

BOWEN TRACK AND FIELD CARNIVAL
Saturday 21th – Sunday 20th May, 2017
Nominations close Saturday 13th May, 2017

Age groups as at 31 st December, 2017																	
	4 & U	5	6	7	8	9	10	11	12	13	14	15	16	U18	U20	Open	Master
60m																	
80m																	
100m																	
200m																	
400m																	
800m																	
1500m																	
3000m																	
800mW																	
1500mW																	
3000m W																	
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.

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) \$15.00
 7 yrs(up to 8 EVENTS) \$15.00
 8yrs to OPEN \$7.00 PER EVENT
 MASTERS – (Up to 13 events) No individual medals.
 Participation award presented. \$25.00

Non registered athletes must pay \$5 to cover insurance costs for the duration of the carnival.

Nominations: All nominations must be completed online by individual athletes. Payment by Credit Card (Visa or Mastercard) MUST be made online at time of nomination. Click on link below to start nominations.

<https://bowen2017carnival.eventdesq.com>

ALL NOMINATIONS MUST BE ENTERED AND PAID FOR ONLINE BY INDIVIDUAL ATHLETES

BOWEN ATHLETIC CLUB INC.

INVITES YOU TO ATTEND

THE BOWEN TRACK AND FIELD CARNIVAL,

20th -21st May, 2017

IMPORTANT NOTES – PLEASE READ CAREFULLY

1. The Bowen Track and Field Carnival will be held on Saturday 20th and Sunday 22nd May, 2017 at the Col Leather Sporting Complex, Woodlands Road, Bowen.
2. Athletes registered with ANQ, QA, QLAA or QMA are welcome to participate.
3. Athletes who wish to compete and are not registered with any of the above organisations, i.e. independent athlete, will be required to register as a day athlete 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 31st December, 2017.
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 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 till **11.00a.m. on the first day** of competition. Late nominations in laned track events will not be accepted where it has a full allocation of 8 lanes and is a final. A late nomination fee of \$10.00 per event in addition to normal entry fee will be charged. (i.e. \$17 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 midnight on Saturday 13th May, 2017 – Link for entries - <https://bowen2017carnival.eventdesq.com>

All enquiries should be directed to:

email : bowenathleticclub@yahoo.com.au or events@athleticsnorthqld.org.au