

4 Years
5 Years
6 Years
7 Years
8 Years
9 Years
10 Years
11 Years
12 Years
13 Years
14 Years
15 Years
Under 18
Under 20
Open
Masters 30-34
Masters 35-39
Masters 40-44
Masters 45-49
Masters 50-54
Masters 55-59
Masters 60 & Over

INDIVIDUAL FEATURE EVENTS

1 Mile (1500m)

'56 Olympic Torchbearers Club Inc & The North Queensland Sports Foundation Men & Women Open Race \$2000 purse

INDIVIDUAL TRACK EVENTS

	4	5	6	7	8	9	10	11	12	13	14	15	U18	U20	O	MASTERS					
60m																					
80m																					
100m																					
200m																					
400m																					
800m																					
1500m (open athletes will be automatically entered into the 1500m feature event as above)																					
3000m																					
800m Walk																					
1500m Walk																					
3000m Walk																					
60m Hurdles				45	45	60	60	68													
80m Hurdles (W12-13) (W40+) (M 70+)									76	76								76	76	76	76
90m Hurdles (Women)											76	76									
90m Hurdles (Men)									76	76											
100m Hurdles (Women U18 - 39)													76	84	84	84	84				
100m Hurdles (Men 14-15, 50-59)											84	84							91	91	84
110m Hurdles (Men U18 - 49)													91	99	106	99	99	99	99		

INDIVIDUAL FIELD EVENTS

	4	5	6	7	8	9	10	11	12	13	14	15	U18	U20	O	MASTERS				
Long Jump																				
Triple Jump																				
High Jump ***																				
Shot Put																				
Discus																				
Javelin																				
Hammer ****																				

COMBINED EVENTS

	U16	U18	U20	O	MASTERS					
Throw Pentathlon: SP, DT, JT, HT, HW										
(First 3 throws in individual events (if selected) will count towards TP points)										

*** Flop sized mats for 11 years & over **** Please note that the hammer event is done in the discus cage with netting only to 4mtr height and no gates. Competent athletes only please.

Entry Fees

Fees	Online Nominations Only www.athleticsnorthqld.org.au
Games Levy	\$20.00 Per athlete
Grounds Levy	\$5.00 Per athlete
1500m Feature	\$5.00
4-6yrs *	\$7.50 (up to 6 events)
7-9yrs *	\$10.00 (up to 8 events)
10yrs to Open/Masters #	\$5.00 per event
Throw Pentathlon #	\$5.00
Program Booklet	\$5.00 (Program also avail online to download Wed 2 May)



* Athletes aged 4 to 9 years receive a Participation Medallion and Result Certificate

Athletes aged 14yrs and above may compete only in there age group or Open.

1st, 2nd, 3rd Place Medallions awarded in each age group, male and female. Masters 5yr age grouping will be used.

56 OLYMPIC TORCHBEARERS
CLUB INC.

&
THE NORTH QUEENSLAND
SPORTS FOUNDATION

Are pleased to announce that to commemorate the 1956
Olympic Torch Relay, involving 2800 Athletes each running one
mile (approx 1500m) from Cairns to Melbourne. will provide a

\$2,000 PURSE

FOR THE 1500M OPEN MEN'S &
WOMENS RACES AT THE



The races will be staged on Saturday morning 5th May as part of
the 2018 North Queensland Games - Track & Field Carnival at
Mackay State High School Oval, English Street, Mackay.

PRIZES

Winner \$600 plus Trophy & name added to perpetual shield,
Second \$300, Third \$100 plus medallions for both Men's &
Women's Races.

NOMINATIONS

www.athleticsnorthqld.org.au

MORE INFO

Athletics North Queensland ph: 4721 4998
events@athleticsnorthqld.org.au



Nominate online at www.athleticsnorthqld.org.au CLOSING THURSDAY 26th APRIL 2018 11pm.
Payment online with Mastercard, Visa or Paypal. Any problems with the online nomination system
please contact ANQ on Ph: 07 4721 4998, email: events@athleticsnorthqld.org.au

