



**2018 ANQ TRACK & FIELD  
CHAMPIONSHIPS  
September 2018  
Friday 21st to Sunday 23rd  
EVENT SELECTION**

Your Name: \_\_\_\_\_

Version 2 – Update 27/8/18 Read important notes on page 4

4 Years	5 Years	6 Years	7 Years	8 Years	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	Under 18	Under 20	Open	Masters 30-34	Masters 35-39	Masters 40-44	Masters 45-49	Masters 50-54	Masters 55-59	Masters 60 & Over
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**INDIVIDUAL FEATURE EVENTS**

<b>100 Yards</b> Hector Hogan Memorial / Queensland Championship (Men) John Campbell Miles Memorial / Queensland Championship (Women)																						
<b>1 Mile</b> Queensland Championship / North Queensland Championship																						
<b>6km ANQ Road Running Championships</b> Age Categories U18 (15-17), 18-29,30-39,40-49,50-59,60-69,70+																						

**INDIVIDUAL TRACK EVENTS**

	4	5	6	7	8	9	10	11	12	13	14	15	U18	U20	O	MASTERS						
60m																						
100m																						
200m																						
400m																						
800m																						
1500m																						
3000m																						
5000m																						
800m Walk																						
1500m Walk																						
3000m Walk																						
5000m Walk																						
60m Hurdles				45	45	60	60	68														
80m Hurdles (W12-13) (W40+) (M 70+)										76	76							76	76	76	76	76
90m Hurdles (Women)												76	76									
90m Hurdles (Men)										76	76											
100m Hurdles (Women U18 - 39)													76	84	84	84	84					
100m Hurdles (Men 14-15, 50-59)												84	84							91	91	84
110m Hurdles (Men U18 - 49)													91	99	106	99	99	99	99			
200m Hurdles (Men & Women 12-15 76.2cm)										76	76	76	76									
300m Hurdles (Men 60-69, Women 50-59 76.2cm) (Men 70-79, Women 60-69 68.6cm)																				76	76	76
400m Hurdles (Women U18-39 76.2cm) (Men U18, 50-59 84cm) (Men U20-49 91.4cm)																						
2000m Steeple Chase (Men U16 76.2cm, U18&60+ 91.4cm)																						
2000m Steeple Chase (Women U16-U18, Masters 76.2cm)																						
3000m Steeple Chase (Men U20-59 91.4cm)																						
3000m Steeple Chase (Women U20-Open 76.2cm)																						

**INDIVIDUAL FIELD EVENTS**

	4	5	6	7	8	9	10	11	12	13	14	15	U18	U20	O	MASTERS						
Long Jump																						
Triple Jump																						
High Jump ***																						
Shot Put																						
Discus																						
Javelin					#	#	#	#														
Hammer																						
Pole Vault ****																						
Throws Pentathlon: U16: U18: U20: Open: Masters SP: DT: JT: HT: HW (NB ...FIRST 3 throws in individual throwing events (if selected) will count towards Throws Pentathlon.																						

**COMBINED EVENTS**

	U16	U18	U20	O	MASTERS									
Pentathlon: Day 1; 100H, SP, LJ, HJ, 800	*													
Heptathlon: Day 1; 90H/100H, HJ, SP, 200 Day 2; LJ, JT, 800 (/1000m U16 men)		*	*	*										
Decathlon: Day 1; 100, LJ, SP, HJ, 400 Day 2; 110H, DT, PV, JT, 1500		**	**	**	**	**	**	**	**	**	**	**	**	**
Octathlon: Day1; 100, LJ, SP, 400 Day2; 110H, HJ, JT, 1000	**	**	**	**										

\* Indicates Women Only \*\* Indicates Men Only \*\*\* Flop technique only for 11 years & over  
# indicates Turbo Jav \*\*\*\* Pole Vaulters must supply their own pole and be competent at the event.

### Entry Fees

Fees	
100 Yards Feature	\$15.00
1 Mile Feature	\$15.00
6km Road Running Feature	\$10.00
4-6yrs *	\$20.00 (up to 6 events)
7-9yrs *	\$25.00 (up to 9 events)
10yrs to Open/Masters #	\$10.00
Masters ^	\$30.00 (unlimited events participation gift, <b>excludes</b> feature events and combined events)
Throw Pentathlon	\$10.00
Pentathlon	\$25.00
Heptathlon	\$50.00
Decathlon	\$50.00
Octathlon	\$50.00
Club Relays	FREE

\* Unlimited events in athlete age group only. Athletes aged 4 to 9 years receive a Participation Medallion and Result Certificate  
# 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Place Medallions awarded in each age group.

^ Masters athletes may choose the unlimited events fee and receive a participation gift.

### Feature Events

The Men's Hector Hogan Memorial 100 Yards race and Women's John Campbell Miles Memorial 100 Yards race events also double as the Queensland 100 Yards Championship for Men and Women.

The Queensland 1 Mile Championship also doubles as the North Queensland 1 Mile Championship.

The 6km ANQ Road Running Championships starts at 7.00am on the Saturday morning 22<sup>nd</sup> September, starting and finishing at the Townsville Sports Reserve.

#### The ANQ Track & Field Championships

Is being held at the

**Townsville Sports Reserve**

**Burke Street, North Ward, Townsville**

**Friday 21<sup>st</sup> September to Sunday 23<sup>rd</sup> September 2018**



### CLUB RELAYS

Athletics North Queensland is glad to welcome back club relays to the ANQ Track and Field Championships program. Club relays will commence at 5.45pm on Saturday 22<sup>nd</sup> September and is **FREE** for teams to enter.

