



2023

SEASON HANDBOOK



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TOWNSVILLE NORTH STAR ATHLETICS CLUB

Welcome

The Townsville North Star Athletics Club Committee would like to welcome all returning athletes, their families, especially all new families that have joined us for the first time this 2023 season.

About Townsville North Star Athletics Club (TNSAC)

Established in 1962, TNSAC is Townsville's premier track and field club. Our association is coordinated by a number of generous volunteers, mainly parents who donate their time to ensure the club continues to benefit the wider Townsville community.

TNSAC provides an affordable, community based active outlet and caters for individuals of all capabilities and ages from five years onwards. Our club is affiliated with Athletics North Queensland, which affords our members the eligibility to nominate for any Athletics Australia (AA) sanctioned events nationwide.

TNSAC has accredited coaches associated with the club who specialize in mentoring a variety of age groups and track and field events. Our weekly club competitions are conducted at the Townsville Sports Reserve affectionately known as the 'Red Track', which boasts state of the art track and field facilities. Over the years our club has produced a large quantity of noteworthy athletes that have competed and medaled at state, national and international competitions.

Whether you're looking to make new friends, enjoy an active lifestyle or compete at the next Olympic Games, Townsville North Star Athletics Club will have an event to suit you or your child.

About Athletics North Queensland (ANQ)

ANQ is the governing body of Athletics in North Queensland. ANQ has over 3000 registered members and consists of almost forty separate track and field and road running clubs. These clubs stretch all over North Queensland from Rockhampton in the south, Longreach and Mount Isa in the west, and Cairns in the north. The ANQ office is located at Townsville Sports House, North Ward.

Whilst we are very proud of our high-achieving athletes, it is just as important to encourage the participation of all our members, regardless of ability. We aim to promote fun and fitness through the development of skills and the fostering of good sportsmanship in a safe, positive, family friendly and inclusive environment.

The best way to keep up to date with everything happening in our club and the Athletics world is through our Facebook page and our club website.

Mid-week training sessions will continue, delivered by Athletics Australia accredited coaches. A number of our committee members are also qualified as event officials.

This handbook has been developed to provide information about our club and to answer many frequently asked questions. However, if at any stage during the season you require further information, please do not hesitate to approach one of our committee members (wearing white or blue and yellow TNSAC shirts on a Friday night) or send a message via our Facebook page, contact the club secretary — info@townsvillenorthstar.org.au or phone **0428 867 827** and we will be more than happy to assist you.

Welcome again to the 'North Star family' - we wish you all the best of luck for a successful and enjoyable season.

Townsville North Star Athletics Club Committee.





2023 Committee

The Townsville North Star Committee is made up of parents with a passion for athletics. They volunteer their time to ensure that our club runs smoothly.

Executive Members	General Committee
President – Jenni Jackson	Natalie Doran
Vice President – Dave Maloney	Greg Doran
Secretary – Nikki Otto	Laurie Irwin
Treasurer – Sheridan Dean	Dan Hughes
Registrar – Melissa Blum	
Meet Manager - Mel Thomas	





Registration Fees

The Registration Fees for 2023 season are as follows:

5 – 9 years (DOB 2015-2011)	\$250
10 years and above	\$275

Family discounts are available for 3 or more athletes from the same family

Where do your registration fees go?

- Association Fees
- Insurance
- Competition / Townsville Sports Reserve Hire Fees
- Electricity for Flood Lights fees
- AGM / Presentation day and Trophies at the end of season
- New Equipment
- Clubhouse facilities



Friday Night Competition

Our weekly competitions are held on Friday nights at the Townsville Sports Reserve Complex in North Ward, from April until September, first event starting at 6.00pm.

Athletes assemble with the other age groups on the front straight at the finish line at 5.40pm for warm up. Important announcements will then be made here, including upcoming championships and the recognition of records and other achievements.

5-11 years Athletes will then marshal at their respective areas beside the Grandstand for their first event at 6pm. Athletes 12 years and above will directly make their way to their first event that commences at 6pm.

We aim to have the younger groups finish between 7.30pm and 8pm. Older age groups aim to finish between 8.00pm and 9pm.

All age groups follow a 6-week alternating program of events. 5 – 9-year-olds participate in 2 Track and 2 Field events for TNSAC club meets. 10 years and above compete in 2 Track and 2 Field events also but have a combined age groups Middle/Long distance Track event at the end of the night.



North Star Calendar

JAN 28	SUNSET SERIES MEET 1 Saturday 28th January 3pm – 8pm Townsville Sports Reserve	PERMIT MEET
FEB 1	SUNSET SERIES MEET 2 Saturday 11th February 3pm – 8pm Townsville Sports Reserve	PERMIT MEET
FEB 25	SUNSET SERIES MEET 3 Saturday 25th February 3pm – 8pm Townsville Sports Reserve	PERMIT MEET
MARCH 4-5	TOWNSVILLE NORTH STAR SIGN ON DAYS Saturday 4th – Sunday 5th March 10am-12pm Townsville Sports Reserve	CLUB- SIGN ON
MARCH 10	ATHLETE & PARENT EDUCATION PROGRAM Friday 10th March 6pm Townsville Sports Reserve	APEP MEET
MARCH 9-12	QUEENSLAND CHAMPIONSHIPS (U/14- OPEN) Thursday 9th – Sunday 12th March Main Stadium, QSAC, Nathan	QLD STATE CHAMPS
MARCH 17	TNSAC COMP 1 Friday 17th March 6pm Townsville Sports Reserve	CLUB MEET
MARCH 24 - 25	LITTLE ATHLETICS McDONALD'S STATE CHAMPIONSHIPS Friday 24th – Sunday 25th March Townsville Sports Reserve	LAQ CARNIVAL
MARCH 30-2	OPEN U20 AUSTRALIAN ATHLETICS CHAMPIONSHIPS Thursday 30th March – Sunday 2nd April Brisbane, QLD	AUSTRALIAN CHAMPS
MARCH 31	TNSAC COMP 2 Friday 31st March 6pm Townsville Sports Reserve	CLUB MEET
APRIL 13-16	JUNIOR U14-U18 AUSTRALIAN ATHLETICS CHAMPIONSHIPS Thursday 13th April – Sunday 16th April Brisbane, QLD	AUSTRALIAN CHAMPS
APRIL 21	TNSAC COMP 3 Friday 21st April 6pm Townsville Sports Reserve	CLUB MEET

APRIL 28	TNSAC COMP 4 Friday 28th April 6pm Townsville Sports Reserve	CLUB MEET
APRIL 29-30	MACKAY TRACK AND FIELD CARNIVAL Saturday 29th – Sunday 30th April Mackay Aquatic & Recreation Complex	CARNIVAL
MAY 5	TNSAC COMP 5 Friday 5 th May 6pm Townsville Sports Reserve	CLUB MEET
MAY 12	TNSAC COMP 6 Friday 12th May 6pm Townsville Sports Reserve	CLUB MEET
MAY 19	TNSAC COMP 7 Friday 19th May 6pm Townsville Sports Reserve	CLUB MEET
MAY 26	TNSAC COMP 8 Friday 26th May 6pm Townsville Sports Reserve	CLUB MEET
MAY 27	NQ SHIELD MEET Saturday 27th May Barlow Park, Cairns	SHIELD MEET
JUNE 9-11	FESTIVAL OF ATHLETICS Friday 9th – Sunday 11th June Townsville Sports Reserve	ANQ/CHAMPIONSHIP EVENT
JUNE 16	TNS COMP 9 Friday 16th June 6pm Townsville Sports Reserve	CLUB MEET
JUNE 23	TNS COMP 10 Friday 23rd June 6pm Townsville Sports Reserve	CLUB MEET
JUNE 24 - 25	LITTLE ATHLETICS NORTH QLD WINTER CARNIVAL Saturday 24th – Sunday 25th June Townsville Sports Reserve	LAQ CARNIVAL
JULY 14	TNS COMP 11 Friday 14th July 6pm Townsville Sports Reserve	CLUB MEET
JULY 21	TNS COMP 12 Friday 21st July 6pm Townsville Sports Reserve	CLUB MEET

