



2023/24 Western Metro Region Relay Carnival

Saturday 18th November 2023

Melton City Little Athletics Centre, Strathulloch

Please find below information to assist you at Region

BMLAC Team Manager: Amanda Lovett - Mobile Number: 0403 592 416

BMLAC Location: Bacchus Marsh will set up on the grass on the front straight.

Timetable: The Region timetable is available [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.

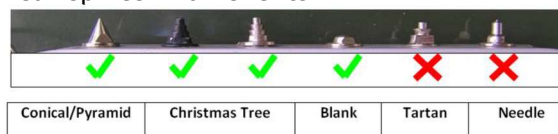
Uniform: Plain black shorts with **no logos, no pockets**. Centre singlets must have the LAVic logo and Coles Logo patch. If you require a singlet please hire one from the Centre Office. All athletes **MUST** wear their **Commonwealth Bank Registration tag** on the front of their singlet.

Canteen: Canteen facilities will be available.

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 16th December 2023 at Lakeside Stadium.

The number of teams qualifying for each event will be as follows:

- 4 x 100m (U9-U15) – 7 Region Winners + next 17 fastest teams (24 in total)
- 4 x 100m (U16-U17) – 7 Region Winners + next 9 fastest teams (16 in total)
- 4 x 200m (U9-U17) - 7 Region Winners + next 9 fastest teams (16 in total)
- Swedish Medley (U9-U17) - 7 Region Winners + next 9 fastest teams (16 in total)

All events at both the Region and State Relays are Timed Finals / Final only and seeding at State Championships is based on performance at Region Relays Carnivals.

Good Luck - Be Your Best - Go Marsh!!