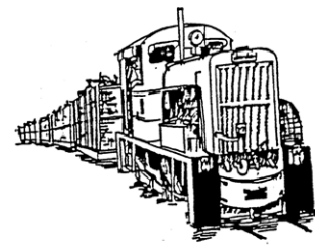


Nambour Little Athletics

Suncoast Regional Championships Information

February 9th, 10th and 11th



LOCATION

- NOOSA Little Athletics, Girraween Sports Centre, Eenie Creek Road, Sunshine Beach
- Location Map below.

PARKING

- There is VERY LIMITED parking available at the venue. There will be a Drop Off zone near the club house where you can drop your gear off, but most parking is off-site.
- Option 1 – Noosa Aquatic Centre. Proceed east (Green Line in map below) along Eenie Ck Rd, right at Ben Lexcen Drive, right at the roundabout into Girraween Ct. Park in the Aquatic Centre CarPark and then walk (or take your bikes) past the Aquatic Centre, past the Skate Bowl and on to the cycling path which runs parallel to Eenie Ck Rd (Yellow line). It's about 450m back to the Athletics Track on a smooth wide concrete path.
- Option 2 – Noosa Men's Shed. Entrance is on Wallum Lane off Noosa Springs Drive (Blue line). The walk to the Athletics Track is only 200m or so but the path is not paved (Yellow line).
- Option 3 – Park on Laguna St. BUT this is a busy road and there are no marked pedestrian crossings across Eenie Ck Rd so we do not recommend this option.
- See the map below.



WHAT TO BRING

- Correct Nambour Uniform
- Hat and Water Bottle
- Sunscreen
- Fold Up Chairs or Picnic Rug
- Bring your own food or use the canteen facilities
- Some patience and 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 COLES patch on right chest.
- If you do not have a Coles patch we will have some there and it can be pinned on.
- Enclosed footwear is compulsory for all athletes.
- Spikes - For the U11 and U12 age groups, spikes can be worn in any laned track event (up to 400m), Long Jump, High Jump, and Javelin, but cannot be worn for the 800m, 1500m, or Walk. For U13 and older spikes can be worn in all 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. And again no logo's can be visible on the compression shorts.

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 of events at 8:30am plan to arrive no later than 7:45am.
- Check in with our Team Managers – Denica or Debbie as soon as you arrive. Look for our Nambour marquees (see Track map below for location of our tents).
- Please call our Team Managers well in advance if you are unable to make it on the day. Phone numbers below.
- Our marquees will be located on the flat grassed area outside the fence near the 100m Start line and very close to Track Marshalling!
- Please note that times listed on the timetable and on the Nambour Team List are the start times for each full block of events. So Saturday 11:30AM is the start of the 100m block for ALL age groups. Please consult the full program to see where each age group is listed within each block of events.

HELP REQUIRED

- As well as supplying several Key Officials (Julie, Rob, Trevor, Shaun, Dan, Deb & 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 one assistant Track Marshall at all times.
- It is a simple job – just walking the runners to the marshalling point at the start of each race.
- PLEASE HELP US!!!!
- If we do not get volunteers, we will be chasing you on the day and volunteering you!

RULES (for PARENTS as well)

- Parents are NOT allowed inside the fence around the track, in track marshalling, or in any field event area, unless they are helping run an event.
- If your child has a clash between events DO NOT REMOVE THEM FROM AN EVENT. Debbie and Denica and the dedicated Clash Marshalls will handle all of the clashes.
- If your child has a clash, tell Debbie or Denica (they will probably already know) and they will communicate with the Clash Marshalls.
- U7 and U8 athletes will all receive a medal at lunch time on Sunday. Please advise Debbie or Denica if your U7 or U8 will not be there for the medal presentation.
- U9 and older athletes can progress to the State Championships if they finish in the 1st, 2nd, 3rd or 4th place.
- U9 and older athletes will receive a gold, silver, or bronze medal if they finish in the top 3 of their event (finals for track).
- For U9 and older, track events up to 800m will have heats and finals. You will need to check the results sheets to see if you have made the finals, or listen carefully for the announcements. All finals are run in the afternoons.
- For U9 and older, field events (except High Jump) will consist of three attempts. The top 8 will then progress immediately to the final which is another three attempts.
- Be aware that for all Field Events there is a 30 second time limit to have your attempt, or you will be fouled. A yellow flag should be raised after 20 seconds as a warning.

CONTACTS

Team Managers : Deb Griffith 0434 526226 and Denica Bannister 0417 197422

Centre Manager : Rob 0432 828180

Noosa Athletics Track Layout and Location of Nambour Tents

SunCoast Regional Championships | 9-11 February 2018

Noosa Little Athletics | Girraween Sports Centre, Sunshine Beach

