

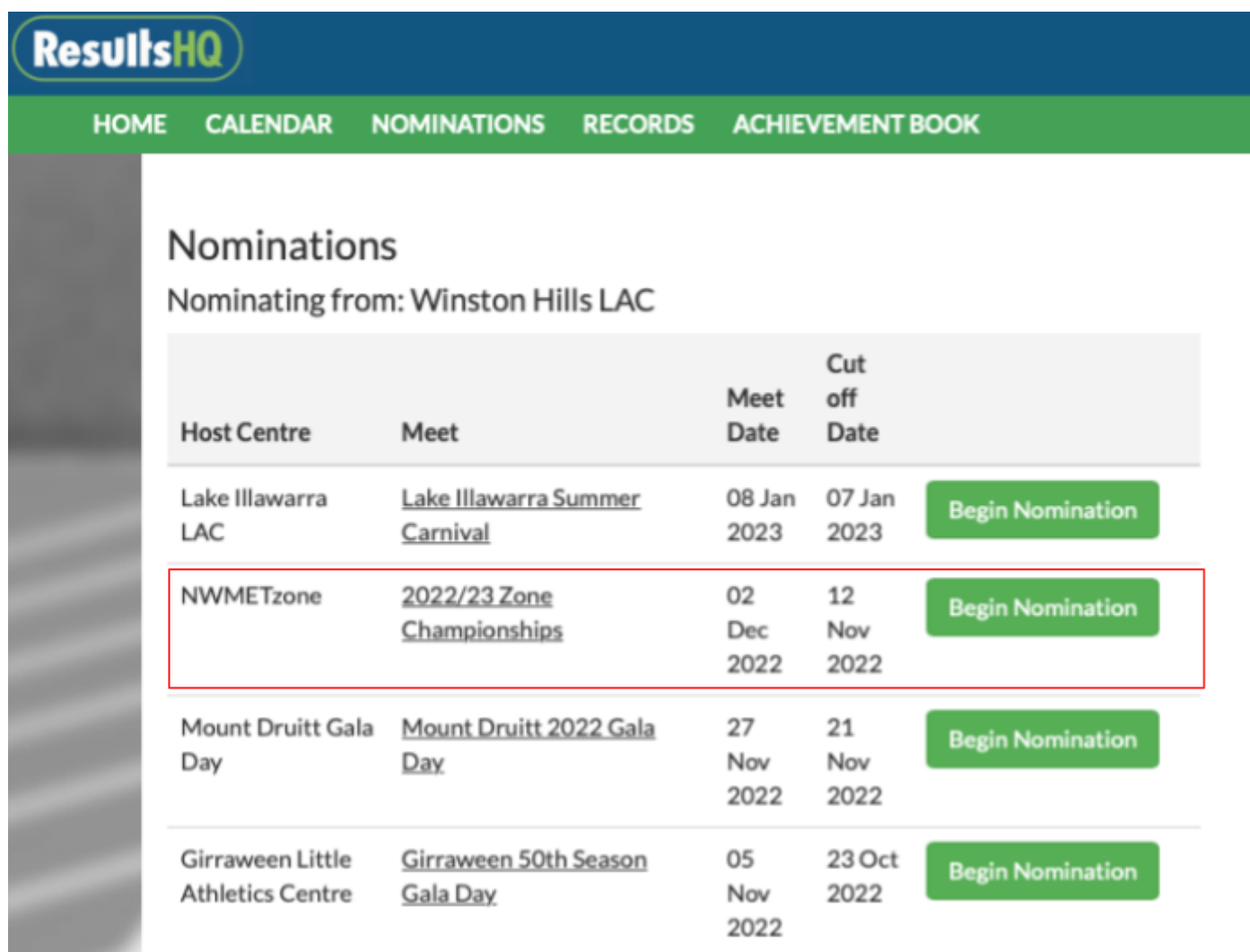
# Nominating for the 2022/23 Zone Championships

## INSTRUCTIONS

1. Log In to ResultsHQ
2. Click the 'NOMINATIONS' menu item at the top.



3. The Nominations page displays, showing all the meets you can nominate for, including the Zone Championships and other Gala Days. For the purpose of the Zone Championships, take note of the red box in the screenshot below, which is the nomination for the North West Met Zone Championships. The Zone Championships will be held on 2-4 December 2022 at AH Whaling Reserve, Baulkham Hills.