<div>JULY</div> <div>29-30</div>	CAIRNS CORAL COAST TRACK & FIELD CARNIVAL Saturday 29th – Sunday 30th July Barlow Park, Cairns	CARNIVAL
<div>August</div> <div>6</div>	TNS COMP 13 Sunday 6th August 6pm Townsville Sports Reserve	SUNDAY CLUB MEET
<div>AUGUST</div> <div>7 - 11</div>	TOWNSVILLE PRIMARY INTERSCHOOL TRACK & FIELD Monday 7th – Friday 11th August Townsville Sports Reserve	SCHOOL CARNIVAL
<div>AUGUST</div> <div>11</div>	TNS COMP 14 Friday 11th August 6pm Townsville Sports Reserve	CLUB MEET
<div>AUGUST</div> <div>12-13</div>	BOWEN TRACK AND FIELD Saturday 12th – Sunday 13th August Bowen	CARNIVAL
<div>AUGUST</div> <div>15-18</div>	TOWNSVILLE SECONDARY INTERSCHOOL TRACK & FIELD Tuesday 15th – Friday 18th August Townsville Sports Reserve	SCHOOL CARNIVAL
<div>AUGUST</div> <div>20</div>	TNS COMP 15 Sunday 20th August 6pm Townsville Sports Reserve	SUNDAY CLUB MEET
<div>AUGUST</div> <div>19-27</div>	WORLD ATHLETICS CHAMPIONSHIPS Saturday 19 th – Sunday 27 th August Budapest, Hungary	WORLD CHAMPS
<div>AUGUST</div> <div>29</div>	NQ PRIMARY TRACK & FIELD MEET Tuesday 29th August Townsville Sports Reserve	SCHOOL CARNIVAL
<div>AUGUST</div> <div>31</div>	NQ SECONDARY TRACK & FIELD MEET Thursday 31st August Townsville Sports Reserve	SCHOOL CARNIVAL
<div>SEPT</div> <div>1</div>	TNS COMP 16 Friday 1st September 6pm Townsville Sports Reserve	CLUB MEET
<div>SEPT</div> <div>8</div>	TNS COMP 17 Friday 8th September 6pm Townsville Sports Reserve	CLUB MEET

SEPT 22-24	NORTH QUEENSLAND TRACK & FIELD CHAMPIONSHIPS Friday 22nd – Sunday 24th September Mackay	NQ CHAMPS
OCT 7	TNS AGM & PRESENTATION - TBC Saturday 7th October Townsville Sports Reserve	AGM/PRESENTATION DAY
OCT 10-11	QLD PRIMARY TRACK & FIELD CHAMPIONSHIPS Tuesday 10th – Wednesday 11th October Main Stadium QSAC, Nathan, Brisbane	QLD STATE CHAMPS
OCT 12-15	QLD SECONDARY TRACK & FIELD CHAMPIONSHIPS Thursday 12th – Sunday 15th October Main Stadium, QSAC, Nathan	QLD STATE CHAMPS
NOV 24-28	AUSTRALIAN PRIMARY TRACK & FIELD CHAMPIONSHIPS Friday 24 th – Tuesday 28 th November The Northern Athletic Centre, Tasmania	NATIONAL CHAMPS





Uniforms

Our official club uniform consists of a singlet, shirt or girls crop top and pants. These items can be purchased online and at the Registration office at any club meet. Alternatively, plain black shorts can be purchased from any sports or department store.

Online uniform purchases can be made by following link:

www.revolutionise.com.au/townsvillenorthstar/shop/

The official club uniform and ANQ bibs **MUST** be worn at all times during club meets to be eligible for club points and at all external competitions also.

The Registration number bibs must be attached to the front and back of all competition uniform items at all times whilst competing.

If not wearing club blue pants, bottoms of any type must be PLAIN BLACK in colour.

Girls can wear PLAIN BLACK compression bottoms of any length (no logos or contrast stitching).

Boys must also wear PLAIN BLACK shorts or compression tights.



Weekly Results/Records

All results and records will be maintained on the TNSAC website and if you find an issue with any results or records, please email us at info@townsvillenorthstar.org.au and we will investigate.



Point Score, Trophies & Records

Age Group Trophies

An athlete must attend a minimum 50% of Friday night competitions to qualify for an end of season trophy.

Please email info@townsvillenorthstar.org.au if injury, illness or other extenuating circumstances prevent an athlete from competing on a Friday night.

Age Champion, Runner Up, Encouragement and Participation trophies are awarded for each boys and girls age group at our end of season presentation. Points are accumulated throughout the season based on performance in each event and attendance:

1st - 6 Points, 2nd - 4 Points, 3rd - 2 points, 4th place and onwards, 1 Point Attendance.

Where more than one heat is conducted in an event, placings are determined by the best performances across all heats.

Major Trophies

Major trophies are awarded to the Junior (11 years and under), and Senior (12 years to open) Male and Female.

Other major trophies just to name a few include the Club Male and Club Female sportsmanship, Most Club Points, President's Shield. These awards are voted for by the committee.

Records

Club Records are awarded on performances achieved during Friday Night club competitions only.

Field records must be certified by a Committee Member.



Parent/Caregiver Participation

IMPORTANT: A PARENT/CAREGIVER MUST BE PRESENT AT THE GROUND AT ALL TIMES FOR ALL ATHLETES 15 YEARS AND BELOW

If a parent is discovered not to be present, the athlete will not be permitted to compete.

TNSAC is a voluntary organisation, and we cannot operate without the assistance of parents each week. We are not a 'baby-sitting service' - We encourage parents/caregivers not to sit and watch from the grandstand but follow their age group around the field whilst their children compete.

If there are no parents to help at an event, that event will not run.

Get involved!

Helping is easy: tasks include measuring jumps and throws, retrieving shots and discus, raking the sand pit, replacing the bar at high jump, organising athletes at the start line of a race or long jump runway, or handing out lane Tags at the finish line. The more parents that get involved to help out, the quicker the night will run.

Parent Participation at Championships

Carnivals do not happen without parent helpers. Our club is allocated duties at each major carnival or championship. Your child's entry into these carnivals is made with the understanding that a parent volunteers to assist at one event for each day their child competes.



Canteen

Our canteen operates every Friday night providing hot and cold food and refreshments. Please support the canteen as all profits made go towards the purchase of new equipment for our athletes. We will also call for parent help in the canteen or on the BBQ with a roster system in place for different age group parents to volunteer at least once on those nights.



Training

Training is provided by coaches accredited by Athletics Australia. Training is an additional fee per athlete, per session. (The training fee for 2023 TBC)

This is the fourth year in which TNSAC will be holding training sessions at the Townsville Sports Reserve (Red Track).

