



CAIRNS ATHLETICS

Information – 2019 Season

Fees

Athletes 4 to 6 Years	\$125
Athletes 7-9 years	\$150
Athletes 10 years to Masters	\$175
Volunteer/Official/Coach	\$nil
Trialist/Visitor (1 regular club meet)	\$10
Optional dual affiliation with Little Athletics 6-16yrs	\$75 additional to athletes' fee above
Optional dual affiliation with Athletics North Qld Masters (30+yrs)	\$25 additional to athletes' fee above

Uniform

Athlete Competition Polo Shirt	\$35
Cairns Athletics Shorts	\$30
Bucket Hat (small)	\$10
Bucket Hat (large)	\$15
Athlete Competition Singlet (13 years to Masters)	\$35
Crop Top (13 years to Masters)	\$30
Bike Pants	\$30
Supporter & training Shirts	\$10
ANQ Number re-issue	\$10

Season Dates

Cairns Athletics will commence regular club meets on Friday 9th March 2018.

The season ends with the Athletics North Queensland Championships in Townsville on 21-23 September. Cairns

Athletics will host a one day carnival on 19th May and a 2 day Coral Coast Carnival on 23-24 June.

There will be a club presentation day in October.

What do the fees cover?

All regular club meets and group coaching by Cairns Athletics. All athletes receive a sports bag, Achievement Book, pen and Cairns Athletics 2018 Yearbook. Group coaching sessions are provided twice a week for athletes 8 years and over, once per week for 4-7 years.

All athletes are registered with Athletics North Queensland (ANQ), the agents for Athletics Australia in North Queensland. This affiliation provides insurance cover and means athletes may, if eligible based on age and qualifying standards, attend competitions run by Queensland Athletics, Athletics Australia and their affiliates throughout Australia. Carnival nominations are in addition to registration fees. Fees vary (\$15-\$50+) depending on the type of event.

If you want even more: Masters age athletes are encouraged to investigate additional membership with Athletics North Queensland Masters (\$25). Little Athletics is a separate organisation to Athletics Australia and provides athletics activities for 6-16 year olds. Dual affiliation is required to access these extra activities – the extra fee (\$75) is collected separately to the normal registration process.

Regular Club Meets

Cairns Athletics usually meets on **Friday nights from 5.45pm** at Barlow Park (corner of Scott and Severin Streets Parramatta Park, Cairns) on 3 or 4 weekends throughout the year the club meets on **Sunday morning from 8am**. There are 19 regular club meets scheduled for 2018 from March through to September. No meets on middle weekend of school holidays or on the same week-end as a major 2 day carnival in North Queensland.

Athletes are organised into groups according to age, i.e. Age as at 31 December. For example, athletes born 01/01/13 to 31/12/13 are in the 5 year old age group. Each week, athletes participate in five events covering both track and field activities. The program of events varies from week to week to give athletes the opportunity to try as many different events as possible. After each event, athletes are given a ticket recording their event and performance. These tickets can then be pasted into their Achievement Book.



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Athletes 13 & over including masters, compete together and have a choice of three events at each of the five event time slots.

Athletes and parents are encouraged to focus on the athlete's personal best performances and their progressive improvement, rather than their place in a particular event.

Carnivals

In addition to the two carnivals that Cairns Athletics hosts (1 day carnival on 19 May and 2 day Coral Coast Carnival on 23-24 June), there are a number of other carnivals held throughout North Queensland that athletes of all ages and abilities are encouraged to enter. The main ones entered by Cairns athletes are listed below:

1. Athletics North Queensland Championships: 21-23 September, Townsville
2. Mulgrave Relay Day: 4 June, Gordonvale
3. Tablelands Pentathlon: 5 August, Tolga
4. North Queensland Games: 5-6 May, Mackay
5. ANQ Games: 9-10 June, Townsville

For a full list check the Calendar of Events at www.athleticsnorthqld.org.au Start planning your travel and accommodation now!

What should I bring with me?

- Water bottle (plus hat and sunscreen on Sundays, training & carnivals)
- Running shoes (& running spikes, if desired, for those aged 10 yrs +)
- Club Competition uniform with ANQ numbers attached to front & back of shirt (regular club meets and carnivals)
- Athletes are encouraged to wear a club training shirt to coaching sessions

Parent/Carer Involvement

At least one parent or carer of all athletes under 17 is to be in attendance at the grounds during club days.

No parent/carers at Barlow Park = no event participation. Parents/carers are required to assist in various tasks. Including: directing children in a particular age group from one event the next, recording results, measuring, timekeeping, kiosk, first aid, administration and event site set up and pack up. *You do not need any special skills to perform these tasks, just enthusiasm and an interest in your child.*

Fundraising Activities

The major fundraising activities that require parent input are volunteering a few hours on carnival days – whether or not you or your child is competing. All athletes are eligible to compete at the carnivals hosted by Cairns Athletics and even inexperienced parents can put in an hour or three either setting up/packing up equipment, recording/measuring results or in the kiosk. In addition, Cairns Athletics will run the kiosk at:

1. the Peninsula School Sport Track & Field Trials on Sunday & Monday 12-13 August,
2. the Queensland Primary Schools State Track & Field Championships on Friday & Saturday 19-20 October and
3. the Australian All-Schools Track and Field Championships on 7-10th December.

Only a small portion of our membership will be eligible to compete at these events but all members will benefit from the funds raised and the spectacle of some top class performances. So blank out these dates in your calendar now!

Coaching

Group coaching sessions are provided by qualified coaches, free of charge, for all registered Cairns Athletics athletes. For those 8 years and older, coaching is currently held at Barlow Park on Tuesday and Thursday afternoons from 5.00pm – 6.00pm (finishing 6:30pm for 11 years and over). Parents/carers are to be in attendance at Barlow Park for all athletes under 13 years. Coaching for 4-7 years is Tuesdays 5pm.



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Trialists

For those who have not been a member of an athletics club, you can “trial” for a maximum of one regular club meet at a cost of \$10. Should you wish to join after that time, the costs and conditions of registration will apply.

How do I register?

Go to the Cairns Athletics website, www.cairnsathletics.org.au to register and pay for the 2018 season. At least one parent or guardian of athletes under 18, must also be registered (as a volunteer if no other categories are applicable).

For multiple registrations with the same email contact:

1. Enter **Parent/Carer** details first.
2. On Summary page, select *Add Another Registration*.
3. Select **parent/carers (current)** click *confirm*.
4. Choose category of **next person**, click *next*.
5. Click *Add another person to this account*. (this may be at top right or the bottom of the page)
6. Enter **next person** details
7. On summary page, click *Pay Now, submit only* or *Add Another Registration* as applicable 8. If Add Another Registration was selected Select **Parent**, (NOT next person current)
9. Repeat steps 4-7 as required.

At the completion of the online registration, print off the receipt/s. Upon presentation of receipts and proof of age, new members will be issued registration numbers to be fixed to the front and back of the competition shirt or singlet. All athletes (returning and new) are to keep the receipt to present in exchange for a welcome pack.

Full payment is required at time of registration (with the exception of the optional extra Little Athletics or ANQ masters fees). Proof of age is required for new members and needs to be sighted by a committee member prior to participation. No athlete will be permitted to compete until their age is verified. This is an insurance requirement.