



13-19 YEARS
STATE TRACK & FIELD
CHAMPIONSHIPS
2026

Queensland Sport and Athletics Centre (Brisbane)

Please ensure that you read this carefully and ask Team Managers to clarify anything you do not understand.

STAFF

All our Team Officials have specific event/management responsibilities, plus will assist with a specific age group at the team meeting. All will be able to assist any athlete with concerns and/or direct you to someone who can solve your issue. Please make note of the staff members you need to become familiar with:-

Name	Position / Specialty
Amelia Sutton	General Manager
Natalie Wright	Coaching/ Management Team
Karen Marini	
Nathan Rogers	
Rebecca Rogers	
Gavin Hams	
Nikki Burraston	
Vanessa Gordon	
Tom Bradbury	
Bethany Sands	Multi Class Management Team
Louise Hatfield	
Georgia Steele	

EXPECTATIONS FROM TEAM MANAGEMENT

- On ARRIVAL you **must** sign-in with the Darling Downs Manager at the central team position in the grandstand. This will be a position in the stand where the Regional banner will be displayed.
- Please arrive 2 hours before your event start time
- Throughout each day please sit with the team in the grandstand; so you can be found easily if required by team officials.
- Withdrawals can only be completed by **Amelia Sutton** You or your personal coach cannot conduct withdrawals.
- When DEPARTING please sign-out with the DD Manager in the stand so we know you have left.
- Visit www.iaaf.org (go to downloads → competition rules) and refresh your knowledge of the rules of your events.
- On arrival for your first event you will receive your competition numbers, team photo, and complimentary championship program from the manager at the central team position in the grandstand.
- Please remember that you are representing the Darling Downs, your school, your family and yourself, and as such we expect you will conduct yourself in a manner in which we would be proud of you. I also draw the attention of both students and parents to the Codes of Conduct that you received in your selection package. Similar Codes of Conduct will be printed in the championship program and must be adhered to at all times.
- Check the timetable of events carefully to confirm the DAY & TIME of your events. **BE AWARE!** There are events for athletes with disabilities (Multi Class events) included on the program. These are shown as (MC) on the timetable. Make sure you read the timetable thoroughly – we have had students miss their events previously because of this!

COMPETITION CONDITIONS FOR THE STATE CHAMPIONSHIPS

Certificate of Competence

- Athletes competing in Hammer Throw, High Jump, Pole Vault, Discus & Javelin were required to complete a certificate of competence, via their school, and submit this to the Regional Sports Office. If these are not done, the Championship Organisers will withdraw you from the event.

Equipment

- INDIVIDUAL ATHLETE numbers must be worn in all events.
- Bring wet weather gear, as the climate can be variable.
- Some equipment will be provided such as starting blocks and throwing implements, and made available for use in the warm-up area.
- Competitors may use their own implements provided these are checked and marked as approved by the technical manager for the championships at least 2 hours prior to the commencement of the event. Implements checked and marked must be made available to all competitors in the same event; these will be retained by the event officials until the completion of the event.
- QSAC is supplying starting blocks for all track events. **YOU ARE NOT PERMITTED TO USE YOUR OWN.** Ensure your running shoes have “tartan spikes”. Athletes using incorrect equipment will be disqualified from the championships. Athletes must use a crouch start for all events up to and including 400m events.
- Multi class athletes do not have to use blocks and can perform a standing start or a crouch start.

Check-in and Marshalling (Read this section and then read it again!!)

Unlike Regional Championships, there is a **TWO STEP** process required for all events.

- All athletes must **CHECK-IN with DD management (in the Grandstand) no later than ONE hour, 30mins prior** to the advertised event start time (we have asked for TWO hours). If we have had no contact with you up to ONE hour prior to your event we are obliged to tell carnival organisers you are not competing.
- You must present at this time with your numbers and competition gear. After grandstand check-in, athletes are free to warm-up.
- **MARSHALLING IN CALL ROOM:** Marshalling happens within the “Call Room” area and athletes will be escorted directly to the event from the “Call Room”. **Closing times** for marshalling are:
 - **Track Events - 20 minutes before scheduled start time**
 - **High Jump, Long Jump, Triple Jump - 40 minutes before scheduled start time**
 - **Pole Vault – 75 Mins before scheduled start time**
 - **Throws - 60 minutes before scheduled start time**

(Athletes not present when the call room official accompanies the athletes to the start of the event may be denied entry to the event.)

