



Nordic Sport SE Regional Relays 2023 Event Information & Parent Check List

Hello Balmoral Relay families,

We're proud to have more than 100 athletes be part of Team Balmoral and represent the club at this weekend's **Regional Relay Championships** on **Sunday, 12 November** at the **Sheldon College**, Taylor Rd, Sheldon. There are 800 athletes nominated to compete for this event.

To ensure everyone has a fantastic day of friendly competition and all athletes arrive in plenty of time for their team event, please read the following important event information and check list.

HAVE YOU VOLUNTEERED?

- **We are short 30+ parents to help with discus – [please sign up here](#). Alternatively, you will be allocated a time.** At Regional Relays every Club is responsible for running an event with parent helpers. Balmoral is running the girls' discus event and we are short of help! By helping you are ensuring we can run the event for the athletes, just as other parents are volunteering so your child can participate in their chosen events. So, whether or not your child is competing in discus, your help is needed. Please sign up. **Thank you to the parents who have signed up.**
- **What do I need to do at discus?**
The roles at discus are similar to our Wednesday's comp nights – spiking, measuring using a EDM (Electronic Distance Measurement device), retrieving and recording the results. There will be a Balmoral Committee Member on hand to help and direct, and place you in a role you're most comfortable.

ARRIVE ONE HOUR BEFORE YOUR EVENT TIME:

- As events can move forward by 30 minutes, please allow at least **ONE** hour to: arrive, check in with the Balmoral Team Managers, meet your team, and warm up.
- Parking can be challenging, so allow time for this – and only park in the designated areas.

ATHLETE CHECK-IN AND RUNNING PLACE ASSIGNMENT:

- When you arrive, your athlete **MUST check in** with a Team manager at the Balmoral tent. The tent is located near the main steps onto the track. See map below.
- When your child checks in, the manager will write on your athlete's hand their running relay details (which team and what runner they are). This will help ensure the events run smoother. Running placement has been assigned according to their Club times. The **primary focus** of the Relays is fun and participation.

BALMORAL TEAM MANAGERS:

- A reminder this is a **TEAM** event. For each team to complete, we need to know that **ALL** team members have arrived at the track. So please check in. If there are any issues at all, please contact one of the team managers:
 - **Anousheh Page** **0433 811 440**
 - **Jennifer McLead** **0405 820 315**

Thank you to our Balmoral Committee Members who are stepping in as Team Managers. Please ensure you keep their numbers handy in case of any issues – and thank them, it's a long day.



LAST MINUTE WITHDRAWAL

- If there is any issue, such as illness or accident, and **your athlete is unable to compete** on the day **PLEASE contact a Balmoral Team Manager IMMEDIATELY** so we can attempt to replace your athlete's place in the team.
- As you can appreciate, there is a very limited number of Balmoral athletes who will be able to step in last minute as substitute.

AGE MARSHALLS & EVENT LOGISTICS

- **This year we have parents who have volunteered to be Age Marshalls** – to assemble and take the team to the call room. They will be wearing a Coles vest for identification.
- Parents, please assist by making sure your child is ready (correct uniform, toilet, etc) and assembled with their team at the required time for any practice, warm up, etc – last year some teams missed their events
- For relay warm up, batons will be available for loan from the Team Manager/s. Once finished, we as that you please promptly return them so they can be shared with other Balmoral teams.
- **CALL TIMES:** Track events will be 25 minutes before events & Field Events will be 20 minutes for field events. There will only be one call (announcement) per event.
- **CALL ROOM:** Athletes must present to the Call Room (marshalling area) for all track events. The Call Room is located in the middle of the field. **Parents are NOT allowed to escort their children to the Call Room.** They will escorted by the allocated Balmoral Age Marshal wear a Coles vest.
- **TRACK EVENTS:** Athletes are to make their way around the **outside of the track and cross over following the red dotted line** (see map below)
- **FIELD EVENTS:** Athletes present directly to their event site, making their way around **the outside of the track and enter, following the red line** (see map below). Girls discus is located on the upper oval. Long Jump is located at the 200m bend.
- There will be **no results posted on the day**. Results need to be checked and uploaded to LAQ. LAQ will publish the results on their Competition Results page.
- The **warm up area** is located on the top oval. No warm-ups are allowed in the middle of the oval, especially near the Call Room.
- The latest program and event order is located on the LAQ site [here](#).

