


With COVID restrictions in place:

- If you are experiencing any signs of illness, or do not need to be at the Regional Championships carnival, we ask that you please refrain from attending.
- Please ensure you have read the [LAQ COVID Advice](#) and [Code of Conduct](#) before arriving at the arena.
- Have your smart devices charged and ready to scan the **check-in/out code** upon entry and exit. All members must check-in. You will find the EVA App code around the grounds at regular intervals.
- The region will have sanitiser available on the 'field of play' as well as around the grounds for spectators. However, it is advised to bring your own.
- Anyone attending the Carnival must adhere to social distancing guidelines. The Met West COVID Officer will be on site to encourage social distancing and to ensure you have checked in via the EVA app. **Please be respectful to our COVID officers at all times.**
- The stadium will have limited seating (due to Covid) with every 2nd chair removed. Families can still sit together but remember to socially distance from others whilst in the stadium.
- While face masks are no longer mandatory, you are encouraged to:
 - *carry a mask with you at all times when you leave home
 - *wear a mask in any indoor and outdoor space when physical distancing is not possible.

Other Important Messages:

- **Tents and shade structures** are permitted around the outside of the arena 'field of play'. Please ensure that tents are erected using **sandbags / weights ONLY (15kg each – 60kg total)**. **TENT PEGS ARE NOT ALLOWED** due to the UQ irrigation system surrounding the facility.
- **Program booklets** will not be sold at this event. An electronic copy will be available via your centre.
- **Results** will not be available on the day of the carnival; however, a draft of the Met West results will be forwarded to each Club on Monday morning following the carnival.
- **Medal presentations** will go ahead; however, we ask that parents do not enter the field of play to take photographs. Field event placegetters (U9+) will be announced and given their medals at the conclusion of the event. They are more than welcome to make their way to the podium after their event to have their photograph taken by our officials. Track event placegetters (U9+) will be sent straight to the medal presentation area after their race to receive their medals. Again, photographs will be taken by one of our officials. Participation medals will be presented to all the U7 & U8 age groups. They will be asked to come down to the medal presentation area at the programmed time to receive their medals. Again, we ask that no parents enter the field of play to take photographs. All photographs will be forwarded to each club after the competition.
- **WET WEATHER:** The Regional Relays will only be cancelled under extreme conditions. If necessary, a decision will be made on the day at the relevant time, or prior to the event (usually before 7:30 am)
- When you arrive at the grounds, listen for the announcer to call your event. We recommend that you arrive at least 45 minutes prior to your first event, as events can be called up to 30 minutes earlier than scheduled.
 - Track events - athletes will need to report to the 'Track Marshalling Area' which is located to the left of the grandstand (see map below)
 - Field events - athletes report directly to the field event (see map below)



- **Spikes** – Competitors in U11 & U12 are permitted to wear spike shoes in long jump, triple jump, high jump and javelin and in events run entirely in lanes. U13+ athletes may wear spikes in long jump, triple jump, high jump, javelin and in all track events (except walks)
- On the UQ track – spikes must be no longer than 7mm and must be ‘Christmas Tree’ or ‘Pyramid’ spikes. 
- **Track Events** - Athletes on the day may compete in a straight final if there are not enough runners to make more than 1 heat. If that is the case, it will be a timed final and the first three placegetters will be awarded a medal at the conclusion of the race.
- If more than one heat is formed in a track event, it will be timed heats with the top 8 times overall advancing to the final later in the day. All team managers will be given the list of athletes who have progressed to the final, so please find your club’s team manager to find out if you’ve made it to the final or not. Results will not be posted anywhere at the grounds.
- **Regional Best Performances** will be recognised for the U9+ athletes only.

Look who will be at the Regionals!!!



Regional Raffle

Please support our region!

Fantastic prizes up for grabs!

