

<b>2024 Metropolitan West 10–19 Years Track &amp; Field Regional Trials</b>	
<b>Trial Dates</b>	Tuesday 27 <sup>th</sup> August & Wednesday 28 <sup>th</sup> August 2024
<b>Venue</b>	Main Stadium (Appendix G) situated at the Queensland Sport & Athletic Centre (QSAC), Kessels Road, Nathan.
<b>Convenor</b>	<b>Metropolitan West School Sport Office</b> Phone: 3034 4966 Email: <a href="mailto:ann-louise.edwards@qed.qld.gov.au">ann-louise.edwards@qed.qld.gov.au</a>
<b>Times</b>	Scheduled Events will commence at 8.30am sharp each day. <b>District managers must be at the venue by 7.30am and sit in the allocated areas as per the event map.</b> (Appendix C) Athletes must report to their District Managers on arrival, departure & be in attendance no less than one (1) hour prior to their scheduled event time.
<b>Timetable of Events</b>	Program by Event Number (Appendix A) NB: On the day of competition, students are advised that if there are insufficient competitors for heats to be conducted, the final of that event may be conducted at the designated heat time.
<b>Age Groups</b>	10 Years born 2014, 11 Years born 2013, 12 Years born 2012, 13 Years born 2011, 14 Years born 2010, 15 Years born 2009, 16 Years born 2008, 17 Years born 2007, 18 & 19 Years born 2006 & 2005. <b><u>(NB: Competitors must only compete in their age group)</u></b>
<b>Information for 12 Years Students</b>	12 Years students born (2012) will participate in events for their age group regardless of whether they attend a primary or a secondary school. Students selected in the Metropolitan West School Sport Track & Field Team in the 12 Years age group will represent Metropolitan West at the Queensland School Sport (QSS) 10-12 Years State Track & Field Championships.
<b>Eligibility</b>	<ul style="list-style-type: none"> <li>▪ <b>Students must be between 10-19 Years inclusive by 31 December, 2024</b> and be currently enrolled in an affiliated Metropolitan West School Sport School.</li> <li>▪ Prior to trialling, students must submit the following forms to their <b><i>District Team Manager (hand in to District Manager at the trial):</i></b> <b>(District Managers are responsible for the collection &amp; storage of all forms)</b> <ul style="list-style-type: none"> <li>▪ District Principal approval form</li> <li>▪ District Student details/medical history &amp; parent consent forms</li> <li>▪ <b><u>Certificate of Competence/Activity Consent/Medical Declaration forms (Fosbury Flop, Javelin &amp; Discus)</u></b> (Appendix I)</li> </ul> </li> </ul> <p style="text-align: center;"><b>No Forms = No Participation</b></p>
<b>Nomination Fees</b>	Each competitor nominating for the trial <b><u>WILL NOT</u></b> be required to pay a nomination fee this year, including students who only submit a paper nomination for events not being conducted at the trial.
<b>Admission</b>	Admission to the Main Stadium situated at the Queensland Sport & Athletic Centre (QSAC), Kessels Road, Nathan will be free. School students, parents/guardians are welcome to attend the trial.
<b>Canteen</b>	The canteen will be operating from 8.30am – 3.00pm at the venue.