10 years – seniors training will be on Mondays 5pm - 6pm from Monday 18th April – 12th September. (TBC)

7 - 9-year old training will be on Wednesdays 4:30pm- 5:30pm from Wednesday 16th March – 14th September.

There will be no training at all on school or public holidays.

Cancellation of training due to rain will depend on how bad the rain is, and a decision will be made by 1pm on training days via Facebook.

Days and Times will be confirmed at the start of the season.



Coaching Clinics

TNSAC conducts various skills clinics throughout the year, usually during school holidays (there is a cost involved). For more information follow us on Facebook for when more event details arise.



Safety Guidelines

We take safety seriously—the committee will modify, suspend or cancel competition if conditions present a danger to athletes, officials or spectators.

Wet Weather

Competition will be cancelled if the field is closed by Townsville Sports Reserve or if the committee decides that our track is unsafe. We will post a message at approximately 4.00pm Friday on our website, Facebook page and our wet weather phone number **0428 867 827** if competition is cancelled.

Hot Weather

Our Club adheres to Hot Weather Guidelines:

At 31-35 degrees, middle distance events (800m-3000m) will be cancelled for the night or suspended until the temperature becomes cooler.

At 38 degrees in dry heat, or 36 degrees with high humidity, all events will be cancelled.

Lightning

Our Club adheres to Lightning guidelines. The committee will suspend or cancel competition if a storm is approaching.

Where the flash to bang (lightning to thunder) count approaches 30 seconds, all individuals should already be under a safe shelter (the canteen area). At least 30 minutes must pass from the last sound of thunder or observation of lightning before the resumption of competition. In most cases, competition will be cancelled for the night.

First Aid

Our First Aid and Safety Officer, and a number of our committee members hold first aid certificates. If first aid is required, Age Managers/Parents should approach the nearest committee member who will request that the first aid officer attend your location.

Spikes

Spikes must only be put on at the start area of your event and must be removed as soon as your event is completed.

10yrs : laned track events, long jump only

11yrs : laned track events, long jump, high jump only

12yrs and above : laned and unlaned events, jumps and javelin. Spikes to be 7mm maximum. Only exceptions are 9mm for javelin and high jump.

Throwing Events

All non-competing athletes and spectators are to remain behind the discus cage or shot-put circle whilst an event is in progress.

Crossing the Track

There have been many near misses in past years from athletes and parents wandering onto the track without looking. Cross the track as if you are crossing a road—always look to see if a race is in progress.

Smoking

As per the Townsville Sports Reserve Policy, “Smoking shall not be permitted in any competition or spectator area during any competition.” Smoking is also not permitted around the amenities buildings and back car park.

Covid-19

As of the 7th June, Athletics activity in Queensland now operates under an Industry COVID SAFE Plan for Outdoor Sports. https://www.covid19.qld.gov.au/data/assets/pdf_file/0010/130204/industry-covid-safe-outdoor-sports.pdf

TNSAC Covid-19 Industry plan will be made available on our website.





Code of Conduct

Townsville North Star Athletics Club Code of Conduct applies to both athletes and spectators. We take the Code of Conduct very seriously as Athletics is about everyone being able to participate and enjoy themselves in a supportive environment.

Please take the time to read through our Code and assist your child in understanding what is expected of them.

Any breach of the code of conduct will be investigated by the committee and may result in a formal warning or in serious cases, suspension/expulsion from our club.

Athletes:

1. Show respect to coaches and officials. Any approach to an official must be in a courteous manner. Never argue with an official.
2. Control your temper – no “mouthing off,” throwing equipment etc.
3. Never verbally abuse or sledge other athletes, deliberately distract or provoke another athlete.
4. Do not bully or harm another athlete
5. Do not use bad language or obscene gestures at any time
6. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.

Do not bring the sport of Athletics into disrepute.

Adults:

1. Never ridicule or yell at an athlete for making a mistake during a competition.
2. Respect the official's decisions. If there is a disagreement, always follow the appropriate procedure(s) in order to question the decision.
3. Never use violence, threats or abuse in any form.
4. Keep to designated spectator areas and do not encroach on the arena or other competition sites if you are not officiating.
5. Demonstrate appropriate social behaviour, by not harassing athletes, coaches, officials or spectators, being intoxicated or using bad language.
6. Ensure that any physical contact with a young person is appropriate to the situation and/or necessary for the athlete's skill development.
7. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.
8. Do not bring the sport of Athletics into disrepute.



Event Specifications

AGE GROUP	DISCUS		SHOT PUT		JAVELIN		HAMMER		HEAVY WEIGHT	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
U5	350g	350g	1kg	1kg	x	x	x	x	x	x
5 Yrs	350g	350g	1kg	1kg	x	x	x	x	x	x
6 Yrs	350g	350g	1kg	1kg	x	x	x	x	x	x
7 Yrs	500g	500g	1.5kg	1.5kg	x	x	x	x	x	x
8 Yrs	500g	500g	2kg	2kg	x	x	x	x	x	x
9 Yrs	500g	500g	2kg	2kg	x	x	x	x	x	x
10 Yrs	750g	750g	2kg	2kg	x	x	x	x	x	x
11 Yrs	750g	750g	3kg	2kg	x	x	x	x	x	x
12 Yrs	1kg	1kg	3kg	3kg	600g	400g	3kg	3kg	x	x
13 Yrs	1kg	1kg	3kg	3kg	600g	400g	3kg	3kg	x	x
U16	1kg	1kg	4kg	3kg	700g	500g	4kg	3kg	16lb	12lb
U18	1.5kg	1kg	5kg	3kg	700g	500g	5kg	3kg	20lb	12lb
U20	1.75kg	1kg	6kg	4kg	800g	600g	6kg	4kg	25lb	16lb
Senior	2.0kg	1kg	7.26kg	4kg	800g	600g	7.26kg	4kg	35lb	20lb
30-49	2.0kg	1kg	7.26kg	4kg	800g	600g	7.26kg	4kg	35lb	20lb
50-59	1.5kg	1kg	6kg	3kg	700g	500g	6kg	3kg	25lb	16lb
60-69	1kg	1kg	5kg	3kg	600g	500g	5kg	3kg	20lb	12lb
70-74	1kg	1kg	4kg	3kg	500g	500g	4kg	3kg	16lb	12lb
75-79	1kg	750g	4kg	2kg	500g	400g	4kg	2kg	16lb	8.8lb
80+	1kg	750g	3kg	2kg	400g	400g	3kg	2kg	12lb	8.8lb



