


**School Sport South Coast**

# 2024 REGIONAL 10-19 Yrs T&F –SUMMARY LETTER for PARENTS / STUDENTS

<b>DATES</b>	<p>The regional trials will be conducted as a 10-19 years event:  <b>South Coast Regional Trials (Day 1, 2 &amp; 3)</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;"><b>TUESDAY</b></td> <td style="text-align: center;"><b>27<sup>TH</sup> AUGUST</b></td> <td style="text-align: center;"><b>(Day 1)</b></td> <td style="text-align: center;"><b>(8:00 a.m. – 3.30 p.m.)</b></td> </tr> <tr> <td style="text-align: center;"><b>WEDNESDAY</b></td> <td style="text-align: center;"><b>28<sup>TH</sup> AUGUST</b></td> <td style="text-align: center;"><b>(Day 2)</b></td> <td style="text-align: center;"><b>(8:30 a.m. – 3.30 p.m.)</b></td> </tr> <tr> <td style="text-align: center;"><b>THURSDAY</b></td> <td style="text-align: center;"><b>29<sup>TH</sup> August</b></td> <td style="text-align: center;"><b>(Day 3)</b></td> <td style="text-align: center;"><b>(8:30am – 3:30 p.m.)</b></td> </tr> </table>	<b>TUESDAY</b>	<b>27<sup>TH</sup> AUGUST</b>	<b>(Day 1)</b>	<b>(8:00 a.m. – 3.30 p.m.)</b>	<b>WEDNESDAY</b>	<b>28<sup>TH</sup> AUGUST</b>	<b>(Day 2)</b>	<b>(8:30 a.m. – 3.30 p.m.)</b>	<b>THURSDAY</b>	<b>29<sup>TH</sup> August</b>	<b>(Day 3)</b>	<b>(8:30am – 3:30 p.m.)</b>
<b>TUESDAY</b>	<b>27<sup>TH</sup> AUGUST</b>	<b>(Day 1)</b>	<b>(8:00 a.m. – 3.30 p.m.)</b>										
<b>WEDNESDAY</b>	<b>28<sup>TH</sup> AUGUST</b>	<b>(Day 2)</b>	<b>(8:30 a.m. – 3.30 p.m.)</b>										
<b>THURSDAY</b>	<b>29<sup>TH</sup> August</b>	<b>(Day 3)</b>	<b>(8:30am – 3:30 p.m.)</b>										
<b>VENUE</b>	Gold Coast Performance Centre 1 Sports Drive Runaway Bay												
<b>PARKING</b>	<p><b>Officials-</b> Officials will be able to park in the designated Officials parking by taking the first exit on the round about once entering into the Gold Coast performance Centre off Sports Drive and displaying their parking permit.</p> <p><b>Bus-</b> Buses will be able to set-down and pick-up Students out the front of the venue. All buses that wish to stay onsite may find parking at the end of Sports Drive in front of the Indoor Stadium based on a first come basis.</p> <p><b>Spectators-</b> All other parking in and around the sports precinct will be unreserved and available to spectators.</p>												
<b>NOMINATION FEES</b>	<ul style="list-style-type: none"> <li>Online Payment Only!</li> <li>Payments close by the <u>Sunday</u> prior to the trial date</li> <li>Go to <a href="https://southcoastschoolsport.eq.edu.au/Supportandresources/Uniforms/Pages/Uniforms.aspx">https://southcoastschoolsport.eq.edu.au/Supportandresources/Uniforms/Pages/Uniforms.aspx</a></li> <li>click </li> <li>No registration &amp; payments will be accepted on the day.</li> <li><i>NB. Students who have not paid online prior to trial may not be permitted to trial.</i></li> </ul>												
<b>SSSC STANDARD PERMISSION &amp; DETAILS BOOKLET</b>	<p>Students are reminded that they must bring to the Trials</p> <ul style="list-style-type: none"> <li>A copy of the <b>SSSC - Standard Permission &amp; Details booklet, (fully completed)</b> NB. An electronic version of this document can be found online. If opened in Adobe Reader you will have the ability to type straight into document and save a copy on file for another event. Link is as follows: <a href="https://southcoastschoolsport.eq.edu.au/SupportAndResources/FormsAndDocuments/Documents/South-coast-documents/2024%20February%20Permission%20%20Details%20Booklet%20_fillable%20(v4).pdf">https://southcoastschoolsport.eq.edu.au/SupportAndResources/FormsAndDocuments/Documents/South-coast-documents/2024%20February%20Permission%20%20Details%20Booklet%20_fillable%20(v4).pdf</a></li> <li>NB. Students <b>will NOT be able to complete</b> if they do not bring <b>this</b> completed booklet to the trials.</li> </ul>												
<b>CHECK IN</b>	<p>All students are required to</p> <ul style="list-style-type: none"> <li>Check in to their respective district officials prior to competing.</li> <li>Hand in the SSSC - Standard Permission &amp; Details booklet (fully completed including Principal approval and Project Consent Form Approval)</li> <li>Once processed, receive a coloured wrist band to indicate they have checked in.</li> </ul>												
<b>UNIFORM</b>	All competitors must compete in their respective School / District Track and Field uniform ie. No board shorts etc. If identified by any official, competitors not correctly attired may be withdrawn from the event.												
<b>CERTIFICATE OF COMPETENCE / QUALIFICATION &amp; ACTIVITY CONSENT/MEDICAL DECLARATION FORM</b>	<p>Students participating in the following events will be required to complete a Certificate of Competence/Qualification &amp; Consent/medical Declaration Form. Please see your Sports Coordinator for the appropriate form (attached). Athletes competing at District, Regional and State Athletics in the below events must use the attached forms:</p> <ul style="list-style-type: none"> <li>10-19yr High Jump- if using the Fosbury Flop technique</li> <li>10-19yr Discus</li> <li>13-19yr Javelin</li> <li>13-19yr Hammer Throw</li> <li>13-19yr Pole Vault</li> </ul> <p>The Competency certificates must be received prior to the commencement of the District Trial. This certificate of competency <b>must be</b> signed off by +someone with the correct qualification as stated on the form.</p>												
<b>MARSHALLING</b>	Competitors for all events must report to the marshalling tent <u>at least</u> 20 minutes prior to the event												
<b>QUALIFIED FOR SOUTH COAST TEAM</b>	If students have qualified for the South Coast Team, they should present to the Regional Team room (above the photo finish room) for further instructions. Please try on regional apparel if selected in South Coast team.												

