

DISTRICT NOMINATIONS TO REGIONAL TRIAL 2026

10-12 YEARS NOMINATIONS	• Districts can nominate two (2) automatic nominations per event (including 1500m) • An additional two (2) athletes, to a total of 4 can be nominated as long as all athletes have achieved a result that is equal to, or better than, the regional qualifying standard in that event. • An additional athlete, to a total of 3 can be nominated for 1500m events as long as all athletes have achieved a result that is equal to, or better than, the regional qualifying standard. • There are no limitations on the number of events that an athlete can compete in at the regional trials.
TETRATHLON	• The Tetrathon is made up of four events – 100m, 800m Long Jump and Shot Put. • To be eligible, athletes must have qualified in at least one of these events at their district trial. • Districts can nominate up to TWO athletes per age group and gender (10, 11, 12 years) for the Tetrathlon. • If an athlete is competing in an individual event (100m, 800m, Long Jump or Shot Put), their result in that event will also be used for their Tetrathlon score. • There will be a separate Tetrathlon 100m and 800m race for athletes who are not in the individual events. • For Long Jump and Shot Put, Tetrathlon athletes who are not in the individual events will join the same existing competitions. • There will be no separate Long Jump or Shot Put event just for Tetrathlon athletes. • Results from Tetrathlon events cannot be used to qualify for individual event selection. • To qualify for an individual event, you must compete in that specific individual event and meet the QRSS qualifying standard.
13-19 YEARS NOMINATIONS	• Three (3) automatic qualifiers for all events conducted at the regional trial. • Districts may exceed the number of nominations in any event as long as all athletes have achieved a result that is equal to, or better than, the QRSS state qualifying standard at the district trial. • There are no limitations on the number of events that an athlete can compete in at the regional trials.
MULTI-CLASS NOMINATIONS	• The regional trial is a representative pathway for multi-class athletes. Athletes wishing to compete at the state championship must participate at the regional trial. • There are no regional qualifying times for multi-class athletes. However, athletes should be capable of safely competing in the events they nominate. • Athletes who have a visual impairment and compete with a guide runner must be tethered to their guide during the race. • To be selected for the regional team, athletes must be classified by a national disability sporting organisation, such as Sport Inclusion Australia or Athletics Australia. • Students who do not have an official classification can still compete at the regional trial, but will not be eligible for selection in the regional team. • If a multi-class athlete qualifies for the regional trial in an able-bodied event and has also submitted a multi-class nomination form, then their performance in the able-bodied event will also be considered for multi-class selection to the state championship.