



# Annual Winter Track and Field Carnival

University of the Sunshine Coast Athletics Track, Chancellor Park

Sunday 23<sup>rd</sup> June 2019



Event	Under					Open	Masters			Para-Aths
	10	12	14	16	18		40+	50+	60+	
100m										
200m										
400m										
800m										
1500m										
3000m										
300m Walk										
700m Walk										
1500m Walk										
3000m Walk										
Hurdles										
80m Female										
90m Female										
100m Female										
90m Male										
100m Male										
110m Male										
Long Jump										
Triple Jump										
High Jump										
Shot Put										
Discus										
Javelin										
Hammer										
<b>Under</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>	<b>18</b>	<b>Open</b>	<b>40+</b>	<b>50+</b>	<b>60+</b>	<b>Para-Aths</b>

### Age Limitations

- 400m - 10 yrs
- 800m - 10 yrs
- 1500m - 10 yrs
- 3000m - 14 yrs
- Javelin - 10 yrs
- Triple Jump - 10 yrs

N.B.

- Age for all athletes will be as at 31st December 2019
- Online and postal entries close on Wednesday 19<sup>th</sup> June 2019
- Medals will be awarded to place getters in all events.

Late Nominations close :  
1hr prior to Track Events and  
30min prior to Field Events

Name :

Date of Birth

Age

Male

Female

/ /

Address

Town / City

Post Code

Phone

QA, LAQ, QMA Reg No.

Club

Email

### FEES

Open, Masters, Para \$10.00 per event

\$

U10 - U18 \$8.00 per event

\$

Track Fees

\$4.00

Total Enclosed

\$

### Please Note

Late Nomination : \$20.00 flat fee per event : U10 - Masters

Entry Forms need to be posted to : USCAC, P.O. Box 7858, Sippy Downs, QLD, 4556

Postal nominations need to be received by Wednesday 19/06/19 or late fees will apply.

Electronic Funds Transfer – USCAC : BSB 124-161 : Acct No. 20193101

For online entries go to [www.qldathletics.org.au](http://www.qldathletics.org.au)

Nomination Forms will not be processed without correct fees

For more information contact **Bryce Phillips** - 07 5476 8233

Athlete/Parent Assistance as Official

Name

Events



# University of the Sunshine Coast Athletics Club Inc.

## Annual Winter Track and Field Carnival

Date : Sunday 23<sup>rd</sup> June 2019

Venue : University of the Sunshine Coast, Sippy Downs Drive, Chancellor Park, QLD



### Morning Program :

### Afternoon Program :

TRACK		
Time	Age	Event
8.00am	U16, U18, Open, Masters Men	3000m
8.00am	U16, U18, Open, Masters Women	3000m
8.15am	U18, Open, Masters Men	3000m Walk
8.15am	U18, Open, Masters Women	3000m Walk
8.45am	Open Men	110m Hurdles
8.45am	U18 Men	110m Hurdles
8.45am	U16 Men	100m Hurdles
8.45am	Open Women	100m Hurdles
8.45am	U18 Women	100m Hurdles
8.45am	U14 Men	90m Hurdles
8.45am	U16 Women	90m Hurdles
8.45am	U14 Women	80m Hurdles
9.15am	Open - Masters men	800m
9.15am	U10 - U18 Men	800m
9.15am	Para Men	800m
9.15am	Open - Masters Women	800m
9.15am	U10 - U18 Women	800m
9.15am	Para Women	800m
10.15am	Open - Masters Men	100m
10.15am	U10 - U18 Men	100m
10.15am	Para Men	100m
10.15am	Open - Masters Women	100m
10.15am	U10 - U18 Women	100m
10.15am	Para Women	100m
11.15am	Open - Masters Men	400m
11.15am	U12 - U18 Men	400m
11.15am	Para Men	400m
11.15am	Open - Masters Women	400m
11.15am	U12 - U18 Women	400m
11.15am	Para Women	400m
11.45am	Men	100m Finals
11.45am	Women	100m Finals

