



2026

SEASON

HANDBOOK



Contents

Welcome.....	3
2026 Committee	4
Registration Fees.....	5
Friday Night Competition	5
North Star Calendar	6
Uniforms.....	9
Weekly Results/Records	9
Point Score, Trophies & Records	9
Trophy Awards Policy	10
APPENDIX A.....	13
Parent/Caregiver Participation	14
Canteen	14
Training.....	14
Coaching Clinics	15
Safety Guidelines	15
Code of Conduct	17
Event Specifications	18
Event Specifications	19
Event Specifications	20
Athlete Results	29
Athlete Results.....	29
Events by Age Group – TNS Club Days.....	31



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 2026 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.



2026 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	Laurie Irwin
Vice President – Scott Piccinelli	Greg Doran
Secretary – Nikki Otto	Nat Doran
Treasurer – Kate Gordon	Sheridan Dean
Registrar – Melissa Blum	Alison Bennett
Meet Manager – Vacant	



Registration Fees

The Registration Fees for 2026 season are as follows:

4 – 9 years (DOB 2016-2021)	\$300
10 years and above	\$325

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.

4-11 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. 4 – 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

MARCH 1	TOWNSVILLE NORTH STAR ONLINE REGISTRATIONS OPEN Sunday 1 March – Townsville North Star Website and Facebook Page	CLUB – SIGN ON
MARCH 7-8	SUMMER SERIES MEEET Saturday 7 - Sunday 8 March – Townsville Sports Reserve	CARNIVAL
MARCH 12-15	QUEENSLAND CHAMPIONSHIPS (U14-OPEN) Thursday 12 – Sunday 15 March – Main Stadium, QSAC, Nathan	QLD STATE CHAMPS
MARCH 13	TOWNSVILLE NORTH STAR ATHLETE & PARENT EDUCATION PROGRAM Friday 13 March 6pm – Townsville Sports Reserve	APEP MEET
MARCH 20	TNS COMP 1 Friday 20 March 6pm – Townsville Sports Reserve	CLUB MEET
MARCH 20-22	LITTLE ATHLETICS McDONALD'S STATE CHAMPIONSHIPS Friday 20 – Sunday 22 March – Main Stadium, QSAC, Nathan	LAQ CARNIVAL
MARCH 27	TNS COMP 2 Friday 27 March 6pm – Townsville Sports Reserve	CLUB MEET
APRIL 9-12	OPEN U20 AUSTRALIAN ATHLETICS CHAMPIONSHIPS Thursday 9 – Sunday 12 April Sydney	AUSTRALIAN CHAMPS
APRIL 15-20	U14-U18 AUSTRALIAN ATHLETICS CHAMPIONSHIPS Wednesday 15 – Monday 20 April Brisbane	AUSTRALIAN CHAMPS
APRIL 24	TNS COMP 3 Friday 24 April 6pm – Townsville Sports Reserve	CLUB MEET
MAY 1-4	NQ GAMES Friday 1 May – Monday 4 May, Mackay Aquatic & Recreation Complex	CARNIVAL
MAY 8	TNS COMP 4 Friday 8 May 6pm – Townsville Sports Reserve	CLUB MEET
MAY 15	TNS COMP 5 Friday 15 May 6pm – Townsville Sports Reserve	CLUB MEET
MAY 18-23	OCEANIA ATHLETICS CHAMPIONSHIPS Monday 18 May to Saturday 23 May, Darwin	CARNIVAL
MAY 22	TNS COMP 6 Friday 22 May 6pm – Townsville Sports Reserve	CLUB MEET
MAY 29	TNS COMP 7 Friday 29 May 6pm – Townsville Sports Reserve	CLUB MEET

