



# CHAMPIONSHIP WEEKEND

**Sat 18th & Sun 19th March 2017**  
Meadowglen International Athletics Track  
Commencing at 9.30am (both days)

The weekend is a celebration of the athletic season and at the conclusion of events on the **Sunday afternoon**, the Centre will do presentations of age group trophies.

- ELIGIBILITY** Championship Weekend is open to Whittlesea City LAC athletes ONLY.
- Athletes **MUST** have completed a minimum of four (4) weeks of competition for the season to be eligible to enter.  
Parents **MUST** have helped out at club level for their child to be eligible to compete. This will be verified. The Executive Committee has the right to reject entries.  
As per normal competition parental assistance is required. If you enter your child, you will be rostered by your club to help out.
- ENTRY** Each child may enter a maximum of **four** events over both days.  
Athletes can only compete in their age group events (Please see list of events).
- PLEASE SEE ATTACHED INSTRUCTIONS ON HOW TO ENTER FOR EVENTS***
- ENTRIES CLOSE** **Monday 6<sup>th</sup> March 2017 at 11.59pm.**  
**Late entries WILL NOT be accepted.** Entries can be changed online up to closing day and time.
- COST** Free of charge for all eligible WCLAC athletes.
- UNIFORM** Club Uniform and subway registration tag must be worn.
- AWARDS** The first three placegetters in each final event will receive a medal.  
All competitors will receive a ribbon and card.  
Some Heats may progress to straight finals.  
NO PROTESTS will be allowed.  
*An engraver will be available should you wish to have your child's medal engraved at the cost of \$5 per medal.*
- ENQUIRIES** Andrea Kewish - 0409 023 230- [andrea.kewish@bigpond.com](mailto:andrea.kewish@bigpond.com)  
Michael McBrien – 0417 011 240 – [michaelm@totalcomms.com.au](mailto:michaelm@totalcomms.com.au)  
Or through your Club Team Manager



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**BOYS/ GIRLS:**

TRACK EVENTS								FIELD EVENTS						
U6	70m	100m	200m						LJ	SP	Disc			
U7	70m	100m	200m	300m					LJ	SP	Disc			
U8	70m	100m	200m	300m			60H		LJ	SP	Disc	HJ		
U9	70m	100m	200m	400m,	800m,		60H	700mW	LJ	SP	Disc	HJ		
U10	70m	100m	200m	400m,	800m,		60H	1100mW	LJ	SP	Disc	HJ		
U11		100m	200m	400m,	800m,	1500m	60H	1100mW	LJ	SP	Disc	HJ	TJ	Jav
U12		100m	200m	400m,	800m,	1500m	60H	1500mW	LJ	SP	Disc	HJ	TJ	Jav
U13		100m	200m	400m,	800m,	1500m	See below	1500mW	LJ	SP	Disc	HJ	TJ	Jav
U14		100m	200m	400m,	800m,	1500m		1500mW	LJ	SP	Disc	HJ	TJ	Jav
U15		100m	200m	400m,	800m,	1500m		1500mW	LJ	SP	Disc	HJ	TJ	Jav
U16		100m	200m	400m,	800m,	1500m		1500mW	LJ	SP	Disc	HJ	TJ	Jav

**HURDLES - Girls:**

U13	80mH	200mH
U14	80mH	200mH
U15	90mH	300mH
U16	90mH	300mH

**HURDLES Boys:**

U13	80mH	200mH
U14	90mH	200mH
U15	100mH	300mH
U16	100mH	300mH

**HIGH JUMP - Starting Heights for Championship Weekend:**

AGE GROUP	BOYS	GIRLS
U8	70	65
U9	80	75
U10	90	85
U11	1.00	95
U12	1.05	1.00
U13	1.10	1.05
U14	1.15	1.10
U15	1.20	1.15
U16	1.25	1.20

The bar must be raised after each round of trials in increments depending on the number of athletes remaining in the competition, as per the following table

No of Athletes	Increment
Greater than 4	5cm
4 or Less	2cm

Athletes are eliminated after 3 consecutive failures.  
 Two baulks is considered a failure.



