

**PORT HUNTER ZONE LITTLE ATHLETICS CHAMPIONSHIP
SATURDAY 9th & SUNDAY 10th DECEMBER 2017
at BURWELL OVAL SALAMANDER BAY**

First call at 8.45 am First Events 9.00am **ENTRY IS FREE**

This Championship is for Athletes Under 7 to Under 17
Athletes under 7 to under 12 can only enter up to 4 events
Athletes under 13 to under 17 can enter up to 6 events

Note:

Zone Championship will be conducted on **Saturday and Sunday**
REGION Champions at Mingara is FRIDAY NIGHT SATURDAY SUNDAY
BUT FRIDAY EVENTS STILL TO BE ADVISED

State Championship is held on Friday night and Saturday and Sunday
be aware of entering events scheduled for Sydney Friday Events

ZONE CHAMPIONSHIP EVENTS AVAILABLE IN EACH AGE GROUP

Under 7	50m 70m 100m 200m 500m Longjump Shotput Discus
Under 8	70m 100m 200m 400m 800m 60m Hurdle Longjump Shotput Discus
Under 9	70m 100m 200m 400m 800m 60m Hurdle 700m Walk Longjump Highjump Shotput Discus
Under 10	70m 100m 200m 400m 800m 1500m 60m Hurdle 1100m Walk Longjump Highjump Shotput Discus
Under 11	100m 200m 400m 800m 1500m 60m Hurdle 1100m Walk Longjump Triplejump Highjump Shotput Discus
Under 12	100m 200m 400m 800m 1500m 60m Hurdle 1500m Walk Longjump Triplejump Highjump Shotput Discus Javelin
Under 13) & U14 15) & U 17)	100m 200m 400m 800m 1500m 3000m 80m>110m Hurdle 200m hurdle (13-14) 300m hurdle (15-17)1500m Walk Longjump Triplejump Highjump Shotput Discus Javelin

WARNING::: there are minimum qualifying times for 1500m Walks and 3000m Runs
and standard Opening Heights for High Jump
SEE back page for details

Information contacts LA Secretary Mrs Lee Grant 0403 195 925
LA Registrar Mr Paul Goeldner 0416 065 290

PLEASE COMPLETE NOMINATION ENTRY FORM next page

**FILL IN & RETURN COMPLETED FORM
BY MONDAY 20 / 11 / 2016 7.00pm**

PORT HUNTER ZONE LITTLE ATHLETICS CHAMPIONSHIP
SATURDAY 9th & SUNDAY 10th DECEMBER 2017
BURWELL OVAL SALAMANDER BAY
First call 8.45am First Event 9.00am

WALLSEND RSL LITTLE ATHLETIC CENTRE

Name.....

AGE GROUP U..... REGISTRATION No.....

Please list events in preference order

U7 to U12

U13 to U17

1).....

1).....

2).....

2).....

3).....

3).....

4).....

4).....

5).....

6).....

PARENT COMMITMENT

I have read the front page YES..... (tick)
by signing this form I understand that I am agreeing to do
a minimum of one Club allocated job per day of competition attended.

SIGN.....

Parent mobile contact Phone Number

Note....If you cannot commit to a job at Zone or Region and State if athlete qualifying and attending then please do not submit an entry

WE WILL BE ATTENDING SAT _____ SUN _____ tick YES

ORDER A PROGRAM \$ 5.00 Yes _____ NO _____ tick YES
Cross NO

RETURN COMPLETED FORM BY or ON 20 / 11 / 2017

WITH PROGRAM PAYMENT ((if ordered))

You can download the Program from our website if you prefer

Little Athletics Zone Carnival Jobs Explanation for the 2017/2018 Season

Dear Parents,

in previous seasons at Zone and Regional, many parents did no jobs and other parents were forced to do more jobs than they had been allocated. a number of jobs were unfilled and the Club's reputation was damaged. Most jobs at the carnival are run by parent helpers from all the clubs. If a job is not filled, the event cannot go ahead and all athletes suffer.

