ANQ SQUAD
10-13 YEARS

Research

Athletics is a dynamic and thriving sport throughout the world that encompasses athletes of all ages and abilities. Long term development is the key to ensure the success of the athletes involved in any sport.

There is comprehensive scientific research in today's society that paints a clear picture that diversification in athletics outweighs specialisation for any athlete under the age of 16. By building a strong base for our young athletes we are ensuring they will have greater windows of opportunity to not only thrive in athletics, but in any sport they choose to do.

Programs Purpose

The ANQ Squads are a recognition and rewards program for North Queensland athletes that are achieving performances of high levels in track and field and out of stadia. For those athletes that are between the ages of 10 -13, it is also a developmental program targeted at building a more holistic athlete, that will assist them to perform better in their later years.

Programs Reward

Along with getting rewarded for their achievements, the athletes are also developing their technique across all disciplines, introducing conditioning programs, along with building the foundations for Running, Jumping, Throwing, Walking and Sprinting

How the Program works

There isn't Gold and Silver standards for this age group, just one membership.

The program requires athletes to be involved in running, jumping and throwing events to be accepted into the squad.

Athletes will receive points based on their performances per event. This is very similar to how the combined/ multi event work in competitions.

Traditional events will be run at club comp or other competitions, new events can be run in a club training environment.

The top 3 events that score the most points per event group will go towards the final point score. This means that athletes can't gain points that go towards the total score just from one event group, but must gain points from all three groups.

An event group means either Jumps, Running or Throwing

Once they get enough points, they will be accepted into the squad

10 – 13 YEARS POINT SYSTEM

10 YEARS
Minimum of 300 points per event group

Minimum of 1600 Points to get into the ANQ Squad

11 YEARS
Minimum of 300 points per event group

Minimum of 1700 Points to get into the ANQ Squad

12 YEAR BOYS
Minimum of 400 points per event group

Minimum of 2200 Points to get into the ANQ Squad

12 YEAR GIRLS
Minimum of 300 points per event group

Minimum of 2000 Points to get into the ANQ Squad

13 YEAR BOYS
Minimum of 400 points per event group

Minimum of 2400 Points to get into the ANQ Squad

13 YEAR GIRLS
Minimum of 300 points per event group

Minimum of 2200 Points to get into the ANQ Squad

Event Groups are Track, Jumps or Throws

The top 3 events that score the most points per event group will go towards the final point score. This means that athletes can't gain points that go towards the total score just from one event group, but must gain points from all three groups.

Events Offered

10 Years	11 Years	12 Years	13 Years
20m Beach Start	20m Beach Start	20m Beach Start	20m Beach Start
60m	60m	60m	60m
100m	100m	100m	100m
200m	200m	200m	200m
800m	800m	400m	400m
60m Walk Backwards	60m Walk Backwards	600m	600m
800m Walk	800m Walk	1500m	1500m
60m Hurdle / Sprint Back	60m Hurdle / Sprint Back	80m Walk backwards	80m Walk backwards
60m Hurdles	60m Hurdles	800m Walk	800m Walk
High Jump	High Jump	1500m Walk	1500m Walk
Long Jump	Long Jump	60m Hurdle / Sprint Back	60m Hurdle / Sprint Back
Standing Long Jump	Standing Long Jump	90m Hurdles	90m Hurdles
Shot Put	Shot Put	High Jump	High Jump
1kg M Ball Throw	1kg M Ball Throw	Long Jump	Long Jump
Discus	Discus	Standing Long Jump	Standing Long Jump
Vortex Throw	Vortex Throw	Pole Vault	Pole Vault
Cricket Ball Throw	Cricket Ball Throw	Shot Put	Shot Put
		Discus	Discus
		Javelin	Javelin
		1kg Overball Throw	1.5kg Overball Throw
		1.5kg M Ball Throw	1.5kg M Ball Throw
		Cricket Ball Throw	Cricket Ball Throw