2018 NQ GAMES - IMPORTANT NOTES – READ CAREFULLY

1. Events will commence at 8.30am Saturday 5th May and will finish approximately 2.30pm Sunday 6th May at the sports grounds of Mackay State High School, Milton and Penn Streets, Mackay. All competition surfaces are grass including the track. Shotput, Discus and Hammer are concrete surface.
2. Entries are open to athletes aged from 4 years old. Age is actual age as at 31st December 2018. Masters athletes' age will be as on the first day of competition.
3. Up to and including 9 years will receive a participation medal and certificate with their results. Ages 10 years and above including masters compete for 1st, 2nd or 3rd place medallions. Masters 5yr age grouping will be used.
4. Nomination is by way of online registration through the ANQ website www.athleticsnorthqld.org.au or www.nqsports.com.au and payment by Mastercard, Visa or Paypal at the time of registration. **Nominations close Thursday 26th April 2018, 11pm.** NO LATE NOMINATIONS ACCEPTED. NO CHANGES TO NOMINATED EVENTS ON THE DAY. NOMINATION FEES ARE NON - REFUNDABLE
5. Athletes aged 14 and over may compete in their own age group or the open category.
6. There are no restrictions on the number of events a competitor may enter in his/her own age group **but please review the draft timetable as some event clashes may occur.**
7. Athletics with a Disability (Para-Athlete) are invited to contact the ANQ office so that events can be arranged according to grading.
8. A draft program timetable and other event information is available on the ANQ website www.athleticsnorthqld.org.au or www.nqsports.com.au
9. The final timetable and event program will be published on the ANQ website and emailed to registered athletes on Wednesday 2nd May. A limited number of printed programs will be available for purchase on the weekend.
10. Instructions for collection of competitor games packs and ordered merchandise will be forwarded by email with the final event information during the week before the event.
11. CLOTHING & FOOTWEAR
 - **Registered Athletes with an athletics or road running club** must wear the approved uniform for his/her club and bib numbers. Hip numbers will be provided by an official in the call room at the start of events requiring them.
 - **Athletes not registered with athletics or road running clubs**, must not wear clothing that displays large size branding. School aged athletes not a member of a club may wear their school sports uniform.
 - **In all events**, competitors must wear clothing that is clean, designed to be worn so as not to be objectionable. The clothing must be made of a material that is non-transparent, even if wet. The athlete must not wear clothing that could impede the view of the judges, eg. Below the knee shorts in walk events.
 - **Footwear.** As the grounds are a multi-user facility, shoes must be worn in all events, NO EXCEPTIONS. Spiked shoes may be worn in age groups 10 and above. 10-12 yrs are only permitted to wear spikes in laned events only, jumps and javelin. Year 13 and over may wear spikes in laned and unlaned track events, jumps and javelin. Spiked shoes must only be put on at the event area and removed before leaving the event area. Spike length to be no longer than 12mm all areas
12. The NQ Games will be conducted according to Athletics North Queensland age limitations and Technical Specifications. The IAAF Rules will be adhered to for all events together with any modifications approved by Athletics Australia or Athletics North Queensland.
13. Trials for 10yrs+ in LJ,TJ,SP,DT,JT,HT may be 3+3 for top 8 OR 3+1 for top 8 depending on the number of nominations received. Heats for sprint/hurdle events may be run if more than 8 competitors entered.
14. Private implements must be lodged with the technical crew at least 3hours before the start of the event.
15. All athletes aged 12 years and over must crouch start for sprint events. Starting blocks may be used but are not compulsory.

BECOMING A PARTICIPANT

HOW TO ENTER

Register for all events at

www.nqsports.com.au

Should you have any queries contact

Phone: 1300 798 200

Email: admin@nqsports.com.au



North Queensland
Sports Foundation
Part of the NQ Queensland

AGE POLICY

Unless otherwise stated in the specific nomination information, age participation in the 2018 Mackay City Auto Group NQ Games will be as the first day of the games. Proof of age may be required.

REGISTRATION

All competitors will be required to register in the 2018 Mackay City Auto Group NQ Games via our website at www.nqsports.com.au. One competitor pack per registration will be issued (not per sport). Competitor packs will be available for collection upon check-in at B8 Print Stadium.

Closing dates for individual sports vary. Please check www.nqsports.com.au for individual sports closing dates.

NOTE: Late nominations will only be accepted at the discretion of the Individual Sports Committee.

NQ GAMES AMBASSADOR

RENÉE KUNST

Renée Kunst is an extremely proud North Queensland born in Mackay and now living back in her hometown. Renée has found numerous of competing in the NQ Games as a Junior Netballer.



Renée is the Australian Jilleanos Rugby league world cup winning Captain in 2017 and has been a member of both the Australian Jilleanos and QLD Matrons since 2007 with 3 world cups 2008, 2013 & 2017.

The 2018 Mackay City Auto Group NQ Games is privileged having Renée as our official Ambassador for the Games.

MERCHANDISE



Team Elle is the official games merchandise.

ONLINE ORDERING

The full range of products will be available for Pre-Purchase via the games website www.nqsports.com.au



Merchandise ordered online will be available for collection from the Games Hub at B8 Print Stadium from Monday 30th April to Saturday 5th May 2018.

AT THE GAMES

All merchandise will be available for purchase from the Games Hub at B8 Print Stadium from Monday 10th April to Saturday 25th May 2018. The Team Elle will also be out and about at various sporting venues during the games.

GAMES PARTNERS



MACKAY CITY

AUTO GROUP



MACKAY CITY

AUTO GROUP

MACKAY REGION
5 TO 7 MAY

**NORTH QUEENSLAND
GAMES**

2018

It's Our Games!



Register at nqsports.com.au

Ph: 1300 798 200