



# **2022 WCR Track and Field Carnival**

**Information Booklet,  
including Event Plan**

**Llanberris Reserve, Ballarat**

**Saturday 12th – Sunday 13th**

**February 2022**

# Running Sheet -WCR Track and Field 2022

<b>Saturday 12<sup>th</sup> February</b>		
<b>TIME</b>	<b>ITEM</b>	<b>WHO</b>
8.00am	Set up Australian Flag	Shane
8:00am	Set up Administration Area	Julie and Melissa
8.00am	Marquees, weights, chairs, tables, signs at event sites	Ballarat
9.00am	Set up throws vectors	Ballarat
	Set up presentation area and track bunting	Ballarat
	Set up Tom Roberts Roped off area	Ballarat
	Set up Crowd control barriers	Ballarat
	Set up Specific equipment - EDM	Shane
	Set up COvid Equipment and signage	CSO's and Ballarat
9.30am	Set up results window	Julie and Melissa
	Coles online order arrives - Bananas	Ballarat
10.00am	Deliver Implements to event sites	Ballarat
10.00am	Set up Timing Gates and Timing Systems	Ballarat
10:30am	Check event site set ups, timing set ups, track set ups	Referees and Shane
10:30am	Team Manager Sign in and lanyard collection	Melissa
10:30am	Officials sign in and items collection	Julie
10:30am	Open gates to allow Centre Marquee set ups	Ballarat
	First Aid arrives	Melissa
11:00am	Briefing by Comp Director for All Team Managers	Shane
11:10am	Briefing by Comp Director for All Officials	Shane
11:30am	All officials to appointed sites	
12:00am	Competition Start	
5:00pm	Days events complete ,marquees lowered, equipment packed away	All
<b>Sunday 13<sup>th</sup> February</b>		
<b>TIME</b>	<b>ITEM</b>	<b>WHO</b>
8:00am	Set up Administration Area	Julie and Melissa
	Deliver Implements to event sites	Ballarat
8:30am	Set up Timing Gates and Timing Systems	Ballarat
8:30 am	Check event site set ups, timing set ups, track set ups	Referees and Shane
	Team Manager Sign in and lanyard collection	Melissa
	Officials sign in and items collection	Julie
	First Aid arrives	Melissa
9:00am	Briefing by Comp Director for All Team Managers	Shane
	Briefing by Comp Director for All Officials	Shane
9:15am	All officials to appointed sites	
9:30am	Competition Start	
3:00pm	Days events complete ,marquees lowered, equipment packed away	All

<b>OFFICIALS AND CENTRE POSITIONS</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>Competition Director &amp; Meet Manager</b>	Shane Bicknell	Shane Bicknell
<b>Venue Manager</b>	Ballarat	Ballarat
<b>Referee - Track</b>	Shane Bicknell	Christine Christie
<b>Referee - Field</b>	Christine Christie	Marita Rieniets
<b>Jury Convenor</b>	Ricky Price	Ricky Price
<b>Administration Manager</b>	Julie Bicknell	Julie Bicknell
Administration Runner	Ballarat	Ballarat
Computer Operator Assistant	Mia Lepair	Mia Lepair
<b>Chief Communications</b>	Melissa Perry	Melissa Perry
<b>Timing System Operation</b>	Ballarat	Ballarat
<b>Equipment/set up/pack up Manager</b>	Hayden Hill (Ballarat)	Hayden Hill (Ballarat)
Set –up	Ballarat / All Centres	Ballarat / All Centres
Pack -up	Ballarat / All Centres	Ballarat / All Centres
<b>Chief Track Umpire</b>	Ballarat	Ballarat
Assistant Track Umpires X2	Buninyong	Buninyong
<b>Chief Place Judge</b>	Ballarat	Ballarat
Assistant Place Judges X 2	Ballarat	Ballarat
<b>Chief Finish Marshal</b>	Warrnambool	Warrnambool
Assistant Finish Marshall	Warrnambool	Warrnambool
<b>Chief Starter</b>	Jo Collins/Ballarat	Jo Collins/Ballarat
Starter Assistant 1	Toni Turpin/Lake Bolac	Toni Turpin/ Lake Bolac
Starter Assistant 2	Jonathon Allen/Buninyong	Jonathon Allen/Buninyong
<b>Chief Track Marshall Start Line</b>	Greg Carter (Stawell)	Greg Carter (Stawell)
Starter Marshall	Stawell	Stawell
<b>Break Line Judge (800's only)</b>	Buninyong	Buninyong
<b>Lap Counters</b>	Stawell	Stawell
<b>Walks Chief</b>	Shane Bicknell	Shane Bicknell
Walks Judges	Ballarat Race Walking Club	Ballarat Race Walking Club
<b>Presentation Co Ordinator</b>	Buninyong	Buninyong
Medal Presentation Announcer	Helen Bath (Ballarat)	Helen Bath (Ballarat)
Medal Presentation Assistant	Buninyong	Buninyong
<b>Canteen</b>	BRAC	BRAC
<b>Refreshments Delivery x 2 People Required</b>	Lake Bolac	Lake Bolac
<b>Coffee Van</b>	Combi for a Cause	Combi for a Cause
<b>First Aid</b>	St Johns First Aid	St Johns First Aid
<b>COvid Officers x 4</b>	Ballarat	Ballarat
<b>Ingress Management</b>	Ballarat/TBC	Ballarat/TBC

