

FAQ

ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES AS PARENTS ARE EXPECTED TO ASSIST IN THE NIGHTS COMPETITION

Kotara South Athletic Club is an Amateur based club, incorporating Little Athletics. As such Athletes must turn 6 in the year the current season commences.

Kotara South competes on Monday night with competition commencing at 6:00 pm and finishing around 8:00 pm. Competition is held each Monday night from 12 September 2011 until the end of the season in March 2012. **It will not be held on the October long week end, or the 26 December 2011, or the 2 January 2011.**

Events are held on a rotation of 1 scratch and 2 handicap with programs A & B. This effectively means that the majority of athletes compete in 2 track and 2 field events each Monday night.

Events and age groupings are in accordance with Amateur Rules. Some of which may vary to Little Athletics Rules.

Runs vary in distance depending on the age group. They consist of:

70m	100m	200m	400m
500m	800m	1500m	3000m

it is optional to compete in either the 1500 or 3000 and these events are held at the end of the night, after all other events have been completed. If you are intending doing either of these runs, please make sure your name is on the run sheet before the commencement of the event.

Jumps vary depending on the age group They consist of:

High Jump	Long Jump	Triple Jump
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Throws vary depending on the age group. They consist of:

Shot Put	Discus	Javelin
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Uniforms – It is **compulsory** to wear the correct uniform with numbers displayed if competing at Athletics NSW, Little Athletics NSW, Newcastle Hunter Athletics, or other Athletic endorsed events.

Rain – if it is raining on Monday night, and announcement will be broadcast on the web site www.kotarasouthathletics.org.au or phone / text the wet weather hot line **0406 774 888**.

Parents/Caregivers - you are required to sign a Child Protection Declaration if you register your children.

Equipment Roster – is in place and assistance on the night would be appreciated.

Canteen will be open each Monday night after the October Long Weekend. Orders for hot food should be placed early and it will be kept aside until you are ready to leave.

Christmas Party is held in late December with family events being held. Parents are encouraged to participate.

Athlete safety – shoes must be worn in the park at all times. Bring along warm clothing as the night turns chilly quite quickly. Athletes should also have a drink bottle to replenish their thirst. In the summer you will require protection from mosquitoes which hit at dusk.

Little Athletic Zone Carnival – will be held at Glendale in **December 2011**.

Little Athletic Regional Carnival – will be held at **in February 2012 at a venue to be determined**. Athletes placed 1, 2 or 3 from the zone will qualify for the regional carnival. State Championships are held in March in Sydney.

Forms for other carnivals happening around the district will be displayed on notice boards near the canteen.

Visit our website **www.kotarasouthathletics.org.au** for further information / newsletters / results etc.