

10-19 years Track & Field Competition Procedures

Pathways for excellence in representative school sport

*Inspiring world-class opportunities for sporting success,
engagement and wellbeing*



**Queensland
Government**

Queensland Representative School Sport

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Change History

Version	Date	Description	Prepared by
1	06/12/2024	Draft Competition Procedure	Andrea Field, Sarah Goddard, Amelia Sutton, Louise Hatfield, Linda Ashburn
2	06/02/2024	Competition Procedures for Approval	Andrea Field, Sarah Goddard, Amelia Sutton, Louise Hatfield, Linda Ashburn

NOTE: This manual is to be read in conjunction with the:

- School Sport Australia policies and guidelines
- Queensland Representative School Sport Leadership handbook



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Sport Competition Guidelines

Minimum Venue Standards

The host region venue must comply with audit requirements and:

- complete a procurement process (where required).
- have sufficient and suitable (e.g. cabin/motel style) accommodation within the host town/city to provide places for all visiting parents/supporters competitors/ student officials/team officials
- have access to appropriate transport to/from the host town/city
- have access/proximity to 24- hour medical services (e.g. hospital, ambulance, dentist, physio)
- The playing venue must be a suitable standard and must comply with the sport specific minimum requirements. Consideration must also be given to factors such as:
 - sufficient number of suitably sized change rooms present
 - spectators must be adequately catered for with suitable viewing, toilet facilities, canteen etc.
 - Competition Area – Field of Play/number of courts or fields required
 - Suitable shade & shelter for hot & wet weather if necessary
 - Access to water
 - Officials' Room with secure area for official's bags
 - Championship working group control room
 - Access to internet
 - Laptop and printer
 - Photocopier
 - Paper
 - General stationery

First Aid

A minimum of two First Aid Officers/Sports Trainers must be provided each day of competition. Any child treated must be accompanied by a Team Official or parent.

Spectator's facilities

Ensure there is sufficient shade, seating, toilets facilities, food and drinks vendors.

Officials

It is preferable that all key officials have a minimum Level accreditation and first aid/CPR. The key officials are (but not limited to):

- Tournament Director
- Technical Convenor
- Chief Referee

Additional officials required (list individually)

Student Officials – insert QSS 'categories'

Equipment

- The Host Region must supply all equipment for the safe conduct of the Championships.
- All equipment must comply with sport specific requirements
- Other necessary equipment is:
- Competition Software (if applicable)
- Access Passes (if applicable)

Competition areas must be checked each day for potential hazards and steps must be taken to rectify or make safe these potential hazards.



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Bulletins

Bulletin 1

- Team levy
- Venue
- Dates
- Pre-championship meeting date and venue
- Participating regions
- Team size
- Competition working group contact details
- Program of events
- Sports medicine arrangements

- Opening ceremony information
- Closing ceremony information
- Photo graph cost
- Canteen arrangements
- State nomination details

Bulletin 2

- Confirmation of previous bulletin information
- Draw
- Photo Schedule

Additional information required for the tournament

Links for Live results & Live streaming

Special Guest for Opening ceremony

- Education Minister, Sport Minister
- Director Teaching and Learning
- Local Government representative
- Department of Education
- QSS Board
- State Organisation
- Event sponsors

Ceremonies

Opening Ceremony

Closing Ceremony

Invitation to the following:

- Host Region officials
- Key Event Officials
- Team Officials
- Sponsor representative
- State Sporting Organisation Representative

Meetings

Pre-Championship Meeting

Selection Meetings

Post-Championship Meeting (if applicable)

A pre-championship meeting, chaired by the host RSSO / Asst. RSSO, in conjunction with the QRSS-SE member in attendance shall be convened for the purpose of discussing the conduct of the championships. The convenor may also be involved in the hosting of the meeting.

Regional team lists are to be confirmed at the pre-championship meeting. No changes are to occur after the list is confirmed.

A post-championship meeting may be convened and from this meeting recommendations may be put forward for consideration by the QRSS-SE. If recommendations are endorsed by regional delegates, these must then be submitted to the QRSS-MC for approval.



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All regional officials must attend all meetings and official functions as organised by the championship convenor and/or the QRSS-SE. This would include any Professional development opportunities as organised by the QRSS-SE.

Pre Championship Meeting agenda

1. Welcome and Introductions
2. Team officials' registrations
3. Student protection
4. Project Consent
5. Reporting injuries
6. Concussion
7. Game time consideration
8. State Team selection
9. Communication lines
10. Championship working group items
 - Championship schedule
 - Check program for player changes
 - First Aid/Ice
 - Venue information
 - Venue layout
 - Parking
 - Fields/Courts/warm up area
 - Championship Contact Numbers
 - Team Photographs
 - Opening and Closing Ceremonies
 - State championship draw
 - Competition procedures
 - Unofficial Dinner
 - Referees

Duration and Draws

Duration of championships are to be scheduled to use no more than two school days for competition. Where this cannot occur, the Host Region will communicate with the QRSS – RC and QRSS for approval and endorsement.

Such issues may include:

- availability of venues,
- number of games played/events run per day etc

At each State Championship a Queensland team may be selected and named (as a travelling or merit team). No other teams are to be named.

The sport specific competition procedures outline the draws and round robin matches to be played for various formats.



