



2022 Little Athletics North Zone Championships

Team Information



Competition:	Athletics West North Zone Championships
Competition Date:	Saturday 12 th and Sunday 13 th February 2022
Competition Times:	7.30am to 4pm Each Day
Competition Venue:	Kingsway Regional Sporting Complex, 100 Sporting Drive, Madeley, WA 6065
Competing Age Groups	U7, U8, U9, U10, U11, U12, U13, U14, U15

Congratulations on nominating to compete at the 2022 Little Athletics North Zone Championships Event.

This event is the State Championship event for Under 7 and 8 athletes and is the State Qualification Event for Under 9 to Under 15's.

Note: There is NO State Championship Event for Under 6 athletes. Under 16s and 17s progress and nominate directly to compete at the State Championships.

The Athletics West Little Athletics State Championships are scheduled to take place on Friday 4th, Saturday 5th and Sunday 6th March 2022.

Remember, yes, this event has pennants or ribbons on offer for the Top 3 athletes in each category, 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 as highlighted which are available from the *Ridgewood LAC Website* and/or the *Kingsway LAC Zones 2022 Website* and/or the *Athletics West Website* which are linked in the QR Codes below:



Ridgewood LAC Website

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



Kingsway LAC Host Website

<https://www.kingswaylac.com.au/zones2022>



Athletics West Website

<https://www.athleticswest.com.au/events/119270/>

GOOD LUCK TO YOU ALL!

Competing Centres

The Zone Championships are split across two locations, one North and one South. The Northern Little Athletic Centres competing at this event are Bayswater LAC, Eastern Hills LAC, Hamersley LAC, Inglewood LAC, Joondalup LAC, Kingsway LAC, Ridgewood LAC, Swan Valley LAC and UWA LAC.

Kingsway LAC Website

Kingsway LAC have put together a one-stop webpage with all the local and vital information in preparation for the weekend. Please refer to their website for further information.

Athletics West Website

The Athletics West Website is the OFFICIAL website for the Technical Rules and Regulations and Event Start Lists and Timetables. Please check these documents carefully to ensure athletes are listed in the correct events and ensuring athletes are aware of event start times.





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Parking around Kingsway Regional Sporting Complex

Athletics West and Kingsway LAC highlight that there is a large volume of vehicles expected at this event. Parking is plentiful, with plenty of parking spaces within a short stroll of the venue. Please take this into consideration when preparing for your arrival. More Information on the Kingsway LAC website.

COVID Protocols

As confirmed by Athletics West on February 4th, the 2022 Zone Championships have been classified as “Community Sport” under the current WA Health and Government Guidelines. This means that there is no vaccination mandate being implemented at this event. It is important to note that masks WILL be always required in all indoor areas unless actively eating or drinking. Mandatory contact tracing requirements will be in place with ServiceWA / SafeWA QR Codes located throughout the facilities and at all entry points. Please ensure that you scan in using the QR Codes provided.

Venue Map

A Venue Map highlighting the location of all the important sites around the arena is available on the Kingsway LAC website. The Kingsway LAC arena is quite spread out so please take this into consideration when moving around the facility.

Ridgewood LAC Team HQ

Ridgewood LAC Tent HQ will be located somewhere around the main track and arena - Look out for the Ridgewood Banners and Tents. Families and athletes are encouraged to join the team at the team tents to support athletes and cheer them on throughout the weekend.

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

Arrival Information

All athletes MUST arrive at the Kingsway Regional Sporting Complex **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 entry points may not be available when you arrive.

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

Uniform:

Under 7 and 8 athletes are encouraged to wear the Ridgewood LAC singlet, however, Club Uniform may be worn.

Under 9 to Under 15 athletes MUST wear the Ridgewood LAC Uniform which consists of the Centre Singlet and Shorts. If you do not have Centre Uniform, please ensure you attend Ridgewood LAC training on Thursday 10th February at 5pm to purchase.

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.

U7-10 - No Spikes Permitted

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

U13-15 - Spikes in 100m, 200m, 400m, Short Track Hurdles, Long Track Hurdles, 800m, 1500m, Long Jump, Triple Jump, High Jump and Javelin.





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Call Room

A Call Room will be in operation at this event. The Call Room will be located in front of the Canteen and Toilets building/Grandstand area.

Track Athletes will enter 20 minutes prior to event start time and Field Athletes will enter 35 minutes prior to event start time.

PLEASE NOTE THERE WILL BE NO ANNOUNCEMENTS RELATING TO CALL ROOM ENTRIES.

Athletes are responsible for knowing what time they need to enter the Call Room and to be at the Call Room ON TIME. Failure to attend the Call Room on time, may result in an athlete being unable to compete.

Please check the timetable published on the Athletics West website for the latest start times and apply the above times to know what time to arrive at Call Room.

Zone Track Heat to Final Qualification

In the 70m, 100m, 200m, 400m and Hurdles events there will be Heats and Finals when there are more than 8 athletes registered to compete. Qualification for the Final from the heats are outlined in the Technical Regulations document published on the Athletics West website.

Field Events

In U7 and U8 Field Events there will only be THREE (3) rounds.

