




# SUNSHINE COAST SCHOOL SPORT

## 10-19 REGIONAL TRACK & FIELD TRIAL NOTICE

### Parent & Competitor Information 2023



<b>TRIAL DATE:</b>	<b>Wednesday 30 and Thursday 31 August 2023.</b> (Wet weather back up 06 - 07 September 2023)
<b>VENUE:</b>	University of the Sunshine Coast Athletics Track, Sippy Downs
<b>TIME:</b>	First event will commence at 8.30am each day. Anticipated finish time 3.00pm each day.
<b>COVID GUIDELINES:</b>	Spectators, officials and athletes must abide by the current Queensland Health COVID guidelines at the time of the regional trial. If you are unwell or present with any COVID or flu like symptoms you will not be able to attend.
<b>PARKING:</b>	Paid car parking regulations apply. Free parking available on Claymore Road.
<b>AGE RESTRICTIONS:</b>	Students must be turning 10 to 19 years of age in 2023.
<b>TRIAL FORMAT:</b>	<b>District teams only.</b> Students must have been selected in a district team prior to the regional trial.
<b>REGIONAL TRIAL LEVY:</b>	\$25.00 (incl GST) per athlete.
<b>PAYMENT DUE DATE:</b>	Wednesday 23 August 2023
<b>HOW TO PAY:</b>	<p>Payment must be made using the regional online shop.</p> <ul style="list-style-type: none"> <li>Click the 'Regional online shop' tab on our regional website home page <a href="https://sunshinesport.eq.edu.au">https://sunshinesport.eq.edu.au</a></li> <li>Click  Pay now Levies and apparel</li> <li>Click 'Regional Trials' and follow the prompts</li> </ul> <p>Students must bring a copy of their payment receipt to the regional trial as proof of payment.</p>
<b>CHECK-IN:</b>	<ul style="list-style-type: none"> <li>District team members must check-in with their district team manager upon arrival.</li> <li>Hand in your Regional Trial Permission / Consent Form and show proof of payment. <b>NO FORM = NO TRIAL</b></li> <li>Upon check-in all students will receive a wristband from their district team manager to confirm they have parental / school consent to participate at the regional trial.</li> <li>An additional coloured wristband/s will be provided to students who have provided parental consent and a medical declaration to participate in high-risk field events – Discus, Javelin and High Jump (Fosbury Flop technique only).</li> </ul>
<b>PROGRAM:</b>	<ul style="list-style-type: none"> <li>The 2023 order of events is included in the district selection student package and listed on our website.</li> <li>It is an athlete's responsibility to ensure they are present at least one hour prior to the listed event time. Please note listed event times are a guide only.</li> </ul>

