



**10-12 YEARS  
STATE TRACK & FIELD  
CHAMPIONSHIPS  
2026**

**Queensland Sport & Athletics Centre (QSAC), Brisbane**

**Monday 12<sup>th</sup> October - Wednesday 14<sup>th</sup> October**

# Darling Downs Athletics Team 2026

15/09/2026

Dear Darling Downs Team Member,

Congratulations on your selection into the 2026 10-12 Years Track and Field Team. This handbook is designed to answer any questions you may have and to give you helpful advice which will make your Championship enjoyable and memorable.

## **Five Handy Hints for a Successful Championship!**

1. **NAME EVERYTHING** - This includes your spike bag, uniforms and Darling Downs bag. We have over 100 athletes ALL with the same uniform, items are very easily mixed up if not named. Tie a coloured ribbon around the handle of your bag or a piece of coloured tape to easily identify your bag. You can also get your belongings embroidered with your child's name.
2. **KNOW WHEN YOUR EVENTS ARE ON.** Check the program and see when you compete. Check your heat number and lane. Know what order you are competing in if you are a jumper or thrower. Make sure you look carefully at the program. Don't mix up your events with Tetrathlon or MCE (Multi Class Events)
3. **KNOW WHERE YOUR EVENT IS BEING HELD.** Check to see which cage or circle you are competing in and where you need to Marshall for your event. If in doubt, ask one of the coaches or managers.
4. **HAVE ALL THE EQUIPMENT YOU NEED TO COMPETE.** Pack EVERYTHING the night before! Check your spikes are in your bag and you have all your uniform. ~ Look up the page on 'Equipment – what every athlete should have!'
5. **CHECK IN EVERYDAY YOU ARE COMPETING** with your Regional Manager (Shelley Clews) – **90 to 120 mins BEFORE your event. The traffic in Brisbane can be unpredictable, and sometimes parking can be challenging, and the officials will NOT wait for you if you are late.** Check in with your Darling Downs Coach at least 60-90 mins prior to the start time for your event so you can have a full 30-40 min warmup. They will be near your team area. They will help you with your warm-up, check-in and any equipment you may need.
6. **COMPETING IN MULTIPLE EVENTS?** If you are in multiple events at the same time (i.e. your events clash) make sure you inform your Darling Downs Coach so they can tell the officials. As soon as your first event finishes immediately move to the second. If there are any problems notify the Darling Downs Team Manager – Shelley Clews & the Darling Downs Coach in the Call Room – David Anderson ASAP. We cannot do anything once the event has finished.

## Some Important Things You Need to Know!

1. If you are not a competitor, you should NOT be in the competition areas. This includes the High Jump/Discus area.
2. No parents are allowed inside the competition area. Make sure you take all your gear with you!
3. If you have a clash of events, let the official at the field event know this as **SOON AS YOU ARRIVE at the event**. The Darling Downs call room Coach will help you to do this.
4. You CANNOT leave the competition area once your event has started. If you need to go to the toilet, let the officials know!
5. Report to the officials when you arrive at your event. Let them know your name and your Region.
6. Report back to your coaches / managers on how you went with your event!
7. Team Photo – please make sure you collect your photo and certificate from the Team Manager before you leave the venue.
8. Remember to ALWAYS MAKE A POINT OF THANKING THE OFFICIALS at your event. Most of them are volunteering their time 😊.

### Leaving QSAC

- No athlete is allowed to leave the complex by themselves at any time.
- If you are leaving (on any day) directly after your event, you must notify Shelley Clews (Team Manager). Shelley Clews can be found in the Darling Downs team area. Parents may take their child after their event is completed providing management has been notified.

### Basic Call Room Procedures for 2026 State Championships

David Anderson will be stationed within the Call Room area. Every athlete **MUST** check-in with David Anderson **BEFORE** they present to officials. This process helps to ensure that no Darling Downs athlete misses his or her event.

