

GARRY BROWN SHIELD

Incorporating Queensland 4x100m Relay Championships



SATURDAY 7 MARCH 2009

State Athletics Facility, QSAC, Kessels Rd, Nathan

START TIME	ENTRIES CLOSE	TRACK	JUMPS	THROWS
2.00 pm	1.30 pm	200m Hurdles (M & W)	Pole Vault (All Men)	Hammer (All Women)
2.00 pm	1.30 pm		Long Jump (Women under 5.0m)	
2.20 pm	1.50 pm	1500m/3000m Walk (M & W)		
2.40 pm	2.10 pm	400m Hurdles (M & W)		
2.50 pm	2.20 pm			Discus (All Men)
2.55 pm	2.25 pm	100m (M & W)		
3.30 pm	3.00 pm		Long Jump (Women over 5.0m)	
3.45 pm	3.15 pm	3000m Steeplechase (76.2cm)	High Jump (All Women)	
3.55 pm	3.25 pm	3000m Steeplechase (91.4cm)		
4.05 pm	3.35 pm	3000m (Men – 2 Divisions)		
4.15 pm	3.45 pm			Discus (All Women)
4.25 pm	3.55 pm	3000m (Women)		
4.30 pm	4.00 pm		Triple Jump (All Men)	
4.40 pm	4.10 pm	200m (M & W)		
5.00 pm	4.30 pm			Shot Put (Men U14/16/18) Nth
5.20 pm	4.50 pm	800m (M & W)		Shot Put (Men U20/Open) Sth
5.45 pm	5.15 pm	Queensland 4x100m Relay Championships (U16/U18/U20/OP)		

COST: \$8.00 Queensland Athletics registered athletes / \$15.00 Trial Members (Unregistered athletes)

ENTRIES: Entries are taken on the day and **close 30 minutes before the scheduled start time** of each event.

BIB NUMBERS: All athletes **MUST** wear their current 2008-09 Queensland Athletics competition numbers. Athletes will not be allowed to compete unless correct bib numbers are worn. Temporary numbers issued on the day may incur a hiring fee. Trial Members will receive a temporary bib number as part of their entry fee.

AGES: 12 years to masters. Age is taken as at 31 December 2009. Minimum ages apply to some events (see below).

MINIMUM AGES: The following minimum ages apply to these events:

13 years: 200m Hurdles, 3000m, 3000m Walk, Pole Vault (Supply certificate of competency from a qualified Jumps coach).

14 years: Hammer Throw (Supply certificate of competency from a qualified Throws coach). **15 years:** 400m Hurdles.

17 years: 3000m Steeplechase.

RULES: Competition rules are available on the Queensland Athletics website and in the summer handbook.

CONTACT: Phone: 07 3343 5653 / E-mail: info@qldathletics.org.au / Website: www.qldathletics.org.au

Please check the Queensland Athletics website prior to the meet for any updates/changes to the program.