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10-19years Track and Field competition information

<p>Queensland Representative School Sport trials and championships shall be conducted according to the:</p> <ul style="list-style-type: none"> • WORLD ATHLETICS • WORLD PARA ATHLETICS • ATHLETICS AUSTRALIA • SCHOOL SPORT AUSTRALIA • QRSS LEADERSHIP HANDBOOK • QRSS RISK ASSESSMENT HANDBOOK <p>Rules current as of June 30th of the current year unless otherwise advised from the Executive through championship bulletins.</p>	
Age groups offered	<ul style="list-style-type: none"> • 10-12 years boys and girls – State Championship/SSA National Championship • 13-19 years boys and girls – State Championship
Event Officials	<ul style="list-style-type: none"> • Sport Executive, First Aid, Technical Official Judge/Scorer/Officer x 2, Data Manager x 2, AUSLAN Interpreter, Independent Selector x 2, Convenor x 2, Student Official Manager, Operations Manager x 6, Announcer. This number of officials will be allocated for each State Championship (10-12 years and 13-19 years) • Additional Event Technical Officials will be utilised through Queensland Athletics/Athletics North Queensland Officials
Sporting Organisation Support (if required)	<ul style="list-style-type: none"> • Queensland Athletics
State Championship Team Officials	<ul style="list-style-type: none"> • At the State Championship each Regional Team will send the appropriate number of Team Officials as required by their region as determined by their Regional School Sport Office.
Appointment of Queensland Team Officials – 10-12 years only	<p>Team Officials appointed to the QRSS 10-12 Years State Team:</p> <ul style="list-style-type: none"> • Track and Field 10-12 Years Discus Coach • Track and Field 10-12 Years Distance Coach • Track and Field 10-12 Years High Jump Coach • Track and Field 10-12 Years Long Jump Coach • Track and Field 10-12 Years Manager • Track and Field 10-12 Years Manager • Track and Field 10-12 Years Multi Class Coach/Manager • Track and Field 10-12 Years Multi Class Coach/Manager • Track and Field 10-12 Years Shot Put Coach • Track and Field 10-12 Years Sprint Coach
Appointment of Selectors – 10-12 years	<ul style="list-style-type: none"> • The selectors for the 10-12 years State Team will be Managers/Coaches of the Queensland Team or a proxy approved by the Sport Executive
Selection of the state team – 10-12 years	<ul style="list-style-type: none"> • The 10-12 years athletes that place 1st to 3rd in all events (able-body & multi-class) and 1st-4th in the able body 100m are invited to register their interest at the Queensland Team Outfitting Room. Registration is completed via QR Code. • Final selections are subject to exemptions applications or considerations for events where applicable. • All athletes must meet QLD state championship qualifying standards to be considered for selection in the 10-12 Years Track and Field Qld Team. An



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	<p>exemption may apply in the 100m events where an athlete may need to be selected to form a QLD relay team to compete at the national championships.</p> <ul style="list-style-type: none"> • Final announcement of the team is emailed individually to parents after the conclusion of the Championships using information collected in the QR code when selections are finalised. The General Manager at this time will communicate the events each athlete has been selected in. The Team List is also published on the QRSS website after the conclusion of the Carnival once nominations are finalised. • The following factors will also be considered for athletes wishing to be selected in the QRSS Team: <ul style="list-style-type: none"> ○ Attitude and Coachability: Positive, committed and focused athlete. The athlete pays attention, listens to the coaches/managers and apply instructions. ○ Communication: Contributes to a positive team environment through the appropriate use of language towards teammates. ○ Team Work: Demonstration of leadership, fair play and cooperation.
<p>Minimum Venue Standard</p>	<p>The 10-19 Years Track and Field Championships must be held in a WORLD ATHLETICS- certified venue, conducted under WORLD ATHLETICS, WORLD-PARA ATHLETICS, ATHLETICS AUSTRALIA & SCHOOL SPORT AUSTRALIA rules (except where local variations are required and appropriate) and supervised by accredited officials, in order for performances to be certified for State and National records and for students to be selected in the Queensland team for the:</p> <ul style="list-style-type: none"> • 10-12 Years – School Sport Australia National Championships. • 13-19 Years Athletics Australia Junior National Championships.
<p>Nomination Fee</p>	<ul style="list-style-type: none"> • Each competitor will pay the prescribed nomination fee (championship levy) regardless of the number of events in which the student is competing. The fee is not refundable beyond the pre-championship meeting. • Regions will be journaled for nominations submitted as at numbers confirmed at the Pre-Championship Meeting.
<p>Eligibility</p>	<ul style="list-style-type: none"> • Competitors must be the age stated for each event. All ages are calculated as of 31 December of the year of competition. • Depending on the number of nominations, some events may be conducted as a combination of age groups e.g. 13-15 years, with results awarded for each age group separately. • An athlete that enrolls in a Queensland school or Queensland Education Program (eligible to be affiliated with QRSS) from interstate/overseas and who has missed the opportunity for selection via the district and/or regional pathway, may be considered for participation in the Championships, providing the appropriate exemption has been applied for. • This may be approved through the provision of verifiable performance evidence to the QRSS 10-19 Track & Field Executive that confirms the attainment of the appropriate qualifying standard, as soon as possible prior to the Championships. • These athletes will form part of the applicable Regional School Sport team without displacing other athletes.
<p>Multiclass Athletes</p>	<ul style="list-style-type: none"> • Confirmation of an athlete's classification MUST be recorded on the Multi-Class classification form and also in the electronic nomination file. This should be entered in the box provided in the athlete's individual Meet Manager profile, and also in the 'Surname' field following the athlete's surname (ie. T/F20 or