In U9 to U15 Field Events there will be THREE (3) rounds for all athletes with the top EIGHT (8) athletes getting ONE (1) additional attempt. If there are less than eight athletes in an event, only those who have recorded a valid attempt in the first three rounds will be eligible to have a fourth attempt.

Qualification Process – Zones to States (U9 to U15)

All events for U9 to U15 are qualification events for athletes to progress to the State Championships in March. In each event the Top 4 athletes will be deemed as Automatic Qualifiers. Following the conclusion of the Zone Championships, the remaining qualifiers will be announced as per the following table.

**Ridgewood is part of Zone 2*

QUALIFICATION FOR THE WA LITTLE ATHLETICS STATE TRACK AND FIELD CHAMPIONSHIPS				
Events	Max Num of Athletes	Zone	Qualification	
70m, 100m, 200m, 400m & Short Hurdles	27	1 & 2	First 4 placegetters from each zone. Total – 8 Athletes	Next best performing athletes from all Zones to reach max. number of athletes per event. Total – 16 athletes
		3	First 2 placegetters from Country Championships then next best performance from PB Nomination. Total – 3 Athletes	
Shot Put, Long Jump & Triple Jump	24	1 & 2	First 4 placegetters from each zone. Total – 8 Athletes	Next best performing athletes from all Zones to reach max. number of athletes per event. Total – 13 athletes
		3	First 2 placegetters from Country Championships then next best performance from PB Nomination. Total – 3 Athletes	
Long Hurdles, 800m, 1500m, Walks, Discus, Javelin & High Jump	18	1 & 2	First 4 placegetters from each zone. Total – 8 Athletes	Next best performing athletes from all Zones to reach max. number of athletes per event. Total – 7 athletes
		3	First 2 placegetters from Country Championships then next best performance from PB Nomination. Total – 3 Athletes	





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Parent Volunteer Roster

As with all athletics events, parents are required to assist on sites to ensure the smooth running of the event. All families are expected to make themselves available to complete at least ONE roster per competing athlete. If you have selected your roster, Ridgewood LAC sincerely thanks you for your assistance at this event. If you have not selected a roster, please scan the QR Code and select a roster OR contact championships@ridgewoodlac.org and we will put you on a stand-by list to fill any positions that become available throughout the weekend.



Roster Check In

Please sign in for your roster at the **Ridgewood LAC Tent HQ** and then proceed to the **Volunteer Sign in Point (Kingsway LAC Office)** which will be indicated on the Venue Map.

The 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 site.

Protests and Appeals

If there is any requirement to potentially protest a result or event, please contact the Team Manager and discuss the options that apply.

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.

Long Range Forecast

The long range forecast is predicting a top of 28 degrees on Saturday, increasing to 33 degrees on Sunday. This could be "perfect" to "warm" conditions for competition. Not too hot, not too cold ☺. Remember to prepare for the expected forecast with appropriate water, snacks, and towels etc.

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 "Pennant Alerts" for our Under 7 and Under 8's as soon as practical throughout the day. If you win a pennant, make sure you get a photo in our "RLAC Medal Alert" photo frame for inclusion in our socials.

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.

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

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

GO RIDGEWOOD!!!!





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Participating Athletes State Championships (U7-U8)

Under 7 Girls

Sienna Flamini – Mindarie
Billie Greatbanks – Quinns
Darcie Green – Mindarie
Emily Sanders – Mindarie

Under 7 Boys

Jasper Curtis – Yanchep
Myles Laud – Clarkson
Lucas Manzoli de Moura – Butler
Cowen Pitout – Quinns

Under 8 Girls

Isla Dunstan – Yanchep
Alice Foot – Butler
Sienna Hymen – Mindarie
Selena Kehoe – Butler
Hayley Moore – Quinns
Neve Munro – Clarkson
Avaleigh Phelps – Yanchep

Under 8 Boys

Jay Callan – Butler
Hunter Croker – Mindarie
Zayden Locke – Butler
Charlie Sanders – Mindarie
Benaiah Tolley – Clarkson

State Qualification Participants

(Top 4 per event Automatic State Qualifiers, plus next best places across both Zones. Refer to table for clarification.)

Under 9 Girls

Amelia Barnes – Butler
Brea Elsdon-Goodyear – Clarkson
Dillan Martinovich – Quinns
Quin Parkinson – Butler
Kamika Pitout – Quinns
Kayla Tenardi – Yanchep
Ivy Warburton – Clarkson

Under 9 Boys

Logan Arthur – Yanchep
Taj Ford – Clarkson
Dillan Holmes – Yanchep
Jaxson Locke – Butler
Dominic Moore – Quinns
Lucas Munro – Clarkson
Luke Panossian – Mindarie
Te ariki Tichborne – Yanchep
Calvin Venter – Butler





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Team Information

Under 10 Girls

Jasper Asante-Nimako – Butler
Muna Ezeonwu – Clarkson
Savannah Holdsworth – Clarkson
Sienna Kehoe – Butler
Ela Mulimbi – Butler
Violet Pakau – Butler
Sienna Tenardi – Yanchep
Mila van Loggerenberg – Quinns

