

Sunshine Coast School Sport

10-19 YEARS

TRACK AND FIELD

REGIONAL TRIAL

PROGRAM



**UNIVERSITY OF THE SUNSHINE
COAST SPORTS COMPLEX**

Wednesday 26 August and Thursday 27 August 2026

GENERAL INFORMATION

Information relating to the Sunshine Coast School Sport Regional Track & Field trials is outlined below.

TRANSPORT / PARKING

Please refer to the University Parking Map included in this booklet to locate parking and bus drop-off zones.

Parking options available:

- **Free Parking:** Free parking is available at car park 15, off Claymore Road, approximately a 5-minute walk to the Athletics Track.
- **Paid Parking:** Parking fees apply Monday–Friday, 8am–6pm. To locate paid parking zones and pay stations, refer to the parking map.

More information on parking is available on the following link:

<https://www.usc.edu.au/explore/usc-locations/transport-and-parking/parking>

UNIFORM / FOOTWEAR

- District sport uniform to be worn if possible. School sport uniform is also acceptable.
 - 10-12 years - enclosed shoes are compulsory in Shot Put and Discus events.
 - 13-19 years - enclosed shoes are compulsory in all events.
- As this event involves athletes aged 20 years and under, the World Athletics shoe regulations around the height of shoe tread does not apply.

STARTING BLOCKS & SPIKED RUNNING SHOES

- Starting blocks are optional at the regional trial. If you choose to use starting blocks you must bring your own.
- Spiked running shoes may be worn in all track events, as well as in the High Jump, Long Jump, Triple Jump and Javelin events.
- Spikes may not exceed a length of 7mm.
- Only *Pyramid* or *Christmas Tree* spikes are permitted.
- Spiked shoes may only be worn while you are in the competition area. Before leaving the field of play, the spikes must be removed.

CHECK-IN

- Check-in with your district team manager as soon as you arrive.
- Stay in your district's allocated area while waiting for your events.
- Follow your district's process for returning your *regional trial consent booklet*.

NO FORM = NO TRIAL

- When you check-in at the trial, your district team manager will give you a wristband to show you have parental and school permission to participate.
- An additional coloured wristband/s will be provided if you have returned a *QRSS Certificate of competence & consent / medical declaration form* to participate in high-risk field events – including Discus, Javelin and High Jump (Fosbury Flop technique only)
- If you have an identified medical condition/s, you must provide a signed medical clearance certificate from a medical practitioner.

GRANDSTAND SEATING AREAS

- You must stay in your district's allocated area, identified by each district tent or flag.
- Parents, carers and spectators are welcome to sit in the allocated district areas.
- Each district must ensure that their area is clean and orderly by the end of the day.

COMPETITION AREA

- The 'Competition Area' is the area located inside the fence-line. Athletes, district team managers and event officials are the only personnel permitted in this area.
- Spectators are not permitted in the competition area and must remain behind the fence line at all times.

PERSONAL DEVICES

- Mobile phones or other electronic devices are not permitted.
- Earbuds / EarPods / AirPods and headphones are not permitted.

QRSS CONSENT FORM

- This form provides consent for athletes to have their name published on the regional school sport website, in district, regional or state championship programs, regional team photograph, event results, etc.
- If you have not completed a *QRSS consent form* and wish to give consent for your child's name to be published, please contact your district team manager.
- Athletes who have not provided consent for the publishing of their name will be identified by their specific individual school code.

WARM UP / RUGBY FIELD

- You may use the rugby field behind the track clubhouse for general and track warm up only.
- No implements / equipment is to be thrown / used on this field.

MARSHALLING

- You must report to the marshalling area at least two events ahead of the event in progress.
- If your field event and track event are scheduled at the same time, you must first check in at the field event so the officials know you are there. You can then leave to compete in your track event.
Return to the field event afterwards to continue your attempts.
- District team managers must inform marshals of event withdrawals as soon as possible on the day.

CANTEEN

- The Rip City Café at the USC stadium will be available each day to purchase food and drinks.
- A food van will also be available at the track each day.
- We encourage you to bring your own snacks and lunch each day.