Each year the Zone Carnival Committee splits up the jobs required for the carnival amongst the clubs attending. **These jobs are for the parent helpers only as Wallsend Officials are allocated different jobs that last the entire day.**

There are **no spare people at the carnival** to do your job if you don't turn up or go home early or refuse to help. The number of jobs allocated depends on the number of athletes registered so the more athletes that enter the competition, the more jobs we are allocated.

Therefore, each family of each athlete registered is responsible for filling the jobs the Zone Committee has given to them. To save the reputation of the club, we are forced to state that **if the family of the athlete cannot commit to doing at least a job a day, the athlete is not nominated for the carnival and therefore cannot attend.**

If you qualify for **Regional and State Championships, you must be able to commit to a job a day there as well.**

In Wallsend LAC, we make up a list of jobs given to our club to allocate out and **families get their choice of jobs if they pick early** otherwise they take whatever is left over if they pick late. At some clubs, jobs are randomly allocated to families without any choices.

We are given the jobs only 2 weeks before the Zone weekend but usually they can be allocated at competition nights as well as at training nights. **Please make sure you have your job allocated before the weekend starts. This saves us ringing you at home.**

The contact number of the Team Manager Mrs Lee Grant on 0403 195 925 or LA Registrar Mr Paul Goeldner on 0416 065 290 if you need to contact them.

Another problem previously was the extremely hot weather. This is not uncommon. This means that it may not be safe to bring babies or very young infants to the park for long periods or that the children get very hot and tired and need to go home early. When choosing jobs, understand that they are usually 2 hours long and the timing is often approximate especially with bad weather or changes in event orders and only more senior athletes can be left alone for this long so a second person to look after the children is usually required.

Do not enter the Zone Carnival unless you know you can attend as once jobs are allocated to us, the club is stuck with them and there is no-one else available to do your jobs for you. If your events are on both days, make sure you can attend both days. Dropping out of one day does not remove your job. Make sure the person attending with the child on the weekend reads this letter, knows all about the jobs and expectations on the day, has signed a Working With Children form and has given us their mobile number. Thankyou.

Summary, 1- Athletes attending the Zone Carnival are allocated at least one job per day by the LAANSW Zone Committee; the **type** of job is decided by the club.
2- The job or jobs is the responsibility of the family of the athlete, not the club.
3- If you cannot do it personally, it is your responsibility to find somebody else to fill that spot for you, whether it is by friends or other family members.
4- After entering the carnival, if for any reason you are unable to attend the day you must let the club know ASAP. If you have any questions please ask.

NOTE::: our Club Tent WILL NOT BE GOING TO ZONE, we will set up our 6 Gazebos

**PORT HUNTER ZONE LITTLE ATHLETIC CHAMPIONSHIP
BURWELL OVAL SALAMANDER BAY
SATURDAY 9th SUNDAY 10th DECEMBER 2017**

**REGION No 2 LITTLE ATHLETIC CHAMPIONSHIP MINGARA
ATHLETIC TRACK TUMBI UMBI**

**FRIDAY & SATURDAY & SUNDAY 23rd-25th FEB 2018
(((still awaiting what events they will do Friday Night)))**

**NSW STATE LITTLE ATHLETIC CHAMPIONSHIP
SYDNEY OLYMPIC PARK, HOMEBUSH BAY
FRIDAY SATURDAY SUNDAY 23rd 24th 25th MARCH 2018
Note - State Friday events as per program list**

The following are the Opening Heights for High Jump

	Boys	Girls
U 9	0.85m	0.80m
U10	0.95m	0.90m
U11	1.05m	1.00m
U12	1.15m	1.10m
U13	1.20m	1.15m
U14	1.25m	1.20m
U15	1.25m	1.20m
U17	1.30m	1.25m

**Qualifying Standards for State 1500m Walk & 3000m
events for boys and girls are same times**

	1500m Walk	3000m Run
U12	11.00min	no event
U13	10.45min	13.30min
U14	10.30min	13.00min
U15	10.15min	12.30min
U17	10.00min	12.00min