

EMERALD AND DISTRICT ATHLETICS ASSOCIATION INC.



"Be Your Personal Best"

2022

Handbook



Updated 7/03/22

Running, Jumping and Throwing...

The basics of all sports. And where do you roll them all in to one? ***Athletics*** of course!

At Emerald and District Athletics, you can join from 5 years of age up to and including master's and participate in weekly home carnivals for fun and fitness. For those who like the challenge of competition, regional carnivals are held at places like Mackay, Longreach, Rockhampton, Proserpine, and Townsville.

This year, we have our bi-annual C.H. Track and Field Carnival on the 23rd and 24th of July, where athletes from around the state will converge on Emerald to compete.

We have qualified Coaches to assist athletes in the correct techniques of each discipline. There is an obvious pathway from being a junior athlete to a master's athlete, but have you ever thought of being a Coach or Official? ANQ, our parent body regularly hold Level one and two Coaching courses and Official Courses. With the Brisbane Olympics 10 years away, you or your child could be officiating or competing.

We are particularly excited to be able to offer fresh new look uniform shirts, singlets and crop tops this season, available after Easter. These uniform items will be offered at a discounted price due to generous sponsorship from FURA, a company who operates in our local area. We are very grateful for their support of our club.

Weekly carnivals are held on Sunday afternoon at the Marist College Oval on Jeppesen Drive. Parents are expected to assist with the running of the events e.g., raking pits, holding tape measures, or you may even join as a master's athlete yourself.

We hold regular 2 monthly committee meetings, where parents of athletes can join as parent reps or just attend and see what goes on behind the scenes.

Looking forward to meeting you on the field.

Wayne Gakowski
President
Emerald and District Athletics Association Inc.

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Please read through this booklet carefully, it will provide you with valuable information about our athletics association.

If you have any queries, do not hesitate to ask for further information from any of our committee. If we don't know the answer, we'll find someone who does!

Emerald & District Athletics Association aims to:

- Provide an atmosphere where *everyone*, regardless of ability, will gain new skills, enhance existing skills and have fun.
- Teach the basic skills of track and field events. Each athlete's goal should be in improving their personal best (PB). Parents can help by encouraging their children, but at the same time remembering that they are our *children*, not professional athletes. Places are not as important as personal gain.

Our club cannot run without full cooperation of all the athletes and parents or carers each week. If you are new to the club, you will soon be given assistance to learn how to do such jobs as: dig the long jump/triple jump pits, fetch the shot puts/discus/javelins, measure jumps and throws, record results and time runs, to name just a few of the responsibilities we all need to perform to ensure our athletes enjoy their carnivals. We encourage parents to help each week. Please join in!

Assisting with setting up the equipment before the carnival will guarantee we start on time. Before athletes and their families go home each week, we ask for your help packing up the event you were last on if it is completed for the day and any gazeboes packed up and put away. If you don't know how to do something, ask for help. We all started from scratch.

It is a contribution of time and effort that you will make to our club. The rewards will be most worthwhile: to see your child smile as they learn a new skill, develop their talents, set personal goals and know that they've done their best to achieve a personal best effort each week. You will also have opportunity to develop your own interests by acquiring coaching or officiating qualifications. This will not only benefit your child but also the whole club. Who knows, it could even take you to the highest levels of competition in athletics - there are very achievable pathways for athletes, coaches, and officials if you are interested.... Brisbane 2032 Olympics are coming!

Our friendly, enthusiastic, and committed committee strongly believe in athletics and want to provide a great opportunity to learn and compete for all interested athletes. There are many levels of age, experience, and talents amongst the committee. Remember, **we are all volunteers** and give our time and effort to this association because we are passionate about developing and supporting athletics in this district.



Emerald and District Athletics Association Inc.

COMMITTEE MEMBERS 2022

Committee Members can be contacted via
Email: emeraldathletics4720@gmail.com or Facebook
Mailing address: P.O Box 871, EMERALD QLD 4720

Position	Name
President	Wayne Gakowski 0411 717 477
Vice President	Henry Niemand
Secretary	Louise Hewitt 0429 966 634
Treasurer	Lisa McKay
Registrar	Angela-Sue Bulger
Blue card Officer	Janelle Gakowski
Grants Officer	
Records	Tina Stewart
Canteen + First Aid	
Officials Officer	
Programs Officer	Melissa Ellwood
Publicity	Melissa Ellwood
Web Page	
Equipment Officer	Brian Curteis
Assistant Equipment Officer	Dias Subaweerage
Carnival Coordinator	
Parent Representatives	Charlene Niemand John Rummeny Neil Stewart Jacobus Trusler

LIFE MEMBERS

Bev Mansfield, Noel Mallyon, Margaret Mallyon, Kevin Schneider, Neil Dale, Gary Free, Mary-Anne Free, Sherryle Nolan and Ray Nolan.

CLUB PATRON

Paul Bell A.M.

AUDITOR

Christine Peters

Please feel free to come along to our monthly meetings, if unable to attend, raise any matters you may have with a member of the committee. Dates of upcoming meetings will be emailed to members. Venues, times and dates of monthly meetings are flexible to suit committee members. This is a great opportunity to discuss the running of the club and get to know other members better.

2022 Program

Date	Emerald & District Athletics Events	Other ANQ and School Athletics Events	Date
March 13	Home Carnival 1	Qld Track & Field Championships Brisbane	Mar 3-6
20	Home Carnival 2	Australian Track & Field Championships Sydney	Mar 27-4
27	Home Carnival 3		
April	School Holidays 2 – 18 April	Australian Masters T and F	April 1-4
		Qld Track Classic Brisbane	9
24	NO Home Carnival ANZAC Day weekend	Festival of Athletics Townsville	29-1
May 1	Home Carnival 4	Mackay Track & Field Carnival	May 21-22
8	Home Carnival 5 <i>Mother's Day</i>		
15	Home Carnival 6		
23	Home Carnival 7		
29	Home Carnival 8		
June 5	Home Carnival 9	Oceania Area Championships Mackay	June 7-11
12	Home Carnival 10		
19	Home Carnival 11	Emerald District Primary School T & F (Emerald)	22
	School Holidays 25 June -10 July	Coral Coast Carnival Cairns	July 23-24
July 17	Home Carnival 12		
23-24	Central Highlands Track and Field Carnival Emerald		
31	No Home Carnival	Bowen T & F Carnival	TBA
August 7	Home Carnival 13	C.H. School Sports Trials	Aug 1-2
14	Home Carnival 14		
21	NO Home Carnival	Outback Sunset Carnival (Longreach)	Aug 20-21
28	Home Carnival 15	Capricornia School Trials Mackay	22-23
September 4	Home Carnival 16 <i>Father's Day</i>		
11	Home Carnival 17		
	School Holidays 17 Sept to 3 Oct	NQ Championships	Sept 23-25
		Qld Primary Schools Champs Brisbane	Oct 11-12
Oct	Club AGM & Break Up (Club House)	Qld Secondary Schools Champs Brisbane	13-16
		ANQ AGM & Annual Dinner (Townsville)	November 5