FACILITIES

- The toilets are situated at the southern end of the building at the top of the grandstand.
- Additional toilet facilities are located in the University Stadium on the eastern side of the track.

OFFICIALS

- Events will be officiated by district staff from across the Sunshine Coast region.
- Each district will also have a team manager/s who will supervise their team and direct the athletes to their events according to the program.

SUN SAFETY & HYDRATION

- You must apply and reapply your own sunscreen regularly throughout the day.
- When you are not competing, you must wear a hat and/or stay in shaded areas.

HYDRATION

- Bring your own water bottle and drink water regularly throughout the day.

FIRST AID

- A qualified first aid medic will be located beside the recording tent near the finish line.
- If you require strapping you must provide your own tape. Please note priority will be given to first aid over strapping requests.
- It is recommended that athletes who wish to tape their feet, do so before they arrive at the venue.

PHOTOGRAPHY (For Personal / Family Use)

- The taking of photographs (for personal / family use) is permitted at this event.
- Social Media - Only post pictures and or race results of your child. Do not publish any photos or personal information of other students without their consent.

GENERAL COMPETITION CONDITIONS

AGES

Competitors must be turning 10 to 19 years old as at 31 December 2026.

- 10 years – born 2016
- 11 years – born 2015
- 12 years – born 2014
- 13 years – born 2013
- 14 years – born 2012
- 15 years – born 2011
- 16 years – born 2010
- 17 years – born 2009
- 18 years – born 2008
- 19 years – born 2007

MULTI-CLASS ATHLETES

- The regional trial is a 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 events. However, athletes should be capable of safely competing in the events they nominate.
- Athletes must contact their school sport coordinator for the *Multi-class track & field student nomination form* and event information.
- 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.
- Athletes who meet eligibility requirements will be invited to join the regional team.

COMPETITION PROCEDURES

- The regional track & field trials will be conducted in line with the World Athletics competition rules and the QRSS competition procedures with local variations.
- All queries, complaints or protests must be directed through your district team manager.
- Systems are in place at a school and district level to ensure that nominations are correct prior to the regional trial.
- Only competitors nominated by their district prior to the regional trial are eligible to compete.
- No nominations or substitutions are accepted on the day of the regional trial.

EVENTS

The regional track & field trials are conducted for the purpose of selecting a regional team to attend the Queensland Representative School Sport (QRSS) track & field state championships.

The QRSS state championship will be held at QSAC in Brisbane:

- 10-12 years from 12 to 14 October 2026
- 13-19 years from 15 to 18 October 2026

TRACK EVENTS

- All track events (except 1500m events), will use electronic timing and photo finish.
- Athletes in track events without lane restrictions (not having to stay in your lane) must wear a visible number on their right side. Numbers in these events will be given out to athletes during marshalling.
- District team managers must promptly inform the marshals and the recording tent of any event withdrawals.
- Athletes risk disqualification for various reasons, such as making a false start, jostling with other competitors on the track, or not staying in their designated lane during a race (when it is a requirement).
- False start rule:
 - 10 to 15 years events - the first athlete to break will be warned. Any subsequent athlete who breaks may be disqualified.
 - 16 to 19 years events - athletes may be disqualified on the first break.

FIELD EVENTS

- In all field events, the winner is the athlete who has the longest or highest performance in the event, irrespective of the round in which the performance occurred.
- All athletes will be permitted a minimum of three (3) attempts to place their best performance.
- Students may compete in High Jump events until three successive failures have been recorded. Where time permits, the winner in each high jump event may be offered an opportunity to achieve a new record. Both scissor mats and flop mats will be available for High Jump events.

FIELD EVENTS – HIGH / EXTREME RISK

- Athletes competing / nominating in the high-risk field events listed below need to complete the QRSS *Certificate of competence & consent / medical declaration form*:
 - High Jump (Fosbury Flop technique)
 - Discus
 - Javelin
 - Hammer Throw (nominations to be submitted using the *Nomination form for unconducted events*)
 - Pole Vault (nominations to be submitted using the *Nomination form for unconducted events*)
- Athletes must also wear the appropriate coloured wristband that they will be supplied each day to show that they are permitted to compete in these high-risk field events.

