

## **SAFETY RULES**

**NEVER** walk or run across the field. Always use the outside of the track when going to an event area.

**FAILURE** to follow this simple rule could result in serious injury from a field event in progress.

**REMAIN** within the close proximity of the track at all times. School buildings are strictly 'Out of Bounds'.

**REMOVE** spikes at the conclusion of your event unless you are progressing directly to another event. This will prevent injury to yourself or someone else !

## **SAFETY ISSUES**

Because of our interest in safety for all members, some events are unsuitable for the young athletes.

High Jump is only available for C Graders who can jump 90cm or more.

Likewise the Triple Jump is not for C & D Grade.

The 400m is unsuitable for athletes under 12 yrs. due to their immature cardio-vascular system.

## **VOLUNTEERS**

### **Very Valuable & Very Essential**

Conducting Track & Field competition involves 10 dedicated experienced officials. However, at least 10 other volunteers are required to assist these officials with the various events.

Previous experience is not required, chief marshals will always be on hand to guide & instruct.

'Helpers Notes' for field events are available from Admin. & are very helpful, please collect a copy.

Without the necessary number of valuable volunteers, unfortunately events may have to be cancelled and it could be your child's favourite event.

Free club membership is available for all volunteers. Please fill in an application form or add your name to a family application. The club covers the cost of your Community membership with Athletics NSW.

## **GRADED POINTSCORE COMPETITION**

### **How it works**

Competitors are graded in various Grades, A,B,C,D,E & V's depending on age & ability.

Points are allocated for distance thrown or jumped (Field) - or time (Track).

(Point scoring charts are available at Admin.)

Competitors points for running, throwing & jumping are recorded weekly. A certain percentage of the highest scoring points are tallied to determine the overall placings for Track & Field positions in all Grades.

The Graded Pointscore Competition will conclude in December, prior to a 3 week break over Christmas & New Year.

Competition will resume early January with a slightly less formal program for the remainder of the school holiday period..

From February to mid March, members can look forward to a variety of interesting competition. Team challenge events & handicaps to name a few. Lots of fun for everyone.

## **RELAYS ~ A FUN EVENT**

Relays are a very popular event !!

However, in order to conduct these relays mid program, we need co - operation from parents & athletes to organise their teams & be ready to compete as soon as the event is called !

ALL teams start on a handicap time depending on their age and ability – this adds interest to the competition.

The make up of the team is not important.

**Participation & fun is the aim of this event !**

**NOWRA ATHLETICS CLUB Inc.**  
The 'FAMILY FRIENDLY' Club

# **TRACK & FIELD**

~ Throws ~ Sprints ~ Jumps ~  
~ Middle Distance ~ Hurdles ~ Relays ~  
Variety of competition for  
all ages and abilities



**Competition Starts at 6pm  
every Wednesday**

**Check Notice Board each week  
for ORDER of EVENTS  
Administration prior to competition from  
5.20pm to 5.50pm**

**CLUB UNIFORM :** Uniforms are not compulsory at club competition, but are required when competing at Representative level. Colours are Gold, Black & White.

Competition tops are available at a reasonable price. (See Uniform Officer contact below )  
Shorts / tights are a personal choice providing they are plain black.

**COMPETITION BIB NUMBERS :** Athletes who have registered in the ANSW Championship category will be allocated these numbers which must be worn with Club uniform when competing in all ANSW events. Not required for Community Members.

### COUNTRY CHAMPIONSHIPS

These Championships are intended to be the highlight of the Summer Season.

Held every year, mid to late January, the Championships are open to all Country Club athletes who have registered to compete in Athletics NSW Championship events.

Event ages ranging from U/10 through to 70yrs & over. Athletes are not pressured into reaching a qualifying standard to participate. All that is required is a keenness to compete in a friendly environment against other like minded country athletes.

Our Club encourages members to compete and has a policy to financially assist individuals & families with travel costs when possible and if appropriate.

**Financial assistance** is available for club members who meet a qualifying standard to compete at National level, or are selected in a State team. However, to be eligible for any financial assistance, applicants are required to have competed in at least 50% of the local club competition.

We realise information contained here may not answer all your questions. Some committee members are listed below so feel free to ask questions, discuss problems, or offer suggestions any time.

Last but not least,  
if you ENJOY the COMPETITION please tell OTHERS.

President : Scott Johnson ... [johnsons68@bigpond.com](mailto:johnsons68@bigpond.com) ... 4423 6629

Treasurer : Alison Havadjia ... [aahava@bigpond.com](mailto:aahava@bigpond.com)

Secretary : Damian McGill .... [damian.mcgill@fairfaxmedia.com.au](mailto:damian.mcgill@fairfaxmedia.com.au)

Registrar : Jan Gibb ..... [willandraemail@gmail.com](mailto:willandraemail@gmail.com) ...4446 0226

Darlene Musgrove ..... Publicity Officer .... [1muzza@tpg.com.au](mailto:1muzza@tpg.com.au)

Terry Bailey ... Equipment Officer ... 4421 6065

Deb. Clark ... Uniform Officer ..... AH 4421 2906

Rob McDonald ... Receives Information for Website 'Achievement Corner'  
[rmcd2173@bigpond.net.au](mailto:rmcd2173@bigpond.net.au)

# Keeping you on the RIGHT TRACK



Affiliated with Athletics NSW

# TRACK & FIELD Competition Information Folder

## Welcome to the 2016 / 17 Season of

### RUN ~ JUMP ~ THROW

We look forward to your company and trust you will enjoy the competition. The Nowra Athletics Club began in 1960 and has been providing competition for people of all ages within the City of Shoalhaven for over 55 years. We are very proud to be an **All Age Family Friendly Club**. Very few sporting clubs are able to offer competition for all family members at **the same time** and at **the same venue**.