Registration Fees:

- **\$150 per athlete**

Athletes will be provided with two registration number bibs to be attached (sewn or pinned) on the front and back of the Club shirt. Once an athlete is registered with ANQ the number bibs are kept by the athlete and reused from season to season. A charge of \$20.00 will apply if bibs need to be replaced.

- **Trial Days** – Athletes may attend 2 trial days for a fee of **\$20**. If athletes, then sign up for full membership the \$20 will be deducted from the membership fees.
- **Registration is online on the Emerald Athletics webpage**

Age Groups

Athletes compete in age groups according to ANQ rules – their age this year by 31st December.

Affiliation

Our club is affiliated with **Athletics North Queensland (ANQ)**. **ANQ** offers membership to athletes from the age of 5 years through to and including Masters. An athlete must turn five years of age prior to 31st December to join our club. Master's athletes who join are automatically members of Queensland Masters.

Our Club follows ANQ rules and equipment specifications.

- *All school age athletes must have at least one parent with them at our carnivals.*

The ANQ clubs in our region host carnivals roughly once a month throughout the winter season, culminating with the ANQ championships in Townsville in September. These are always well-run events and are a great opportunity for our athletes. We encourage everyone to consider attending as many of these carnivals as you can, they are great family experiences.

Home Carnivals are held Sunday afternoons, excluding most school holidays, public holidays, and weekends where an ANQ Carnival is held nearby.

Attendance Register

Could non-members please register your attendance at carnivals or training days in the sign-on book at the clubhouse on arrival.

Uniform

Uniforms can be purchased online through RevSport or are available from our clubhouse. In 2022 we are excited to introduce a newly designed club shirt, singlet, and crop top, available for purchase hopefully by April. The previous shirt is still available for purchase at a reduced price of \$15. Alternatively, you may like to wait until the new shirts arrive.

- Club uniform = Club Shirt, singlet or crop and plain black shorts or bike pants

It is **compulsory** that our athletes wear correct uniform with registration bibs on front and back when competing in away carnivals. Athletes may face disqualification if not wearing correct uniform in carnivals away from our centre. For sun safety the Club recommends all athletes wear a broad-brimmed hat and sunscreen be applied frequently.

Parents/carers are requested to attend carnivals in sun safe attire too. The adults are the role models for our young athletes – let's set a good example!

Please mark hats and water bottles clearly with your name to avoid loss and confusion.

Behaviour

Athletes of all ages are expected to display good sportsmanship and always apply excellent personal effort. Your full participation and competitive but friendly attitude will make the carnivals or coaching sessions fun and worthwhile for all. Safety is vital with our equipment. Athletes may not use the equipment without direct supervision of an official, committee member or coach. Parents with more than one athlete must accompany the youngest unless there is another child who has higher needs. Children may not play on the high jump mats.

Parents should encourage their children to participate in their events and to have fun trying to do their best. We ask that parents use positive reinforcement of effort rather than worrying about where the athlete came in the event. Berating an athlete for poor performance is not acceptable. Most of our athletes are not in the elite level but may be able to get there if motivated through positive and fun formative years of training and competition.

Spectators are expected to respect the performances of all the athletes. Give all the athletes a cheer! We want to create an atmosphere of family fun and good sportsmanship.

Coaches, officials or committee members will address unsporting or unsafe behaviour.

Blue Cards

It is a requirement of the Club that all adults who are volunteering regularly on the field will need a current BlueCard linked to the Club. Applications can be completed online. Please see Secretary/BlueCard Officer for information.

Footwear

Shoes are compulsory for athletes competing at club carnivals and coaching sessions. Athletes from 10 years and up are permitted to wear spikes. Spike length must not exceed 7mm for synthetic track events and 9mm for synthetic field and be no longer than 12mm for grass track or field. For everyone's safety, spike shoes must be carried onto the track or to the field and then removed on completion of the event i.e., may only be worn from the commencement of an event and **MUST** be removed immediately at the finish of the event.

Hydration

Athletes should drink plenty of water before, during and after carnivals to prevent dehydration. Please bring your water bottle with you. Refills will be available from the McDonald's iced water coolers at the clubhouse. Sports drinks are not recommended for young athletes. Athletes who do drink them should rinse their mouth with water after drinking a sports drink. Milk is an excellent rehydration fluid; this may be a good option when you get home.

Coaching

We are fortunate to have 5 qualified Level 1, Level 2 or Level 3 Track & Field coaches, with more in the process of attaining their accreditation. Our coaches will instruct the athletes in basic and specific skills and techniques to improve their performances during the carnivals or at designated coaching sessions.

Fitness training, specific drills and guided practice sessions will be provided for athletes 10 years and older. Training is generally on Friday afternoons from 4.30pm, although coaches may choose other days which fit in with their work schedules. Our coaches are all volunteers who coach in their own time. Please take the time to thank them, it's a big commitment.

Communication

Please check the noticeboard each week for information. Upcoming carnivals will be advertised on the noticeboard and at the pre-carnival information session. Meeting minutes will be emailed to members. Emails will keep you up to date on Club and ANQ happenings and carnival results. Please ensure we have your current email address. Facebook is another way to stay updated. Have a look at our Club web page (Emerald and District Athletics) through RevSport which holds a wealth of information.

Carnival Start Times

Arrive in time for warm-up!

Carnivals held prior to Easter will commence at **3.30pm**, due to the autumn heat. After Easter we will commence at **2.00pm** for the remainder of the season.

You can expect the carnival to take around 2 hours. It all depends on how many athletes are in each event. Usually, at the start of the season, the carnivals take longer as we are teaching many athletes how to do the events for the first time. Please be patient and see what you can do to help things run more smoothly. Your help and patience will be appreciated.