The 2024 QSS State Championships will be held from:

- **10-12yrs** Tuesday 8 – Thursday 10 October 2024 at QSAC, Nathan, Brisbane
- **13-19yrs** Friday 11 – Monday 14 October 2024 at QSAC, Nathan, Brisbane

- Students should be advised in advance that, if they qualify as members of the Regional Team and choose to accept the invitation to be part of the South Coast T&F team, they would be required to pay the team levy and purchase the Regional Track & Field uniform to be worn at the State Championships **plus any optional apparel**.
- Students need also be advised that no transport or accommodation in relation to these championships will be available.
- It is the responsibility of all students who are nominated by the Region for the State Championships to report to the South Coast Regional Team room (above the photo finish room). This should be done as soon as they ascertain from the event result sheets they have been nominated. This will be indicated by the student's name being highlighted on the result sheets posted at the event.

## **10-12yrs**

South Coast will be allowed to nominate the following competitors in each of the respective boys & girls events

- Each competitor is restricted to a maximum of five (5) individual events.
- 100m Events Four (4) competitors per age group per event.
- 200m, 800m & 1500m Events Two (2) competitors per age group per event.
- All Field Events Two (2) competitors  
(except High Jump where qualifying is not automatic. It is based on minimum qualifying standards from QRSS)
- Tetrathlon (Multi event) Two (2) competitors per age group per event.
- Relay Events First 4 place getters in the 100m finals events at South Coast trials. One team.

All athletes who have achieved the QRSS State Championship Qualifying standard/s (attached) in their event at the regional trial are eligible to be nominated to the QRSS State Championships except for the Tetrathlon (Multi Event) and relays (only one relay team per region).

**NB.** – Re Tetrathlon Multi Events

- the Multi Event is now considered as 4 events for a 10-12yr Athlete.

## **13-19yrs**

It is important that parents and students are aware that **13-19yrs QRSS State Championships will not be selecting a QRSS 13-19yr Track & Field team as per last year.** Students and parents are to be made aware of this before entering the process and paying any monies at any stage to prevent displacing other athletes interested or disappointment for students at a later time in the pathway.

- Each competitor is restricted to a maximum of five (5) individual events (**excluding relays**).
- South Coast will be allowed to nominate to the 13-19 Yrs state championships the following competitors in all T&F events
- An athlete may only be nominated in the **age group for which their age makes them eligible**.
  - South Coast may nominate **all athletes** who have met the region's selection criteria and attained the QRSS state qualifying standard.
  - If South Coast does not have an athlete who has qualified for a particular event, the region will be entitled to

**TWO (2) automatic entry for the event.**

**(except High Jump where qualifying is not automatic. It is based on minimum qualifying standards from QRSS)**

- QRSS qualifying times and distances are listed on Program of Events. See attached
- **Relay events** the region may nominate:
  - one team in each relay event.
  - Athletes must be the age specified for that event.
  - Four (4) x 100m Relays will be offered again in the following age groups.  
Girls 13 - 14yrs Boys 13 - 14yrs  
Girls 15 - 16yrs Boys 15 - 16yrs  
Girls 17 - 19yrs Boys 17 - 19yrs
  - The events will be conducted as timed finals with 2 heats if nominations exceed the number of lanes available.

Selectors will choose regional relay teams and reserves from athletes qualified to represent the region in individual events.

**QUALIFIERS FOR  
2024 QRSS  
STATE T&F  
CHAMPIONSHIPS**

**STUDENTS NOT  
WISHING TO  
COMPETE AFTER  
BEING SELECTED /  
QUALIFYING FOR SC  
TEAM**

Please ensure that any student that has qualified for the 2024 South Coast T&F team , but does not wish to compete, informs the South Coast Officials at the Trials or immediately thereafter.

It will avoid a lot of wasted follow up time and effort if we are aware of those withdrawing ahead of final nominations being submitted to State.

**For more information please contact your School Sports Coordinator for specific details**