

**Nambour Little Athletics**  
**Suncoast Regional Relay Information**  
**Saturday November 12<sup>th</sup> from 7:30AM**



**LOCATION**

- Bli Bli Little Athletics Centre – Lefoes Rd, Bli Bli (see map at end)
- PARKING will be tight. There is some parking across the road from the track or along Lefoes Rd. You may end up having to walk from your car so be prepared.

**WHAT TO BRING**

- Correct Nambour Uniform
- Hat and Water Bottle
- Sunscreen and MOZZIE REPELLANT
- Fold Up Chairs or Picnic Rug
- Bring your own food or use the canteen facilities (but they will be busy)
- A sense of humour!

**CORRECT UNIFORM**

- Full Nambour Uniform – Shirt (either new design or old one) and Shorts
- Shirt must have this season's Rego Number on front, correct Age Patch on left sleeve, and Jetstar patch on right chest.
- Enclosed footwear is compulsory for all athletes.
- Spikes - For the U11 and U12 age groups, spikes can be worn in the 4x100m Relay, but NOT in the Distance Medley relay. U13 and older can wear spikes in all relay events.
- Spikes must be CARRIED and not worn to each event. They are NOT ALLOWED TO BE WORN in the Track Marshalling area. There will be a separate area where spikes can be put on before competing. They must be removed immediately after completion of the event.
- Shorts must be plain bottle green. No logo's, no stripes, no brand names.
- Girls can wear bike pants.
- If boys are wearing compression garments (skins) they must be bottle green or black and boys must also wear shorts over the top.

**WHAT TO DO – WHEN TO ARRIVE**

- Please arrive a full hour before the scheduled starting time for your first event. Events can be called up to 30 minutes early.
- If you are in the first block events at 7:30am plan to arrive no later than 7am.

- Check in with our Team Managers –Maree or Brooke as soon as you arrive. Look for our Nambour marquees which should be near the clubhouse.
- Please call our Team Managers well in advance if you are unable to make it on the day. As this is a team event – if an athlete does not turn up then the whole team may have to be withdrawn from the event.

### **HELP REQUIRED**

- As well as supplying several Key Officials (Julie, Kev, Rob, Trevor, Shaun, Dan, & Hayley) our Centre is also responsible for Track Marshalling which involves getting each race out on to the track in their correct running order and lanes.
- We will need at a minimum the following assistance :
  - From 7:30AM to 9:30AM – **One** assistant track marshall
  - From 10:15AM to 11:15AM – **One** assistant track marshall
  - From 12:30PM to 3:45PM – **Three** assistant track marshalls
  - From 3:45PM to 5:00PM - **One** assistant track marshall
- It is a simple job – just walking the runners across to their changeover zones and keeping them in order.
- PLEASE HELP US!!!!
- If we do not get volunteers, Brooke will be chasing you on the day and volunteering you!
- Also Bli Bli may need some help in their canteen. There is going to be a huge number of people at this event so their canteen is going to get slammed. Any help in the canteen will be very much appreciated by Bli Bli.

