

2010 METROPOLITAN EAST 10 – 19YRS TRACK & FIELD TRIALS

1. **Date/s & Venue:**

ALL TRACK AND FIELD EVENTS

Thursday	2 September	8:30am – 4:30pm &
Friday	3 September	8:30am – 4:00pm

Qld Sport & Athletic Centre - MAIN STADIUM
Kessels Road
Nathan
BRISBANE

PLEASE NOTE THAT THIS YEAR'S TRACK & FIELD TRIALS WILL BE CONDUCTED AS A COMBINED PRIMARY AND SECONDARY SCHOOLS EVENT, AGES 10 – 19 YEARS.

2. **Convenors**

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3. **Age Groups**

10 years & Under	born 2000
11 years & Under	born 1999
12 years & Under	born 1998
13 years & Under	born 1997
14 years & Under	born 1996
15 years & Under	born 1995
16 years & Under	born 1994
17 years & Under	born 1993
19 years & Under	born 1991

NB: Competitors may compete in their own age group only

Information on 13 Year Old Students in Primary School

- In 2010, all primary school students born in 1997 (ie 13 years old in 2010) compete at representative level in competition arranged by Queensland Secondary School Sport. To best cater for these students, it has been confirmed that the following arrangements will be in place for the 2010 Metropolitan East 10 – 19yrs & Under Track & Field Trials.
- Primary school students born in 1997 MAY compete at their primary district trials in 13 year old events if offered.
- Primary school students born in 1996 will be required to compete at the Metropolitan East 10 – 19yrs Track & Field Trials to be held at the Qld Sport & Athletic Centre on 2 & 3 September 2010.
- To nominate for these trials, primary students born in 1997 are required to submit verified times and distances (**Appendix K**) from either their district sport trial, or from a sanctioned Queensland Little Athletics meet. These nominations must be signed by the District Trial Convenor or by an accredited coach. Times and distances from the four Primary Districts will be submitted and checked and Districts will be notified of the students who have been selected. The selected athletes will then attend the 2010 Metropolitan East 10 – 19yrs Track & Field Trials on 2 & 3 September. **Forms must be submitted to the District Track & Field Convenor.**
- Alternatively, students who are enrolled in P-12 schools may choose to nominate through their secondary department and attend their secondary school carnival and subsequent secondary district trial to gain selection to attend the 2010 Metropolitan East 10 – 19yrs Track & Field Trials. These students, if selected, would be considered to be representing their secondary school and should be nominated as such.

4. **Timetable of Events**

On the competition day, if students are advised that there are insufficient competitors for heats to be conducted, the final of that event may be conducted at the designated heat time.

In 2010, 10 – 12yrs students will be able to compete at the Metropolitan East 10 – 19yrs Track & Field Trials in the **Multi Event** (Tetrathlon – 100m, 800m, Long Jump and Shot Put). Students who choose to compete in this event are still eligible for individual events. Nominations for this event will be the same as other events. Please see **Appendix A** for events.

5. **Nominations: 13 – 19yrs (Secondary)**

- In 2010 each Secondary District is allowed **one (1) automatic entry per event** (both track and field events) plus **ANY** other students who meet **Regional Qualifying Standards** (See **Appendix E**). **No substitutions will be accepted on the day of the trial.**

Please note that if more competitors than the automatic entry are nominated in a particular event all competitors nominated in that event must have met the regional qualifying standard.

The organisers reserve the right to limit the number of nominations per event. Districts will be advised if all nominations are not accepted.

* **Track Events:** A maximum number of heats will be conducted for all 100 and 200m events. All other track events (400, 800m and sprint and circular hurdle events) will be conducted as **timed finals**. Total fields for 1500m and 3000/5000m events will be governed by IAAF regulations on field sizes.

Athletes with a Disability must be nominated through their District. No nominations will be accepted if not nominated by their District.

* **Field Events:** A maximum of 24 competitors will be accepted.

All Athletes, including Athletes with a Disability, will compete in their corresponding age groups in field events. There are no separate Field Events for AWD athletes.

Please be advised that there will be **no competition for Pole Vault, Hammer, Walk and Long Hurdle** events. Paper nominations will be used for these events. Please use **Certificate of Competence (Appendix H)** for Pole Vault, Hammer and Walk Nominations. Please use **Long Hurdle Nomination Form (Appendix I)** for nominating students for 400m Long Hurdle selection.