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	<p>T54/F55). The athlete status should also be set to 'Disabled' in their individual Meet Manager athlete profile.</p> <ul style="list-style-type: none"> • An athlete will only be able to compete in the championships if their name is registered on the Athletics Australia Master List. If an athlete's name is not listed on this document, documentary evidence from the appropriate classifying organisation must be provided to the Regional School Sports Office/ Team Manager at the time of nomination in order to verify the athlete's Multi-Class classification for both track and field events. This evidence must be provided to the Multi-class Convenor at the time of nominations. • Athletes who have commenced the classification process via the applicable classifying organisation are eligible to compete as exhibition athletes at the QRSS Championships. To be nominated athletes must provide evidence of their application to the Regional School Sports Office/ Team Manager at the time of nomination in order to verify the athlete's Multi-Class classification for both track and field events. This evidence must be provided to the Multi-class Convenor at the time of nominations. • Exhibition athletes are not eligible to medal, set records or attain selection in the representative pathway as their classification is not yet finalised. • T/FI13 athletes will have their classification confirmed using the Sport Inclusion Australia Master List for I13 (Autism). This classification is not currently recognised by Athletics Australia, and no baseline data is available. These athletes are eligible for medals, however will not be eligible for selection in the Queensland team currently in this classification in line with School Sport Australia multi-class categories eligible. • Multi-class athletes who have more than one classification in either track or field (i.e. athletes with both a T/F37 and a T/F20 classification) must choose which classification they are going to compete within for the entire championships and indicate this at time of nomination via the Regional School Sports Office/Team Manager to the Multi-class Convenor. 																																
<p>Competition uniform</p>	<ul style="list-style-type: none"> • School Sport Regions will determine the competition uniform to be worn by athletes from the region. <p>Dress</p> <ul style="list-style-type: none"> • If compression or other lycra garments (including socks and arm sleeves) are worn, they must be in the dominant official regional/state colour (as per below). • Where the dominant regional/state colour cannot be obtained, athletes may wear black or white compression garments providing the complete official regional competition uniform (top and bottom) is worn over it, except in cases where the School Sport office has advised otherwise. <table border="1" data-bbox="419 1554 1450 1928"> <thead> <tr> <th>Region</th> <th>Colour</th> <th>Region</th> <th>Colour</th> </tr> </thead> <tbody> <tr> <td><i>Capricornia</i></td> <td>Black</td> <td><i>North West</i></td> <td>Maroon</td> </tr> <tr> <td><i>Darling Downs</i></td> <td>Royal Blue</td> <td><i>Peninsula</i></td> <td>Black</td> </tr> <tr> <td><i>Metropolitan East</i></td> <td>Navy Blue</td> <td><i>South Coast</i></td> <td>Maroon</td> </tr> <tr> <td><i>Metropolitan North</i></td> <td>Navy Blue</td> <td><i>South West</i></td> <td>Royal Blue</td> </tr> <tr> <td><i>Metropolitan West</i></td> <td>Dark Green</td> <td><i>Sunshine Coast</i></td> <td>Purple</td> </tr> <tr> <td><i>Northern</i></td> <td>Royal Blue or Black</td> <td><i>Wide Bay</i></td> <td>Black</td> </tr> <tr> <td><i>Queensland</i></td> <td>Maroon, Navy</td> <td></td> <td></td> </tr> </tbody> </table> <ul style="list-style-type: none"> • Athletes must wear the allocated competition number bibs provided by the Championship Organising Committee in every event for which they are 	Region	Colour	Region	Colour	<i>Capricornia</i>	Black	<i>North West</i>	Maroon	<i>Darling Downs</i>	Royal Blue	<i>Peninsula</i>	Black	<i>Metropolitan East</i>	Navy Blue	<i>South Coast</i>	Maroon	<i>Metropolitan North</i>	Navy Blue	<i>South West</i>	Royal Blue	<i>Metropolitan West</i>	Dark Green	<i>Sunshine Coast</i>	Purple	<i>Northern</i>	Royal Blue or Black	<i>Wide Bay</i>	Black	<i>Queensland</i>	Maroon, Navy		
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	<p>nominated. Number bibs must be pinned in four places and are not to be folded or altered in any way.</p> <ul style="list-style-type: none"> • Hip numbers and pins for track events will be provided where required, for attachment to shorts or briefs. • Competitors identified by officials as being incorrectly attired, may be withdrawn from the event. Athletes who repeatedly fail to comply with uniform requirements may be withdrawn from the remainder of the championship. <p>Footwear</p> <ul style="list-style-type: none"> • Athletes are required to wear enclosed shoes at all times while competing in their event. Shoes are required to meet the World Athletics – Athletic Shoe Regulations – Book C-C2.1A https://worldathletics.org/about-iaaf/documents/book-of-rules (click on Book C-Competition)
Nominations	<ul style="list-style-type: none"> ○ For all events (track and field) a region may nominate all athletes who have, in the current year, attained the QRSS state championship qualifying standard AND who have attained selection via the district and regional pathway (see exceptions below). ○ Any athlete who has met the QRSS State Championship Qualifying standard in their event is eligible to be nominated. ○ Each region may nominate up to TWO (2) automatic entries (able-bodied and multi-class athletes) for each event (see exceptions below). Note: Regions should ensure that the athletes selected under this rule still have a high level of skill and speed close to the qualifying time. ○ The following exceptions are applied: <ul style="list-style-type: none"> ○ 10-19 Years High Jump: Athletes must meet the qualifying standard to be nominated to state championships. ○ 10-12 Years 100m: Each region is able to nominate FOUR (4) automatic entries. ○ 10-12 Years Combined Event (Tetrathlon): Each region is only able to nominate TWO (2) entries per age group. No additional athletes can be entered into this event. ○ An athlete may nominate in a maximum of 5 individual events (excluding relays). ○ An athlete competing in the Combined Event (10-12 years tetrathlon - 100m, long jump, shot put and 800m), can only compete in one (1) other individual event (excluding relays). ○ Given names, surnames, dates of birth, gender and region must be entered on the event file. Entries cannot be accepted if these details are not provided. ○ All Athletes are to be entered as per the Nomination Instructions with a completed 'Activity Consent/ Medical Declaration and Competency Summary Form' for each team attached at the time of nomination. ○ Athletes with consent limitations will be deidentified in the Meet Manager File but will be recorded on the 'Activity Consent/ Medical Declaration and Competency Summary Form' as indicated. ○ Each region should nominate their athletes by entering their athletes into the Meet Manager backup file or the Team Manager file provided. Regions using the Meet Manager backup file should export a TCL file from the File menu, via 'Export/Entries for Meet Manager merge of the same meet'. ○ Regardless of which option is chosen, <u>the file that is returned must include the regional team abbreviation and the version number in the filename.</u> <ul style="list-style-type: none"> ○ Eg MWnominationsV1.tcl or PENnominationsV2.tcl ○ When returning forms for your region, <u>files must be labelled in the following format:</u> <ul style="list-style-type: none"> ○ CAP MC Checking Sheetv1.docx



