



**CENTRAL COAST ZONE FREE OFFICIALS
PRACTICAL INFORMATION AFTERNOON
Saturday 20th October 2018**

Sign on from 12pm with a 1pm start.(finish approx. 4pm)

BBQ lunch will be provided for all participants from 12.30- 1pm.

Hosted by Gosford Athletics Club - **Adcock Park West Gosford**

This day is for anyone wanting to improve their knowledge and skills to be able to assist at club and zone level.

Central Coast Zone is proud to be providing an opportunity to practice your skills and knowledge with assistance from our experienced ANSW & NSW LA Officials to assist our athletes to BE THEIR BEST.

- **The Rules of competition-2018 update**
- **The roles of officials and helpers**
- **Equipment used**
- **Track - Sprints, Hurdles, Walks, Distance, Umpiring, Timekeeping, Place-judging**
- **Jumps - Long Jump, High Jump, Triple Jump**
- **Throws - Shot Put, Discus, Javelin**

Little Athletics NSW has basic courses available which are suitable for parents who help at centre level. The Level 1 courses are done online. Please follow the following link to access the courses

<http://www.athletics.com.au/Officials/Education>

Feel free to contact Zone Co-ordinator, Mem Delaney, m.delaney1@bigpond.com
Mobile 0431837096 for more information. Athletes are welcome as event demonstrators will be required.

**REGISTER ONLINE for this free officials practical information
afternoon through NSWLA with the link below**

<https://eventdesq.sportstg.com/index.cfm?fuseaction=main&EventDesqID=30207&OrgID=914>