Under 11 Girls

Macie Dale – Quinns
Ameleah Ford – Clarkson
Ashleigh Fox – Yanchep
Sophia Kehoe – Butler
Alisha Moore – Quinns
Eliah Mulimbi – Butler
Amberley Musson – Quinns
Zali Parkinson – Butler
Jahrya Rota - Clarkson

Under 12 Girls

Nevaeh Arthur – Yanchep
Kaia Lahtz – Quinns
Lexis Muncaster – Butler
Hailee O'Connor – Quinns
Arielle Panossian – Mindarie
Mia Shelley – Mindarie
Shanelle Tica – Butler
Tahraya Ward – Butler

Under 10 Boys

Hunter Etchells – Butler
Adriano Flamini – Mindarie
Kaylan Hetaraka – Butler
Zakary Holmes – Yanchep
Logan Oakes – Mindarie
Joshua Phillips – Butler
Angus Shelley – Mindarie
Divan Christiaan Viljoen – Mindarie
Jacob Wildenburg – Yanchep

Under 11 Boys

Travis Deane – Yanchep
Pedro Manzoli de Moura – Butler
Witahana Pakau – Butler
AJ Steyn – Mindarie
Bryson Wentholt – Butler
Jake Williamson – Quinns

Under 12 Boys

Travarn Ackerman – Butler
Liam Barnes – Butler
Jaxon Lawrence Blake – Butler
Oliver Clarke – Butler
Oliver Hatchett – Clarkson
Jaison Jaschinsky – Quinns
Keenan Munro – Clarkson
Hoani-Jay Tichborne – Yanchep
Jayden Venter – Butler
Johannes Nicolaas Viljoen – Mindarie
Robert Vodovodo - Yanchep





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Team Information

Under 13 Girls

Summer Adams – Butler
Isabelle Curtis – Yanchep
Dreyah Deane – Yanchep
Claudia Flamini – Mindarie
Bella Muncaster – Butler
Sieanna Robert – Butler
Peytton Wentholt – Butler
Sophie Williams – Clarkson

Under 14 Girls

Azalyiah Ackerman – Butler
Makaila Harnett – Quinns
Shanley Harrison – Clarkson
Emily Hatchett – Clarkson
Alyssa Torrance – Yanchep
Gemma Vine – Quinns
Tyleaa Ward – Butler

Under 15 Girls

Jasmin Goodridge – Clarkson
Hayley Mann – Mindarie
Olivia Williams - Clarkson

Under 13 Boys

Isaac Akwasi Nhyira-Ba Asante-Nimako – Butler
George Clune – Yanchep
Tirikatene Hetaraka – Butler
Zachary Hoar – Yanchep
Jeremie Lapierre – Mindarie

Under 14 Boys

Nicholas Hoar – Yanchep
Jack Kirkhouse – Mindarie
Barnaby Lancaster-Simper – Mindarie
Will Parkinson – Butler
Brayden Phillips – Butler
Thomas Smith – Quinns
Seaden Taig – Clarkson

Under 15 Boys

Jamie Deane – Yanchep
George Holmes – Yanchep
Kaeden McQuoid – Yanchep
Hawaiki Tichborne – Yanchep
Lennox Wentholt – Butler
Jed Wilkinson – Yanchep

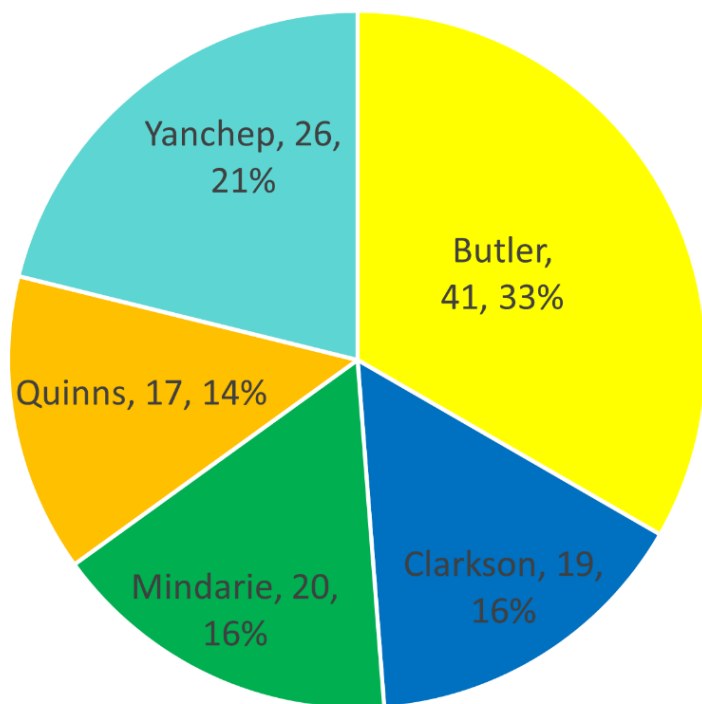




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Team Information

Athletes @ Zones by Club



123 Athletes
competing in
473 Individual
Events



Age Groups at Zones (Ridgewood LAC Competitors)