TRACK & FIELD EVENTS (occurring at the same time)

- If your field event and track event are scheduled at the same time, you must first check in at the field event so the officials know you are there.
- You must stay at your field event until you are called to marshal for the track event by the announcer.
- Return to the field event afterwards to continue your attempts.

DISPUTES

- The Referee / Regional School Sport Officer has full control of the regional track and field trials.
- Protests and concerns will only be accepted from district team managers.
- Protests must be submitted to the Referee in writing by the district team manager within 15 minutes following the conclusion of the event. Team managers to present any endorsed protests immediately to the event Referee.
- No discussion will be entered into with parents or coaches directly.
- The Referee's decision is final.

EXEMPTION APPLICATIONS

- Athletes who meet approved criteria can apply to be exempt from competing at the regional trial.
- To access the application form and more information please visit our regional [website](#).
- Students can only apply for an exemption through their district
- Requests for exemptions must be forwarded by the district track and field convenor to the regional sport office no later than 24 hours before the regional trial.



SUNSHINE COAST
SCHOOL SPORT

DISTRICT NOMINATIONS TO REGIONAL TRIAL

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.

10-12 YEARS SPECIFIC COMPETITION CONDITIONS

TRACK EVENTS

- 100m & 200m - Events will be conducted as a heats and finals format.
- The winner of each heat will automatically progress to the final. The final will then be filled by the next fastest athletes until the maximum number of lanes are filled for that event.
- Regional team selections will be based on the timed final.
- Starting blocks are optional at the regional trial. If you choose to use starting blocks you must bring your own.
- Athletes are allowed to perform a standing start at the regional trial.
- All track events 400m and longer will be conducted as timed final events.

TETRATHLON

- The Tetrathlon is made up of four events: 100m, 800m, Long Jump and Shot put.
- To be eligible, you must have qualified in at least one of these events at your district trial.
- Each district may nominate up to two (2) athletes per gender and age group.
- If you are competing in an individual event (100m, 800m, Long Jump or Shot Put), your result in that event will also be used for your Tetrathlon score. You do not need to do the event twice.
- 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.

FOOTWEAR

- Enclosed footwear is compulsory in Discus and Shot Put events.
- Spiked running shoes may be worn in all track events, as well as in the High Jump and Long Jump.
- Spikes may not exceed a length of 7mm.
- Only *Pyramid* or *Christmas Tree* spikes are permitted.
- Spiked shoes may only be worn while you are in the competition area. Before leaving the field of play, the spikes must be removed.
- If you are competing in bare feet for track or jumping events, we suggest you tape your feet before competing (supply your own tape and apply it before your event is scheduled to be conducted).
- Suggested taping methods are on the next page:

TAPING ATHLETES' FEET

The following two methods of taping have been found useful for young athletes who are required to run on the tartan track. **Elastoplast Adhesive Tape 7.5 cm width is used.** (Approx. 4 pairs of feet can be taped from one roll depending on foot size).

FOR SHORT SPRINTS

100m, 200m, Long Jump, High Jump (Running mainly on ball of foot)

1.



Cut two pieces twice the length of the toes plus 4cm for comfort. Tape under and across the medial aspect of the foot.

2.



Start leading edge at base of small toe and overlap on top approx 2cm. Follow underneath bringing the tape under then over the large toe.

3.



Take the tape over the front to the small toe following the line of the tips of the toes.

4.

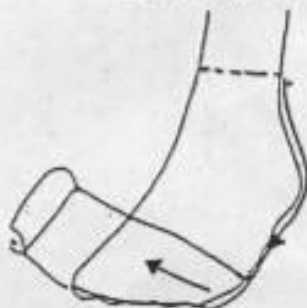


Bring the tape back under the foot behind the ball of the foot and finish on top.

FOR MEDIUM DISTANCE

800 metres (where a more flat foot run is required)

1.



Start above the back of the ankle at the achilles tendon area bringing the tape under the foot to the toes. Swing over the top of the toes from the small to the large toe back under the ball of the foot.

2.



Bring tape back over the top of the foot past the arch then under the heel. Bring up and around the ankle to secure.

