

**BOWEN TRACK AND FIELD CARNIVAL**  
**25th-26th May, 2013**  
**Nominations close 14th May, 2013**

Age groups as at 31<sup>st</sup> December, 2013

	4&U	5	6	7	8	9	10	11	12	13	14	15	16	U18	Open	Masters
60m																
80m																
100m																
200m																
400m																
800m																
1500m																
3000m																
800mW																
1500mW																
60mH																
80M H*																
90M H **																
90M H *																
100M H *																
100M H **																
110 M H**																
Long jump																
High jump***																
Triple jump																
Discus																
Shot put																
Javelin																
Hammer +																

- \*\*\* High Jump – the flop is only allowed for athletes aged 11 and above  
 \* Indicates women only      \*\* Indicates men only  
 + QLAA U15-U17 registered members not eligible to participate in the hammer throw.

**PLEASE PRINT**

First Name.....Surname.....  
 Date of Birth.....Age (as at 31/12/13)..... Sex (M/F).....  
 Address.....Postcode.....  
 Phone (.....).....Email.....  
 Registered member of (please tick) ANQ.....QLAA.....QMA.....Non registered athlete.....  
 Club Name.....

<u>NOMINATIONS FEES</u>	
Events: .....(No) x \$5.50ea	\$.....
Athlete 4-7 yrs	\$.....
Masters	\$.....
Day registration	\$.....
Programmes: .....(No) x \$5.00ea	\$.....
<b>TOTAL</b>	<b>\$.....</b>

Athletes ages 4,5, 6,7 yrs will receive a performance certificate and participation medal.  
 Nomination fees:  
 4,5,6 YRS (UP TO 6 EVENTS)      \$8.00  
 7 YRS (UP TO 8 EVENTS)      \$10.00

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MASTERS – (Up to 13 events) No individual medals. Participation award presented. \$15.00

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Non registered athletes must complete a registration form and pay \$20 to cover insurance

**ALL CLUB NOMINATIONS MUST BE ENTERED ONLINE BY YOUR CLUB. NOMINATIONS RECEIVED BY MAIL WILL NOT BE ACCEPTED.**

# BOWEN ATHLETIC CLUB INC.

INVITES YOU TO ATTEND

## THE BOWEN TRACK AND FIELD CARNIVAL,

25th – 26<sup>th</sup> May, 2013

### IMPORTANT NOTES – PLEASE READ CAREFULLY

**Nominations must be lodged online by registered clubs.** Club members must lodge their entries with their club Race Secretary/Nominations officer. Nominations will not be accepted by post for registered club athletes. Independent athletes may forward their nominations by mail to Bowen Athletic Club, PO Box 975, Bowen 4805.

1. The Bowen Track and Field Carnival will be held on Saturday 25th and Sunday 26<sup>th</sup> May, 2013 at the Col Leather Sporting Complex, Woodlands Road, Bowen.
2. Athletes registered with ANQ, QLAA or QMA are welcome to participate. NB: This carnival has been sanctioned by QLAA for the participation of QLAA registered U7 - U17 athletes; however the sanctioning of QLAA U15-U17 registered members to participate in the hammer throw has not been approved.
3. Athletes who wish to compete and are not registered with either of the above organisations, i.e. independent athlete, will be required to complete an ANQ registration form and make payment of \$20.00 to cover insurance costs for the duration of the carnival.
4. Registered athletes must wear their correct club uniform and numbers. Independent athletes will be provided with a temporary registration number on the first day of the carnival.
5. Age is actual age in years as at 31<sup>st</sup> December, 2013.
6. There are no restrictions on the number of events an athlete may enter. However, athletes up to and including 13 years may only enter in their own age group. Athletes aged 14 and over may compete in their own age group and open if they are of suitable skill level.
7. ANQ age limitations and event specifications apply. Competition will be conducted according to IAAF rules.
8. Athletes up to and including 7 years will receive a performance certificate and participation medal. Masters athletes will receive a participation award. They will not be eligible for individual medals.
9. **Late entries** will only be accepted up til **11.00a.m. on the first day** of competition. A late nomination fee of \$10.00 per event in addition to normal entry fee will be charged. (i.e. \$15.50 per event).
10. Shoes must be worn for all throwing events, horizontal jumps and hurdles. It is strongly recommended that they also be worn in all other events.
11. Spiked shoes may be worn by athletes in age groups 10 years and above. 10-12 years are only permitted to wear spikes in laned events, jumps and javelins. Ages 13 years and above may wear spikes in all laned and unlaned events, jumps and javelin. Spikes may not be worn in race walk events.
12. All athletes aged 12 years and over **must** crouch start for sprint events up to and including 400m. Starting blocks may be used, but are not compulsory.
13. Entries close at 9.00p.m. on Tuesday 14<sup>th</sup> May, 2013

All enquiries should be directed to:

Joanne Andison

President

Ph: 07 4785 1082ah

Linda O'Sullivan or by email: [otandison@westnet.com.au](mailto:otandison@westnet.com.au)

Secretary

PH: 07 4786 2237