

QMA Decathlon/Heptathlon Championships

2nd & 3rd February 2019 – Brisbane State Athletic Facility (SAF)

In a QMA initiative to expose more athletes to Decathlon/Heptathlon competitions, we will be trialling a modified program during this year's QMA Decathlon/Heptathlon Championships.

The Championship events are open to all QMA athletes as well as athletes from 30 years of age registered to any State, Interstate or International Masters Athletic Association.

Registered athletes under 30 years of age may compete in the Special Decathlon/Heptathlon.

There will be three options at this year's competition to enable more people to experience these events:

Option 1 – Decathlon/Heptathlon QMA Championship for Registered Masters Athletes

Standard Decathlon and Heptathlon Championship competition with Official Scores, Records and Medals for 1st, 2nd & 3rd in each age group

Fees – Ground Fees =\$8.00 each day and a Championship Fee = \$7.00

Option 2 – Special Decathlon/Heptathlon Competition where Athletes may compete in either the Heptathlon or Decathlon.

Athletes will also have the option to select a lower hurdle height. Unofficial scores recorded but no records or medals awarded. Certificates for the best three scores in the heptathlon and decathlon

Fees – Ground Fees =\$8.00 each day

Option 3 – Team Decathlon/Heptathlon Competition

Decathlon and Heptathlon teams consisting of 2 to 4 team members for the decathlon and 2-3 team members for the heptathlon. Teams may be mixed.

Any combination of Athletes X Events and the number of events each athlete competes in is acceptable as long as a team has an athlete competing in each event. The athlete participating in the hurdles may select a lower hurdle height.

Example A. - A three person team in the Decathlon could have one athlete competing in the 100m, Hurdles, 400m & the 1500m. The second athlete in the team could compete in the shot put, discus & javelin, while the 3rd member of the team could compete in the long jump, high jump & pole vault.

Example B. - A two person team in the Heptathlon could have one athlete competing in the hurdles and the second athlete competing in the high jump, shot put, 200m, long jump, javelin & 800m.

Unofficial scores but no records or medals awarded. Certificates for the best three scores in the heptathlon and decathlon

Fees – Ground Fees =\$8.00 for each athlete, each day

General:

The rules for the competition will be as per the IAAF and where relevant, the WMA variations.

All athletes will compete using the implement weights relevant to their own age group.

In all Masters Athletics combined event competitions there are no set starting heights for Pole Vault or High Jump. The minimum starting height for these events is the height of the landing mats.

ENTRIES

Entries close on 27th January.

To enter, email the following details to Wilma Perkins: wilmaperkins@me.com

Option 1 Name, QMA number, Age group, age on 2nd February,

Option 2 Name, QMA or QA number, or note that you are a visitor, age group, age on 2nd February.

Option 3 If you have put together a team, your 'Team Name', and details of members as above, and which events each will compete.

If you don't have a team but would like to participate, send your details to Wilma, specifying which events you are willing to participate in.