

**CENTRAL QLD ATHLETIC CLUB INC.  
CHARLIE JOHNSON & PAUL TENNENT MEMORIAL  
TRACK & FIELD CARNIVAL**



Central Queensland University Oval  
Bruce Highway  
North Rockhampton



**DATE: 20-21 July 2019.**

	4,5 Yrs	6 Yrs	7 Yrs	8 Yrs	9 Yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15 Yrs	U/18	U/20	Open	Mast
60m															
80m															
100m															
200m															
400m															
800m															
1500m															
800m walk															
1500m walk															
3000m walk															
Sprint Hurdles															
Long Jump															
Triple Jump															
High Jump															
Shot Put															
Discus															
Javelin															
Hammer															

**IMPORTANT NOTES TO BE READ CAREFULLY**

- Athletes Ages **4,5,6,7,8, 9 yrs & Masters** will receive a **participation medal**.
- Age is ACTUAL AGE** in years at **31 December 2019**. Nomination forms **must** be fully completed
- Athletes **must** compete in their own **AGE** group. Athletes aged 20 to 29 years only can compete in open.
- Entries close Saturday 13th July 2019. No late or on day entries will be accepted.**
- Nominations and payments to be lodged on line with Athletics North Qld. If you have any problems with this please contact Carolyn on 0407763552.
- Non-Registered Athletes accepted. Must sign in as CQAC Trialist for carnival.
- The carnival will be run as per **IAAF** Rules. **N.B.** All throws & jumps events 10 years to Open 6 throws/jumps for top eight. Masters have 6 throws/jumps. 9yrs & under 3 throws/jumps.
- Enclosed shoes MUST be worn at all times for all events.**
- Spike shoes may be worn in age groups 10yrs & above in javelin, jumps & laned track events. Ages 13 & over may also wear spikes in unlaned track events. Spikes are to be carried to event starts & removed before leaving the event area.
- Club Athletes to compete in correct club uniforms with registration numbers
- Hammer competitors** cannot compete unless signed **written confirmation of competency** by an accredited Hammer Coach is provided **before the close of nominations. This can be emailed to the address at the bottom of this page.**
- High Jump** : The Flop is not allowed for ages 8,9 & 10. Ages 11 & above will compete using flop mats.
- All hurdle distances as per ANQ Age Limitation Table
- Enquiries to: Carolyn Johnson – 0407763552, 49282715 or e-mail carolynjohnson4@hotmail.com .
- Event Duties.** A carnival like this requires lots of assistance to run each event. As is common with most regional carnivals, clubs who are participating will be given a field area to look after during the carnival.

**Athlete information required for online registration.**

Name ..... Age ..... (as at 31/12/19)  
 Date of Birth ..... Male Female  
 Phone..... Email .....

Club Name..... Non-registered..... Your Bib Number .....

Register Online: <https://cqacarnival.eventdesq.com/>

**Nomination Fees**

Program Yes/No..... \$ 5.00 Each >\$.....  
 4-9yrs (Max 7 events) \$ 10.00 Total fee >\$.....  
 10yrs to Open \$ 6.00 Per Event. Quantity        x\$6.00 >\$.....  
 Masters (Max 8 events) \$ 15.00 Total Fee >\$.....  
**TOTAL** = \$.....

Please indicate if you can officiate. Yes/No. Which events \_\_\_\_\_

**Please keep this side of the form for future reference**