


# CORAL COAST TRACK AND FIELD CARNIVAL – 23<sup>rd</sup> & 24<sup>th</sup> June 2018

|  | 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 |
|--|---------|---------|---------|---------|---------|---------|----------|----------|----------|----------|----------|----------|----------|----------|---------|---------|
| 60m  |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| 80m  |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| 100m   |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| 145m   |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| 200m   |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| 400m   |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| 800m   |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| 1500m  |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| Steeplechase   |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| 3000m  |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| 5000m  |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| 800m Walk  |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| 1500m Walk   |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| 3000m Walk   |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| Sprint Hurdles (60m,80m,90m,100m or 110m)  |         |         |         | 60/60   | 60/60   | 60/60   | 60/60    | 60/60    | 80/90    | 80/90    | 90/100   | 90/100   | 100/110  | 100/110  | 100/110 |         |
| Long Hurdles (200m/400m/300m)  |         |         |         |         |         |         |          |          | 200      | 200      | 200      | 200      | 400      | 400      | 400     |         |
| Long Jump  |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| Triple Jump  |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| High Jump (scissor jump only 8 - 10yrs, flop mats 11+ys)                         |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| Shot Put   |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| Discus   |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| Javelin – Turbo exhibition for 8-11 – no medals                                  |         |         |         |         | EXH     | IBITION | Only     |          |          |          |          |          |          |          |         |         |
| Hammer – Must satisfy referee of proficiency                                     |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| Pole Vault – Must have own pole and be proficient                                |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| 300M Dash for Cash – Prize Event   |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| *Throws Pentathlon   |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| *Pentathlon U16 women  |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| *Heptathlon U16 Men  |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| *Heptathlon U18, U20 & Open women  |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| *Octathlon U18 & U20 Men   |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |
| *Decathlon U18, U20 & Open Men   |         |         |         |         |         |         |          |          |          |          |          |          |          |          |         |         |

## Combined Events:

**Pentathlon: 1 day:** 90m Hurdles, Shot Put, Long Jump, High Jump, 800m

**Heptathlon: 7 events: Day 1:** 100m Hurdles, High Jump, Shot Put, 200m **Day 2:** Long Jump, Javelin, 800m-women/1500-men

**Octathlon: 8 events: Day 1:** 100m, Long Jump, Shot Put, 400m **Day 2:** 110m Hurdles, High Jump, Javelin, 1000m

**Decathlon: 10 events: Day 1:** 100m, Long Jump, Shot Put, High Jump, 400m **Day 2:** 110m Hurdles, Discus, Pole Vault, Javelin, 1500m

**Throw Pentathlon: 2 Day:** Hammer, Shot Put, Discus, Javelin, Weight Throw (Athletes' results of the first three attempts for Hammer, Shot Put, Discus & Javelin will count toward their Throws Pentathlon score in addition to the Weight throw results.)

**NOMINATE ON LINE:** [www.cairnsathletics.org.au](http://www.cairnsathletics.org.au)

## Nomination Fees:

Athletes 4 - 9yrs: \$30/athlete for any/all events – all athletes receive performance certificate and participation medal

Athletes 10yrs-Open: \$15 admin fee + \$5/event – (Dash for Cash extra \$15) – place medals awarded for 1st, 2nd and 3rd places.

Masters: \$40 per athlete for any/all events - all athletes receive a participation gift

Dash for Cash Entry Fee: - \$15.00 1st Place \$300, 2nd Place \$200, 3rd Place \$100

\*Combined Events fee: \$20 (Pentathlon, Heptathlon, Octathlon, Decathlon, Throws Pentathlon)

Carnival Registration, Unregistered Athlete - \$20.00 (athletes not registered with ANQ or another Athletics Australia affiliate)

Program: \$8.00

Nomination Fees are non-refundable.

All athletes not registered with ANQ will be issued with a day registration number.



