TABLELAND ATHLETICS CENTRE

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Tolga Qld 4882

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VICE PRESIDENT
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Andrew Ford
FUNDRAISING
Vacant
GENERAL COMMITTEE
Penny Goulter, Kelly Titlow, Andrew Millerd, Barry Moss, Michael Gadsby, Dean Grummitt
CLUB COACHES
Andrew Ford, Penny Goulter, Libby Masasso

SPORTS FIRST AID
Andrew Ford

LIFE MEMBERS
Marg Souter, Ros Bannister, Kay Toolen, Peter Warman, Amalia Goulding, Chris Tsilemanis, Allison Haigh, Penny Goulter, Carolyn Moss*, Barry Moss, Andrew Ford
HONORARY MEMBER
Jim Dyer
LAQ MERIT AWARD
Marg Souter, Kay Toolen, Peter Warman, Amalia Goulding, Chris Tsilemanis
CENTRE MERIT AWARDS
Jenny Ball, Marg Souter, Kay Toolen, Peter Warman, Amalia Goulding, Ros Bannister, Rita Carey, Owen Goulding*
ANQ MERIT AWARD
Chris Tsilemanis, Penny Goulter, Andrew Ford
ANQ LIFE MEMBER
Chris Tsilemanis

TABLELAND ATHLETICS CENTRE AWARDS
2019 Season

MOST IMPROVED JUNIOR (5-7)

GIRLS	BOYS
Winner: Avara Brown	Winner: Taj Chohan
Runner-up: Eden O'Brien	Runner-up: Koby Busuttil

MOST IMPROVED INTERMEDIATE (8-10)

GIRLS	BOYS
Winner: Indiana Palmer	Winner: Archie Kefford
Runner-up: Vanessa Adams	Runner-up: Declan Titlow

SENIOR PB CHAMPION (11-13)

GIRLS	BOYS
Winner: Rebecca Masasso	Winner: Harley Busuttil
Runner-up: Skyla Busuttil	Runner-up: Keenan O'Brien

AMATEUR PB CHAMPION (14+)

GIRLS	BOYS
Winner: Olivia Soncin	Winner: Luke McLellan
Runner-up: Sophie Raciti	Runner-up: Not Awarded.

PRESIDENTS AWARD
Amelie Cockrem

PRESIDENTS EXCELLENCE IN DETERMINATION AWARD
Izzy Kefford

JUNIOR ATHLETE OF THE YEAR
Jonty Coutts

SENIOR ATHLETE OF THE YEAR
Leon Grundling

CLUB CHAMPION OF THE YEAR
Finlay Payne

MASTERS AWARD
Andrew Millerd

HIGH PERFORMANCE AWARD
Not Awarded

ELITE ATHLETE OF THE YEAR
Not Awarded

TAC 2019 MEDALLIONS
Awarded to all athletes who achieved 1 Star and 20 Points

Club Days Commence at 8.45 am.
Training afternoons are held on Tuesday at Tolga from 4.00pm-5.30/6.00pm.
For wet weather advice; Penny Goulter 0427954729

Track and Field Carnivals in our Area

Athletics carnivals are a fantastic way to introduce children to the wider world of athletics and a great social event for both young athletes and parents. People met can be life-long friends and competitors. We encourage families to attend carnivals, but recognise they can be costly and eat up family time on weekends. Below is a brief description of the carnivals in our area (Cooktown to Townsville). See Calendar of Events for specific dates of each, as they can vary in timing from year to year. Ask a committee member for more information. Cairns and Townsville carnivals have a tartan synthetic track and use Photo Finish equipment.

Cairns Twilight Event, Cairns

Open to club athletes unless you pay weekend registration fees. Don't have to be in an athletics club. Compete in club uniform. Events offered and specifications follow ANQ specifications. See end of handbook for these specifications. This carnival is a great introduction to athletics and being in a club environment. Conducted over one day only.