13 – 19 YEARS SPECIFIC COMPETITION CONDITIONS

EVENTS NOT CONDUCTED AT THE REGIONAL TRACK AND FIELD TRIAL

- The following events **WILL NOT** be conducted at our regional trial:
 - Sprint Hurdles (all distances)
 - 400m Hurdles
 - Race Walks
 - Hammer Throw
 - Pole Vault
 - Steeple Chase
- Nominations for these events are to be submitted to your school sport coordinator using the *Nomination form for unconducted events*.
- For Hammer Throw and Pole Vault, you also need to submit a *QRSS Certificate of competence & consent / medical declaration form*, and it must be signed by an accredited coach.
- Your nominated result/s must equal or better, or be very close to, the QRSS state qualifying standard to be considered for selection.

TRACK EVENTS

- All track events will be conducted as timed finals.
- If you achieve the QRSS state qualifying standard in your event, you will be selected and invited to join the regional team.
- Some events may be conducted as multi-age events (eg 17, 18-19 years) but athletes will be placed and qualify according to QRSS state championship specific age divisions.

STARTING BLOCKS

- Starting blocks are optional at the regional trial. If you choose to use starting blocks you must bring your own.
- Athletes are allowed to perform a standing start at the regional trial.
- Please note the use of starting blocks in 100m, 200m, 400m and Hurdle events at the QRSS state championship is compulsory.
- Starting blocks will be provided at the QRSS state championship for competitors to use.

FOOTWEAR

- Enclosed footwear is compulsory for all events.
- Spiked running shoes may be worn in all track events, as well as in the High Jump, Long Jump, Triple Jump and Javelin.
- Spikes may not exceed a length of 7mm.
- Only *Pyramid* or *Christmas Tree* spikes are permitted.
- Spiked shoes may only be worn while you are in the competition area. Before leaving the field of play, the spikes must be removed.

REGIONAL TRIAL EVENT SPECIFICATIONS

10-12 YEARS FIELD EVENT IMPLEMENT WEIGHTS & STARTING HEIGHTS

AGE GROUP	DISCUS	SHOT PUT	HIGH JUMP
			STARTING HEIGHTS
10yr Girls	500g	2kg	1.06m
10yr Boys	500g	2kg	1.10m
11yr Girls	750g	2kg	1.16m
11yr Boys	750g	2kg	1.21m
12yr Girls	750g	3kg	1.23m
12yr Boys	750g	3kg	1.30m

13-19 YEARS FIELD EVENT IMPLEMENT WEIGHTS & STARTING HEIGHTS

AGE GROUP	JAVELIN	DISCUS	SHOT PUT	HIGH JUMP STARTING HEIGHTS
13yr Girls	400g	1.0kg	3kg	1.31m
13yr Boys	600g	1.0kg	3kg	1.42m
14yr Girls	500g	1.0kg	3kg	1.34m
14yr Boys	700g	1.0kg	4kg	1.52m
15yr Girls	500g	1.0kg	3kg	1.34m
15yr Boys	700g	1.0kg	4kg	1.58m
16yr Girls	500g	1.0kg	3kg	1.34m
16yr Boys	700g	1.5kg	5kg	1.64m
17yr Girls	500g	1.0kg	3kg	1.34m
17yr Boys	700g	1.5kg	5kg	1.66m
18-19yr Girls	600g	1.0kg	4kg	1.34m
18-19yr Boys	800g	1.75kg	6kg	1.66m

Note: High Jump - Bar lifts will be 8cm, 5cm, 3cm (after that - at the discretion of the officials).

REGIONAL SELECTION CRITERIA FOR STATE CHAMPIONSHIP

10-19 YEARS SELECTION CRITERIA

- If you achieve the QRSS state qualifying standard in your event, you will be selected and invited to join the regional team.
- Each region can nominate up to two (2) automatic competitors for each event, with the following exceptions:
 - *High Jump* – all athletes must meet the QRSS state qualifying standard.
 - *10-12 years 100m* – up to four (4) automatic entries per age group.
 - *10-12 years Tetrathlon* – up to two (2) entries per age group.
- An athlete may nominate in a maximum of five (5) individual events (excluding relays).
- An athlete competing in the 10-12 years Tetrathlon can only compete in one (1) other individual event (excluding relays).