#### Call Room Procedures – General

- ✓ Athletes only are permitted in the Call Room (Team Managers will be called if an athlete needs assistance).
- ✓ No spikes are to be worn inside. Athletes will be given time to change shoes at the event/start area.
- ✓ Athletes need to bring all equipment (including spikes), water bottle etc. that they require through the Call Room, as they will not have outside access. Toilets are available in the Call Room precinct.

#### Call Room Procedures – Track events

- ✓ Athletes need to be in the Call Room at the listed time for their event.
- ✓ Athletes will leave the Call Room for the Start Area before their event start time to allow time to change into spikes.
- ✓ Athletes will be checked off and then collected by officials and taken to the event site.

#### Call Room Procedures – Field events

- ✓ Athletes need to be in the Call Room at the listed time for their event.
- ✓ Athletes will be checked off and then collected by the Chief Judge of the event and proceed to the event site.
- ✓ Athletes will have a warm-up at the event site.

N.B. Darling Downs Coaches will warm up athletes prior to entering the call room.

## Field Events

In the event of a tie AFTER the appropriate countback rules have been applied that a jump/throw off may be required for equal third to help with selection to the State Team.

## Warm Up Area

- Coaches will be supervising warmups prior to starting times of events.
- Athletes and coaches must use the warmup area safely, and follow any instructions given by Championship officials, or security staff in the warm-up area.
- The Warmup Track will be used as the official warm up area for this event. Due to a high volume of people likely to be in this area, it is recommended that only athletes, coaches or team officials access this area.
- To mitigate the high level of risk associated with throwing implements, no throwing implements (discus & shot puts) will be permitted in any warmup area.
- Specific warm up throws will be conducted at the competition event site.
- Regions are to ensure they provide adequate supervision of their students whilst they are in the respective warm up areas.

# Codes Of Behaviour

## Players' Code of Behaviour

- Be a good sport.
- Play for enjoyment.
- Strive for personal excellence.
- Work hard for your team as well as yourself.
- Treat all teammates and opponents as you enjoy being treated yourself.
- Play by the rules.
- Cooperate with team and game officials.
- Control your behaviour on and off the field.
- Learn to value honest effort, skilled performance and improvement.

## Parents' Code of Behaviour

- Encourage participation by your children.
- Provide a model of good sportsmanship for your child to copy.
- Be courteous in your communication with players, team officials, game officials and sport administrators.
- Encourage honest effort, skilled performance and team loyalty.
- Make any new parents feel welcome on all occasions.
- Do not interfere with the conduct of any events.
- Support Education Queensland's policy of a vape, smoke and alcohol-free environment.

# Important Information for All Competitors

## Medal Presentations

1. If you have won a medal, you will be taken to the presentation area immediately after your event. **DO NOT LEAVE** your event area. ALL ATHLETES MUST WEAR THEIR CORRECT COMPETITION UNIFORM FOR ALL PRESENTATIONS. Be neat, tuck your shirt in and listen to the officials for directions.
2. Following presentations, a Queensland Coach will take you directly to the building for Queensland Team outfitting. Here you will be given forms offering you a place in the State Team. YOUR PARENTS MAY ACCOMPANY YOU INTO THE OUTFITTING ROOM.
3. After your outfitting, you should return to the Darling Downs Area. If you are leaving directly after your event, you must notify Shelley Clews (Team Manager).

## Equipment – What Should I Have?

- ✓ A towel – helpful for a place to stretch on, dry equipment for throwers, keep the sun off and dry yourself if it is wet.
- ✓ A tracksuit – the temperature can change quickly. Use your tracksuit to warm up in and cool down in.
- ✓ Any medication you require plus some band aids and any other first aid gear you may need to use in competition.
- ✓ Spikes (shoes), spike spanner, spare spikes and even spare shoelaces – always check your competition shoes prior to your event. Up to 7mm spikes may be used.
- ✓ Water bottle – it is essential that you keep up your fluids during competition.
- ✓ Any measurements for run-ups in the jumps or block settings – it always helps to write these down.
- ✓ A program of events, marked with your event times and things such as your check-in time and starting heights, etc.
- ✓ Tape measures (if you have them) and some tape to mark your approach.

