

LANSW STATE RELAY CHAMPIONSHIPS

Saturday & Sunday 19 & 20 November 2016

Sydney Olympic Park Athletics Centre

Saturday – 19 Nov 2016 Jnr Day – U8 to U11 age groups Officials Sign-on 7.30am First Marshal call 8.30am First Event 9.00am	Sunday – 20 Nov 2016 Snr Day – U12 to U17 age groups Officials Sign-on 7.30am First Marshal call 8.30am First Event 9.00am
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*Entries close **Wednesday 2 November 2016***

at Little Athletics NSW

via email to: dlevy@lansw.com.au

An electronic, Excel based, State Relay entry form created for use by all centres is attached to this email. It is compatible with Windows and Apple Mac systems. Please read the attached User Guide before completing the entry process. The program will not allow centres to enter ineligible teams. All sections of the entry program must be completed prior to sending through to Di Levy at the office.

CONDITIONS OF ENTRY

1. Centres may only enter one team per age group, per event, per sex or mixed in SECTION 1, SECTION 2, SECTION 3 & SECTION 5, with the following qualifications on each day of the Championships.

NB. Centres may enter TWO teams into SECTION 4.

- All centres may enter teams in Sections 1, 3 & 4
 - Centres with a total of **200 or less** registered members from the previous season in the age groups U/8 to U/17 can enter teams in Sections 1 OR 2, plus Sections 3 & 4. List of ineligible centres overpage.
 - Centres with a total of **150 or less** registered members from the previous season in the age groups U/8 to U/17 can enter teams in Sections 1 OR 2, plus Sections 3, 4 AND 5. List of ineligible centres overpage.
2. Athletes in the U8-U11 age groups may compete only in Track **OR** Field relays but not in both. Athletes in the U12-U17 age groups may compete in **both** Track and Field relays (on the express understanding that there is no clash management provided) except for centres eligible for and entering teams in Section 5 events.
 3. Competitors may compete up 1 age group (minimum age U8) to form a team, however competitors may only compete in 1 age group at the championships, and only in events / specifications offered for their own age group.
 4. Timed finals only will be held for the 4 x 200m (U8 & U9), 4 x 400m Relays (U10-U17) plus Middle Distance Relays (Jnr & Snr). Centres entering teams in these events can now include the same athlete in both teams if required.
 5. An entry fee of **\$25.00** per team is to accompany the completed entry form. *NB. The increase in team fee is due to there being no gate entry at State Relays.*

NB. Centres must have submitted at least 75% of registrations ON OR BEFORE the closing date & time, for that centre's entries to be accepted. Registration forms and fees for all competing athletes **MUST be lodged with Little Athletics NSW prior to the commencement of the State Relay carnival. Teams from centres failing to meet these requirements **WILL NOT** be accepted.**

Late Entries will be accepted after 2 November and close on 9 November. If a centre wishes to add additional teams during this period the entry fee will be **\$50 per team. If a centre missed entering any teams by 2 November they are permitted to submit a late entry by 9 November and the entry fee will be \$50 per team.**

CONFIRMATION OF ENTRIES

After 2 November, all centres entering the championships will be forwarded: -

Team Entry Summary: These are to be carefully checked by the person nominated on the entry form and if any discrepancy exists then they must notify Little Athletics NSW by 9 November. After 9 November **no changes** will be accepted.

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Excluded Centre list for Section 2

Centres **NOT** eligible to compete in the mixed 4 x 100m Relays (Section 2) are those centres with more than 200 registrations in the U8-U17 age groups, based on registrations for the 2015/2016 season as below: -

Adamstown/N Lambton	Emu Plains	Mosman	Rouse Hill Rams
Balmain	Girraween	Northern Districts	Ryde
Bankstown Sports	Gosford	Northern Suburbs	South Eastern
Blacktown	Hills District	Nth Rocks/Carlingford	St George
Camden	Holroyd	Orange	Sutherland
Campbelltown	Hornsby	Parramatta	Tuggerah Lakes
Canterbury	Inner West	Port Hacking	Winston Hills
Cherrybrook	Ku-Ring-Gai	Prestons Robins	Wollongong
Doonside	Macquarie Hunter	Quakers Hill	
Eastern Suburbs	Manly Warringah	Randwick/Botany	

Excluded Centre list for Section 5

Centres **NOT** eligible to compete in Section 5 (junior/senior 4 x 100m relay and/or junior/senior 4 x long jump) are those centres with a more than 150 registrations in the U8-U17 age groups, based on registrations for the 2014/2015 season, as below:

Adamstown/N Lambton	Girraween	Macquarie Hunter	Riverstone
Albion Park	Glenbrook	Manly Warringah	Rouse Hill Rams
Balmain	Gosford	Minchinbury	Ryde
Bankstown Sports	Greystanes	Mosman	Shoalhaven
Blacktown	Hills District	Northern Districts	Smithfield
Camden	Holroyd	Northern Suburbs	South Eastern
Campbelltown	Hornsby	Nth Illawarra	Springwood
Canterbury	Illawong	Nth Rocks/Carlingford	St George
Cardiff	Inner West	Orange	Sutherland
Cherrybrook	Jamison	Parramatta	Tuggerah Lakes
Coffs Coast	Kiama	Port Hacking	Wallsend
Doonside	Kings Langley	Prestons Robins	Winston Hills
Dubbo	Ku-Ring-Gai	Quakers Hill	Wollongong
Eastern Suburbs	Kurrajong Bilpin	Randwick/Botany	Woy Woy
Emu Plains	Liverpool	Revesby Workers	Wyong