The relay categories are:

**Junior Shuttle Relay** – The maximum combined age for each team of four runners must be 45 or below

**Open 4 x 100m Relay** – The maximum age for each team of four runners must be 60 or below, and must include 2 female and 2 male runners

**Masters 4 x 100m Relay** – The minimum age for each team of four runners must be 150 or above

Clubs may enter as many teams as they like, and runners can run in more than one category

#### Junior Shuttle Relay Nomination Form

CLUB:	TEAM NAME:	
ATHLETE NAMES	GENDER	AGE (as of the 31/12/2018)
1)		
2)		
3)		
4)		

Total Age must not exceed 45

#### Open 4x100m Relay Nomination Form

CLUB:	TEAM NAME:	
ATHLETE NAMES	GENDER	AGE (as of the 31/12/2018)
1)	M	
2)	M	
3)	F	
4)	F	

Total Age must not exceed 60

#### Masters 4x100m Relay Nomination Form

CLUB:	TEAM NAME:	
ATHLETE NAMES	GENDER	AGE (as of the 31/12/2018)
1)		
2)		
3)		
4)		

Total Age must exceed 150

CLUBS ARE TO CO-ORDINATE THE LODGEMENT OF RELAY NOMINATION FORMS

**Relay Nomination Forms to be handed into the ADMIN area at the North Queensland Championships**

Nominations will be available on the day of the championships. Paper forms can be collected and handed back to the admin desk. RELAY Paper nominations close at 3pm on Saturday 22<sup>nd</sup> September. Late entries will not be accepted.

**IMPORTANT NOTES – READ CAREFULLY**

1. Entries are open to all ANQ/QA/AA/QMA/IAAF registered athletes from 4 years to Masters. Day registrations are NOT available for this event.
2. Nomination is by way of online registration through the ANQ website [www.athleticsnorthqld.org.au](http://www.athleticsnorthqld.org.au) and payment by Mastercard or Visa at the time of registration. Nominations close Wednesday 12<sup>th</sup> September midnight. Late fees will apply after this date. Please contact the ANQ office: [events@athleticsnorthqld.org.au](mailto:events@athleticsnorthqld.org.au).
3. Nomination fees are non-refundable.
4. Members of Road Running Clubs are limited to in-stadia track events of 800m or greater and are not eligible to enter in any field events unless they are also a member of a track & field club.
5. Athletes aged 14 and over may compete in their own age group and the open category, exception for athletes in throwing events and hurdle events who are trying to qualify for Junior Nationals 2018, these athletes are to send an email to [events@athleticsnorthqld.org.au](mailto:events@athleticsnorthqld.org.au) after entering in current age group. (medals will not be awarded for these events, they are participation only)
6. There are no restrictions on the number of events a competitor may enter in his/her own age group.
7. Athletics with a Disability (Para-Athlete) (please advise PARA classification) who are 10 years and older enter in own age division. MSD Charts will be used at these championships to determine the placings of all para athletes.
8. ENTRIES CANNOT BE CHANGED ON DAY. NO LATE NOMINATIONS ACCEPTED.
9. Age is ACTUAL AGE IN YEARS as at 31st December 2018 Masters Athletes will be age on the 1st day of competition.
10. The ANQ Track & Field Championships will be conducted according to Athletics North Queensland age limitations and Technical Specifications. The IAAF Rules will be adhered to for all events together with any modifications approved by Athletics Australia or Athletics North Queensland.
11. Events will commence at 5pm – Friday 21<sup>st</sup> September and will finish approximately 3.00pm Sunday 23<sup>rd</sup> September, 2018.
12. All competitors are automatically considered for age medallions, age trophies and event trophies. Individual event trophies will not be awarded unless acceptable standards are achieved.
13. A Program Timetable will be available on the ANQ Website from Wednesday 19<sup>th</sup> September.
14. All athletes are to compete in their representing clubs approved uniform and registered bib numbers.
15. Shoes must be worn for all throwing events and highly recommended for all other track events.
16. Spike shoes may be worn in age groups 10yrs and above. 10-11yr are only permitted to wear spikes in laned events only, jumps and javelin. Ages 12 and up, laned and unlaned events, jumps and javelin. Spikes to be 7mm maximum. Only exceptions are 9mm for javelin and high jump.
17. Pole Vaulters MUST supply their own Pole and be competent at the event.

**INFORMATION REQUIRED FOR ONLINE NOMINATION**

[www.athleticsnorthqld.org.au](http://www.athleticsnorthqld.org.au)

Surname: \_\_\_\_\_ First Name: \_\_\_\_\_ Gender: M / F  
 Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age as at 31.12.2018 \_\_\_\_\_  
 Address \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Post Code: \_\_\_\_\_  
 \_\_\_\_\_  
 Email address: \_\_\_\_\_  
 Phone Numbers: \_\_\_\_\_ Club Name \_\_\_\_\_

**SUMMARY OF FEES**

4-6yrs	\$20	_____
7-9yrs	\$25	_____
10yrs to Open/Masters each event \$10 (Qty) _____ x \$10		_____
Masters (Gift Only) \$30		_____
Throws Pent \$10		_____
Pentathlon \$25		_____
Heptathlon \$50		_____
Decathlon \$50		_____
Octathlon \$50		_____
100 yards \$15		_____
1 Mile \$15		_____
6km \$10		_____
TOTAL	\$	_____

Nominate online at [www.athleticsnorthqld.org.au](http://www.athleticsnorthqld.org.au)

**NOMINATIONS CLOSE Wednesday 12<sup>th</sup> September, 2018 Midnight**

**Payment online with Mastercard or Visa**

**Any problems with the online nomination system please contact ANQ on**

**Ph: 07 4721 4998, email: [events@athleticsnorthqld.org.au](mailto:events@athleticsnorthqld.org.au)**