



2019 MACKAY TRACK & FIELD CARNIVAL
Saturday 4th May to Sunday 5th May
EVENT SELECTION

Your Name: _____

Information as at 10/03/2019 Read important notes on page 3.

	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
INDIVIDUAL TRACK EVENTS	4	5	6	7	8	9	10	11	12	13	14	15	U18	U20	O	MASTERS						
60m																						
80m																						
100m																						
200m																						
400m																						
800m																						
1500m																						
3000m																						
5000m																						
800m Walk																						
1500m Walk																						
3000m 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				
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 ****																						

COMBINED EVENTS	U16	U18	U20	O	MASTERS																		
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)																							
Heptathlon: Day 1; 90H/100H, HJ, SP, 200 Day 2; LJ, JT, 800		*	*	*																			
Decathlon: Day 1; 100, LJ, SP, HJ, 400 Day 2; 110H, DT, PV, JT, 1500		**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**

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

NOMINATIONS CLOSE SATURDAY 27 APRIL 11:00PM

<https://mackay2019.eventdesq.com/>

Contact us if you can assist in officiating or volunteer duties over the carnival

Entry Fees

Admin and Facility Fees	
Admin Fee (All Athletes)	\$10.00
Spectator Fee	The facility operators may charge a \$2 spectator fee each day (Athlete and Officials excluded from fee).
Day Registration Fee	\$20.00 Athletes who are not a financial member of an Athletics Club, are required to pay the day registration fee. This fee will cover both days of the carnival.
Individual Event Fee	
4-7yrs *	\$15.00 * Unlimited events in athlete age group only. Athletes aged 4 to 7 years receive a Participation Medallion and Result Certificate
8yrs to Open/Masters #	\$7.00 per event
Combined Event Fees	
Throw Pentathlon #	\$20.00
Heptathlon #	\$25.00
Decathlon #	\$25.00

1st, 2nd, 3rd Place Medallions awarded in each age group.

Draft Timetable and Nominate now online

<https://mackay2019.eventdesq.com/>

or www.mackayathletics.com.au or athleticsnorthqld.org.au

NOMINATIONS CLOSE SATURDAY 27 APRIL 11:00PM

Welcome to the Mackay Aquatic & Recreation Complex 193 Boundary Road, Ooralea, Mackay

Mackay Athletics Club now operates its club events from the Mackay ARC, a new facility opened in March 2019. The \$23.9 million project was cofunded by Mackay Regional Council and the Federal Government with the 12-hectare site contributed by CQUniversity via a long-term lease agreement.

The vision for this multi-facility precinct is to ensure it caters for the future growth of Mackay and meets the future planning needs for sport and recreation in the region.

As part of the Embracing 2018 Legacy Program the Complex has already received over 200 items of premium quality sporting equipment from the Commonwealth Games. To date, 120 hurdles, high jump beds, stands and bars, starters' stands, discus and hammer throwing nets, bench seating, and even a shotput return system have been delivered.



Other Services

Medal Engraving Service available over the weekend.

Commercial Canteen and Coffee Shop available.

Soft tissue work and strapping available.

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 available for this event.
2. Nomination is by way of online registration through the Mackay Athletics Club or ANQ websites and payment by Mastercard, Visa or Paypal at the time of registration. Nominations close Saturday 27 April 11:00pm. Late nominations will not be accepted. Nomination fees are non-refundable.
3. 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.
4. Athletes aged 14 and over may compete in their own age group and the open category.
5. There are no restrictions on the number of events a competitor may enter in his/her own age group.
6. 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.
7. ENTRIES CANNOT BE CHANGED ON DAY. NO LATE NOMINATIONS ACCEPTED.
8. Age is ACTUAL AGE IN YEARS as at 31st December 2019. Masters Athletes will be age on the 1st day of competition.
9. The 2019 Mackay Track & Field Carnival 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.
10. Events will commence at 8am Saturday 4 May, 2019 and will finish approximately 3.00pm Sunday 5th May, 2019.
11. A Program Timetable will be available on the Mackay Athletics / ANQ Website from Thursday 2 May.
12. All athletes are to compete in their representing clubs approved uniform and registered bib numbers.
13. Shoes must be worn for all throwing events and highly recommended for all other track events.
14. 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 of pyramid or christmas tree shape. Only exceptions are 9mm for javelin and high jump. Sharp spike types will not be allowed.
15. Pole Vaulters MUST supply their own Pole and be competent at the event.

