



Little
Athletics
Victoria



Athlete Information Booklet

Coles Region Track & Field Carnivals 2022 Saturday 12th & Sunday 13th February

Region	Host Centre	Address
EMR	Knox	Knox Athletics Track, Bunjil Way, Knoxfield
GCR	Berwick	Edwin Flack Reserve, Manuka Road, Berwick
NCR	Albury	Les O'Brien Athletics Precinct, Cnr Short & Cadell Sts, Albury
NMR	Diamond Valley	Willinda Park, Beatrix St, Greensborough
SMR	Caulfield	Duncan Mackinnon Reserve, Cnr North & Murrumbeena Rd, Murrumbeena.
WCR	Ballarat	Llanberris Reserve, York St, Ballarat East.
WMR	Geelong	John Landy Athletic Field, Barwon Tce, South Geelong

2022 State Track & Field Championships
Lakeside Stadium, Albert Park, Sat 12th – Sun 13th March.

Coles Region Track & Field Carnivals – 2022 Information.

COVID Protocols

All LAVic events are conducted according to the LAVic COVID Protocols that are approved and updated to ensure the health and safety of all attendees. The compliance of these COVID protocols is essential, and every person has a responsibility for ensuring compliance with these protocols. A copy of the COVID-19 LAVic Protocols can be found by [clicking here](#).

Included in the protocols are several important aspects that we will be continually reinforcing both before and during the event.

- Each attendee is asked to complete a self -assessment prior to leaving home and not attend if they are unwell or have been instructed to isolate or quarantine.
- Attendees should maintain at least 1.5m physical distance between themselves and others.
- Face masks must always be carried and worn when physical distancing cannot be maintained. Face masks must be worn when indoors.
- Personal hygiene measures such as hand sanitising after touching surfaces and using toilets are essential, as well as observing the cough etiquette to minimise the risk of spreading any droplets.

COVID Safe Officials

Our events require several COVID Safe Officials – CSO's throughout the weekend who will be ensuring compliance with the protocols, checking on the status of the hand sanitiser stations, disinfectant sprays and wipes at all sites, including on the field of play.

Face Masks

All attendees aged 8 and above are required to carry a face mask and wear it when physical distancing cannot be maintained. Face masks must be worn when indoors.

Entries / Event Changes / Region webpages

After the close of entries, additional athletes or changes to events **cannot** occur. If athletes attend the Region event and they are not registered as per the Start or Field event sheets, they cannot be added. There are no late entries. Additionally, athletes cannot change their events on the day.

The Region webpages will contain the details, including Timetables, Event entries, and Results Hub, if the Region is using live results. The timetables have been finalised and are being loaded onto the webpages, these will be complete by Tuesday [Click here](#) for the webpage.

Registration Patch

Every athlete that competes are required to wear their approved Centre uniform, that has the Coles badge sewn onto their uniform top and their weekly Registration patch with Commonwealth Bank on it.

All athletes must have the correct registration patch to compete.

Uniforms

All athletes competing must wear their approved Centre uniform which conforms to the standards as defined in the **LAVic Centre Uniform Booklet**.

Please check with your Centre, that you have the correct uniform, including shorts type and colour.

The Rules covering uniforms are detailed in Rule 143 as found in the LAVic **Competition Rules**.

Spikes

Spikes Size: Max 7mm for Track Events and 9mm for Field Events.

Spikes Shape: Only Conical or Pyramid spikes are permitted at Lakeside Stadium, and most venues, so athletes should wear these at Region as well.

Age Groups	Track Events	Field Events
U9 - U10	No spike shoes allowed	No spike shoes allowed
U11 - U12	All events run entirely in lanes	All jump events & Javelin
U13 - U16	All events except Race Walks	All jump events & Javelin

Competition Rules & Regulations, Specifications

All details can be found on the **Competition Rules & Regulations** page as required.

Standing Starts

A reminder that all athletes can perform a standing start. Refer to LAVic Competition Rules, page 14-16 for details.