Each carnival requires equipment to be carried from the shed, set up, and put away at the end. When the season commences, helpers will be informed of arrangements in place to comply with covid-19 requirements.

It is very important for athletes to warm up to prevent injuries and prepare the body for events. Arriving on time will ensure athletes get the essential warm up they need to start the session. If warm up is missed, we encourage doing some dynamic stretches (e.g., high knee runs, butt kicks, lunges, running drills, kick ups, arm circles etc) prior to competing.

A committee member will announce important information and notices to the parents as the athletes warm up. This is an important communication time for all the adults, so if you are late, please find a committee member and ask what you need to know for the day.

Wet Weather Cancellations

Due to the nature of Athletics being held outdoors, for the safety of all athletes it may be necessary to cancel events or club competition days due to the wet grounds. Please check for notifications on our Facebook page. An email will also be sent.

Fundraising

Any parents with ideas for fundraising are asked to contact a committee member with your idea/s or attend a meeting to present your idea/s. Our club is well resourced and generally we can fund all purchases through grants or donations but are more than happy to consider any fundraising opportunities for the club.

Courses

Parents and volunteers who are willing to become a coach or official are encouraged to talk to one of our committee members about undertaking an official's course, or coaching course. With more qualified volunteers, the club will be able to provide a better experience for both athletes and their supporters. Details of upcoming courses can be found on the ANQ website.

Should you be interested please speak with us.

End of Year Awards Presentation and Annual General Meeting

Our break-up/presentation day, in conjunction with our AGM, will be announced near the end of the season. This is a relaxed family event where we recognise the achievements of our athletes. Every child receives a trophy and certificate listing their best performances for the season.

Age Champion trophies are presented to those athletes who have gained the most PBs in their age group and gender for the year. After 13 years age group, athletes are grouped as Under 16 and Under 18.

Athletes must have attended at least 60% of club/ interclub carnivals to qualify for this award.

Weekly Program

Each week's program of events will be posted on the club notice board.

Due to the uncertainty of numbers in each age group before the season starts, it is very difficult to design a workable season program. Therefore, the program will be completed after sign-on, when we have a clearer idea of numbers, so it can be tailor-made to suit each season.

The following table shows the events younger age groups will be participating in:

5 and 6 YEARS

60m Sprint	80m Sprint	100m Sprint	60m Hurdles
Discus	Long Jump	Shot Put	

Events are progressively added in age groups through to masters as per 'ANQ Age Limitations', as follows:

60m, 80m, 100m	All Ages	Triple Jump	12 yrs
200m	7 yrs	High Jump (Scissors)	8 yrs
400m	10 yrs	High Jump (Flop)	11 yrs
800m	8 yrs	Shot Put	All Ages
1500m	10 yrs	Discus	All Ages
3000m	12 yrs	Javelin	12 yrs
Hurdles	Refer to Page 21	Hammer	12 yrs
Long Jump	All Ages		

Note:

- 11 – Open have the option of 1500 m Walk or running it as a distance event.
- 5 and 6 years 60 m Hurdles are modified over micro hurdles.
- Years 8 - 11 are offered Turbo Javelin, a modified Javelin event.



Club Records

Best Performances available since 1982.

- | | |
|--|---|
| <p>* Set at Zone Championships</p> <p>+ Set at State Championships</p> <p>~ Set at ANQ Championships</p> <p>! Set at Oceania Masters</p> | <p># Set at Winter Championships</p> <p>^ Set at Australian Championships</p> <p>< Set at Regional Carnivals</p> |
|--|---|

Walk Best Performances only recognized when judged at championships

Male

Best Performances as at end of 2021 season

6 Years				7 Years			
60m Hurdles	G Chick	13.8	2013	60m Hurdles	A Walz	12.10	1992*
60m	O Seng	11.3	2014	60m	B Ratcliffe	10.68	2014
70m	J Ramsey	12.20	2000	70m	H Munro	11.60	1997
80m	O Seng	14.8	2014	80m	B Ratcliffe	14.10	2014
					J McPheat	14.10	2018
100m	S Tree	17.40	2001	100m	A Walz	16.20	1992*
200m	J Walz	37.27	1993	200m	S Chick	35.10	2012
Shot Put	K Budeja	5.83	2012	Shot Put	S Tree	5.86	2002
Discus	J Laffer	14.43	2006*	Discus	J Ramsey	16.50	1995
Long Jump	J Laffer	2.7	2006	Long Jump	D Schneider	3.32	1996*
				High Jump	S Chick	0.91	2012
8 Years				9 Years			
60m Hurdles	I Mallyon	11.09	1989*	60m Hurdles	I Mallyon	11.48	1990
60m	T Rosinski	9.7	2009	60m	S Chick	9.4	2014
70m	I Mallyon	11.29	1989	70m	A Biles	10.50	1989*
80m	F Stewart	13.60	2021	80m	S Laffer	13.14	2007
100m	A Walz	15.63	1993*	100m	I Mallyon	14.16	1990*
200m	J Free	33.60	2005<	200m	A Biles K Pratt	31.10	1990* 2003
400m	S Chick	1:20.3	2013	400m	PC Grobler	1.12.62	2003+
800m	M Crane	2.54.9	1997*	800m	S Chick	2:42.98	2014#
700m Walk	K Brand	4.56.50	1993#	700m Walk	C Hampton	5.12.85	2001
Shot Put	C Cusack	6.43	2000*	1100m Walk	S Szemes	8.01.97	1995
Discus	C Cusack	19.29	2000*	Shot Put	J Free	6.79	2005
High Jump	L Groves	1.14	2018	Discus	A Walz	24.53	1994
Long Jump	I Mallyon	3.75	1989*	High Jump	S Laffer	1.21	2007
Turbo Javelin	M Berry	13.24	2017	Long Jump	J Free	4.14	2006+
				Triple Jump	J Atkinson	8.31	1997#
				Turbo Javelin	B Ratcliffe	18.85	2016
10 Years				11 Years			
60m Hurdles	D Schneider	11.2	1999*	60m Hurdles	I Mallyon	10.20	1992*
60m	M Latham	9.4	2007	60m	J Free B Van der Merwe S Chick	8.9	2007 2019 2016
80m	B Stewart	15.60	2021	80m	T Pickard H Lewis	13.00	2021 2021
100m	PC Grobler	14.4	2003	100m	B Mudge	13.88	1990
200m	J Free	30.57	2006~	200m	PC Grobler	29.26	2004~
400m	M Bell	1.09.82	2003#	400m	M Free	1.06.56	2005+
800m	P Nolan	2.45.10	1992*	800m	M Free	2.37.00	2004~
1500m	D Mudge	5.35.00	1991#	1500m	Corey Nesbitt	5.32.0	1998#
1100m Walk	B McKosker	6.44.20	1993#	Shot Put	J Marks	8.97	2013
Shot Put	H Shadbolt	8.48	1995*	Discus	J Marks	25.2	2013
Discus	D Mudge	22.52	1991*	Javelin	PC Grobler	27.2	2005<
Javelin	J Free	20.16	2006	High Jump	L Sturfels M Free	1.36 1.36	1996 2004~
High Jump	D Schneider	1.22	1999	Long Jump	M Free	4.56	2004#
Long Jump	J Free	4.15	2007+	Triple Jump	B Prosser	9.33	1999
Triple Jump	J Free	8.53	2006*	Turbo Javelin	G Chick	22.21	2018
Turbo Javelin	S Chick	16.39	2015				

