

Eastern Metropolitan Region (EMR) Relay Carnival 2023 @ Yarra Ranges



When	Saturday 18 November
	8:30am – first race Arrive at least 1 hour before your first race to Check in with the Team Manager, find your Coach/Relay Team & warm up.
Where	Morrison Reserve, 30 Burdap Drive, Mt Evelyn

When you arrive ...	Please head to Team Manager (Philly) at the Knox tents for: <ul style="list-style-type: none"> - Athletes uniform check - Parent duty sign-in
Call Room	All athletes are required to go to the Call Room 15 minutes before their race is scheduled to start. Coaches will take all athletes to the Call Room, with 'Escorts' to take the kids out to their starting area. Parents will not be allowed to help after athletes enter the Call Room.
Uniforms	All athletes are required to wear their Knox Centre Uniform (Black & gold either singlet, t-shirt or crop top and plain black shorts). <u>Athlete shorts are to be plain black with no logos and no pockets.</u> Please make sure athletes have their commonwealth bank name patches pinned to the front of their singlets and the red Coles patch is sewn above the Little Aths Vic logo. For U11-17 athletes wearing spikes, these will be checked to ensure they are maximum 7mm and adhere to the guideline found here Guide to Buying and Using Spikes Knox Little Athletics Centre Inc. (klac23.org.au) Note – at EMR/state uniform rules are very strict. Athletes will not be allowed to run with incorrect uniform.
Contact	Please contact your child's coach directly if you are running late or have any other issues on the day. U9 – Jess – 0412 643 877 U10 – Chantal – 0403 211 415 / Luke – 0421 279 991 U11 – Tim – 0420 948 479 U12 – Nathan – 0412 345 351 U13 Boys – Karyn – 0410 583 369 / U13 Girls – Paul – 0433 483 222 U14 & U15 – Mike – 0433 281 212 U16 & U17 – Nathan – 0412 345 351 For any other queries please call Nathan Dux on 0412 345 351 or Philly Boyle on 0416 867 060.
Qualification for State Relay	The EMR carnival is the qualifying event for teams to progress through to the State Relay carnival on 16 December. Winners of each Region will progress then the next best times. We will communication progressions through to State once LAvic have compiled all result from all Region Relay competitions.
Reminders	Please be prompt in arriving to the track with enough time to find your Relay Team and Coach. Relays are a team sport – your team cannot race without your athlete! Relays are very fun, historically the Knox athletes have always had a wonderful day competing with their friends and teammates. As parents, please encourage friendly competition but most of all for your kids to have fun 😊 Relays carnivals are a long day, please remember to pack supplies for the day including plenty to drink, eat and snacks for hungry athletes! Please be sun-smart and remember hats and sunscreen.

EMR Relay Program



MORNING SESSION					
Event #	Start Time	Gender	Age	Event	Type
EVENT BLOCK 1					
1	8:30	Girls	U13	4 X 200m	Timed Final -2
2	8:38	Boys	U13	4 X 200m	Final
3 & 4	8:42	Girls	U14/U15	4 X 200m	Final
5 & 6	8:46	Boys	U14 / U15	4 X 200m	Final
7&8	8:50	Girls	U16/U17	4 X 200m	Final
9	8:54	Boys	U16	4 X 200m	Final
10	8:58	Girls	MC 13-17	4 X 200m	Final
11	9:02	Boys	U9	4 X 200m	Timed Final -2
12	9:10	Girls	U9	4 X 200m	Timed Final -2
13	9:18	Boys	U10	4 X 200m	Timed Final -2
14	9:26	Girls	U10	4 X 200m	Timed Final -2
15	9:34	Boys	U11	4 X 200m	Timed Final -2
16	9:42	Girls	U11	4 X 200m	Timed Final -2
17	9:50	Boys	U12	4 X 200m	Timed Final -2
18	9:58	Girls	U12	4 X 200m	Timed Final -2
19	10:06	Mixed	U13	4 X 200m	Timed Final -2
20	10:10	Mixed	U14	4 X 200m	Final
21 & 22 & 23	10:14	Mixed	U15/U16/U17	4 X 200m	Final
24	10:18	Mixed	MC 13-17	4 X 200m	Final
25	10:22	Mixed	U9	4 X 200m	Timed Final -2
26	10:30	Mixed	U10	4 X 200m	Timed Final -2
27	10:38	Mixed	U11	4 X 200m	Timed Final -2
28	10:46	Mixed	U12	4 X 200m	Timed Final -2
EVENT BLOCK 2					
29	11:00	Girls	U13	4 X100m	Final
30	11:03	Boys	U13	4 X100m	Final
31	11:06	Girls	U14	4 X100m	Final
32	11:09	Boys	U14	4 X100m	Final
33	11:12	Girls	U15	4 X100m	Final
34	11:15	Boys	U15	4 X100m	Final
35 & 36	11:18	Girls	U16/U17	4 X100m	Final
37 & 38	11:21	Boys	U16/17	4 X100m	Final
39	11:24	Girls	MC 13-17	4 X100m	Final
40	11:30	Girls	U9	4 X100m	Timed Final -2
41	11:38	Boys	U9	4 X100m	Timed Final -2
42	11:46	Girls	U10	4 X100m	Timed Final -2
43	11:54	Boys	U10	4 X100m	Timed Final -2
44	12:02	Girls	U11	4 X100m	Timed Final -2
45	12:10	Boys	U11	4 X100m	Timed Final -2
46	12:18	Girls	U12	4 X100m	Timed Final -2
47	12:26	Boys	U12	4 X100m	Timed Final -2
LUNCH BREAK					