Event Specifications

EVENT	MINIMUM AGE	EVENT	MINIMUM AGE
SPRINTS		HURDLES	
60m	All Ages	60m	7 Years 45cm
80m	All Ages	60m	9 Years 60cm
100m	All Ages	60m	11 Years 68cm
200m	7 Years	80m	12 Years Women 76.2cm
400m	10 Years	90m	12 Years Men 76.2cm
DISTANCE		90m	14 Years Women 76.2cm
800m	8 Years	100m	14 Years Men 84cm
1500m	10 Years	100m	16 Years Women 76.2cm
3000m	12 Years	100m	U20 Women 84cm
5000m	18 Years	110m	16 Years Men 91.4cm
10000m	18 Years	110m	Under 20 Men 99.1cm
1 Mile	12 Years	110m	Open 106.7cm
ROAD DISTANCE		200m	12 Years 76.2cm
5km	11 Years	400m	16 Years Women 76.2cm
10km	13 Years	400m	U18 Men 84cm
21km	16 Years	400m	U20 Men 91.4cm
Marathon	18 Years	THROWS	
Ultra	18 Years	Shot Put	All Ages
TRACK WALKS		Discus	All Ages
800m	10 Years	Javelin	12 Years
1500m	11 Years	Heavy Weight	14 Years
3000m	14 Years	Hammer	12 Years
5000m	16 Years	JUMPS	
10000m	16 Years	Long Jump	All Ages
ROAD WALKS		Triple Jump	12 Years
2km	11 Years	High Jump (SCISSORS MATS)	8 Years
3km	14 Years	High Jump (FLOP MATS)	11 Years
5km	16 Years	Pole Vault	12 Years
STEEPLE CHASE			
2000m	14 Year Women	76.2cm	
2000m	14 Year Men	76.2cm	
2000m	U18 Men	84cm	
3000m	U20 Women	76.2cm	
3000m	U20 Men	91.4cm	

** Text in bold updated in 2019*



Event Specifications

Hurdle Specifications – All Ages to Open

DISTANCE	AGE	SEX	HEIGHT	FLIGHTS	RUN IN	INTERVAL	RUN OUT
60M	6, 7, 8	M / F	45.0cm	6	12	7	13
60M	9, 10	M / F	60.0cm	6	12	7	13
60M	11	M / F	68.6cm	6	12	7	13
80M	12, 13	F	76.2cm	9	12	7	12
90M	12, 13	M	76.2cm	9	13	8	13
90M	U16	F	76.2cm	9	13	8	13
100M	U16	M	84.0cm	10	13	8.5	10.5
100M	U18	F	76.2cm	10	13	8.5	10.5
100M	U20-Open	F	84.0cm	10	13	8.5	10.5
110M	U18	M	91.4cm	10	13.72	9.14	14.02
110M	U20	M	99.1cm	10	13.72	9.14	14.02
110M	OPEN	M	106.7cm	10	13.72	9.14	14.02
200M	12, 13, U16	M / F	76.2cm	10	18.29	18.29	17.10
400M	U18 -Open	F	76.2cm	10	45	35	40
400M	U18	M	84.0cm	10	45	35	40
400M	U20-Open	M	91.4cm	10	45	35	40

Hurdle Specifications – Masters

DISTANCE	AGE	SEX	HEIGHT	FLIGHTS	RUN IN	INTERVAL	RUN OUT
80M	40-49	F	76.2cm	8	12	8	12
80M	50-59	F	76.2cm	8	12	7	19
80M	60+	F	68.6cm	8	12	7	19
80M	70-79	M	76.2cm	8	12	7	19
80M	80+	M	68.6cm	8	12	7	19
100M	30-39	F	84.0cm	10	13	8.5	10.5
100M	50-59	M	91.4cm	10	13	8.5	10.5
100M	60-69	M	84.0cm	10	12	8	16
110M	30-49	M	99.1cm	10	13.72	9.14	14.02
200M	70+	W	68.6cm	5	20	35	40
200M	80+	M	68.6cm	5	20	35	40
300M	50-59	W	76.2cm	7	50	35	40
300M	60-69	W	68.6cm	7	50	35	40
300M	60-69	M	76.2cm	7	50	35	40
300M	70-79	M	68.6cm	7	50	35	40
400M	30-49	F	76.2cm	10	45	35	40
400M	30-49	M	91.4cm	10	45	35	40
400M	50-59	M	84.0cm	10	45	35	40



Shot Put

When is a foul recorded?

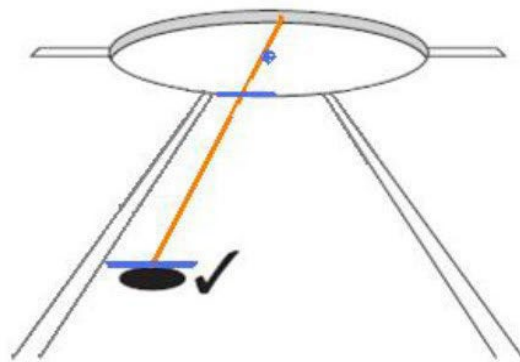
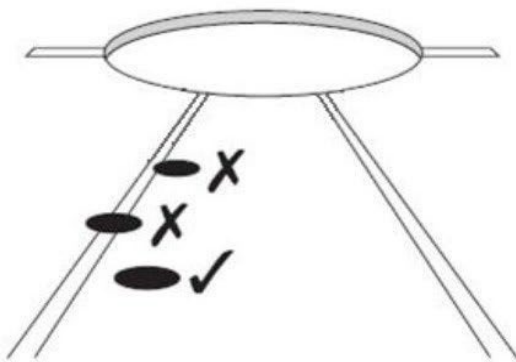
- If the athlete leaves the circle before the shot/discus has landed.
- If the athlete's hand and elbow drops away from the neck during the putting action – **shot only**
- If the shot is put from behind the centre line of the shoulder
- If the shot is thrown like a ball (discus, it doesn't matter)
- If the athlete touches the top of the circle, the top of the stop board or the ground outside the circle during the trial with any part of their body. (They are allowed to touch the inside of the circle.)
- If the shot lands so that the point of impact is on or outside the sector line.
- If the athlete does not **exit from the rear half** of the circle.
- If the athlete takes longer than 60 seconds to commence his trial

FOUL X

PASS -

What happens during an Athlete's Trial?

- The shot shall be put from the shoulder in a forward only motion with one hand only.



- At the start of the trial the shot shall be in close proximity to the ear or chin
- It shall not be dropped below this position during the action of putting.
- The shot must not be brought from behind the centre line of the shoulders
- An athlete may enter the circle from any direction (advise rear entry for habit)
- Once competition has begun, athletes shall not be permitted to use the circle or ground within the sector for practice trials with or without implements.

How is a Trial measured?

- The imprint mark made by the shot on landing closest to the circle is selected.
- The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight through the **centre** of the circle.
- The distance is measured at the point where the tape crosses the **INNER** edge of the circle.
- Each measurement is round down to the nearest centimetre below the distance thrown unless the reading is already a whole centimetre.



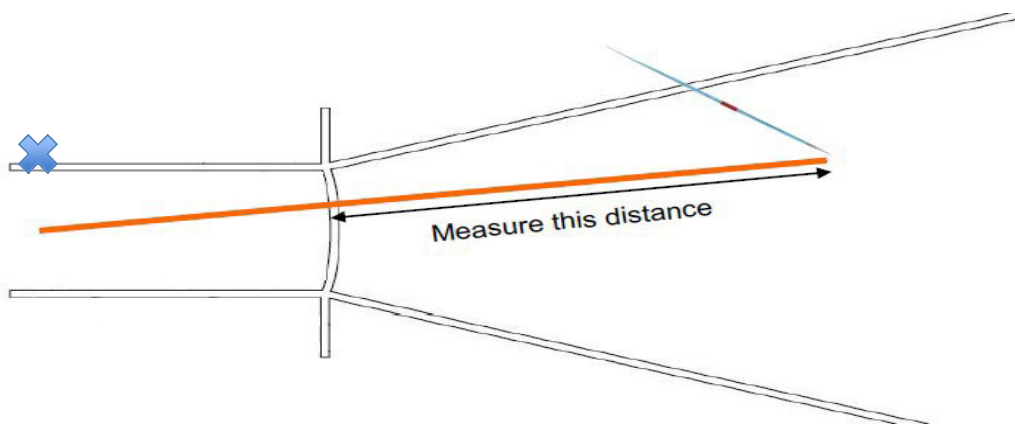
Javelin/Turbojav

When is a foul recorded?

