

2023 Inner City Zone Championships

When: Saturday 2 & Sunday 3 December 2023

Where: ES Marks Athletics Field, Moore Park - entry on Boronia Street off Anzac Parade.

Getting there:

- **Public Transport:** The Light Rail (L3) to Juniors Kingford stops at ES Marks. Check your preferred map or public transport app for details.
- **Parking:** There is limited parking available in the residential streets around ES Marks and on Robertson road, Moore Park - alongside the Centennial Parklands (enter from Lang road) for a 400m walk to ES Marks.

The Zone Committee recommends the following paid parking options:

- Royal Randwick Racecourse Car Park - \$10 flat fee Saturday and Sunday; enter car park via Ascot Street; 6am to 11pm both days. It's a flat 720m walk to ES Marks - down Ascot Street, cross Anzac Parade, walk north towards Boronia Street and the entrance to ES Marks.
- Parking at Moore Park Golf Club beside the tennis courts (ticketed) or Golf Club (enter from Cleveland street); 890m walk along Anzac Parade to ES Marks, or 290m walk to Moore Park light rail station and one stop to ES Marks station then a 200m walk to ES Marks.
- Parking at Juniors Kingsford Light Rail corner of Anzac Parade and Rainbow Street - 3 Stops on Light Rail to ES Marks Light rail station and 200m walk to ES Marks.

Allow plenty of travel time. It can take 25-40 minutes depending on the time of day and traffic conditions. We suggest you arrive at least one hour before your child's first scheduled event.

Volunteer Sign Up - Zone is volunteer run and we need your help to make it happen! [Click here](#)

Sunday - March Past - Be part of the Balmain Club spirit in the March Past on Sunday at 10.40am - preparations begin from 10am. Then cheer on our junior and senior Relay Teams at 11am.

Essential Zone Info

Final Zone Program - Check event times. Note that some track events have heats and finals.

TIME CHANGES WERE MADE TO THE DRAFT ZONE PROGRAM. THIS ALSO MEANS THE AGE GROUP BASED PROGRAMS PREPARED BY EASTERN SUBURBS AREN'T ACCURATE.

* For track events, athletes must be in the Marshalling tent (see map on page 4) 15 minutes before the event is scheduled to start.

* For field events, athletes must go directly to the location of the event 15 minutes before it is scheduled to start.

UPDATED Entry List of Athletes by Event - as at 28 November 2023.

UPDATED Balmain Team List - A list of Balmain athletes, as at 28 November 2023.

On arrival: check in with the Club Team Managers in the Balmain area in the stands - marked by the Balmain Athletics banner. Collect your athlete's Representative T-shirt.

Uniform: Athletes must wear the correct Club uniform.

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

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



Other Important Zone Info

Blocks will be supplied and only those blocks may be used. No private blocks are permitted. The use of blocks is optional at this event.

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

Event clashes: Track events have priority over field events. It is the responsibility of the athlete or parent to notify the Team Manager of any event clashes.

* The athlete must be accompanied by a Club Representative or parent to the field event so they can be marked on the event list and then go to the Marshalling tent for the track event.

* After the track event is completed, the athlete must go directly to the field event.

Food & Drink: A cashless BBQ will be operating and a coffee van will also be available. Local cafes and shops are close by. We recommend you bring sufficient refreshments with you.

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

Spikes can be worn by athletes in the U11-U17 age groups. U11 & U12s can wear spikes in events run entirely in lanes (so not the 800m+) as well as High Jump, Long Jump and Triple Jump. U13 to U17s can wear spikes in all events. Spikes are not permitted in Racewalks.

* Spike shoes without spikes in them are not permitted.

* Spike lengths are strictly 7mm for track events and 9mm for field events.

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).

Track Finals: Progression from track heats to finals will be the first placegetter in each heat plus the next best performances across all heats to create a final of eight (8) athletes.

Warming Up: Practice and warm up equipment will be available. Please return it after use. Team Managers will direct you to suitable warm up areas.

Weather: Zone will go ahead in all weather conditions, unless deemed unsafe by the Zone Safety Committee - LANSW policies regarding lightning and high temperature/humidity will apply.

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

* There is a covered grandstand. Bring your own cushions and blankets to make seating more comfortable.

