

USCLAC Regional Relays Information Sheet



When Saturday 9th November 2019

Where Nambour Little Athletics Centre – 3 Youth Avenue BURNSIDE



We will have our marquees and encourage all of our athletes and parents to sit with the Team for the day. The best part about relays is the real team atmosphere and our athletes love running past our marquees and being cheered on by their teammates. Our Uni marquee will be located close to the finish line.

PARKING – There is limited parking available at the venue. However, there will be parking located at the back of the Flame Tree Church (weather permitting). There is parking available in neighbouring streets.

There will be a drop off zone at the venue. Please utilize the drop off zone to drop off your athletes and gear before heading to the parking areas.

Program

The program commences at 8.00am and is due to conclude at 4.00pm. Draft program is available on the [LAQ website](#).

Athletes **MUST** be at the track at least 60 minutes prior to the schedule start of their events. Competition rules allow for events to be brought forward by up to 30 minutes so athletes **NEED** to be on time!

Please check the timetable carefully to see what time your events are. Some athletes may be running in different age groups to make up teams so please make sure you have the correct time for that event

When athletes arrive at the track, please report to our Team Manager Mel Hepworth-Smith to let her know that you have arrived.

If Relays needs to be cancelled due to bad weather, this decision will be made by 7am on Saturday morning. If the event is cancelled it will be run on the scheduled back-up date which is the following Saturday (Saturday 16th November).

Uniforms

For regional relays **ALL** competitors **MUST** wear our uniform polo/singlet/crop top.

Polo shirts

- Age labels are to be sewn onto the left sleeve
- Registration numbers are to be sewn onto the front of the shirt
- Coles patches are required to be affixed to the polo shirt on the front left (opposite side to logo)

Singlets and crop tops (only U13-U17 athletes)

- Age labels for athletes wearing singlets and crop tops are to be sewn onto the left side of the shorts/pants
- Registration numbers are to be sewn onto the front of the shirt
- Coles patches are required to be affixed to the front left of the singlet.

Shorts

- Black shorts or bike pants with the USCLAC on the leg or plain black shorts with no logos showing
- If athletes elect to wear skins, they **MUST** wear a pair of plain black shorts over the top of the skins. Only black skins are acceptable for USCLAC athletes as they must match our uniform. No striping or logos on the skins can be visible.

Any athlete not in the correct uniform may be excluded from competing or the team disqualified.

Footwear

- **Spikes MUST NOT BE WORN TO MARSHALLING. They must ONLY be put on at the start line.**
- Spike shoes may be worn by U13-17s in the relays.
- U11-U12 Athletes competing in the 4 x 100m relays may wear spike shoes.

Field relays

Please note that due to the high number of nominated athletes and the time constraints of the program, the Region will decide how many throws/jumps each athlete will have. There is the possibility that athletes will have only 1 practice attempt and 2 competition attempts (rather than 3 attempts).

At Regional Relays the High Jump bar will be raised by 7cm, 7cm, 7cm and then 5cm thereafter with only 2 attempts allowed at each height.

Track relays

Athletes are to compete in the order that they have been allocated as per the Teams Listing. The athlete order has been determined in order to give the teams their best possible performance. Changes to the order will disadvantage overall team performance.

Starting blocks will be provided and may be used by U11 to U17 athletes in the first leg of laned events. A crouch start may be used by U7-U11 athletes. Athletes are reminded that the Timing Gates are not to be touched by any part of the athletes' body.

Parent assistance

We will require parent assistance on the day as our club is responsible for the running of the track finishing line and timing. We need parents to assist at the finish line. We will provide a roster so please volunteer at least one hour of your day.

Marshalling

Please note that parents **are not permitted** in the marshalling area. Only team managers can enter the area. Parents also must not move children from one event to another. There will be clash marshall officials who will arrange transfer of children from events is necessary.

Medals and State qualification

Only athletes in the U9-U17 age groups may qualify for State relays.

The top 3 teams only proceed through to the State Championships.

U7 and U8 athletes will all receive a participation medal.

Protests

The relays is always challenging for athletes with many rules and regulations relating to changeovers etc. It is supposed to be fun!!! However, if a team is disqualified at the event and there is a view by the athletes & parents that the disqualification is incorrect a protest can be lodged.

A protest fee of \$55.00 is payable to the Region on lodgement of a protest. In the event the protest is upheld, this fee is refunded.

A protest may be lodged by the Team Manager ONLY and must be lodged within 15 minutes of the completion of the event. Parents are not permitted to talk to officials, referees or the arena manager.

Protests are very serious and will only be considered by the Team Manager if there is comprehensive evidence to support the protest.

What to do if you can no longer attend

Once our nominations have been submitted to LAQ, we cannot nominate any further athletes. In the event of an athlete being unable to attend the competition day due to illness, injury or other reasons, we can now only work within the LAQ substitution guidelines.

As such, it is imperative that if you are no longer able to attend that you let our Competitions Manager Mel Hepworth-Smith know as soon as possible. Please email Mel at competitions@usclac.com.au

Questions??

If you have any questions, please email either Mel at competitions@usclac.com.au or centremanager@usclac.com.au

For anyone interested, the [LAQ Competition Handbook](#) contains all of the rules and regulations relating to LAQ competitions including Regional Relays.