FOUL X

PASS -

- It must never be slung, hurled or thrown in a bowling action.
- Non-orthodox styles are not permitted.
- If an athlete turns completely around, so that their back is toward the throwing arc during the throw, until the javelin has been launched into the air
- If the tip of the metal head does not strike the ground before any other part of the javelin.
- **Turbojav is measured from whichever end lands first.**
- If the athlete leaves the runway before the javelin has impacted the ground.
- If the athlete when leaving the runway leaves forward of the throwing arc or extensions
- If the athlete after starting his throw, touches with any part of his body the lines marking the runway
- If the javelin lands on or outside the sector lines
- If the athlete takes longer than 60 seconds to commence his throw



Draw

and pull it through to the centre point on the runway 8m from the throwing arc

the tape taut

Measuring and recording a throw

- Also place the spike where the Javelin lands until the official gives the all clear (Fouls are not measured unless there is a protest)
- Measure from the nearest mark made by the metal point to the throwing arc. The zero measurement goes at the end where the spear lands
- Draw the tape taut and pull it through to the centre point on the runway 8m from the throwing arc
- The distance is **measured at the point** where the tape crosses the **inner edge of the throwing arc. (runway side)** If the measurement is not a whole centimetre, take the nearest centimetre below the measurement
- Record the distance in the space provided. **Fouls = X Pass = -**



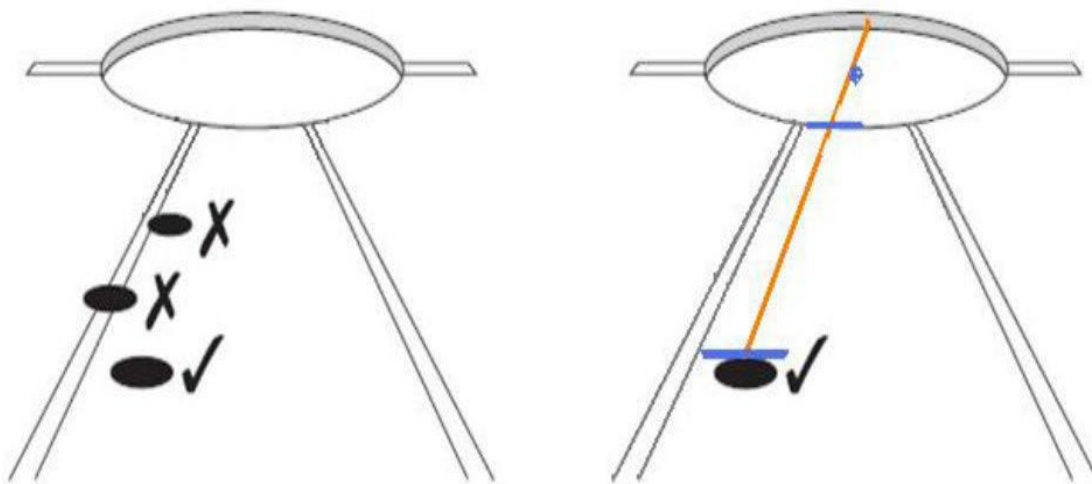
Discus

A competitor fails and a foul is recorded if

- If the discus lands on or outside the sector line. (If the discus hits the cage, but lands in the sector line, it is **NOT** a foul)
- If the athlete touches the top of the circle or the ground outside the circle during the trial with any part of their body. (They are allowed to touch the inside of the circle.)
- If the athlete does not **exit from the rear half** of the circle. (The Athlete can ENTER the circle from any direction)
- If the athlete leaves the circle before the discus has landed.
- If the athlete takes longer than 60 seconds to commence his trial

FOUL X PASS -

There is no fouls in the throwing technique with Discus. A Discus can be thrown anyway – even underarm.

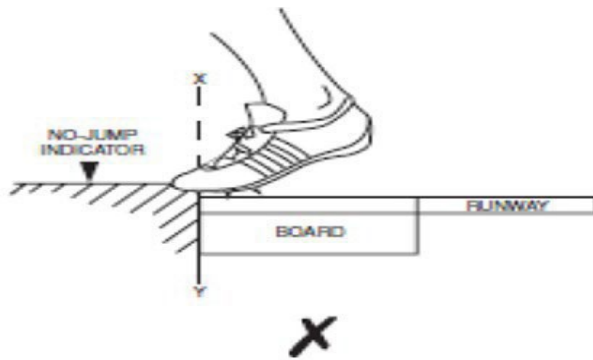


Measuring and recording a throw

- Place the spike where the discus lands until the official gives the all clear. (Fouls are not measured unless there is a protest)
- **If the discus hits the cage, but lands inside the sector line, it is **NOT** a foul.**
- Measure from the nearest mark/location to the circle made by the discus. The zero measurement goes at the end where the discus lands.
- Draw the tape taut across the stop board and pull it through the **centre of the circle**.
- The distance is measured at the point where the tape crosses the **inner edge of the circle**. If the measurement is not a whole centimetre, **round down to the nearest whole centimetre**.
- At the end of the competition, record each athlete's best performance and their final place. The person that comes first is the athlete with the longest distance.
- Where there is a tie for any place, count back to the second best performance of the tied athletes and if the tie still remains count back to the third best and so on.

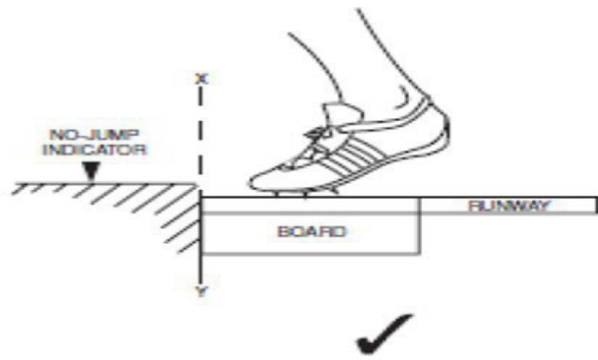


Long/Triple Jump



FOUL

RECORD FOULS WITH AN X



VALID

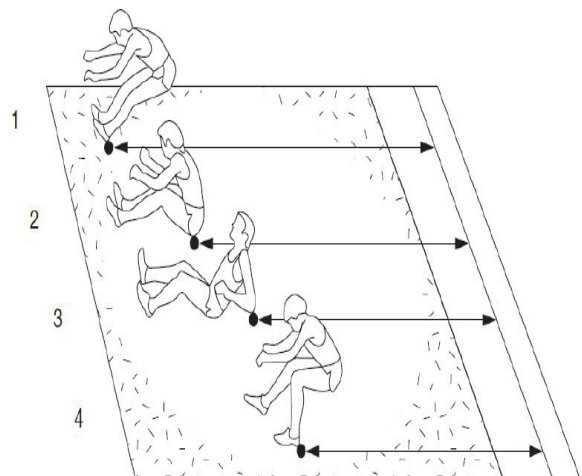
MEASURED TO THE NEAREST CENTIMETRE

When is a foul recorded?