Throwing Implements Equipment Specifications

Boys				Girls			
Age Group	Event			Age Group	Event		
	Shot Put	Discus Throw	Javelin Throw		Shot Put	Discus Throw	Javelin Throw
U9	2kg	500g		U9	2kg	500g	
U10	2kg	500g		U10	2kg	500g	
U11	2kg	500g	400g	U11	2kg	500g	400g
U12	2kg	750g	400g	U12	2kg	750g	400g
U13	3kg	750g	600g	U13	3kg	750g	400g
U14	3kg	1kg	600g	U14	3kg	1kg	400g
U15	4kg	1kg	700g	U15	3kg	1kg	500g
U16	4kg	1kg	700g	U16	3kg	1kg	500g

Hurdle Specifications

Sprint Hurdles

Age Group	Maximum Distance	Maximum Flights	Maximum Height of Hurdles	Distance to 1st Hurdle	Distance between Hurdles	Distance to Finish
U9	60m	6	45cm	12m	7m	13m
U10	60m	6	60cm	12m	7m	13m
U11	80m	9	60cm	12m	7m	12m
U12	80m	9	68cm	12m	7m	12m
U13	80m	9	76cm	12m	7m	12m
U14 Girls	80m	9	76cm	12m	7m	12m
U14 Boys	90m	9	76cm	13m	8m	13m
U15 Girls	90m	9	76cm	13m	8m	13m
U15 Boys	100m	10	76cm	13m	8.5m	10.5m
U16 Girls	90m	9	76cm	13m	8m	13m
U16 Boys	100m	10	76cm	13m	8.5m	10.5m

Long Hurdles

Age Group	Maximum Distance	Maximum Flights	Maximum Height of Hurdles	Distance to 1st Hurdle	Distance between Hurdles	Distance to Finish
U13	200m	5	68cm	20m	35m	40m
U14	200m	5	76cm	20m	35m	40m
U15	300m	7	76cm	50m	35m	40m
U16	300m	7	76cm	50m	35m	40m

BOYS & GIRLS

BOYS & GIRLS

Multi-Class Shot Put Specifications 2021-2022

LAVic Age	U9 / U10 / U11		U12		U13 & U14		U15		U16	
Classification	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Hearing Impairment										
F01	2	2	2	2	3	3	4	3	4	3
Visually Impairment										
F11-13	2	2	2	2	3	3	4	3	4	3
Intellectual Impairment										
F20	2	2	2	2	3	3	4	3	4	3
F21	2	1	2	1	3	2	3	2	3	2
Physical Impairment										
F32 (Seated)	1	1	1	1	1	1	1	1	2	1
F33 (Seated)	1	1	1	1	2	1	2	2	2	2
F34 (Seated)	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2
F35	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2
F36	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2
F37	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2
F38	2 (1.5)	2 (1.5)	2	2	2	2	3	2	3	2
Physical Impairment										
F40/41	1.5	1.5	1.5	1.5	2	2	3	2	3	2
Physical Impairment										
F42	2	2	2	2	3	3	4	3	4	3
F43/44	2	2	2	2	3	3	4	3	4	3
F45	2	2	2	2	3	3	4	3	4	3
F46	2	2	2	2	3	3	4	3	4	3
F61-64	2	2	2	2	3	3	4	3	4	3
F52	1.5	1.5	1.5	1.5	2	2	2	2	2	2
F53	1.5	1.5	1.5	1.5	2	2	2	2	2	2
F54	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2
F55	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2
F56	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2
F57	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2
Transplant										
F60	2	2	2	2	3	3	4	3	4	3

