

# 2024 McDonald's Combined Event Championships

## Information for Athletes, Parents & Team Managers

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We look forward to welcoming you to the 2024 McDonald's Combined Event Championships. The following information is provided for athletes, parents, and Team Managers to 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 Combined Event 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.
- 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.
- There will only be one call (announcement) per event or event block
- The first track events will be called at 9:40am. Athletes in track events must present to the 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.
  - 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 10:00am. Athletes in field events are to report directly to the event site before the start 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.  
[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 Combined Event 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.

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### 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

- 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.
- Online results will be 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.
- There is no dedicated area for warm up and practice, please speak with an official if you wish to use an event area.
- Tilley's will be operating the canteen offering food and beverages throughout the weekend, accepting cash and EFTPOS payments.
- Photographs will be taken by Jodie Anne of Jo Harlow Photography during the competition and made available on the LAQ Facebook page soon after the competition for viewing and downloading.
- 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, and the National Throws area is not accessible.
  - Access into the SAF grounds on Friday 1<sup>st</sup> March 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> March from 6:00am via the underbridge access gate and the main entry /exit gate.