RULES FOR NEW EVENTS

20m Beach

- Athletes are allocated one lane each
- Athletes will need to lie down, facing the ground, with their chins and elbows equal with the start line.
- Their hands must be underneath their chins.
- When they are ready, the starting commands are Set and Go. Athletes can only move on the Go command
- They have to sprint to the 20m finish line. Points will be awarded based on how quick they get to the finish line

60m Walk Backwards Race

- Athletes need to be facing the opposite direction of the finish line.
- The starting commands are on your marks, set, go
- When go is called, athletes must walk backwards (not run) as quick as they can until they reach the finish line
- Points are awarded based on how quick they get to the finish line

60m Run Backwards Race

- Athletes need to be facing the opposite direction of the finish line.
- The starting commands are on your marks, set, go
- When go is called, athletes must run backwards as quick as they can until they reach the finish line
- Points are awarded based on how quick they get to the finish line

60m Hurdle Sprint Race

- 5 hurdles (height depends on age specs) will be set up over 60m
- On the commands of on your marks, set, go, athletes will sprint to clear all hurdles and race to get to the 60m mark.
- Once athletes get to the 60m mark, they will then need to sprint down the side of their lane back to the finish line as quick as they can.
- Points will be awarded based on how quickly they finish both the hurdles and sprint component of the race.
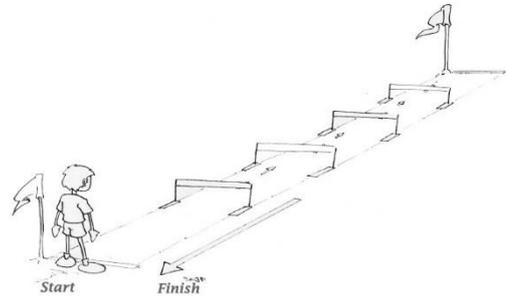
Safety note: for a 8 lane track, only 4 lanes will be set up for hurdles. This will allow room for the athletes to run down the side of them when they sprint back.

Standing Long Jump

- Each participant will be allowed three jumps. Jumps are not taken consecutively, but rather by rounds. Only the participants farthest jump will count in the competition. Jumps should be measured to the nearest 1/8 inch.

-Participants should be allowed one/two practice jumps prior to the start of competition.

- No part of the participants foot may cross over the edge of the scratch board/tape prior to the jump attempt. At the start of the jump, both feet must be parallel to one another. If any part of the foot crosses over the scratch board/tape, or if the contestant's feet are not parallel (i.e., they are staggered) at the beginning of the attempt, the jump is a "scratch"-- that is, it counts as an attempt, but does not count for distance.

 - The jump is measured from the front edge of the scratch board/tape to that part of the participant's body that lands closest to the scratch board/tape at the completion of the jump. In other words, if a child falls or steps backwards, the jump will be measured to their hand/foot/whatever closest to the scratch board/tape. Children should walk out of the FRONT of the pit area/jumping area to avoid unnecessary penalty.

-In case of a tie, a tie will be awarded; there is not a "jump off"; ties are not broken by the next farthest jump.

-Points are awarded based on how far the athlete jumps

Cricket Ball/ Vortex Throw

Procedure is carried out in a 5-m area. After a short run-up the participant throws the vortex/cricket ball into the throwing area from a foul line. Safety Note: As safety is critical in the Kids-Javelin Throwing competition, only assistants are allowed to be in the throwing (landing) area. It is strictly prohibited to throw the javelin back to the foul line.

Points will be awarded based on how far the implement is thrown from the throw line to where it implement lands.
There is no rules on how to through the implement.

M Ball and Overball Throw

- Athletes either can stand in the discus circle or on a mat.
- They can throw the balls with any technique (underarm, overarm, backwards, forwards etc)
- They must attempt to throw it with 2 hands.
- They will need to throw the ball in one direction, and will be using the sectors lines, same as shot put and discus. If they throw outside of these lines, it is a no throw.
- Points will be awarded on how far they throw.