MAY 30-31	BOWEN TRACK & FIELD CARNIVAL Saturday 30 – Sunday 31 May – Bowen Athletics Track	CARNIVAL
JUNE 5	TNS COMP 8 Friday 5 June 6pm – Townsville Sports Reserve	CLUB MEET
JUNE 12	TNS COMP 9 CANCELLED Friday 12 June 6pm – Townsville Sports Reserve	CLUB MEET
JUNE 13-14	ANQ FESTIVAL OF ATHLETICS Saturday 13 - Sunday 14 June – Townsville Sports Reserve	CARNIVAL
JUNE 19	TNS COMP 10 Friday 19 June 6pm – Townsville Sports Reserve	CLUB MEET
JUNE 26	TNS COMP 11 Friday 26 June 6pm – Townsville Sports Reserve	CLUB MEET
JUNE 27-28	LITTLE ATHLETICS NORTH QLD WINTER CARNIVAL Saturday 27 – Sunday 28 June – Townsville Sports Reserve	LAQ CARNIVAL
JULY 17	TNS COMP 12 Friday 17 July 6pm – Townsville Sports Reserve	CLUB MEET
JULY 25-26	CORAL COAST TRACK & FIELD CARNIVAL Saturday 25 - Sunday 26 July – Barlow Park, Cairns	CARNIVAL
JULY 31	TNS COMP 13 Friday 31 July 6pm – Townsville Sports Reserve	CLUB MEET
AUGUST 1-2	MACKAY TRACK & FIELD CARNIVAL Saturday 1 – Sunday 2 August – Mackay Aquatic & Recreation Complex	CARNIVAL
AUGUST 3-7	PRIMARY INTERSCHOOL TRACK & FIELD MEET Monday 3 August – Friday 7 August – Townsville Sports Reserve	SCHOOL CARNIVAL
AUGUST 9	TNS COMP 14 Sunday 9 August 6pm – Townsville Sports Reserve	SUNDAY CLUB MEET
AUGUST 10-14	SECONDARY INTERSCHOOL TRACK & FIELD MEET Monday 10– Friday 14 August – Townsville Sports Reserve	SCHOOL CARNIVAL
AUGUST 14	TNS COMP 15 Friday 14 August 6pm – Townsville Sports Reserve	CLUB MEET
AUGUST 16-17	OUTBACK SUNSET CARNIVAL Saturday 16 – Sunday 17 August – Longreach	CARNIVAL
AUGUST 23	TNS COMP 16 Sunday 23 August 6pm – Townsville Sports Reserve	SUNDAY CLUB MEET
AUGUST 25	NORTH QUEENSLAND PRIMARY TRACK & FIELD MEET Tuesday 25 August – Townsville Sports Reserve	SCHOOL CARNIVAL

AUGUST 27/28	NORTH QUEENSLAND SECONDARY TRACK & FIELD MEET Thursday 27 – Friday 28 August – Townsville Sports Reserve	SCHOOL CARNIVAL
AUGUST 30	TNS COMP 17 Sunday 30 August 6pm – Townsville Sports Reserve	SUNDAY CLUB MEET
SEPTEMBER 6	TNS COMP 18 Sunday 6 September 6pm – Townsville Sports Reserve	SUNDAY CLUB MEET
SEPTEMBER 11	TNS COMP 19 – SEASON FINALE Friday 11 September 6pm – Townsville Sports Reserve	LAST CLUB MEET
SEPTEMBER 11-13	WORLD ATHLETICS CHAMPIONSHIPS Friday 11 – Sunday 13 September - Oregon	WORLD CHAMPS
SEPTEMBER 25-27	NORTH QUEENSLAND CHAMPIONSHIPS Friday 25 – Sunday 27 September – Townsville Sports Reserve	CARNIVAL
OCTOBER TBC	TNS AGM & PRESENTATION - TBC TBC	
OCTOBER 1-4	QUEENSLAND ALL SCHOOLS CHAMPIONSHIPS Thursday 1 – Sunday 4 October, Main Stadium QSAC, Brisbane	ALL SCHOOL CHAMPS
OCTOBER 12-14	QUEENSLAND PRIMARY TRACK & FIELD CHAMPIONSHIPS Monday 12 – Wednesday 14 October, Main Stadium QSAC, Brisbane	QLD STATE CHAMPS
OCTOBER 15-18	QUEENSLAND SECONDARY TRACK & FIELD CHAMPIONSHIPS Thursday 15 – Sunday 18 October, Main Stadium QSAC, Brisbane	QLD STATE CHAMPS
NOVEMBER 27-30	SCHOOL SPORT AUSTRALIA TRACK & FIELD CHAMPIONSHIPS Friday 27 – Monday 30 November, Canberra	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 **MUST** be worn at all times during club meets to be eligible for club points and at all external competitions also.

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

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 except for the Outstanding Achievement Award.

Records

Club Records are awarded on performances achieved during Friday Night club competitions only. An athlete must attend a minimum 50% of Friday night competitions to be eligible to break club records.

Field records must be certified by a Committee Member.