ANQ Student Games and All-Comers, Townsville

Open to club athletes unless you pay weekend registration fees. Don't have to be in an athletics club. Compete in club uniform. Adults and Masters compete in club uniform. Run through ANQ specifications and events. Conducted over whole weekend. Can attract professional adults looking to qualify for international or national competitions.

Coral Coast, Cairns

Open to club athletes unless you pay weekend registration fees. Includes all ages from 4 years old to 104 years young. Must compete in club uniform and you represent Tableland Athletics Centre. Run through ANQ specifications and events. Conducted over whole weekend. Can attract professional adults looking to qualify for international or national competitions. A great carnival to attend if you want exposure to amateur athletics. We have a proud tradition of attendance at Coral Coast.

Winter Championships, Townsville

Open to LAQ registered athletes only. Must compete in club LAQ uniform. "Winters" is open to all LAQ athletes in the Winter area, that is from Cooktown and south to Rockhampton and west to Biloela and Mt Isa. Run through LAQ events and specifications. Great carnival and the pinnacle event of LAQ athletes in north Queensland. Conducted over whole weekend.

Relay Day, Mulgrave

Open to club athletes of all ages. Must compete in club uniform, unless fancy dress!! A fun based day with teams of two athletes sharing performances. Results not recorded. The perfect introduction to local carnivals as it's not "serious" but gives you an idea of local competition and local athletes. One day only, on a Sunday.

Pentathlon Day, Tolga

This is OUR carnival. A five-event competition run on a Sunday in August. Attracts athletes from Cooktown to Townsville. Often lauded as the best local carnival due to social atmosphere and food. Open to anyone, weekend registration is available. Club uniform is required. Events and specifications follow ANQ specifications.

ANQ Championships, Townsville

Easily the best carnival of the year. Open to all ages. Athletes trying to qualify for national and international competitions come here. It is spectacular to say the least. Don't miss it. Club uniform and ANQ number must be worn. Over Friday night and weekend. ANQ events and specifications. Attracts huge numbers…usually 500 athletes!!! International athletes attend.

Regionals, Cooktown to Tully on rolling basis

Open to LAQ athletes only. Must wear LAQ club uniform. Over whole weekend. LAQ events and specifications. Placing 1-3 in an event gives automatic qualification to LAQ States, which is the toughest and most competitive carnival a LAQ athlete will ever experience. Our Regional carnival covers LAQ centres from Cooktown to Cardwell only. U11 and U12 athletes who place 1-3 in any event become LAQ Development Squad members, with expert coaching available usually once a year.

Tableland Athletics Centre
Rules

1. Swearing and displays of bad sportsmanship are not permitted.

2. The walking tracks and rainforest area surrounding the oval are out of bounds to all children. The rainforest contains many **STINGERS.**

3. Athletes and parents must check that the track is clear prior to crossing

4. Athletes and parents must walk behind throwing circles. Shots and discuses are lethal weapons.

5. The javelin area is out of bounds to all except for those competing and officials.

6. Use of any of the equipment without authorisation by a responsible adult is not permitted.

7. Athletes and parents must check long and triple jump runways before walking across them. If they are in use, please walk behind competitors.

8. Hurdles are designed to fall in one direction only. Never run or walk back the wrong way over hurdles. They will not tip and may cause injury.

9. Hats are encouraged to be worn at all times except when athletes are competing

10. Shoes **MUST** be worn for all events (Refer to footwear for further information)

11. Smoking is not permitted on the oval. (Refer to QLAA no smoking policy)

RULES FOR COMPETITIONS HELD AWAY FROM OUR CENTRE

1. Athletes are advised that full centre uniform is compulsory. An athlete may be disqualified for not wearing correct uniform.

2. Shoes are not compulsory on all tracks. Check competition handbooks.

3. Athletes are to show proper respect towards all officials and other athletes.

4. Coaching by parents and Coaches during an event in non-designated areas may lead to the disqualification of an athlete. Check carnival rules first.

Code of Behaviour
PARENTS

A child's basic training in good sportsmanship comes from the home!!