- If any part of the foot is beyond the front edge of the white board (**sandpit side**) or if the entire foot is outside either end of the take-off area
- If after completing the jump an athlete walks back through the sandpit and exits the pit area towards the take-off board.
- In the course of landing an athlete must not touch the ground outside the sandpit area nearer to the take-off point than the nearest break (imprint) in the landing area.
- If any sort of somersault is used
- If an athlete takes longer than **60 seconds to begin a jump**

Where do athletes jump from

- **5, 6, & 7 years: carpet mat no less than 50cm from the sandpit.**
- **8 & 9 years: carpet mat no less than 1m from the pit**
- **10 years and above: wooden board in the runway**



Measuring and recording a Jump

- Draw the tape taut and at right angles across the take-off board or its extension on either side. Use a ruler or piece of timber, etc. if the tape is outside the ends of the board.
- The distance is measured at the point where the tape crosses the edge of the take-off board closest to the sandpit. If the measurement is not a whole centimetre, take the nearest centimetre below the measurement (Round down)
- Record the distance measured in the space provided. **Show FOULS as X** and a **PASS as –**



High Jump - Scissors (7 years and above)

Setup

- The supports which the cross bar sits on, must be facing each other, so the crossbar can fall off both ways if bumped. You must be able to fit a finger in between the end of the bar and the post.
- The **event height** of the crossbar is always measured **from the centre and top of the crossbar** by a measuring stick/device. However, it should also be measured at both ends to ensure the bar is level.

Starting Heights

May vary according to the competition, age and gender. **Warm up height of 50cm – 70cm** for younger ages depending on the weakest jumper.

Always increase height changes by 5cm

1 competitor left - 1cm change or athletes choice

Recording

O : indicates a successful or valid jump

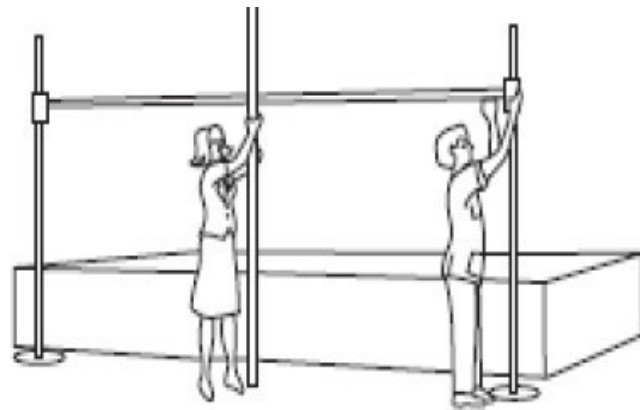
X : indicates a failure

—: indicates a pass or did not attempt at that height

An athlete may approach the bar from any angle.

An athlete must take off from one foot only.

An athlete **MUST** attempt to land on their feet



Three consecutive failures on any one event height will eliminate the athlete

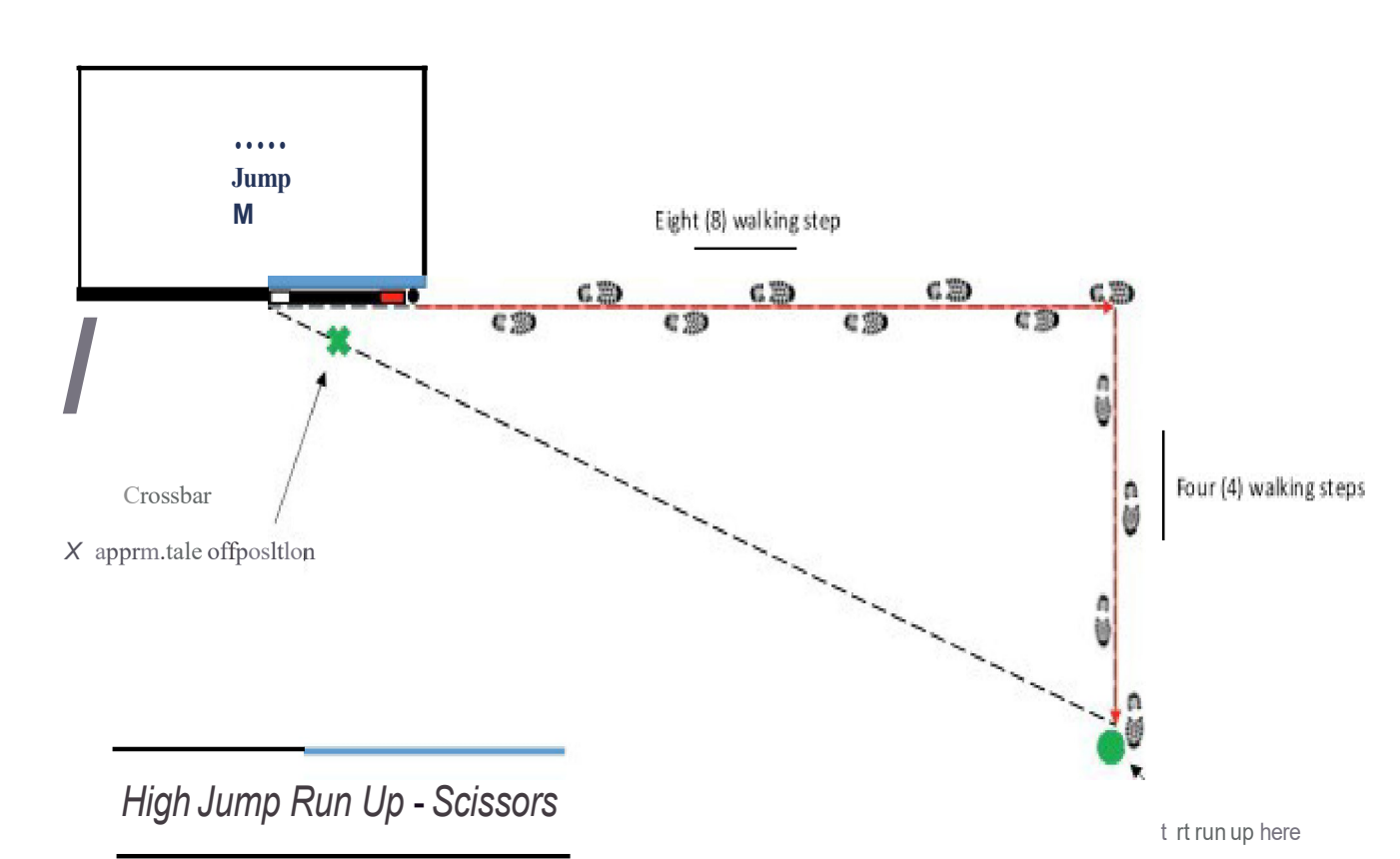
A failure results

- When after a jump, the bar does not remain on the support because of the action of the athlete whilst jumping
- If an athlete fails to complete an **attempt within 30 seconds** after their name being called. Also if 1min 30 is exceeded by the last remaining athlete.
- If the bar falls after an athlete has landed and left the mat, it will still be counted as a failure unless by some other factor eg wind has been made fall. Doesn't matter how far away they are after the completion of the jump but as it is when the bar stops wobbling for the completion of the jump.
- An athlete may abort an attempt **(balk) as many times** as they like provided that the final attempt is commenced **within 60 seconds** from when their name was originally called.
- An athlete may pass on the second or third trial at a particular height (even after failing the first or second attempt) and still jump at a subsequent height