**Starting Blocks** - Regulation starting blocks will be supplied. No individual blocks may be used. Competitors do not have to use starting blocks. Standing starts are used for 800 metres.

**False Starts** – The second false start per athlete may result in disqualification.

## Opening Ceremony Monday 12<sup>th</sup> October 2026

On Day One of the championships the opening ceremony and will take the format of the official party assembling on the infield along with the team captains from each region. After the acknowledgement of country, National Anthem and Athletes Oath, the captains from each team will be introduced and will come forward to receive a Qld T & F badge and the carnival will be declared open.

## 2026 Coaches / Managers

Each event area has at least one coach to help you with your event. These coaches are all qualified and experienced – your child would have met them at the training afternoon.

These coaches WILL NOT be trying to make major changes to your technique – they are simply there to guide you, encourage you and help you to achieve your best results.

Some of you will have your own personal coaches you work closely with. These coaches are encouraged to talk to the Regional Coaches to work together.

## Private Coaches

If you wish to warm up prior to the event with a private coach, PLEASE LET SHELLEY KNOW WHEN YOU CHECK-IN. Thank you for following this procedure as it reduces stress for our Darling Downs Coaches who will be looking for you to ensure you are ready for your event.

## Darling Downs Team Officials 2026

| Position              | Manager/Coach    | School                         |
|-----------------------|------------------|--------------------------------|
| Team Manager          | Shelley Clews    | Toowoomba East State School    |
| Call Room             | David Anderson   | Our Lady of Good Counsel       |
| Throws Coach          | Barry Healy      | Clifton State School           |
| Jumps Coach           | Candace Merriman | Toowoomba State High School    |
| Sprints & Relay Coach | Ory Tattam       | St Anthony's Primary School    |
| Middle Distance Coach | Sally Tresillian | Our Lady of the Southern Cross |
| Tetra Coach           | Amy Dyson        | Toowoomba State High School    |
| Multi Class Coach     | Kylie Stephens   | Toowoomba West Special School  |
| Multi Class Coach     | Chris Gilbert    | Highfields State School        |

## Uniform

All competitors must compete in their regional competition uniform. If compression or other lycra garments (including socks and arm sleeves) are worn, they must be in the dominant official regional colour. Where the dominant regional colour cannot be obtained, athletes may wear black compression garments providing the complete official regional competition uniform (top and bottom) is worn over it, except in cases where the School Sport region has advised.

**Open Ceremony Uniform:** Dress shorts, student polo, anklet socks, shoes and bucket hat

**Competition Uniform:** Athletic Singlet or Crop Top, athletic shorts or bike shorts/ athletic briefs, footwear & water bottle.

### Footwear

- Enclosed shoes are compulsory when competing in throws events.
- Shoes for other events are optional
  - Spikes may be worn by all athletes competing in:
    - All track events both laned and unlaned
    - Vertical jumps (High Jump – flop jumpers only) NO spikes for scissor jumpers
    - Horizontal jumps (Long Jump)
  - Spike length and type:
    - On synthetic track: spikes must be no longer than 7mm
    - On grass track or field: spikes must be no longer than 12 mm
    - Only Pyramid or Christmas Tree spikes are allowed.
    - Needle spikes are not permitted on synthetic surfaces.
    - Football boots /cleats are not permitted.
  - Spikes are permitted **only within the competition area** and must be removed before leaving the arena/field of play.
  - *Please note that athletes deciding to not wear footwear (where permitted) in some events, do so at their own risk as you may be competing with/next to athletes competing in spikes.*

# Championship Attendance Reminder

All athletes are to arrive 90 mins prior to their event. Athletes are to report to the team manager on arrival. Failure to do so will see them withdrawn from their event.

