

# BOWEN TRACK & FIELD CARNIVAL

## 13th & 14th August 2022

### Nominations close 7th August 2022

<i>Age groups as at 31 December 2022</i>																	
Event	4	5	6	7	8	9	10	11	12	13	14	15	U16	U18	U20	Open	Master
60m																	
80m																	
100m																	
200m																	
400m																	
800m																	
1500m																	
3000m																	
800mW																	
1500mW																	
3000mW																	
60mH																	
80mH									F	F							MW
90mH									M	M	F	F					MM
100mH											M	M	F	F	F		
110mH													M	M	M	M,F	
Long Jump																	
High Jump								flop	flop	flop	flop	flop	flop	flop	flop	flop	flop
Triple Jump																	
Discus																	
Shot Put																	
Javelin																	
Hammer																	
Weight Throw																	

M= male, F= female, MF= masters woman, MM= master male event

Flop indicates that the group will be using the flop mats for the high jump (you can scissor still but mats are higher in height.)

<h2>Nomination Fees</h2>	
Ages 4 – 6 (Up to 6 events)	<b>\$30.00</b>
Age 7 (up to 8 events)	<b>\$30.00</b>
Ages 8 to Open	\$10.00 per event
Masters individual medals   <span style="color: red;">participation gift presented</span>	<b>\$30.00</b> \$10 per event
<span style="color: red;"><i>Non registered athletes must complete a registration form and pay \$20 to cover insurance cost for the duration of the carnival and the per event fee</i></span>	

**All nominations must be completed online by individual athletes. Payment MUST be made online at time of nomination.**

**ALL NOMINATIONS MUST BE ENTERED AND PAID FOR ONLINE BY INDIVIDUAL ATHLETES.**

**BOWEN ATHLETIC CLUB INC.**  
**INVITES YOU TO ATTEND**  
**THE BOWEN TRACK AND FIELD CARNIVAL**  
**13 - 14 AUGUST 2022**

**IMPORTANT NOTES – PLEASE READ CAREFULLY**

1. The Bowen Track and Field Carnival will be held on Saturday 13 and Sunday 14 August 2020 at the Col Leather Sporting Complex, Woodlands Road, Bowen.
2. **Athletes registered with ANQ, QLAA or QMA are welcome to participate.**
3. **Athletes who wish to compete and are not registered with any of the above organisations, i.e. independent athletes, will be required to complete an ANQ registration form and make payment of \$10.00 to cover insurance costs for the duration of the carnival.**
4. Registered athletes must wear their correct club uniform and numbers. Independent athletes will be provided with a temporary registration number on the first day of the carnival. They are required to wear a white shirt or singlet.
5. Age is actual age in years as at 31<sup>st</sup> December, 2022.
6. There are no restrictions on the number of events an athlete may enter. However, athletes up to and including 13 years may only enter in their own age group. Athletes aged 14 and over may compete in their own age group and higher groups if they are of suitable skill level, and it complies with ANQ age limitations.
7. ANQ age limitations and event specifications apply. Competition will be conducted according to IAAF rules.
8. Athletes up to and including 7 years will receive a participation medal. Masters athletes will receive a participation award. They will not be eligible for individual medals.
9. **Late entries** may be accepted at the discretion of the Carnival Director up till **11.00a.m. on the first day** of competition. Late nominations into laned events which are already full will not be permitted.
10. Shoes must be worn for all throwing events, horizontal jumps and hurdles. It is strongly recommended that they also be worn in all other events.
11. Spiked shoes may be worn by athletes in age groups 10 years and above. 10-12 years are only permitted to wear spikes in laned events, jumps and javelins. Ages 13 years and above may wear spikes in all laned and unlaned events, jumps and javelin. Spikes may not be worn in race walk events.
12. All athletes aged 12 years and over **must** crouch start for sprint events up to and including 400m. Starting blocks may be used, but are not compulsory.
13. Entries close at 11.00 p.m. on Monday 7th August 2022

All enquiries should be directed to [bowenathleticclub.com](http://bowenathleticclub.com) or:

Nigel Thicker  
Carnival Co-ordinator  
Ph: 0410497963

Kelly Richards  
President  
Ph: 042988680