

2024-25 NORTH ZONES INFORMATION

Nominations

- Now open via Results HQ Family Portal
- Nominations close Sunday 9th February at 11.59pm
- Nominations open for Under 7 to Under 15's

Uniforms

- All athletes must be in full Joondalup Athletics Centre Uniform. If unsure as to what this uniform is, please refer to our Parent Handbook for clarification
- All athletes must wear their current 2024-25 bib.
- If you have misplaced your bib, please contact us ASAP to arrange a replacement.
- The cost for a replacement bib is \$10.00

Competitions

- Under 7 to Under 8's this is your State Championships
- Under 9 to Under 13's can use Zones as a qualifier for Junior States
- Under 14 to Under 15's are welcome to nominate and compete, but need to be aware that depending on numbers some events may be combined with other age groups

Medals & PB Ribbons

- Under 7 and Under 8's will receive medals for the top three performances per age group, per gender and per event
- Under 7 to Under 15's will receive a PB ribbon for achieving a PB during the weekend.
- These will be available from the Team Manager

Timetable

- The timetable shown in your nomination portal is a DRAFT only
- The times of each event will change depending on numbers once nominations have closed
- The program will be run similar to a Saturday Competition, so the final estimated timetable will be released after nominations have closed
- Events listed on Saturday will be held on Saturday and events listed on Sunday will be held on Sunday. Only the times will change
- The first marshall for events (other than walks) will be at 7.30am on each day with the event to begin promptly at 8.00am
- Wherever possible the distance events will be programmed for the morning when it is cooler

Track Events

- The following events will all be timed finals, with the fastest athletes in the last heat. 300m, 400m, 500m, 800m, 1500m and Long Hurdles
- All remaining track events will be heats with progressions to finals
- In the event of low numbers, a track event will be run as a straight final and will be run at the scheduled heat time

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Field Events

- Athletes will be given three attempts for all field events (except High Jump). The top 8 performances will then be allowed a fourth and final attempt, in reverse order
- High Jump starting heights for North Zone will be 10cm below the Athletics West State starting height. Athletes need to be aware that they will not qualify for Junior States unless they achieve a result at or above the State starting height
- Triple Jump mats will be set 1m below the Athletics West State distance. Athletes must be aware that they will not qualify for Junior States unless they achieve a result at or above the State mat distance

Heat Policy

- In the event of hot weather, the following policy will apply to North Zones
- A temperature and humidity gauge will remain operational throughout the event. It will be checked at regular intervals during the competition
- Once the temperature reaches 37.5 degrees the competition will be paused for one hour
- A reading will then be made after one hour and if the temperature is still at or above 37.5 degrees a decision will be made whether or not to continue the program
- Any event cancelled on Saturday will be rescheduled to Sunday (time permitting)

Qualifications

- Athletes can qualify for Junior States by achieving the Entry Standard set out by Athletics West
- Athletes can also qualify by placing in events as per below:
 - Top 3 – Long Hurdles, 800m, 1500m, Walks, Discus, Javelin and High Jump
 - Top 4 – Long Jump, Triple Jump and Shotput
 - Top 5 – 70m, 100m, 200m, 400m and Short Hurdles

Rosters

- All families are required to complete one roster per nominated athlete
- If your athlete is competing in multiple events, please consider volunteering for more than one event to ensure smooth running of the program
- The roster link will be available shortly
- Key Officials are on a separate roster. If you would like to be a Key Official, please contact Nicole to volunteer your time