Trophy Awards Policy

The following is the current policy for the allocation of club awards at presentation day each year. These procedures are to be adhered to unless the policy is altered at a committee meeting and documented in the minutes. To receive a trophy, the athlete must not have any outstanding club fees. All perpetual trophies must be returned to the clubhouse by the end of the presentation day. All perpetual trophy recipients also receive an individual trophy to keep.

All perpetual trophies will ONLY be awarded to members who attend at least 50% of club nights EXCEPT for the President's Shield and the Most Outstanding Achievement Award. The recipients of each award are determined by the committee members, also taking into consideration feedback from officials. The President's Shield is determined by the current club President. The Most Outstanding Achievement awards will be voted on by committee members through submission of nomination forms from athletes, parents or committee members.

AGE CHAMPION TROPHIES (INDIVIDUAL)

These are presented to athletes as individual trophies who have received the most club points for the season. Each age group, male and female, have three trophies each, unless there are insufficient participant numbers in a particular age group. The trophies are for age champion, runner-up age champion and third place age champion.

The individual age groups are from 4 years to 15 years, Under 18 (16 yrs and 17 yrs), Under 20 (18 yrs and 19yrs), Open (20 – 34 yrs) and Masters (35 yrs +).

The points system is as follows:

1st place in an event = 10 points	6th place in an event = 5 points
2nd place in an event = 9 points	7th place in an event = 4 points
3rd place in an event = 8 points	8th place in an event = 3 points
4th place in an event = 7 points	9th place in an event = 2 points
5th place in an event = 6 points	10th place onwards = 1 point

PETER SEARLE TROPHY AND JACK LOGAN TROPHY (PERPETUALS x 2)

These trophies are awarded to the male and female athlete with the most club points for the season. These may be shared by more than one female or male, if they have equal points. The Peter Searle trophy is presented to the female recipient, and the Jack Logan trophy is presented to the male recipient.

MULTICOM MOST RECORDS BROKEN (PERPETUAL)

This perpetual trophy is awarded to the athlete, male or female, who has broken the most records for the year. This award may be shared by more than one recipient if they have broken an equal number of records.

SEASON RECORD BREAKERS (INDIVIDUAL)

A club record cannot be ratified unless the athlete has attended at least 50% of the season's club nights. A person may break records throughout the season, but a record breaker trophy is only awarded to the athlete that holds the record at the end of the season. Only one individual trophy is awarded per athlete regardless of how many records were broken by that individual. The events for each record broken will be listed on the trophy. Athletes who have broken long-standing records (>15 years) will also be acknowledged by the club with an honourable mention.

SPORTSMANSHIP AWARDS (PERPETUALS x 6)

These trophies are awarded in the following categories:

- Female 12 years and under
- Male 12 years and under
- Female 13 years to open
- Male 13 years to open
- Female Masters (>35 years)
- Male Masters (>35 years)

Award Criteria

The athlete:

- Is of exceptional character demonstrating ethical and fair behaviour, and respect and generosity to other athletes, officials, parents and committee members
- Represents and promotes the club by wearing the uniform at all competitions (where permitted) and does not bring the club into disrepute

CHARLIE DOYLE TROPHY - MOST PROMISING ATHLETE (PERPETUAL X 2)

These trophies are awarded to a male and female athlete of any age along with a \$200 cash bursary for each recipient.

Award Criteria

The athlete:

- Does not have to be the best in his/her age group but demonstrates consistent determination, perseverance, resilience and improvement
- Consistently attends club nights

LIFE MEMBERSHIP AND HONORARY MEMBERS

Please refer to the club Constitution

PARA-ATHLETE OF THE YEAR - JUNIOR AND SENIOR (PERPETUALS X 2)

These trophies are awarded in two categories, and each award may be shared if an outright winner cannot be determined:

- Junior para-athlete – 15 years or younger
- Senior para-athlete – 16 years to Masters

Award Criteria

- Highest achievement for the season including personal best results, club records, representative team selection and competition results

PRESIDENT'S SHIELD – MOST OUTSTANDING IN A PARTICULAR EVENT (PERPETUAL)

The recipient of this award is determined by the current club President. The award may be shared if an outright winner cannot be determined. The recipient can be any age and from any event – track or field.

Award Criteria

- High achievement for the season in a particular event including personal best results, competition results, representative teams eg. discus, sprints, triple jump, long distance.