OFFICIALS AND CENTRE POSITIONS	SATURDAY	SUNDAY
<b>FIELD EVENT CHIEF SHOT PUT 1</b>	Warrnambool	Warrnambool
Recorder	Warrnambool	Warrnambool
Helper 1	Warrnambool	Warrnambool
Helper 2	Warrnambool	Warrnambool
<b>FIELD EVENT CHIEF SHOT PUT2</b>	Horsham	Horsham
Recorder	Horsham	Horsham
Helper 1	Horsham	Horsham
Helper 2	Horsham	Horsham
<b>FIELD EVENT CHIEF DISCUS 1</b>	Swan Hill	Swan Hill
Recorder	Camperdown	Camperdown
Helper 1	Colac	Colac
Helper 2	Colac	Colac
<b>FIELD EVENT CHIEF DISCUS 2</b>	Warrnambool	Warrnambool
Recorder	Warrnambool	Warrnambool
Helper 1	Warrnambool	Warrnambool
Helper 2	Camperdown	Camperdown
<b>FIELD EVENT CHIEF JAVELIN</b>	Caitlin Christie – Athletics Vic	Caitlin Christie – Athletics Vic
Recorder	Horsham	Horsham
Helper 1	Horsham	Horsham
Helper 2	Horsham	Horsham
<b>FIELD EVENT CHIEF LONG JUMP 1</b>	Horsham	Horsham
Recorder	Portland	Portland
Helper 1	Portland	Portland
Helper 2	Portland	Portland
<b>FIELD EVENT CHIEF LONG JUMP 2</b>	Maryborough	Maryborough
Recorder	Maryborough	Maryborough
Helper 1	Maryborough	Maryborough
Helper 2	Maryborough	Maryborough
<b>FIELD EVENT CHIEF TRIPLE JUMP 1</b>	Camperdown	Camperdown
Recorder	Camperdown	Camperdown
Helper 1	Camperdown	Camperdown
Helper 2	Camperdown	Camperdown
<b>FIELD EVENT CHIEF TRIPLE JUMP 2</b>	Ballarat	Ballarat
Recorder	Ballarat	Ballarat
Helper 1	Ballarat	Ballarat
Helper 2	Ballarat	Ballarat
<b>FIELD EVENT CHIEF HJ 1</b>	Maryborough	Maryborough
Recorder	Maryborough	Maryborough
Helper 1	Stawell	Stawell
Helper 2	Kerang	Kerang
<b>FIELD EVENT CHIEF HJ 2</b>	Maryborough	Maryborough
Recorder	Cohuna	Cohuna
Helper 1	Casterton	Casterton
Helper 2	Swan Hill	Swan Hill

# General Information

## WCR Events Championships – Webpage

All details can be found on the WCR Events webpage, including Draft Timetable, Venue Map.