<p><b>Programs</b></p>	<p>Printed programs will not be available. The program will only be available on the Metropolitan West School Sport website and is the responsibility of each individual competitor to check for the time of their event.</p>
<p><b>Nominations per 10-19 Years (NEW PROCESS FOR 10-12 YEARS)</b></p>	<p>The <u>maximum</u> number of district nominations allowed for each 10-19 Years event:</p> <ul style="list-style-type: none"> <li>• <b>2 automatic entries</b> per event for both <b>track and field</b> plus <b>ANY</b> other student who meets the <b>Regional Qualifying Standards</b>. (10-12 Years Appendix D &amp; 13-19 Years Appendix R)</li> </ul> <p><b>Exceptions to the above rule:</b></p> <ul style="list-style-type: none"> <li>• <b>4 automatic nominations</b> for the 100m track events plus any other athlete that meets the MWSS qualifying standards.</li> <li>• <b>Combined Event (Tetrathlon): 2 automatic nominations</b> per gender per age group. These Combined Events will be conducted as separate events.</li> </ul> <p><b><u>If an athlete competes in the Combined Event (100m, long jump, shot put and 800m), they can only compete in one other individual event.</u></b></p> <ul style="list-style-type: none"> <li>• Athletes competing in a Multi-Class event must be nominated by their district &amp; nominations are additional to the able-bodied nominations</li> <li>• No substitutions will be accepted on the day of the trial.</li> <li>• No relays will be conducted at the MWSS T &amp; F trial.</li> <li>• To avoid confusion over nominations, the District Convenor should be in attendance or supply a complete set of nominations to the Manager.</li> </ul> <p><b><u>Please note 10-19 Years students may only nominate for a max. of five individual events.</u></b></p>
<p><b>Events <u>not</u> Conducted</b></p>	<p>Please note there will be <b>no</b> competition for <b>Hammer, Pole Vault, Walk, 2000m &amp; 3000m Steeplechase, Short Hurdle &amp; Long Hurdle</b> events.  <u>The nomination due date for Events not conducted is: Monday 12 August 2024.</u></p> <p><b>Paper nominations</b> will be used for these events &amp; aren't included in their max. 5 event tally. (Appendix H, K, S, T &amp; U).  Athletes who wish to nominate must complete the Nomination/Certificate of Competence: <u>Hammer &amp; Pole Vault events</u> must complete the Nomination/Certificate of Competence/Medical Declaration forms - <u>Appendix H</u>.  <u>2000m Steeple &amp; 3000m Steeple</u> – Appendix U  <u>200m/400m Hurdles</u> – Appendix S. <u>80m/90m/100m/110m Hurdles</u> – Appendix T.  Students should source and nominate in athletic meets containing these events so that they can submit results achieved after 1 January 2024, results prior to this will not be considered.</p>
<p><b>Athletes competing in a Multi-Class Event</b></p>	<p>Athletes wishing to compete in a Multi-Class event at the Metropolitan West School Sport Track and Field Trials must be <b>nominated through their District, complete Appendix P or Q &amp; must</b> obtain a Classification. Athletes who wish to nominate for selection in the Metropolitan West School Sport Track &amp; Field team to compete at the State Championships must participate at our Metropolitan West School Sport Track &amp; Field Trials &amp; <b>must</b> obtain an official classification or provisional classification <b>prior</b> to the Metropolitan West School Sport Track &amp; Field trials. (Appendix R)</p> <p><b>All Multi-Class athletes competing in a field event will compete with able bodied athletes in their allocated multi-age event e.g. 10-12, 13-15 &amp; 16-19 Years.</b></p>

