



## 2023 Western Metro Region Track & Field Carnival

Saturday 18<sup>th</sup> & Sunday 19<sup>th</sup> February 2023

Goldsworthy Reserve, Corio

Please find below information to assist you on the weekend

**BMLAC Team Managers:** Linda Thompson – Mobile Number: 0407 348 287  
Karen Stewart - Mobile Number: 0408 372 903

**Timetable:** The FINAL Region timetable is available [HERE](#). Athletes must report to the BMLAC team manager on arrival and before going to the marshalling area for track events. All athletes should arrive **at least 1 hour** prior to your timetabled event time.

**BMLAC Set-up:** We will be set up in the front straight grandstand. This grandstand does not have seating so please bring chairs.

**Marshalling (Call Room):** Call room will only be required for track events. One of our team managers will escort you to the call room or your field event. Please allow at least half hour prior to your event time.

**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 on Friday evening.

**Registration Patch:** Every athlete who competes at the LAVic Region Track and Field Carnival must wear their Commonwealth Bank registration patch.

**Parking:** Free parking will be available around the facility. Please adhere to the parking signs.

**Canteen:** Canteen facilities will be available.

**Duty:** BMLAC have been allocated **4 officials positions** across the 2 days. All parents when you perform a duty, **must wear enclosed shoes** when officiating, (**no thongs, sandals allowed**). Mobile phones are not to be used when officiating.

**Coaching:** Athletes are not permitted to cross the track for coaching purposes. Coaches must only coach in the indicated coaching zones.

**Starting Blocks:** will be provided by the Region.

**Standing Starts.** A reminder that all athletes can perform a standing start.

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

- U11-12 athletes for all events run entirely in lanes and all jump events and javelin
- U13-U17 athletes for all jump events, javelin, and all track events except race walks.

✓	✓	✓	✗	✗
Conical/Pyramid	Christmas Tree	Blank	Tartan	Needle

### **Standing Starts**

A reminder that all athletes (regardless if spikes are being worn or not) can perform a standing start if they wish to do so.

### **Track Events**

All Track events at the Coles Region Carnivals and State Championships are either a Final or Timed Finals.

#### **Fully Laned Events (70m, 100m, 200m, 400m, 60m - 300m Hurdles)**

Where there are more than 8 declared entries, athletes will be placed in finals up to a maximum of 8 athletes per final. A series of Timed Finals will be used to determine the overall placing of athletes. i.e. Heats and Finals will not be conducted.

#### **800m**

Where there are more than 16 declared entries, athletes will be placed in finals up to a maximum of 16 athletes per final. A series of Timed Finals will be used to determine the overall placing of athletes. i.e. Heats and Finals will not be conducted.

#### **1500m**

Where there are more than 24 declared entries, athletes will be placed in finals up to a maximum of 24 athletes per final. A series of Timed Finals will be used to determine the overall placing of athletes. i.e. Heats and Finals will not be conducted.

**Mixed Gender / Mixed Age Events:** The Organising body may combine age and/or genders to make full fields. Athletes performances will be used to determine places in each age group and gender.

#### **Ranking and Composition of Timed Finals at Region Carnivals:**

- (a)** Athletes will be randomly placed in finals in those events conducted as Timed Finals.
- (b)** The allocation of lanes for a Timed Final/s, will be random.

**Presentations:** Medals will be presented to the first three placegetters in each Region Event Final.

**State Progression:** The first placed athlete per Region per event will automatically qualify for the 2023 State Track & Field Championships to be held on March 11 & 12 at Lakeside Stadium, Albert Park. The remainder of the field will be made up of the next best performances from across all Regions to complete the field of 24 athletes (16 athletes only in 800m events and some Under 16 & 17 events).

**Dogs are not permitted.**

**Smoking is not permitted inside the venues or within 10mts of any fence or gate.**

***Good Luck - Be Your Best - Go Marsh!!***