

<b>2026 Metropolitan West 10–19 Years Track &amp; Field Regional Trials</b>	
<b>Trial Dates</b>	Tuesday 1 <sup>st</sup> September & Wednesday 2 <sup>nd</sup> September 2026
<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@ged.qld.gov.au">ann-louise.edwards@ged.qld.gov.au</a>
<b>Times</b>	Scheduled Events will commence at 8.15am 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 2016, 11 Years born 2015, 12 Years born 2014, 13 Years born 2013, 14 Years born 2012, 15 Years born 2011, 16 Years born 2010, 17 Years born 2009, 18 & 19 Years born 2008 & 2007. <b><u>(NB: Competitors must only compete in their age group)</u></b>
<b>Information for 12 Years Students</b>	12 Years students born (2014) 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 Representative School Sport (QRSS) 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, 2026</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><u>District Team Manager (hand in to District Manager at the trial):</u></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 Due Date</b>	District nominations are due by 4pm on <b>Monday 10 August 2026.</b>
<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</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>.</li> <li>• Provision remains for all athletes who equal or better 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): Max. 2 automatic nominations</b> per gender per age group. These Combined Events will be conducted as separate events.</li> <li>• <b>High Jump</b> – Athletes must meet the MWSS Qualifying Standard to be nominated to the MWSS T &amp; F Trial.</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 not 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. The nomination due date for Events not conducted is: <b>Monday 10 August 2026.</b></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).</p> <p>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.</p> <p>Students should source and nominate in athletic meets containing these events so that they can submit results achieved after 1 January 2026, results prior to this will not be considered.</p>
<p><b>Athletes competing in a</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,</b></p>

<p><b>Multi-Class Event</b></p>	<p>complete <b>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>All Multi-Class athletes competing in a field event will compete altogether as a 10-19 Years MC Event prior to the 18-19yrs able bodied event.</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 colspan="2" style="text-align: center;"><b><u>10 – 12 Years</u></b></td> <td colspan="2" style="text-align: center;"><b><u>13 – 19 Years</u></b></td> </tr> <tr> <td colspan="2" style="text-align: center;">All competitors will be able to enter a <b><u>maximum of 5 events.</u></b></td> <td colspan="2" 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> <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> <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> <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> <td style="text-align: center;">400m</td> <td style="text-align: center;">Discus</td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">800m &amp; 1500m</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>	<b>Track</b>	<b>Field</b>	100m	Long Jump	100m	Long Jump	200m	Shot Put	200m	Shot Put	800m	Discus	400m	Discus			800m & 1500m	Javelin
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<p><b>Track Events – Timed Finals</b></p>	<p><b>All track events</b> will be conducted as <b>timed finals</b>. Total fields for 1500m and 3000/5000m events will be governed by IAAF regulations to field sizes.</p>																												
<p><b>High Jump</b></p>	<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).</p> <p><b>It is the responsibility of the District to check &amp; collect all competency/parent/carers consent forms.</b></p>																												
<p><b>Discus</b></p>	<p>Athletes who wish to compete in a discus event at the trials must complete the Parental/Carer Consent Form - Discus – (Appendix I).</p> <p><b>It is the responsibility of the District to check &amp; collect all consent forms.</b></p>																												
<p><b>Uniforms</b></p>	<p>10-19 Years students <b>must</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>																												
<p><b>Footwear/ Spikes</b></p>	<p>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.</p> <ol style="list-style-type: none"> <li>1. <b>10-12yrs Footwear</b> <ol style="list-style-type: none"> <li>a. <b>Apart from shot put and discus footwear is optional for all events – for athletes not wearing shoes, they will be encouraged to have their feet taped (<i>the track will become warm</i>)</b></li> <li>b. <b>For BOTH laned and unlaned events, athletes are permitted to</b></li> </ol> </li> </ol>																												