	<p>An athlete competing in a multi-class event can now choose to also compete as an able bodied athlete in the same event type if they are selected in an able bodied event by their District. The following events will be available for athletes competing in a Multi-Class event:</p> <table border="0" style="width: 100%;"> <tr> <td style="text-align: center;"><b><u>10 – 12 Years</u></b></td> <td style="text-align: center;"><b><u>13 – 19 Years</u></b></td> </tr> <tr> <td style="text-align: center;">All competitors will be able to enter a <b><u>maximum of 5 events.</u></b></td> <td style="text-align: center;">All competitors will be able to enter a <b><u>maximum of 5 events.</u></b></td> </tr> <tr> <td style="text-align: center;"><b>Track</b></td> <td style="text-align: center;"><b>Field</b></td> </tr> <tr> <td style="text-align: center;">100m</td> <td style="text-align: center;">Long Jump</td> </tr> <tr> <td style="text-align: center;">200m</td> <td style="text-align: center;">Shot Put</td> </tr> <tr> <td style="text-align: center;">800m</td> <td style="text-align: center;">Discus</td> </tr> <tr> <td></td> <td style="text-align: center;"><b>Track</b></td> </tr> <tr> <td></td> <td style="text-align: center;">100m</td> </tr> <tr> <td></td> <td style="text-align: center;">200m</td> </tr> <tr> <td></td> <td style="text-align: center;">400m</td> </tr> <tr> <td></td> <td style="text-align: center;">800m &amp; 1500m</td> </tr> <tr> <td></td> <td style="text-align: center;"><b>Field</b></td> </tr> <tr> <td></td> <td style="text-align: center;">Long Jump</td> </tr> <tr> <td></td> <td style="text-align: center;">Shot Put</td> </tr> <tr> <td></td> <td style="text-align: center;">Discus</td> </tr> <tr> <td></td> <td style="text-align: center;">Javelin</td> </tr> </table>	<b><u>10 – 12 Years</u></b>	<b><u>13 – 19 Years</u></b>	All competitors will be able to enter a <b><u>maximum of 5 events.</u></b>	All competitors will be able to enter a <b><u>maximum of 5 events.</u></b>	<b>Track</b>	<b>Field</b>	100m	Long Jump	200m	Shot Put	800m	Discus		<b>Track</b>		100m		200m		400m		800m & 1500m		<b>Field</b>		Long Jump		Shot Put		Discus		Javelin
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<b>Track Events – Timed Finals</b>	<p><b><u>All track events</u></b> will be conducted as <b><u>timed finals</u></b>. Total fields for 1500m and 3000/5000m events will be governed by IAAF regulations to field sizes.</p>																																
<b>High Jump</b>	<p>Athletes who wish to use the Fosbury Flop technique at the trials must complete a Certificate of Competence/Parental/Carer Consent Form: Fosbury Flop – (Appendix I).  <b>It is the responsibility of the District to check &amp; collect all competency/parent/carers consent forms.</b></p>																																
<b>Discus</b>	<p>Athletes who wish to compete in a discus event at the trials must complete the Parental/Carer Consent Form - Discus – (Appendix I).  <b>It is the responsibility of the District to check &amp; collect all consent forms.</b></p>																																
<b>Uniforms</b>	<p>10-19 Years students <b><u>must</u></b> wear their District team uniform when competing. Athletes may be disqualified from their event unless they have sought prior approval from the convenor not to wear their District team uniform.</p>																																
<b>Footwear</b>	<p>Athletes will be competing on a tartan surface in all track &amp; field events. It is strongly recommended that athletes should have appropriate foot protection for a tartan surface. Athletes can only wear spikes within the competition area. Spikes must be removed before leaving the arena. Maximum allowable spike length for track events is 7mm. Field spikes must not exceed 9mm except for javelin &amp; high jump which must not exceed 12mm. The composition of the spike i.e. ceramic or metal is irrelevant &amp; will not be monitored.  <b>Closed in footwear must be worn in all Field Events.</b></p>																																
<b>Marshalling for Events</b>	<p><b>Track Events:</b> Track marshalling shall be conducted in the Terrace Area which is at the Northern end of the main grandstand.</p> <ul style="list-style-type: none"> <li>All <b>track event competitors</b> must register their intention to compete for events at the marshalling area at least <b>50 minutes</b> prior to the event. Students who fail to register by the appropriate time may be disqualified from the event. Students may register for all of their events on that day, on arrival at the track. If within 15 minutes of the scheduled event there are insufficient competitors to run heats, the convenor reserves the right to run the final for the event at that time. Athletes must return to the marshalling area no later than 15 minutes before the scheduled start time of the event.</li> </ul> <p>All <b>field event competitors</b> are to marshal at their field event. This will be approximately 15 minutes before the scheduled time of the event.</p>																																