Nominations: 10 – 12yrs (Primary)

- Each Primary District is restricted to **six (6)** nominations per event for Track and **six (6)** for Field. No substitutions will be accepted on the day of the trials.
- Please note that **Appendix D** lists recommended Heights and Distances for Primary School students. Districts are encouraged to use these as a guide when selecting their District team.
- **Athletes with a Disability must be nominated through their District. No nominations will be accepted if not nominated by their District.**
- **All Athletes, including Athletes with a Disability, will compete in their corresponding age groups in field events. There are no separate Field Events for AWD athletes.**

Qualifiers for Track Finals

- **All students should be advised that if there are insufficient competitors for heats to be conducted, the final of that event may be conducted at the designated time for those heats.**

2 Heats: The first three (3) placegetters in each heat and the next three (3) fastest times.

3 Heats: The first two (2) placegetters in each heat and the next three (3) fastest times.

6. **Footwear**

- Athletes will be competing on a tartan surface in all track and field events. Athletes should have appropriate foot protection for a tartan surface. **Footwear must be worn in all Field Events.**
- Maximum allowable spike length is per IAAF Rules.

7. **Starting Techniques: 13 – 19yrs ONLY**

- It should be brought to the attention of 13 – 19yrs students competing in events up to and including 400 metres, that they will be required to utilise **a crouch start technique with blocks** at the Regional Trial. Standing starts will not be permitted and if used

may constitute a break against the athlete. This same rule will apply at the State Championships.

- The organisers will provide starting blocks and no other blocks may be used. Athletes should know their block settings so that alterations can be completed as quickly as possible.
- ***Please be advised that as per IAAF Rule 162 (adopted by Qld Secondary Schools Athletics Committee) athletes aged 16yrs and above will be disqualified for a false start. Students aged 13, 14 & 15yrs may be given one warning for a false start. Athletes should be advised of this change to the competition rules.***

Starting Techniques 10 – 12yrs ONLY

- Regulation starting blocks will be supplied for use if required.

8. Marshalling for Events

- **Track Events:** Track Marshalling shall be conducted in the Terrace Area which is at the Northern End of the main grandstand.

All students register their intention to compete for events at the marshalling area at least **50 minutes** prior to their event. Students who fail to register by the appropriate time will be disqualified from the event. Students may register for all of their events on that day, on arrival at the track. If within 15 minutes of the scheduled event there are insufficient competitors to run heats, the convenor reserves the right to run the final for the event at that time. Athletes must return to the marshalling area no later than 15 minutes before the scheduled start time of the event.

- **Field Events:** Students are to marshal at the field event, when called by the announcer.

9. Basis for Competition

- Events shall be conducted according to the IAAF Handbook wherever possible; however, the Organising Committee reserves the right to modify events and/or procedures where necessary, to suit the requirements of these particular trials.
- **Clashes between Track and Field events:** Students must first report to field event to notify officials of their intention to compete, **THEN** compete in track event and immediately return to the field event. Students will be eligible to rejoin the field event at the current competition round.
- Electronic timing will be used.
- Competitors may provide their own equipment for throwing events only. Any student wishing to use their own equipment must present the equipment for weighing and certification before 8:00am on the day of competition. Please note that the official certifier will keep this equipment until the warm-up period for the event and all certified equipment will be available for use by any competitor in the event.

10. Trophies and Awards

- The following trophies and awards will be made at the 2010 Trials.

◇ **Best Performances in each Age Group - Boys & Girls Track Events.**

- ◇ **Best Performances in each Age Group - Boys & Girls Field Events.**
- ◇ **Ribbons for 1st, 2nd and 3rd in all events.**

- Track and Field event place ribbons will be distributed at the completion of the event.
- A complete set of finals results will be available on the Metropolitan East web site at: www.meteast.com.au as soon as possible after the trials.

11. **Canteen**

- A Canteen will be in operation for the two days of the Trial. Nutritional food will be on sale such as salad rolls, fruit, etc as well as hot and cold snacks, drinks, etc.
- Lunches and refreshments will be provided for Regional Officials only. Each nominated official will receive a meal ticket at a briefing meeting prior to the start of competition on each day.

