

CERTIFICATE OF COMPETENCE / QUALIFICATION

Competitions in Hammer Throw, Pole Vault and Walk events at the 2010 Queensland Secondary Schools Track and Field Championships are required to produce a Certificate **signed** by an **accredited coach** in these events (minimum Level One A.T. & F.C.A. qualification), stating they are competent in the execution of the event and that they have achieved the set **State qualifying standard**.

Competency for the purposes of this certification means that the student can execute the technique at a standard which is not likely to cause an unreasonable risk to the safety of, themselves, other competitors, or officials and satisfies the rules of the event.

This certificate must accompany the nomination of the student.

**This form must be returned to the Metropolitan East School Sport Office NO LATER than
3:00pm FRIDAY, 27 AUGUST 2010.**

Fax: 3245 0255

Email: marisa.jones@deta.qld.gov.au

Name of Student: _____ Date of Birth: _____

School: _____ School No: _____ Region: **METROPOLITAN EAST**

Event: _____ Age Group: _____ Height/Distance/Time: _____

CERTIFICATION

1, _____ (name of accredited coach) certify that the above mentioned student is competent in the execution of the technique required for the **pole vault / hammer throw / walk** (delete that which is not applicable) event.

Signed: _____ Qualification: _____

2010 State Qualifying Standards

Please refer to the equipment specifications and the State Qualifying Standards listed below.

Hammer Throw	Boys 15yrs & Under	4.0 kg	33m
	Boys 17yrs & Under	5.0 kg	35m
	Boys 19yrs & Under	6.0 kg	32m
	Girls 15yrs & Under	4.0 kg	25m
	Girls 17yrs & Under	4.0 kg	27m
	Girls 19yrs & Under	4.0 kg	27m
Pole Vault	Boys 15yrs & Under		2.30m
	Boys 17yrs & Under		2.70m
	Boys 19yrs & Under		3.00m
	Girls 15yrs & Under		2.00m
	Girls 17yrs & Under		2.00m
	Girls 19yrs & Under		2.00m
Walk	Boys 13yrs & Under	1500 metres	9.00.0
	Boys 15yrs & Under	3 km	18.40.0
	Boys 17yrs & Under	5 km	29.00.0
	Boys 19yrs & Under	5 km	28.00.0
	Girls 13yrs & Under	1500 metres	9.20.0
	Girls 15yrs & Under	3 km	19.00.0
	Girls 17yrs & Under	5 km	32.00.0
	Girls 19yrs & Under	5 km	32.00.0

(Please note that these standards are subject to ratification by the QSS Athletics Committee)