If the weight differs in a classification, the U9 & U10 are in the brackets

Changes for Season 2021-2022 are highlighted in yellow

Multi-Class Discus Specifications 2021-2022

LAVic Age	U9		U10 & U11		U12		U13		U14		U15 & U16	
Classification	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Hearing Impairment												
F01	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg
Visually Impairment												
F11-13	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg
Intellectual Impairment												
F20	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg
F21	500g	500g	500g	500g	750g	500g	750g	500g	1kg	750g	1kg	750g
Physical Impairment												
F32 (Seated)	350g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g
F33 (Seated)	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g
F34 (Seated)	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g
F35	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g
F36	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g
F37	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g
F38	500g	500g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g
Physical Impairment												
F40/41	500g	500g	500g	500g	500g	500g	750g	500g	750g	500g	1kg	750g
Physical Impairment												
F42	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg
F43/44	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg
F45	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg
F46	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg
F61-64	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg
F51	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g
F52	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g
F53	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g
F54	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g
F55	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g
F56	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g
F57	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g
Transplant												
F60	500g	500g	500g	500g	750g	750g	750g	750g	1kg	1kg	1kg	1kg

Victorian Best Performances (VBP)

A VBP can be obtained in all standard events at the Region Track & Field Carnivals, except for Multi-Class events. The Officials and Referees have a process to follow, and the Region Organising body is responsible for the submission of the paperwork.

Australian Best Performance (ABP)

An ABP is no longer eligible to be accepted at Region Carnivals.

High Jump

All **U9 & U10** athletes are required to perform the Scissors technique for a valid jump. Refer to **LAVic Competition Rules**, page 24-26 for details.

The following table indicates the starting height for each age group at the State Track and Field Championship.

Age	U9	U10	U11	U12	U13	U14	U15	U16
Girls	0.85m	0.90m	1.05m	1.15m	1.20m	1.25m	1.30m	1.35m
Boys	0.90m	1.00m	1.15m	1.25m	1.30m	1.35m	1.40m	1.45m

Region Track & Field Carnival starting heights will be set at **10cm below** the State Track & Field starting heights for each age group.

Athletes who fail to clear at least the height listed for their age group at Region Track and Field Carnival will not automatically qualify or be progressed to the State Track and Field Championship Final, regardless of their place at Region, including first place.

For High Jump, if the athletes are still equal after the application of the count back rule, the athletes concerned will be awarded the same place; there is no jump off for any placing's including first place.

As there are qualifying standards to be eligible to participate at the State Championships in the High Jump, even if the athlete/s finish first, it is important that they are **allowed to continue to jump until they reach the qualifying height or they record 3 consecutive failures**. Please ensure athletes are aware of the qualifying standards for each age group and gender.

Race Walks

Athletes who equal or better the time listed in the table for their age group at the Region Track & Field Carnival will be eligible to be progressed to the State Track and Field Championships.

The maximum field size is 24 athletes per age group.

Where a full field does not exist, the Organising body will have the discretion to progress athletes who fail to meet these times, while ensuring the competency of the athletes is at the required standard.

Age Group	Distance	Time
U9	700m	6 mins 25 secs
U10	1100m	8 mins 30 secs
U11	1100m	8 mins 30 secs
U12	1500m	11 mins 00 secs
U13	1500m	10 mins 30 secs
U14	1500m	10 mins 30secs
U15	1500m	10 mins 30 secs
U16	1500m	10 mins 30 secs

Note: There are no qualifying times for entry into Region.

Field Events Time Limits

The athlete's allowable time to commence their trial is as follows. All rounds are 60 seconds. In High Jump the times are adjusted when there are 3 or less athletes. There are also adjustments for consecutive trials for seated Multi-Class athletes.

The official responsible shall indicate to an athlete that all is ready for the trial to begin, and the period for that trial shall commence from that moment.

Every Region has been supplied with stop watches and yellow flags. The recorder starts the time as above and after 45 seconds the Yellow flag is raised to indicate to the athlete that they have 15 seconds remaining for their attempt. If the athlete hasn't commenced once the 60secs is up, the yellow flag is dropped, the Chief will then raise the Red flag to indicate an invalid trial. In all rounds, with 15 seconds remaining in the time allowed according to the table below, the Yellow flag is raised.

