



Mid South Coast Zone



2019 LANSW Mid South Coast Zone Championships important information for Athletes and Parents

Carnival start times

Saturday

- 8.15am – first call for officials
- 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 to commence

No programs will be for sale over the weekend, you can access the program via the zone website www.msczone.org.au or the Zones Facebook page.

Program of events

This season we are trialling a timed program and there are a few things we would like everyone aware of;

1. It's advised that athlete be at the venue at least 30mins 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. Track events are in blocks and not individual event times, the first event of that block will not start before the indicated time.
4. We will still make traditional calls for events, we will have a call time and a start time listed on the program

Marshalling

1. Track events will Marshall at the time the event is called at the marshalling tent at the start of the 100m.
2. Field events will be marshalled at the event at the time indicated in the program or the advised time communicated through the carnival.

Officials

1. Each centre has been allocated a duty and we do require assistance in running events, although this is a timed program we ask that you assist us by being there for your allocated duty as this will make it easier & avoid any delays.
2. Parents are asked to wear enclosed shoes when acting as a helper.
3. Parent helpers are not allowed to coach or assist any athlete at events, should this happen then the athlete maybe disqualified.
4. Parent helper are to refrain from cheering from the inside of the track to athlete in other events.
5. Parent helpers are to sign on for the event.

Competition area

1. The competition area is only for athletes, officials and parent event helpers, no spectators are allowed inside the fence at anytime without prior consent from the carnival manager.
2. Athlete are to remove their spikes after the completion of their event.

Progression to Regional Championships

1. The first 3 place getters in each event (Under 8-17's) will automatically progress to the regional championships which are being held by our zone at Myimbarr Community Park in Flinders (Lake Illawarra's field) on the 1st and 2nd February 2020, in addition addition the next 4 best performances from across our region will progress as well (these will be notified after all zone within our region are complete)
2. Should you be unable to compete at these championships please inform you centres team manager during the championships.

Albion Park and the Zone will have security on Friday Night and Saturday night so clubs and individuals are welcome to leave marquees up, please note that neither Albion Park Little Athletics or the Mid South Coast Zone accepts responsibility of stolen or damaged items.