



# 2023 McDonald's State Relay Championships

## Information for Athletes, Parents & Team Managers

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We look forward to welcoming you to the 2023 McDonald's State Relay Championships and suggest that the following information provided for athletes, parents and Team Managers is read prior to attending the competition.

Useful and updated information including the Final Event Order and e-copy of the Program Booklet can be found on the [LAQ State Relay Championships webpage](#); access to results will be through the [LAQ Competition Results page](#).

### Information for Athletes & Parents

- When athletes arrive at the venue, there is no need to mark their name off with LAQ. Please find your Centre's Team Manager and advise them of your arrival.
- The first track events will be called at 8:00am. Athletes in track events must present to a Call Room (marshalling area) which is located at the 100m start end of the arena under the marquees.
  - It is very important that athletes marshal as soon as a call is made. However, if an athlete is competing in events that may clash, the event Chief and Call Room officials must be advised by the athlete or Team Manager so the officials can manage and escort the athletes to the event at the appropriate time.
  - Parents or coaches are not to enter the Call Room unless advising the Call Room Chief of a withdrawal.
- The first field events will be called at 8:10am. Athletes in field events scheduled for 8:30am start are to report directly to the event site before the start time.
- As program times may be brought forward up to 30 minutes, we recommend athletes arrive at the grounds at least 60 minutes prior to the program time.
- When presenting to the Call Room or field of play, all athletes must be wearing the correct Centre uniform in accordance with the LAQ Uniform Policy. The uniform must be worn in compliance with the items design, e.g., not rolled up or down.  
[Refer to the LAQ Uniform Policy for further information.](#)
- Spike Rules: Needle spikes are not permitted. The only style of spikes permitted on the SAF synthetic track and field event areas are Christmas Tree and Pyramid style.
  - At track and Long / Triple Jump events: spikes must not exceed 7mm
  - At High Jump and Javelin events: spikes must not exceed 9mm.
  - U11 and U12 athletes competing in the U11-U13 CAT teams 4x100m – landed event) may wear spike shoes with spikes if they wish to.  
[Refer to page 7 of the Competition Rules and Regulations Handbook](#) for spike allowances for the U11 – U17 age groups.
- Athletes U13 - 17 age groups wishing to use their own throwing implements must check-in equipment at least 1 hour prior to the event start time. Equipment can be checked in with the Technical Officials at the equipment shed at the McDonald's end of the track.
- Events at the McDonald's State Relay Championships will only be postponed or cancelled due to extreme weather conditions. Decisions will be made on the day of competition. Any updates will be posted on the LAQ website and Facebook page.

### Information for Team Managers

- Each Centre must ensure that a Team Manager is available at the arena while Centre athletes are competing. In the absence of a Team Manager, parents are asked to provide such details as required.
  - Team Managers are responsible for reporting errors and withdrawals to the Admin / Recording Block (white demountable) located opposite the finish line at the Coles end of the arena.

- The role of Team Manager can be shared amongst any number of Centre appointed members.
- Only appointed Team Managers can lodge protests. Protests must be lodged with 15 minutes of the event's completion and be accompanied by the \$55 protest fee. Protests can be lodged in the Admin / Recording Block.

### General Information for All

- We have over 1800 athletes nominated to compete. Please allow plenty of time to find a car park and to enter the arena.
- To ensure the events run to time, it is important that parents and guardians come forward to assist at the events when called. We thank you in advance for your assistance.
- We are aiming to have online results available throughout the competition. A link can be found on the LAQ Competition Results page or by using the QR code displayed around the arena. Users must remember to refresh the web browser when viewing the results multiple times.
- LAQ will also be trialling a new app (Track Meet Manager) with live real-time results. It is a subscription-based application but can be used to view any LAQ conducted competition results. The links below can be used for more information and downloading (fees apply). Please note that this system is still in trial phase and LAQ will not make any guarantee as to the immediacy of results.



- The Nordic Sport merchandise tent will be located at the Coles (southern) end of the arena near the entry-exit gate. Pre-ordered souvenir shirts can be collected from the Nordic Sport staff after 9am. A limited number of shirts will be available for purchase on the day.
- LAQ is a proud supporter of Ronald McDonald House Charities and will be conducting a CHRISTMAS PANTRY DRIVE at the McDonald's State Relays. Any donations would be greatly appreciated, but there are some items that are essential. [Click on this link to see their WISHLIST](#). All you need to do is bring your donated items to the McDonald's State Relays and leave them in the designated donation tubs under the RMHC marquee, located near the main entry / exit gate. Any contribution helps, no matter how big or small.
- Tilley's will be operating the canteen offering food and beverages throughout the day, accepting cash and EFTPOS payments.
- Medal Shots will be the official photographer during this competition. Photos will be available for viewing online here: <https://www.medalshotsphotos.com/laq-events> or use this Facebook link <https://www.facebook.com/medalshots/>. Prints from \$17.50 will be available to take home from the event, an online delivery will also be available.
- If you are bringing your own tent, make sure only small tent pegs or sufficient weights are used. Areas marked for LAQ suppliers and providers are not to be encroached upon, the marked National Throws area is not accessible.
  - Access into the SAF grounds on Friday 1<sup>st</sup> December via the main entry/exit area is available to members between 4:00pm – 6:00pm who want to drop off tents. Tents must be carried in, as there will not be vehicle access). Tents are to be laid down either around the bend of the Coles end or along the back straight fence line. They can only be erected on Saturday morning.
  - Foot access will be available on Saturday 2<sup>nd</sup> December from 6:00am via the underbridge access gate and the main entry /exit gate.

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