

2024 Region 8 Championships

When: Saturday 3 & Sunday 4 February 2024

Where: Sylvania Waters Athletics Track, 225R Belgrave Esplanade, Sylvania Waters.

Essential Region Info

Getting there: Allow plenty of travel time. It can take 45-60 minutes to drive from the Inner West depending on the time of day and traffic conditions. We recommend you arrive at least one hour before your child's first event.

- **Parking:** There is parking available at the southern end of the track, as marked on the Region 8 Ground map - see below.
- In addition to the carpark overflow area, the car parking area next to the baseball fields (before you reach the track) will be available from 10.30am onwards. There is also a car parking area next to the Sylvania tennis courts a little further down from the track on Belgrave Esplanade.

Parents/Guardians: It is a requirement of Little Athletics NSW that all children have an adult present at the carnival at all times.

Volunteer Sign Up: *Region is volunteer run and we need your help to make it happen!* [Click here](#) to sign up for volunteer duty.

Final Region Program - Check all event times.

***** Time changes were made to the initial Event Timetable due to track damage. Please check your child's event times in the Final Region Program.***

* Athletes will be called/marshalled for both field and track events EXCEPT for athletes in the first field events of each day - they must go straight to the location of their event.

* The Call Room is at the northern end of the main track.

* All results will be available online as soon as possible after the event - [click here](#) for LANSW live results.

On arrival: check in with the Club Team Managers at the Balmain Tents in the Club Area (adjacent to the grandstand, facing the home straight) and collect your athlete's Representative T-shirt if you haven't already done so.

Uniform: Athletes must wear the correct Club uniform. **REGION OFFICIALS WILL BE STRICTER THAN AT ZONE.**

* **Balmain Competition Singlet** with their registration number (centre, front, with red border fully visible), age patch (left) and Coles patch (right) displayed as shown in this photo.

* **Plain black shorts or compression wear** (not extending past the knee).

* **For crop tops**, the age patch can be attached to the left-hand side of shorts/compression wear.



Additional notes about uniform:

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

- There will be **no leniency** at the Region 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.

Other Important Region Info

Blocks: Any athlete who wears spikes for track events run entirely in lanes must use starting blocks. Blocks will be supplied and only those blocks may be used. No private blocks are permitted.

Call Room/Marshalling: athletes will be called/marshalled for both field and track events EXCEPT for athletes in the first field events of each day - they must go straight to the location of their event.

All other athletes must attend the Call Room when their event is announced/called. The Call Room location is at the northern end of the main track.

- Only competing athletes are permitted in the Call Room.
- Only parents rostered to help are permitted in the Call Room.
- **Athletes are not allowed to wear spikes in the Call Room**, they will be given time to put them on at the start line for their event.

Clash of Events: It is the responsibility of the athlete or parent to be aware of any event clashes. Athletes should tell the Chief Judge of their event if they believe a clash may occur. The Chief Judge will make arrangements for that athlete to attend the Call Room and compete in their event.

- Track events take priority when a clash occurs.
- The athlete is responsible for returning immediately to their field event to complete any further attempts.

Club Socials: Send us your photos on [Facebook](#) or [Instagram](#) or tag us in your posts.

Food & Drink: A BBQ and Canteen will be operating and a coffee van will also be available. We recommend you bring sufficient refreshments with you. Miranda Westfield is a short drive away.

PB Board: The Balmain PB Board will be back. It is a wonderful record of the effort applied by Balmain athletes.

Results: will be posted on the notice board at the track. All results will be available online as soon as possible after the event - [click here](#) for LANSW live results.

Shoes/Spikes: Shoes are compulsory for all athletes in all events - athletes may not compete barefoot in any event.

* **U8 to U10:** Spikes may NOT be worn in any event.

* **U11 to U12:** Spikes may be worn in all track events run entirely in lanes (so not 800m+), all jumps events and javelin.

* **U13 to U17:** Spikes may be worn in all track events (except Walks), all jumps events, and javelin.

- Spike shoes without spikes or blanks inserted in them are not permitted.

- Spike lengths must not exceed 7mm for track events and 9mm for field events.

**** Any athlete who wears spikes for track events run entirely in lanes must use starting blocks.**

Team Managers: Committee members - Andrea, Kate and Sandra - will be Team Managers. The role of the Team Manager is to answer queries, direct volunteers to their duties and act as intermediaries on other issues (including protests).

Warming Up: Practice and warm up equipment will be available. Please return it after use. We anticipate that the grass field adjacent to the back straight will be approved as a warm up area. Coaches will be attending to support athletes.

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

Weather: Region will go ahead in all weather conditions, unless deemed unsafe by the Region Committee and Carnival Safety Officer - LANSW policies regarding hot weather and lightning/thunder will apply.

* Check the weather conditions and come prepared for it all - extra socks, shoes, towels if rain is forecast!

* The grandstand is small and doesn't offer much protection. The Club will set up tents in the Club marquee area (adjacent to the grandstand) facing the home straight. There will be Balmain tents in the Spectator Tent area as well, facing the back straight, for Balmain families to use.

Westfield Shopping Centre at Miranda: If your athlete has a large gap between events, we suggest you take a break in the air conditioning at Miranda Westfield - a short 6 minute drive from the track.

Region 8 Championships Ground Map