Event Progression.

Athlete Age	Individual Field Events	High Jump / Pole Vault	Track
4 to 7yrs	3 trials each	N/A	Timed Finals
8 to 9yrs	3 trials each	Normal	Timed Finals
10yrs and over	3 trials each with top 8 going into 1 extra (4 in total)	Normal	Heats will be run where there are more than 8 athletes are entered in each age group/gender for the 100m, 200m, 400m and short hurdles.

Event Program and Final Timetable.

The final timetable and event program will be available to download free from the event website from Thursday 2 May 2019. Please note that printed copies may be limited or not available to purchase.

2019 MACKAY TRACK FIELD CARNIVAL - DRAFT EVENT TIMETABLE

SAT SESSION 1	4 5 GIRL	4 5 BOY	6 GIRL	6 BOY	7 GIRL	7 BOY	8 GIRL	8 BOY	9 GIRL	9 BOY	10 GIRL	10 BOY	11 GIRL	11 BOY	12 GIRL	12 BOY	SAT SESSION 1
8.00										LJ					SP	TJ	8.00
8.30													1500RW	1500RW	1500RW	1500RW	8.30
8.45											800RW	800RW					8.45
9.00								HJ			400 PREL	400 PREL	400 PREL	400 PREL	400 PREL	400 PREL	9.00
9.15																	9.15
9.30							SP				60H PREL	60H PREL	60H PREL	60H PREL		HT	9.30
9.45															80H PREL		9.45
10.00	60M	60M	60M	60M	60M	60M			DT		LJ	HJ	SP	SP	JT	90H PREL	10.00
10.10																	10.10
10.20																	10.20
10.30		SP			LJ	DT				SP							10.30
11.00							HJ				100M PREL	100M PREL	100M PREL	100M PREL	100M PREL	100M PREL	11.00
11.30																	11.30
11.45																	
SAT SESSION 2	4 5 GIRL	4 5 BOY	6 GIRL	6 BOY	7 GIRL	7 BOY	8 GIRL	8 BOY	9 GIRL	9 BOY	10 GIRL	10 BOY	11 GIRL	11 BOY	12 GIRL	12 BOY	SAT SESSION 2
12.00							DT		LJ	HJ	400M	400M	400M	400M	400M	400M	12.00
12.30	SP	DT												HJ	TJ	HJ	12.30
1.00	100M	100M	100M	100M	100M	100M	100M	100M	100M	100M	100M	100M	100M	100M	100M	100M	1.00
1.30																	1.30
1.45																	1.45
2.00	LJ		LJ	DT	SP		800M		800M		800M		800M		800M		2.00
2.30							800M		800M		800M	HJ	800M	HJ	800M	JT	2.30
3.00					60H	60H	60H	60H	60H	60H	60H	60H	60H	60H			3.00
3.30											SP				80H		3.30
3.45																90H	3.45
4.00												DT		3000M	3000M		4.00
4.20																	4.20
4.30																DT	4.30
4.45																	4.45
5.00																	5.00
SUN SESSION 3	4 5 GIRL	4 5 BOY	6 GIRL	6 BOY	7 GIRL	7 BOY	8 GIRL	8 BOY	9 GIRL	9 BOY	10 GIRL	10 BOY	11 GIRL	11 BOY	12 GIRL	12 BOY	SUN SESSION 3
8.00									HJ		1500M	1500M	1500M	1500M	1500M	1500M	8.00
8.30							DT						LJ				8.30
9.00											HJ		DT		PV	PV	9.00
9.30				LJ													9.30
9.45											200M PREL	200M PREL	200M PREL	200M PREL	200M PREL	200M PREL	9.45
10.00			SP			LJ		SP		DT					200H	200H	10.00
10.15																	10.15
10.30			DT				LJ				DT						10.30
11.00					DT	SP							LJ	DT			11.00
11.30			SP		200M	200M	200M	200M	200M	200M	200M	200M	200M	200M	200M	200M	11.30
SUN SESSION 4	4 5 GIRL	4 5 BOY	6 GIRL	6 BOY	7 GIRL	7 BOY	8 GIRL	8 BOY	9 GIRL	9 BOY	10 GIRL	10 BOY	11 GIRL	11 BOY	12 GIRL	12 BOY	SUN SESSION 4
12.00	DT	LJ										SP				LJ	12.00
12.30	80M	80M	80M	80M	80M	80M		LJ	SP				DT		LJ		12.30
1.00												LJ				SP	1.00
1.30																	1.30
2.00																	2.00
2.30																	2.30