A screenshot of the ResultsHQ website's 'Nominations' page. The page has a blue header with the 'ResultsHQ' logo and a green navigation bar with 'HOME', 'CALENDAR', 'NOMINATIONS', 'RECORDS', and 'ACHIEVEMENT BOOK'. The main content area is titled 'Nominations' and 'Nominating from: Winston Hills LAC'. Below this is a table with columns for 'Host Centre', 'Meet', 'Meet Date', and 'Cut off Date'. The table lists four events, each with a 'Begin Nomination' button. The row for 'NWMETzone' and '2022/23 Zone Championships' is highlighted with a red border.

Host Centre	Meet	Meet Date	Cut off Date	
Lake Illawarra LAC	<a href="#">Lake Illawarra Summer Carnival</a>	08 Jan 2023	07 Jan 2023	<a href="#">Begin Nomination</a>
NWMETzone	<a href="#">2022/23 Zone Championships</a>	02 Dec 2022	12 Nov 2022	<a href="#">Begin Nomination</a>
Mount Druitt Gala Day	<a href="#">Mount Druitt 2022 Gala Day</a>	27 Nov 2022	21 Nov 2022	<a href="#">Begin Nomination</a>
Girraween Little Athletics Centre	<a href="#">Girraween 50th Season Gala Day</a>	05 Nov 2022	23 Oct 2022	<a href="#">Begin Nomination</a>

4. To nominate events for your child , click on the green ‘Begin Nomination’ button.

5. The **Nomination Preview** page displays. It shows the events that your child/children can nominate for. Click on the ‘Begin Nomination’ button. NOTE: You may need to scroll down a little bit for the green “Begin Nomination” button to appear on the top right corner.

[Begin Nomination](#)

**Hosted By: NWMETzone | Nominating From: Winston Hills LAC**  
Contact: Dennis Coker [nwmzone@gmail.com](mailto:nwmzone@gmail.com) 0412721506

### Nomination Preview

**██████████ Max. Events: 6**

#	Event	Age	Gender	Type	Info	Time	Fee
47	100m	13	M	Heat		02 Dec 12:00 PM	\$0.00
48	200m	13	M	Heat		02 Dec 12:00 PM	\$0.00
139	Long Jump	13	M	Heat		02 Dec 12:00 PM	\$0.00
140	Triple Jump	13	M	Heat		02 Dec 12:00 PM	\$0.00
178	Javelin 600g	13	M	Heat		02 Dec 12:00 PM	\$0.00
197	High Jump	13	M	Heat		02 Dec 12:00 PM	\$0.00
204	3000m	13	M	Heat		02 Dec 12:00 PM	\$0.00
213	Shot 3kg	13	M	Heat		02 Dec 12:00 PM	\$0.00
214	400m	13	M	Heat		02 Dec 12:00 PM	\$0.00
215	800m	13	M	Heat		02 Dec 12:00 PM	\$0.00
216	1500m	13	M	Heat		02 Dec 12:00 PM	\$0.00
217	1500m Walk	13	M	Heat		02 Dec 12:00 PM	\$0.00
223	Discus 750g	13	M	Heat		02 Dec 12:00 PM	\$0.00
225	80m Hurdles	13	M	Heat		02 Dec 12:00 PM	\$0.00
227	200m Hurdles	13	M	Heat		02 Dec 12:00 PM	\$0.00

6. The **Events** page will display. Here is where you select the event/s you would like to nominate your child for.

You do this by clicking the checkbox for the event, and then clicking the 'Next' button. See screenshot below:

PLEASE NOTE: The events for the Zone Championships are over 2-4 of December. ie. Although all events are set for 2 December 2022 on the events list, the event can be scheduled on a date within the 2-4 December period. The final timetable has not been released as of 18 Oct 2022.

**ResultsHQ**

## Nomination - 2022/23 Zone Championships 02 Dec 2022

Hosted By: NWMETzone | Nominating From: Winston Hills LAC

Contact: Dennis Coker nwmzone@gmail.com 0412721506

Events Questions Summary Payment **Next**

### Events

Note: You can withdraw your nomination from any of the events you submitted in previous transactions that have not yet been marked as Accepted (fully finalised) by the Host Centre by deselecting the relevant checkbox and resubmitting this transaction at the payment screen. If you have already paid for the event, you must select another event so as not to reduce the payment total. Any request for refund, however, must be approved and handled by the Centre.