Athletes are only required to attend when their events are on but are reminded to **check about the times for finals and relay events if applicable.**

**Sports Medicine:** Qualified first-aid attendants and ice will be available throughout the championship for team officials to access in attending to player injuries. Preventative strapping is the responsibility of the individual athlete.

**Canteen:** A canteen will operate on both days of competition. Still pack lots of healthy snacks.

**Programs:** Each competitor and regional official will receive a program – given to competitors when they check in with their team Manager. No programs will be available for sale.

## PROTESTS

1. An athlete or team official may convey an oral protest at the time of the incident to the event official or Referee.
2. A written Protest, accompanied by a **fee of \$10.00** must be lodged with the Championship Director **within fifteen (15) minutes** of the completion of the event concerned. Protests will only be accepted from Regional Team Managers.
3. A Jury of Appeal will consider all available information. Their decision will be final.

## QUEENSLAND TEAM SELECTION

### State Team Selection Policies

Availability – Queensland School Sport 10-12 years Track and Field Team.

To be eligible for an invitation to join the 10-12 years Queensland School Sport Track and Field Team, an athlete must compete at the Queensland School Sport 10-12 years State Track and Field Championships in that year.

Athletes invited to join the Queensland team will each receive an information pack.

Athletes accepting selection in this team must be present for all days at the Australian championships and participate in all programmed activities as directed by team managers.

As a general rule the first three place-getters in each event may be invited to join the Queensland team, with the exception of four athletes in the 100m and two in the combined event (tetrathlon).

This invitation will take into account the following criteria:

- Level of performance at the Queensland championships.
- Attendance at a school which is currently affiliated with QSS.
- Attitude and behaviour of competitor (regional team management and school principal may be approached for advice).