Measuring and recording for High Jump

- The competitor who clears the greatest height is the winner. If a tie occurs, the competitor with the lower number of jumps at the height at which the tie occurs shall be awarded the higher place. If a tie still remains, the competitor with the lower total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place. If a tie still remains:
 - 1) If it concerns first place, the tied competitors shall have one more jump at the lowest height at which any of those involved in the tie failed. If no decision is reached, the bar shall be raised or lowered by 2cm at a time, with athletes having one jump at each height. The process continues, "knock out" style until the tie is resolved
 - 2) If it concerns any other place, the competitors shall be awarded the same place in the competition

NAME	1.10	1.15	1.20	1.23	1.26	1.29	1.32	Total IFailures	Best	Position
Jones	-	XO	0	XO	-	XXO	XXX	4	11.29	2
Smith	0	0	0	X-	XO	XXO	XXX	4	11.29	2
Brown	0	0	X-	0	XXO	XXO	XXX	5	11.29	4
Black	0	-	-	XXO	XXO	XO	XXX	-	11.29	11
White	0	XO	XX-	X					11.15	5





High Jump – Flop (11 Years and above)

Setup

- The upright supports which the cross bar sits on must be facing each other, so the crossbar can fall off both ways if bumped. You must be able to fit a finger in between the end of the bar and the post.
- The **event height** of the crossbar is always measured **from the centre and top of the crossbar** by a measuring stick/device. However, it should also be measured at both ends to ensure the bar is level.

Starting Heights

May vary according to the competition, age and gender. **Warm up height of 80-100cm** for younger ages depending on the weakest jumper.

Always increase height changes by 5cm

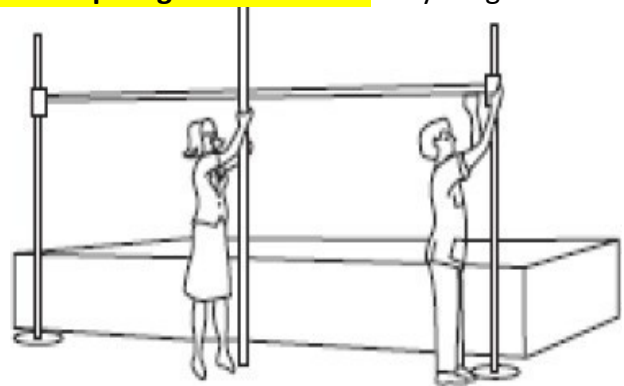
1 competitor left - 1cm change or athletes choice

Recording

O : indicates a successful or valid jump

X : indicates a failure

—: indicates a pass or did not attempt at that height



An athlete may approach the bar from any angle.

An athlete must take off from one foot only.

Three consecutive failures on any one event height will eliminate the athlete

A failure results

- When after a jump, the bar does not remain on the support because of the action of the athlete whilst jumping
- If an athlete fails to complete an **attempt within 60 seconds of their name being called.** Also if 1min 30 is exceeded by the last remaining athlete.
- If the bar falls after an athlete has landed and left the mat, it will still be counted as a failure unless by some other factor eg wind has made it fall. Doesn't matter how far away they are after the completion of the jump but as it is when the bar stops wobbling for the completion of the jump.
- An athlete may abort an attempt **(balk) as many times** as they like provided that the final attempt is commenced within 60 seconds from when their name was originally called.
- An athlete may pass on the second or third trial at a particular height (even after failing the first or second attempt) and still jump at a subsequent height

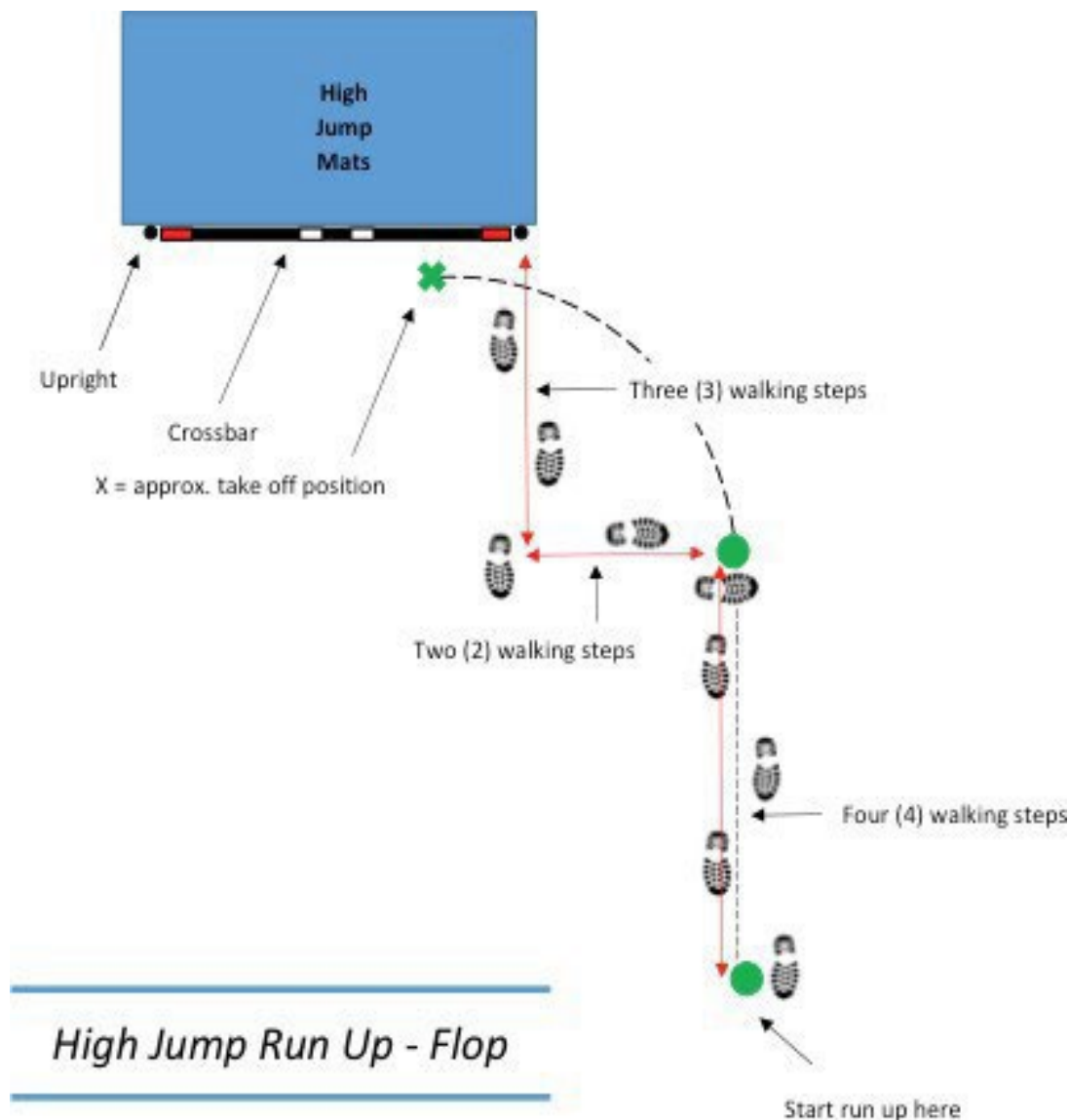
Measuring and recording for High Jump

- The competitor who clears the greatest height is the winner. If a tie occurs, the competitor with the lower number of jumps at the height at which the tie occurs shall be awarded the higher place. If a tie still remains, the competitor with the lower total of failures throughout the

competition up to and including the height last cleared shall be awarded the higher place. If a tie still remains:

