



2022 State Combined Event Championships

Team Information



Competition:	Athletics West State Combined Event Championships
Competition Date:	Saturday 22 nd and Sunday 23 rd January 2022
Competition Times:	8am to ~4pm both days
Competition Venue:	WA Athletics Stadium, Floreat (off Underwood Avenue, Floreat)

Congratulations on joining the 2022 Ridgewood LAC State Combined Event Championships Team.

Remember, yes, this event has medals on offer for the Top 3 athletes in each age group, but remember to do your best and follow the Little Athletics Motto of FAMILY FUN & FITNESS

This package is your key information for this event from Ridgewood LAC. Please refer to other documents, specifically the **Athletics West Combined Event Rules and Regulations** which are available from the *Athletics West Website* which are linked in the QR Codes below:



Ridgewood LAC Website

<http://www.ridgewoodlac.org/awstateevents.html>



Athletics West Website

<https://www.athleticswest.com.au/events/124482/>

GOOD LUCK TO YOU ALL!

Parking around HBF Stadium Precinct

Athletics West and Venues West highlight that there are several events taking place across the HBF Stadium Precinct including the State Combined Event Championships. Parking may be at a premium. Please take this into consideration when preparing for your arrival.

Stadium Grandstand / COVID Protocols

As WA is currently under Stage 5 COVID Restrictions, the Grandstand will be OPEN. Spectators are welcome to seat in the grandstand without restrictions.

Please ensure you have masks with you in case of any requirements that are required under venue and/or government requirements.

Social Distancing is still required where possible and all patrons will be required to sign in using the ServiceWA App, SafeWA App or via Manual Contact Register.

Venue Map

The Venue map which highlights the location of the Technical Information Centre (TIC), Call Room, First Aid and other important locations is available on the Athletics West Website. (Use the QR Code or Link above)

Ridgewood LAC Team HQ

Due to low numbers of athletes competing at this event and the forecasted HOT WEATHER, there will be NO RLAC Team Tents. Participants are encouraged to utilise stadium shade as much as possible. If you have any issues, please contact the Team Manager.





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Team Information



Ridgewood LAC Team Manager

Paul Phillips is the Team Manager for this event.



If you have any issues throughout the day, please contact the Team Manager on the Centre Mobile: 0498 179 478 or Paul: 0413 603 634

Event Forecast

As of 7.30pm on Wednesday evening, the forecast for Scarborough (nearest forecast location from BoM) is predicting a VERY HOT WEEKEND!

It is vital that as athletes and families, you plan accordingly for the forecast.

Plenty of water, sun cream, hats, sunglasses, healthy snacks, and appropriate clothing is vital to successfully competing in the event. Events will continue following the Athletics West Weather Policies.

Sat. 22 Jan	Sun. 23 Jan
	
Very hot and sunny.	Sunny.
38 °C	36 °C
24 °C	23 °C

Arrival Information

All athletes MUST arrive at the WA Athletics Stadium **no less than 30 minutes prior** to your First Call Room Entry Time. Please be aware that parking for this event is at a premium and parking close to the stadium may not be available when you arrive.

Once you arrive at the stadium, please head to the **Ridgewood LAC Team HQ** to check in with the Team Manager.

Call Room

As detailed in the Athletics West Technical Rules and Regulations for this event, the Call Room is located at the 100m Start Line end of the stadium.

Everyone's first event on Saturday is a Track Event, as such the Call Room will open 20 minutes prior to the competition start time as outlined in the timetable. Those competing in the Heptathlon will have a field event to commence Day 2 (Sunday). Call Room for Field Events will be 35 minutes prior to the event start time.

As this event is a Combined Events Championships, athletes MUST contest ALL events in the athlete's program. Failure to commence an event will result in the athlete being classified as DNF (Did Not Finish) and will be ineligible to continue in the event.



Call Room Times for each subsequent event will be announced via the PA System at the conclusion of each event. It is vitally important that athletes and families take responsibility for listening out for these call room times. Combined Event Rules require athletes to have at least 30 minutes between the official conclusion of one event and the official start of the next event. These 30 minutes can include time in the Call Room so some events may conclude, and athletes will be required to return to the Call Room area within a quick turnaround.

Parent Volunteer Roster

As with all athletics events, parents are required to assist to ensure the smooth running of the event. All families are expected to make themselves available to complete ONE roster as selected from the Roster Availability.

For this championships, Ridgewood LAC are required to provide one assistant in the Call Room throughout the championships. As a Call Room Escort, volunteers will assist in checking athletes into the area and escorting them to the competition site as directed by the Athletics West appointed Officials. Please scan the QR Code above your family's name and select the timeframe that you will assist.

