



Mackay Athletics Club Inc

CLUB COMPETITION DAY FACT-SHEET

**PLEASE NOTE THAT WE ARE NOT A CHILD MINDING SERVICE,
AND PARENTS/CARERS SHOULD ALWAYS BE PRESENT**

WHAT TO BRING ALONG	A WATER BOTTLE and SOME HEALTHY SNACKS												
WHAT TO WEAR	CLUB UNIFORM or SHORT SLEEVE SHIRT WITH COLLAR SHOES (JOGGERS OR WAFFLES) - Refer Shoe Policy HAT (BUCKET OR WIDE BRIM)												
WHEN TO ARRIVE	AT LEAST BY 12.30PM TO REGISTER ATTENDANCE AT THE DESK. Our club has a SunSmart policy, and we ask that you please ensure sunscreen is applied to all your family, which we gladly supply.												
WARM UP ACTIVITIES	WARM UPS START AT 12.45PM. It is vital that athletes participate in warm up activities and stretching before the events begin. This will help their bodies prepare for the physical activity they will undertake and help in the prevention of sore muscles and reducing the risk of an injury. During the warm up activities, a Committee Member will make any necessary announcements about the days events or upcoming matters to parents/carers. Please feel free to ask any questions you may have. After the warm up routine concludes, athletes will be marshalled into their age groups on the track. An Age Marshall is assigned to each age group. A hand basket is provided for each group and is used for carrying around athletes drink bottles etc.												
WHAT IS AN AGE MARSHALL	Age Marshalls are assigned to each age group and ensure the smooth running of their group at the days designated events. They will take the group from one event to the next and they will call on parents/carers to assist with tasks that are required to be done at each particular event.												
HOW CAN I HELP	Usually parents and carers move around the grounds with their child's group to watch them participate in the days events. This is where you can also assist in the various tasks that are essential for each event. These tasks include, but are not limited to: <table><tr><td>Track Events:</td><td>Finish Line Placing's, Time Keeping, Recording Results</td></tr><tr><td>High Jump:</td><td>Bar measurement, Bar Placement, Recording Results</td></tr><tr><td>Long / Triple Jump:</td><td>Rake after each jump, Measure, Spike, Records Results</td></tr><tr><td>Shot Put:</td><td>Measure, Spike, Roll Shot back, Record Results</td></tr><tr><td>Discus:</td><td>Measure, Spike, Roll Discus back, Record Results</td></tr><tr><td>Javelin:</td><td>Measure, Spike, Retrieval, Record Results</td></tr></table> IT IS NOT FAIR FOR THE SAME PARENT/CARERS TO BE ASSISTING ALL THE TIME. IT IS ONLY IN THE CONSIDERATION OF OTHERS THAT ALL PARENT/CARERS CONTRIBUTE TOWARDS ASSISTING WITH YOUR CHILDS AGE GROUP.	Track Events:	Finish Line Placing's, Time Keeping, Recording Results	High Jump:	Bar measurement, Bar Placement, Recording Results	Long / Triple Jump:	Rake after each jump, Measure, Spike, Records Results	Shot Put:	Measure, Spike, Roll Shot back, Record Results	Discus:	Measure, Spike, Roll Discus back, Record Results	Javelin:	Measure, Spike, Retrieval, Record Results
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I DON'T KNOW THE RULES	Usually the Age Marshall in each age group will know the basic rules that apply to each event and will explain this to those assisting. An easy to read and understand rules handbook is available to help athletes and parents/carers know what to do and look out for. If you are still unsure, a club official will be more than happy to clarify anything for you.												
RESULTS CARD	A results card for each athlete is filled out during the day, which records the athletes results/measurements for each event. This card is given to the athlete at the conclusion of each club competition day.												
OTHER EVENTS	Track events take precedence over field events. This means that when an age group is called to do their track event, any athletes who have not finished a field event must compete in the track event and then return to the field event. At the finish of the event, move onto the next event as a group until all of the designated events are completed.												
CONCLUSION	Events usually finish between 3.30pm and 4.00pm. Remember to ensure your child collects their results card for the days events.												