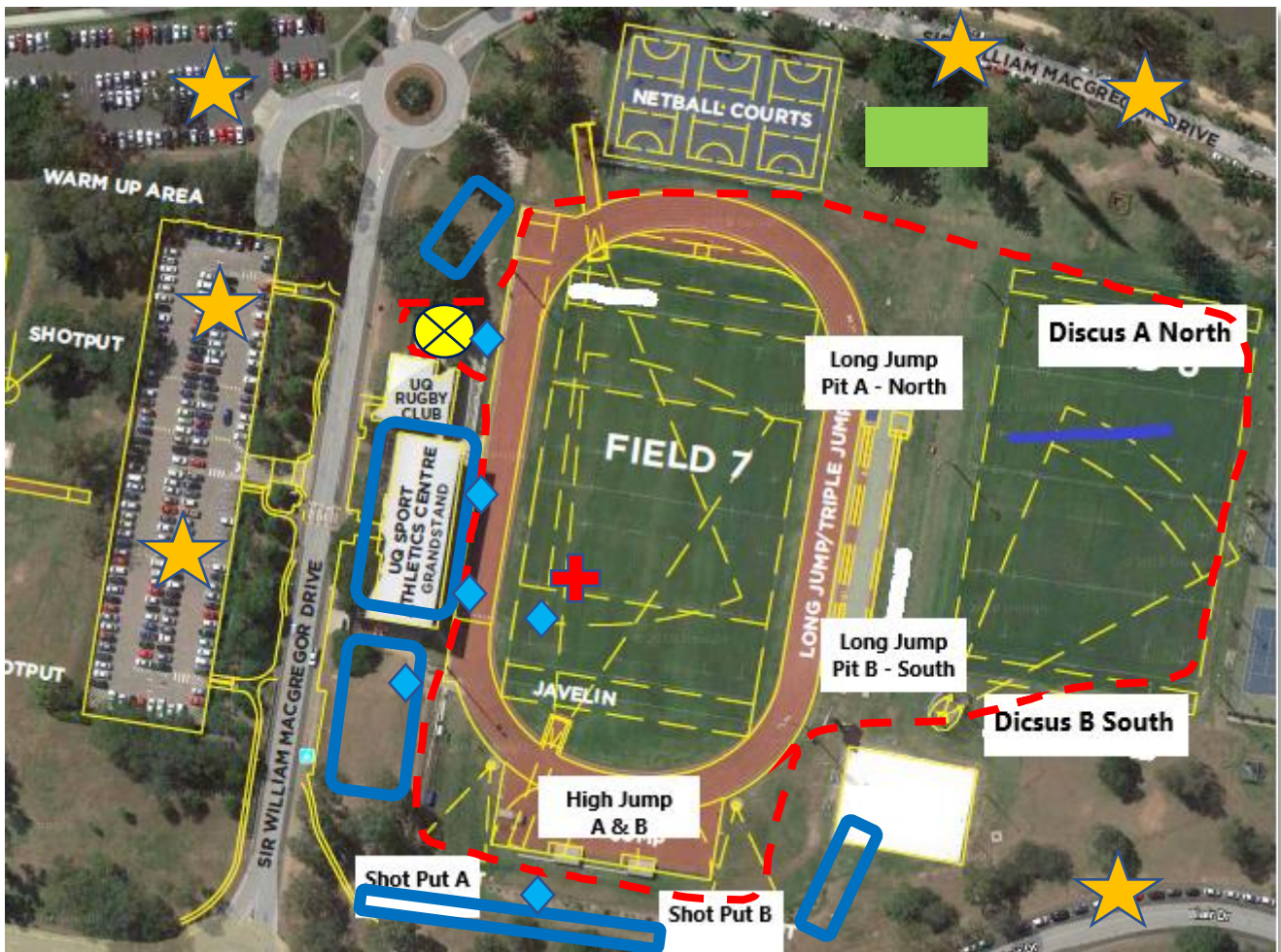
- \$150 Dinner Voucher from Jindalee Hotel
- \$100 Gift Card from Chemist Warehouse
- \$100 Coles Myer Gift Voucher
- \$90.00 Stylish Detailing Gift Certificate
- \$70 Beauty Basket from Chemsave Chemist
- \$50.00 Rebel Sport Voucher
- \$50.00 Bunnings Voucher
- Armorall Ultra Bucket of Car cleaning products
- Bathroom box containing bath towel, hand towel, face washer & bath products
- Puma backpack and Steeden football
- 2 x Bitu-Mill Stationery pack with beanies etc
- Gilbert Australian Diamonds netball
- Big Bash Junior light-up cricket wickets

Tickets \$2 each

Raffle drawn
12 pm
Sunday 14th
Feb

Prize winners notified by phone if not present.

UQ Athletics - Sir William Macgregor Drive, St Lucia



- - - - 'Field of Play' – social distancing rules don't apply to athletes & officials inside the field of play.
- Spectators Area – tents to be erected using **sandbags/weights ONLY** (no tent pegs allowed) Social distancing is required in these areas. The Grandstand has limited seating as every 2nd seat has been removed.
- Playground Hut Café - will be open during the weekend for coffee & snacks. St Lucy's Café is also open and is situated next to the tennis courts (right of map). St Lucy's Café is open 7am – 6pm Saturday and 7am - 3pm Sunday.
Please note: The UQ canteen (in the grandstand) will not be operating, however we have the Mr America food van attending on site along with the Aloha Shave Ice Van.
- ★ Parking is free all weekend anywhere around the facility.
- ⊗ Track Marshalling
- + First Aid Tent
- ◆ Sanitising stations. Stations are also set up at each field event around the grounds