Male

Best Performances as at end of 2021 season

12 Years				13 Years			
80m Hurdles	D Schneider	14.90	2001*	90m Hurdles	R Coward D Schneider	14.60 14.60	1994 2002*
90m Hurdles	J Free	17.08	2008~	200m Hurdles (5 flights)	R Coward	26.87	1994
200m Hurdles (5 flights)	D Schneider	31.70	2001#	200m Hurdles (10 flights)			
200m Hurdles (10 flights)	S Chapman	37.63	2008~	60m	T Crumblin	8.30	2016
60m	T Crumblin	8.5	2015	100m	R Coward	12.30	1994#
100m	G Smallacombe	12.88	1990	200m	R Coward	25.00	1994#
200m	R Coward	25.70	1993#	400m	R Coward	57.70	1994#
400m	R Coward	55.70	1993^	800m	W Dolan	2.31.2	1998
800m	R Coward	2.22.90	1993#	1500m	W Dolan	5.16.6	1998#
1500m	M Free	5.30.74	2005~	1500m Walk	Corey Nesbitt	10.17.64	2000
1500m Walk	R Pickering	11.22.22	2000	3000m	D Bennett	12.15.07	2018
3000m	B Ryder	13:47.61	2017	Shot Put (4kg)	R Coward	10.58	1994
Shot Put	R Coward	10.01	1993	Shot Put (3kg)	S. Chapman	10.76	2009
Discus	Q Algie	26.36	1995*	Discus	Q Algie	31.90	1996
Javelin	T Graham	26.86	2009~	Javelin	T Graham	30.72	2010
High Jump	S Cameron	1.42	1990	High Jump	S. Chapman	1.74	2009+
Long Jump	R Coward	5.09	1993*	Long Jump	R Coward	5.25	1994
Triple Jump	R Coward	10.84	1993^	Triple Jump	R Coward	11.39	1994#
Hammer	K Renwick	20.83	2015	Hammer	F Marks	33.97	2012
14 Years				15 years			
100m Hurdles	R Coward D Schneider	14.90 14.90	1995# 2003*	60m	T Crumblin	7.6	2018
200m Hurdles (5 flights)	G Smallacombe	27.80	1992#	100m	T Crumblin	11.9	2018
200m Hurdles (10 flights)				200m	T Crumblin	23.94	2018
60m	M Free A Chapman	8.0	2007	400m	A Chapman	54.27	2008~
100m	G Smallacombe R Coward	12.00	1992# 1995	800m	M Free	2.27.34	2008
200m	R Coward	24.40	1995#	1500m	P Burt	5.29.18	2007
400m	R Coward	54.90	1995#	3000m	C Bennett	13.20.72	2018
800m	I Lichos	2.12.90	1996#	Shot Put	T Graham	12.11	2012
1500m	W Dolan	4.54.9	1996#	Discus	M. Free	40.36	2008~
Shot Put	G Smallacombe	10.65	1992	Javelin (700g)	T Graham	42.82	2012
Discus	R Coward	31.59	1995	High Jump	S Chapman	1.86	2011
Javelin (600g)	D Schneider	34.12	2003	Long Jump	T Crumblin	6.45	2018
Javelin (700g)	T Graham	42.1	2011	Triple Jump	M Free	12.01	2008~
High Jump	S Chapman	1.77	2010	Hammer	A. Chapman	31.64	2008~
Long Jump	M Free	6.08	2007^	100m H	C Jorgensen	18.60	2017
Triple Jump	M Free	12.58	2007^				
Hammer	S Chapman	22.53	2010				

Under 18 Years				Under 20			
60m	M. Free T Crumblin	7.4	2010 2019	60m	M Free	7.0	2011
80m				80m	J Pidgeon	11.80	2021
100m	T Crumblin	11.24	2020~	100m	M Free	11.4	2012
200m	M. Free	22.6	2010	200m	M Free	22.62	2011
400m	M. Free	52.06	2010	400m	M Free	51.96	2011
800m	J Pidgeon	2:18.58	2019	800m	P Burt	2:41.97	2009
1000m	A Chapman	3:41.12	2010				
1500m	R Burt	5:20.24	2008	1500m	M Free	5:48	2011
3000m	B Ryder	15:36.60	2021<	3000m	D Schneider	12:55.10	2007
				6000m	J Pidgeon	39:50.41	2021~
100mHurdles	S Chapman	16.9	2013	100m Hurdles	Colby Hammond	16.70	2019
200m Hurdles (5 flights)				200m Hurdles (5 flights)	D Schneider	28.60	2007
High Jump	S Chapman	1.91	2012	400m Hurdles	M Free	1:01.65	2011
Long Jump	T Crumblin	6.46	2019+	High Jump	S Chapman	1.94	2014
Triple Jump	M. Free	13.14	2009~	Long Jump	M Free	7.19	2012^
Shot Put	M. Free	12.28	2010	Triple Jump	M Free	14.03	2012
Discus	J Pidgeon	35.22	2019	Shot Put	M Free	12.21	2011
Javelin	S Chapman	38.98	2013	Discus	M Free	34.04	2011
Hammer	A. Chapman	44.32	2010	Javelin	S Chapman	39.31	2014
				Hammer	A. Chapman	34.10	2011