OUTSTANDING ACHIEVEMENT AWARDS (INDIVIDUAL)

The recipient/s of this award is determined through a nomination process by the athlete, parent or committee member and will be chosen by the committee from a pool of submitted nominees. See nomination form Appendix A. Each recipient will receive an individual trophy. There may be multiple winners of this award, and the recipients are not gender-specific eg. winners may be all female, all male or a combination of male and female.

Award Criteria

- Achievements for the season including personal best results, club records, representative team selection, competition results, leadership roles.

FRANK H. COLEMAN CUP – MOST OUTSTANDING CLUB PERSON (PERPETUAL)

The recipient of this award must be a member of the club and can be an individual, a family, a volunteer or a committee member. The recipient is determined by the highest number of votes after anonymous nominations by the committee. The award may be shared if an outright winner cannot be determined.

Award Criteria

- Regular and valued contribution to the club, including but not limited to, administration duties, development of or participation in fund-raising activities, club night duties, development of initiatives that improve and/or promote the club, grant submissions, undertaking extra duties



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.

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

10 years – seniors training will be on Wednesdays 4:45pm – 5:45pm (TBC) 7 - 9-year old training will be on Wednesdays 4:45pm- 5:45pm (TBC) 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 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 un-laned 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.





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 behavior, 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

Event Age and Technical Specifications all per [ANQ Age and Implement Specification Document 2025](#).

Athletes 3 Years - Seniors
Masters Athletes

Age as of the 31 December
Age on the day of competition

EVENT	MINIMUM AGE	
SPRINTS		
60m	All Ages	
80m	All Ages	
100m	All Ages	
200m	7 Years	
400m	10 Years	
DISTANCE		
800m	8 Years	
1500m	10 Years	
3000m	14 Years	
5000m	18 Years	
10000m	18 Years	
1 Mile	12 Years	
ROAD DISTANCE		
5km	11 Years	
10km	13 Years	
21km	16 Years	
Marathon	18 Years	
Ultra	18 Years	
TRACK WALKS		
800m	10 Years	
1500m	11 Years	
3000m	14 Years	
5000m	16 Years	
10000m	16 Years	
ROAD WALKS		
2km	11 Years	
3km	14 Years	
5km	16 Years	
STEEPLE CHASE		
2000m	14 Year Women	76.2cm
2000m	14 Year Men	76.2cm
2000m	U18 Men,	83.8cm
3000m	U20 Women	76.2cm
3000m	U20 Men	91.4cm

EVENT	MINIMUM AGE	
HURDLES		
60m	7 Years	45cm
60m	9 Years	60cm
60m	11 Years	68cm
80m	12 Years Women	76.2cm
90m	12 Years Men	76.2cm
90m	14 Years Women	76.2cm
100m	14 Years Men	84cm
100m	16 Years Women	76.2cm
100m	U20 Women	84cm
110m	16 Years Men	91.4cm
110m	Under 20 Men	99.1cm
110m	Open	106.7cm
200m	12 Years	76.2cm
400m	16 Years Women	76.2cm
400m	U18 Men	84cm
400m	U20 Men	91.4cm
THROWS		
Shot Put	All Ages	
Discus	All Ages	
Javelin	12 Years	
Heavy Weight	14 Years	
Hammer	12 Years	
JUMPS		
Long Jump	All Ages	
Triple Jump	12 Years	
High Jump (SCISSORS MATS)	8 Years	
High Jump (FLOP MATS)	11 Years	
Pole Vault	12 Years	



Event Specifications

Throw Implements – All Ages

Effective 1st January 2025

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	750g	750g	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

U – Under

*** Text in bold updated 1 Jan 2025**



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
2000M SC	30+	F	76.2cm				
2000M SC	60+	M	76.2cm				
3000M SC	30 – 59	M	83.8cm				

Shot Put

When is a foul recorded?