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	<ul style="list-style-type: none"> ○ ME Team Officials Listv1.docx ○ NOR Service Awardsv1.docx ○ WB Summary Formv1.docx ○ Any updates to files should then include the updated version number: <ul style="list-style-type: none"> ○ CAP MC Checking Sheetv2.docx ○ Regions will be required to provide the following information: <ul style="list-style-type: none"> ○ Enrolment Numbers for calculations of aggregate and percentage trophies ○ Each athlete will be allocated a 'competitor number' by the committee, following the close of nominations. ○ Number bibs (bearing the competition number) will be supplied by the convenor. All athletes must be familiar with the WORLD ATHLETICS Competition Rules regarding the wearing of number bibs.
First Aid	<ul style="list-style-type: none"> ● First Aid Officer/s will be provided at the Championships in consultation with the Convenor and Venue Requirements.
Results and presentations	<ul style="list-style-type: none"> ● Records will be updated in the Championship Program each year. ● Medals will be awarded to competitors who are placed first, second or third in finals. ● Placegetters will be directed to the victory dais after the event for presentation of their medals. Regional managers should advise officials if the athlete is required at another event. <p>Multi-class scoring</p> <ul style="list-style-type: none"> ● All events for athletes who are competing under a classification will be conducted as multi-class events in line with AA guidelines. Places will be calculated using the AA baseline scoring system. <p>10-12 Years:</p> <ul style="list-style-type: none"> ● Finalist ribbons will be presented to: <ul style="list-style-type: none"> ○ athletes who make an individual track final (excluding relays) ○ athletes who make the final round in field events ○ athletes in a multi class event (track or field) who are placed in the final round after calculations ○ athletes in the combined event (tetrathlon) competition who would have made the equivalent of a final round. ● <i>Records - A certificate will be awarded to competitors who break or equal an existing record.</i> ● Points will be awarded to regions as follows: <ul style="list-style-type: none"> ○ 10 – first ○ 8 – second ○ 6 – third ○ 4 – fourth ○ 2 – fifth ○ 1 – sixth to eighth. ● The following trophies will be presented the region with the highest points: <ul style="list-style-type: none"> ○ “Champion Region Cup” – an aggregate points competition will be conducted to decide the winner. ○ “Geoffrey Hornibrook Trophy” – the boys’ aggregate points trophy. ○ “Joan Applewaite Trophy” – the girls’ aggregate points trophy. ○ “Des Johnston Shield” – a percentage trophy, based on affiliation numbers and points scored points. The formula for determining this shield is:



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	Points x 100
	Affiliation Numbers
	<p>13-19 Years:</p> <ul style="list-style-type: none"> • The following trophies will be presented: <ul style="list-style-type: none"> ○ 'Bill Sole Memorial Trophy' (started in 2018 following Bill's passing) - Presented to the 1st placed team in the 13-15 Years Women's 4x100m Relay. ○ 'Ivor Hawes Memorial Award' - Presented to the 1st placegetter in the 19 Years Men's Javelin. ○ 'Ned Burrows Memorial Award' - Presented to the 1st placegetter in the 17 Years Women's 400m.
School Based Competitions	<ul style="list-style-type: none"> ○ Queensland All Schools Track and Field Championships (Queensland Athletics) ○ Athletics Australia All Schools Track and Field

Championship Rules and Guidelines

Note: All information stated in Competition Rules and Guidelines pertains to ALL athletes aged 10-19 years (including Multi-class athletes) in all events, unless otherwise stated.

Qualifying Times & Distances

- The time/distance recorded by each competitor in qualifying for the championships must be submitted with the nomination. Nominations received without verifiable performance standards will not be considered.
- Regional selectors are requested to consider a student's performance at regional level to assess whether the student will be competitive at the State Championships.
- All competitors nominating for track events are seeded into heats according to the times submitted by the region. In order for this to be completed accurately, it is important that correct times be submitted.
- When entering track times for track events of 400 metres or less (including hurdle events), manual times are to be adjusted to the next 0.1 second ie. 10.31 becomes 10.4. Please add an 'h' to the time if it is a manual time e.g. 10.4h. Meet Manager will adjust this time to compare it with times recorded by 'fully automatic timing'.

Withdrawals & Substitutions prior to the Championships

- Withdrawals or team changes must be advised through the Regional Sports Office/Team Manager at the deadlines listed in the Championship Bulletins. Early advice may enable the number of heats to be reduced and may have an impact on qualification processes for semi-finals and finals. Confirmation of regional nominations must be received by the Convenor/Host RSSO by COB on Friday in the week preceding the championships.
- Withdrawals or changes must be provided on the official change form provided to regions.
- Changes made beyond the deadline for printing of the official program will not be included in the final version.
- Final withdrawals due to exceptional circumstances (ie illness or injury) must be received by the Championship Convenor prior to the start of the Pre- Championship meeting. Large numbers of changes are not able to be processed at this time. Athletes who are not withdrawn by this time will be journalled via regions for the championship levy.
- Substitutions are not permitted as all athletes who have attained the qualifying standard should have been nominated by the due date.
- Nomination errors identified and requiring an athlete to be added to an event prior to or during the championships must be accompanied by documentary evidence of the athlete's performance at



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the regional championships (eg Meet Manager results report). Requests without evidence cannot be supported.

Certificate of Competence / Qualification

- Competitors in high risk and extreme events (Discus, Javelin, Hammer Throw, High Jump – Fosbury Flop, Pole Vault) are required to produce to their Team Manager a QRSS Certificate of Competence Form signed by an accredited coach in these events stating that the competitor is suitably skilled to compete in the event safely. Team Managers will complete the 'Activity Consent/Medical Declaration and Competency Summary Form' and submit this at the time of nominations.
- Competency, for the purposes of this certification, means that the student can execute the technique at a standard that is not likely to cause an unreasonable risk to the safety of either themselves, other competitors, or officials.
- Athletes who do not provide a QRSS Certificate of Competence Form to Regional Team Officials won't be eligible to compete in the event and will be withdrawn according to the region's 'Activity Consent/Medical Declaration and Competency Summary'.
- Copies of the QRSS Certificate of Competence Form and the Activity Consent/Medical Declaration and Competency Summary Form will be distributed to regions with the nomination package.