- If children are interested, encourage them to participate. However, if your child is not willing do not force them to continue in a particular event.
- Focus upon your child's efforts and performance rather then the overall outcome of the event. This assists your child in setting realistic goals related to their ability by reducing the emphasis on winning.
- Teach your child that honest effort is as important as victory, so that the result of each competition is accepted without undue disappointment.
- Encourage your child to always participate according to the rules.
- Never ridicule or yell at your child for making a mistake or losing.
- Remember children are involved in organised sport for their enjoyment.
- Remember that children learn best by example and applaud good performances by all athletes.
- If you disagree with an official, raise the issue through the appropriate channels rather than question the official's judgement and honesty in public. Most officials give their time and effort for your child's involvement.
- Support efforts to remove verbal and physical abuse from sporting activities.
- Recognise the value and importance of volunteer coaches. They give their time and resources to provide recreational activities for your child.

ATHLETES

It isn't whether you win or lose, but how you play the game!!

- Compete and train for the fun of it, not just to please your parents or coach.
- Play by the rules; rules are there for very good reasons…especially safety.
- Never argue with the official's decision. Let your Centre Manager or Coach ask any necessary questions. Check carnival rules first.
- Control your temper, no "mouthing off", breaking equipment or throwing implements (unless that is your event!!).
- Work equally for yourself and your team in relays and heats, your team's performance will benefit and so will your own.
- Be a good sport. Cheer all good performances, whether your club mates or your opponents. These opponents will be your friends!!
- Treat all athletes as you would like to be treated. Don't interfere with, bully or take unfair advantage of any athlete.
- Remember the goal of training or competition is to have fun, improve your skills and feel good. Don't show off or brag about your own performances.
- Co-operate with your coach, club mates and opponents, for without them you don't have a competition.

BRIEF HISTORY OF TABLELANDS ATHLETIC CENTRE

Tableland Athletics (TAC) is now entering its 37th year. In 1983 we began providing athletics to children up to U15. As the club grew, it became apparent there was nowhere except Cairns, for older athletes (15, 16 & 17+) or Masters to participate. So the "amateur" (senior and masters) contingent was introduced and has now become an integral part of this club, TAC now being referred to as a "dual" club.
In the far north there are five clubs currently operating like this – ourselves, Mulgrave, Ravenshoe, Marlin Coast and the Cairns Athletic Clubs. This is mainly due to our geographical location but it is an ideal way for the whole family to enjoy the sport, without having to travel further afield or belong to two separate clubs.
Up until 18 years ago, TAC was alternating its venue between Mareeba and Atherton Secondary Schools. We now have our own home ground here at Tolga Recreational Reserve, with our new clubhouses, completed just prior to the 2005 and 2016 season respectively, and now connected to electricity, where we anticipate continued growth and development**.**

ATHLETICS IN QUEENSLAND

Set out below are the governing bodies and organisations within Queensland:

- **LAQ** (Little Athletics Queensland) – Tiny Tots (with registered sibling) – U15 (with extension to U17)
- **QA** (Queensland Athletics – formerly Queensland Amateur Assoc) – Tiny Tots – 29 years
- **MASTERS** (Queensland Masters – 30years – 105years)
- **ANQ** (Athletics North Queensland, agent for QA) – 4 – 105 years)
- **ROADRUNNERS** (in Nth Qld Cairns RR and Townsville RR)
- **PRIMARY and SECONDARY SCHOOLS** – 10 years – 18 years

Recently the Queensland Athletic Federation was formed and includes LAQ, QA, Primary & Secondary Schools, Masters and Roadrunners. The main purpose for this formation is to work towards a unification of all bodies for the all round benefit of the sport. This will hopefully include junior athletics being determined by one set of rules and regulations, e.g. school sports, little athletics and junior "amateur" athletics.
How does all this affect our club: In the past we have offered junior and senior membership via registration on a per athlete basis and the club paying an affiliation fee to the relevant bodies. Our ANQ registered athletes have been able to belong to LAQ. 24 years ago ANQ became an incorporated body in their own right, acting as an agent for QA and supported by Australian Athletics. Their reason for doing this was because of the general feeling, athletes in regional Queensland were not getting a fair deal – fees paid which were going to Brisbane and not getting much in return (competitions, clinics, etc). They are also working towards the unification of all bodies but with a slant on ensuring athletes of all ages in regional Queensland get the same "deal" as athletes in the southern counterparts.
While we continue to follow and maintain the philosophy of ANQ for all our junior athletes it has been decided the positives far outweigh the negatives by supporting LAQ. This will also give our junior members benefits from two athletic bodies and TAC will not have to limit membership – giving us the scope needed for a positive outlook to our future development. Indeed there are many more ANQ carnivals available in Nth Qld than LAQ carnivals.