- 3) If it concerns first place, the tied competitors shall have one more jump at the lowest height at which any of those involved in the tie failed. If no decision is reached, the bar shall be raised or lowered by 2cm at a time, with athletes having one jump at each height. The process continues, “knock out” style until the tie is resolved
- 4) If it concerns any other place, the competitors shall be awarded the same place in the competition

NAME	1.10	1.15	1.20	1.23	1.26	1.29	1.32	Total Failures	Best	Position
Jones	-	XO	O	XO	-	XXO	XXX	4	1.29	2
Smith	O	O	O	X-	XO	XXO	XXX	4	1.29	2
Brown	O	O	X-	O	XXO	XXO	XXX	5	1.29	4
Black	O	-	-	XXO	XXO	XO	XXX	-	1.29	1
White	O	XO	XX-	X					1.15	5





2023 Track Events Program

TRACK

Age	5&6	7	8	9	10	11	12	13	14	15	U20/SENIOR
WEEK 1, 7, 13								First event	100m Hurdles-age specific		
	60	60	60	60	60	60	60	60	60	60	60
	100	100									
					300	300	300	300	300	300	300
			800	800	800	800	800	800	800	800	800

Age	5&6	7	8	9	10	11	12	13	14	15	U20/SENIOR
WEEK 2, 8, 14								First event	200m Hurdles-age specific		
	70	70									
	100		100	100	100	100	100	100	100	100	100
		200	200	200	200	200	200	200	200	200	200
					1500	1500	1500	1500	1500	1500	1500

Age	5&6	7	8	9	10	11	12	13	14	15	U20/SENIOR
WEEK 3, 9, 15										First event	400m H
	Second event	60Hurdle	60Hurdle	60Hurdle	60Hurdle	60Hurdle					
	60						60	60	60	60	60
	100										
		120	120	120							
					400	400	400	400	400	400	400
					1000	1000	1000	1000	1000	1000	1000

[illegible][illegible]

Age	5&6	7	8	9	10	11	12	13	14	15	U20/SENIOR
WEEK 6, 12, 18										First event	400m H
	Second event	60Hurdle	60Hurdle	60Hurdle	60Hurdle	60Hurdle					
	60										
	100						100	100	100	100	100
		200	200	200							
					400	400	400	400	400	400	400
					1mile	1mile	1mile	1mile	1mile	1mile	



2023 Field Events Program

THROWS											
Age	5&6	7	8	9	10	11	12	13	14/15 Combined	U20/SENIOR	
WEEK 1, 7, 13	Shot Put	Discus	Discus	Turbo Jav	Discus	Shot Put	Discus	Shot Put	Javelin	Shot Put	
WEEK 2, 8, 14	Discus	Shot Put	Turbo Jav	Discus	Shot Put	Turbo Jav	Javelin	Discus	Shot Put	Discus	
WEEK 3, 9, 15	Shot Put	Discus	Shot Put	Shot Put	Turbo Jav	Discus	Shot Put	Javelin	Discus	Javelin	
WEEK 4, 10, 16	Discus	Shot Put	Discus	Turbo Jav	Discus	Shot Put	Discus	Shot Put	Javelin	Shot Put	
WEEK 5, 11, 17	Shot Put	Discus	Turbo Jav	Discus	Shot Put	Turbo Jav	Javelin	Discus	Shot Put	Discus	
WEEK 6, 2, 18	Discus	Shot Put	Shot Put	Shot Put	Turbo Jav	Discus	Shot Put	Javelin	Discus	Javelin	

JUMPS											
Age	5&6	7	8	9	10	11	12	13	14/15 Combined	U20/SENIOR	
WEEK 1, 7, 13	Long	Long	Long	High	High	Long	Triple	High	High	Long	
WEEK 2, 8, 14	Long	High	High	Long	Long	High	High	Long	Long	Triple	
WEEK 3, 9, 15	Long	Long	Long	High	High	Long	Long	Triple	Triple	High	
WEEK 4, 10, 16	Long	High	High	Long	Long	High	Triple	High	Long	Long	
WEEK 5, 11, 17	Long	Long	Long	High	High	Long	High	Long	High	Triple	
WEEK 6, 12, 18	Long	High	High	Long	Long	High	Long	Triple	Triple	High	



Athlete Results -

TRACK EVENT	PERSONAL BEST				
60m					
70m					
80m					
100m					
120m					
200m					
300m					
400m					
800m					
1000m					
1500m					
1 mile					
2000m					
3000m					
60m Hurdles					
80m Hurdles					
90m Hurdles					
100m Hurdles					
110m Hurdles					
200m Hurdles					
400m Hurdles					



Athlete Results -

TRACK EVENT	PERSONAL BEST				
60m					
70m					
80m					
100m					
120m					
200m					
300m					
400m					
800m					
1000m					
1500m					
1 mile					
2000m					
3000m					
60m Hurdles					
80m Hurdles					
90m Hurdles					
100m Hurdles					
110m Hurdles					
200m Hurdles					
400m Hurdles					



Athlete Results -

FIELD EVENT	PERSONAL BEST				
SHOT PUT					
DISCUS					
TURBOJAV					
JAVELIN					
HAMMER					
HEAVEY WEIGHT					
LONG JUMP					
TRIPLE JUMP					
HIGH JUMP					

FIELD EVENT	PERSONAL BEST				
SHOT PUT					
DISCUS					
TURBOJAV					
JAVELIN					
HAMMER					
HEAVEY WEIGHT					
LONG JUMP					
TRIPLE JUMP					
HIGH JUMP					



Events by Age Group – TNS Club days

Event	5	6	7	8	9	10	11	12	13	U16	U18-Open
60m	X	X	X	X	X	X	X	X	X	X	X
70m	X	X	X	X	X	X	X	X	X	X	X
80m	X	X	X	X							
100m	X	X	X	X	X	X	X	X	X	X	X
120m			X	X	X	X	X	X	X	X	X
200m			X	X	X	X	X	X	X	X	X
300m						X	X	X	X	X	X
400m						X	X	X	X	X	X
800m				X	X	X	X	X	X	X	X
1000m						X	X	X	X	X	X
1500m						X	X	X	X	X	X
1 MILE						X	X	X	X	X	X
3000m						X	X	X	X	X	X
WALK						1500m	1500m	1500m	1500m	3000m	5000m
Hurdles			60m	60m	60m	60m	60m	F 80m M 90m	F 80m M 90m	F 90m M 100m	F 100m M 110m
200m Hurdles								X	X	X	
400m Hurdles											X
Long Jump	X	X	X	X	X	X	X	X	X	X	X
High Jump			Scissor	Scissor	Scissor	Scissor	X	X	X	X	X
Triple Jump								X	X	X	X
Shot Put	X	X	X	X	X	X	X	X	X	X	X
Discus	X	X	X	X	X	X	X	X	X	X	X
Javelin				Turbojav	Turbojav	Turbojav	Turbojav	X	X	X	X

Our committee and existing members look forward to welcoming you to our 2023 season!

Further Resources

Athletics North Queensland (ANQ)
<http://athleticsnorthqld.org.au>



Queensland Athletics (QA)
<http://www.qldathletics.org.au>



Athletics Australia (AA)
<http://athletics.com.au>



CLUB VENUE	CLUBHOUSE	CONTACT US	CORRESPONDENCE
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