	High Jump	Other Field Events
All rounds of competition	60 seconds	60 seconds
When only 2 or 3 athletes left	1 min 30secs	Not applicable
When only 1 athlete left	3 minutes	Not applicable
Consecutive trials	2 minutes	2 minutes – Multi-Class only for seated throws.

Please note: if the athlete baulks during High Jump, the stopwatch is not stopped, it continues until the Chief Judge indicates a valid jump or failure, this is the most important use of the Yellow flag.

Protests

A protest can only be lodged by a Centre Team Manager within 15 minutes of the posting of the official results. The protest must be submitted on the protest form available from communications. Only Centre Team Managers can access this area.

A protest requires a payment of \$55 and shall be retained if the protest is considered frivolous by the Referee or Jury of Appeal. Payment is only acceptable by Centre cheque or exact cash; personal cheques or credit card is not accepted.

On Field Protests (Field Events Only)

If an athlete or Centre Team Manager only (**not parents / guardians, coaches, spectators**) in the U13-U16 age groups makes an immediate oral protest against having an attempt judged as a failure, the Referee and /or Chief of the event may, at their discretion, order that the attempt be measured and the result recorded, in order to preserve the rights of all concerned. At the end of the round the Referee will adjudicate on the protest.

Disqualification

In the event of a disqualification or other decision by the Referee, the Referee will call for the Centre Team Manager and ask them to report to either a Referee on the arena or the Call room.

If the Centre Team Manager does not report after the 2nd call, the Referee will proceed with making their decision without the Team manager being present.

Jury of Appeal

If a Region is operating with a Jury of Appeal, the following applies. To arrive at a fair decision, the Jury of Appeal **only**, may consult all available evidence including video evidence; however, video will not be considered for any breaches of technical rules for Race Walking.

Multi-Class Information

Age Group Category

Boys U9-U10 Girls U9-U10
Boys U11-U12 Girls U11-U12
Boys U13-U16 Girls U13-U16

Competition Rules

All Multi-Class rules and regulations are now incorporated into the **LAVic Competition Rules & Regulations**.

Multi-Class Shot Put & Discus

Shot Put and Discus specifications can be found in this document, and on the **LAVic Competition Rules & Regulations** page on the website.

Multi-Class Long Jump

Athletes may choose to jump from a mat placed near the edge of the pit or a mat up to 1.0m away. The Multi-Class athletes should follow the same rules as listed on page 26 of the LAVic Competition Rules.

Multi-Class 100mts & 200mts

U11 – U16 athletes may choose to use starting blocks, as listed on page 14-16 of the LAVic Competition Rules. A standing start is recommended for all athletes if this is the usual start performed at local competition.

Multi-Class Field Events

If there are 8 or less athletes in an Age Group Category, then all will get 4 attempts in Long Jump, Shot Put and Discus, no re-ranking will occur.

If there are more than 8 athletes, after the 3rd round, the Baseline tables will be used to determine the top 8 to receive an additional attempt, they will be re-ranked.

Note: Performances at LAVic events cannot be used for Athletics Australia Records.

Multi-Class Results

Medals will be awarded for each age group category & event being calculated using the Baselines table to adjust scores. For example, the winner of the 100m event will be athlete with the highest adjusted percentage, not necessarily the first across the line.

Multi-Class Parents/Carers

Parents are encouraged not to follow their child into the venue to be at the event, but rather watch from behind the fence. If assistance is required, please speak to your Team Manager who will co-ordinate this with the Region / Officials.

Multi-Class - Qualifying for the State Track and Field Championships

To qualify for the 2022 State Track and Field Championships, athletes will need to finish in the top 24 placings across all Region Carnivals, after the application of the Baselines Tables.

The maximum field size will be 24 athletes per event in each age group category.

All Athletes

All Track events at the Region Carnivals and State Championships are either a Final or Timed Finals. Qualifying Heats are no longer conducted to progress to the Final.

