

DENISE BOYD SHIELD

Saturday 16 January 2010

State Athletics Facility, QSAC, Kessels Rd, Nathan

TIME	ENTRIES CLOSE	TRACK	JUMPS	THROWS
1:30 pm	12:45 pm	200m Hurdles: Women/Men	Pole Vault: Men/Women under 3.50m	Hammer: Men/Women
1:30 pm	12:45 pm		Long Jump: Women under 5.50m	
2:00 pm	1:15 pm	400m Hurdles: Women/Men		
2:30 pm	1:45 pm	800m: Men/Women	High Jump: Men	Shot Put: Men
3:00 pm	2:15 pm	100m: Men A Grade		
3:05 pm	2:20 pm	100m: Women A Grade		
3:10 pm	2:25 pm	100m: Men		
3:30 pm	2:45 pm	100m: Women	Pole Vault: Men/Women over 3.50m	Discus: Women
3:30 pm	2:45 pm		Long Jump: Women over 5.50m	
3:30 pm	2:45 pm		Long Jump: Men over 6.50m	
3:55 pm	3:10 pm	1500m: Men		
4:10 pm	3:25 pm	1500m: Women		
4:30 pm	3:45 pm	200m: Men A Grade	High Jump: Women over 1.70m	Shot Put: Women
4:35 pm	3:50 pm	200m: Women A Grade		
4:40 pm	3:55 pm	200m: Men		
4:55 pm	4:10 pm	200m: Women		
5:00 pm	4:15 pm		Triple Jump: Women	Discus: Men
5:15 pm	4:30 pm	Swiss Relay (100/200/300/400): Men/Women - Under 18 & Open		
5:40 pm	4:45 pm	2000m Steeple (76.2cm): Women		
5:50 pm	4:55 pm	2000m Steeple (76.2cm): Men		
6:00 pm	5:05 pm	2000m Steeple (91.4cm): Men		
6:10 pm	5:15 pm	1500/3000/5000m Walk: Men/Women		

CHECK OUR WEBSITE PRIOR TO THE MEET FOR ANY UPDATES/CHANGES TO THE PROGRAM
www.qldathletics.org.au

ENTRIES: Entries are taken on the day and **close 45 minutes before the scheduled start time** of each event.

COST: \$8.00 Queensland Athletics registered athletes / \$15.00 Trial Members (unregistered athletes).

AGES: 12 years to masters. Age is taken as at 31 December 2010. Minimum ages apply to some events (see over).

CONTACT: Queensland Athletics - Phone 07 3343 5653 or E-mail info@qldathletics.org.au

COMPETITION GUIDELINES

BIB NUMBERS: All athletes **MUST** wear their current 2009-10 Queensland Athletics competition numbers. Athletes will not be allowed to compete unless correct bib numbers are worn. Temporary numbers issued on the day may incur a hiring fee. Trial Members will receive a temporary bib number as part of their entry fee.

JUMPS & THROWS: A minimum of 4 jumps and throws to be offered to all athletes at this meet. The number of additional jumps or throws will be given at the discretion of the chief judge. This will depend on the number of athletes in the field on the day and time limitation.

NO FALSE STARTS: The new NO FALSE START rule, IAAF rule 162.7, will be applied as of the 1st January 2010.

REQUESTS FOR EVENTS: If a high performance coach or high performance athlete wishes to request an additional event on the program they must notify the QA competition manager 14 days prior to the competition. There are no guarantees that additional events can be conducted and conditions apply.

MINIMUM AGES: The following minimum ages apply to these events:

12 years: 80m Hurdles (Girls), 90m Hurdles (Boys). **13 years:** 200m Hurdles, 3000m, 3000m Walk, 2000m Steeplechase, Pole Vault (Supply certificate of competency from a qualified Jumps coach). **14 years:** 90m Hurdles (Girls), 100m Hurdles (Boys), Hammer Throw (Supply certificate of competency from a qualified Throws coach). **15 years:** 400m Hurdles, 5000m Walk. **16 years:** 100m Hurdles (Girls), 110m Hurdles (Boys), 5000m, 10000m Walk. **17 years:** 3000m Steeplechase, 10000m.

RULES: Competition rules are available on the Queensland Athletics website.

UPCOMING MEETS

JANUARY 2010

23-24 Sat-Sun	Queensland Combined Event Championships (U16-Open)	State Athletics Facility
23-24 Sat-Sun	Queensland Relay Championships	State Athletics Facility
29 Friday	UQ All Comers Track & Field Meet	UQ Athletics Centre
30 Saturday	Canberra Grand Prix (including Australia Cup)	Canberra, ACT
31 Sunday	Gold Coast PB Series #10	Gold Coast City Athletics Track

FEBRUARY 2010

6 Saturday	Brisbane Grand Prix	State Athletics Facility
6-7 Sat-Sun	Queensland Track & Field Championships (U14/U18)	State Athletics Facility
12 Friday	Briggs Classic	Hobart, TAS
13-14 Sat-Sun	Australian Combined Event Championships (U16-Open)	Hobart, TAS
13 Saturday	Australian 20km Road Walking Championships	Hobart, TAS
12-14 Fri-Sun	Queensland Track & Field Championships (U16/U20/AWD)	State Athletics Facility
20 Saturday	Glynis Nunn Shield	Gold Coast City Athletics Track
26 Friday	Queensland 3000m & 5000m Championships	UQ Athletics Centre