Assistance to Athletes

- Team managers should refer to Section 6 of the World Athletics Technical rules.
- For the purpose of this rule, the following shall be considered assistance and are therefore not allowed; possession of or use of video and cassette recorders, radios, radio transmitters, mobile phones, smart watches or other communication devices by athletes in the call room or competition arena.
- Contravention of this rule may result in disqualification of the athlete from the event.
- For information regarding assistance for athletes competing in a Multi Class Event, see the Multi-class Information Handbook, distributed each July. In general, any on-field assistance for Multi Class athletes must be provided by a regional team manager wearing a regional team official uniform and a hi-vis vest as provided by the organising committee. Any assistance outside that of an athlete's classification requires prior written approval by submitting the 'Multi-class Additional Assistance Form' via the Regional School Sport Office /Team Manager to the Multi-class Convenor with the nomination form.

Athlete Regional Check-In Procedure

- Athletes for all events (track and field) should check in with their regional manager at least two hours prior to their first event on each day of competition. Please consult regional team paperwork for specific team requirements.
- Where athletes have not checked in with their regional team manager at the stipulated time, Team Managers will withdraw athletes from an event no later than one hour prior to the advertised time (or 90 minutes in the case of Pole Vault).
- Athletes are to collect their competition number (bib) and printed program from the Regional Team Manager at the time of check-in.

Withdrawal from Events during the Championships

- All entries are deemed to be confirmed. Where necessary, Team Managers are to withdraw (scratch) athletes from an event no later than one hour prior to the advertised time for the event (or 90 minutes for Pole Vault).
- Team Managers can make scratchings in the Technical Information Centre (TIC) via the official change form.
- If an athlete has failed to be officially scratched from an event or does not compete in all rounds of an event for which they have qualified, they may not be permitted to compete in any other event in the championships, including relays.



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- Withdrawal from semi-finals and finals of track events must be notified to the TIC at least 60 minutes before the advertised starting time for the event. Failure to do so may result in withdrawal from any other event or final for which the athlete has qualified.
- A track event may be re-seeded if the number of withdrawals requires that such action be taken.

Call Room (Marshalling) Procedures

- All athletes will be required to report to the Call Room (Marshalling Area) and check-in with Call Room officials. Competitors will not be admitted to the event if they report directly to the start line (track) or the competition area (field) instead of to the Call Room area.
- The Call Room (marshalling) times for events are:
 - Track Events - 20 minutes before the scheduled start time
 - Pole Vault - 60 minutes before the scheduled start time
 - Throws – 60 minutes before scheduled start time (warm-up with weighted implements occurs at event site)
 - Other field events - 40 minutes before the scheduled start time
- Athletes must be dressed in competition uniform and have their number bibs attached when reporting to the Call Room.
- Athletes will be accompanied by an official from the Call Room to their competition area. Athletes absent at the time of departure from the Call Room may be denied entry to the event.
- Where a student is competing in another event, the athlete or team manager should advise the official at the Call Room of the intention of the athlete to compete within the prescribed time.
- Failure to report for semi-finals and finals will be considered as a withdrawal and the athlete may be penalised by being withdrawn from all subsequent events.

Competitors and Officials only in the Arena

- Regional team officials are not permitted inside the competition arena, except as deemed necessary. The attention of regional officials is drawn to WORLD ATHLETICS Handbook Rule 144 - Assistance to Athletes.
 - Multi-class managers, guides and assistants are the exception to this rule. All Multi-class managers, guides and assistants accessing the competition area will be identifiable by wearing appropriate regional identification, and a hi-vis vest. Guides and assistants are only permitted when an athlete's classification allows for this assistance.
- Private coaches and parents/guardians are not permitted to be within field of play at any time.
- Regional team managers may be permitted inside the competition area where event-specific warm-up is required outside of the official warm-up venue. Access times and locations will be advised to team managers by the Organising Committee where necessary.
- Competitors must leave the competition area immediately following the conclusion of their event.

Equipment

- Pole Vault
 - Competitors are to provide their own poles. Competitors are not permitted to use any other competitor's pole except with the consent of the owner.
- Throwing Implements
 - Throwing implements for competition will be provided by the Organising Committee in accordance with WA, WPA, AA and SSA as applicable to the age-group.
- Competitors may use their own implements provided these are checked and marked as approved by the technical manager for the championships at least 90 minutes prior to the commencement of the event. This timeframe may be extended, dependent on staffing and venue requirements. Implements checked and marked must be made available to all competitors in the same event; these will be retained by the event officials until the completion of the event.
- The implement weights are listed in Appendix 1
 - Note: Implement weights for all Multi-class athletes shall not be weighted heavier than their same age, able-bodied peers.



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- 10-12 Years Discus: Only rubber discus are to be used in competition in line with SSA Competition Procedures.
- Disclaimer: These implement weights are consistent with those published by AA, SSA etc. at 30th June each year and these will be implemented at the QRSS State Championships unless otherwise advised from the QRSS 10-19 Track & Field Executive.

Starting Blocks

- Regulation starting blocks will be supplied for competition events at the QRSS state championships. No individual blocks can be used in competition.
- All able-bodied 13-19 years athletes will be required to use the starting blocks provided for competition in all track events up to and including 400m in length. Athletes are requested to know settings for their own use so that any alterations that need to be made can be completed as quickly as possible.
- Starting blocks are optional for 13-19 years multi-class athletes in track events up to and including 400m. Athletes are allowed to perform a standing start for these events.
 - It should be noted that T11-13 and T20 classifications will be required to utilise starting blocks in 100m, 200m and 400m events at higher level competitions in 13-19 years in line with WPA rules.
 - Records for 13-19 years athletes with T11-13 and T20 classifications will only be set if the athlete utilises starting blocks in 100m, 200m and 400m events.
- Starting blocks are optional for all 10-12years athletes in 100m, 200m and relays. Athletes are allowed to perform a standing start for these events.