MULTI-CLASS SELECTION CRITERIA

- Multi-class athletes must be classified by a national disability sporting organisation, such as Athletics Australia or Sport Inclusion Australia.
- If you achieve the QRSS state qualifying standard in your event, you may be selected and invited to join the regional team.
- Each region can nominate up to two (2) automatic competitors for each event. Regions should ensure that athletes selected under this rule have attained a standard close to the QRSS state qualifying standard.
- An athlete may nominate in a maximum of five (5) individual events (excluding relays).

EVENTS NOT CONDUCTED AT THE REGIONAL TRIAL (13-19 YEARS ONLY)

- The following events **WILL NOT** be conducted at our regional trial:
 - Sprint Hurdles (all distances)
 - 400m Hurdles
 - Race Walks
 - Hammer Throw
 - Pole Vault
 - Steeple Chase
- Nominations for these events are to be submitted to your school sport coordinator using the *Nomination form for unconducted events*.
- For Hammer Throw and Pole Vault, you also need to submit a *QRSS Certificate of competence & consent / medical declaration form*, and it must be signed by an accredited coach.
- Your nominated result/s must equal or better, or be very close to, the QRSS state qualifying standard to be considered for selection.
- Each region is able to nominate two (2) automatic nominations per event and unlimited nominations for all athletes who meet the state qualifying standard.

REGIONAL TEAM SELECTION AND PAYMENT PROCESS

▪ Step 1 – Regional selection

- Event results will be displayed on the 'Results wall' near the grandstand. Please note athletes' names will only be published if the *QRSS Consent Form* has been returned by the due date. Otherwise, all other competitors will be identified by their specific individual school code.
- The top 3 finishers will receive a place ribbon.
- If you are selected, you will receive an invitation letter at the regional trial.
 - You must register using the link provided on that letter.
 - You must also download the full *Team Invitation* and *Regional team permission booklet* from our website.
- Invited multi-class athletes must be classified by a national disability sporting organisation, such as Sport Inclusion Australia or Athletics Australia.
- Invited multi-class athletes must be listed on the National Master list or provide a copy of their current classification card to the regional school sport office as proof of classification.

▪ Step 2 – Regional uniform

- Regional uniform items are available from School Locker - Maroochydore.
- Parents must order through the School Locker online shop or purchase in store.

▪ Step 3 – Payment of team levy

- Payment of the regional team levy must be made through our regional online shop.
- Payment must be made using a VISA or MASTERCARD credit/debit card.

To access our regional online shop:

- Click the 'Regional online shop' tab on our regional website home page
<https://sunshinesport.eq.edu.au>
- Click  Pay now
Levies and apparel
- Click 'State Championships' and follow the prompts
Click 'Login' if an existing user OR click 'Register now' if a first time user
When prompted, enter the sport code listed in the *Regional Team Invitation*.