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**REGISTRATION INSTRUCTIONS TO ENTER EVENTS FOR**  
**CHAMPIONSHIP WEEKEND 2017**

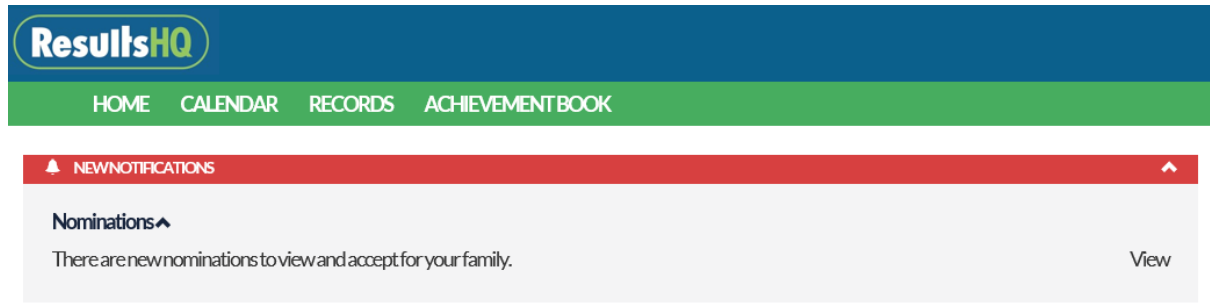
**STEP 1**

When entering ResultsHQ, families will see a red “New notification” bar. Select the arrow at the right.



**STEP 2**

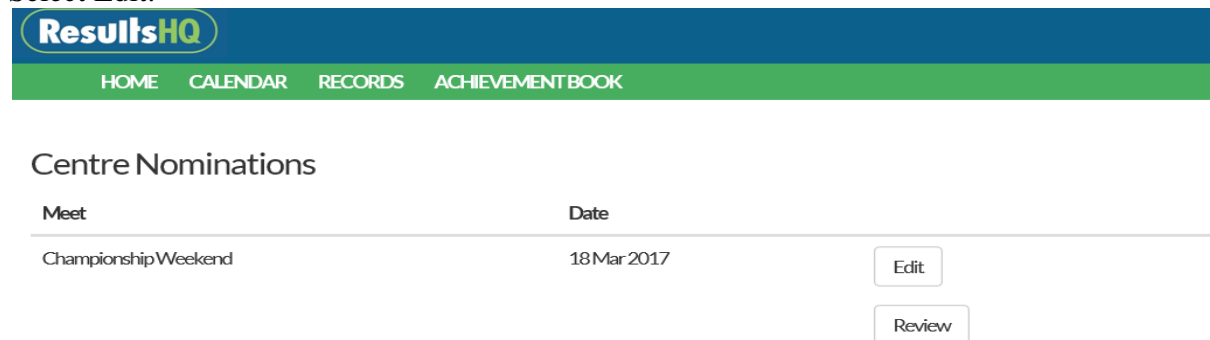
Then select View.



This will bring up the Centre Nominations screen.

**STEP 3**

Select Edit.



## STEP 4 & 5

Then select Register.

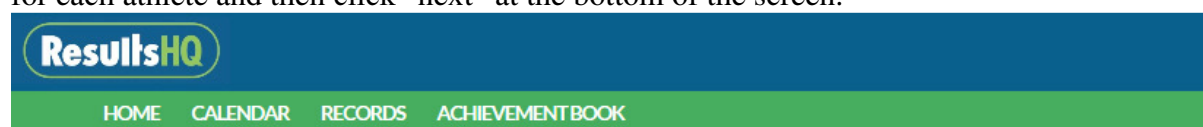


Your session has timed out. Please restart your registration. Please note, you have 10 minutes to complete the registration.

## Centre Nominations

Meet	Date	
Championship Weekend	19 Mar 2017	<input type="button" value="Register"/>

This will bring up a list of events to select for each athlete in the family. Select up to 4 events for each athlete and then click “next” at the bottom of the screen.



Athlete 1	Max Events: 4			
#	Event	Type	Info	Time
0	90m Hurdles	Final		18 Mar 9:30 AM <input type="checkbox"/>
0	High Jump	Final		18 Mar 12:30 PM <input type="checkbox"/>
0	1500m Walk	Final		18 Mar 9:45 AM <input type="checkbox"/>
0	Javelin	Final		18 Mar 10:30 AM <input type="checkbox"/>
0	800m	Final		18 Mar 1:00 PM <input type="checkbox"/>
0	Long Jump	Final		18 Mar 1:30 PM <input type="checkbox"/>
22	200m	Heat		18 Mar 11:30 AM <input checked="" type="checkbox"/>
0	1500m	Final		19 Mar 10:15 AM <input type="checkbox"/>
0	Shot Put	Final		19 Mar 9:30 AM <input type="checkbox"/>

***If you select more than 4 events for an athlete the “Next” button will not be present.***

If 2 events are a possible clash, then the events will be highlighted in red. This is for your information. You can still submit the events.

Once you have clicked “Next” you will be presented with a summary of your selections which will also be emailed to you.

# Nominations Review

## Championship Weekend

Submitted:

Events				
Athlete 1				
#	Event	Type	Info	Time
22	200m	Heat		18 Mar 11:30AM
Athlete 2				
#	Event	Type	Info	Time
14	200m	Heat		18 Mar 11:30AM

**PLEASE NOTE: Times in the system are DRAFT times only. You will need to check the official final program when it comes out. Some events may move.**