



## **An explanation of the Athletics in Queensland & Australia.**

This can get very confusing for people that have little to do with Athletics or their only contact is through school carnivals.

Athletics is primarily a summer sport with the season starting in September and going through to the end of March. The school system has athletics in their winter rotation so they can get through all their carnivals (school, district, regional, state & nationals) before the end of the year. Obviously if they started later in the year they would go through to the next year and all their athletes would change age groups, move schools or finish grade twelve before Nationals. Also if an athlete were to change age groups they would most likely change weights of implements or hurdle specifications.

So firstly there are three different groups that run athletics in Australia, they are Australian Little Athletics, School Sport (Athletics) & Australian Athletics. All three groups have their own State affiliated associations and each group holds their own State and National Championships.

### **State Associations:**

Little Athletics Queensland (LAQ) used to be QLAA.

Queensland School Sport (QSS)

Queensland Athletics (QA)

### **Event Specifications:**

As Little A's has developed as a modified form of athletics catering for younger athletes they have tended to have their own event specifications and rules, these can differ markedly where as AA & schools used the IAAF rules & specifications for all their events. You can download the IAAF rules and specifications from our senior clubs website. For all the rules and specifications for Little A's you can download them from our Little A's website.

**Athletes age:** This will get very confusing between the three groups as well..

Little A's has the age up date as the 30th of September each year, which can see classmates from school in a different age group at Little A's. Also they stay in this age group for the whole season. (September to March) and do not change specifications.

An age table is available on our Little A's website.

AA age up date is the 31<sup>st</sup> of December each year which means you change age groups half way through the season. This also has you change specifications for implements and hurdles.

Schools age up is the same as AA however ages are expressed differently, some say under 14 and others say 13years so you need to read things carefully.

Because school athletics is completed before the 31<sup>st</sup> of December each year athletes are not affected by specification changes.



### **Progression through each association:**

**Little Athletics** = Centre competitions, athletes nominate to compete at Regional Championships, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> plus any additional athletes that meet the qualifying standards progress through to State Championships, only 11 boys & 11 girls are selected for the U13 Queensland team for Nationals, in addition the 1<sup>st</sup> & 2<sup>nd</sup> placed boy & girl in the U15 pentathlon are selected to compete in the National U15 Pentathlon.

**School Sport** = School carnival, 1<sup>st</sup> & 2<sup>nd</sup> progress to District, 1<sup>st</sup> & 2<sup>nd</sup> at district then progress to Regional, 1<sup>st</sup> plus any athlete that meets the qualifying at regional progress to State Championships, 1<sup>st</sup> place at state championships progress on to National All Schools (normally held 1<sup>st</sup> week in December) age groups at this event are U14, U16 & U18 only. The in-between years will get to compete the following year.

National All Schools has now been changed to a State versus State competition & only one athlete per event will score team points. States are now only allowed to nominate a maximum of two athletes per event. This means that there is no additional qualifying for this competition and the team is now limited in size.

Potential team size would be 220 Athletes, that's if each athlete did one event & there were two athletes in each event. Realistic size would be more like 140 athletes, this would allow for athletes to double up on like events.

**Note:** This is only a guide as each school, district & region can have different rules for progression.

**Athletics Australia (QA)** = All comer meets, PB Series, Shield Meets, club athletes nominate for State Championships (no qualifying standards) 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place can progress through to nationals or you can qualify by meeting the qualifying standards, National Championships. (now held in mid March)

Queensland Athletics State Championships: you do not have to progress through the system to compete at State Championships, nor are there any qualifying standards for this event. All you need is to be a full or dual member of a Queensland Athletics registered club to participate. All clubs are listed on the QA website.

Athletics Australia Nationals: there are qualifying standards for this event. But again you do not have to progress through State Championships to take part. Once you have met the qualifying standard at a QA sanctioned event, you can nominate through QA to be apart of the team.

Something else to note is that in the school system when doing technical events such as Hammer & Pole Vault the athlete has to carry a certificate of competency from a qualified coach to prove they can do the event safely. This certificate will be required by regional sport before progression. Sometime this certificate gets lost in the process and you could find yourself at the state championships and unable to compete. Please photo copy the certificate and carry an extra copy with you.



**Dual Registration:** For QLD Under 13 to 15 age group only (other states have different age groups). This is where a Little Athletics athlete can register with a QA club to enable them to take part in that associations events. This registration will allow them to compete at the State Championships and if they qualify through to Nationals.

The key here is that you need to be a fully paid member of a Little A's centre and then register with a QA affiliated club. There is an additional fee for this and at the moment it is around \$20. There are around 30 clubs in south east Queensland and a full list can be found on the Queensland Athletics website.

**SKO:** School Knock Out is a schools team event run every year for teams of students from high schools through out Queensland. Teams consist of 8 to 10 members, and are junior boys, junior girls, senior boys & senior girls. Each member can only compete in two events and one relay at a competition. Events are 100m, 200mHurdles, 400m, 800m, 1500m, 3000m, Long jump, triple jump, high jump, shot put, discus & javelin. Not all events are available to each group. Boys & Girls alternate events but 100m & 200mHurdles are available to all groups. There is a maximum of seven events available to each group. State Championships are held in September each year with Nationals held in the second week of December.

Regional championships were dropped last year due to a lower number of entrants so teams nominated straight to the State Championships; however there is a push to reintroduce regional championships in the future.

#### **Website Links:**

Jimboomba Athletics Centre: [www.jac.asn.au](http://www.jac.asn.au)

Athletics Australia: [www.athletics.com.au](http://www.athletics.com.au)

Australian Little Athletics: [www.littleathletics.com.au](http://www.littleathletics.com.au)

Australian School Sport: [www.schoolsport.edu.au](http://www.schoolsport.edu.au)

Queensland Athletics: [www.qldathletics.org.au](http://www.qldathletics.org.au)

Little Athletics Queensland: [www.qlaa.asn.au](http://www.qlaa.asn.au)

Queensland School Sport: [www.schoolsport.qld.edu.au](http://www.schoolsport.qld.edu.au)