



CHAMPIONSHIP INFOMATION

Parents, Athletes and Technical officials are advised to read the following very carefully

1. START OF EVENTS

Events will commence at 12pm Friday 23rd September and will finish approximately 3.00pm Sunday 25th September 2022. Changes may be required to the timetable in line with athlete entries.

2. RULES

The Championship will be conducted according to the rules of World Athletics, World Para Athletics, Athletics Australia, and Athletics North Queensland

3. AGE RULING

Age is actual age in years as of 31st December 2022. Masters Athletes (athletes over the age of 30) will compete in their age based on the 1st day of competition

4. COMPETITION BIBS

ANQ athletes must wear their bib number. Athletes from QA or other States must wear their membership bib.

Members of a Recreational Running club/Group and School Base Members are not required to wear a membership bib in their events.

The competition bibs used to competitors for these Championships must be worn on the front and back of your competition uniform, except in the Jumping Events, where one bib may be worn on the front of the torso or back only, so the entire number and sponsorship information can be easily read. No part of the number shall be folded under the uniform.

Athletics North Queensland will enforce World Athletics rule 143.8, which renders an athlete liable to disqualification if s/he tampers in any way with the competition number



5. UNIFORMS

All club athletes should wear their Club uniform and bib.

ANQ school base members and QA Base members are permitted to wear plain sports apparel.

No unauthorised advertising may be worn. Any athlete who wears non permitted advertising (ie. other than clothing manufacturer's logo or approved club sponsor logos of the permitted Please refer to World Athletics Ad regulations for further information.

6. TIMETABLE

A Draft timetable is available on the ANQ website. The timetable is subject to change when registrations are finalised in September. The Final timetable will be available on the ANQ website and will be sent out to all competitors 4 days out from the start of competition. Timed finals maybe held at the discretion of the Competition Director

7. MULTICLASS EVENTS

Para-Athlete that supply a classification, who are 10 years and above enter in own age division. MSD Charts will be used at these championships to determine the placings. All para athletes will be competing with the U18 Female event slots.

The NQ Championships also include the TF21, RR1, RR2 and RR3 classifications. Athletes with a RR1, RR2 and RR3 classification are only able to compete in the 60m and 100m.

8. SCRATCHING'S

If an athlete fails to scratch (remove themselves) from an event after confirmation or does not compete in all rounds of an event for which s/he has nominated for, s/he may not be permitted to compete further as outlined in World Athletics Rule 142.4 . This ruling will be applied to all athletes above the age of 10.

9. CALL ROOM PROCEDURES

Athletes must report to the Call Room no less than **15 minutes before the scheduled starting time of their TRACK event** to advise their intention to compete. The Call Room will be located on the back straight underneath the red shade cover near the 200m start line.

Athletes must report to the Call Room not less than **15 minutes before the scheduled starting time for their FIELD event** to advise their intention to compete. **Athletes should be at the event site 30-60 minutes before the event start time for warm up.** Failure to comply with this Rule may result in the athlete being scratched from that event.

Athletes 9 years and below competing in Track events will be marshalled on **the TRACK 15 minutes before the scheduled starting time.**

10. PROGRESSIONS

AGE	INDIVIDUAL FIELD EVENTS	HIGH JUMP	TRACK
4 – 7 Years	3 trials each	N/A	Timed Finals
8 – 11 Years	3 trials each	Normal	Timed Finals
12–17 Years, Masters	3 trials each with top 8 going into 1 extra round (4 in total)	Normal	Heats will be run where there are more than 8 athletes entered in each age group/gender for the 100m, 200m, 400m and short hurdles.
18 – 19 Years, Open	3 trials each with top 8 going into 3 extra rounds (6 in total)		Heats will be run where there are more than 8 athletes entered in each age group/gender for the 100m, 200m, 400m and short hurdles.

Athletes, who will be using a heavier implement weight for 2023 Nationals are permitted to 2 extra throws of the heavier implements at the conclusion of their event. These extra trials will not go towards any medals or final placings, these trials will be classed as exhibition throws.

11. PRIVATE IMPLEMENTS

Athletes who wish to include their own throwing implements in the Championships equipment pool (private implements may be used by any athlete in the competition) must lodge them with the Technical Manager at the Technical Equipment Room, no later than three hours before the scheduled starting time of the particular event on the day of competition or on a previous day. The implements will be impounded until after the competition when athletes may collect them from the Technical Equipment Room. A list of implements offer at these Championships can be viewed below.