Best Performances as at end of 2021 season

13

Female

Best Performances as at end of 2021 season

6 Years				7 Years			
60m	R Anders B Finlay	12.0	2013	60m Hurdles	E Lawrie	12.63	1991
70m	R Dwan	12.3	1996	60m	A Marks	11.3	2012
80m	R Anders	15.0	2013	70m	R Dwan	11.8	1997
100m	R Dwan	16.9	1996	80m	P McKenzie	14.8	2007
200m	E Lawrie	36.06	1990	100m	R Dwan E Forbes	16.5	1998
Shot Put	S Clarke	4.76	1994	200m	R Dwan	34.8	1997
Discus	K Liosatos	11.98	2003	Shot Put	H Andrews	5.61	1999
Long Jump	J Wheratt	2.80	1991	Discus	S Munro	13.58	1993*
60m Hurdles	P Huet	14.08	2004	Long Jump	R Dwan	3.21	1997
				High Jump	K Liosatos	0.9	2004
8 Years				9 Years			
60m Hurdles	L Nolan	12.0	1992*	60m Hurdles	C Schrader	11.38	1991*
60m	M Herwin	10.3	2007	60m	K Witkowski	9.9	2015
70m	E Forbes	11.3	1999#	70m	Reb Roberts M Gakowski	11.2	1990 2005
80m	L. Millar	14.78	2009	80m	P Rummeny	14.20	2021
100m	E Forbes	15.9	1999#	100m	Reb Roberts	15.58	1990
200m	T Austin	35.2	2001*	200m	M Gakowski	34.12	2005#
400m	Ren Roberts	1.23.0	1990	400m	Ren Roberts	1.19.13	1991*
800m	Ren Roberts	3.02.00	1990	800m	Ren Roberts	3.01.53	1991*
700m Walk	S Roberts	4.31.8	1992	700m Walk	C Schrader	4.43.7	1991*
Shot Put	J Tree L Eggmossle	4.89	2001 2001*	1100m Walk	A Naumann	7.53.2	1999#
Discus	P Mitchell	15.18	1995*	Shot Put	P Mitchell	6.44	1996
High Jump	A Johnson	1.12	2006	Discus	M Nolan	18.15	2003
	I Sommer	1.12	2018				
Long Jump	T Smith	3.30	1996*	High Jump	A Westerhuis	1.12	2002
Turbo Javelin	I Sommer	10.28	2018	Long Jump	M Gakowski	3.5	2005#
				Triple Jump	L Nolan	7.11	1993*
				Turbo Javelin	M Kiely	10.08	2017
10 Years				11 Years			
60m Hurdles	C Schrader	11.4	1992#	60m Hurdles	S Cook	10.93	2003+
60m	N Marks	9.4	2012	60m	P Willett	8.9	2013
80m				80m	S McKay	14.00	2021
100m	R Martin A Westerhuis M Gakowski	15.2	2000* 2003 2006	100m	T Austin	14.05	2004
200m	T Austin	31.6	2003	200m	T Austin	28.80	2004
400m	T Austin	1.14.02	2003	400m	T Austin	1.08.43	2004
800m	S Kelly	2:59.50	2010~	800m	S Kelly	2:55.5	2011
1500m	S Kelly	6.21.0	2010	1500m	S Ibell	6.07.7	1991#
800m Walk	L Ellwood	4:27.69	2021<	1500m Walk	M Cumming	9.16.6	1997#
1100m Walk	M Cummin	6.36.6	1996#	Shot Put (2kg)	C Naumann	8.85	1999*
Shot Put	K Cusack	8.69	2000	Shot Put (3kg)	N. Kende	3.47	2008
Discus	K Cusack	18.57	2000#	Discus	A Jorgensen	24.08	2017
Javelin	E Roberts	14.63	1990	Javelin	C Naumann	21.79	1999*
High Jump	A Cave	1.19	2010	High Jump	T Austin	1.41	2004
Long Jump	M Gakowski	4.04	2006	Long Jump	T Austin	4.42	2004
Triple Jump	M Gakowski	8.59	2006*	Triple Jump	T Austin	9.09	2004
Turbo Javelin	H James	13.98	2018	Turbo Javelin	B Berry	21.40	2017



Female

Best Performances as at end of 2021 season

12 Years				13 Years			
80m Hurdles	P Willett	13.76	2014	80m Hurdles	K Elsdén	14.2	1994#
200m Hurdles (5 flights) @ 68cm	L Cotter	31.6	1995#	200m Hurdles (5 flights)	K Elsdén	31.8	1994#
200m Hurdles (10 flights) 76cm	P Willett	32.83	2014	200m Hurdles (10 flights)			
60m	N Marks P Willett I Williams	8.9	2014 2014 2019	60m	M. Gakowski	8.8	2009
100m	L Cotter	13.28	1995#	100m	K Groves	13.50	1996#
200m	L Cotter	27.31	1995#	200m	T Smith	26.7	2001*
400m	F Roberts	1.06.7	1990	400m	S Kelly	1:00.6	2013
800m	M Perotta	2.42.09	1989	800m	K Groves	2.38.4	1996#
1500m	S Adamski	5.49.64	2015	1500m	E Crane	5.47.6	1999*
3000m	T Ellwood	15:53.24	2021~	3000m	Lacey Hewitt	18:42.00	2021<
1500m Walk	C Schrader	8.54.2	1994#	1500m Walk	S Anders	9.19.2	1992#
Shot Put	C Naumann	9.56	2000	Shot Put	K Millin	10.70	1994+
Discus (750g)	M Nolan	24.95	2006<	Discus	K Millin	28.12	1994+
Discus (1kg)	A Jorgensen	26.74	2018	Javelin (600g)	P Grobler	24.36	2004
Javelin	M Nolan	24.61	2006	Javelin (400g)	M Nolan	29.52	2007
High Jump	A Naumann	1.43	2002	High Jump	P Grobler	1.46	2005+
Long Jump	N Munro	4.59	1993*	Long Jump	K Groves	4.59	1996*
Triple Jump	N Munro	9.50	1993*	Triple Jump	T Smith	9.50	2001*
Hammer	C Marks T Ellwood	18.96	2014 2021	Hammer	C Marks	26.75	2015