<b>EXEMPTIONS:</b>	<ul style="list-style-type: none"> <li>• Students unable to compete at the regional trial are able to apply for an exemption through their district.</li> <li>• Requests for exemptions must be submitted prior to the regional trial using <a href="#">TF04 SUN10-19 Absentee Application for Exemption form for regional trial</a> and must conform to the regional exemption policy. The application form is available on our regional website.</li> <li>• <a href="https://sunshinesport.eq.edu.au/SupportAndResources/FormsAndDocuments/Documents/Student-forms/Track_Field_Absentee_Application_Form.pdf">https://sunshinesport.eq.edu.au/SupportAndResources/FormsAndDocuments/Documents/Student-forms/Track_Field_Absentee_Application_Form.pdf</a></li> <li>• Requests for exemptions must be forwarded by the district track &amp; field convenor to the regional sport office no later than 24 hours prior to the regional track &amp; field trial.</li> </ul>
<b>BREAK RULE:</b>	<ul style="list-style-type: none"> <li>• First runner to break will be warned. Any subsequent runner who breaks may be disqualified.</li> </ul>
<b>UNIFORMS &amp; FOOTWEAR:</b>	<ul style="list-style-type: none"> <li>• District or school sport uniform is to be worn.</li> <li>• 10-12 years - Footwear is compulsory in shot put and discus events.</li> <li>• 13-19 years - Footwear is compulsory in all events.</li> <li>• It is strongly recommended that 10-12 years athletes competing on the tartan track in any events wear appropriate footwear. If athletes do not have suitable shoes, it is further recommended that athlete's feet are taped before competing.</li> </ul>
<b>STARTING BLOCKS &amp; SPIKES:</b>	<ul style="list-style-type: none"> <li>• Starting blocks are optional at regional trials but if used, must be supplied by the athlete.</li> <li>• Spikes must meet the following criteria: <ul style="list-style-type: none"> <li>➢ Up to 7mm maximum for 100m, 200m but no spikes in 800m / 1500m for 10-12 years</li> <li>➢ Up to 7mm maximum for 13-19 years.</li> </ul> </li> </ul>
<b>DISCUS / HIGH JUMP / JAVELIN:</b>	<ul style="list-style-type: none"> <li>• Scissor mats and flop mats will be used for all age groups to accommodate both jumping techniques.</li> <li>• <b>All students intending to compete in Discus, Javelin or High Jump (Fosbury Flop technique) at the regional trials must submit the following signed forms prior to participating in this event.</b> <ul style="list-style-type: none"> <li>○ <a href="#">TF08 – SUN 10-19 QRSS parent consent-medical clearance for high-risk field events</a></li> <li>○ <a href="#">TF09 – SUN 10-12 QRSS Certificate of competence for high-risk field events</a> (to be completed by students born in 2011, 2012 &amp; 2013)</li> <li>○ <a href="#">TF10 – SUN 13-19 QRSS Certificate of competence for high-risk field events</a> (to be completed by students born in 2004 to 2010)</li> </ul> </li> <li>• Students with an identified medical condition/s must provide a signed medical clearance certificate from a medical practitioner.</li> </ul>
<b>REGISTRATION AT EVENTS:</b>	<ul style="list-style-type: none"> <li>• Competitors nominated in both a field event and track event that are running concurrently are to check in at the field event prior to marshalling for the track event.</li> </ul>
<b>CATERING:</b>	<ul style="list-style-type: none"> <li>• Competitors are encouraged to bring their own snacks / lunch. The university kiosk located beside the pool will also be available each day.</li> </ul>
<b>SUN SAFETY:</b>	<ul style="list-style-type: none"> <li>• Students must apply / reapply their own sunscreen at regular periods during the day. When not competing, competitors must wear their own hat and / or remain in the shaded areas.</li> </ul>
<b>HYDRATION:</b>	<ul style="list-style-type: none"> <li>• Students must bring their own water bottle and must hydrate regularly throughout the trial.</li> </ul>
<b>FIRST AID:</b>	<ul style="list-style-type: none"> <li>• Sports medicine personnel will be in attendance each day.</li> </ul>

<b>REGIONAL TEAM SELECTION:</b>	<ul style="list-style-type: none"> <li>• Qualifying competitors at the regional trial will be invited into the regional team.</li> <li>• Invited competitors will receive a regional team invitation at the regional trial.</li> <li>• Invited competitors must register via the QR code on the team invitation. Parents will be emailed additional information once registration has been received.</li> <li>• A uniform 'try-on' shop will be set up on the day. Regional team members will only be able to try on regional apparel and note their specific sizes.</li> <li>• The purchase of uniforms and payment of the regional team levy will need to be made through the regional online shop on the Sunshine Coast School Sport website.</li> <li>• Ordered items will be available for collection from the regional school sport office (located at Maroochydore State School) once you receive a dispatch notice via email.</li> </ul>
<b>REGIONAL UNIFORM:</b>	<p>The Sunshine Coast regional colours are purple, orange and grey. All students must wear the compulsory regional uniform items if selected in the regional track &amp; field team.</p>
<b>STATE CHAMPIONSHIPS:</b>	<p><b>10-12 years</b>      10 to 11 October 2023 (approx. cost - \$170 plus apparel purchased)</p> <p><b>13-19 years</b>      12 to 15 October 2023 (approx. cost - \$190 plus apparel purchased)</p> <p>Location:              QSAC Brisbane</p> <p>Travel:                  Independent travel</p>