet Manager

First Aid Area

Information

Parent Parking

Parent Parking

Out of Bounds

Spectator/
Club Tents

Overflow Parking

Belgrave Parade

Forshaw Park

Sylvania Waters
Sports Centre

Sylvania Waters
Athletics Track



REGION 8

Region Coordinator: **Lynne Whatman**

Region Secretary: **Mikaela North**

Email: region8secretary@yahoo.com

LANSW Littles State Qualifier Region 8 February 2021

INFORMATION FOR PARENTS- Sign Up App for duties

*Helensburgh – Illawong – Port Hacking – Revesby Workers – St George – Sutherland
Balmain – Canterbury – Eastern Suburbs – Inner West – Randwick Botany – South Eastern – Tiger Wests*

We're using SignUp.com to organise the parent helper duties for our upcoming LANSW Littles State Qualifier Event for Region 8.

Parents need to nominate for at least one duty throughout the weekend. This can be done online. Each duty has a brief description of the role.

Parents nominate either to assist at a specific field event e.g. U10 Boys Shot Put, OR nominate for track or other assistance role for a specified period of time e.g. Call Room, Track Marshall etc.

To nominate follow the steps below. Your name, email address, phone number and Centre details are all required. These details are only used for the purposes of organizing the meet. SignUp.com does not share your email address with anyone.

- 1) Click this link to see our SignUp on SignUp.com: <https://signup.com/go/bFUwzCa>
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! You will NOT need to register an account or keep a password on SignUp.com.

Each Centre will be provided with a list of nominated parent helpers from their Centre only.

We do require a large number of volunteers to run events such as this and your time is greatly appreciated.

Parent helpers are required to wear enclosed shoes for safety purposes regardless of what role they undertake. Many roles will be out in the sun so please ensure you bring along adequate sun protection and a water bottle.

Southern Met Zone – Inner City Zone

*Bundeena – Helensburgh – Illawong – Port Hacking – Revesby Workers – St George – Sutherland
Balmain – Canterbury – Eastern Suburbs – Inner West – Randwick Botany – South Eastern – Tiger Wests*



REGION 8

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Region Secretary: **Mikaela North**
Mobile contact: 0438703882
Email: jwl@idx.com.au

EXPLANATION OF PARENT ROSTER DUTIES

It is a requirement of LANSW that all helpers on the ground wear closed in shoes - regardless of the duty, you must have closed in shoes.

ALL PARENT HELPERS REPORT STRAIGHT TO THEIR DUTY.

Track Umpires

- a. Report to the finish line to the Chief Umpire— you will be directed to the required position, replacing the previous person parent on duty from your club.
- b. Watch that children are not crossing over into others lanes and/or impeding them.
- c. For hurdles – watch that the lead leg is going over the hurdle and not around (in outside lanes)
- d. Watch that there is no pushing or interference from one athlete to another.
- e. Report any of the above to the Chief Track Judge if it occurs.

YOU WILL NEED A HAT, SUNSCREEN AND A DRINK AS YOU WILL BE IN THE SUN.

Hurdles Assistant

- a. Report to the finish line to the Chief Umpire or Track Manager.
- b. After each hurdles race, pickup and reset any fallen hurdles.
- c. Chief Umpire or Track Manager will advise when to raise, lower or remove hurdles.

YOU WILL NEED A HAT, SUNSCREEN AND A DRINK AS YOU WILL BE IN THE SUN.

Call Room Assistant

- a. Report to the appropriate Call Room Tent and Chief of Call Room.
- b. Follow the instructions of the Call Room Chief.
- c. Call out children's names and numbers to check them off the starting lists.
- d. Check uniforms— correct numbers in the correct position, pin leg numbers for distance events, spikes carried and put on at the start line.
- e. Escort the athletes to their event.

Data Entry Assistant

- a. Report to the Recording shed at the end of the track
- b. You will be trained to enter field event results into the computer program.
- c. Take printed results sheets to the results board.

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Southern Met Zone – Inner City Zone

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Field Event Assistants

Make sure you know which event area you are to report to – listen out for when that event has been called. There are 2 long jump pits, 1 triple jump pit, 2 shot circles, 2 discus areas, 2 high jump and 1 javelin, go to the correct one for the event you are rostered to.

