

# MEET SCHEDULE

SUNDAY, FEBRUARY 24, 2019

<b>KIDS (5-11 YEARS)</b>	<b>\$10 all events included</b>
<b>JUNIORS (12-15 YEARS)</b>	<b>\$5 per event</b>
<b>SENIORS (16 YEARS +)</b>	<b>\$5 per event</b>

**PLEASE REGISTER AND PAY ON THE DAY AT THE REGO OFFICE 40MINS PRIOR TO EVENT START TIME**

**IF BRINGING YOUR OWN IMPLEMENTS, WEIGH-IN WILL BE 40 MINS PRIOR TO THROWING EVENT START TIME. 4 ATTEMPTS AT FIELD EVENTS – NO FINALS**

## **THROW EVENTS: CHECK IN 20mins prior to start time at event area**

3:45pm: DISCUS	(Cage)	- Junior and Senior athletes
4:30pm: JAVELIN	(Hill end)	- Junior and Senior athletes
5:15pm: SHOT PUT	(Shot 1)	- Junior and Senior athletes
6:00pm: DISCUS	(Shot 1)	- Kids (3 Attempts)
6:00pm: HAMMER	(Cage)	- Junior and Senior athletes

## **JUMP EVENTS: CHECK IN 20mins prior to start time at event area**

3:30pm: LONG/TRIPLE JUMP	- Junior and Senior athletes
4:45pm: LONG JUMP	- Kids (3 Attempts)
5:00pm: HIGH JUMP	- Junior and Senior athletes

## **RUNNING EVENTS: CHECK IN 15mins prior to event start time**

3:30pm: 1500m	- Junior/Senior Female/Male
4:00pm: 100m	- Senior Female
4:10pm: 100m	- Senior Male
4:20pm: 100m	- Kids
4:30pm: 100m	- Junior Female
4:40pm: 100m	- Junior Male
4:50pm: 800m	- Senior/Junior Female
5:00pm: 800m	- Senior/Junior Male
5:10pm: 200m	- Senior Female
5:15pm: 200m	- Senior Male
5:20pm: 200m	- Junior Female
5:25pm: 200m	- Junior Male
5:40pm: 60m	- Kids
6:00pm: 400m	- Senior Female/Male followed by Junior Female/Male

*Presented by*

# **ALL-COMERS** *Summer* **TRACK MEETS**



**Townsville Sports Reserve - February 24 & March 15**

## **Participant Instructions**

Congratulations on your participation in the All-comers Summer Track Meets !! Please read all of these instructions carefully, as the structure of these meets is very different than that of a normal Club/School Meet, due to the high level nature of this event and the participants. If you have more questions about what to expect, please read the [Competition FAQ document](#). If you do not find the answer to your questions there, please contact ANQ at [events@athleticsnorthqld.org.au](mailto:events@athleticsnorthqld.org.au)

## **Parking**

We recommend parking on either Burke Street, Redpath Street or Rowland Street in that order to enter the venue through one of the two entrance locations provided. There is no cost to park. View the map for walking directions to these entrances.

## **Entry Fee**

The cost for Junior and Senior athletes only will be \$5 per event per athlete. All competitors must pay and register at the administration office located beside the finish line a minimum of 40mins before event start time. Athletes must register and pay for Events a minimum of 1 hour prior to meet start time.

## **Age Groups**

All age groups are determined by the athletes age as of the 31<sup>st</sup> of December 2019

- Kids 5 – 11 years of age (2014 – 2008)
- Junior U14 – U16 (2007 – 2004)
- Senior 16 years and up

## **Timing**

Finish Lynx photo finish timing

## **Early Registration**

Please send your entries via email to Robyn at ANQ events@athleticsnorthqld.org.au with the following info: First name, Last name, Gender and D.O.B. List all participating events.

## **Registration Procedure**

On the day entries and inquiries please direct them to the Administration Office located downstairs in the Photofinish building adjacent to the finish line. Look for the REGISTRATION and VISITORS/INFO Signs.

## **Come Prepared!**

As you may be aware, with the Townsville Sports Reserve, there will be ample amounts of seating in the grandstand but this is only shaded in the afternoon so marquees, camp chairs, hats, sunscreen and plenty of water won't go astray!