Track Events

- Qualifying to the Final
 - All multi-class track events will be conducted as timed finals.
 - If a race is not identified as a straight final by the time of the Pre-Championship Meeting but withdrawals occur during the Championship sufficient to collapse the event to a straight final, the final will be conducted at the advertised heat time, with the competitors who have checked in by the advertised call room time.
 - In track events conducted over distances of 800 metres or less (including hurdles), eight athletes will qualify from the heats (or semi-finals) to the final.
 - In 1500 metre events in which heats are conducted, 12 athletes will qualify to the final.
- 100 metre and 200 metre events – heats
 - Where more than 27 nominations are received, semi-finals may be conducted.
- Qualifiers - 100 metre and 200 metre events
 - Two heats — three from each heat will qualify for the final with other qualifiers being decided according to their time.
 - Three heats — two from each heat will qualify for the final with other qualifiers being decided according to their time.
 - Four or more heats — three from each heat shall qualify for the semi-finals with other qualifiers being decided according to their time.
 - Semi-finals — three from each semi-final will qualify for the final with other qualifiers being decided according to their time.
- Qualifiers — 400 metres and all hurdle events
 - Two heats — three from each heat will qualify for the final with other qualifiers being decided according to their time.
 - Three heats — two from each heat will qualify for the final with other qualifiers being decided according to their time.



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- Four heats — one from each heat will qualify for the final with other qualifiers being decided according to their time.
- Qualifiers - 800 metres
 - Two heats — three from each heat will qualify for the final with other qualifiers being decided according to their time.
 - Three heats — two from each heat will qualify for the final with other qualifiers being decided according to their time.
 - A maximum of three heats will be run for all 800 metre events. Where the number of nominations exceed the number of lanes for any one event, heats in that event will be started with two competitors in lanes as required for the first curve or from a curved start line.
- Qualifiers - 1500 metres
 - Two heats – six from each heat will qualify for the final.
 - Three heats — four from each heat will qualify for the final.
 - Four heats – 3 from each heat will qualify for the final.
 - If 16 or fewer nominations are received, or if 16 or fewer athletes check in for the event, the event will be conducted as a final at the time scheduled for the first heat in the program
- Lane Allocation
 - Lanes will be allocated according to World Athletics Rule 166 (20.3); Ranking and Composition of Heats.
- The following 13-19years events will be run as finals only:
 - 3000 metres
 - 5000 metres
 - 3000 metres walk
 - 2000 metres steeplechase
 - 5000 metres walk
- Starting
 - Managers should ensure that athletes are familiar with the World Athletics Rule re: the start (Rule 162 (16)) as at 30th June of the calendar year unless otherwise advised.
 - Points to note:
 - i Starting instructions for races up to and including 400 metres, and for races longer than 400 metres.
 - ii Disqualification rule for false starts.
 - iii 10-12 years and 13-15 years - Any competitor making a false start shall be warned and the field will also be warned. Any competitor making a false start after this will be disqualified. In the case of Combined Events (10-12 years Tetrathlon) a competitor responsible for making two (2) false starts will be disqualified.
 - iv 16-19years - Any competitor making a false start as determined by the Start Referee will be disqualified.
 - v 10-19 years Multi-class Athletes – Any competitor making a false start shall be warned and the field will also be reminded about starting procedures. The Start Referee will determine if a competitor is to be disqualified after they have been warned as an individual.

Field Events

- In Able Bodied field events (except vertical jumps) all athletes will compete in the first three rounds of competition. After the first three rounds, the top eight (8) athletes will have one (1) further trial.
- In field events for athletes competing in a Multi Class Event or the Combined Event (10-12 years Tetrathlon) all athletes will compete in three rounds of competition only.



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- An athlete who has been competing in another event at the same time as the field event may be allowed to take a trial within the one round in an order other than that drawn and indicated on the event recording sheet. To be eligible for this the athlete must:
 - report to the chief judge before leaving the competition area
 - indicate the other event in which they will be competing
 - verify participation in the other event
 - return to the field event immediately after the completion of the track event
 - report to the chief judge immediately on returning to the competition area
 - *Note: 10-12 years athletes and 10-19 years Multiclass athletes may be supported by a Regional Team Official inside the Field of Play to communicate appropriately and transition between events as outlined above.*

- High Jump

- Increments - two increments of five centimetres, subsequent increments of three centimetres each.

The following starting heights will apply:

	Boys	Girls
10 years	1.10m	1.08m
11 years	1.23m	1.18m
12 years	1.28m	1.28m
13 years	1.48m	1.37m
14 years	1.58m	1.40m
15 years	1.64m	1.40m
16 years	1.70m	1.40m
17 years	1.72m	1.40m
18-19 years	1.72m	1.40m
Note:	The use of powder as a marker is not permitted. Only 2 runway markers are permitted per athlete.	

- 10-12 years athletes using the scissor technique will jump on a separate set of mats (no higher than 300mm) during the competition.
- An athlete who is competing in another event at the same time as the high jump competition may, upon returning to the high jump competition, be given three trials at the height at which the bar is set, provided that the competitor:
 - i reports to the high jump chief judge before leaving the competition area
 - ii indicates the other event in which he/she will be competing
 - iii reports to the high jump chief judge immediately on return to the high jump competition area
 - iv has not had three consecutive failures
 - v *Note: 10-12 years athletes may be supported by a Regional Team Official inside the Field of Play to communicate appropriately and transition between events as outlined above.*
- Jump off
 - For 10-12 years events in the case of a tie that results in more than 3 athletes medalling, a jump-off will be conducted to support the selection of the Queensland Team.
 - For 13-19 years events in the case of a tie for 1st, 2nd or 3rd, a jump off will not be conducted. Joint medals will be awarded.



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- Pole Vault
 - The minimum starting height for all pole vault events will be confirmed prior to championships by the host venue. This is determined by the minimum height at which the pole vault equipment can be set.
 - Competitors must supply their own poles for this event.
 - Jump off
 - For 13-19 years events in the case of a tie for 1st, 2nd or 3rd, a jump off will not be conducted. Joint medals will be awarded.