## Car Parking

A reminder that car parking is limited within the facility,. Car parking will only be provided for designated officials and Disability Card holdes in the marked Bays. The York Street Car park is available for parking but the gate is closed to foot traffic only. Please walk along York Street to the Peake Street/ Butterfly Lane entrance.

There is ample free parking at the Netball Centre at the cnr of Barkly and Eureka Streets. Please do not park on footpaths or over adjoining residents driveways and obey all parking signs in surrounding streets.

## No Smoking or Pets

Llanberris is a smoke free venue. Smoking is not permitted within 10 meters of the venue perimeter, especially around entry gates and carparks. It is a Council owned venue and under Council rules no pets are allowed within the venue.

## Event Timetable

A draft timetable can be found at <https://lavic.com.au/event/2022-wcr-track-and-field-carnival/>, as can further Carnival details.

## Venue access for Athletes and spectators – Check in for all entrants

There will be 1 entry point only and that is via the Peake Street/Butterfly Lane Gate. At the Gate all attendees are required to scan the QR code and enter the required details, prior to proceeding into the venue, where gate staff will check the QR code details, to gain access to the venue. If you do not show proof of check in you will not be granted entry to the venue.

## Food

A canteen providing a variety of food will be operating both days of competition. A coffee van will be in operation also. Both outlets accept Eftpos.

## First Aid

St Johns is our First Aid provider, while they will provide the usual First Aid service, they are fully informed on the current information regarding COVID-19 and will provide our event with the highest level of health services and emergency management experience.

## 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, in conjunction with venue specific rules. 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 at <https://lavic.com.au/covid-19/>

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

- Attendees are asked not to attend if they are unwell, or have been instructed to isolate or quarantine.
- Attendees must maintain at least 1.5m physical distance (those people with whom they ordinarily reside are excepted.)
- To minimise movement, attendees must stay within their allocated spaces or seats where practical.
- Attendees 8 years and older must carry a face mask at all times, wear a mask in all indoor settings and wear a mask outdoors when physical distancing cannot be maintained.
- Attendees are advised to:
  - o Regularly and thoroughly wash hands, especially after using toilets and sneezing/coughing.
  - o Carry and use hand sanitiser.
  - o Sneeze or cough into the elbow or tissue rather than hands.
  - o Immediately dispose of used tissues in the bin.
  - o Avoid close contact with people who are unwell.
  - o Limit the touching of eyes, nose, or mouth.
  - o Not spit or clear nasal/respiratory secretions.
  - o Avoid contact with other participants, inclusive of handshakes, high fives, huddles, and celebrations.

Participants must use hand sanitiser prior to commencement and completion of any sanctioned activity.

## COVID Safe Officials

Our event will have 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. This does not include the athletes when competing. Face masks must be worn indoors.

Officials are not required to wear a face mask but always carry them.

## COVID Protocols at Event Sites and Track.

It is essential that all Officials are compliant with the COVID protocols. A copy of these can be found by clicking [here](#).

There will be hand sanitiser stations spread around the venue.

**At each Field event site, there will be hand sanitiser, disinfectant spray, and disinfectant wipes.**

- Throwing implements (shot put, discus, javelins) are to be cleaned with disinfectant wipes after every attempt.
- Starting blocks must be cleaned/disinfected prior to each use.
- Athletes will be required to sanitise their hands after using shared equipment.
- All shared equipment, such as rakes, brooms, tape measures etc, must be cleaned/disinfected after each use.
- High jump that all equipment is thoroughly cleaned after the session and each athlete sanitises their hands after each jump.

## Uniforms and Footwear

### Registration Patch/ Coles Patch

Athletes are required to wear their Centre uniform, that has the Coles badge sewn onto their uniform top, above the Little Athletics Logo.