The following is used for both Region Carnivals and State Championships when determining the number of finals to be conducted as a Final and Timed Finals.

70m, 100m, 200m, 400m, 60m - 300m Hurdles

Where there are more than 8 declared entries, athletes will be placed in finals up to a maximum of 8 athletes per final. A series of Timed Finals will be used to determine the overall placing of athletes. i.e. Heats and Finals will not be conducted.

800m

Where there are more than 16 declared entries, athletes will be placed in finals up to a maximum of 16 athletes per final. A series of Timed Finals will be used to determine the overall placing of athletes. i.e. Heats and Finals will not be conducted.

1500m and Race Walks

Where there are more than 24 declared entries, athletes will be placed in finals up to a maximum of 24 athletes per final. A series of Timed Finals will be used to determine the overall placing of athletes. i.e. Heats and Finals will not be conducted.

Mixed Gender / Mixed Age Events

The Organising body may combine age and/or genders to make full fields. Athlete's performances will be used to determine places in each age group and gender.

Ranking and Composition of Timed Finals

Region Carnivals

- (a) Athletes / Teams will be randomly placed in finals in those events conducted as Timed Finals.
- (b) The allocation of lanes for a Timed Final/s, will be random.

Ranking and Composition of a Single Final

In the 800m, 1500m and Race Walks where only one Final is required, lanes / starting positions will be random.

State Championships

Athletes shall be allocated lanes and seeded to a Timed Final based on the performances achieved during the Region Carnivals.

(a) Depending upon the number of declared entries, based on the maximum field size as per Rule 604, the Timed Finals will be conducted from slowest to fastest. The last Timed Final will contain the eight fastest athletes / teams based on the performances achieved during the Region Carnivals.

(b) In each Timed Final, the allocation of lanes will be in three draws:

- Four highest ranked athletes / teams will be randomly allocated lanes 3,4,5 & 6
- Fifth and sixth ranked athletes / teams will be randomly allocated lanes 7 & 8.
- Seventh and eighth ranked athletes / teams will be randomly allocated lanes 1 & 2.

Changes to number of lanes or collapsing of Timed Finals

For events run entirely in lanes at either the Region Carnivals or State Championships, it is permissible to have one Final greater than 8 athletes, where the venue is capable to cater for more than 8 lanes.

In the situation where insufficient athletes present to the Track Call Room, and Timed Finals are scheduled, then the event can be collapsed into one Final. The Final is to be conducted at or near the scheduled Timed Final time, within the same event block. This allows the organising body time to re-seed and allocate lanes if required, without penalising the athletes that have prepared and presented to the Call Room in readiness to compete.

Call rooms

Due to COVID restrictions, Regions have redesigned their structure for Call rooms. Regions have the option to implement a direct to event site option for Field events or calling athletes to a Marshal point.

Please confirm with your Centre on the Call room structure for both Track and Field events. Please ensure all athletes are at the locations as advised at the correct times.

Clash Forms

All clashes have already been identified and will be included on a **Clash Summary Report**. A copy of these reports will be supplied this week to both the Centre and the registered Team Managers. This report picks up any potential clash according to the scheduled timetable.

The Clash Summary report will alert the Starters Assistant and the Field Event Chiefs as to which athletes will need to be collected from one event and moves to another

event. The Clash summary report is also used in the Track call room to identify athletes that are already at another event, therefore they are not required to present to the Track Call room.

Athletes are kept at the Field event for as long as possible, to get in as many attempts prior to going to another event or start line for a track event.

If athletes have a clash / potential clash, then they will need to take all their runners / spikes as required for both events.

Clash forms are not required to be filled in for athletes on the Clash Summary report.

Only **new clashes that arise on the day**, due to unexpected changes or delays, will require a Clash form to be submitted. The Clash form is filled in by the Centre Team Manager.

Athlete Scratch Forms

Centres have been sent Athlete Scratch forms, for any athlete who wishes to withdraw from an event. This information will be used to determine if any changes are made to the events, such as Timed Finals becoming a straight Final, and to assist the Call Room, who could be held up looking for athletes who are not going to turn up.