Competition Pool implements planning to be available at the start of competition include:

Shot Put	Javelin	Discus
7.26kg Elite 128mm	800g Comet Nordic 11.4	2kg Super Spin Brass
7.26kg Elite 125mm	800g Viking Nordic 10.4	2kg High Spin Metal
7.26kg Elite 117mm	800g Super Elite Nordic 9.0	2kg Denfi Jurgen Schult
7.26kg Elite 110mm	800g Air glider Nordic 6.1	1kg Super Spin Brass
6kg Elite 120mm	800g Orbit Nordic 5.0	1kg High Spin Metal
6kg Elite 119mm	600g Comet Nordic 12.1	
6kg G 118mm	600g Viking Nordic 11.1	
6kg Elite 106mm	600g Diana Nordic 8.0	
6kg Elite 110mm	600g Star Nordic 5.0	
4kg Elite 90mm		
4kg Elite 95mm		
4kg Elite 103mm		

*Listed for Open, U20 and U18 athletes. Standard competition equipment available for all other ages

12. CROUCH STARTS AND BLOCKS

Athletes aged 14 to opens must crouch start in all events up to and including 400m. Starting blocks are optional and athletes use blocks provided by the competition. Athletes in the masters age categories have the choice of doing crouch starts, three point starts and standing starts.

13. RECREATIONAL RUNNING ATHLETES

Members of Recreational Running Clubs and QRun are limited to track events of 800m or greater and are not eligible to enter in any field events unless they are also a member of a track & field club.

14. MEDAL PRESENTATION

Athletes will be handed a medal for podium at their field events, while track athlete can collect theirs at the TIC. A Podium will be setup in front of the grandstand for athletes to have photos taken.

15. EXIT FROM THE FIELD OF PLAY

All track athletes must leave the Field of Play through allocated areas. Officials will direct athletes to this area. Field athletes can leave the event thorough the exits at the track located at the 200m start. Athletes will need to stay at the event until the official has deemed the event complete, the athletes will then be taken off the track by an official

16. SPIKES AND SHOES

Spikes may be worn by athletes 10 and up. Athletes aged 10 to 11 can only wear spikes in laned events. Athletes 12 plus can wear spikes in any event other than discus, hammer and shot put. Please refer to the chart and image below for more information.

All Athletes must wear closed in shoes in all throwing events.

As the event is a national permit meet all U20 and Open athletes need to follow the World Athletics Shoe Regulations. If not followed athletes may be disqualified or removed from the event if the regulations aren't met. This is the responsibility of the athletes to ensure they meet the latest regulations. The current regulations can be found [here](#).

EVENTS	MAXIMUM SPIKE SIZE	TYPE
Track Events	7mm	Christmas tree, inverted Christmas tree, Short/long Pyramid
Long & Triple Jumps	7mm	Christmas tree, inverted Christmas tree, Short/long Pyramid, Jump
High Jump & Javelin	9mm for heel	Christmas tree, inverted Christmas tree, Short/long Pyramid, jump



17. PROTESTS AND APPEALS TO THE JURY

Protests should be given verbally to the event referee within 30 minutes of the event being conducted. Appeals against the referee's decision should be lodged in writing, accompanied by the nominated sum of \$50, within 30 minutes of the decision being announced. Necessary paperwork may be obtained from the Technical information Centre. If the appeal is unsuccessful the money is forfeited

18. QUALIFICATIONS- NATIONAL ALL SCHOOLS

The top two performances from North Queensland School based athletes, who compete in their age group as of the 31/12/2022 will qualify them for the 2022 Australian All Schools Championships, competing in their age group as of the 31 December 2022. This applies to ANQ registered athletes who compete between the ages of U14 years – U18 i.e. 12 to 17

Athletes who compete in the U14 and U18 will receive a qualification based on their age NOT their event division. E.g. four athletes will receive an qualification in the U18 age division (2 x 16 years of age, 2 x 17 years of age)

19. QUALIFICATIONS- 2023 NATIONAL CHAMPIONSHIPS

The top two performances from ANQ registered athletes (Excluding ANQ Base Members), who compete in their age group as of the 31/12/2022 will automatically qualify them for the 2023 Australian Schools Championships, competing in their age group as of the 31 December 2023. This applies to ANQ registered athletes who compete between the ages of 11 years - Open

Non-ANQ registered athletes should contact their State Athletic Association for their qualification standards for the 2023 Australian Championships.

Athletes who compete in the U20, U18 and U16 will receive automatic qualification based on their age NOT their event division. E.g. Four athletes will receive an automatic qualification in the U18 age division (2 x 16 years of age, 2 x 17 years of age)