# 2018 Coral Coast Track & Field Carnival

Saturday 23rd & Sunday 24th June 2018

Barlow Park, Cnr Scott & Severin Streets, Cairns

*Including...*

**Men's DASH FOR CASH - \$600 prize pool**

**Women's DASH FOR CASH - \$600 prize pool**

*And the*

**100m Handicap - \$300 prize pool**

## **Dash for Cash:**

300m sprint, open to Athletes 14 years and older.

Prize money: 1<sup>st</sup> \$300; 2<sup>nd</sup> \$200; 3<sup>rd</sup> \$100.

## **100m Handicap**

Winners of 100m from 13,14,15,16,U18,U20,Open & Masters are invited to compete in handicap sprint...

Prize money: 1st \$75; 2nd \$50; 3rd \$25.

The Coral Coast Track and Field Carnival will be conducted according to Athletics North Queensland Age Limitations and event Specifications. Competition will be conducted according to the IAAF and WAMA Rules and Regulations. Look under Rules & Technical Information on the 'Competition' tab at [www.athleticsnorthqld.org.au](http://www.athleticsnorthqld.org.au)

Athletes 4y- 13yrs can compete in their own age group only. Athletes 14yrs + may compete in their own age group and OPEN only.

Athletes' birth date will be calculated as at 31 December 2017, except in the case of Masters Athletes who will compete as age on first day of competition (masters minimum age is 30).

Athletes 4 - 9yrs receive a performance certificate & participation medal. Athletes 10yrs to Open are awarded medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Places. Masters athletes receive a participation gift. Medals will not be awarded to Masters.

**Registration:** All athletes must wear their ANQ registration number or a carnival registration number. Athletes not registered with an ANQ or Athletics Australia affiliated club, can purchase a carnival registration for \$20.00, which covers both days of competition. A number, to be worn on the competition shirt, will be issued from the Administration desk. Registered Athletes without numbers will be required to purchase carnival registration numbers from Administration (\$5).

## **Relays**

There will be three relay events for clubs to enter teams. A perpetual shield is awarded for these events.

## **Combined Events:**

**Pentathlon: 1 day:** 90m Hurdles, Shot Put, Long Jump, High Jump, 800m

**Heptathlon: 7 events: Day 1:** 100m Hurdles, High Jump, Shot Put, 200m

**Day 2:** Long Jump, Javelin, 800m-women/1500-men

**Octathlon: 8 events: Day 1:** 100m, Long Jump, Shot Put, 400m

**Day 2:** 110m Hurdles, High Jump, Javelin, 1000m

**Decathlon: 10 events: Day 1:** 100m, Long Jump, Shot Put, High Jump, 400m

**Day 2:** 110m Hurdles, Discus, Pole Vault, Javelin, 1500m

**Throw Pentathlon: 2 Day:** Hammer, Shot Put, Discus, Javelin, Weight Throw  
Athletes' results of the first three attempts for Hammer, Shot Put, Discus & Javelin will count toward their Pentathlon score in addition to the Weight throw results.

**NOMINATIONS CLOSE: Sunday 17th June 2018**

**NOMINATE ONLINE AT**  
[www.cairnsathletics.org.au](http://www.cairnsathletics.org.au)

**For information relating to the conditions of entry, program and general Competition for the Coral Coast Track and Field Carnival can be found at**  
[www.cairnsathletics.org.au](http://www.cairnsathletics.org.au)

Events will commence at 8.00am Saturday 23<sup>rd</sup> June and conclude approximately 2.00pm Sunday 24<sup>th</sup> June 2018  
If you cannot register on-line, please contact your club registrar or [carnivalcairnsathletics@gmail.com](mailto:carnivalcairnsathletics@gmail.com)

## **Fees**

Athletes 4 - 9yrs: \$30/athlete for any/all eligible events

Athletes 10yrs-Open: \$15 admin fee +\$5/event Dash for Cash extra \$15

Masters: \$40 per athlete for any/all

Dash for Cash Entry Fee: - \$15.00

Carnival Registration, Unregistered Athlete - \$20.00  
(athletes not registered with ANQ or another Athletics Australia affiliate)

Program: \$8.00

Nomination Fees are non-refundable.