LOCAL and REGIONAL ATHLETICS

Our area incorporates several track and field clubs and a few track clubs, they are included in the LAQ Far Northern Region:

- **Little Athletic Clubs**: Tully
- **"Dual" Clubs**: Tablelands, Cassowary Coast, Marlin Coast, Douglas, Mulgrave, Ravenshoe, Cairns (LAQ & ANQ)

Besides our weekly club meets & the LAQ based competitions (Winters, Regionals, State Champs), there are a few carnivals, you may like to attend, organised by local and regional clubs. These are held within our region (local), including our own Tableland Pentathlon or in Townsville (regional). Outside carnivals are not compulsory but we like to encourage our members to participate and support the local competitions. As such we do not hold our weekly Sunday meets on these days or weekends. The Pentathlon and Mulgrave's "Relay Day" were originally organised to give our athletes the same opportunity to experience these types of competitions (same as the "summer" centres).

Centre General Information

Registration fees:

4 year olds	:$85
5, 6 and 7 years	:$150
8 years and above	:$190
Masters	:$130

- When there are three or more athletes in the one family, they will receive a 10% discount from their entire fees. This year this will be in the form of a voucher, a club shirt or otherwise.
- A social member is classified as an athlete, who wishes to compete only at club level (only from 15 years and above, or after committee discussions on a case by case basis).

Uniforms: All members are required to wear the centre uniform once they are registered, as follows:

T Shirt*:* Sky Blue with Royal Blue collar (available from club canteen). The registration number must be attached to the center from where it will be visible even if shirt is tucked in. (The age label must be attached to the sleeve to make a pocket and sponsor badges, only for LAQ carnivals)

Shorts: Royal blue shorts, bike pants or athletic briefs. Girls may wear a royal blue netball shorts over their athletic briefs if they wish.

Singlet or crop top: Singlets and crop tops are now available.

ALL COMPETITORS MUST BE ATTIRED IN CORRECT CENTRE UNIFORM AT ALL **ASSOCIATION AND REGIONAL DAYS, MAJOR CHAMPIONSHIPS, CARNIVALS AND SPECIAL EVENT DAYS**. FAILURE TO COMPLY MAY LEAD TO DISQUALIFICATION.

Hats The committee encourages all members to wear suitable hats (royal blue) for protection from the sun. Don't forget sunscreen. TAC endorses the LAQ SunSafe Policy.

Footwear Shoes must be worn by all athletes while competing in any LAQ sanctioned track and field competition. Footwear will be compulsory in all events at all competition levels including State, Region and **Centre** level.

That children from 10 years age group and upwards be able to wear spikes at Centre level, at Centre Management discretion, in events run entirely in lanes, jumping events and javelin.

The rules for wearing spikes in *individual events* for the 10-13 year age groups are the same on grass as on synthetic surfaces.

SPIKES:

- May be worn at *Centre level* in the 10 year age group and up.
- Must be no longer than 7mm (synthetic *track*)
- Must be no longer than 9mm (synthetic *field*)
- Must be no longer than 12mm (grass, track or field)
- Must be carried on to the track and/or field and then removed on completion of the event

Spikes and Age Groups

- Up to 9 years old…….no spikes in any event. Blunts and blanks are not allowed. Spike shoes without blunts and blanks are not allowed.
- 10 – 13 years…….spikes in all laned track events, all jumping events and javelin. Spike shoes without spikes may be worn in unlaned events.
- 14 years and above……spikes allowed in all track events (excluding walks), jumping events and javelin.

