



2022 State Track and Field Championships

Team Information



Competition:	Athletics West State Track and Field Championships
Competition Date:	Friday 4 th to Sunday 6 th March 2022
Competition Times:	Fri 5.00pm to 9.00pm, Sat 7.30am to 6pm, Sun 7.30am to 5pm
Competition Venue:	WA Athletics Stadium, Floreat (off Underwood Avenue, Floreat)

Congratulations on joining the 2022 Ridgewood LAC State Track and Field Championships Team.

With 95 Athletes registered to compete across more than 250 entries (events) across the three days it is going to be one of Ridgewood LAC's biggest contingents in recent years.

[Perspective: 2021 Ridgewood LAC team consisted of 71 athletes and the 2020(1) Tokyo Olympics Australian Athletics Team was 63 athletes]

Remember, yes, this event has medals on offer for the Top 3 teams in each event, 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. Further Information from Athletics West (via Results HQ) will be provided on Wednesday 2nd March 2022. Please ensure to check the Athletics West Website on Wednesday or Thursday for the most up to date information regarding the 2022 State Championships.

Please refer to other documents as highlighted which are available from the *Ridgewood LAC Website* and/or 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/128143/>

GOOD LUCK TO YOU ALL!

Parking around HBF Stadium Precinct

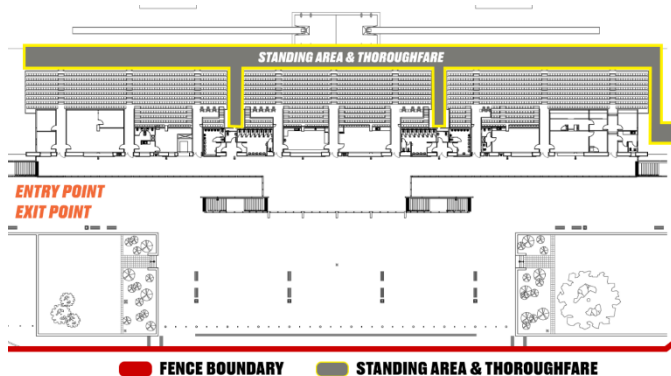
Athletics West and Venues West highlight that there may be several events taking place across the HBF Stadium Precinct including the State Track and Field Championships. Parking WILL be at a premium. Please take this into consideration when preparing for your arrival.

COVID Protocols and Impact of Level 2 Government Restrictions

As announced on February 28th, from 12.01am on March 3rd, Level 2 COVID restrictions will be implemented in WA. Thankfully the LA State Championships is classified as Community Sport and can therefore proceed. The following public health measures will be in place for the championships as outlined by Athletics West:

Stadium Precinct Entrance

There will be a single entrance/exit point to the stadium precinct which will be located at the Southern End (100m Start Line End) of the stadium. This will be a controlled entry point and ALL patrons WILL be required to check in using the ServiceWA or SafeWA Apps.





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Attendees

Other than the Child's Parent or Guardian (max 2 adults), no spectators will be allowed at the event as outlined by the Government's Level 2 Public Health Measures. No one else will be admitted to the WA Athletics Stadium unless they are:

- A nominated Key Official or Team Manager.
- An accredited coach with a participating athlete who has applied via the supplied online form. The form must be submitted prior to the start of the Championships.
COACH LINK: <https://forms.gle/4VvuW6Wk3q61wMEJ9>
- A parent who will not be arriving with the child, but is either, completing a parent roster duty OR submitted a request to enter the venue earlier or later than your child.
PARENT LINK: <https://forms.gle/qPwUCyMEE48W78Xc8>

Athletics West would like to encourage parents to not bring siblings unless unavoidable. If attending, siblings must enter with their Parent or Guardian, and follow all the outlined Public Health Measures.

Stadium Grandstand

The 2sqm rule will be in effect throughout the WA Athletics Stadium. The Grandstand will be open; however, it will be capped at 50% capacity. This will be monitored by COVID-19 Marshals and Athletics West ask patrons to socially distance and apply common sense when accessing the Grandstand.

Mask Requirements

Mask wearing is compulsory in all indoor areas for people in Year 3 or older. To this extent, please avoid corridors and bathrooms/changerooms unless you are utilising the facilities.

Masks will also be required when at the TIC tent and Merchandise Collection, even though they are outside.

Additional Measures/Requests

In addition to the State Government's Public Health Measures, Athletics West would encourage attendees to consider the following additional measures:

- Wear masks throughout your visit to the WA Athletics Stadium and ensure you have spare masks in case children (Year 3 and above) misplace their masks
- Limit your time within the WA Athletics Stadium by heading over to the park at Perry Lakes, or oval at McGillivray if you have time between events
- Utilise sanitizing stations regularly and encourage your children to do the same on throws sites.

As this event is classified as Community Sport, there is no mandate on vaccination requirements. However, any patron/participant who is feeling unwell, has been to a recent exposure site and/or has been directed to isolate by WA Health are required to not attend the competition.

If athletes are impacted by isolation requirements, refunds will be provided by Athletics West.

Please be respectful of all directions provided by Venue Staff, Officials, PA Announcements and/or Government.

Your safety and the safety of all attendees is the highest priority for all involved.





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Forecast

The Forecast for the 2022 State Championships [Information Correct as at Tuesday 1st March

Friday 4 th March	Saturday 5 th March	Sunday 6 th March
Sunny – Top of 29 °C	Sunny – Top of 31 °C	Sunny – Top of 31 °C

With relatively nice weather scheduled for the weekend, please remember to prepare for the forecast. Ensure you have adequate water, food, sun lotion etc.

