



Q-SQUAD Selection Policy

ELIGIBILITY

To be eligible for selection athletes must be a current registered member of Queensland Athletics or Athletics North Queensland.

CRITERIA

Achieve the qualifying standard at a QA or ANQ Permit/Carnival meet or higher.

Any athlete that achieves the entry standard is automatically qualified. Entry standards and associated details can be found in attached document or at www.qldathletics.org.au

Achieve Entry Standard

Athletes who achieve the entry standard for any event during the period 1 July 2018 – 30 June 2019 qualify for the Q-SQUAD in that event (see attached entry standards). Athletes must achieve the standard for their age group at the time of competition during the qualifying period, and must ensure the performance is legal, and recorded at a QA/ANQ Gold or Silver Permit meet or higher, with the correct implement or hurdle height where relevant. Hand times will not be accepted.

The squad list will be updated fortnightly from the beginning of the qualifying period until the end of the qualifying period with the squad finalised on the 1st July 2019.

NOTES

Age is calculated as at 31 December 2019. **Age groups** are outlined below accordingly.

- **Under 16** - athletes must not have their sixteenth birthday on or before 31 December 2019 (must be born in 2004 or 2005)
- **Under 18** - athletes must not have their eighteenth birthday on or before 31 December 2019 (must be born in 2002 or 2001¹)
- **Under 20** - athletes must not have their twentieth birthday on or before 31 December 2019 (must be born in 2000 or 2001¹)

¹ In the instance of an athlete changing age groups at 31 December 2018, QA will accept a performance/s achieved in the lower age group on or before 31 December 2018 e.g. if an athlete was born in 2000 and achieved the Under 18 Q-Squad standard/s on or before 31 December 2018 their performance/s will be accepted.





Q-SQUAD Entry Standards;

Men (U/16-20)

EVENT	Men U/20	Men U/18	Men U/16
100m	10.87	11.05	11.59
200m	21.91	22.02	23.52
400m	48.92	49.90	53.67
800m	1.53.87	1.55.89	2.03.50
1,500m	3.56.52	4.03.80	4.16.70
3,000m	-	8.56.90	9.30.32
5,000m	15.21.38	-	-
2,000m Steeple	-	6.29.81	6.55.73
3,000m Steeple	10.06.64	-	-
3,000m Walk	-	-	16.09.92
5,000m Walk	-	28.19.25	-
10,000m Walk	53.10.40	-	-
100m Hurdles (84cm)	-	-	14.67
110m Hurdles (91cm)	-	15.57	-
110m Hurdles (99cm)	15.93	-	-
200m Hurdles (76cm)	-	-	29.73
400m Hurdles (91cm)	57.87	-	-
400m Hurdles (84cm)	-	58.11	-
High Jump	2.00	1.96	1.82
Long Jump	7.04	6.78	6.19
Triple Jump	13.88	13.61	12.61
Pole Vault	4.18	3.64	2.70
Shot Put (6kg)	13.82	-	-
Shot Put (5kg)	-	15.50	-
Shot Put (4kg)	-	-	14.70
Discus (1.75kg)	43.82	-	-
Discus (1.5kg)	-	48.68	-
Discus (1kg)	-	-	49.70
Javelin (800g)	55.70	-	-
Javelin (700g)	-	58.13	50.00
Hammer (6kg)	44.41	-	-
Hammer (5kg)	-	46.90	-
Hammer (4kg)	-	-	37.24
Decathlon	4957	5109	-
Heptathlon	-	-	3453

Queensland Athletic Association Limited
 ABN 11 010 706 751
 Level 3, Queensland Sport & Athletics Centre
 Kessels Road, NATHAN QLD 4111

Telephone 07 3343 0900
 Email info@qldathletics.org.au
 Mail PO Box 249, SUNNYBANK QLD 4109
 Website www.qldathletics.org.au



**Queensland
 Government**



Q-SQUAD Entry Standards;

Women (U/16-20)

EVENT	Women U/20	Women U/18	Women U/16
100m	12.21	12.30	12.59
200m	24.96	25.22	25.64
400m	56.03	57.66	59.49
800m	2.13.88	2.14.94	2.18.63
1,500m	4.35.59	4.38.68	4.46.33
3,000m	-	10.37.06	10.40.54
5,000m	18.00.98	-	-
2,000m Steeple	-	7.40.94	7.55.68
3,000m Steeple	12.08.88	-	-
3,000m Walk	-	-	16.34.18
5,000m Walk	-	30.55.76	-
10,000m Walk	57.55.95	-	-
90m Hurdles (76cm)	-	-	14.17
100m Hurdles (76cm)	-	15.33	-
100m Hurdles (84cm)	15.40	-	-
200m Hurdles (76cm)	-	-	30.84
400m Hurdles (76cm)	66.90	68.03	-
High Jump	1.71	1.68	1.64
Long Jump	5.68	5.59	5.40
Triple Jump	11.82	11.58	11.10
Pole Vault	3.38	3.05	2.50
Shot Put (4kg)	11.95	-	-
Shot Put (3kg)	-	13.14	12.25
Discus (1kg)	41.81	40.40	37.50
Javelin (600g)	40.07	-	-
Javelin (500g)	-	42.85	38.00
Hammer (4kg)	38.53	-	-
Hammer (3kg)	-	41.64	35.50
Heptathlon	3699	3837	3468



Q-SQUAD Selection Policy – Para-Athletics

ELIGIBILITY

To be eligible for selection athletes must be a current registered member of Queensland Athletics or Athletics North Queensland.

CRITERIA

Athletes who medal at either the 2018 Queensland Cross Country Championships (Maleny), Queensland Schools Athletics Championships or the 2019 Queensland Athletics Championships will be added to the Q-Squad for that particular event in their age group.

NOTES

Age is calculated as at 31 December 2019. **Age groups** are outlined below accordingly.

- **Under 16** - athletes must not have their sixteenth birthday on or before 31 December 2019 (must be born in 2004 or 2005)
- **Under 18** - athletes must not have their eighteenth birthday on or before 31 December 2019 (must be born in 2002 or 2001¹)
- **Under 20** - athletes must not have their twentieth birthday on or before 31 December 2019 (must be born in 2000 or 2001¹)