### GENERAL SAFETY

- ALWAYS** proceed to events using the outside of the track.
- NEVER** walk across the midfield to an event.
- STAY** alert when Track & Throwing events are being conducted and when wearing running spikes.
- REMAIN** within close proximity of the track facilities at all times. School buildings & extended areas are strictly out of bounds.
- REMOVE** spiked shoes at conclusion of event unless progressing directly to another event. This will help prevent injury to yourself or someone else.

### CHILD SAFETY

Parents / Grandparents / Carers of Primary School age & younger children. Please note the following:  
In the interests of Child Safety you are required to remain at the ground for the duration of competition to supervise & guide your children to various events.

Remember, once throwing implements are launched it is impossible to alter their trajectory. Likewise stronger faster track athletes find it difficult to stop or dodge anyone crossing the track & collision could result in injury to both parties..

### HELPFUL HINTS

- LOOK** at the Notice Board on arrival for order of events.
- LISTEN** carefully to any announcements made during the evening competition.
- CHECK** your emails if you have entered your email address on your Application.

### VOLUNTEER ASSISTANCE

Conducting Track & Field competition involves 10 dedicated experienced officials. However, at least 10 other volunteers are required to assist these officials with the various events.

**NO PREVIOUS EXPERIENCE IS NECESSARY.**

Experienced officials will give guidance & instruction, plus 'Helpers Notes' for all field events are available for collection from Admin area.

Any donations of time & energy, large or small for these vital roles will be gratefully accepted & will ensure a successful evening of competition.

Without the necessary number of helpers willing to volunteer, events (possibly your child's favourite) may have to be cancelled !

**COMPETITION RESULTS** : A comprehensive report of all results are reproduced and posted on our Club website usually by the following week & in Wednesday's Local Newspaper - South Coast Register. If at any stage your name is omitted from an event, please email: [willandraemail@gmail.com](mailto:willandraemail@gmail.com)

**CLUB RECORDS** : An up to date list of Club Records is displayed on the Notice Board. Athletes who feel they may have a chance of breaking a Track record should inform the timekeepers prior to the event for the time to be legal. Athletes who feel they have broken a Field record should inform the official so the 'attempt' can be verified by two club officials and measurement noted on the recording sheet. All new record holders will be awarded a certificate during competition in the following week.

**WET WEATHER** : Should competition not be possible due to rain and / or a wet track, every effort will be made to have the cancellation posted in large print on the front page of our website, no later than 4.30pm after ground inspection is carried out. [www.nowraathletics.org.au](http://www.nowraathletics.org.au) If you do NOT have access to the website, please phone one of the following, after 4.30pm.  
Terry Bailey 4424 6065 - John Price 0402 104984

## SERIES 1

### TRACK EVENTS : ALL GRADES

60mts OR

\*Sprint Hurdles

(\* athletes interested must notify an official by 6pm.)

100mts

600mts

1500mts

Fun Relay

### FIELD EVENTS : C, D & E Grades

Shot Put

Discus

High Jump (Starting Height 0.90cm)

### A,B & Vets Grades :

Javelin

Shot Put

Long Jump

Triple Jump

### WEEKLY CHOICE of EVENTS

The variety of events offered each week is to allow athletes to choose the events that suit them the best. This does not mean you have to do all the events listed !!

Series 1, 2 & 3 are repeated every 3 weeks. We do not skip Rounds, should rain cancel competition, the Series affected will be conducted when competition resumes.

**NOTE:** The events offered may not be conducted in the order listed on this sheet.

## SERIES 2

### TRACK EVENTS : ALL GRADES

60mts

200mts OR

\*200m Hurdles

(\* athletes interested must notify an official by 6pm)

800mts

2000mts

Shuttle Relay

### FIELD EVENTS : C, D & E Grades

Long Jump

Discus

### A,B & Vets Grades :

Shot Put

Discus

High Jump

Triple Jump

### WEEKLY ROUTINE for COMPETITION

***Check Notice Board for EVENT ORDER.***

**FIELD EVENTS :** Go direct to first Event listed, which will start promptly **at 6pm.**

**TRACK EVENTS :** The first Track event will be called at **6.30pm.**

Report to marshal at start area, when your Grade is called if it is the event you wish to compete in.

Remember to return promptly to your field event if you have not finished the jumps or throws.

## SERIES 3

### TRACK EVENTS: ALL GRADES

100mts

150mts

1000mts

Circular Relay

**Additional events:** A,B & Vets only

400mts OR

\*400m Hurdles (\*Routine as previous rounds)

3000mts / 5000mts

### FIELD EVENTS : C, D & E Grades

Long Jump

Shot Put

High Jump .. C Grade only

(Start Height 1.10cm)

### A,B,& Vets Grades :

High Jump

(Start Height 1.10cm)

Discus

Javelin

Long Jump

### DEFINITION of GRADES

To determine which Grade to compete in, please use the following as a guide:

A & B Grade ~ High school age & above.

Vets. ~ (V's) or Masters 30yrs & above.

C Grade ~ Primary School ages 10 – 12yrs.

D Grade ~ 7 - 9yrs. E Grade ~ 6yrs & Under.