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

The Ridgewood LAC Tent HQ will be located opposite the grandstand on the grass bank above the back straight/1500m Start Line/ Triple Jump Pit 4 – Look for the Ridgewood Banners. (Logo on the map)

Ridgewood LAC Team Managers

Team Managers throughout the weekend are as follows:

Friday 4 th March	Saturday 5 th March	Sunday 6 th March
Paul Phillips	Paul Phillips	Paul Phillips
Nienke West	Nienke West	Nienke West

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

Timetable

The Final Timetable for the championships will be published on the Athletics West Event Page by Wednesday Evening. (QR/Link at start of this document) Please check it carefully to ensure you know the Start Times and Call Room Entry Times for your events.

Technical Rules and Regulations

This event will be run in accordance with World Athletics, Athletics West Little Athletics and Little Athletics Australia Rules. Specific Technical Rules and Regulations for the championships are also being implemented which are available on the Athletics West Website. Updated version will be available from Wednesday evening. (QR/Link at start of this document) It is the responsibility of all families and athletes to have familiarised themselves with this document to ensure you are aware of any specifics for this event (specific note to the Triple Jump Mat availability, High Jump Starting Heights, and regulations regarding Clash of Events)

Arrival Information – Team HQ Check In procedure

All athletes **MUST** arrive at the WA Athletics Stadium **no less than 45 minutes prior** to your 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. Please also take into consideration the potential delay at the Precinct Entry Point due to high volume of arrivals and implementation of COVID protocols.

Once you arrive at the stadium, please head to the **Ridgewood LAC Team HQ** to check in as noted below:

All athletes are to check in for their events each day at the Ridgewood LAC Team HQ at least 30 minutes prior to their first Call Room entry time. Athletes can check in for multiple events at once if appropriate.

Athletes will then be required to head to the Call Room on time to enter the Call Room.





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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.

Track Athletes Call Room Entry will be 20 minutes prior to the Event Start Time.

Field Athletes Call Room Entry will be 35 minutes prior to the Event Start Time.

Note: There will be NO Calls across the main stadium public address system for athletes to head to Call Room.

Athletes are responsible for knowing what time to arrive at the Call Room.

There will be a local PA System at the Call Room which will announce events that are being allowed entry at that time. Athletes are not to rely on Public Address systems and be at Call Room ON TIME.

Failure to arrive at the Call Room prior to the last athlete for the event departing the Call Room will result in the athlete not being permitted to compete in the event.

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 event, Athletics West has published the Roster online through their website (see QR Code to right) If you have selected your roster, Ridgewood LAC sincerely thanks you for your assistance at this event. If you are yet to select a roster, please scan the QR Code and select a roster. Families who do not sign up for a roster or fail to complete their allocated roster may result in the associated athlete's results not being recognised.



Team Managers and Athletics West appointed Technical Officials are acknowledged as meeting this roster requirement.

Roster Check In

Please sign in for your roster at the **Ridgewood LAC Tent HQ** and then proceed to the **Technical Information Centre (TIC)** which is located near the stadium entry point and Call Room.

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

Please familiarise yourself with the location of your Roster Site and of course your child's site by checking the Venue Map available on the Athletics West website or on the maps at the TIC.

Volunteers must wear a hat, have enclosed shoes, and take a water bottle with them to their location. Masks are optional but encouraged in areas where social distancing is difficult.

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.

U9/10 - No Spikes Permitted

U11-12 – 100m, 200m, 400m, Short Hurdles, Long Jump, Triple Jump, High Jump and Javelin

U13-17 – Same as U11/12 plus 800m, 1500m and Long Hurdles





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Protests and Appeals

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

Please liaise with the Ridgewood LAC Team Managers directly.

Only the **Ridgewood LAC Team Managers** can submit protests and appeals. This will cost \$55 which is to be covered by the Athlete who wishes to lodge the protest. Protests and Appeals can only be submitted against a result based on a technicality or a Judge's decision. The Ridgewood LAC Team Managers will determine the relevance of the Protest and Appeal and provide guidance as to whether or not to proceed.

Medical

St Johns Ambulance will be in attendance throughout the weekend for all your medical needs. They will be located near the end of track area.

Toilets

Toilets will be located under the grandstand and in the building on the back straight. The back straight toilets are the closest to the Ridgewood LAC Team HQ. A reminder that masks are to be worn whilst inside toilet facilities.

Athlete Village

Athletics West will have merchandise and food/drink vendors located near the northern end of the stadium or behind the grandstand on the pavilion area. Please visit them throughout the weekend, however, remember that masks will be required whilst interacting at these locations.

Online (Live) Results

Whilst not 'Live', results will be published on the [Athletics West Live Results \(athleticswestresults.com.au\)](https://athleticswestresults.com.au) as soon as practical. It is recommended to bookmark this website for quick access to results as they are released throughout the weekend.

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. Daily Medal Updates will be uploaded as soon as practical each evening. Please remember that the Team Managers and Championships Team are also officiating/ completing other tasks throughout the entire weekend so delays may occur.

Final Ridgewood Notes

Ridgewood LAC have put in a lot of time and effort behind the scenes to ensure that not only are we well represented as a Centre, but the athletes themselves are able to do their very best and have fun at this very prestigious event. It is with great excitement that this event can proceed thanks to the hard work of Athletics West in advocating with the State Government departments and Venues West to ensure the event can proceed. Please enjoy the weekend and remember to follow all directions provided.

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.

Please come to the Ridgewood LAC Tent HQ for a great view of the arena and to support all the Ridgewood athletes competing.

On behalf of the Ridgewood LAC Board, thank you to all the volunteers who are assisting across the weekend. Congratulations to all the selected athletes, good luck for your events, enjoy the competition and...

GO RIDGEWOOD!!!!