EVENT SPECIFIC INFORMATION

- **Long Jump** – only 1 practise jump and 2 trials for each athlete for all age groups
- **High Jump** – only 2 jumps per height. 2 failures in a row and athlete is out of the competition
- **Shot Put & Discus** – 3 trials allowed
- Information about **Regional Relay Rules** is available [here](#).
- Information about **Swedish Relay & Medley Relay** changeover zone & lane designation is available [here](#).

UNIFORM CHECK:

- Please ensure your athlete is in correct Balmoral uniform – with registration number and patches firmly attached in the correct positions and in the required bottoms, as well as wearing the correct footwear for their age and event. Select the links for information about [Balmoral's competition uniform](#) and [LAQ's footwear policy](#).
- Disqualifications for uniform infractions can happen, so please ensure your athlete is wearing their Balmoral uniform correctly.

CANTEEN

A canteen will operate on at this event. Payments will be cash and EFTPOS. There will also be a Coffee Van and Snow Cone Van.



SHELDON COLLEGE:

- Access is through Gate 1 which is the first gate coming from Boundary Road (Capalaba side) noting no right turn is permitted at this entrance. Patrons must go past this entry point to the roundabout and come back to access the venue through this gate.
- Parking is only permitted in the two designated areas (refer map below)
- The **Emergency Access Point (EAP)** to the track (near Algester/Browns Plains tents) is to **remain clear at all times**
- Respect the facility as presented
- No climbing up trees, the sandstone retaining wall behind the grassed area trackside or the wire fencing along the back straight including the last portion of the first bend on the track.
- The outdoor basketball/netball courts next to the long jump that have been marked as a spectator area for viewing the long jump. It is advised no basketball or the like is played on this space on the day. There are junior (reduced height) basketball hoops and no one is allowed to swing on the hoops and play in this area.
- No smoking, pets, alcohol or drugs permitted which is also an LAQ policy
- Rubbish to be placed in bins provided
- Tent pegs outside of the track permitted, remember to take them all home.
- No tent pegs permitted inside of the track.

QUALIFYING FOR STATE RELAY CHAMPIONSHIPS

As per LAQ regulations the Balmoral U9 to U17 athletes who progress to the McDonald's State Relay Championship, on 2 December at QSAC, are those who finish:

- in the top three places for a track event
- in the top two places for a field event.

For further information about LAQ's competition rules and regulations, please visit [here](#). If you have any questions about the day, please don't hesitate to contact us or see the Balmoral Team Manager.

Finally, to our athletes: we wish you a fantastic day of competition. We know you will represent yourselves, your families and Balmoral proudly.

Best wishes,

Balmoral Little Athletics Committee



Maps: Sheldon College Parking & Club and event locations



Legend

1. Canteen, coffee van & officials
2. Track Call room (middle of oval)
3. Long Jump Pit (Boys)
4. Long Jump Pit (Girls)
5. Shot put (Boys)
6. Shot Put (Girls)
7. Discus (Boys)
8. Discus - top oval (Girls)
9. High Jump (Boys)
10. High Jump (Girls)
11. Finish Line Officials
12. Announcers and recorders
13. Long Jump Spectator Area

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|---|--------------------------------|
| A | Algerster marquees |
| B | Browns Plains marquees |
| C | Jimboomba marquees |
| D | Wynnum Manly marquees |
| E | Mt Gravatt marquees |
| F | Redlands marquees |
| G | Springwood marquees |
| H | Balmoral marquees |
| I | Sunnybank & Beenleigh marquees |

Access path to call room --- Access path to girls' discus --- Access points to field events →

