

Mid South Coast Zone



2019 LANSW Mid South Coast Zone Championships

Important Information For Athletes And Parents

Carnival start times:

Saturday

8:00am - First call for officials

8:15am - First call for March Past

8:30am - March Past

8:45am - Official opening ceremony

9:00am - First events called

9:15am - First events commence

Sunday

8:30am - First call for officials

8:45am - First call for events

9:00am - First events commence

No programs will be on sale over the weekend. You can download the program from the [zone website](#) or the zone's Facebook page as of Monday 9th December.

Program Of Events

This season we are trialing a timed program and there are a few things we would like everyone to be aware of.

1. It's advised that athletes be at the venue at least 30 minutes prior to the proposed start time.
2. As this is our first year running a timed program we need your patience. Events will not start before the allocated time but we may run behind time and announcements will be made during the day.
3. We will still make traditional calls for events. There will be a marshal time and a start time listed in the program.

Marshalling

1. Track events will marshal at the time the event is called at the marshalling tent adjacent to the 100m start.
2. Field events will marshal at the event at the time the event is called.



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Foundation for all sports

Officials

1. We require assistance to run events. Each centre has been allocated a duty. Even though this is a timed program we ask that centre's, and their members, assist us by fulfilling their allocated duties. There will be delays if there are insufficient personnel available to run events.
2. Parents are asked to wear enclosed shoes when assisting at events.
3. Parent helpers are not permitted to coach or assist athletes at events. Any athlete receiving assistance from within the competition area during an event will be cautioned and warned that for any repetition, he/she will be disqualified.
4. Parent helpers are to refrain from cheering athletes from the inside of the track.
5. Parent helpers are to sign on for the event.

Competition Area

1. The competition area is only for athletes, officials and parent helpers. No spectators are permitted inside the fence at any time without prior consent from the Carnival Manager.
2. Athletes are to remove their spikes immediately after the completion of their event.

Progression To Regional Championships

1. The first three (3) place getters in each event (Under 8-17's) will automatically progress to the regional championships which are being hosted by our zone at Myimbarr Community Park in Flinders on the 1st and 2nd February 2020. In addition the next four (4) best performances across our region will also progress. Next best performance qualifiers will be published after all zones within our region are completed.
2. Should an athlete be unable to compete at the region championships please inform your centre's Team Manager during the zone championships.

Security

Security will be on site on Friday night and Saturday night. However, Albion Park Little Athletics Centre and the Mid South Coast Zone accepts no responsibility for items left on site. Should you choose to leave items overnight you do so at your own risk.