

Venue: UQ Athletics Centre, Sir William MacGregor Drive, St Lucia

Details: <https://laq.org.au/event/nordic-sport-met-west-regional-relays/>

The link above includes the Program Booklet & Little Athletics Queensland Code of Conduct.

A reminder: LAQ's Code of Conduct policy captures the values, principles and conduct expected from athletes, officials, volunteers, coaches, spectators and parents. When adhering to the Code of Conduct, which encourages respectfulness and good sport behaviour, a safe and proper environment is fostered for all those in attendance at our Carnivals and Championships.

Team Managers & Officials: Athletes and Parents are reminded not to approach officials directly regarding adjudication concerns at Relays. Please raise any concerns with Your Centre Team Manager who will liaise with the appropriate channels. Please note to raise a protest there is a \$55 fee and you must do so within 15 minutes of the event finishing.

Please remember that everyone here is a volunteer and at times we may call for more volunteer assistance to help on the track and field – please assist where you can.

Map: A map is shown at the end of this document. All events are held on the main field, with the exception of Discus. There are two Discus rings, Discus A is on Field 8, and Discus B is on Field 6. **To access Field 8, proceed across the zebra crossing and down stairs across the lower level carpark. It is recommended that athletes under 12 should be accompanied by an adult when accessing this field.** To access the field events please proceed around the OUTSIDE of the track and do not cross the track, or other field event areas unnecessarily.

Spectators are to sit in the grandstand, or on the grassy hill, or around the external of the field. You are not permitted at the field events unless volunteering as an official.

Sufficient Parking is available in the allocated UQ parking areas. Parking is free, however please use the allocated parking areas.

IMPORTANT: Tents and shade structures are permitted around the outside of the arena 'field of play'. Please ensure that tents are erected using **sandbags / weights ONLY (15kg each – 60kg total)**. **TENT PEGS ARE NOT ALLOWED** due to the UQ irrigation system surrounding the facility.

EMERGENCIES – UQ Security MUST be contacted for all emergencies – fire, medical, environmental, bomb threats, any critical incident. There are phones around the venue – call Ph 3365 3333. Security will contact emergency services (including calling ambulance if necessary).

First Aid will be provided by First Response Sports Trainers and will be located near the 100m finish line.

Results – we are attempting to action live results. A link will be shared with teams if this is available. As a back up, results will be posted on the windows of the recording room at the back of the grandstand.

The U7 & U8 medal presentations will be scheduled straight after the 4x70m shuttle relays. All competing U7 & U8 athletes will receive a medal. There are no medals for U9+ athletes at Regional Relays.

WET WEATHER: The Regional Relays will only be cancelled/postponed under extreme conditions and in accordance with UQ Extreme Weather Policy. If necessary, a decision will be made on the day at the relevant time, or prior to the event (usually before 7:00 am).

Event marshalling: When you arrive at the grounds, listen for the announcer to call your event. We recommend that you arrive 1 hour prior to your first event, as events can be called up to 30 minutes earlier than scheduled. It is likely events later in the day may run early by up to half an hour. If you leave and come back, please do so with plenty of time or you may miss your event.

- Track events - athletes will need to report to the 'Track Marshalling Area' which is located to the left of the grandstand, in front of the Rugby Club.
- Field events - athletes report directly to the field event.

Food & Drink Vendors

We will have a range of food and drink options available on the day. We encourage you to support our vendors

- **UQ Sport Canteen** – selling drinks, snacks, etc - located at the top of the grandstand.
- **Toowong Harriers BBQ van** – selling brunch (bacon/egg rolls) and lunch BBQ (burgers, sausage in bread, vege burger option) – located in front of the Rugby Club.
- **Rich Pour Coffee Van** – coffee / hot drinks – location TBA
- **Snowy Joey** – snow cones – back of field near Long Jump
- **Bananas** – complementary, provided by Coles, various locations

Raffle - \$2/ticket

Met West Region is running an amazing raffle with loads of prizes. Tickets are \$2 each and available from your centre, or on the day. Please purchase some tickets to support our region – this is the primary source for funding venue and running costs for region events. Prize list will be posted separately.

***** The raffle will be drawn at 12:30pm *****

Best of luck to all our athletes – we hope you enjoy your day! Any questions, your first point of call is your Team Manager.

All event officials (team managers, track/field officials, recording) are reminded that there is an officials briefing at 7:30am.

Kind regards, Trudy Lennox (Toowong Harriers), Met West Regional Competition Coordinator