NO SPIKES FOR DISCUS, SHOT PUT, HAMMER OR WALKING EVENTS.

Crouch Starts Athletes in the 12 – 14 year age groups MAY use starting blocks in laned events. At ANQ carnivals 12 year olds and above (until Masters) will be required to do crouch starts for 100m, 200m, 400m and hurdles events. This requirement is COMPULSORY.

High Jump Athletes in the 11 years and above age groups are allowed to do flop. Once an athlete is turning 11 they are expected to do flop, however we lack time and resources to coach/train new 'floppers' on club days. We suggest athletes new to flop attend training afternoons to obtain appropriate guidance. This will prevent the event from going overtime and also prevent adept athletes from having to wait too long. If 11 year olds prefer to scissor they may do so, and must do this on scissor mats with a younger age group that is doing it on the day. Remember if an athlete does not wish to participate in an event that is OK.

Smoking Smoking shall not be permitted in any competition or spectator areas during any Little Athletics competition. Little Athletics understands the harmful affects of smoking on health, fitness and performance in sport, and as a result has adopted the following Policy.
PREMISES and competition areas are declared smoke free zones – smoking permitted only where a special smoking area is designated (outside fence
ATHLETES/PARTICIPANTS are reminded that smoking adversely affects performances and are prohibited from smoking at all whilst engaged in Little Athletics activities.
COACHES and OFFICIALS are reminded of their responsibilities as role models particularly with juniors and are asked to refrain from smoking whilst associated with our sport.
SPECTATORS are reminded smoking is inappropriate behaviour in a sporting environment and are asked to respect our Smoking Policy.
VISITING ATHLETES, COACHES, OFFICIALS AND ADMINISTRATORS are also asked to respect our Code of Behaviour and Non Smoking Policy.

Ground Fees A levy of $10 is required for two days attendance by independent amateurs and unregistered children aged five years and over who are **trialling** Athletics. However, registration papers must be filled in before they can join in proceedings (in order to cover insurance requirements) **All registration fees are payable by all members on their second attendance.**
Proof of age must be provided at sign on for all new registrations. New ANQ members other than Open must supply a copy of their birth certificate for verification purposes.

Parent Participation To provide an athletics program for your child, a number of parents are required to assist with tasks such as:

Marshalling; escorting an age group to the different events, ensuring they are at the correct location for each event.

Recording results; record each athletes results in the correct age folder.

Judging/measuring; assist official by spiking, raking and retrieving.
Time keeping; timing track events and placing.

These duties are easy to perform and help you to maintain an interest in all members of the club.
During the season opportunities are available to parents who wish to obtain qualifications as officials in specific events. These qualifications may be obtained through both Little Athletics Queensland and Queensland Athletics (ANQ). Information on these qualifications may be obtained form the centres Officials Director. From time to time Australian Track and Field Coaches Assoc. also conduct coaching courses. Information on dates etc for these can be obtained from the Coaching Director and will be advised in the Centre Newsletter and Sunday Meetings.
One of our missions is to develop and continually update the knowledge and skills of coaches, sports trainers, officials and administrators. By doing this we can ensure

your child and the club is provided with a family orientated sport in a safe and enjoyable atmosphere.

Competition Courtesy and Safety Rules Competitors in the competition areas for track and field events are to ensure that no undue noise or movement is made that could inconvenience other competitors. Cheer loudly but fairly!!! Everyone must be aware not to cross the track or field event sectors while an event is in progress. This is especially so for the throwing events!!! Unless you are officiating or helping you should be not on the arena. Athletes, please ensure you bring a full drink container to all club meetings and competitions, and remember to have a regular intake of fluids to avoid dehydration. Don't forget to >>>>>**SLIP**>>>>**SLOP**>>>>**SLAP**>>>>>>

Weekly Meetings/Club Days are on a Sunday morning from 8.45am at the Tolga Reserve. The weekly program will start with a brief information session of upcoming competitions and information about the club and details of performances from previous weeks. This is then followed by a warm-up and the programmed events, which can be found on the blackboard, on the age folders and in your handbook. Competition is based on striving for self improvement rather than winning or beating other athletes. This is achieved by informing athletes of their weekly performance by way of "tickets", which record each event they do from week to week. Monitoring weekly performances is a great way of encouraging children to do better. Athletes are encouraged to participate in all events conducted in their age group. Specialisation for athletes aged 14 years and below is not in accordance with the philosophy and development program of ANQ.

