

# **State Relays**

## **12 to 17 Years**

**Sunday 29<sup>th</sup> November 2009**  
Sydney Olympic Park Athletic Centre  
\$5 per person, children under 18 free

Please find attached information for the State Relays Championship. Age Managers will notify the event/s your son/daughter is in. Your son/daughter has been selected based on the age manager's knowledge of their availability. If unavailable you must notify immediately so that a replacement can be organised. To drop out will result in the team being unable to compete, which will be a major disappointment for those who miss out.

Our allocated centre duty is relay change 3. Please find enclosed,

- Roster for Hills parents.

For ease of coordination please sit in bay 6 or 7 (near the last relay change).

Competitors must wear full uniform. This includes the athlete's number and age patch on front of uniform and the Centre number 15 on the back. Athletes without a "15" will be issued with one prior to carnival. Please sew on shirt so that it will not be lost. The track is tartan surface. Please note that spikes can only be worn in the 100m track relays. If participating in 200m, 400m or middle distance you may not wear spikes. Please bring appropriate running shoes.

As in all championship carnivals our club has been allocated duties. A roster has been attached which aims to share the load. Parents not on a roster please be prepared to jump in if the need arises.

Thanks for your cooperation

**Sandra Antal**  
Championship Officer

**0417275150**

**Nicola Bryant**  
Sunday Age Manager

**0407280488**

# **State Relays**

## **8 to 11 Years**

**Saturday 28<sup>th</sup> November 2009**

Sydney Olympic Park Athletic Centre

\$5 per person, children under 18 free.

Please find attached information for the State Relays Championship. Age Managers will notify the event/s your son/daughter is in. Your son/daughter has been selected based on the age manager's knowledge of their availability. If unavailable you must notify immediately so that a replacement can be organised. To drop out will result in the team being unable to compete, which will be a major disappointment for those who miss out.

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Thanks for your cooperation

**Sandra and Andrew Antal**  
Championship Officer  
Saturday Team Managers

**0417 275 150**

## State Relays

### Sunday 29 November 2009

<h3>Parent Roster</h3> <h3>Relay Change 3</h3>
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Our duty will be to:

- place athletes at the 3<sup>rd</sup> change in the right lane
- make sure athletes know where the change zone starts and finishes
- advise the judge if changes are made before or after the zone.
- advise the chief if any runner changes lanes to interfere with the progress of another team.

Please watch the program carefully and be at the duty well before the first event. **Reserve** for each time slot please report to see if needed and to provide a break if needed. The times provided are a guide only. The actual running time could be quite different.

There will be a chief judge to run through the duty. No experience is necessary.

Event	<u>Approx Time</u>	Rostered Parents
	9.30 to 11.00	1. Green (12G) 2. Coleman(13B) 3. Glenfield(12B) 4. Res Thompson(12 B) Res Abraham (12G)
		<b>No Change 3</b>
	11.40 – 1.00	1. Kolodziej (12G) 2. Hack (13G) 3. Jayasinghe(13G) Res Frecklington (13B) Res Greentree(13B)
		<b>No Change 3</b>
	2.15 – 3.45	1. Rennie (14B) 2. Lewis (17G) 3. Hourigan (17B) Res Monty (17G) Res Bryant (13G)
		<b>No Change 3</b>

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There will be a chief judge to run through the duty. No experience is necessary.

Event Numbers	<u>Approx Time</u>	Rostered Parents
T1-6	9.15 to 11.00	1 Demuth (8B) 2 Watson (8B) 3 Smith (9B) 4 de la Mare (8G) Res Gabriel (9B)
T7-8		No change 3
T9-15	11.40 – 1.10	1 Cosatto (9G) 2 Cleveringa (9G) 3 Warwick (10G) 4 Simpson (10B) Res Whippy (10B)
T16 -19		No change 3
T20-34 (No Event 26-27)	2.30 – 4.15	1 Antal (11G) 2 Mocatta (11G) 3 Duff(11B) 4 Laidler (10G) Res Smith (11B)
T35-38		No change 3