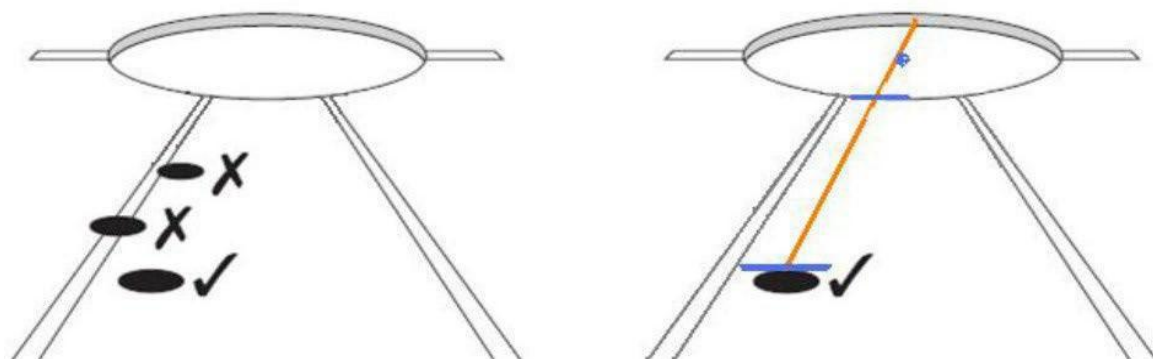
FOUL X

PASS –

- 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

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?

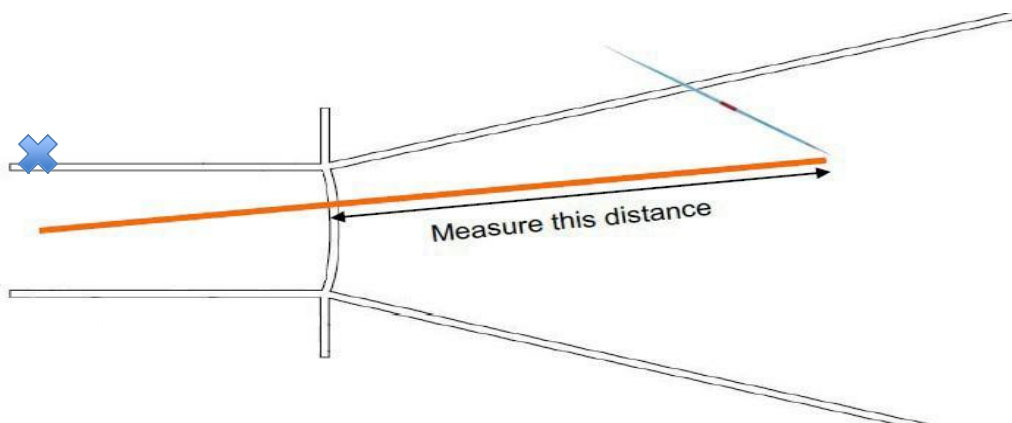
- The imprint mark made by the shot on landing closest to the circle is selected.
- The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight through the centre of the circle.
- The distance is measured at the point where the tape crosses the 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

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.
- 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 the tape taut and pull it through to the centre point on the runway 8m from the throwing arc

Measuring and recording a throw

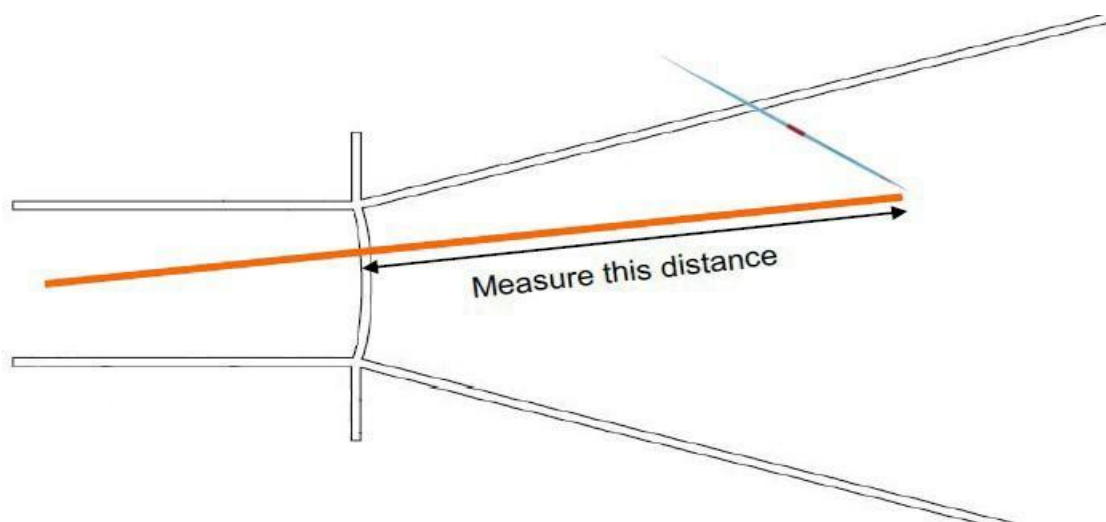
- Also place the spike where the Javelin lands until the official gives the all clear (Fouls are not measured unless there is a protest)
- Measure from the nearest mark made by the metal point to the throwing arc. The zero measurement goes at the end where the spear lands
- Draw the tape taut and pull 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 **FOUL X PASS –**