# **Athlete Requirements**

Athletes must register and pay for Events a minimum of 1 hour prior to meet start time. All athletes must wear appropriate footwear with the same rules as per club for metal spiked shoes. Waffle type running shoes permitted for all ages.

**10yrs:** laned track events & long jump only

**11yrs:** laned track events, long jump & high jump only

**12yrs:** laned and unlaned events, jumps & javelin.

**Spikes to be 7mm maximum. Only exceptions are 9mm for javelin and high jump.**

Please ensure you double (or even triple) check your event days and times as these may have changed.

**Marshalling times for events are as follows –**

- **All track events – 15 minutes prior** to scheduled start time at the Call Room located under the tree/viewing platform beside the 100m startline.
- **All field events – 20 minutes prior** to scheduled start time (please head straight to your field event area).

**WEIGH-IN:** If bringing your own implements, all items must be weighed in min. 30mins prior to the start of all throwing events. The announcer will call each event on the loud speaker approximately 20 minutes prior to the scheduled start time. Please do not rely on hearing the announcer to head to your event location area just in case you miss it. Once you have arrived at your event area, ensure your name is ticked off so the Officials are aware that you are present and intend to compete. If you are late or fail to have your name ticked off then you may miss out!!

**If you have any queries regarding general track and field rules the IAAF (International Associations of Athletics Federations) Rules and Regulations are available at the following link - <http://www.athleticsnorthqld.org.au/Competition/Rules-and-Technical-Information>**

## **Athlete warm-up/ track and field access**

Other than Officials and event staff, no one will be permitted on the track or infield prior to their Track event competition time. Do not attempt to get on the track to warm up, or for any other reason prior to your competition time.

You may be disqualified if you attempt to warm up on the track or infield. Warm-up is allowed on the warm up track behind the West Grandstand or on Field 2. [See map](#) for warm up field locations. YOU are responsible for keeping track of your events and reporting to events on time.

## **Reporting to and competing in Events**

**ALL TRACK EVENTS**, athletes will check in to the Call Room, located at the deck area under the big tree beside the 100m start line minimum **15mins prior** to their scheduled event start time.

From there, they will be escorted by event staff to the event starting line. Spikes are not to be worn until in the track area. At the conclusion of their race, athletes are to remain in their lane or in the finish area until an official allows athletes to leave the track.

Once permitted to leave, athletes must remove their spikes before exiting the track area to meet their families.

**FOR FIELD EVENTS**, athletes will check in a minimum of **20 minutes prior** to event start time. Parents can walk athletes up to the event area entrance. Athletes only 10 years and above may carefully enter the infield once the call for their event is made. Event staff will be available to escort athletes from the field entry area to their proper field event destination if guidance is needed. [See map](#) for event clerking tent locations.

Athletes who have a Field event and Track event on at similar times, must check in at their Field event first to advise officials of their Track event clash before checking into their running event at the Call Room.

**Track events always take precedence. Once the Track event is completed you must immediately return back to your Field event location and recheck back in with an Official to complete the remainder of your Field event.**

## Parental Assistance

Parents of athletes are encouraged to assist the Officials with the running of their Field events. There will be plenty of easy tasks such as raking the pit, spiking, retrieving implements, etc. Please remember that if there are not enough helpers at each event then your child's event will take longer and will also delay events later on in the timetable. It is expected to be quite hot being summertime so the more help at these events, the shorter amount of time your children will be out in the sun.

Please remember that the Officials are also volunteers, some of which travel interstate at their own expense in order to assist. Their role in the successful running of these meets is vital and rather thankless so if you have a spare second it would be great if you could show them your appreciation. A simple thanks goes a long way!

## Competition FAQ

### **Q. Can I add or scratch events?**

Athletes may only participate in the events they registered and paid for. If you would like to add or scratch an event, you should notify the Administration desk (located beside the finish line) during the athlete check-in period prior to the meet start. Athletes, if you need to scratch an event once the meet has started, please notify the Call Room staff for Track events (ALL running events) and Field event location officials once the call for your event has been made.

### **Q. How do I know when it is time for my event? Where do I go?**

Program of Events times are available for all events and calls will be made over the stadium speakers for each age group and event. When you hear the call to report for your event, you need to check in immediately. Do not wait for the call, please follow event times indicated.