TRACK EVENTS – DAY 1: WEDNESDAY 26 AUGUST 2026

TIME	EVENT NO.	AGE GROUP	GENDER	EVENT	HEAT / FINAL
8.45am	1	10 Years	Boys	1500m	Final
	2	10 Years	Girls	1500m	Final
	3	11 Years	Boys	1500m	Final
	4	11 Years	Girls	1500m	Final
	5	12 Years	Boys	1500m	Final
	6	12 Years	Girls	1500m	Final
9.45am	7 / 300	13 Years + 13-19 Multi-class	Boys	1500m	Final
	8 / 301	13 Years + 13-19 Multi-class	Girls	1500m	Final
	9	14 Years	Boys	1500m	Final
	10	14 Years	Girls	1500m	Final
	11	15 Years	Boys	1500m	Final
	12	15 Years	Girls	1500m	Final
	13	16 Years	Boys	1500m	Final
	14	16 Years	Girls	1500m	Final
	15	17 Years	Boys	1500m	Final
	16	17 Years	Girls	1500m	Final
	17	18-19 Years	Boys	1500m	Final
	18	18-19 Years	Girls	1500m	Final
11.30am	19 H	10 Years	Boys	100m	Heat
	20 H	10 Years	Girls	100m	Heat
	21 H	11 Years	Boys	100m	Heat
	22 H	11 Years	Girls	100m	Heat
	23 H	12 Years	Boys	100m	Heat
	24 H	12 Years	Girls	100m	Heat
12.00pm	302	13-19 Years Multi-class	Boys	100m	Final
	303	13-19 Years Multi-class	Girls	100m	Final
	25	13 Years	Boys	100m	Final
	26	13 Years	Girls	100m	Final
	27	14 Years	Boys	100m	Final
	28	14 Years	Girls	100m	Final
	29	15 Years	Boys	100m	Final
	30	15 Years	Girls	100m	Final
	31	16 Years	Boys	100m	Final
	32	16 Years	Girls	100m	Final
	33	17 Years	Boys	100m	Final
	34	17 Years	Girls	100m	Final
	35	18-19 Years	Boys	100m	Final
	36	18-19 Years	Girls	100m	Final
1.00pm	304	10-12 Years Multi-class	Boys	100m	Final
	305	10-12 Years Multi-class	Girls	100m	Final
	37 / 39 / 41	10, 11 and 12 Years Tetrathlon	Boys	100m	Final
	38 / 40 / 42	10, 11 and 12 Years Tetrathlon	Girls	100m	Final
	19 F	10 Years	Boys	100m	Final
	20 F	10 Years	Girls	100m	Final
	21 F	11 Years	Boys	100m	Final
	22 F	11 Years	Girls	100m	Final
	23 F	12 Years	Boys	100m	Final
	24 F	12 Years	Girls	100m	Final
1.45pm	306	13-19 Years Multi-class	Boys	400m	Final
	307	13-19 Years Multi-class	Girls	400m	Final
	43	13 Years	Boys	400m	Final
	44	13 Years	Girls	400m	Final
	45	14 Years	Boys	400m	Final
	46	14 Years	Girls	400m	Final
	47	15 Years	Boys	400m	Final
	48	15 Years	Girls	400m	Final
	49	16 Years	Boys	400m	Final
	50	16 Years	Girls	400m	Final
	51	17 Years	Boys	400m	Final
	52	17 Years	Girls	400m	Final
	53	18-19 Years	Boys	400m	Final
	54	18-19 Years	Girls	400m	Final