Club Coaching and Training It has always been difficult to offer substantial coaching and training on Sunday meets. It is provided, but in a limited way. Therefore, we offer specific **coaching days** during the season to give athletes the opportunity to learn new techniques and develop further existing techniques. For new athletes it is a great chance to learn the basics. This is especially so for specialized events such as javelin, high jump and triple jump. However, coaching for all events is available on such days. We try and get some high profile coaches from other centres to help us out on these days. Coaching days start at 8.45am, with a BBQ lunch.

Coaching days also gives parents the opportunity to understand the events better themselves. This can provide an interest to become a coach or an official. Ask someone on the committee or a friend if you're interested.

Each week during the athletics season at the Tolga Reserve training is available. This runs from 4.00pm until 5.30. This is an additional opportunity for athletes to learn the basics or get some extra hints on techniques or drills to become more comfortable with certain events. Training afternoons are **Tuesdays only.**

Centre Best Performances These performances are located at the end of the handbook for both Junior and Senior Members. Centre Best Performances can be achieved at any competition whether being hosted by LAQ or ANQ/QA (eg: Coral Coast, ANQ Champs). This is to recognize all the efforts of all our members in the fairest possible way (This does not include School Sports, but does include Peninsula, Queensland and National competitions).To qualify for a Centre Best Performance at Tableland Centre Days, your performance must be authorized by the chief official at the particular event and also by a track and field referee. Otherwise the Committee will use their discretion to decide if the performance will be accepted as an official Centre Best Performance.

Age Group Categories

Tiny Tots:	4 years
Junior	5-7 years
Intermediate	8-10 years
Senior	11-13 years
Amateurs	14 years and above

Stars and Points

Our Club has a merit system in place which aims at encouraging ALL Athletes, not just the winners. This system rewards you for making improvements in your own performances and for participation.
For each club competition you may get:

- 1 Point for every event that you compete in, or
- 2 Points for each event, if the performance equals your personal best performance, or
- 3 Points for each event that you achieve a new personal best.

In addition, each new personal best is awarded a star.

As you achieve the points you will be awarded with prizes according to the following table

Junior/Intermediate/Senior/Amateur

25 Points:	Ice Block
50 Points:	Caramello Bear
75 Points:	ANQ water bag/voucher/shoe-laces
120 Points:	Spike Bag
140 Points:	Sports North voucher
175 Points:	TAC Sports Bag

The Rewards

At the end of each month, an athlete from each category (ie Junior, Intermediate and Senior) is selected for the athlete of the month award. The athlete of the month is the one who has improved the most during that month: - ie the athlete with the most stars and points earned that month. At the end of the season, trophies are awarded to the Most Improved Athlete for the entire season in each age category (ie Junior, Intermediate and Senior) This is calculated on the athlete who has performed the most new Personal Bests for the season and has therefore the highest number of stars, and not the highest number of points.
Performances attained at LAQ Events eg: Regional Games, Winter Championships etc are calculated into the stars and points, as are results from ANQ/QA Events.
Tiny Tots will receive encouragement awards throughout the season in the form of “frozies” or similar each month they participate. Emphasis is on play and not on competition for this young age group.

Centre Managers Award for Sportsmanship

An award for sportsmanship is also awarded during end of season presentation. . Sportsmanship is a very important aspect in any sport. This award is not based on a point scoring system but is chosen by the Centre Manager who in their opinion meets a specific criteria.

Set out below are some of the key factors used in the selection process.