12. **Coaching During Competition**

- Coaches and athletes should be advised that coaching during competition from areas outside the competition arena (fence) is allowed under IAAF rules. Coaches, however, are still not allowed to enter onto the arena during competition, nor are athletes allowed to leave their competition area. Either of these infringements will result in disqualification of the athlete.

13. **Sports Medicine**

- Sports Medicine personnel will be in attendance for the duration of the trials. It is the responsibility of the District Managers to follow through with any first aid or medical treatment required by their athletes.

14. **Spectators**

- School students, parents, etc are most welcome to attend the Regional Trial.

15. **Qualifiers for State Track & Field Championships**

- The **2010 Queensland Secondary Schools Track & Field Championships** will be held at the Qld Sport & Athletic Centre, Nathan, Brisbane from 21 – 24 October 2010.

Metropolitan East will be allowed one (1) automatic nomination per event. Further nominations may be accepted, provided ALL (including automatic) nominations satisfy the state qualifying times/distances.

It is important to note that attaining the qualifying standard in an event is NOT a guarantee of selection in the Regional Team.

Athletes with a Disability must also meet State Qualifying Standards and are restricted to no more than five (5) events at the State Championships.

- The **2010 State Primary Championships** will be held at the Townsville Sports Reserve, Townsville from 15 – 16 October 2010.

The maximum number of entries allowed per Region will be:

- a) 200 and 800m track events – 3 per event.
- b) 100m track events – 4 per event.
- c) All field events – 3 per event.

- d) Multi Event – 2 per event
 - e) All relays – 1 team per event.
- Students should be advised in advance that, if they qualify as members of the Regional Team they will be required to purchase the Regional Track and Field uniform to be worn at the State Championships and pay a team levy.

16. **Regional Team Selection**

- a) Any student wishing to be considered for selection in the Metropolitan East Team, but is unable to compete at the Metropolitan East Regional Trials due to illness, injury or absence due to competing at a sporting event of a higher level, **MUST SUBMIT** a written request on **Appendix J: Regional Selection – Absent Competitor Form**.
- b) These students **must be initially selected in their respective District team** to warrant consideration for selection in the Metropolitan East Regional team.
- c) **The absent competitor form must be delivered to the Convenor before 8:00am** on Thursday 2 September 2010. If injury or illness occurs on or after Day 1 and special consideration is required for events scheduled for Day 2, the absent competitor form must be delivered to the convenor by 8:00am on Friday 3 September 2010.
- d) This request must include:
 - Reason for inability to compete (*doctor's certificate if due to injury or illness.*)
 - Recent competition performances.
 - Be signed by the Sport Coordinator or School Track & Field Coordinator.
- c) The Track and Field Committee will consider such applications and advise in due course if the student is to be included in Metropolitan East Team.

17. **Athletes with a Disability**

- **For 2010, Athletes with a Disability are required to compete at the regional trial to gain selection in the Metropolitan East Team. These students MUST be nominated through their District. NO nominations will be accepted directly to the Sports Office.**
- Before competition, Students with Disabilities are required to show proof of their classification by presenting their classification card. This card is sent to students, by their classifying organisation, once they have been formally classified. More information about classification can be accessed from the Met East Website at: www.meteast.com.au
- The following events will be available for Athletes with a Disability:

<u>Track</u>	<u>Field</u>
100m	Long Jump
200m	Shot Put
400m	Discus
800m	
1500m	

- All competitors will be able to enter a maximum of **five (5)** events.
- Athletes must meet qualifying times for each event (**See Appendix L**). Times must be from a recognised athletic competition, eg. School Carnival, QA Carnival, State Carnival, etc. **For the 2010 Metropolitan East trials dispensation will be granted to**

allow wheelchair athletes who do not have an officially recognised qualifying time to compete at the trials so long as they compete in a racing chair.

- Students selected in the regional team to compete at the State Championships will need to purchase the Metropolitan East team uniform and will be required to pay a team levy.
- AWD in 2010 are able to compete in AWD events and abled bodied events at the same meet. An AWD can choose to compete in either an AWD event or an abled bodied event but can not compete as both in the same event.
- **The Nomination Form – Athletes with a Disability (Appendix M: 10 – 12yrs and N: 13 – 19yrs)** must be returned to the District Convenor.
- Should you have any further queries or concerns please contact Rob Wilson on 0403 432 664 or the Regional Sports Office on 3245 0288.