Relays

- Relays will be conducted across the following age and gender divisions:
 - Able Bodied: 10 Years Boys, 10 Years Girls, 11 Years Boys, 11 Years Girls, 12 Years Boys, 12 Years Girls, 13-15 Years Boys, 13-15 Years Girls, 16-19 Years Boys, 16-19 Years Girls
 - Multi-Class: 10-12 Years Boys, 10-12 Years Girls, 13-19 Years Boys, 13-19 Years Girls
- A region may nominate one (1) team in each relay event. Athletes must be the age and gender specified for the event.
- Regions may combine to form a relay in each age group if numbers are insufficient to form a relay for each region in that age group. A minimum of 2 athletes must be from the same region for a combined team to be formed
- 10-12 years teams: Due to size limitations smaller regions may approach larger regions with a view to entering composite relay teams. In such cases, medals would be awarded to placegetters but points would not be allocated.
- 13-19 years teams: Due to team size limitations, North West and South West regions may request approval to include a 13-15 years runner from either their own or another region to compete as part of a 16-19 Years team. This request should be received by the organising committee at the pre-championship meeting These athletes must be of the same gender as per the event in which they are competing. 16-19 Years runners cannot be considered for a 13-15 Years event.
- Multi-class Relays:
 - Where one athlete in any relay team within the event is using a tap change, all teams must also use a tap change. This is to be negotiated/determined at the Pre-Championship Meeting.
 - Where regions would like to include a Frame Runner (T71-72) or Wheelchair (T32-34, T51-54) athlete, they may only include one athlete from these classifications into their team and this runner must run in the 4th position for risk management purposes.

Warm up for events

- Regional Supervision must be allocated at the designated Warm-up Facilities.
- Warm up for events will be dependent on Venue Facilities and will be communicated through Championship Bulletins each year.
- In all field events athletes will be permitted warm up throws/jumps at the competition area prior to the commencement of the event.

Complaints Management

The Championship Organising Committee should be approached in the first instance for all complaints regarding issues that are not specific to the immediate conduct of the competition. Immediate concerns related to competition should first be managed in accordance with below.

- Protests
 - Any protest, in the first instance, must be made verbally by the athlete to the event referee. Support for all athletes may be provided by Regional Team Officials.



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- Any protest, in the second instance, must be made verbally by the team manager to the relevant referee within ten minutes of the completion of the event. Team managers should make contact with the referee via the TIC.
- The referee may decide on the protest or may refer the matter to the jury. If the referee makes a decision, there shall be a right of appeal to the Jury of Appeal.
- An appeal to the jury must be made in writing by the team manager within 30 minutes of the announcement of the decision made by the referee.
- Managers should make themselves familiar with the World Athletics Competition Rules, Protests and Appeals.
<https://worldathletics.org/about-iaaf/documents/book-of-rules>

Meetings

- A pre-championship meeting will be conducted on the afternoon prior to the first day of competition.
- A post-championship meeting will be conducted at a suitable time after the commencement of competition and prior to the conclusion of the championship.

Loss or Damage of Equipment at State Championships

- Competition equipment is hired through the host venue and any damage or loss will be ascertained with the venue on a case-by-case basis



Appendix 1: Throwing Implement Weights

10-12 Years Able Body Implement Weights:

	10 Years	11 Years	12 Years
Shot Put	2kg	2kg	3kg
Discus	500g	750g	750g

10-12 Years Multi Class Athlete Implement Weights: The Multi Class Athletes will throw the shot put or discus weight applicable for their classification and age group. The implement weights for athletes with a disability will be no heavier than those thrown by the able body athletes.

Note: Where boys and girls in a classification group throw different weight shot puts, the weight for the girls' shot put is indicated in brackets.

Classification	10 Years		11 Years		12 Years	
	Shot Put	Discus	Shot Put	Discus	Shot Put	Discus
F01	2 kg	500 g	2 kg	750 g	3 kg	750 g
F11-13	2 kg	500 g	2 kg	750 g	3 kg	750 g
F20	2 kg	500 g	2 kg	750 g	3 kg	750 g
F21	2 kg (1.5 kg)	500 g (350 g)	2 kg	500 g	3 kg (2 kg)	750 g (500 g)
F32	1 kg	500 g	1 kg	500 g	1 kg	500 g
F33	1 kg	500 g	1 kg	500 g	2 kg (1 kg)	500 g
F34	2 kg	500 g	2 kg	500 g	2 kg	500 g
F35	2 kg	500 g	2 kg	500 g	2 kg	500 g
F36	2 kg	500 g	2 kg	500 g	2 kg	500 g
F37	2 kg	500 g	2 kg	500 g	2 kg	500 g
F38	2 kg	500 g	2 kg	500 g	2 kg	500 g
F40/41	1.5 kg	500 g	1.5 kg	500 g	2 kg	750 g (500 g)
F42	2 kg	500 g	2 kg	750 g	3 kg	750 g
F43/44	2 kg	500 g	2 kg	750 g	3 kg	750 g
F45	2 kg	500 g	2 kg	750 g	3 kg	750 g
F46	2 kg	500 g	2 kg	750 g	3 kg	750 g
F51	No Event	350 g	No Event	500 g	No Event	500 g
F52	1.5 kg	350 g	1.5 kg	500 g	2 kg	500 g
F53	1.5 kg	350 g	1.5 kg	500 g	2 kg	500 g



F54	1.5 kg	350 g	2 kg (1.5 kg)	500 g	2 kg	500 g
F55	1.5 kg	350 g	2 kg (1.5 kg)	500 g	2 kg	500 g
F56	1.5 kg	350 g	2 kg (1.5 kg)	500 g	2 kg	500 g
F57	1.5 kg	350 g	2 kg (1.5 kg)	500 g	2 kg	500 g
F60	2 kg	500 g	2 kg	750 g	3 kg	750 g
F61f	2 kg	500 g	2 kg	750 g	3 kg	750 g
F62	2 kg	500 g	2 kg	750 g	3 kg	750 g
F63	2 kg	500 g	2 kg	750 g	3 kg	750 g
F64	2 kg	500 g	2 kg	750 g	3 kg	750 g

Note: Where boys and girls in a classification group throw different weight shot puts, the weight for the girls' shot put is indicated in brackets.