- 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

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

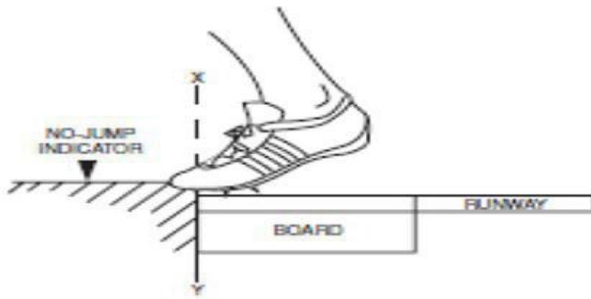


Measuring and recording a throw

- 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.

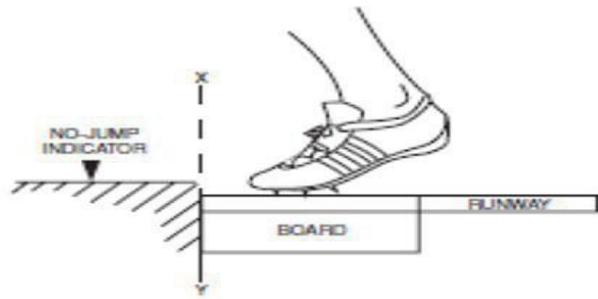
Long/Triple Jump

FOUL



RECORD FOULS WITH AN X

VALID



MEASURED TO THE NEAREST CENTIMETRE

When is a foul recorded?

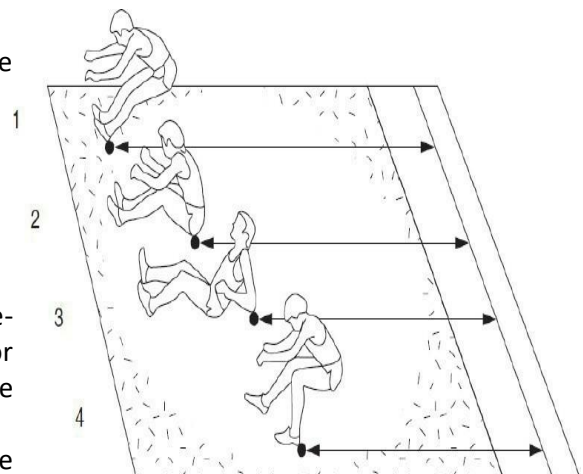
- If any part of the foot is beyond the front edge of the white board (sandpit side) or if the entire foot is outside either end of the take-off area
- If after completing the jump an athlete walks back through the sandpit and exits the pit area towards the take-off board.
- In the course of landing 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

