DEAR ATHLETES…

These points are shared to ensure everyone enjoys our competitions and they run smoothly.

Entry closing times

Regular Brisbane Region competitions will have online entry closing times at 6pm Thursday prior to the event. QMA Championship events may have earlier entry closing dates which will be communicated in the e-news, on the website and via social media.

Hurdles competitors must enter online and must arrive early to help set up hurdles. Where possible, hurdles will be the first events on the start list to minimise delays to other events.

On-the-day entries for other events (not hurdles) will still be allowed at Brisbane Region competitions, with limited opening and closing times (*updated 25th October, 2026*):

> **Morning** meet on-the-day entries: Registration opens 6:45am and closes 7:15am
>
> **Afternoon** meet on-the-day entries: Registration opens 12:45pm and closes 1:15pm

This rule will be strictly enforced this season – no exceptions – to ensure that events run on time.

For vertical jumps, please give your requested starting height (not your PB) on the entry form, as this helps to organise the competition

Minors/Visitors

Minors are welcome to participate in Masters events but a reminder that anybody under the age of 18 must always be supervised by their **Adult Parent/Guardian**. Please note that it is not the responsibility of other athletes or volunteers to supervise minors. Thank you for helping us meet our legal obligations to ensure Child Safety. Please see the Visitor policy on our website for further details.

Track/Field Equipment & Volunteering

A small group consistently helps with most competition responsibilities. We'd love to see an increase in a "pitch in and help" attitude from all athletes. It's also a condition of your membership to contribute to volunteering. Many hands make light work; it helps us all to enjoy the day more and allows all members (most of our volunteers are athletes too!) to have a fair share of competing.

We request the last group at each event to take responsibility for returning QMA equipment to the shed and QSAC equipment (eg starting blocks, stands, hurdles) to the designated areas.

Safety

It is expected that everyone keeps an eye out for stragglers walking into the throwing sectors and please, no throwing of implements back to the circle or runway. As field events are in progress throughout the meets, do not walk across the infield at any time. Before moving on to the track, please ensure the track is clear, in case track events are in progress.

Throws

With athlete numbers increasing (a great problem to have!), we may need to review the time available and the number of throws. A sliding scale may be introduced, meaning some competitions may require fewer throws per athlete to ensure fairness and efficiency. Some regular latecomers continue to expect their full quota of throws. This is unfair on those who arrive on time, so if you arrive late, you miss that round – no exceptions. Hammer divots must be filled in with sand at the end of competition (and training).

Efficient EDM use and calling both the next thrower and the one after, allows athletes to be prepared, which helps speed up competition. EDM check marks to be set up and measured before the first throw and after the last throw for each group, with check mark readings written on each score sheet. Anyone spiking should not pull the spike out until they have a clear signal from the circle that measurement is complete. If in doubt, leave it in! For javelin, do not start pulling until the spiker has removed the javelin and put the spike in the ground.

Pole Vault

Due to increased athlete numbers (which is great!), competitions will alternate between low starting height (1.1 or 1.2m) and high starting height (2.5m). Please check starting height before entering

Run/Walk etiquette in events longer than 400m

A reminder to all athletes in race walks and running events longer than 400m (events where athletes do not stay in lanes throughout). Please leave adequate space when passing other athletes, including when cutting back into lane 1 after passing another athlete. It's against the World Athletics Competition and Technical Rules (which we follow) to jostle or obstruct another athlete. It can result in disqualification.

Finish line

Please do **not** go through the finish line (unless you're in the event!) as photo finish could be in progress.

Behaviour & Conduct

A gentle but important reminder to please ensure a **respectful** and positive standard of conversation and general behaviour. Please see our website for all policies that apply to members and visitors.

Thank you all for your understanding, cooperation, and continued passion for Masters athletics. Let's keep building a strong, supportive, and enjoyable community.

Sincerely, QMA & Regional Councils