**Best of luck to all our 2026 Darling Downs athletes!**

Shelley Clews

Team Manager

Monday 12th October 2026

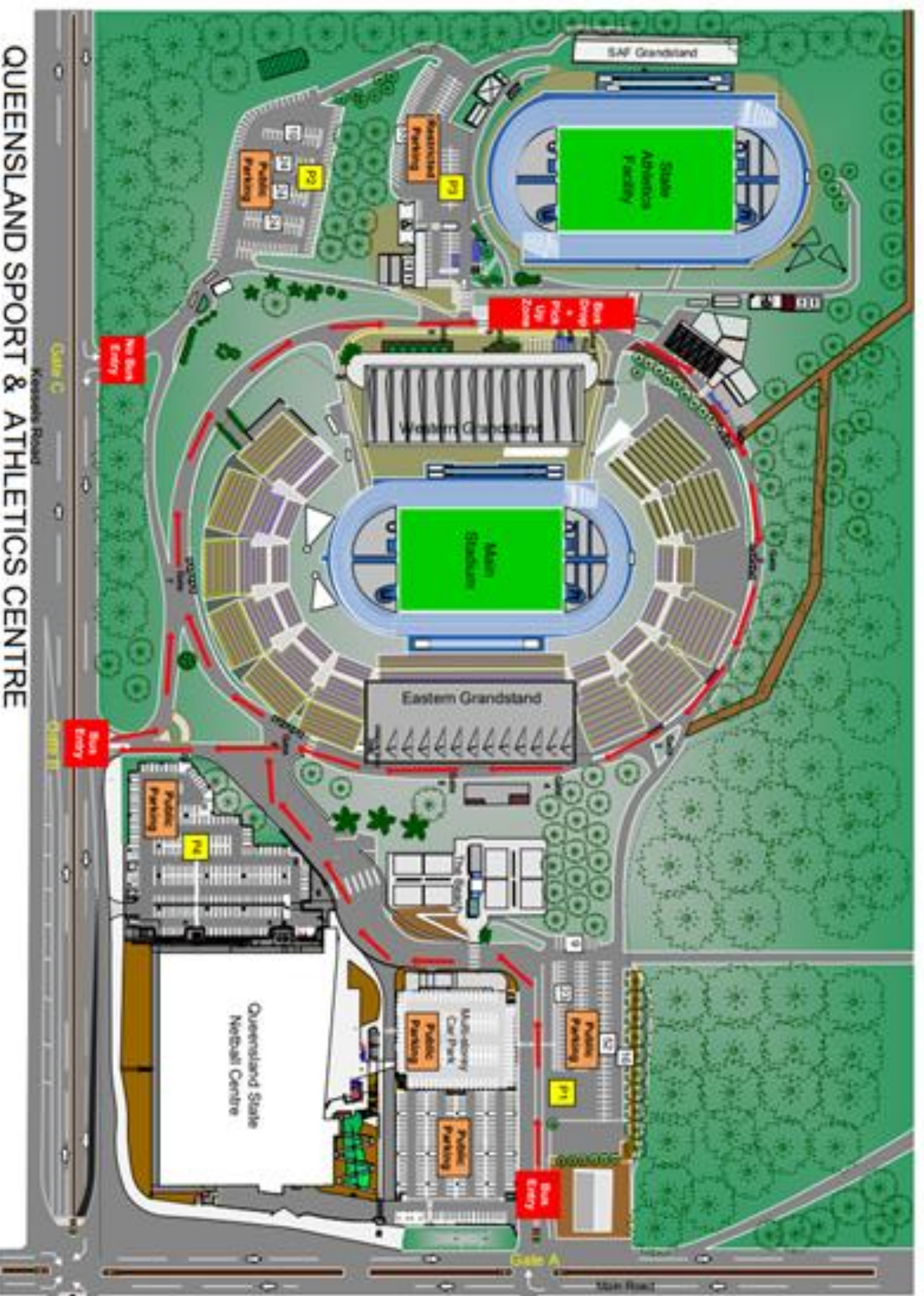
| Event Time | 10 Years         |                      | 11 Years    |             | 12 Years    |                | 10-12 Years Multi Class |             |
|------------|------------------|----------------------|-------------|-------------|-------------|----------------|-------------------------|-------------|
|            | Boys             | Girls                | Boys        | Girls       | Boys        | Girls          | Boys                    | Girls       |
| 8.00       | Opening Ceremony |                      |             |             |             |                |                         |             |
| 8:30       | Tetra 100m       | Long Jump            |             | High Jump   |             |                | Long Jump               | Long Jump   |
| 8.45       |                  | Tetra 100m           |             |             |             |                |                         |             |
| 9.00       |                  |                      | Tetra 100m  |             |             |                |                         |             |
| 9.15       | 1500m            |                      |             |             |             |                |                         |             |
| 9.30       |                  | 1500m                |             |             |             |                |                         |             |
| 9.45       |                  |                      | 1500m       |             |             |                |                         |             |
| 10.00      |                  |                      |             | 1500m       |             |                |                         |             |
| 10.15      |                  |                      |             |             | 1500m       |                |                         |             |
| 10.30      | Long Jump        | Discus               |             |             | Long Jump   | 1500m Shot Put | 10 yrs 100m             | 10 yrs 100m |
| 11.00      |                  |                      |             |             |             |                |                         |             |
| 11.10      |                  |                      |             |             |             |                |                         |             |
| 11.20      |                  |                      |             |             |             |                |                         |             |
| 11.30      |                  |                      |             |             |             |                | 11 yrs 100m             | 11 yrs 100m |
| 11.40      |                  |                      |             |             |             |                | 12 yrs 100m             |             |
| 11.50      |                  |                      |             |             |             |                |                         | 12 yrs 100m |
| 12.00      | 100m             |                      |             |             |             |                |                         |             |
| 12.15      |                  | 100m                 |             |             |             |                |                         |             |
| 12.30      | Shot             |                      | 100m Shot   |             | Discus      |                |                         |             |
| 12.45      |                  |                      |             | 100m        |             |                |                         |             |
| 1.00       |                  |                      |             |             | 100m        | High Jump      |                         |             |
| 1.15       |                  |                      |             |             |             | 100m           |                         |             |
| 2.00       |                  |                      |             |             |             |                | 4x100 Relay             |             |
| 2.10       |                  |                      |             |             |             |                |                         | 4x100 Relay |
| 2.20       | 4x100 Relay      | 4x100 Relay Tetra LJ |             | Discus      |             |                |                         |             |
| 2.30       | Tetra LJ         |                      | Tetra LJ    |             |             |                |                         |             |
| 2.40       |                  |                      | 4x100 Relay |             |             |                |                         |             |
| 2.50       |                  |                      |             | 4x100 Relay |             |                |                         |             |
| 3.00       |                  |                      |             |             | 4x100 Relay |                |                         |             |
| 3.10       |                  |                      |             |             |             | 4x100 Relay    |                         |             |

