

Region 5, 2017-18 Season - Parent Helper Roster

SYDNEY ACADEMY OF SPORT, Saturday 17 February - Sunday 18 February 2018

SATURDAY FIELD

	<u>Not before time</u>		<u>Parent Assistants</u>	<u>Contact No.</u>	<u>Athlete</u>
<u>LONG JUMP</u>					
U/15 Boys	8.00am	LJ 2	1 Adam Harding	0409829480	Kalan Harding
			2 Andrew Gill		Pevelope Gill
			3 Jeff Jones	0402294156	Alex Jones
			4 Janelle Oliver	0414862311	Elise, Ethan & Liam
<u>LONG JUMP</u>					
U/10 Boys	9.30am	LJ 2	1 Jacqueline Simpkins	0418408261	Tama/Tepaea/Alisha
			2 Simon McMahon	0412941900	Siobhan/Kyrah
			3 Scott Bovis	0447151319	Daniel Bovis
			4 Mel/Stef Seifert	0414950719	Aidan
<u>LONG JUMP</u>					
U/12 Boys	11.00am	LJ 2	1 Jason Newton	0448642964	zane
			2 Peta Tonkin	0407715251	Bronte/Freya
			3 Sam Cruickshank		Isabelle
			4 Adelle Toynbee	0438442009	Elizabeth Toynbee
<u>LONG JUMP</u>					
U/10 Girls	12.30pm	LJ 2	1 Cindy Hatch		Daniel
			2 Peter Holmes	0411985865	Alyssa
			3 Marilyn Hughes-Narborough	0411117334	Sarah
			4 Abby West		Lauren
<u>LONG JUMP</u>					
U/14 Girls	2.00pm	LJ 2	1 Leo dePaulis		Marco
			2 Liz Passafaro	0418244138	Sarah Passafaro
			3 Felice Carlino	0433 781 421	Kisho Carlino-Mizuno
			4 Leanne Sagala		

SATURDAY TRACK

TRACK UMPIRE

<u>Events T123 to T130 (3000m finals)</u>	1 Bronwyn Walton	0402437004	Paige and Jess Walton
not before 5pm	2 Gareth Thomas		
	3 Leanne Johnson	0418211257	Ella Gibbons
	4 Sarah Lipman	0402114092	Matthew Lipman
	5 5th person not required		
	6 6th person not required		

SUNDAY TRACK

	<u>Parent Assistants</u>	<u>Contact No.</u>	<u>Athlete</u>
<u>TRACK UMPIRE</u>			
<u>Events T157 to T188 (hurdles finals,70m/200m h</u>	1 Gail Silver	0407274802	Josh and Prudence
not before 10.30am	2 Kylie Le Lievre	0409031999	Abbey & Jake Le Lievre
	3 Robyn Fury	0437397265	Brooke
	4 Drew Waddingham	0411819210	Lana
	5 Sarah Williams - 5th person not required		Mackenzie
	6 6th person not required		

EXPLANATION OF PARENT ROSTER DUTIES

It is a requirement of LANSW that all helpers on the ground wear closed shoes - regardless of the duty performed

ALL PARENT HELPERS MUST REPORT TO THEIR CENTRE TEAM MANAGER TO OBTAIN A LANYARD, PRIOR TO REPORTING TO THEIR DUTY AREA.

AT THE DUTY AREA, EVERY PARENT MUST SIGN THE PARENT REGISTER.

Field Event Assistants

PLEASE APPLY SUNSCREEN AND TAKE A HAT AND A DRINK AS YOU WILL BE IN THE SUN

Make sure you know which event area you are to report to – your Team Manager has this information. There are 3 long/triple Jump pits, 2 shot areas, 2 discus areas, 2 high jump mats and 1 javelin. Please make sure you go to the correct one for the event you are helping at and sign the parent register at the event.

You are not allowed to coach or comment on any athlete, particularly not your own child. Be vigilant on this as it could be cause for a protest against your child and a change in results!

Long Jump and Triple Jump

The Chief Judge will ask you to rake the sand, spike the point where the athlete made a mark in the sand, nearest to the take off mat, or to marshal the athletes calling out the next 3 in a row to have them ready. There is a small possibility that you would be asked to record.

Track Umpires

MAKE SURE YOU APPLY SUNSCREEN AND YOU WILL NEED A HAT AND A DRINK AS YOU WILL BE IN THE SUN.

- Report to the Chief Umpire at the finish line and sign on for your club – you will be directed to the required position, replacing the previous person on duty from your club.
- Watch that children are not crossing over into others lanes and/or impeding them.
- For hurdles – watch that the lead leg is going over the hurdle and not around (in outside lanes)
- Watch that there is no pushing or interference from one athlete to another.
- Report any of the above to the Chief Umpire if it occurs.