<p><b>Starting Techniques &amp; use of Starting Blocks</b></p>	<p>The use of <u>starting blocks</u> is compulsory for all 100m, 200m and 400m events for all 13-19 Years able bodied athletes and all <b><u>13-19 Years Multi-Class athletes with a T01, T11, T12, T13 &amp; T20</u></b> (Guide runners for T11 &amp; T12 runners must also use starting blocks). <u>The use of starting blocks for 10-12 Years athletes is optional</u>. Competitors will be required to utilise a crouch start technique with blocks at the regional trial. Standing starts will not be permitted and if used may constitute a break against the athlete.</p> <p>The organisers will provide starting blocks and no other blocks may be used. Athletes should know their block settings so that alterations can be completed as quickly as possible.</p> <ul style="list-style-type: none"> <li>• Please be advised that as per IAAF Rule 162 (adopted by Metropolitan West School Sport &amp; Qld School Sport 13-19 Years Athletics Committee) athletes aged 16 Years and above will be disqualified for a false start. Students aged 13, 14 &amp; 15 Years may be given one warning for a false start. Athletes should be advised of this competition rule.</li> <li>• Note that consideration may be given to athletes in Multi-Class event in relation to their starting technique.</li> </ul> <p><b>Starting block training will be conducted at 7.30am at the Metropolitan West School Sport Track &amp; Field trial on 27<sup>th</sup> &amp; 28<sup>th</sup> August 2024.</b></p>
<p><b>Warm Up</b></p>	<p>Warming up for track events must be conducted under the supervision of a school or district official on the grassed area or on the back track in the main stadium, <b><u>only when not in use</u></b>.</p> <p><b>The outside track must <u>not be</u> used for warming up.</b></p> <p>Warm ups for field events are to take place in the relevant competition areas, 10 minutes prior to the events starting and only under the supervision of officials.</p>
<p><b>Basis for Competition</b></p>	<p>Events shall be conducted according to the IAAF Handbook wherever possible. However, the Organising Committee reserves the right to modify events and /or procedures where necessary, to suit the requirements of these particular trials.</p> <ul style="list-style-type: none"> <li>• Electronic timing will be used.</li> <li>• Competitors may provide their own equipment for throwing events only. Any student wishing to use their own equipment must present the equipment for weighing and certification before 8.00am on the day of competition. Please note that the official certifier will keep this equipment until the warm-up period for the event and all certified equipment will be available for use by any competitor in the event.</li> <li>• <b>Clashes between track and field events:</b> Students must first report to field event to notify officials of their intention to compete, <b><u>THEN</u></b> compete in track event and immediately return to the field event. Students will be eligible to re-join the field event <u>at the current competition round</u>.</li> <li>• Competitors will receive up to 3 attempts in the first round for all Field Events (except for the Combined 10-12 years Field Events) and then the top 8 competitors from the first round will receive an additional 3 attempts.</li> </ul>
<p><b>Coaching During Competition</b></p>	<p>Coaches and athletes should be advised that coaching during competition from areas outside the competition arena (fence) is allowed under IAAF rules.</p> <p><b>Coaches are not allowed to enter onto the arena during competition</b>, nor are athletes allowed to leave their competition area. Either of these infringements will result in disqualification of the athlete.</p>