- **PLEASE NOTE:** A Darling Downs manager will be stationed within the Call Room area. Every athlete **MUST check-in** with our “Call Room” DD Manager **BEFORE** they present to officials. This process helps to ensure that no Darling Downs athlete misses his or her event.
- Please ensure that our manager is informed if an athlete is competing in an event that is likely to keep them from marshalling for another.
- Track events take precedence over field events, please notify our DD officials if such a clash is to occur. Please notify both the track & field marshals in the callroom.
- Multi class managers will escort athletes to the call room at the appropriate time and to their event as well.

Warm-up

- Coaches and multi-class managers will be rostered on to supervise warmups prior to starting times of event rounds during the championships. Event-specific coaches will not always be available, so arrange in advance

if you have specific requirements. Event specific coaches may be stationed at event areas in the arena. Please ask the officials for the feedback coaching areas outlined with witches hats so not to breach coaching protocol.

- Athletes must use the warmup area safely, and follow any instructions given by Championship officials, or security staff in the warm-up area.
- To mitigate the high level of risk associated with throwing implements, no throwing implements (discus & shot puts) will be permitted in any warm up area.
- This event will conduct all high jump warm up at the event and as such longer call room times have been applied. Regional Officials will be allowed to enter the field of play with athletes prior to the commencement of the event. Athletes should use a general warm-up prior to going to the call room.
- 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.
- The State Athletics Facility will be used as the official warm up area for this event. Only athletes and team officials will access inside the track.

During Competition

- Coaches will try and get around (and support) all athletes competing in field events. As we cannot enter the competition area, keep an eye out for us 'sneaking around' the fences and seating adjoining the competition areas.
- Multi class managers will escort most multi-class athletes to their events and be available to provide support as needed.
- Multi-class events: All multi-class events will be straight Finals. Events may involve athletes with different disabilities. Medals are awarded not on your placing but on the time or distance you do on the day compared to the national record for your classification. This means even if you come first, second or third you may not get a medal because someone who comes fourth etc. with a different disability/classification may do a comparatively better time or distance. So try your hardest even if you are not in the top three.

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.

Footwear

- **Key Requirements:**
 - **Throws Events:** Enclosed shoes are compulsory.
 - **All Other Events:** Footwear is optional, but should be compliant with [WA C2.1A Athletic Shoe Regulations](#)
 - Athletes are responsible for checking their shoes are compliant using the [World Athletics Online Guide](#).
 - Compliance may be monitored by event Technical Officials.
- **Use of Spikes**
 - **Permitted in the following events:**
 - Track events (100m-5000m excluding Walks)

- Vertical jumps (High Jump, Pole Vault)
- Horizontal jumps (Long Jump, Triple Jump)
- Javelin
- **Spike length and type:**
 - Synthetic track: maximum 7mm
 - Synthetic field: maximum 9mm
 - Grass track/field: maximum 12mm
 - Only *Pyramid* or *Christmas Tree* spikes are permitted
 - *Needle spikes* are not permitted on synthetic surfaces
 - Football boots/cleats are not permitted
- *Spikes may only be worn within the competition area and must be removed before leaving the arena/field of play.*

Important Note:

Athletes who choose to compete without footwear (in events where this is permitted) do so at their own risk and should be aware they may compete alongside athletes wearing spikes.

Read Your Program Thoroughly!! Be aware that there are events listed in the program for athletes with disabilities. These are listed as “Multi-class” events. Make sure you don’t mix these up with your events. The programs are very comprehensive and outline further details with regard to check-in and marshalling.

Please remember: the management team is here to assist you in any way whilst at the championships, so that you can achieve your very best. There are no silly or insignificant questions that we won’t answer or find an answer for, so do not hesitate to ask if you are unaware of any issue regarding your participation in the championship.

Queensland Athletics (QA) has confirmed that the key officiating roles, including Photo Finish, will be covered by suitably qualified officials. As a result, qualifying performances achieved at the QRSS 10–19yrs Track and Field State Championships will be eligible for consideration towards nomination for selection in the Queensland Team for the 2026 Australian Athletics Junior Championships, provided all other Queensland Athletics and Athletics Australia nomination requirements are met.

**ENJOY THE CHAMPIONSHIPS, ENJOY YOUR ACHIEVEMENTS AND ENJOY GETTING TO KNOW YOUR FELLOW
COMPETITORS AND TEAM MANAGERS.
BEST WISHES AND GOOD LUCK!!**

Amelia Sutton – General Manager

Darling Downs Secondary Schools Track & Field