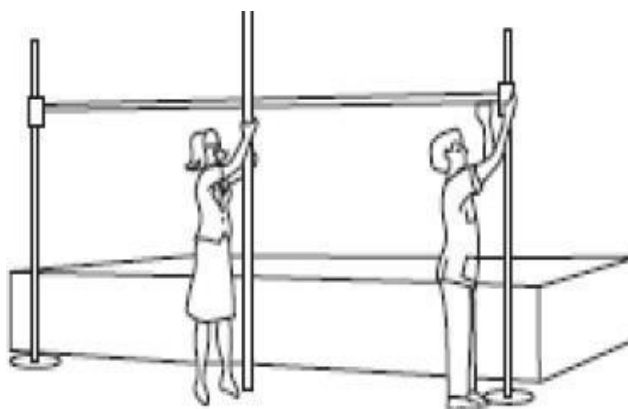
X : indicates a failure

- : 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

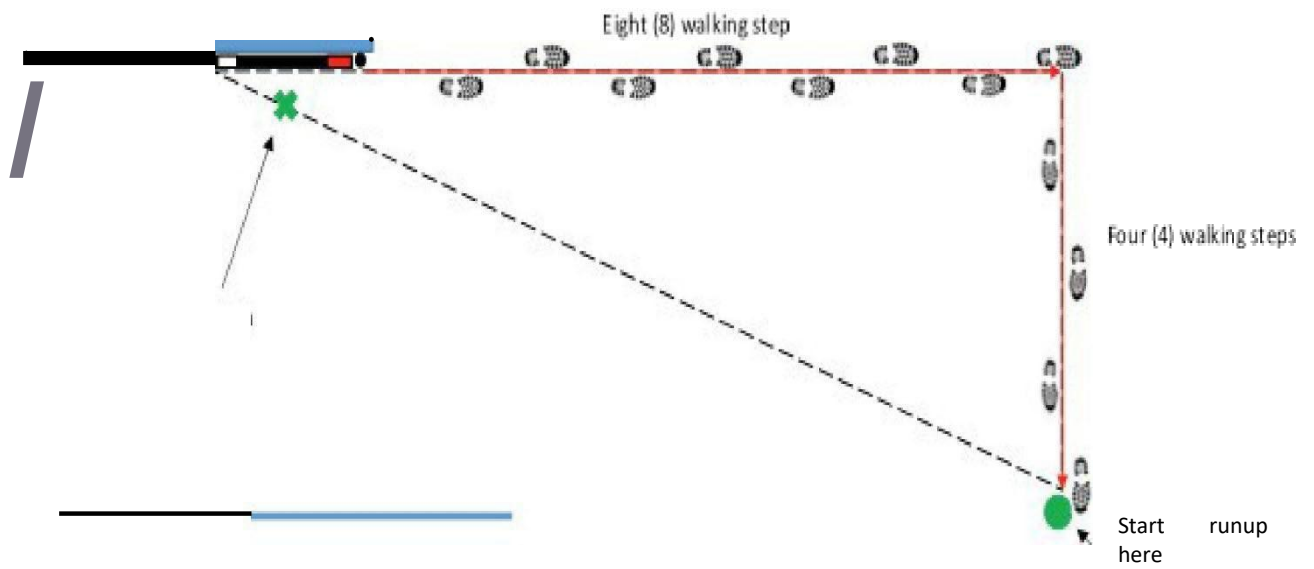
- When after a jump, the bar does not remain on the support because of the action of the athlete whilst jumping
- If an athlete fails to complete an **attempt within 30 seconds** after their name being called. Also if 1min 30 is exceeded by the last remaining athlete.
- If the bar falls after an athlete 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 Failures	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 Run Up - Scissors

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.

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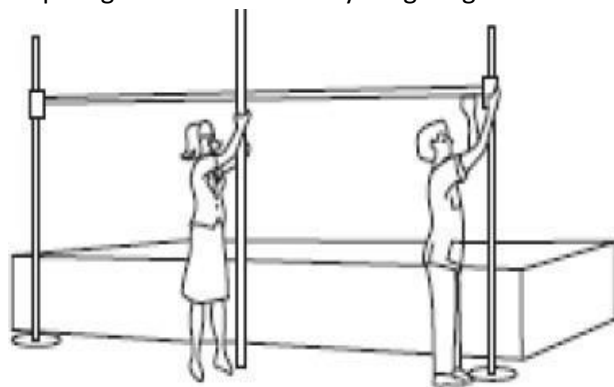
1 competitor left - 1cm change or athletes choice