DT = DISCUS SP = SHOT PUT JT = JAVELIN HT = HAMMER WT = WEIGHT THROW TP = THROW PENTATHLON LJ = LONG JUMP TJ = TRIPLE JUMP HJ = HIGH JUMP PV = POLE VAULT

TRACK DISTANCE FOLLOWED BY H = HURDLES RW = RACE WALK S = STEEPCHASE DEC = DECATHLON HEP = HEPTATHLON

2019 MACKAY TRACK FIELD CARNIVAL - DRAFT EVENT TIMETABLE

SAT SESSION 1	13 WOMEN	13 MEN	14 WOMEN	14 MEN	15 WOMEN	15 MEN	U18 WOMEN	U18 MEN	U20 WOMEN	U20 MEN	OPEN WOMEN	OPEN MEN	MASTERS WOMEN	MASTERS MEN	SAT SESSION 1
8.00	SP		3000RW	3000RW	3000RW	3000RW	3000RW	3000RW	3000RW	3000RW	3000RW	3000RW	3000RW	3000RW	8.00
8.30	1500RW	1500RW													8.30
8.45															8.45
9.00	400 PREL	400 PREL	400 PREL	400 PREL	400 PREL	400 PREL	400 PREL	400 PREL	400 PREL	400 PREL	400 PREL	400 PREL	400 PREL		9.00
9.15	HJ		TJ	HJ	TJ	HJ		TJ		TJ		TJ		TJ	9.15
9.30		HT	HT	HT	HT	HT		HT		HT		HT			9.30
9.45	80H PREL														9.45
10.00		90H PREL	90H PREL		90H PREL						PV	PV	60M	60M	10.00
10.10		TJ		100H PREL	100H PREL	100H PREL	100H PREL		100H PREL	100H PREL	100H PREL	100H PREL	100H PREL	100H PREL	10.10
10.20								110H PREL		110H PREL		110H PREL			10.20
10.30		SP	HJ		HJ			100M DEC		100M DEC		100M DEC		100M DEC	10.30
11.00	100M PREL	100M PREL	100M PREL	100M PREL	100M PREL	100M PREL	100M PREL	100M PREL	100M PREL	100M PREL	100M PREL	100M PREL	100M PREL	100M PREL	11.00
	JT	DT	SP	SP	SP	SP	LJ	SP PV-DEC	LJ	SP PV-DEC		PV-DEC		PV-DEC	
11.30	400M	400M	400M	400M	400M	400M	400M	400M	400M	400M	400M	400M	400M	400M	11.30
11.45															
SAT SESSION 2	13 WOMEN	13 MEN	14 WOMEN	14 MEN	15 WOMEN	15 MEN	U18 WOMEN	U18 MEN	U20 WOMEN	U20 MEN	OPEN WOMEN	OPEN MEN	MASTERS WOMEN	MASTERS MEN	SAT SESSION 2
12.00			LJ		LJ			LJ		LJ	SP	LJ	LJ	LJ	12.00
12.30								LJ DEC		LJ DEC		LJ DEC		LJ DEC	12.30
1.00	HT		DT	DT	DT	DT	HT	SP	DT	HT	DT	DT	HT	HT	1.00
1.30	100M	100M	100M	100M	100M	100M	100M	100M	100M	100M	100M	100M	100M	100M	1.30
1.45								SP HEP	SP DEC	SP HEP	SP DEC	SP HEP	SP DEC	SP HEP	1.45
