



STUDENTS/COMPETITORS - TRACK & FIELD INSTRUCTIONS

1. District Tent

- Sign in
- Hand in Permission & Details Booklet
- Competency Form (if required for your event)
- Wrist Band
- District Singlet

2. Marshalling Area

- Go to Marshalling when called by announcer or at least 20 minutes prior to your event.

3. Compete

- No spikes to be worn when off track or field arena

4. Check Results

- If your name is highlighted on the results wall – if so then proceed to the South Coast Team Room (room up behind photo finish room) to register and size up at apparel area.
- Take **pink ticket** back to district check in so they can pull out your Permission booklet to be forwarded to QRSS.

5. When leaving/departing

- Checkout at your district tent and hand in your District Singlet.

No Students are to cross the field at any stage during the day!

No students should be on the track or field if not competing!