**Max. Events: 6**

#	Event	Age	Gender	Type	Info	Time	Fee	
47	100m	13	M	Heat		02 Dec 12:00 PM	\$0.00	<input type="checkbox"/>
48	200m	13	M	Heat		02 Dec 12:00 PM	\$0.00	<input checked="" type="checkbox"/>
139	Long Jump	13	M	Heat		02 Dec 12:00 PM	\$0.00	<input type="checkbox"/>

7. The **Family Questions** page will load. Please answer the question and click the 'Next' button to confirm your nomination.

**ResultsHQ**

## Nomination - 2022/23 Zone Championships 02 Dec 2022

Hosted By: NWMETzone | Nominating From: Winston Hills LAC

Contact: Dennis Coker nwmzone@gmail.com 0412721506

Previous Events **Questions** Summary Payment **Next**

### Questions

#### Family Questions

I understand that Little Athletics is run by volunteers and the success of the Zone Championships is reliant upon parents helping as officials. I agree to assist with officiating roles.

YES

7. The **Summary** page will load. Click the 'Next' button to confirm your nomination.

The screenshot shows the 'Summary' page of the ResultsHQ system. At the top, there is a blue header with the 'ResultsHQ' logo. Below the header, the page title is 'Nomination - 2022/23 Zone Championships 02 Dec 2022', followed by 'Hosted By: NWMETzone | Nominating From: Winston Hills LAC' and 'Contact: Dennis Coker nwmzone@gmail.com 0412721506'. A navigation bar contains buttons for 'Previous', 'Events', 'Questions', 'Summary' (highlighted in blue), 'Payment', and 'Next' (highlighted with a red box). The main heading is 'Summary'. Below it, there is a section for 'Events' with a redacted area and an 'Edit' button. A table lists two events:

#	Event	Type	Info	Time	Pre Selection
139	Long Jump	Heat		02 Dec 12:00 PM *	
140	Triple Jump	Heat		02 Dec 12:00 PM *	

8. The **Payment** page will display. Click on the **Payment Method dropdown** and select 'Cash/EFT'.

The screenshot shows the 'Payment' page of the ResultsHQ system. At the top, there is a blue header with the 'ResultsHQ' logo. Below the header, the page title is 'Nomination - 2022/23 Zone Championships 02 Dec 2022', followed by 'Hosted By: NWMETzone | Nominating From: Winston Hills LAC' and 'Contact: Dennis Coker nwmzone@gmail.com 0412721506'. A navigation bar contains buttons for 'Previous', 'Events', 'Questions', 'Summary', and 'Payment' (highlighted in blue). The main heading is 'Payment'. Below it, there is a table with columns 'Item' and 'Price'. The text 'Payment not required. Please select Cash/EFT to continue.' is displayed. A dropdown menu for 'Payment Method' is highlighted with a red box, showing 'Cash/EFT' as the selected option. At the bottom right, the text 'Timing Solutions ABN 78 087 339 624' is visible.

9. When 'Cash/EFT' has been selected, the 'Pay Cash/EFT' green button displays as shown below. Click on the 'Pay Cash/EFT' button to confirm your nomination. NOTE, there is no payment required, however, you do need to click on this button to confirm your nomination.

The screenshot shows a web interface for a nomination. At the top is the ResultsHQ logo. The main heading is "Nomination - 2022/23 Zone Championships 02 Dec 2022". Below this, it says "Hosted By: NWMETzone | Nominating From: Winston Hills LAC" and "Contact: Dennis Coker nwmzone@gmail.com 0412721506". There are navigation tabs: "Previous", "Events", "Questions", "Summary", and "Payment" (which is highlighted in blue). The "Payment" section is titled "Payment" and contains a table with columns "Item" and "Price". Below the table, it says "Payment not required. Please select Cash/EFT to continue." To the right of the table is a dropdown menu labeled "Cash/EFT" with a downward arrow. Below the dropdown is a green button labeled "Pay Cash/EFT" which is highlighted with a red rectangular border. At the bottom right, there is small text: "Timing Solutions ABN 78 087 339 624".

10. A **Receipt/Confirmation** page will be displayed .An email will also be sent confirming your nomination. Please check Spam/Junk/Promotions if it does not appear in your main inbox.

Please note, this is a confirmation of your nomination. If more than 6 athletes in an age group are nominated for an event, the Championships Officer will determine which 6 athletes will compete in the event based on performance. A final list of athletes will be published prior to the Zone Championships.