14 Years				15 years			
90m Hurdles	L Bickoff	15.60	1992*	90m Hurdles	G McKay	21.00	2019
200m Hurdles (5 flights)	K Elsdén	32.22	1995	60m	G McKay	8.6	2019
200m Hurdles (10 flights)				100m	R. Roberts P Jaszczyszyn	14.0	2008 2021
60m	G McKay	8.4	2018	200m	G McKay	30.8	2019
80m	E McKay	13.10	2021				
100m	F Roberts	13.0	1992#	400m	E Schick	1:23.40	2019
200m	T Woltman	28.2	1999#	800m	N Burley	3:05.60	2016
400m	J Coad	1.06.0	2000#	1000m	C White	4:32.06	2010
800m	M Perotta	2.41.9	1991#	1500m	A Dale	6:31.84	2007
1500m	M Perotta	5.36.8	1991#	High Jump	G Ellerton	1.45	2019
Shot Put (3kg)	K Millin	11.80	1995*	Long Jump	I McCoy	4.93	2010
Shot Put (4kg)	M Gakowski	6.85	2010	Triple Jump	I McCoy	10.57	2010~
Discus	K Millin	30.46	1995#	Shot Put	P Jaszczyszyn	10.62	2021
Javelin	C Naumann	28.34	2002	Discus	J Marks	29.82	2011
High Jump	L Bickhoff	1.51	1992#	Javelin	H Murphy	30.70	2013
Long Jump	G McKay	4.63	2018	Hammer	J Marks	32.69	2011
Triple Jump	M Gakowski	10.01	2010<				
Hammer	N Burley	23.23	2015				
U18 years				U20			
60m	M Gakowski	8.6	2012	60m	T Wilson	9.3	2018
100m	I McCoy	13.73	2011	100m	T Wilson	15.0	2018
200m	E Holzwart	29.7	2011	200m	T Wilson	32.5	2019~
400m	H Murphy	1:06.94	2014	400m	T Wilson	1.21.5	2018
800m	H Murphy	2:31.23	2014	800m	T Wilson	3.17.4	2018
1000m	N Gakowski	4:22.77	2010	1500	T Wilson	7.07.0	2018
1500m	N Gakowski	6:57.13	2010	3000			
100m Hurdles	I McCoy	16.23	2011	100m Hurdles	M Gakowski	20.60	2015
Shot Put	J Marks	10.75	2013	Long Jump	T Wilson	3.52	2018
Discus	J Marks	31.66	2013	Triple Jump	T Wilson	7.90	2018
Javelin	H Murphy	34.76	2014	High Jump	T Wilson	1.17	2018
High Jump	E Holzwart	1.31m	2011	Shot put	T Wilson	10.16	2018
Long Jump	I McCoy	5.08	2011	Discus	T Wilson	33.5	2019~
Triple Jump	I McCoy	10.58	2011	Hammer	J Marks	38.38	2014
Hammer	J Marks	44.54	2012	Javelin	T Wilson	28.73	2019
Weight Throw	K Wilson	9.60	2019	Weight Throw	T Wilson	13.37	2019~
Open				Open Cont...			
60m	A Murphy	10.20	2008	Discus	T Wilson	33.18	2019<
100m	A Murphy	16.20	2008	Javelin	T Wilson	27.89	2019~
200m	A Murphy	35.00	2008	High Jump	A Murphy	1.05m	2008
400m				Long Jump	A Murphy	3.45m	2008
800m	A Murphy	3:27.10	2008	Triple Jump	A Murphy	7.97m	2008
1500m	A Murphy	7:15.50	2008	Hammer	T Wilson	33.34	2019<
3000m				Weight Throw	T Wilson	11.13	2019~
Shot Put	T Wilson	9.77	2019<				

Female

Best Performances as at end of 2021 season

Masters 30 -34				Masters 35 – 39			
60m	S Buchanan	8.52	2011	60m	S Buchanan	8.6	2012
80m	A Bulger	12.57	2017	80m	A Bulger	12.30	2019
100m	S Buchanan	14.08	2012	100m	S Buchanan	13.8	2012
200m	S Buchanan	28.84	2012	200m	S Buchanan	27.68	2012
400m	S Buchanan	1:05.76	2012	400m	S Buchanan	1:08.07	2012
800m	S Buchanan	2:43.10	2012	800m	S Buchanan	2:54.85	2012
1500m	S Buchanan	6:16	2011	1500m	L Hewitt	8:20.84	2018
2km Steeple Chase	S Buchanan	9:10.15	2012	1500m Walk	J Gakowski	12:35.4	2007
100m H	S Buchanan	19.94	2012	100m Hurdles	A Bulger	21.10	2019
Shot Put	A Bulger	6.83	2018	High Jump	S Buchanan	1.35	2012
Javelin	A Bulger	22.03	2018	Long Jump	S Buchanan	4.31	2012
High Jump	L Kelly	1.27	2013	Shot Put	F Johnson	9.65	2015
Long Jump	S Buchanan	4.54	2012	Triple Jump	S Buchanan	8.77	2012
Triple Jump	S Buchanan	8.85	2012				2015
	A Bulger	8.85	2018	Discus	F Johnson	21.07	
Discus	A Bulger	20.44	2017	Javelin	D Roberts	21.73	2007
Hammer	A Bulger	20.07	2018	Hammer	A Bulger	19.59	2019
Masters 40 – 44				Masters 45 – 49			
60m	F Neville	9.5	2015	60m	F Neville	9.8	2019
80m	Louise Hewitt	12.39	2021<	80m	F Neville	12.90	2019
100m	M Free	14.4	2008	400m	S Nolan	2:20.0	2010
200m	Louise Hewitt	34.72	2021<	800m	C Dale	03:39.0	2007
400m	M. Free	1:27.2	2008	1500m	C Dale	07:36.2	2007
800m	M Free	03:34.0	2007	3000m	C Dale	15:58.1	2007
1500m	M Free	07:31.4	2007	5000m	C Dale	27:42.9	2007
3000m	M Free	17:13.6	2007	1500m Walk	S. Westerhuis	11:52.3	2008
Long Jump	F Neville	3.71	2015	High Jump	C Dale	1.15m	2007
Shot Put	F Neville	8.08	2018	Long Jump	J Gakowski	3.16	2013
Discus	J. Gakowski	20.19	2012	Shot Put	F Neville	8.38	2019
High Jump	S Nolan	1.15	2007	Discus	F Neville	19.20	2019
Javelin	F Neville	19.63	2016	Hammer	F Neville	18.62	2019!
Hammer	F Neville	19.25	2016	Javelin	F Neville	18.64	2019
Triple Jump	T Brannigan	6.65	2018	Weight Throw	F Neville	7.37	2019!
Masters 50 - 54				Masters 55 - 59			
200m	S Bulger	1:02.60	2017	Long Jump	S Bulger	2.22	2018
800m	C Dale	3:44.3	2008	Shot Put	S Bulger	6.39	2018
1500m	C. Dale	8:01.44	2010	Discus	S Bulger	16.42	2018
3000m	C Dale	15:48.7	2008	Javelin	S Bulger	14.48	2018
Long Jump	S Bulger	2.16m	2017	Hammer	S Bulger	20.39	2018
Shot Put	C Dale	6.76m	2008				
Discus	C Dale	15.99	2009				
Hammer	S Bulger	20.37	2017				
Javelin	S Bulger	14.17	2017				



ANQ Development Initiative

ANQ offer a range of courses for coaches, volunteers and athletes. These will be held at different clubs in the ANQ region. Clubs need to apply for these courses according to their needs.