**For all Track events**, athletes will check in at the Call Room, situated at the deck area under the big tree beside the 100m start line **15mins prior to their scheduled event start time**. [See map](#).

Once you check in, event staff will organize all athletes into their proper heats, and escort all athletes onto the track. Parents are not permitted in the clerking area or on the track. For our youngest athletes, an event staff member will be available to escort athletes from the exit point near the finish line if needed.

**For all Field events**, proceed to the proper field event area and **check-in with the event clerk 20 minutes prior to event start time** to warm up. Unlike at our regional meets, the field events are not open pit at this meet. Please listen for loudspeaker announcements to know when it is time for your age group to report to your field event. Parents are not permitted on the infield. For our youngest athletes, an event staff member will be available to escort athletes to and from the field event locations. [See meet schedule](#) for approximate field event times.

**Q. What if my field event is going on at the same time as my running event?**

Running events ALWAYS take precedence. If you hear an announcement for your running event while at a field event, check-out of the field event with the field event clerk and immediately proceed to the Call Room to check-in for your running event. Please immediately return to your field event to complete your jumps or throws as soon as you are done running. [See meet schedule](#) for event times.

**Q. Can my parent come with me to my event?**

Parental assistance is required at all Track & Field events. Parents can walk athletes up to the event area entrance. Event staff will be on hand to organize and escort all athletes from there. As athletes finish their races, parents will be able to interact with their athletes over the fence as they are in the finish line corral area, but will not be permitted to enter the finish line corral. All athletes will be released from the finish line area after the race to return to their families. Please stay away from the clerking area entrance until your child needs to check in to reduce congestion in this area.

### **Q. Will athletes be able to warm-up for Track events?**

Yes, but not on the main track or infield. You may be disqualified if you attempt to warm up on the main track or infield. All athletes will have access to field 2 for warm ups and the warm up track located behind the Western Grandstand from 7:00am. Field 2 is located behind the Long Jump pits and includes a turf field only. [See map.](#)

Please note it is your responsibility to be aware of what is happening inside the stadium and report back in time for your events if at any warm-up area.

### **Q. Will athletes be able to warm-up for Field events?**

For all Field events, proceed to your specified field event area and check-in with the event clerk 20 minutes prior to event start time to warm up.

### **Q. Can I use spikes and or starting blocks?**

Starting Blocks are allowed for all athletes. Spikes are allowed for the following athletes only

**10yrs & 11yrs:** laned track, long jump & high jump events only

**12yrs:** laned & unlaned events, jumps and javelin.

Spikes to be 7mm maximum. Only exceptions are 9mm for javelin and high jump.

### **Q. What should I do with my extra clothing layers before I race?**

Athletes may wear extra layers to the marshalling area to stay warm as they wait. Once it is time for their heat to be escorted to the start line, they will be instructed to take off any warm up layers and prepare to race. Athletes will pick up their clothing items from the finish line area at the finish of their race.



**Q. Where can I find results?**

Results will be available after the event at the administration office located beside the finish line.

**Q. Can I take photos?**

Photos may be taken but you may not enter the infield to take photos.

