

---

# TABLELAND ATHLETICS

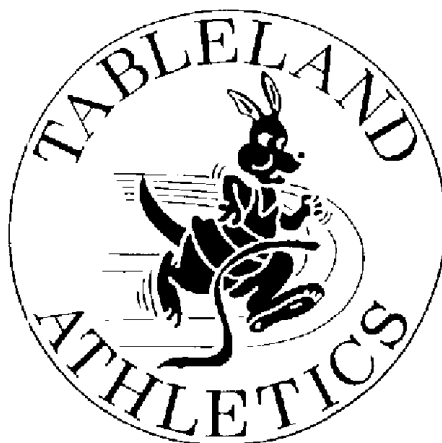
---

President: Andrew Ford  
Nominations: Andrew Ford PO BOX 436 TOLGA QLD 4882, 40954728  
Email: penandtim@bigpond.com  
Treasurer: Natalie Pennells



---

## 2018 FNQ INVITATIONAL PENTATHLON DAY



also incorporating the  
**TOLGA THROWS PENTATHLON**

SUNDAY 5th AUGUST 2018  
TOLGA RECREATIONAL RESERVE

NOMINATIONS CLOSE: 30th July 2018

\*Entry Fee: \$ 15 per athlete\*

PROGRAM BEGINS AT 9:00am (Hammer for throws pentathlon begins at 8.20am)

WARM UP FROM 8:00am ONWARDS

Breakfast available from 7.30am

---

\*\*\* MEDALS FOR ALL PLACEGETTERS \* TROPHIES FOR NEW RECORDS \*\*\*

\*\*\*\*PARTICIPATION MEDALLIONS FOR ALL U6 ATHLETES\*\*\*\*

\*\*\* CANTEEN FACILITIES OPERATING ALL DAY \*\*\*

**A SOUVENIR PROGRAM will be available on the day for \$3**

# TABLELAND ATHLETICS CENTRE FNQ INVITATIONAL PENTATHLON DAY

## GENERAL INFORMATION AND CONDITIONS

1. Club athletes are those registered with LAQ, ANQ, QA or QMA and be members of an affiliated club.
2. **Registered athlete fees are \$15 per nomination. Unregistered athletes will be day registered by Tableland Athletics and the fee \$20. Unregistered nomination fee will be \$15 + \$20.**
3. All club athletes must be attired in their correct CLUB uniforms.
4. Athletes who are LAQ, ANQ or QA members must wear their registered competition number affixed to the front of their uniform top. LAQ members must have their current age label in the designated place (left sleeve for t-shirts or left leg of shorts for those wearing singlets)
5. Day registered athletes may wear their school sports uniform, a white T-Shirt or singlet or a club uniform, e.g. parents of a registered athlete.
6. Athletes can only compete in their own age group and must compete with their age group for the entire program.
7. Ages are determined as at Dec 31<sup>st</sup> 2018 (ANQ/QA), ie. School age. Masters age at 5 August 2018.
8. Medallions will be awarded to all place getters in individual age groups from 6 yrs-14 yrs. The U16, U18 and U20 are treated as one age group as are Open and Masters competitors, although if numbers permit they will be separated. Trophies will be awarded to athletes who break existing regular Pentathlon.
9. Athletes must complete their **FIVE** events to be eligible for medallions and trophies.
10. In all field events there will be **THREE** attempts per competitor, with the exception of high jump.
11. Rules, criteria and conditions are set out in the PENTATHLON DAY PROGRAM 2018.
12. Throws pentathlon shall consist of three throws in each event. Only open to 14 years and above. Each competitor will receive a gift. No trophies will be awarded.
13. **Warm Ups** are the responsibility of each club/individual and begin at 8.00am.
14. Athletes cannot compete in both throws pentathlon and regular pentathlon.

**Nominations close on 30 July 2018.** Late nominations may be accepted on the day BEFORE 8:30am. **Late nomination fee is \$20 per athlete.**

### Direct Deposit details:

Tableland Branch Little Athletics  
Bendigo Bank  
BSB 633108 ACCNT 115087751 (use athletes surname as reference)

**PLEASE NOTE:** Registered **Under 6 athletes (ie. 4 yrs and 5 yrs)** can compete in three events (triathlon): 80m, Discus and Long Jump. Each U6 competitor shall receive a Participation Medallion only. **(no medals given for placings).**

U6 athletes who are not registered may still compete and the day registration fee will be \$20. **Fee** for U6 athletes is \$7.

Fees are payable with nomination form. If you are nominating through your club, please note that even if you do not compete on the day your club will still be charged for your nomination and it will be their responsibility to acquire outstanding fees.

If you have nominated via email or phone, fees are payable **PRIOR** to commencement of competition.



## PROGRAM OF EVENTS

(order below is for comparison purposes only)

### BOYS

6 yrs:	80M	100M	200M	LONG JUMP	DISCUS
7 yrs:	100M	80M	200M	LONG JUMP	SHOT PUT
8 yrs:	200M	100M	800M	HIGH JUMP	DISCUS
9 yrs:	200M	100M	800M	LONG JUMP	SHOT PUT
10 yrs:	200M	100M	800M	HIGH JUMP	DISCUS
11 yrs:	200M	100M	800M	LONG JUMP	SHOT PUT
12 yrs:	200M	100M	800M	HIGH JUMP	DISCUS
13 yrs:	200M	100M	800M	HIGH JUMP	SHOT PUT
14 yrs:	200M	100M	800M	LONG JUMP	DISCUS
U16-OPEN:	200M	100M	800M	HIGH JUMP	DISCUS
	200M	100M	800M	HIGH JUMP	DISCUS
MSTRS:	100M	400M	DISC	LONG JUMP	JAVELIN
Throws Pent:	HAM	SP	DISC	JAVELIN	WEIGHT

### GIRLS

6 yrs:	80M	100M	200M	LONG JUMP	DISCUS
7 yrs:	100M	80M	200M	LONG JUMP	SHOT PUT
8 yrs:	200M	100M	800M	LONG JUMP	SHOT PUT
9 yrs:	200M	100M	800M	HIGH JUMP	DISCUS
10 yrs:	200M	100M	800M	LONG JUMP	SHOT PUT
11 yrs:	200M	100M	800M	HIGH JUMP	DISCUS
12 yrs:	200M	100M	800M	LONG JUMP	SHOT PUT
13 yrs:	200M	100M	800M	HIGH JUMP	SHOT PUT
14 yrs:	200M	100M	800M	LONG JUMP	DISCUS
U16-OPEN:	200M	100M	800M	HIGH JUMP	DISCUS
	200M	100M	800M	HIGH JUMP	DISCUS
MSTRS:	100M	400M	DISC	LONG JUMP	JAVELIN
Throws Pent:	HAM	SP	DISC	JAVELIN	WEIGHT

## TABLELAND ATHLETICS CENTRE FNQ INVITATIONAL PENTATHLON DAY NOMINATION FORM

(circle "Throws Pent" here if competing)

NAME:.....Date of Birth..... M or F

Phone No..... Signature.....

CLUB..... Age as at 31.12.2018.....

Enter through your club secretary or return this section with your nomination fee of \$15 (or direct deposit) to:  
ANDREW FORD, PO BOX 436, TOLGA, 4882.  
For further information contact: Penny Goulter 0427954729