



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 2017 – 30 June 2018 automatically qualify for the A-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 2018.

NOTES

Age is calculated as at 31 December 2018. **Age groups** are outlined below accordingly.

- **Under 16** - athletes must not have their sixteenth birthday on or before 31 December 2018 (must be born in 2003 or 2004)
- **Under 18** - athletes must not have their eighteenth birthday on or before 31 December 2018 (must be born in 2001 or 2002¹)
- **Under 20** - athletes must not have their twentieth birthday on or before 31 December 2018 (must be born in 1999 or 2000¹)

¹ In the instance of an athlete changing age groups at 31 December 2017, QA will accept a performance/s achieved in the lower age group on or before 31 December 2017 e.g. if an athlete was born in 2000 and achieved the Under 18 Q-Squad standard/s on or before 31 December 2017 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 |



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 |