They are also required to wear their weekly Registration patch

The Region does not have spare patches or stickers to distribute, this is your centres responsibility. 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 uniform booklet at <https://lavic.com.au/competition/rules-and-regulations/>

The Rules covering uniforms are detailed in Rule 143 as found at <https://lavic.com.au/competition/rules-and-regulation>

All uniforms must display the Coles logo above the LAVic logo.

It is each Centre's responsibility to ensure that their athletes are in approved Centre Uniform.

### Spikes

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 racewalks	All jump events & Javelin

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

**Spikes Shape: Only Conical or Pyramid spikes are permitted at Llanberris Reserve**



## **Officials**

### **Officials Uniform**

Officials are to wear your LAVic or Vic Officials polo top if you have one, if not appropriate attire and enclosed shoes. Please remember to be Sun Smart and drink plenty of water to stay hydrated.

### **Officials Sign In**

All Chief Officials are required to sign in at the sign in table at the front of the Tom Roberts results shed. Before entering the venue you will be required to scan the QR code that will be displayed at the entrance gate. Entrance is via the Peake Street/Butterfly Lane Gate. You will need to show the confirmation screen on sign in. We require the officials to sign in at time shown on the above running sheet.

### **Officials meeting**

Due to COVID restrictions, we will be conducting an Officials meeting on the track at the 100m finish line at the time designated on the event plan. Please ensure that you physically distance and if this is not possible please wear a mask.

### **Refreshments**

Refreshments will be provided each day for designated officials, this is available from the Stuart Hunter Pavilion. Designated officials will be provided with a lunch vouchers. Due to COVID restrictions, we cannot conduct an Dinner on the Saturday night or conduct the usual Region Meeting.

### **Athlete Check in**

Due to COvid restrictions this year there will be no athlete sign in for under 15 and 16 athletes for events as in previous years. Athletes are to proceed to the start line of the events 10 minutes before the scheduled start time or when called.

### **Field Events**

Field officials should be at their event site a minimum of 15 minutes before the start of each event.

As there is no call room the athletes uniform is to be checked at the event site . Also check that the U9 and U10 athletes are not wearing spikes.

At the conclusion of each event, the field event sheet is to be taken to communications, once the recorder and chief have checked and signed the sheets, and placed in the box just inside the door.

To assist with the movement of athletes, once the athlete has finished their final attempt, they are free to leave the event site.

All field event sheets for the entire day are in the folder.

## **Athlete Information**

### **Call Rooms**

This year due to COVID restrictions, we will not have Field event or Track event Call Rooms.

Field Events - All athletes are to present themselves directly to the Field event 10 minutes before the scheduled event start time. It is essential that all athletes check that they are at the correct event site . A call will also be made by the announcer calling athletes to the event site.

Track events - All athletes are to present themselves directly to the Start line area to the Chief Start Line Marshall 10 minutes before the scheduled event start time or when the event is called.

Athletes are not to run across the track or jump the fence.

### **Warm-up**

Llanberris has limited area set aside for warm ups. Due to COvid we are unable to allow the track to be used for warm up during set up times. Athletes can warm up at the back of the rear jump pits on the asphalt track and long jump pit area, not on the track proper. If athletes do not leave the track when requested they may be issued with a warning.

Once the track has been declared closed, over the PA system, any athletes remaining or reentering the track may be issued with a warning.

### **Medal Engraving Service**

A medal engraving service will operate over the weekend. A box will be placed on the fence near the finish line. Please check the box for instructions . \$5.00 per medal.

## Competition rules and Specific Event Information

### Competition Rules & Regulations, Specifications

All details can be found at <https://lavic.com.au/competition/rules-and-regulations/> as required.

### Standing Starts.

A reminder that all athletes can perform a standing start. Refer to LAVIC Competition Rules, page 15 for details.

<https://lavic.com.au/competition/rules-and-regulations>

### High Jump

All U9 & U10 athletes are required to perform the Scissors technique for a valid jump.

