



Sunshine Coast School Sport

Track & Field 10-19 years regional trial notice

Date and Time

Wednesday 26 and Thursday 27 August 2026 – 8:30am to 3:00pm.

Alternative wet weather date if required - Wednesday 02 and Thursday 03 September 2026

Location

University of the Sunshine Coast Athletics Track, 90 Sippy Downs Drive, Sippy Downs

Parking

Paid car parking regulations apply. Free parking available on Claymore Road.

Who can take part in this trial?

- You must be turning 10 to 19 years of age in 2026.
- You must be selected in a district team prior to the regional trial.

Cost

- \$25.00 – Please pay by Wednesday 19 August.
- Go to our [regional online shop information](#) to learn how to pay.
- Click on the 'Pay now Levies and apparel' button.



- Click 'Regional Trials' and follow the prompts.
- Bring a copy of your payment receipt to the regional trial as proof of payment.

Consent forms

- Complete our *regional trial consent booklet* and make sure that it is signed by a parent or carer and authorised school delegate.
- Follow your district's process for returning your consent booklet before participating at the regional trial.
- You cannot take part in this trial if you have not returned your consent booklet.

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.

Program

- The order of events is available on our website. A printed program will not be available for purchase at the regional trial.
- Arrive at least one hour before your scheduled event. The times listed in the order of events are approximate and may change depending on how the competition is running.

Spectators

- Parents, carers and spectators are welcome to sit in the allocated district areas.
- Spectators are not allowed inside the competition area. They must remain behind the fence line at all times.

Nomination process

- You can only compete in your own age group (age as of 31 December 2026).
- Your district track & field convenor must submit your nomination. Athletes cannot nominate themselves directly for the regional trial.
- After all district nominations have been received and confirmed, the regional sports office will publish the list of event nominations on our website.
- No new nominations or substitutions will be accepted at the regional trial.

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 can then leave to compete in your track event.
- Return to the field event afterwards to continue your attempts.

Tetrathlon (10-12 years only)

- 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 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.

Discus / High Jump / Javelin

- Scissor mats and flop mats will be used to accommodate both high jumping techniques.
- ALL students nominated in Discus, Javelin or High Jump events (Fosbury Flop technique) must complete and submit the *QRSS Certificate of competence & consent / medical declaration form* before competing.

Multi-class athlete information

- 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.

Events not conducted at the regional trial

- The following events **WILL NOT** be conducted at our regional trial:
 - Sprint Hurdles (all distances)
 - 400m Hurdles
 - 3000m / 5000m 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.

Exemptions

- To request an exemption, please complete our [Track & field absentee application form](#).
- Please ensure your application meets our approved criteria.
- Email your exemption application to our sports office at least 24 hours before the regional track & field trial.

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.

Sun safety

- 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 attend this event.

Regional team selection

- If you achieve the QRSS state qualifying standard in your event, you will be selected and invited to join the regional team.
- Multi-class athletes must be classified by a national disability sporting organisation, such as Sport Inclusion Australia or Athletics Australia.
- 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.

Regional team nominations

- 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 and gender.
 - Tetrathlon – up to two (2) entries per age group and gender.
- An athlete may nominate in a maximum of 5 individual events (excluding relays).
- An athlete competing in the Tetrathlon can only compete in one (1) other individual event (excluding relays).

QRSS 10-12 years state track & field championship

When: 12 to 14 October 2026

Where: QSAC, Brisbane

Travel: You must make your own travel and accommodation arrangements.

Approximate cost: \$230 plus apparel purchases.

QRSS 13-19 years state track & field championship

When: 15 to 18 October 2026

Where: QSAC, Brisbane

Travel: You must make your own travel and accommodation arrangements.

Approximate cost: \$210 plus apparel purchases.