|            | Tuesday 13th October 2026 |             |             |             |             |             |                         |             |
|------------|---------------------------|-------------|-------------|-------------|-------------|-------------|-------------------------|-------------|
| Event Time | 10 Years                  |             | 11 Years    |             | 12 Years    |             | 10-12 Years Multi Class |             |
|            | Boys                      | Girls       | Boys        | Girls       | Boys        | Girls       | Boys                    | Girls       |
| 8:00       |                           |             | High Jump   |             | Tetra 100m  |             |                         |             |
| 8.15       |                           |             |             | Tetra 100m  |             |             |                         |             |
| 8.30       |                           |             | Tetra Shot  | Long Jump   |             | Tetra 100m  | Discus                  |             |
| 8.45       | 1500m FINAL               |             |             |             |             |             |                         |             |
| 8.55       |                           | 1500m FINAL |             |             |             |             |                         |             |
| 9.05       |                           |             | 1500m FINAL |             |             |             |                         |             |
| 9.15       |                           |             |             | 1500m FINAL |             |             |                         |             |
| 9.25       |                           |             |             |             | 1500m FINAL |             |                         |             |
| 9.35       |                           |             |             |             |             | 1500m FINAL |                         |             |
| 10.15      | 200m                      |             |             |             |             |             |                         |             |
| 10.30      |                           | 200m        |             |             |             |             |                         |             |
| 10.45      |                           |             | Discus 200m | Shot Put    | Shot Put    |             |                         |             |
| 11.00      | High Jump                 |             |             | 200m        |             |             |                         |             |
| 11.15      |                           |             |             |             | 200m        |             |                         |             |
| 11.30      |                           |             |             |             |             | 200m        |                         |             |
| 11.45      |                           |             |             |             |             |             | 10 yrs 200m             |             |
| 11.55      |                           |             |             |             |             |             |                         | 10 yrs 200m |
| 12.05      |                           |             |             |             |             |             | 11 yrs 200m             |             |
| 12.15      |                           |             |             |             |             |             |                         | 11 yrs 200m |
| 12.25      |                           |             |             |             |             |             | 12 yrs 200m             |             |
| 12.30      | Tetra Shot                | Tetra Shot  |             | Tetra LJ    | Tetra LJ    | Discus      |                         |             |
| 12.35      |                           |             |             |             |             |             |                         | 12 yrs 200m |
| 1.15       | 100m Semis                |             |             |             |             |             |                         |             |
| 1.25       |                           | 100m Semis  |             |             |             |             |                         |             |
| 1.35       |                           |             | 100m Semis  |             |             |             |                         |             |
| 1.45       |                           |             |             | 100m Semis  |             |             |                         |             |
| 1.55       |                           |             |             |             | 100m Semis  |             |                         |             |
| 2.05       |                           |             |             |             |             | 100m Semis  |                         |             |
| 2.30       | 800m                      | Shot Put    |             |             | High Jump   | Tetra LJ    |                         | Discus      |