You are not allowed to coach or comment on any athlete, particularly not your own child. Be vigilant on this as it could be cause for a protest against your child and a change in results!

For all field events you will be in the sun, please ensure you have a hat, sunscreen applied and a water bottle.

Discus, Javelin and Shot Put

The Chief Judge will ask you to collect the implements, or indicate if the throw is out of sector, or possibly to spike where the implement has landed. Please make sure you are always facing the throwing zone for your own safety. Walk backwards away from the throwers so you always know what is happening.

One helper will always be required to record the results for each event.

Long Jump and Triple Jump

The Chief Judge will ask you to rake the sand, spike the point where the athlete made a mark in the sand, nearest to the take-off mat, or to marshal the athletes calling out the next 3 in a row to have them ready.

One helper will always be required to record the results for each event.

High Jump

The Chief Judge will ask you to pick up the bar when it falls. One helper will always be required to record the results for each event.



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LANSW Littles State Qualifier Region 8 February 2021

INFORMATION FOR CENTRE CHAMPIONSHIPS OFFICERS/TEAM MANAGERS

*Helensburg – Illawong – Port Hacking – Revesby Workers – St George – Sutherland
Balmain – Canterbury – Eastern Suburbs – Inner West – Randwick Botany – South Eastern – Tiger Wests*

When:	Friday 5 and Saturday 6 February
Where:	Sylvania Waters Athletics Track, 225 Belgrave Esplanade, Sylvania Waters
Start Time:	Friday First Call: 6.15 pm. Events commence at 6:30 pm Saturday First Call: 7:45 am. Events commence at 8:00 am
Entry Fee:	\$10 per entered athlete to be paid by centres prior to the event

Team Manager:

Each Centre must appoint a Team Manager/s who is responsible for the liaison between their centre athletes and carnival management throughout the weekend.

The name of each Centre Team Manager/s and a mobile phone number/s must be provided to the Region Secretary by e-mail (region8secretary@yahoo.com) no later than Wednesday 3 February 2021.

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 lodge protests over the weekend.

Ground Access:

The grounds will be open on Friday 5 February from 4:00 pm for Centres who may wish to set up official Centre shade shelters for their families.

Shade Shelters

Each Centre is asked to bring along their Coles 3 x 3m shade shelter for the host Centre to use for shade at events. If these could be brought to the blue shade shelter near the finish line to be set up and labelled with your centre name.

Relays:

Centres that have submitted a nomination for relay teams to compete will be able to substitute athletes in the event of injury, illness or inability to compete. All substitutions must comply with the rules regarding relay team composition and details of substituted athletes need to be given to the Mikaela at Meet Manager.

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

Southern Met Zone – Inner City Zone

*Bundeena – Helensburg – Illawong – Port Hacking – Revesby Workers – St George – Sutherland
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Parents/Guardians and COVID procedures

It is a requirement of Little Athletics that all children be accompanied by an adult at the carnival at all times. Where possible, we request that only ONE parent/guardian attends per child to minimise the number of participants.

ALL adult attendees will be required to Check-In via a QR code on their phone in accordance with current Public Health Orders for COVID. Signs with the QR code will be posted around the grounds.

Families are asked to leave the grounds at the conclusion of their child's events and not loiter at the field.

Centres need to advise all participants and their parents/carers, and all volunteers who will be attending the Region 8 State Qualifying Event, that they must not attend if, in the past 14 days, they have:

- attended any of the reported case locations listed on the NSW Health website (<https://www.nsw.gov.au/covid-19/latest-news-and-updates>)
- been unwell or had any flu-like symptoms, or
- been in contact with a known or suspected case of COVID-19,
- had any sudden loss of smell or loss of taste, or
- are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.

Attendees are encouraged to download the Australian Government's COVID Safe App.

Protest Procedure:

If an athlete/centre wishes to make a protest it must be done by the Team Manager ONLY. The Team Manager needs to submit the protest in writing using the Protest Form, which is available at the Information desk. There is a \$50 fee to lodge a protest, it must be submitted to the information officer within 30 minutes of the completion of the event. The protest shall then be assessed according to the LANSW Rules of Competition.

Parking:

Parents can park in the carpark located on the western end (finish line end) of the track and the overflow parking behind this carpark.