FIELD EVENTS – DAY 1: WEDNESDAY 26 AUGUST 2026

TIME	EVENT NO.	AGE GROUP	GENDER	EVENT	PIT
8.30am	55	16 Years	Boys	Discus	Pit 1
	56 / 57	17 Years + 18-19 Years	Boys	Javelin	Pit 1
	308	10-12 Multi-class	Boys	Shot Put	Pit 1
	309	10-12 Multi-class	Girls	Shot Put	Pit 2
	58	16 Years	Girls	Triple Jump	Pit 1
	59 / 60	17 Years + 18-19 Years	Girls	Triple Jump	Pit 2
9.15am	61 / 310	13 Years + 13-19 Multi-class	Boys	Discus	Pit 1
	62 / 311	13 Years + 13-19 Multi-class	Girls	Javelin	Pit 1
	63	14 Years	Boys	Shot Put	Pit 1
	64	15 Years	Boys	Shot Put	Pit 2
	65	14 Years	Girls	Triple Jump	Pit 1
	66	15 Years	Girls	Triple Jump	Pit 2
	67	16 Years	Girls	Discus	Pit 1
10.00am	68 / 69	17 Years + 18-19 Years	Girls	Javelin	Pit 1
	70 / 37	10 Years + 10 Years Tetrathlon	Boys	Shot Put	Pit 1
	71 / 38	10 Years + 10 Years Tetrathlon	Girls	Shot Put	Pit 2
	72	16 Years	Boys	Triple Jump	Pit 1
	73 / 74	17 Years + 18-19 Years	Boys	Triple Jump	Pit 2
	75	12 Years	Boys	High Jump	Pit 1
	76 / 77	14 Years + 15 Years	Boys	Discus	Pit 1
10.45am	78 / 79	14 Years + 15 Years	Girls	Javelin	Pit 1
	80 / 39	11 Years + 11 Years Tetrathlon	Boys	Shot Put	Pit 1
	81 / 40	11 Years + 11 Years Tetrathlon	Girls	Shot Put	Pit 2
	82	13 Years	Boys	Triple Jump	Pit 1
	83	13 Years	Girls	Triple Jump	Pit 2
	84	12 Years	Girls	High Jump	Pit 1
11.30am	85 / 86	17 Years + 18-19 Years	Girls	Discus	Pit 1
	87	16 Years	Girls	Javelin	Pit 1
	88	16 years	Boys	Shot Put	Pit 1
	312	10-12 Multi-class	Boys	Long Jump	Pit 1
	313	10-12 Multi-class	Girls	Long Jump	Pit 2
	89	10 Years	Boys	High Jump	Pit 1
12.15pm	90 / 314	13 Years + 13-19 Multi-class	Girls	Discus	Pit 1
	91 / 315	13 Years + 13-19 Multi-class	Boys	Javelin	Pit 1
	92 / 41	12 Years + 12 Years Tetrathlon	Boys	Shot Put	Pit 1
	93 / 42	12 Years + 12 Years Tetrathlon	Girls	Shot Put	Pit 2
	94	14 Years	Boys	Triple Jump	Pit 1
	95	15 Years	Boys	Triple Jump	Pit 2
	96	10 Years	Girls	High Jump	Pit 1
1.00pm	97 / 98	14 Years + 15 Years	Girls	Discus	Pit 1
	99	16 Years	Boys	Javelin	Pit 1
	100	16 Years	Girls	Shot Put	Pit 2
	101	11 Years	Boys	High Jump	Pit 1
1.45pm	102 / 103	17 Years + 18-19 Years	Boys	Discus	Pit 1
	104 / 105	14 Years + 15 Years	Boys	Javelin	Pit 1
	106	11 Years	Girls	High Jump	Pit 1

TRACK EVENTS – DAY 2: THURSDAY 27 AUGUST 2026

TIME	EVENT NO.	AGE GROUP	GENDER	EVENT	HEAT / FINAL
8.45am	107	18-19 Years	Boys	5000m	Final
	108	18-19 Years	Girls	5000m	Final
9.30am	109 / 110	14 Years + 15 Years	Boys	3000m	Final
	111 / 112	14 Years + 15 Years	Girls	3000m	Final
	113 / 114	16 Years + 17 Years	Boys	3000m	Final
	115 / 116	16 Years + 17 Years	Girls	3000m	Final
10.45am	117 H	10 Years	Boys	200m	Heat
	118 H	10 Years	Girls	200m	Heat
	119 H	11 Years	Boys	200m	Heat
	120 H	11 Years	Girls	200m	Heat
	121 H	12 Years	Boys	200m	Heat
	122 H	12 Years	Girls	200m	Heat
11.45am	316	13-19 Years Multi-class	Boys	200m	Final
	317	13-19 Years Multi-class	Girls	200m	Final
	123	13 Years	Boys	200m	Final
	124	13 Years	Girls	200m	Final
	125	14 Years	Boys	200m	Final
	126	14 Years	Girls	200m	Final
	127	15 Years	Boys	200m	Final
	128	15 Years	Girls	200m	Final
	129	16 Years	Boys	200m	Final
	130	16 Years	Girls	200m	Final
	131	17 Years	Boys	200m	Final
	132	17 Years	Girls	200m	Final
	133	18-19 Years	Boys	200m	Final
	134	18-19 Years	Girls	200m	Final
12.30pm	318	10-12 Years Multi-class	Boys	200m	Final
	319	10-12 Years Multi-class	Girls	200m	Final
	117 F	10 Years	Boys	200m	Final
	118 F	10 Years	Girls	200m	Final
	119 F	11 Years	Boys	200m	Final
	120 F	11 Years	Girls	200m	Final
	121 F	12 Years	Boys	200m	Final
	122 F	12 Years	Girls	200m	Final
1.00pm	135 / 320	13 Years + 13-19 Multi-class	Boys	800m	Final
	136 / 321	13 Years + 13-19 Multi-class	Girls	800m	Final
	137	14 Years	Boys	800m	Final
	138	14 Years	Girls	800m	Final
	139	15 Years	Boys	800m	Final
	140	15 Years	Girls	800m	Final
	141	16 Years	Boys	800m	Final
	142	16 Years	Girls	800m	Final
	143	17 Years	Boys	800m	Final
	144	17 Years	Girls	800m	Final
	145	18-19 Years	Boys	800m	Final
	146	18-19 Years	Girls	800m	Final
	322	10-12 Years Multi-class	Boys	800m	Final
	323	10-12 Years Multi-class	Girls	800m	Final
	37 / 39 / 41	10, 11 and 12 Years Tetrathlon	Boys	800m	Final
	38 / 40 / 42	10, 11 and 12 Years Tetrathlon	Girls	800m	Final
	147	10 Years	Boys	800m	Final
	148	10 Years	Girls	800m	Final
	149	11 Years	Boys	800m	Final
	150	11 Years	Girls	800m	Final
	151	12 Years	Boys	800m	Final
	152	12 Years	Girls	800m	Final