1. Being fair to fellow athletes e.g:
    - Congratulating your competitors in a race or event, regardless of what place you come.
    - Telling a competitor or a younger /older athlete of a "job well done".
    - Being willing to assist another athlete, e.g. a newcomer.
    - NO teasing or bullying of any kind.
2. Having a go at all events, even though you may not be good at them all – emphasis on participating.
3. Showing due respect to coaches, officials, parents and other adults

Club Champion, Junior and Senior Athlete of the Year and Elite Athlete Award.

These three awards were introduced in the 2003/04 season and reviewed during the 2006 season and are aimed at recognizing our more outstanding athletes The awards are based on a points system which accrues throughout the year from performances at club, Regional, State, National, and International Levels. The criteria and point scoring system follows. The basis for these awards is club day attendance. For an athlete to be eligible they must attend at least 60% of club days. An athlete can only win one of these awards each year, thus second place would be elevated to first. Green, Red and Blue levels refer to the standards adopted by LAQ. ANQ Silver/Gold refers to ANQ Development Squad standards. We only use these for the point scoring system at the end of the year to decide these awards.

Club Champion:- is determined by results from club days.

Athletes must be a fully financial member and complete 60% of club days to be eligible.

Athletes are awarded points for the performance level achieved in each event on days attending.

Records achieved on club days accrue points.

Points are awarded as per table below.

(The top line is the performance levels that can be achieved and down the side are the results. Example, an athlete attends a club day and in one event achieves a blue level. That athlete would be awarded 4 points for that event.)

Levels →		Green Level	Red Level/ ANQ Silver	Blue Level/ ANQ Gold
Result levels↓		0	2	4
Club Day Ev	0	0	2	4
Club Day Rc	10	10	12	14

Athlete of the Year:- is determined by the results from all carnivals and competitions away from the club.

Athletes must be fully financial and complete 60% of club days to be eligible.

Athletes are awarded points for the placings and the performance levels achieved in five events even if unplaced.

Club and Meet Records achieved at these meets accrue points. An average carnival score is acquired from all carnivals attended.

If an athlete competes in more than 5 events at any meet, all events will be scored and the top 5 event scores will be counted.

Points are awarded as per table below.

The award is further broken down into Junior (5-11 years) and Senior (12 years and above) Athlete of the Year. For seniors, the ANQ performance level table will be used.
(The top line is the performance levels that can be achieved and down the side are the results. Example, an athlete attends a meet and in one event is unplaced and achieves a blue level. That athlete would be awarded 4 points for that event.)

Per Levels →		Green Level	Red Level /ANQ Silver	Blue Level /ANQ Gold
Result level		0	2	4
Not Placed	0	0	2	4
3rd	2	2	4	6
2nd	4	4	6	8
1st	6	6	8	10
State 3rd	12	12	14	16
State 2nd	14	14	16	18
State 1st	16	16	18	20
State unplaced	10	10	12	14
Nat 3rd	24	24	26	28
Nat 2nd	26	26	28	30
Nat 1st	28	28	30	32
Nat unplaced	16	16	18	20
Club Rec'd	10	10	12	14
Club Records 3rd	12	12	14	16
Club Record 2nd	14	14	16	18
Club Record 1st	16	16	18	20
Meet Rec'd	14	14	16	18
State Rec'd	30	30	32	34
State Rec'd 3rd	42	42	44	46
State Rec'd 2nd	44	44	46	48
State Record 1st	46	46	48	50

CHILDREN WHO ARE SICK OR UNABLE TO DO EVENTS

We recognise that children who are sick or are unable to do all events each week should be compensated through the points system. Accordingly if your child cannot attend due to sickness or injury, please let the recorder know so that they can receive 5 points. In addition, if an injury prevents your child from doing a certain event, also let the recorder know and they can either do another event with another age group or receive a point for that scheduled event. Children who don't want to do an event without an injury cannot choose an alternative event under any circumstance. However, if a child wishes to do an extra event with another age group they can do so but the event will not be recorded and the result will also not be recorded. We encourage young athletes to do an extra event for practice if there is an upcoming carnival and they want a last hit-out. In these cases the athlete does not receive the event participation point. We support children who are genuinely injured or who are sick and encourage them to return to club days once fit and healthy and ready for participation again.