J SQUAD

Is for Athletes aged between 10 and 13 years. It is a recognition and rewards program to recognise athletes who have achieved at a high level.

ANQ SQUAD

Is for athletes 14 years and above who have achieved at high levels. Athletes will receive either a silver or gold certificate, depending on the standards reached, and a Squad shirt.

For all the details, and to register, go to the ANQ Web page – Athlete Hub

Understanding Events

Sprints



Sprinting essentially involves running at full speed over the full race distances. Sprint distances are 60, 80, 100, 200 and 400 metres.

Age Limitations:	Age	Distance
	No Limit	60m
	No Limit	80m
	No Limit	100m
	7+	200m (1/2 lap)
	10+	400m (1 lap)

Distance



Greater endurance levels are required, and the running style is considerably less vigorous than for the sprints.

Age Limitations:	Age	Distance	Age	Distance
	8+	800m	12+	3000m
	10+	1500m	18+	5000m
			18+	10000m

Hurdles



Hurdles are built to tumble easily, when knocked, provided they are hurdled from the correct direction. Hurdles must never be jumped from the reverse direction as they will not tumble and could cause serious injury.

Age Limitations: See *Hurdles Specifications* page 21

Walks



Race walking is a progression of steps, so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. Not bent at the knee) from the moment of first contact with the ground until the vertical upright position. This is a very technical event, requiring extra officials around the field. Records will only be recognised if the walk is performed at a carnival with accredited officials.

Age Limitations: This event will be restricted as younger athletes have difficulty mastering the technique. The coaches and committee will provide further information and specific coaching when this event starts in the program.

Shot Put



A shot is a circular metal ball that athletes must 'put' (pushing motion) as far as they can and land within a marked area. The shot can only be put with one hand and cannot be thrown like a ball. Athletes must commence the action from a stationary position inside the circle - meaning they cannot do a run up from outside the circle.

The shot shall touch or be in close proximity to the neck or chin (not on the cheek or ear). Keep the elbow up as the shot is pushed. Athletes should finish with their thumb pointing down and palm facing out. This technique stops the elbow from dropping thus ensuring the shot does not come away from the neck. The saying (**—elbow up, thumb down, palm out**) can help remember the sequence. Athletes must not leave the circle until the shot has landed. Athletes can enter the circle from any direction (front or back) but must exit from the back half of the circle.

Age Limitations: *Refer to Throws Weight Specifications Page 22*

Discus



A discus is an implement in the shape of a plate that the athlete has to throw as far as they can. The discus can be made of rubber, wood and metal or plastic and metal. Athletes must commence the action from a stationary position inside the circle - meaning they cannot do a run up from outside the circle. If the discus hits the cage, bounces off and lands inside the sector lines this is not a foul. Athletes must not leave the circle until the discus has landed. Athletes can enter the circle from any direction (front or back) but must exit from the back half of the circle. We teach the younger athletes to enter and exit from the back to reduce the chance of a foot foul. The following is the technique for throwing the discus, but it takes time and practice to perfect the throw. As long as the athlete throws the discus in a safe manner, anything goes. Younger athletes may prefer to throw the discus underarm and this is a perfectly valid throw.

- Starting position - the athlete should stand side on to the throwing area with their feet shoulder width apart.
- If the athlete is right-handed, then the right side of their body should be towards the back of the circle, visa versa for left-handed athletes.
- Grip - the hand is spread over the discus with the pads of the fingers just over the edges. Do NOT grip fingers over the edge. The thumb should gently rest at the back of the discus.
- Release - out the front of the hand, off the index finger, with the arm being extended. The non-throwing arm pulls the upper body and shoulders around. Athletes must wait until the discus has landed before leaving the circle.

Age Limitations: *Refer to Throws Weight Specifications Page 22*

Javelin



A javelin is a metal or fibreglass implement in the shape of a spear, which athletes must throw as far as they can into a sector area marked with two lines. Only athletes 12 years and over can do javelin. There are three types of grip.

- Claw / V grip - gripped in the "v" between the index and middle finger.
- 1st finger grip - gripped between the first finger and the thumb.
- 2nd finger grip - gripped between the second finger and the thumb.

Regardless of the type of grip used, the Javelin should be held diagonally across the palm. The javelin must be released over the shoulder. The tip of the Javelin must strike the ground first. The javelin does not need to stick in the ground to be a valid throw. The athlete must leave the throwing area from behind the throwing arc once the javelin has landed.

Age Limitations: Refer to Throws Weight Specifications *Page 22*



The athlete's task is to run up from an approach area and jump over a crossbar supported between two uprights. The crossbar is raised after each round and competitors remain in the competition until eliminated by three consecutive failures. Athletes do not have to attempt all heights, they can pass whenever they want, including after they foul a jump. The last height they cleared would be recorded as the height they reached. There are two ways for an athlete to clear the bar in high jump - the —scissors and the —flop. The athletes should start at an angle about 30 degrees to the bar, using an 8-10 stride run-up. The closest leg goes over the bar first, the second leg follows (like a pair of scissors opening and closing.) The athlete's body should remain upright, and they should aim to land on their feet or their bottom. The flop should only be taught by qualified coaches as it is quite hard to master.

Age Limitations: Up to 10 Scissors
11+ Scissors or Fosbury Flop



This event is basically a short sprint followed by a jump into the air and a landing into a sandpit. It is one of the most natural events. An athlete can start from anywhere on the runway but try to make sure their run-up is not too long. This should be an odd number of strides (preferably of a maximum of 15 strides) back from the mat or board. The run should start with both feet together. The first stride should be on the take off foot. The athlete's foot must not go over the front edge of the take-off area or a foul is recorded as too if the athlete, after landing, walks back through the sand towards the take-off area. The measurement of the jump is taken from the front edge of the board to the closest landing mark in the pit created by the athlete's body. The athlete has 3 attempts with the longest valid jump measured used.