13-19 Years Men Able Body Implement Weights:

	13 Years	14 Years	15 Years	16 Years	17 Years	18-19 Years
Shot Put	3kg	4kg	4kg	5kg	5kg	6kg
Discus	1kg	1kg	1kg	1.5kg	1.5kg	1.75kg
Javelin	600g	700g	700g	700g	700g	800g
Hammer Throw	3kg	4kg	4kg	5kg	5kg	6kg

13-19 Years Women Able Body Implement Weights:

	13 Years	14 Years	15 Years	16 Years	17 Years	18-19 Years
Shot Put	3kg	3kg	3kg	3kg	3kg	4kg
Discus	1kg	1kg	1kg	1kg	1kg	1kg
Javelin	400g	500g	500g	500g	500g	600g
Hammer Throw	3kg	3kg	3kg	3kg	3kg	4kg

13-19 Years Multi Class Athlete Implement Weights

13-19 Years Multi Class Athlete Implement Weights are in accordance with the Athletics Australia Para Athletics Throwing Implement Weights: The Multi Class Athletes will throw the shot put, discus or javelin weight applicable for their classification and age group. **The implement weights for multiclass athletes will be no heavier than those thrown by the able body, same age peers.** No event for Multi-class Hammer Throw will be conducted at these Championships. These tables are from the Athletics Australia Para Athletics Throwing Weights Tables and are accurate as at February 2024 and will be checked by Competition Multi-Class Convenors by July each Calendar year and will be distributed to regions in the Multi-Class Information Pack.

F01, F11, F12, F13, F20, F60, I13

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
17-19	1.75kg	1.0kg	6.0kg	4.0kg	800g	600g
15-16	1.5kg	1.0kg	5.0kg	3.0kg	700g	500g
13-14	1.0kg	1.0kg	4.0kg	3.0kg	700g	500g

F21 (I12)

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
17-19	1.0kg	750g	4.0kg	3.0kg	600g	400g
15-16	1.0kg	750g	3.0kg	2.0kg	500g	400g
13-14	1.0kg	750g	3.0kg	2.0kg	500g	400g

F31, F32, F33, F34, F35, F46, F37, F38

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
17-19	F31	NE	NE	NE	NE	NE	NE
	F32	1.0kg	1.0kg	2.0kg	2.0kg	NE	NE
	F33	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g
	F34	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
	F35	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
	F36	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
	F37	1.0kg	1.0kg	5.0kg	3.0kg	600g	600g
	F38	1.5kg	1.0kg	5.0kg	3.0kg	800g	600g
15-16	F31	NE	NE	NE	NE	NE	NE
	F32	750g	750g	1.0kg	1.0kg	NE	NE
	F33	750g	750g	2.0kg	2.0kg	500g	500g
	F34	750g	750g	3.0kg	2.0kg	500g	500g
	F35	750g	750g	3.0kg	2.0kg	500g	500g
	F36	750g	750g	3.0kg	2.0kg	500g	500g
	F37	750g	750g	4.0kg	2.0kg	500g	500g
	F38	1.0kg	750g	4.0kg	2.0kg	600g	500g
13-14	F31	NE	NE	NE	NE	NE	NE
	F32	750g	750g	1.0kg	1.0kg	NE	NE
	F33	750g	750g	2.0kg	2.0kg	500g	400g
	F34	750g	750g	3.0kg	2.0kg	500g	400g
	F35	750g	750g	3.0kg	2.0kg	500g	400g
	F36	750g	750g	3.0kg	2.0kg	500g	400g
	F37	750g	750g	3.0kg	2.0kg	500g	400g
	F38	750g	750g	3.0kg	2.0kg	500g	400g

F40, F41



Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
17-19	1.0kg	750g	4.0kg	3.0kg	600g	400g
15-16	1.0kg	750g	3.0kg	2.0kg	500g	400g
13-14	1.0kg	750g	3.0kg	2.0kg	400g	400g

F42, F43, F44, F45, F46, F61, F62, F63, F64

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
17-19	1.5kg	1.0kg	6.0kg	4.0kg	800g	600g
15-16	1.0kg	1.0kg	5.0kg	3.0kg	700g	500g
13-14	1.0kg	1.0kg	4.0kg	3.0kg	600g	400g

F51, F52, F53, F54, F55, F56, F57

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
17-19	F51	1.0kg	1.0kg	NE	NE	NE	NE
	F52	1.0kg	1.0kg	2.0kg	2.0kg	600g	600g
	F53	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g
	F54	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
	F55	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
	F56	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
	F57	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
15-16	F51	750g	750g	NE	NE	NE	NE
	F52	750g	750g	2.0kg	2.0kg	500g	500g
	F53	750g	750g	2.0kg	2.0kg	500g	500g
	F54	750g	750g	3.0kg	2.0kg	500g	500g
	F55	750g	750g	3.0kg	2.0kg	500g	500g
	F56	750g	750g	3.0kg	2.0kg	500g	500g
	F57	1.0kg	750g	3.0kg	2.0kg	500g	500g
13-14	F51	750g	750g	NE	NE	NE	NE
	F52	750g	750g	2.0kg	2.0kg	400g	400g
	F53	750g	750g	2.0kg	2.0kg	400g	400g
	F54	750g	750g	2.0kg	2.0kg	400g	400g
	F55	750g	750g	2.0kg	2.0kg	400g	400g
	F56	750g	750g	2.0kg	2.0kg	400g	400g
	F57	750g	750g	2.0kg	2.0kg	500g	400g

- F01 – Hearing Impairment
- F11-F13 – Vision Impairment
- F20 – Intellectual Impairment
- F21 (II2) – Formal diagnosis of Trisomy 21 or Translocation Down Syndrome
- II3 – Intellectual Impairment 3 - Autism
- F31-F34 – Hypertonia, Athetosis or Ataxia – Seated
- F35-F38 - Hypertonia, Athetosis or Ataxia – Standing
- F40 – Short Stature
- F41 - Short Stature
- F42-F46 – Affected by a limb deficiency, impaired PROM, Muscle Power, Leg length difference
- F60 – Transplant
- F61-F64 – Affected by a lower limb deficiency and/or leg length difference who use unilateral P Prosthesis or bilateral Prostheses