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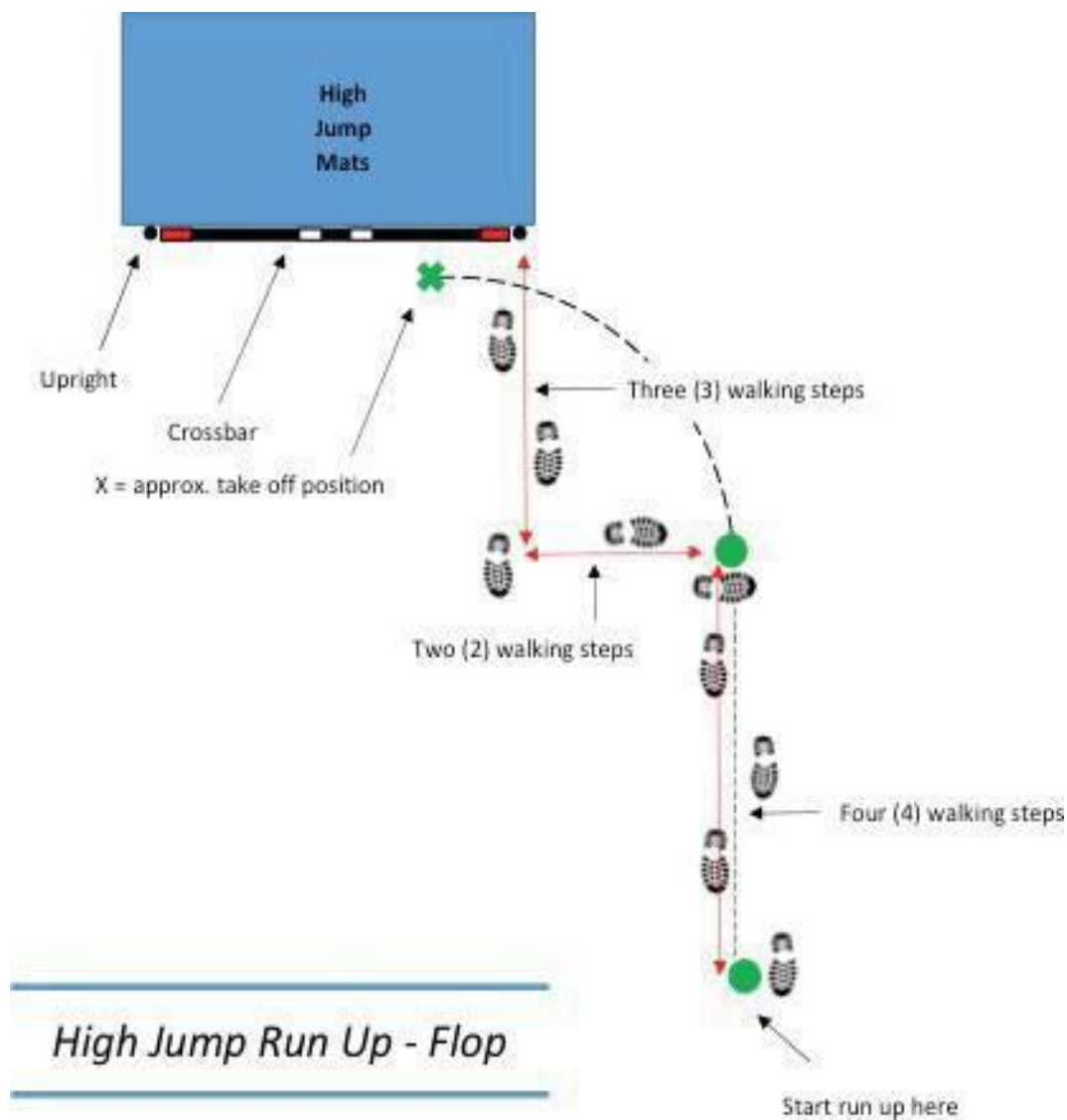
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Smith	O	O	O	X-	XO	XXO	XXX	4	1.29	2
Brown	O	O	X-	O	XXO	XXO	XXX	5	1.29	4
Black	O	-	-	XXO	XXO	XO	XXX	-	1.29	1
White	O	XO	XX-	X					1.15	5





Athlete Results

Track Event	Personal Best				
60m					
70m					
80m					
100m					
120m					
200m					
300m					
400m					
800m					
1000m					
1500m					
1 mile					
2000m					
3000m					
60mH					
80mH					
90mH					
100mH					
110mH					
200mH					
400mH					



Athlete Results

Field Event	Personal Best				
Shot Put					
Discus					
Javelin					
Hammer					
Long Jump					
Triple Jump					
High Jump					



Events by Age Group – TNS Club Days

Event	4/5	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
2000m						X	X	X	X	X	X
3000m						X	X	X	X	X	X
WALK						1500m	1500m	1500m	1500m	3000m	5000m
60mH			X	X	X	X	X				
80mH								Female	Female		
90mH								Male	Male	Female	
100mH										Male	Female
110mH											Male
200mH								X	X	X	
400mH											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							X	X	X	X	X

Our committee and existing members look forward to welcoming you to our 2026 season!

Further Resources

Athletics North Queensland (ANQ)

<http://athleticsnorthqld.org.au>



Queensland Athletics (QA)

<http://www.qldathletics.org.au>



Australian Athletics (AA)

<http://athletics.com.au>



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