FIELD EVENTS – DAY 2: THURSDAY 27 AUGUST 2026

TIME	EVENT NO.	AGE GROUP	GENDER	EVENT	PIT
8.30am	153	10 Years	Boys	Discus	Pit 1
	324 / 325	13-19 Multi-class	Boys & Girls	Shot Put	Pit 1
	154 / 41	12 Years + 12 Years Tetrathlon	Boys	Long Jump	Pit 1
	155 / 42	12 Years + 12 Years Tetrathlon	Girls	Long Jump	Pit 2
	156	16 Years	Boys	High Jump	Pit 1
9.15am	157	10 Years	Girls	Discus	Pit 1
	158	13 Years	Girls	Shot Put	Pit 1
	159 / 160	17 Years + 18-19 Years	Boys	Long Jump	Pit 1
	161 / 162	17 Years + 18-19 Years	Girls	Long Jump	Pit 2
	163	13 Years	Boys	High Jump	Pit 1
10.00am	326 / 327	10-12 Multi-class	Boys & Girls	Discus	Pit 1
	164	14 Years	Girls	Shot Put	Pit 1
	165 / 39	11 Years + 11 Years Tetrathlon	Boys	Long Jump	Pit 1
	166 / 40	11 Years + 11 Years Tetrathlon	Girls	Long Jump	Pit 2
	167	16 Years	Girls	High Jump	Pit 1
10.45am	168	12 Years	Girls	Discus	Pit 1
	169	15 Years	Girls	Shot Put	Pit 1
	170 / 328	13 Years + 13-19 Multi-class	Boys	Long Jump	Pit 1
	171 / 329	13 Years + 13-19 Multi-class	Girls	Long Jump	Pit 2
	172 / 173	17 Years + 18-19 Years	Boys	High Jump	Pit 1
11.30am	174	11 Years	Girls	Discus	Pit 1
	175 / 176	17 Years + 18-19 Years	Girls	Shot Put	Pit 1
	177	16 Years	Boys	Long Jump	Pit 1
	178	16 Years	Girls	Long Jump	Pit 2
	179 / 180	14 Years + 15 Years	Boys	High Jump	Pit 1
12.15pm	181	12 Years	Boys	Discus	Pit 1
	182	13 Years	Boys	Shot Put	Pit 1
	183 / 37	10 Years + 10 Years Tetrathlon	Boys	Long Jump	Pit 1
	184 / 38	10 Years + 10 Years Tetrathlon	Girls	Long Jump	Pit 2
	185 / 186	14 Years + 15 years	Girls	High Jump	Pit 1
1.00pm	187	11 Years	Boys	Discus	Pit 1
	188 / 189	17 Years + 18-19 Years	Boys	Shot Put	Pit 1
	190	14 Years	Boys	Long Jump	Pit 1
	191	15 Years	Boys	Long Jump	Pit 2
	192 / 193	17 Years + 18-19 Years	Girls	High Jump	Pit 1
1.45pm	194	14 years	Girls	Long Jump	Pit 1
	195	15 Years	Girls	Long Jump	Pit 2
	196	13 Years	Girls	High Jump	Pit 1