Presentations

We do not conduct run offs in the case of equal performances, all places and performances remain equal. Once the applicable count back rules have been applied in Field events, then the athletes tying will be rewarded with the same final place. If this concerns the presentation of medals, then all athletes are to receive medals.

Due to COVID protocols, group photos are not permitted for any medal presentations.

Awards

Medals will be presented to the first three placegetters, in either the Final or the finalised times from the Timed Finals or converted performances for Multi-Class events.

Athletes will also receive a results card with their performances for each event.

Qualifying for State Track & Field Championships

The first placed athlete per Region per event will automatically qualify for the 2022 State Track & Field Championships, except Multi-Class. Please refer to Rule 604 of the Competition Regulations – page 7-9, for details. The rest of the field will be made up of the next best performances from across all Regions to complete the field of 24 athletes (16 athletes only in 800m events). There are eligibility standards for High

Jump and Walk events, that must be achieved in qualify, regardless of placing first at Region.

Athletes must have competed in and finished in the overall top 10 placing in the relevant event at the Region Track and Field Carnival where the athlete's Centre is allocated, except for High Jump and Race Walks, refer to Rule 610.

Multi-Class athletes will be progressed based on their converted performance at the Region Track & Field Carnival, up to the maximum field size for each event.

If there are insufficient entries, or if places and performances are equal, only clear progressions will be advanced, i.e., a field may be less than the allowed maximum field size.

Results Hub

The Results Hub system works with the Meet Manager program and captures the results as soon as they are loaded. These results are only provisional and can change, the official results are only the final hard copy results posted on the wall outside communications.

Privacy

There will be athletes competing who are unable to be photographed due to child safety and privacy concerns. Please only take photos of your own son or daughter.

Weather

The forecast is looking like 2 very hot days this weekend. Please ensure you are dressed appropriately to minimise sun and heat exposure. Be sun smart, and stay well hydrated, essential for both the athletes and parents when officiating.

The Region might alter the timetable on the day to minimise any risks with extreme heat.

Centre Duties

Thank you in advance for completing your allocated Centre duties. The event would not run without volunteer support.

Please remember, that when performing a duty, you **must wear enclosed shoes** when officiating, (**no thongs, sandals**). Please remember to be Sun Smart, be well hydrated and **do not use a mobile phone when officiating**, as this can cause you to be distracted and miss the athlete's trial or make an incorrect decision.

Position:	Reports to:	Summary of role:
Arena Steward	Meet Manager	Ensure only accredited personnel access the track
Call Room Judge	Call Room Chief	Assist with transportation of athletes to events, or attaching hip numbers to athletes
Communications	Communications Room	Assist posting results on the wall & checking in Team Managers.
Clash Marshal	Starters Assistant	Working with start marshal to retrieve athletes from their field events
Event Presentation	Presentation tent	Assist in presenting medals and marshalling athletes
Field Event	Allocated field event site	Working with the event chief to rake, spike, measure, record or marshal athletes.
Finish Marshal	Finish Line Coordinator	Assist with removing athletes from the track
General Officials	Officials Room	As required perform the duties of any General Official position
Refreshment Steward	Officials Room	Provide refreshments to officials
Start Marshal	Starters Assistant	Assist with organising starting athletes prior to each event
Hurdle Assistant	Chief Hurdle Umpire	Assist with the movement of hurdles
Technical Pack Up	Technical Manager	Assist Technical Manager with the pack up after the event
Technical Set Up	Technical Manager	Assist Technical Manager with the set up before the event
Timekeeper	Chief Timekeeper	Assist with back up timekeeping
Track Umpire	Chief Track Umpire	Observe athletes for track infringements

No Dogs, including puppies are permitted at any Little Athletics event.

Smoking is not permitted within 10mts of the venue, or fence surrounding the venue.

All the best for a great Region Carnival.