AFTERNOON SESSION					
Event #	Start Time	Gender	Age	Event	Type
EVENT BLOCK 3					
48	1:00	Mixed	U13	4 X100m	Final
49	1:03	Mixed	U14	4 X100m	Final
50	1:06	Mixed	U15	4 X100m	Final
51 & 52	1:09	Mixed	U16/U17	4 X100m	Final
53	1:12	Mixed	MC 13-17	4 X100m	Final
54	1:16	Mixed	U9	4 X100m	Timed Final -2
55	1:22	Mixed	U10	4 X100m	Timed Final -3
56	1:32	Mixed	U11	4 X100m	Timed Final -2
57	1:38	Mixed	U12	4 X100m	Timed Final -2
EVENT BLOCK 4					
58	1:50	Girls	U13	Medley	Timed Final -2
59	2:00	Boys	U13	Medley	Final
60 /61	2:05	Girls	U14 / 15	Medley	Final
62/63	2:10	Boys	U14 / 15	Medley	Final
64	2:15	Girls	U16	Medley	Final
65	2:15	Girls	U17	Medley	Final
66/67	2:20	Boys	U16/17	Medley	Final
68	2:25	Girls	U9	Medley	Timed Final -2
69	2:35	Boys	U9	Medley	Timed Final -2
70	2:45	Girls	U10	Medley	Timed Final -2
71	2:55	Boys	U10	Medley	Timed Final -2
72	3:05	Girls	U11	Medley	Timed Final -2
73	3:15	Boys	U11	Medley	Timed Final -2
74	3:25	Girls	U12	Medley	Final
75	3:30	Boys	U12	Medley	Timed Final -2

EMR Relay Carnival Parent Duty Roster

Please report to your duty promptly. Closed-in footwear to be worn.

	8:15am-11.00am (4x200m)	10:45am-1:45pm (4x100m)	1:30pm-4.00pm (Medley)
Team Manager	BOYLE (Fields)		
Duty Manager	FOGEL (Lakes)	GRUND (Dorset)	YOUNG (Rowville)
Call Room			
Chief Uniform Judge	RAMIREZ (R Lakes)	GUNASEKERA (Knoxfield)	SAVIN (R Lakes)
Uniform Judge	WHITE (Rowville)	MORTON (Dorset)	GNIAKIEWICZ (Rowville)
Track			
Start Marshall Chief	DHAYALAN (Boronia)	HOWSE (Knoxfield)	HUGHES (R Lakes)
Start Marshall	MANNAERT (Dorset)	THOKCHOM (Knoxfield)	FALO (R Lakes)
Track Umpire	HALL (Rowville)	COLLIS (Dorset)	TORBET (Scoresby)
Track Umpire	HARVEY (Scoresby)	WINTERS (Knoxfield)	THEOHARIS (Knoxfield)
Zone 2			
Feeder 4x200m	BASNAYAKA (Knoxfield)		
Feeder Medley			RANAWEERA (Boronia)
Zone 4			
Zone 4 Start Marshall	BROOKS (Scoresby)		
Chief zone 4			BERTRAM (R Lakes)
Zone Umpire	BRAY (Rowville)	BIANCO (Wantirna)	DUNHAM (Scoresby)
Zone Umpire	WATT (Dorset)	CARNELL (Wantirna)	MENDELSON (Rowville)
Zone Umpire	LINDLEY (Knoxfield)	DRECHSLER (Knoxfield)	KARYDIS (Scoresby)
Zone Umpire	DAMPAHALGE (Knoxfield)	ROSHI (Scoresby)	JAWORSKI (Scoresby)
Feeder			ODOKEYCHUK (Knoxfield)
Other			
Presentation	FERNANDO (R Lakes)	ABEYARATNE (R Lakes)	ZHAO (Knoxfield)
Relief	PALMER (Knoxfield)	BOOKER (Dorset)	KINSTLER (Scoresby)
Relief	KILLINGBACK (Knoxfield)	ABEYGUNAWARDANA (Dorset)	CORRALES (Boronia)