OUR SPONSORS AND SUPPORTERS FOR 2019 WERE:

Cazalys Cairns

The Athlete's Foot

Crazy Cat

Fitzroy Island Adventures

Discount Drug Stores – more than just low prices

Accor Hotels

RMPC Repairs

Big Cat Green Island Reef Cruises

Honeycombes Sales & Service

Coffee Works – Coffee · Chocolate · Tea

Atherton Supa IGA

Giddy's Place – PH: 4091 2080 – "Your Cake Specialists" and Coffee Shop – facebook

Sunlover Reef Cruises – Discover the real reef

coles

Jenkinson's Transport

TRC – Tablelands Regional Council

LAQ LITTLE ATHLETIC PRIORITIES

- To develop children of all abilities
- To promote positive attitudes and a healthy lifestyle
- To involve the family and the community in our activities
- To use athletic activities as the means to achieve these aims

EQUITY AREAS

Queensland Little Athletics recognises seven equity areas. These are gender, disabilities, older adults, Aboriginal and Torres Strait Islanders, non English speakers, employment status, and isolated communities.

THE AVERAGE LITTLE ATHLETE

Not all competitors can be champions. This applies in all sport. Little Athletics was quick to recognize this and are encouraged to improve rather than to win. This is the basis of the Stars and Points system.

WHO IS ELIGBLE TO BE A LITTLE ATHLETE

A child who is born between 2015 and 2004 is permitted to join Queensland Little Athletics as fully registered athletes.

WEBSITES TO CHECK OUT:

https://www.tablelandathletics.com
http://www.qlaa.asn.au
http://www.athleticsnorthqld.org.au
http://www.cairnsathletics.org.au
http://www.athletics.com.au/home
http://www.qldathletics.org.au/
https://queenslandschoolsport.eq.edu.au/Sportsinformation/Sportsag/Pages/Athletics-13-19-years-track-and-field.aspx

Athletics North Queensland

Founded in 1996 to provide amateur athletes in the North Queensland region with a united voice. The aim of ANQ has always been to address the specific needs of regional athletic clubs and their members. This is achieved through regular Championship Events, specialist coaching clinics, officials training sessions, technical and logistical support to member clubs and a locally based Development Officer. In 2002, Road Running clubs and Defence Force athletes joined the traditional track and field clubs.
ANQ continues to work to attract National and International Athletic events to the region, promoting and developing all aspects of athletics in North Queensland. World class facilities exist in Cairns and Townsville, with plans in place to add even more venues. The North Queensland region produces first class athletes and officials. Creating opportunities for elite athletes to train, compete and continue to live in North Queensland will ensure ANQ has a busy future.

ANQ Squad and ANQ Achievers Squad

The ANQ Development Squad caters for athletes aged 10 years and above who are based in North Queensland. Athletes selected in the ANQ Development Squad have shown potential to continue their development into future state, national and ultimately internationally ranked performing athletes.

In a huge boost to the continued success of the ANQ Development squad, and Development Squad activities, ANQ looks forward to a successful season throughout 2020.
Squad members receive a Development Squad pack which includes a Certificate, an ANQ drink bottle, unique squad t-shirt and a monthly newsletter.
To become a member of one of the ANQ squads, an athlete must:-

- Be a registered athlete with an ANQ affiliated club
- Achieve the qualifying standard at an ANQ or AA ratified competition or a competition which is acceptable to ANQ Education Commission OR

- Achieve the qualifying standard at a Club competition where the performance can be ratified by at least two (2) club officials
- Submit a completed application form and administration fee to ANQ office

Qualifying performances are for a period of up to 12 months from the date of the first qualifying performance until the end of the current season, i.e. the first qualifying performance for an event in an age group will be valid for the remainder of the season. Subsequent performances will not be added to the qualifying period and the qualifying period will not apply across more than one season.