The tennis carpark is also available for use. Both parking facilities are accessible via Belgrave Esplanade.

The car park located directly behind the grandstand and canteen is ONLY for the use of officials with parking passes. There will be an official monitoring this car park throughout the event, if anyone parks in this area without a pass they will be asked to move their vehicle.

The baseball carpark at the eastern end is NOT available for use by any athletics parents.

Athletes withdrawing from an event:

Any athlete who is withdrawing from any event throughout the Qualifying event needs to notify their team manager and Information as soon as they know they are unable to compete. This will assist in the smooth running of the program. Withdrawal forms are available from Information to facilitate this process.

Call Room:

Athletes in the first listed field events of each day will go straight to their first event. All other athletes must attend Call Room when their event has been announced. The Call Room location is at the eastern end of the track near the 200m bend. Only competing athletes are permitted in the Call Room. Only parents rostered to help are permitted in the Call Room.



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Athletes are not allowed to wear their spikes in the call room, they must put them on when at the start line for their event.

Centre Uniform:

Competitors must wear the correct, approved Centre uniform, which includes:

- The correct individual McDonald's registration number firmly attached to the front of their top with the gold border fully visible.
- Correct Age Patch firmly attached to the front left-hand side of the top or shorts.
- Coles patch firmly attached to the right-hand shoulder.

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

There will be **no leniency** shown at the Call Room – **any competitor not correctly attired will be sent to their Team Manager to correct their uniform, but the event will not be held waiting for them to return.**

Any athlete with the wrong number or no current season registration number must be issued with a new number by the centre Team Manager and the team manager must 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 2020/21 season. Events will not be held pending the issue of new registration numbers.

It is advised that all Team Managers check each competitor uniform very carefully before athletes attend Call Room to avoid any disappointment on the day.

Parent Assistance:

Parents are required to assist on events over the course of the Qualifying Meet. Parents will sign up for a duty using the Sign-Up app/website via the link <https://signup.com/go/bFUwzCa>

They will be able to select the event (field event and age group) or area (track assistance by time) they wish to assist on. Centres will be provided with a list of parent helpers for their records. An event area map will be included in the team manager information package and also available at the information desk throughout the weekend.

Parent helpers need to check in with their TEAM MANAGER (not information desk)

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

Parent helpers ARE NOT ALLOWED to provide any assistance, coaching or encouragement to ANY athlete whilst helping at an event.

If parent helpers do not report in time to their assigned event, your Centre will be called over the p.a. to supply an alternate helper. Until all helpers are at an event, the event will not proceed.

A brief description of each parent duty can be found at the end of this document, they are also supplied in the description on the Sign-Up app/website when parents nominate for their duty.

Only those parents helping at an event or athletes competing at an event are permitted in the competition area. All spectators must remain outside the gates surrounding the top and bottom field competition areas.

Competitor Footwear:

Athletes - Shoes are compulsory for all competitors in all events. Spikes may be worn as follows:

U9 to U10: Spikes may not be worn in any event.



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U11: Spikes may be worn in all track events run entirely in lanes, all jumps events and javelin.

U12: Spikes may be worn in all track events (except Walks), all jumps events, and javelin.

Any athlete who wears spikes for track events run entirely in lanes must use starting blocks. Spike length is 7mm (Track) or 9mm (Long/Triple/High/Javelin).

All competitors: Spike shoes with the spikes removed or blanks inserted may not be worn in any events. No athlete may compete bare foot in any event.

SPIKED SHOES MUST BE REMOVED BEFORE LEAVING THE COMPETITION AREA, AND MUST NOT BE WORN TO WALK AROUND THE VENUE OR THE CALL ROOM.

Weather:

The State Qualifying meet will go ahead under most weather conditions 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 Region Coordinator and the carnival Safety Officer and advised to Centre Team Managers as soon as possible.

Program:

The 2-day List of Events has been included in this information. If an athlete does not turn up for their event at the Call Room, it runs without them and they miss out. The program contains event NOT BEFORE times which means that the event cannot start before the given time, this is a guide for athletes and parents. **An event may be announced to go to call room up to 30 minutes BEFORE the NOT BEFORE time.** Athletes should be at the track at least 30 minutes before the event time listed.