|            | Tuesday 13th October 2026 |             |             |             |             |             |                         |       |
|------------|---------------------------|-------------|-------------|-------------|-------------|-------------|-------------------------|-------|
| Event Time | 10 Years                  |             | 11 Years    |             | 12 Years    |             | 10-12 Years Multi Class |       |
|            | Boys                      | Girls       | Boys        | Girls       | Boys        | Girls       | Boys                    | Girls |
| 2.45       |                           | 800m        |             | 800m        |             |             |                         |       |
| 3.00       |                           |             | 800m        |             |             |             |                         |       |
| 3.15       |                           |             |             |             |             |             |                         |       |
| 3.30       |                           |             |             |             | 800m        |             |                         |       |
| 3.45       |                           |             |             |             |             | 800m        |                         |       |
| 4.00       | Tetra 800m                | Tetra 800m  |             |             |             |             |                         |       |
| 4.15       |                           |             |             |             |             |             |                         |       |
| 4.30       |                           |             | Tetra 800m  |             |             |             |                         |       |
| 4.55       | 100m Finals               |             |             |             |             |             |                         |       |
| 5.00       |                           | 100m Finals |             |             |             |             |                         |       |
| 5.05       |                           |             | 100m Finals |             |             |             |                         |       |
| 5.10       |                           |             |             | 100m Finals |             |             |                         |       |
| 5.15       |                           |             |             |             | 100m Finals | 100m Finals |                         |       |
| 5.20       |                           |             |             |             |             |             |                         |       |

# Wednesday 14 October 2026

| Event Time | 10 Years              |             | 11 Years    |             | 12 Years    |             | 10-12 Years Multi Class |             |
|------------|-----------------------|-------------|-------------|-------------|-------------|-------------|-------------------------|-------------|
|            | Boys                  | Girls       | Boys        | Girls       | Boys        | Girls       | Boys                    | Girls       |
| 8.00       |                       | High Jump   |             | Tetra Shot  | Tetra Shot  | Tetra Shot  |                         |             |
| 8.30       |                       |             |             |             |             |             | 10 yrs 800m             | 10 yrs 800m |
| 8.40       |                       |             |             |             |             |             | 11 yrs 800m             | 11 yrs 800m |
| 8.50       |                       |             |             |             |             |             | 12 yrs 800m             | 12 yrs 800m |
| 9.15       | 200m Semis            |             |             |             |             |             |                         |             |
| 9.20       |                       | 200m Semis  |             |             |             |             |                         |             |
| 9.25       |                       |             | 200m Semis  | 200m Semis  | 200m Semis  | 200m Semis  |                         |             |
| 9.30       |                       |             |             |             |             |             |                         |             |
| 9.35       |                       |             |             |             |             |             |                         |             |
| 9.40       |                       |             |             |             |             |             |                         |             |
| 10.00      | 800m Finals<br>Discus |             | Long Jump   |             |             | Long Jump   | Shot Put                | Shot Put    |
| 10.05      |                       | 800m Finals |             |             |             |             |                         |             |
| 10.10      |                       |             | 800m Finals | 800m Finals | 800m Finals | 800m Finals |                         |             |
| 10.15      |                       |             |             |             |             |             |                         |             |
| 10.20      |                       |             |             |             |             |             |                         |             |
| 10.25      |                       |             |             |             |             |             |                         |             |
| 10.30      |                       |             |             | Tetra 800m  | Tetra 800m  | Tetra 800m  |                         |             |
| 10.45      |                       |             |             |             |             |             |                         |             |
| 11.00      |                       |             |             |             |             |             |                         |             |
| 11.25      | 200m Finals           |             |             |             |             |             |                         |             |
| 11.30      |                       | 200m Finals |             |             |             |             |                         |             |
| 11.35      |                       |             | 200m Finals |             |             |             |                         |             |
| 11.40      |                       |             |             | 200m Finals |             |             |                         |             |
| 11.45      |                       |             |             |             | 200m Finals |             |                         |             |
| 11.50      |                       |             |             |             |             | 200m Finals |                         |             |



# QUEENSLAND SPORT & ATHLETICS CENTRE