Age Limitations:	Age	Board Distance from Pit
	Up to 12	1m
	13-17	1m to 2m



Triple Jump

The triple jump is made up of a run up, a take off with a landing on the same foot (i.e. The Hop), a second take off with a landing on the opposite foot (i.e. The step) and a third take off with a landing this time on both feet in a sandpit (i.e. The jump). The saying, —**same, other, both** can help remember the sequence. The start and the run-up is the same as for long jump. There are 4 take-off areas: 5m, 7m, 9m and 11m back from the edge of the pit. Athletes must advise the official which board they will be taking off from before the start of their first jump.

Age Limitations: **Age** 12+

***For full list of age limitations and technical specifications including masters.
Kindly refer to ANQ website.***

Useful Web Sites:

Emerald and District Athletics Assoc. Inc.
<https://www.revolutionise.com.au/emeralddistrictac/>

Facebook: Join us on Facebook,
Search 'Emerald Athletics Club.'

Athletics North Queensland
<https://www.revolutionise.com.au/athleticsnorthq/>

Queensland Athletics
<https://revolutionise.com.au/qldathletics>

Queensland Masters Athletics Assoc.
<https://www.revolutionise.com.au/qldmastersathletics>

Athletics Australia
<https://www.revolutionise.com.au/athleticsaust>

Hurdles Specifications

Age	Gender	Height	Flights	Distance	Run in	Interval	Run out	Markers
6,7,8	M/F	45cm	6	60m	12	7	13	blue
9,10	M/F	60cm	6	60m	12	7	13	blue
11	M/F	68.6cm	6	60m	12	7	13	blue
12,13	F	76.2cm	9	80m	12	7	12	white
12,13	M	76.2cm	9	90m	13	8	13	red
14,15	F	76.2cm	9	90m	13	8	13	red
14,15	M	84cm	10	100m	13	8.5	10.5	orange
U/18	F	76.2cm	10	100m	13	8.5	10.5	orange
U/20 Open	F	84cm	10	100m	13	8.5	10.5	orange
U/18	M	91.4cm	10	110m	13.72	9.14	14.02	
U/20	M	99.1cm	10	110m	13.72	9.14	14.02	
Open	M	106.7cm	10	110m	13.72	9.14	14.02	
12-15	M/F	76.2cm	10	200m	18.29	18.29	17.1	
U/18 Open	F	76.2cm	10	400m	45	35	40	
U/18	M	84cm	10	400m	45	35	40	
U/20 Open	M	91.4cm	10	400m	45	35	40	



No Smoking Zone

For the comfort and health of all, participants and spectators are to comply with State Government and ANQ policies. All school premises, competition areas and surrounds are **SMOKE FREE ZONES**.



Consumption of Alcohol is prohibited during Carnivals.

Throws Weight Specifications

Age Group	Discus		Shot Put		Javelin		Hammer	
	Male	Female	Male	Female	Male	Female	Male	Female
5 yrs	350g	350g	1.0kg	1.0kg	-	-	-	-
6 yrs	350g	350g	1.0kg	1.0kg	-	-	-	-
7 yrs	500g	500g	1.5kg	1.5kg	-	-	-	-
8 yrs	500g	500g	2.0kg	2.0kg	-	-	-	-
9 yrs	500g	500g	2.0kg	2.0kg	-	-	-	-
10 yrs	750g	750g	2.0kg	2.0kg	-	-	-	-
11 yrs	750g	750g	3.0kg	2.0kg	-	-	-	-
12 yrs	1.0kg	1.0kg	3.0kg	3.0kg	600g	400g	3.0kg	3.0kg
13 yrs	1.0kg	1.0kg	3.0kg	3.0kg	600g	400g	3.0kg	3.0kg
14 yrs	1.0kg	1.0kg	4.0kg	3.0kg	700g	500g	4.0kg	3.0kg
15 yrs	1.0kg	1.0kg	4.0kg	3.0kg	700g	500g	4.0kg	3.0kg
16 yrs	1.5kg	1.0kg	5.0 kg	3.0kg	700g	500g	5.0kg	3.0kg
U18	1.5kg	1.0kg	5.0 kg	3.0kg	700g	500g	5.0kg	3.0kg
U20	1.75kg	1.0kg	6.0 kg	4.0kg	800g	600g	6.0kg	4.0kg
Open	2.0kg	1.0kg	7.26kg	4.0kg	800g	600g	7.26kg	4.0kg
30-49	2.0kg	1.0kg	7.26kg	4.0kg	800g	600g	7.26kg	4.0kg
50-59	1.5kg	1.0kg	6.0kg	3.0kg	700g	500g	6.0kg	3.0kg
60-69	1.0kg	1.0kg	5.0kg	3.0kg	600g	500g	5.0kg	3.0kg
70-74	1.0kg	1.0kg	4.0kg	3.0kg	500g	500g	4.0kg	3.0kg
75-79	1.0kg	750g	4.0kg	2.0kg	500g	400g	4.0kg	2.0kg
80+	1.0kg	750g	3.0kg	2.0kg	400g	400g	3.0kg	2.0kg

Shot Put Weights and Colours

1 kg	dark blue
1.5 kg	gold (dull yellow)
2 kg	orange
3 kg	white
4 kg	red
5kg	green
6kg	light blue
7.26kg	yellow (bright yellow)

COVID – 19



For our Club to be able to function all persons including Athletes, Coaches, Parents and Spectators are required to follow the Outdoor Sport COVID-19 guidelines set down by the Queensland Government.

These guidelines may change frequently in the environment we are currently in. Updates will be given when required.

Emerald and District Athletics Association Inc. ask for your assistance with regards to COVID-19 compliancy to allow our club to operate, and for our Athletes to have fun and enjoy Athletics.

C.H Track and Field Carnival

***hosted by Emerald and District Athletics Association Inc.
at Marist College Oval on the 23rd and 24th July 2022***

All members welcome. Bring your school friends, work mates, and family members. They can nominate as unattached athletes for the weekend.

Acknowledgements:



Location of home grounds



Sponsorship of uniforms



Affiliated body