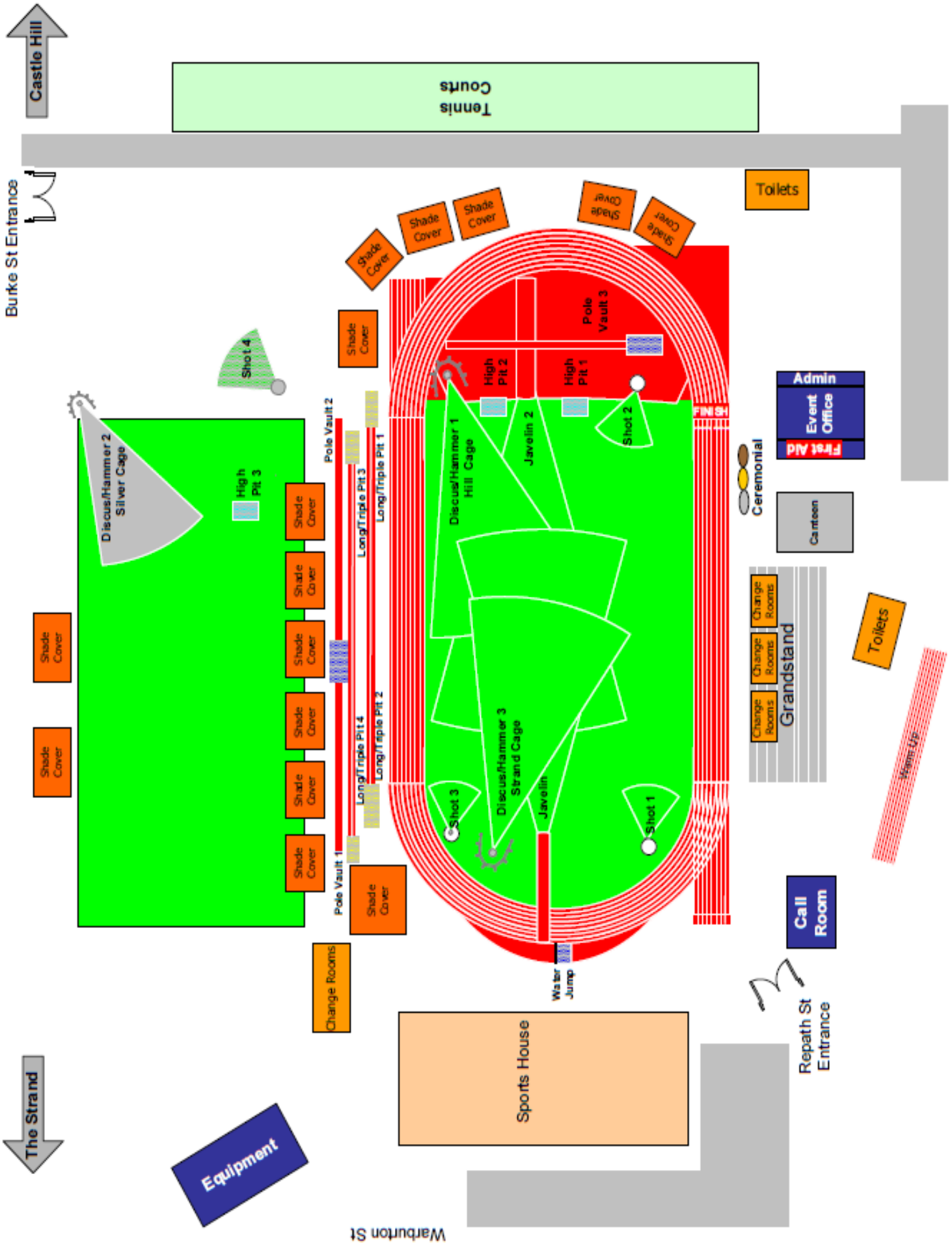
**Q. Where can I go if I have a question during the meet?**

Please direct questions to the Administration office near the Finish line, or to one of the competition staff. [See map.](#)

**Q. Where can I find water?**

It is recommended that you bring your own re-fillable water bottle. Water filling stations can be found within the stadium. Water will also be available for athletes to purchase from the canteen.





<b>TRACK EVENT</b>	<b>PERSONAL BEST</b>				
<b>60m</b>					
<b>100m</b>					
<b>200m</b>					
<b>400m</b>					
<b>1500m</b>					

<b>FIELD EVENT</b>	<b>PERSONAL BEST</b>				
<b>SHOT PUT</b>					
<b>DISCUS</b>					
<b>JAVELIN</b>					
<b>LONG JUMP</b>					
<b>TRIPLE JUMP</b>					
<b>HIGH JUMP</b>					

## Further Resources

Athletics North Queensland (ANQ)  
<http://athleticsnorthqld.org.au>



Queensland Athletics (QA)  
<http://www.qldathletics.org.au>



Athletics Australia (AA)  
<http://athletics.com.au>



### **CLUB VENUE**

Townsville Sports Reserve  
14 Warburton Street,  
North Ward  
TOWNSVILLE QLD 4810

### **CLUBHOUSE**

0 Rowland Street,  
North Ward  
TOWNSVILLE QLD  
4810

### **CONTACT US**

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[info@townsvillenorthstar.org.au](mailto:info@townsvillenorthstar.org.au)  
*Web:* [www.townsvillenorthstar.org](http://www.townsvillenorthstar.org)

### **CORRESPONDENCE**

Townsville North Star  
Athletics Club Inc.  
PO Box 621  
CASTLETOWN QLD