There may be some breaks between events on the track to allow for athlete recovery breaks.

There are **no programs being sold** over the weekend, centres must advise families where to view copies.

All competitors are advised to review the program for the Littles State Championships via the LANSW website, to ensure availability in the event of qualification to progress.

Warming Up:

No athletes are to use any part of the track or field areas for warming up.

Clash of Events:

At this stage there is no Clash Manager. Athletes should advise the Chief Judge of their event if they believe a clash may occur so that the chief can make arrangements for that athlete to attend call room and compete in their event. The Chief judge communicate with the Call Room and athletes will be sent to their clashing to ensure no athlete misses an event due to a clash. Track events take priority when a clash occurs. The athlete is responsible for returning immediately to their field event to complete any further attempts. Athletes should be aware of any potential clashes of events they are competing in.



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Results:

In addition to being posted on the notice board at the ground, all results will be available online as soon as possible after the event. You can access these results at

<http://www.littlearesults.com/Region8/>

Water

Due to COVID regulations, there will NOT be any communal water containers at events. Athletes and parent helpers are advised to bring water bottles with them to events.

Services Available:

Full canteen and BBQ

First Aid

Progression from Qualifying event to State:

The first 2 place getters in a final automatically progress to the Littles State Championships. In addition, the next best 8 competitors in each event across the State will progress.

Only the first place Relay Team will progress to State level.

This season some qualifying times will be applied as follows:

1500m Walk U12 11.00 min

Athletes who cannot complete their 1500m walk within the time limit, at their Littles State Qualifying meet, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships.

High Jump

Athletes who cannot attain the state minimum starting height for the relevant age groups at regional carnivals, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships.

The state minimum starting height for high jump is as below:

	Boys	Girls
U9	0.95	0.90
U10	1.05	1.00
U11	1.15	1.10
U12	1.25	1.20

More Information:

Please contact any of the following:

Region Coordinator:

Lynne Whatman

jwl@idx.com.au

Region Secretary:

Mikaela North

region8secretary@yahoo.com

LANSW Littles State Championships will be held at Sydney Olympic Park Athletics Centre (SOPAC), Homebush on Saturday 20 and Sunday 21 March 2021. You will be advised of qualifiers and further information in due course, however, the program is currently available on the LANSW website.

> HELPING BUSINESS GET BACK TO WORK



COVID-19 Safety Plan

Prepared 29 December 2020

-3000 ATTENDEES

Community sporting competition

REGION 8 State Qualifying Event

We have developed this COVID-19 Safety Plan to help you create and maintain a safe environment for all volunteers, competitors and spectators at the Region 8 State Qualifying Event on Friday 5 and Saturday 6 February 2021.

In addition, we will follow all current COVID-19 Public Health Orders and manage risks to volunteers and other people in accordance with Work Health and Safety laws. For more information and specific advice for your industry go to www.nsw.gov.au

ORGANISATION DETAILS	
Organisation name:	LANSW REGION 8 State Qualifying Event – Friday 5 and Saturday 6 February 2021
Plan completed by:	Mikaela North (Region 8 Secretary)
In alignment with:	The Return to Little Athletics Guidelines developed by Little Athletics NSW

REQUIREMENTS FOR ORGANISATIONS

Requirements for your organisation and the actions you will put in place to keep your participants, volunteers and spectators safe.

REQUIREMENTS	ACTIONS
Wellbeing of staff and visitors	
Exclude staff, volunteers, parents/carers and participants who are unwell:	<p>We will advise all participants and their parents/carers, and all volunteers who will be attending the Region 8 State Qualifying Event, that they must not attend if, in the past 14 days, they have:</p> <ul style="list-style-type: none"> - attended any of the reported case locations listed on the NSW Health website (https://www.nsw.gov.au/covid-19/latest-news-and-updates) - been unwell or had any flu-like symptoms, or - been in contact with a known or suspected case of COVID-19, - had any sudden loss of smell or loss of taste, or - are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions. -

