



# Wyong Athletics Centre Inc

## 2023/24 Season Welcome Information

What you need to know for this season.

The season runs from **October to March** – see the **calendar for full details**

### Find us

Warnervale Athletic Field  
Warnervale Rd  
Warnervale  
(diagonally opposite Porters Creek Primary School)

### Communication

Regular updates and information will be posted on:

- TEAM App (MAIN communication method)  
To access TEAM App – <https://wyongathleticscentre.teamapp.com/>  
The website has video instructions on how to join.
- Website – [wyongathletics.org.au](http://wyongathletics.org.au)



### Registration

#### Little Athletics (LANSW)

Tot	\$100
U/6	\$120
U/7 – U/17	\$150

Register at [www.lansw.com.au](http://www.lansw.com.au)

Athletes in the U/12 to U/17's who wish to compete at ANSW events can Dual Register with ANSW. There will be an additional cost. The athlete will need to register with Wyong via the ANSW website. More details on how to do this will be available later. ANSW will allocate a National ID number that they retain for life. Our Registrar can provide that number to any returning athlete who has misplaced that number.

#### Seniors (ANSW)

Junior (U/18 - U/20)	\$160
Community athlete	\$85
Concession athlete	\$180
Open athlete	\$210

## Uniforms

Must be worn at all competition events.

- U/6 and above – Club singlet or crop top, black shorts. Shoes must be worn at all times.
- Tots – Club singlet or Training Shirt. Shoes must be worn at all times.

For Little Athlete members the following must be on the athlete's top

- the 2023/24 Registration Number – centre front
- Age Patch – left shoulder
- Coles Patch – right shoulder

Registration Numbers may not be altered in any way and must be securely sewn or pinned on.

**See the Uniform tab on the website for the correct placement of numbers and patches.**

## Spike Shoes

Athletes in the U/11 to U/17 age groups may wear spike shoes in 100m, 200m, 400m, all hurdles events, long jump, triple jump and javelin events.

Athletes in the U/13 to U/17 age groups and all Seniors may also wear spike shoes in 800m, 1500m and 3000m events.

## Weekly Program

- Will be posted on TEAM App
- Athletes and Age managers meet on the grass area beside the equipment shed. Instructions for first events will be given at 5.10 pm.
- Competition starts at 5:15 sharp.
- Athletes must not touch any equipment prior to the start of competition.

Wet Weather

- Cancellations of weekly competition will be announced on TEAM APP by 3:00pm.
- If a round of competition is cancelled due to wet weather that round will not be repeated the following week.

## Results

Results can be found on the Results HQ website.

New members will need to set up their account using the forgot password link and email used to register. Returning will use the same email and password as last season.

## Tots

Registered Tots will meet at the fitness equipment on the hall side of the oval. Tots are a non-competitive group. The emphasis is on skill development. They will start at 5:15pm and finish at approximately 6:15pm depending on the activities undertaken.

**A parent/guardian must be present for the whole session.**

## Safety

- It is in the LANSW Rules that a parent/guardian is present at the venue at all times.
- The only people allowed onto the field of play are Age Managers (identified by red vests), Starters, Committee Members (yellow shirts) and athletes in uniform.
- All other spectators must remain outside the track (behind fenced area) at all times.
- Age Managers should **never walk** their age group **across** the field when moving events. You must walk around the outside as there are throwing events being conducted.

## Age Managers, Starters, Recorders and Helpers

Athletics has multi events and all age groups on the field of play so help is required for competition night to take place.

**Age managers** - each age group requires a minimum of 4 and a maximum of 6 age managers. Age Managers sign on at the table near the equipment shed and collect a red Coles vest and age group folder. At the end of the night the vests are returned to a separate container to be washed ready for the following week.

At the end of the night, the last age group at an event area (Shot Put/Discus, Long Jump, High Jump mats) are asked to pack up the equipment and return the trolleys to the equipment shed. The hurdles trolley and starting blocks also need volunteers to return them to the equipment shed.

**Starters** – two are required each night. Starters sign on and collect a vest at the table.

**Recorders** – To assist in recording participants race times and field event results.

**Helpers** – The Club needs help in putting out the equipment and setting up the field each week before competition can start.

If you can help in any of these areas please let us know at the Registration pick up.

**Any help would be greatly appreciated, so please see a Committee member if you can help or are interested in helping, but not sure where to start.**

## BBQ and Fundraising

The BBQ returns this season. Enjoy the BBQ each Thursday night. The menu and prices will be posted on TEAMS.

We will also be conducting some fundraising during the season. Details will be posted on TEAMS in the near future.

## **Important Dates** (as of 10<sup>th</sup> August 2023)

### **SEPTEMBER**

**Sat 23<sup>rd</sup> Registration/Uniform pick up. 9am to 12pm**

**Thurs 28<sup>th</sup> Registration/Uniform pick up. 5pm to 6pm**

### **OCTOBER**

5<sup>th</sup> Weekly Competition at 5:15pm. Registration/Uniform pick up will not be possible on this night. Details of available pickup times will be advertised on TEAMS

12<sup>th</sup> Weekly Competition

19<sup>th</sup> Weekly Competition

26<sup>th</sup> Weekly Competition

### **NOVEMBER**

2<sup>nd</sup> Weekly Competition

9<sup>th</sup> Weekly Competition

16<sup>th</sup> Weekly Competition

23<sup>rd</sup> Weekly Competition

30<sup>th</sup> Weekly Competition

### **DECEMBER**

7<sup>th</sup> Weekly Competition

9<sup>th</sup> /10<sup>th</sup> Central Coast Zone Championships – Entry details will appear on TEAMS

14<sup>th</sup> Weekly Competition

### **JANUARY 2023**

TBC Competition resumes for 2024

### **FEBRUARY**

1<sup>st</sup> Weekly Competition

8<sup>th</sup> Weekly Competition

15<sup>th</sup> Weekly Competition

22<sup>nd</sup> Weekly Competition

29<sup>th</sup> Weekly Competition

TBA Region 3 Championships

### **MARCH**

2<sup>nd</sup> Weekly Combined Events Championships – Wagga Wagga

7<sup>th</sup> Weekly Competition

14<sup>th</sup> Final Week of the Season – Fun Night

21<sup>st</sup>, 23<sup>rd</sup>, 24<sup>th</sup> LANSW State Track & Field Championships

28<sup>th</sup> Annual Presentation - Wyong Leagues Club