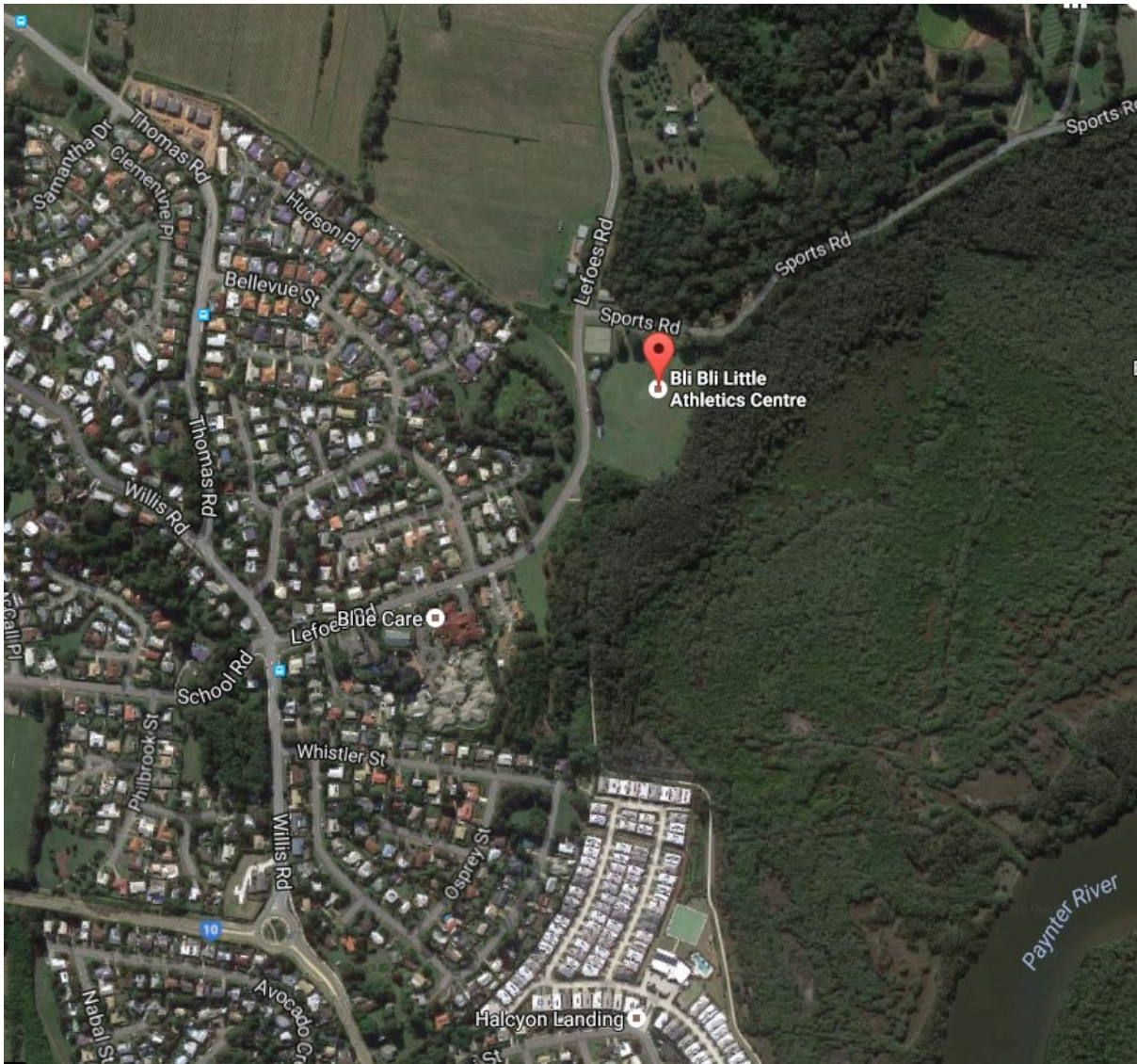
### **RULES (for PARENTS as well)**

- Parents are NOT allowed on the track, in track marshalling, or in any field event area.
- If your child has a clash between events DO NOT REMOVE THEM FROM AN EVENT. There are three dedicated Clash Marshalls who will handle all of the clashes.
- If you child has a clash, tell Maree or Brooke (they will probably already know) and they will communicate with the Clash Marshalls.
- Athletes may be asked to fill in for an event that they have not nominated for. Maree and Brooke will sort out any substitutions or changes on the day.
- U7 and U8 athletes will all receive a medal after their final event.
- U9 and older athletes can progress to the State Relay Championships if their team finishes in the 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> place.

### **CONTACTS**

Team Managers : Maree 0411 759 262 or Brooke 0422 219 484

Centre Manager : Rob 0432 82 81 80



Bli Bli Little Athletics Centre. Lefoës Rd, Bli Bli.