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	<p>We have advised everyone that they must check the NSW Government website for advice regarding the full list of symptoms associated with COVID-19 infection: https://www.nsw.gov.au/covid-19/symptoms-and-testing</p>
<p>Provide staff and volunteers with information and training on COVID-19, including when to get tested, physical distancing and cleaning, and how to manage a sick visitor:</p>	<p>We will recommend that all our identified COVID-19 Safety Coordinator/s (at minimum) and a number of other interested volunteers (as much as practicable), complete the COVID-19 Infection Control Training https://covid-19training.gov.au/login</p> <p>We have worked with Little Athletics NSW to promote and encourage the use of the following resources and websites to obtain accurate information:</p> <ul style="list-style-type: none"> - Australian Government Department of Health: https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert - NSW Government Department of Health: https://www.health.nsw.gov.au/Infectious/covid-19/Pages/default.aspx - World Health Organisation: https://www.who.int/ - Australian Institute of Sport: https://ais.gov.au/health-wellbeing/covid-19 - Sport Australia: https://www.sportaus.gov.au/ - Little Athletics NSW COVID-19 Resources: https://lansw.com.au/covid-19/ <p>Similarly, we have promoted the range of COVID-19 “campaign resources” produced internally along with those produced by the Federal Government, including the posters outlining hygiene practices (e.g. promoting thorough hand washing) found at: https://www.health.gov.au/resources/collections/coronavirus-covid-19-campaign-resources</p>
<p>Make staff aware of their leave entitlements if they are sick or required to self-isolate.</p>	<p>All “staff” are volunteers. We have made them aware of the above-mentioned symptoms and stipulated that they should stay away from the Region 8 State Qualifier Event and self-isolate if they experience any symptoms.</p>

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<p>Display conditions of entry (website, social media, venue entry):</p>	<p>We will display posters, distribute, and share information about COVID-19 across our digital channels and at appropriate locations around the carnival venue throughout the weekend.</p> <p>Where possible, we will try to identify and address potential language, cultural and disability barriers associated with communicating COVID-19 information to participants, members, and other stakeholders.</p>
<p>If hiring the facility, consult with the owners/operators to address these requirements to understand what measures may already be in place:</p>	<p>We have to date and will continue to liaise and work with our venue operator (Sutherland Shire Council) to comply with any specific requirements they may have.</p> <p>We have determined physical distancing protocols to be used within shared facility spaces (e.g., canteen, toilets/change rooms, spectator viewing areas and club house/rooms), and where appropriate, will clearly mark with tape and/or signage.</p> <p>We have and will continue to encourage individuals to be respectful of shared space, minimise time spent in these areas and observe physical distancing measures.</p> <p>When we conduct our canteen and BBQ operations, we commit to implementing hygiene and social distancing measures including:</p> <ul style="list-style-type: none"> - marking social distancing for queues and for canteen volunteers; - having hand sanitiser at point of sale; - regularly wiping down counters with detergent/disinfectant; - providing gloves for canteen volunteers; and - displaying hand washing directions above sinks
<p>Ensure COVID-19 Safety Plans are in place, where relevant</p>	<p>As stated above, we will implement the necessary protocols for the conduct of our canteen and BBQ operations.</p>
<p>REQUIREMENTS ACTIONS</p>	
<p>Physical distancing</p>	

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<p>Ensure the number of people in a facility does not exceed one person per 4 square metres (excluding staff) to a maximum of 3000 people:</p>	<p>Consideration around the 3000 participants</p> <p>The current Public Health Order directs the organiser of a community sporting activity must ensure that gathering for the activity involved has no more than 3000 participants, at any one time.</p> <p>Participants include the following:</p> <ol style="list-style-type: none"> a) A person engaged in the sporting activity b) An official involved in the conduct or organization of the sporting activity c) A spectator of the sporting activity <p>In order to ensure compliance with the order the following options will be used as required:</p> <ul style="list-style-type: none"> • Placing a cap on entries as determined by LANSW. • Request families only send one parent per athlete where possible.
<p>Minimise co-mingling of participants from different matches and timeslots where possible:</p>	<p>Wherever possible, we will allow time between age groups at each event (particularly field events), to enable one group to leave the event area before the next group arrives, to minimise congestion and contact.</p> <p>We will communicate with officials and members to encourage bags and other personal items be arranged to maintain adequate physical distancing between individuals.</p> <p>Where possible we will identify separate entry and exit points to the track via signage and communicate this to participants and parents/carers.</p> <p>We have communicated with council and a barricade will be placed to prevent co-mingling between participants at our event and participants using the baseball field in a separate event.</p>