<p><b>Sports Medicine</b></p>	<p>Sports medicine personnel will be in attendance for the duration of the trials. It is the responsibility of the District Managers to follow through with any first aid or medical treatment required by the athletes.</p>
<p><b>10-12 Years Met West Team Selection/ Paperwork</b></p>	<p><b>10-12 Years</b> Payment and Apparel orders and paperwork are to be returned to the Metropolitan West School Sport Office by <b><u>3.00 pm Wednesday 4 September 2024</u></b> by e-mail or in person at the Metropolitan West School Sport office.</p> <p>E-mail : <a href="mailto:Met.West@ged.qld.gov.au">Met.West@ged.qld.gov.au</a></p> <p>Competitors who fail to finalise their place in the team by <b><u>3.00 pm Wednesday 4 September 2024</u></b> <b>may be withdrawn &amp; replaced by another competitor.</b></p> <p>The <b><u>10-12 Years uniform collection and photograph session</u></b> will be held at the will be held at the Mt Gravatt East State School hall, Newnham Rd Mt Gravatt East between <b><u>3.30pm - 5.00pm on Tuesday 10 September 2024.</u></b> <b>The photo will be taken at approximately 4.30pm.</b></p> <p>This <b><u>session should be attended by all 10-12 Years athletes</u></b> selected in the Metropolitan West School Sport team.</p> <p><b>Forms &amp; payments cannot be returned at the uniform collection/photograph sessions.</b></p>
<p><b>13-19 Years Met West Team Selection/ Paperwork</b></p>	<p>The <b><u>13-19 Years uniform collection session</u></b> will be held at the Mt Gravatt East State School hall, Newnham Rd Mt Gravatt East between <b><u>9.00am - 4.15pm on Tuesday 10 September 2024.</u></b> This uniform collection session is only compulsory if athletes need to collect uniforms.</p> <p>There will be <b><u>no photo</u></b> for the 13-19 Years athletes selected in the Metropolitan West School Sport team.</p> <p>Due to strict nomination timelines, full payment and forms must be returned by <b><u>Wednesday 4 September 2024.</u></b> Competitors who do not provide full payment and forms by the due date will be automatically withdrawn from the Metropolitan West Track &amp; Field team and replaced with another competitor.</p> <p><b>Forms &amp; payments can't be returned at the uniform collection session.</b></p>
<p><b>Absent Competitor/ Absentee Application for Exemption Form</b></p>	<p>Any student wishing to be considered for selection in the Metropolitan West School Sport Track &amp; Field Team, but is unable to compete at the Metropolitan West School Sport Track &amp; Field Trials due to participation in a higher level of competition in that sport, QSS Regional/State team in a different sport, illness or injury, bereavement or compassionate reasons <b><u>MUST SUBMIT</u></b> a written request on the Absentee Application for Exemption Form (Appendix B).</p> <p>These students must be initially selected in their respective District team to warrant consideration for selection in the Metropolitan West School Sport Track &amp; Field Team.</p> <p>The Absentee Application for Exemption Form and necessary paperwork (medical certificate/2024 District results/Principal &amp; parent signatures) must be emailed to <b><u>ann-louise.edwards@ged.qld.gov.au</u></b> (Regional Convenor) by <b><u>8.00am</u></b> on the morning of the trial event that you are requesting an exemption for. Applications for special consideration received after this time <b><u>will not</u></b> be accepted.</p> <p>The Track and Field Committee will consider such applications and advise in due course if the student is to be invited to be a part of the Metropolitan West Team. The decision by the Track &amp; Field Committee is final and is not subject to appeal.</p>

**State  
Championships**

The 2024 Queensland School Sport **13 – 19 Years** Track & Field State Championships will be held at **Qld Sport & Athletic Centre Nathan, Brisbane from Friday 11 October – Monday 14 October 2024.**

For all events (track & field) Metropolitan West School Sport may nominate all athletes who have attained the State qualifying standards.  
If there are no athletes that meet the qualifying standards for a particular event, Metropolitan West will be entitled to one (1) automatic entry for the event.  
13-19 Years competitors are restricted to no more than five (5) individual events at the State Championships. (Excluding relays)

The 2024 Queensland School Sport **10 – 12 Years** Track & Field State Championships will be held at the **Qld Sport & Athletic Centre Nathan, Brisbane from Tuesday 8 October – Thursday 10 October 2024.**

**It is important to note that we haven't received the selection process & the 2024 QRSS Qualifying Standards. As soon as we receive them we will advertise them on our website.**

To be considered as a Multi-Class athlete in the Metropolitan West School Sport Track & Field Team, the athlete must hold a current Classification or Provisional Classification.

The athlete must also complete the nomination form & submit the form to the Metropolitan West School Sport Office with District Nominations. (10-12 Years - Appendix P) & (13-19 Years - Appendix Q)

**State  
Championships**

The Metropolitan West School Sport Office will consider all results and contact selected AWD athletes after the completion of the Metropolitan West School Sport Track & Field Trial. Should you have any further queries or concerns please contact the Metropolitan West School Sport Office on 3034 4966.

**Students should be advised in advance that, if they qualify as members of the Metropolitan West School Sport Track & Field Team they will be required to purchase the Metropolitan West School Sport Track and Field uniform to be worn at the QSS State Championships and pay a team levy.**