Ridgewood LAC Management sincerely thank you in advance for your assistance at this event.

	
Saturday 22nd January	Sunday 23rd January
Manzoli Family	West Family
Pakau Family	Phillips Family
Ackerman Family	Williams Family
Barnes Family	





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Roster Check In

Please sign in for your roster at the **Technical Information Centre (TIC)** which is located near the stadium entry point and Call Room.

The Athletics West appointed Officials will be able to answer any questions you have.

Volunteers must wear a hat, have enclosed shoes, and take a water bottle with them to the Call Room.

Uniform

As this is a State Championship event, ALL Athletes must compete in the approved Ridgewood LAC Uniform (Singlet and Shorts). If you require Centre Uniform, please contact us ASAP and go to Centre Training on Thursday to purchase uniform.

Athletes may wear a second pair of shorts (compression shorts) underneath the Ridgewood Shorts. These must be either plain black, skin colour or Ridgewood Blue. If any logos are present, these must not exceed 7cm x 5cm (size of a matchbox)

Spikes

Please refer to the Technical Rules and Regulations (included on the Athletics West Website) for the usage and wearing of spiked shoes.

U11-12 - Spikes in 100m, 200m, Short Track Hurdles and Long Jump

U13-17 - Spikes in 100m, 200m, Short Track Hurdles, Long Jump, High Jump and Javelin

Scoring

Events will be scored using the Combined Event Scoring Tables with the combined score across the five or seven events determining the medallists.

Protests and Appeals

If there is any requirement to potentially protest a result or event:

Please liaise with the Ridgewood LAC Team Manager.

Only the **Ridgewood LAC Team Manager** can submit protests and appeals. This will cost \$55 which is to be covered by the Athlete who wishes to lodge the protest.

Social Media Coverage

Don't forget to follow Ridgewood LAC on Facebook and Instagram for photos and updates from the event. The Ridgewood LAC Team Managers and Championships Team will endeavour to upload "Medal Alerts" as soon as practical throughout the weekend. If you win a medal, make sure you get a photo in our "RLAC Medal Alert" photo frame for inclusion in our socials.

Contact prior to the event

If you have any questions, queries or concerns about anything relating to this event, please contact us via email:

championships@ridgewoodlac.org

All enquiries must go through Ridgewood LAC and not be directed to Athletics West.

Final Ridgewood Notes

On behalf of the Ridgewood LAC Board, Good Luck to all the participating athletes, stay safe and cool in the hot weather, enjoy the competition and...

GO RIDGEWOOD!!!!





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Team Information

Competing Athletes with Order of Events for Age Group

NOTE: Times included are current as of Wednesday evening. Please check the AW Website to confirm following the release of final timetables on Friday.

Saturday 22nd January 2022

Athlete	Age Group	1 st Call Room Time	Event 1	Event 2	Event 3	Event 4	Event 5
Carmen Goodridge	Masters Women	8.15am	100m Hurdles	High Jump	Shot Put	200m	DAY 2
Rachel Williams	Masters Women	8.15am	100m Hurdles	High Jump	Shot Put	200m	DAY 2
Jesse West	U16 M	8.40am	100m Hurdles	Shot Put	High Jump	200m	DAY 2
Tyson Phillips	U16 M	8.40am	100m Hurdles	Shot Put	High Jump	200m	DAY 2
Jasmin Goodridge	U16 F SENIOR	9:00am	90m Hurdles	High Jump	Shot Put	200m	DAY 2
Travarn Ackerman	U12 M	10.10am	100m	Long Jump	80m Hurdles	Discus	800m
Liam Barnes	U12 M	10.10am	100m	Long Jump	80m Hurdles	Discus	800m
Pedro Manzoli de Moura	U11 M	10.25am	100m	Discus	80m Hurdles	Long Jump	800m
Witahana Pakau	U11 M	10.25am	100m	Discus	80m Hurdles	Long Jump	800m

Sunday 23rd January 2022

Athlete	Age Group	1 st Call Room Time	Event 1	Event 2	Event 3	Event 4	Event 5
Carmen Goodridge	Masters Women	8.55am	Long Jump	Javelin	800m		
Rachel Williams	Masters Women	8.55am	Long Jump	Javelin	800m		
Sophie Williams	U13 F	9.10am	200m	Long Jump	80m Hurdles	Shot Put	800m
Jesse West	U16 M	9.15am	Long Jump	Javelin	1500m		
Tyson Phillips	U16 M	9.15am	Long Jump	Javelin	1500m		
Jasmin Goodridge	U16 F SENIOR	12.25pm	Long Jump	Javelin	800m		