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<p>Ensure any spectators comply with 1.5 metres physical distancing where practical, such as through staggered seating. People who live in the same household are not required to distance. Have strategies in place to prevent spectators from different matches and timeslots co-mingling.</p>	<p>We will take the necessary precautions to minimise the risk of transmission by dispersing spectators throughout the venue and by using signage and PA announcements to advise of the strict requirements.</p> <p>We will encourage members to leave the facility as soon as possible following the conclusion of their last event.</p>
<p>Have strategies in place to manage gatherings that may occur immediately outside the premises, such as with drop off and pick up zones or staggered start/finish times</p>	<p>We will manage gate access onto the field and entry and exit points to buildings, allowing a seamless flow of people through the venue, to limit the risk of overlap and congestion.</p> <p>Potential areas of congestion have been identified and fenced off to encourage spectators and participants to use other pathways with easier access.</p> <p>Potential timing for events has been provided to attendees to avoid participants and spectators loitering at the grounds.</p>
<p>Reduce crowding wherever possible and promote physical distancing with markers on the floor:</p>	<p>We will promote and communicate the importance of social distancing of 1.5 metres between spectators (e.g. parents/carers).</p> <p>This will be done through PA announcements, social media, direct communication, and signage.</p> <p>We will indicate the number of people that can occupy indoor spaces in accordance with the 4m² guideline including toilets/changerooms and the canteen.</p>

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<p>Assess the safe capacity of communal facilities such as showers, change rooms and lockers. Communicate this at their entrance and have strategies in place to reduce crowding and promote physical distancing:</p>	<p>We will not permit any showering at the venue.</p> <p>We will indicate the number of people that can occupy indoor spaces in accordance with the 4m² guideline including toilets/changerooms, canteens, club house rooms etc.</p> <p>Toilets will be open for use and will display clear signage to indicate the recommended number of people entering (dependent on the space of the amenities).</p> <p>We will arrange overnight cleaning of all public amenities.</p>
<p>Where practical, stagger the use of communal facilities. Strongly encourage participants to shower/change at home where possible:</p>	<p>We will not permit any showering at the venue.</p> <p>We will limit the use of toilets/changerooms as far as possible and clean as required.</p> <p>We will provide extra port-a-loos at the ground to provide more facilities for attendees.</p>
<p>Use telephone or video platforms for essential staff meetings where practical:</p>	<p>When possible, we will conduct organising committee meetings via virtual meeting platforms such as Zoom, Facetime, Teams and so on, in place of face- to-face meetings.</p> <p>If we need to meet face-to-face, we will keep the time to a minimum, implement social distancing requirements by ensuring maximum room allowances are not exceeded and ask participants sit more than 1.5m apart.</p>
<p>Review regular business deliveries and request contactless delivery and invoicing where practical:</p>	<p>We will contact all suppliers and seek their support for contactless deliveries to the centre and electronic invoicing where practical.</p>

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REQUIREMENTS	ACTIONS
Hygiene and cleaning	
<p>Adopt good hand hygiene practices:</p>	<p>We will wipe down key spaces, surfaces, and objects (such as benchtops, door handles, keys etc) regularly.</p> <p>Further we will:</p> <ul style="list-style-type: none"> - Promote and provide hand washing guidance to all participants and volunteers (http://www.who.int/gpsc/clean_hands_protection/en/); - Promote regular and thorough hand washing by volunteers and participants. - Provide sanitising hand rub within the venue and refill regularly. - Replace/refill soap in toilets regularly. - Place bins around the venue. -
<p>Ensure hand sanitiser is accessible at the venue entry and throughout the facility or ground:</p>	<p>We will provide hand sanitiser within the venue and ensure it is regularly refilled.</p> <p>We will encourage participants, volunteers, and/or parents/carers to carry personal hand sanitiser to enable good personal hygiene.</p>
<p>Ensure bathrooms are well stocked with hand soap and paper towels:</p>	<p>We will:</p> <ul style="list-style-type: none"> - Refill soap in toilets regularly. - Refill paper towel dispensers in toilets when required.
<p>Provide visual aids above hand wash basins to support effective hand washing:</p>	<p>We will promote and provide hand washing guidance to all participants and volunteers: (http://www.who.int/gpsc/clean_hands_protection/en/) and display hand washing guidance in all toilets/changerooms and canteens.</p>
<p>Encourage participants to bring their own water bottle, snacks/orange slices and sweat towels. Avoid shared food and drinks:</p>	<p>We will stipulate that all participants are to provide their own clearly labelled drink bottle for their use only.</p> <p>We will communicate to all participants the importance of not sharing any food or drinks.</p> <p>We will not provide any communal drink or food for participants or volunteers such as drink containers etc.</p>