	<p>wear spikes. The risk associated with this will be noted in the risk assessment</p> <ol style="list-style-type: none"> <li>2. <b>13-19yrs Footwear</b> <ol style="list-style-type: none"> <li>a. <b>ALL events, require appropriate footwear to be worn</b></li> </ol> </li> <li>3. <b>10-19yrs Footwear</b> <ol style="list-style-type: none"> <li>a. <b>As this event involves athletes aged 20yrs and under, the IAAF rules around the height of shoe tread DOES NOT apply.</b></li> </ol> </li> </ol>
<p><b>Marshalling for Events</b></p>	<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>All able-bodied 13-19 Years athletes will be required to use the starting blocks provided for competition in all track events up to &amp; including 400m in length. Regulation starting blocks will be supplied for the MWSS T &amp; F Trial &amp; no individual blocks can be used. 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.</p> <p>Starting blocks are optional for 13-19 Years multi-class athletes in track events up to &amp; including 400m. Athletes are allowed to perform a standing start for these events.</p> <p>Starting blocks are optional for all 10-12 Years athletes in 100m &amp; 200m events. Athletes are allowed to perform a standing start for these events.</p> <ul style="list-style-type: none"> <li>• Please be advised that as per IAAF (Rule 162 (16) (adopted by Metropolitan West School Sport &amp; Qld School Sport 13-19 Years Athletics Committee) athletes aged 16-19 Years will be disqualified for a false start. Students aged 10-12 &amp; 13-15 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 1<sup>st</sup> &amp; 2<sup>nd</sup> September 2026.</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>The outside track must <u>not be</u> used for warming up.</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>• Able bodied competitors will receive up to 3 attempts in the first round for all Field Events (except for vertical jumps) and then the top 8 competitors from the first round will receive an additional 1 round. Where there is less than 8 competitors in the field, a valid performance must be recorded for an athlete to progress and have the further 1 additional round.</li> <li>• 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.</li> <li>• A competitor can choose to leave the competition once they have achieved the QRSS Qualifying Standard.</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>Met West Team Invitation/ Paperwork</b></p>	<p><b><u>**APPAREL/UNIFORM ORDERING PROCESS**</u></b></p> <p>Apparel orders will be made directly through an external supplier and the ordered apparel/uniform items will be delivered directly to the customer. Further details will be emailed to the MWSS 10-19 Years Track &amp; Field Team Members after the MWSS 10-19 Years Track &amp; Field Trial. Invited students will register their details via the provided QR Code at the trial.</p> <p>Please note that the <b>Team Levies</b> will still need to be paid via the Metropolitan West School Sport online shop portal &amp; that there will <b>not</b> be a MWSS 10-19 Years Track &amp; Field team photograph. This change was made after consulting parent/caregivers as there is no longer required to attend a uniform collection session.</p>

	<p>Competitors who fail to finalise their place in the team by <b><u>3.00pm Wednesday 16 September 2026, may be withdrawn &amp; replaced by another competitor.</u></b></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>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/2026 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>
<p><b>State Championships</b></p>	<p>The 2026 Queensland School Sport <b><u>10 – 12 Years</u></b> Track &amp; Field State Championships will be held at <b><u>QSAC – Nathan from Monday 12 October – Wednesday 14 October 2026.</u></b></p> <p>The 2026 Queensland School Sport <b><u>13 – 19 Years</u></b> Track &amp; Field State Championships will be held at <b><u>QSAC – Nathan from Thursday 15 October – Sunday 18 October 2026.</u></b></p> <p>For all events (track &amp; field) Metropolitan West School Sport may nominate all athletes who have attained the State qualifying standards.</p> <p>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.</p> <p>13-19 Years competitors are restricted to no more than five (5) individual events at the State Championships. (Excluding relays)</p> <p><b>It is important to note that we haven't received the selection process &amp; the 2026 QRSS Qualifying Standards. As soon as we receive them we will advertise them on our website.</b></p> <p>To be considered as a Multi-Class athlete in the Metropolitan West School Sport Track &amp; Field Team, the athlete must hold a current Classification or Provisional Classification.</p> <p>The athlete must also complete the nomination form &amp; submit the form to the Metropolitan West School Sport Office with District Nominations. (10-12 Years - Appendix P) &amp; (13-19 Years - Appendix Q)</p> <p>The Metropolitan West School Sport Office will consider all results and contact</p>



# Metropolitan West School Sport

*In Pursuit of Sporting Excellence*



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 QRSS State Championships and pay a team levy.**