2.00	800M		800M		800M		800M		800M		800M		800M		2.00
2.30		800M		800M		800M		800M		800M		800M	DT	800M	2.30
3.00	LJ	JT					DT	HJ DEC	DT	HJ DEC		HJ DEC		HJ DEC	3.00
3.30	80H											DT	80H		3.30
3.45	100H	90H	90H	100H	90H	100H	100H	110H	100H	110H	100H	110H	100H	100H	3.45
4.00	3000M	3000M	3000M	3000M	3000M	3000M	3000M	3000M						LJ	4.00
4.20	HJ								5000M	5000M	5000M	5000M	5000M	5000M	4.20
4.30															4.30
4.45															4.45
5.00							200 HEP		200 HEP		200 HEP		200 HEP		5.00
							400 DEC		400 DEC		400 DEC		400 DEC		
SUN SESSION 3	13 WOMEN	13 MEN	14 WOMEN	14 MEN	15 WOMEN	15 MEN	U18 WOMEN	U18 MEN	U20 WOMEN	U20 MEN	OPEN WOMEN	OPEN MEN	MASTERS WOMEN	MASTERS MEN	SUN SESSION 3
8.00	1500M	1500M	1500M	1500M	1500M	1500M	1500M	1500M	1500M	1500M	1500M	1500M	1500M	1500M	8.00
8.30	DT	LJ		LJ		LJ							HJ	HJ	8.30
9.00	PV	PV	PV	PV	PV	PV	PV	110H DEC		110H DEC		110H DEC		110H DEC	9.00
9.30							JT		JT		LJ	JT		HT	9.30
9.45	200M PREL	200M PREL	200M PREL	200M PREL	200M PREL	200M PREL	200M PREL	200M PREL	200M PREL	200M PREL	200M PREL	200M PREL	200M PREL		9.45
10.00	200H	200H	200H	200H	200H	200H		DT DEC		DT DEC		DT DEC	200H	200H	10.00
10.15							LJ HEP	400H	400H	LJ HEP	400H	400H	400H	400H	10.15
10.30	TJ		2000S	2000S	2000S	2000S	2000S	2000S	HJ	JT	JT	HJ	2000S	2000S	10.30
11.00			JT	JT	JT	JT	TJ		3000S	3000S	3000S	3000S	3000S	3000S	11.00
11.30	200M	200M	TP-WT	TP-WT	TP-WT	TP-WT	TP-WT	TP-WT	TP-WT	TP-WT	TP-WT		TJ	TJ	11.30
SUN SESSION 4	13 WOMEN	13 MEN	14 WOMEN	14 MEN	15 WOMEN	15 MEN	U18 WOMEN	U18 MEN	U20 WOMEN	U20 MEN	OPEN WOMEN	OPEN MEN	MASTERS WOMEN	MASTERS MEN	SUN SESSION 4
12.00															12.00
12.30													TP-WT	TP-WT	12.30
1.00			200M	200M	200M	200M	200M	200M	200M	200M	200M	200M	200M	200M	1.00
1.30							JT HEP	JT DEC	JT HEP	JT DEC	JT HEP	JT DEC	JT HEP	JT DEC	1.30
2.00							200M HEP		200M HEP		200M HEP		200M HEP		2.00
2.30							1500 DEC		1500 DEC		1500 DEC		1500 DEC		2.30

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