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<p>Ensure processes are in place to launder shared uniform items after use, such as bibs or jerseys:</p>	<p>We will avoid the sharing of articles of clothing such as volunteer high visibility vests.</p>
<p>Clean frequently used indoor hard surface areas, including children’s play areas, at least daily; first with detergent and water, and then disinfectant:</p>	<p>Not applicable</p>
<p>Clean frequently touched areas and surfaces, including in communal facilities, several times per day:</p>	<p>We will clean frequently used spaces, surfaces, and objects regularly.</p>
<p>Clean areas used for high intensity sports with detergent and disinfectant after each use:</p>	<p>Not applicable</p>
<p>Reduce sharing of equipment where practical and ensure these are cleaned with detergent and disinfectant between use:</p>	<p>Within the constraints of the competition, we will implement arrangements to minimise the shared use of equipment where possible.</p> <p>Participants will be encouraged to not share personal items such as drink bottles and towels.</p> <p>We will discourage the sharing of common stationery items (pens, clip boards etc.) and other personal IT equipment (laptops, iPads, headphones, etc). Where this is not possible, we will have sanitiser for volunteers to use.</p> <p>Shared equipment (particularly throws equipment) will be washed and wiped with antibacterial wipes or alcohol-based sanitiser prior to use by each age group.</p>

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<p>Ensure there is accessible detergent/disinfectant and gloves for visitors to use, should they wish:</p>	<p>We will make soap or disinfectant/sanitiser available in common areas for visitors to access.</p>
<p>Disinfectant solutions need to be maintained at an appropriate strength and used in accordance with the manufacturers' instructions:</p>	<p>We will store sanitisers, disinfectant solutions, and detergents appropriately and use in accordance with the manufacturer's instructions.</p>
<p>Staff are to wear gloves when cleaning and wash hands thoroughly before and after with soap and water:</p>	<p>We will encourage volunteers to wear gloves when cleaning and wash their hands thoroughly before and after with soap and water.</p>
<p>Encourage contactless payment options:</p>	<p>We will encourage appropriate food/beverage and cash handling arrangements are in place including the use of correct monetary value to minimise contact.</p>

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REQUIREMENTS	ACTIONS
Record keeping	
<p>Keep a record of name and a mobile number or email address for all staff, volunteers, participants, spectators, and contractors attending community sports activities for a period of at least 28 days. Ensure records are used only for the purposes of tracing COVID-19 infections and are stored confidentially and securely:</p>	<p>Results will be recorded in an online Competition Management System. This will allow Competition Administrator to identify who was in attendance on any given day.</p> <p>Officials/volunteers are required to sign-on each day for insurance purposes, and this sign-on information will double as an attendance register for the purpose of contract tracing.</p> <p>Accompanying parents/spectators will be able to be contacted through the relevant members mandatory online registration.</p> <p>We have encouraged all participants to download the COVIDSafe App.</p>
<p>Make your staff and volunteers aware of the COVIDSafe app and its benefits to support contact tracing if required:</p>	<p>To further aid the fight against COVID-19, Little Athletics NSW supports the Australian Government’s COVIDSafe app and has strongly encouraged all members of the Little Athletics NSW community to get behind this initiative.</p> <p>We will encourage participants at this event to download the app from the Apple App store and Google Play.</p>
<p>Cooperate with NSW Health if contacted in relation to a positive case of COVID-19 at your workplace, and notify SafeWork NSW on 13 10 50:</p>	<p>We commit to cooperate fully with NSW Health if contacted in relation to a positive case of COVID-19 and notify SafeWork NSW on 131050</p>