BOWEN TRACK AND FIELD CARNIVAL
3rd & 4th August, 2019
Nominations close Sunday 27th July, 2019

Age groups as at 31st December, 2019																	
	4 &U	5	6	7	8	9	10	11	12	13	14	15	16	U18	U20	Open	Master
60m																	
80m																	
100m																	
200m																	
400m																	
800m																	
1500m																	
3000m																	
800mW																	
1500mW																	
3000m W																	
60mH																	
80M H*																	
90M H **																	
90M H *																	
100M H *																	
100M H **																	
110 M H**																	
Long jump																	
High Jump***																	
Triple jump																	
Discus																	
Shot put																	
Javelin																	
Hammer +																	

*** High Jump – the flop is only allowed for athletes aged 11 and above
* Indicates women only ** Indicates men only
+ QLA U15-U17 registered members not eligible to participate in the hammer throw.

Athletes ages 4 to 7yrs will receive a performance certificate and participation medal.

Nomination fees:
4,5,6yrs (6 events) $15.00
7yrs (8 events) $15.00
8yrs TO OPEN $7.00 per event
MASTERS – (Up to 13 events) Participation award presented.
$25.00 – no individual medals.

Non registered athletes must pay $5 to cover insurance costs for the duration of the carnival.

Nominations: All nominations must be completed online by individual athletes. Payment by Credit Card (Visa or Mastercard) MUST be made online at time of nomination. Click on link below to start nominations.

https://2019bowentf.eventdesq.com

BOWEN ATHLETIC CLUB INC.

INVITES YOU TO ATTEND

THE BOWEN TRACK AND FIELD CARNIVAL

3rd & 4th August,2019

IMPORTANT NOTES – PLEASE READ CAREFULLY

1. The Bowen Track and Field Carnival will be held on Saturday 3rd & Sunday 4th August at the Col Leather Sporting Complex, Woodlands Road, Bowen.

2. Athletes registered with ANQ, QA, QLA or QMA are welcome to participate.

3. Athletes who wish to compete and are not registered with any of the above organisations, i**.e. independent athlete,** will be required to register as a day athlete and make payment of $5.00 to cover insurance costs for the duration of the carnival.

4. Registered athletes must wear their correct club uniform and numbers. Independent athletes will be provided with a temporary registration number on the first day of the carnival.

5. Age is actual age in years as at 31st December, 2019.

6. There are no restrictions on the number of events an athlete may enter. However, athletes up to and including 13 years may only enter in their own age group. Athletes aged 14 and over may compete in their own age group and open if they are of suitable skill level.

7. ANQ age limitations and event specifications apply. Competition will be conducted according to IAAF rules.

8. Athletes from 4yrs to 7yrs will receive a participation medal. Masters athletes will receive a participation award. Athletes in these age groups are NOT eligible for individual medals.

9. **Late entries** will only be accepted up til **11.00a.m. on the first day** of competition. Late nominations in laned track events will not be accepted where it has a full allocation of 8 lanes and is a final. A late nomination fee of $10.00 per event in addition to normal entry fee will be charged. (i.e. $17 per event).

10. Shoes must be worn for all throwing events, horizontal jumps and hurdles. It is strongly recommended that they also be worn in all other events.

11. Spiked shoes may be worn by athletes in age groups 10 years and above. 10-12 years are only permitted to wear spikes in laned events, jumps and javelins. Ages 13 years and above may wear spikes in all laned and unlaned events, jumps and javelin. Spikes may not be worn in race walk events.

12. All athletes aged 12 years and over **must** crouch start for sprint events up to and including 400m. Starting blocks may be used, but are not compulsory.

13. Entries close at 11.30pm on Sunday 27th July

All enquiries should be directed to:
events@athleticsnorthqld.org.au