Refer to LAVIC Competition Rules , <https://lavic.com.au/competition/rules-and-regulations>

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 and Field Carnival Start heights will be set at 10cm below the State Track and Field starting heights for each age group. Above are the State Track and Field start heights.

Athletes who fail to clear at least the height listed for their age group at RegionTrack and Field Carnival will not automatically qualify or be progressed to the StateTrack and Field Championships regardless of their place at Regions, including 1<sup>st</sup> place.

For HighJump, 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.

At the start of the event an athlete must nominate their preferred starting height and advise the Chief Judge when requested.

## RACE WALKS

Athletes who equal or better the time listed in the table for their age group at the Carnival will be eligible to be progressed to the State Championship, where the maximum field size is 24 athletes per age group.

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

Athletes who fail to meet these times, while ensuring the competency of the athletes is at the required standard may be progressed by the organising body..

### Field Events

All field events other than High Jump are 3 attempts, then top 8 athletes 1 final attempt. Athletes are to be re-ordered for the final round.

### Track Events

All track events are finals or timed finals only.

### Standing Starts

All athletes can perform a standing start as per LAVIC Competition rules , page 14 to 16.

### Protests – on Field Protest (Field Events only)

An athlete or Centre Team Manager only (not parents/guardians/coaches or spectators) in the u13 to u16 age group may make an immediate oral protest against having an attempt judged as a failure,. The referee and 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.



## **All Other Protests**

As per Rule 146 of LAVIC Competition Rules the following applies:

Protests must be made by the Team Manager, in writing, on the approved protest form within 15 minutes of the official results being posted. Results are considered to be posted once they have been uploaded to Results Hub.

The completed protest must be handed to the Administration Manager /Communication (in the Tom Roberts Building) accompanied by a deposit of \$55.

The protest will then follow the procedure outlined in the above rule.

## **Medals and Presentation**

Due to COVID protocols, athletes will collect their medals from the presentation dais and they will not be placed over their neck by the presentation officials.

Medals will be presented to the first three placegetters of each age group for each event.

Approved Centre Uniforms must be worn at the Presentation Ceremony.

All athletes will receive a printed results card in the weeks following the event. These will be made available to be collected at the State Track and Field for distribution by the centre.

## **Results**

Live Results will be made available throughout the entire Championships on our Results Hub platform. Access to Results Hub is done through the event page on the website, or by clicking the link below.

<https://lavic.resultshub.com>.



## **Event Processes and Notes**

### **Competition Director**

Shane Bicknell as Competition Director has overall control of the event and will be roaming the venue sites.

If you wish to contact Shane please contact him via the radio provided to you. If you have not been provided a radio then please come to Communications in the Tom Roberts Building and we will contact him on your behalf.

### **Referees**

We have 2 Referees, 1 Track and 1 Field, they will also act as a Referee for any uniform issues. Please refer to the Appointed Positions pages in this document.

### **Contact**


If you have any questions regarding these championships please contact WCR on [wcr@lavic.com.au](mailto:wcr@lavic.com.au) or alternately call one of the following

Shane Bicknell 0418573436 (President)

Melissa Perry 0409253276 (Secretary)

Julie Bicknell 0417304570 (Administration Manager)

Please direct all entry and time tabling enquiries to Julie Bicknell





The Committee of LAVIC Western Country Region would like to extend to Ballarat Little Athletics Club a special thankyou as the Host Venue of this weekend's Carnival.

Also, we thank all Centres volunteers for undertaking their rostered duties.

Good luck to all competitors.

Western Country Region acknowledges the Traditional Custodians of the land on which we compete, the Wadawurrung People.

We pay our respects to their Elders Past, present and emerging.



1. ~~And Circular Events~~ Straight

Front Straight Starts	
T1	100m Sprint, 500m
T1	100m Hurdles
T2	90m Hurdles
T3	80m Hurdles
T4	70m Sprint
T5	60m Hurdles
T6	50m Sprint
T7	400m Sprint 400m Walk
T7	800m Start
T7	Finish Line All Straight And Circular Events
T8	300m Hurdles, 300m, 700m