Field		
Time	Age	Event
8.30am	Para/Men/Masters	Long Jump
8.30am	U10 Boys/Girls	Long Jump
8.30am	Masters Men & Women	Triple Jump
8.30am	U14 - U16 Women	Discus
9.00am	U14 Girls	Long Jump
9.00am	U18 - Open Women	High Jump
9.00am	U16 Women	Shot Put
9.00am	U12 Girls	Discus
9.00am	Masters Women, Para	Javelin
9.30am	U14 Men	Long Jump
9.30am	U18 - Open Men	High Jump
9.30am	U16 Men	Shot Put
9.30am	U12 Boys	Discus
9.30am	Masters Men, Para	Javelin
10.00am	U16 Women	Long Jump
10.00am	U12 Girls	Triple Jump
10.00am	Masters Women	Shot Put
10.00am	U18 - Open Women	Discus
10.00am	U14 Girls	Javelin
10.00am	U16 Men	Long Jump
10.30am	U12 Boys	Triple Jump
10.30am	Masters Men	Shot Put
10.30am	U18 - Open Men	Discus
10.30am	U14 Boys	Javelin
11.00am	U18 - Open Women	Long Jump
11.00am	U18 - Open Men	Long Jump
11.00am	U12 Girls	High Jump
11.00am	U14 Girls	Triple Jump
11.00am	Para Women	Shot Put
11.00am	U10 Boys/Girls	Discus
11.00am	U16 Women	Javelin
11.30am	U12 Boys	High Jump
11.30am	U14 Boys	Triple Jump
11.30am	Para Men - Pit 1	Shot Put
11.30am	U10 Boys/Girls - Pit 2	Shot Put
11.30am	U14, U16, U18 & Open	Hammer

TRACK		
Time	Age	Event
1.00pm	U10 Boys	300m Walk
1.00pm	U10 Girls	300m Walk
1.00pm	U12 Boys	700m Walk
1.00pm	U12 Girls	700m Walk
1.00pm	U14 - U16 Girls	1500m Walk
1.00pm	U14 - U16 Boys	1500m Walk
1.45pm	Open - Masters men	200m
1.45pm	U10 - U18 Men	200m
1.45pm	Para Men	200m
1.45pm	Open - Masters Women	200m
1.45pm	U10 - U18 Women	200m
1.45pm	Para Women	200m
2.30pm	Open - Masters Men	1500m
2.30pm	U12 - U18 Men	1500m
2.30pm	Open - Masters Women	1500m
2.30pm	U12 - U18 Women	1500m
3.15pm	Men	200m Finals
3.15pm	Women	200m Finals
3.30pm	Men	400m Finals
3.30pm	Women	400m Finals

Field		
Time	Age	Event
1.00pm	U12 Boys	Long Jump
1.00pm	U14 Boys	High Jump
1.00pm	U16 Men	Triple Jump
1.00pm	U18 - Open Men	Javelin
1.00pm	U18 - Open Men & Women	Shot Put
1.30pm	U12 Girls	Long Jump
1.30pm	U14 Girls	High Jump
1.30pm	U16 Women	Triple Jump
1.30pm	U18 - Open Women	Javelin
1.30pm	U14 - U16 Men	Discus
2.00pm	U16 Men	High Jump
2.00pm	U18 - Open Men	Triple Jump
2.00pm	U14 Boys Pit 1	Shot Put
2.00pm	U14 Girls Pit 2	Shot Put
2.00pm	U12 Boys	Javelin
2.30pm	U16 Women	High Jump
2.30pm	U18 - Open Women	Triple Jump
2.30pm	Masters Men & Women, Para	Discus
2.30pm	U12 Girls	Javelin
3.00pm	Masters Men & Women	Long Jump
3.00pm	U12 Boys Pit 1	Shot Put
3.00pm	U12 Girls Pit 2	Shot Put
3.00pm	U16 Men	Javelin

#### Rules of Competition

- The age of the competitors is age at the end of the year 31/12/2019. e.g. Competitors in Under 10 events must be 8 or 9 years old.
- Where an event is not included for a particular age group, entry will be accepted for the next age group that caters for that event subject to QA Age Limitations.
- Athletes may compete in Open events as well as their own age groups.
- Events with fewer than three competitors may be cancelled with the competitors placed in a higher age group.
- Masters' events may be varied subject to the number of competitors.
- Club Athletes to compete in Club uniform. Others to compete in sports uniforms.
- Events will be run as per IAAF Rules with local variations as required.
- Field Events (excluding High Jump) will be limited to three trials per competitor.
- Medals will be awarded to place getters in all events
- This event for U14 to Masters and Para Athletes is a QA Silver Permitted Event**

Phone Enquires : Bryce Phillips (07) 5476 8233