

## ATHLETE AND FAMILY INFORMATION

**WEATHER** Competition is taking place on an all-weather track and will proceed regardless of weather conditions, unless it is deemed unsafe by the safety committee. The exception to this is in the case of lightening or high temperature/humidity. Please refer to the LANSW website for the relevant policy

**FOOD** The host clubs will be providing a cashless BBQ at the rear of the covered grandstand. A coffee van will be in attendance

**ATHLETES** must compete in their age group as per LANSW Rules of Competition. Any competitor that does not compete in his/her age group will be disqualified.

**U7 to U11** may compete in four events. **U12 to U17** may compete in six events. Anyone competing in more events than their age group allows will be disqualified from the event they did not officially enter.

The relay is an additional event and is not included in the four to six events.

**SPIKES** can only be worn by athletes in the u11-17 age groups. U11-12s are permitted to wear spikes in events run entirely in lanes as well as the HJ, TJ & Javelin. U13-17s may wear spikes in all events. Spikes are not permitted in the Racewalk.

**SPIKE LENGTHS** are strictly 7mm for track events and 9mm for field events

**BLOCKS** will be supplied and only those blocks may be used. No private blocks are permitted. The use of blocks is optional.

**UNIFORM** All athletes must wear their approved centre singlet/t-shirt/crop top with registration number, age patch and Coles patch affixed as per LANSW rules. Fully form-fitting clothing is permitted to cover the knees in the Racewalk only by athletes for cultural or medically certified reasons.

**PROTESTS** can only be made by a designated team manager on the official protest form. A fee of \$50 must accompany the protest form. The fee will be forfeited if the protest is dismissed and/or deemed frivolous.

**EVENT CLASHES** It is the responsibility of an athlete's family to notify their team manager of any potential event clashes. Each club is responsible for coordinating athletes between their relevant event areas

## COMPETITION SPECIFIC INFORMATION

**PROGRESSION FROM TRACK HEATS TO FINAL** will be the first placegetter in each heat plus the next best performances across all heats to create a final of eight (8) athletes.

### HIGH JUMP STARTING HEIGHTS

Age	Boys	Girls
U9	0.85m	0.80m
U10	0.95m	0.90m
U11	1.05m	1.00m
U12	1.15m	1.10m
U13	1.20m	1.15m
U14 /U15	1.25m	1.20m

### SHOT PUT WEIGHTS

U7	Blue 1 kg
U8	Yellow 1.5 kg
U9; U10; U11; U12	Orange 2 kg
U13; U14; U15G; U17G	White 3 kg
U15B	Red 4 kg
U17B	Green 5 kg

### LONG JUMP BOARDS

U7 to U10	Sand take-off
U11 to U17	Board take-off

\* U7 sand take-off is 0.5 metre from the pit

### DISCUS WEIGHTS

U7	350 grams
U8; U9; U10; U11	500 grams
U12; U13	750 grams
U14; U15; U17G	1kg
U17B	1.5 kg

### JAVELIN WEIGHTS

U11; U12; U13G; U14G	400 grams
U15G & U17G	500 grams
U13B & U14B	600 grams
U15B & U17B	700 grams

### TRIPLE JUMP BOARDS

U11 to U17 all use their designated take off board