



2018 Western Metro Region Relay Championships

Saturday 17 November, 2018

Melton Athletics Field, 82 Bridge Road, Melton South

Please find below information to assist you at Region

BMLAC Team Managers: Linda Thompson - Mobile Number: 0407 348287
Leon Whitehand - Mobile Number: 0407 820250

Timetable: The Region timetable is available on the BMLAC website [HERE](#). Athletes must report to their coaches on arrival. All athletes should arrive **at least 1 hour** prior to their scheduled event time, unless otherwise instructed by their coach.

Marshalling (Call Room): Coaches will escort their teams to the marshalling area. Full teams are to present to the Call Room no later than 20 minutes prior the scheduled start time of their event. Teams not present in the marshalling area by close of the time, will not be allowed to compete. **NO** parents or coaches are permitted in the Call Room under any circumstances.

Uniform: Plain black shorts with **no logos, no pockets**. Centre singlets must have the LAVic logo and Coles Logo patch. If you require a singlet please hire one from the Centre Office. All athletes **MUST** wear their **Subway Registration tag** on the front of their singlet.

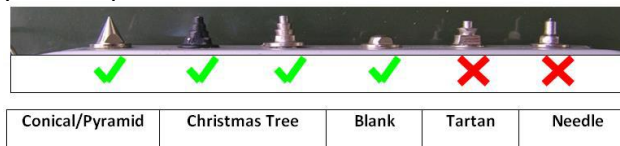
Canteen: Canteen facilities will be available.

Officials: BMLAC have been allocated the following duties at these Championships – Box 3 Manager, Take Over Zone 1 Judge, Take Over Zone 3 Judge, Call Room Assistant and Relief Official.

Duty Roster: Please familiarise yourself with your duty and ensure you are ready to swap over 10 minutes prior to the scheduled time. Please ensure you are wearing closed in shoes.

Spikes: Only 7mm spikes known as conical or pyramid are permitted to be worn by:

- Spikes are not permitted to be worn by Under 9-10 athletes.
- Under 11-16 athletes may wear spikes in all events.



Presentations: Medals will be presented to the first three place getters in each Region Relay event final. Approved Centre Uniform must be worn at the Presentation Ceremony.

State Relay Championships: Saturday 15 December at Lakeside Stadium, Albert Park. This table displays the qualifying requirements for each event and age group for State.

EVENT	Age Group								Qualifiers by place per Region	Maximum field size
	U9	U10	U11	U12	U13	U14	U15	U16		
4x100m	X	X	X	X	X	X	X		1	16
MS 4x100m	X	X	X	X	X	X	X	X	1	16
4x200m	X	X	X	X	X	X	X		1	16
MS 4x200m	X	X	X	X	X	X	X	X	1	8
Medley (2x100m, 1x200m, 1x400m)	X	X	X	X	X	X	X	X	1	8

Good Luck - Be Your Best - Go Marsh!!