

2026 REGIONAL 10-19 Yrs T&F –SUMMARY LETTER for PARENTS / STUDENTS

	The regional trials will be conducted as a 10-19 years event: <u>South Coast Regional Trials (Day 1, 2 & 3)</u>			
DATES	TUESDAY WEDNESDAY THURSDAY	25TH AUGUST 26TH AUGUST 27th August	(Day 1) (Day 2) (Day 3)	(8:00 a.m. – 3.30 p.m.) (8:30 a.m. – 4p.m.) (8:30am – 4p.m.)
VENUE	Gold Coast Performance Centre 1 Sports Drive Runaway Bay			
PARKING	Please follow all parking signage and refrain from parking in designated Sports Centre parking areas. All other parking in and around the sports precinct will be available on an unreserved basis. <u>Bus-</u> 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.			
NOMINATION FEES	- Online Payment Only! - Payments close by the <u>Sunday prior to the trial date</u> - Go to https://southcoastschoolsport.eq.edu.au/Supportandresources/Uniforms/Pages/Uniforms.aspx - click  , Regional Trials, Track and Field and then the appropriate age group - No registration & payments will be accepted on the day. <i>NB. Students who have not paid online prior to trial may not be permitted to trial.</i>			
SSSC STANDARD PERMISSION & DETAILS BOOKLET	Students are reminded that they must bring to the Trials - A copy of the <u>SSSC - Standard Permission & Details booklet (fully completed)</u> NB. An electronic version of this document can be found on the School Sport South Coast website. If opened in Adobe Reader you will have the ability to type straight into document and save a copy on file for another event. - NB. Students <u>will NOT be able to complete</u> if they do not bring this completed booklet to the trials.			
CHECK IN	All students are required to - Check in to their respective district officials prior to competing (on the western side of the track). - Hand in the SSSC - Standard Permission & Details booklet (fully completed including Principal approval and Project Consent Form Approval)			
UNIFORM	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 If identified by any official, competitors not correctly attired may be withdrawn from the event.			
CERTIFICATE OF COMPETENCE / QUALIFICATION & ACTIVITY CONSENT/MEDICAL DECLARATION FORM	Students participating in the following events will be required to complete a Certificate of Competence/Qualification & 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: 10-19yr High Jump- if using the Fosbury Flop technique 10-19yr Discus 13-19yr Javelin 13-19yr Hammer Throw 13-19yr Pole Vault The Competency certificates must be received prior to the commencement of the District Trial. This certificate of competency <u>must be</u> signed off by someone with the correct qualification as stated on the form.			
MARSHALLING	Competitors for all events must report to the marshalling tent <u>at least</u> 20 minutes prior to the event			
QUALIFIED FOR SOUTH COAST TEAM	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 2026 QRSS State Championships will be held from: 10-12yrs Monday 12th – Wednesday 14th October 2025 Brisbane 13-19yrs Thursday 15th – Sunday 18th October 2025 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.					
QUALIFIERS FOR 2026 QRSS STATE T&F CHAMPIONSHIPS	<u>10-12yrs</u> 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 (excluding relays). 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). <u>NB.</u> – Re Tetrathlon Multi Events - the Multi Event is now considered as 4 events for a 10-12yr Athlete.					
	<u>13-19yrs</u> It is important that parents and students are aware that QRSS <u>will NOT be selecting a State Team from the 13-19yrs QRSS State Championships in line with previous years.</u> 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 in the opportunity and to avoid 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 <u>all athletes</u> 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 <u>TWO (2) automatic entry for the event.</u> _(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.<table><tr><td>Girls 13 - 14yrs</td><td>Boys 13 - 14yrs</td></tr><tr><td>Girls 15 - 16yrs</td><td>Boys 15 - 16yrs</td></tr><tr><td>Girls 17 - 19yrs</td><td>Boys 17 - 19yrs</td></tr></table> - 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.	Girls 13 - 14yrs	Boys 13 - 14yrs	Girls 15 - 16yrs	Boys 15 - 16yrs	Girls 17 - 19yrs
Girls 13 - 14yrs	Boys 13 - 14yrs					
Girls 15 - 16yrs	Boys 15 - 16yrs					
Girls 17 - 19yrs	Boys 17 - 19yrs					
STUDENTS NOT WISHING TO COMPETE AFTER BEING SELECTED / QUALIFYING FOR SC TEAM	Please ensure that any student that has qualified for the 2026 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