



Essential Information



Information for Athletes, Parents & Team Managers

The following information is provided for athletes, parents, and Team Managers to read prior to attending the competition.

ARRIVAL

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 event 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.

ANNOUNCEMENTS

There will only be one call (announcement) per event or event block.

The first track and field events will be called 20 minutes prior to the first event.

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.

Athletes in field events are to report directly to the event site before the start time.

UNIFORM

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. Click [HERE](#) for the Uniform policy.

EQUIPMENT CHECK-IN

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.



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CANCELLATIONS

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.

TEAM MANAGERS

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.

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.

PARENT ASSISTANCE

To ensure the events run to time, it is important that parents and guardians come forward to assist. Whether it's measuring, spiking, raking, or recording, your support makes a huge difference—and you'll have the best seat in the house to cheer on your athlete!

RESULTS

Results will be posted through AthleticLIVE. Using the search and date function simply search for the event via this link. This will be made available one week prior to the competition commencing.

WARM-UP

There is no dedicated area for warm up and practice, please speak with an official if you wish to use an event area.

CANTEEN

Tilley's will be operating the canteen offering food and beverages throughout the weekend, accepting cash and EFTPOS payments.

PHOTOS

Photographs will be taken by Jodie Anne of Jo Harlow Photography during the competition and the link will be made soon after the competition for viewing and downloading.



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TENTS

If you are bringing your own tent, make sure sufficient weights are used. Strictly NO tent pegs are to be used. Areas marked for LAQ suppliers and providers are not to be encroached upon.

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 from 7:00am via the underbridge access gate and the main entry /exit gate.

PROGRAM GUIDE

The full program guide will be available 3 days prior to the competition via Facebook and website.