



# Benita Willis Shield/Qld 5000m Championships

Venue: SAF, QSAC, Nathan

Date: 18/11/2017

Timetable: **Draft as at 06/09/2017**



Track				Field		
<b>03:30PM</b>	110m Hurdles (@91.4/99.1/106.7cm)	Male		<b>03:00PM</b>	High Jump	Male
<b>03:45PM</b>	100m Hurdles (@84cm)	Male			Long Jump (A Grade)	Female
<b>03:55PM</b>	100m Hurdles (@76.2/84cm)	Female			Discus (A Grade)	Male
<b>04:05PM</b>	90m Hurdles (@76.2cm)	Male			Shot Put (A Grade)	Male
<b>04:10PM</b>	90m Hurdles (@76.2cm)	Female				
<b>04:20PM</b>	80m Hurdles (@76.2cm)	Female				
				<b>04:30PM</b>	Shot Put (B Grade)	Male
<b>04:30PM</b>	800m	Male			Long Jump (A Grade)	Male
<b>04:50PM</b>	800m	Female			Discus (A Grade)	Female
<b>05:20PM</b>	100m	Male		<b>05:00PM</b>	High Jump	Female
<b>05:50PM</b>	100m	Female				
				<b>06:00PM</b>	Long Jump (B Grade)	Female
<b>06:20PM</b>	200m	Male			Shot Put (A Grade)	Female
<b>06:50PM</b>	200m	Female			Discus (B Grade)	Male
<b>07:30PM</b>	5000m B Grade	Female				
<b>08:00PM</b>	5000m B Grade	Male		<b>07:30PM</b>	Shot Put (B Grade)	Female
<b>08:20PM</b>	<b>5000m A Grade (Championship Race)</b>	Female			Long Jump (B Grade)	Male
<b>08:40PM</b>	<b>5000m A Grade (Championship Race)</b>	Male			Discus (B Grade)	Female

\*Timetable is subject to change upon close of entries. Please refer to timetable closer to event date.

## SHIELD MEET SPECIFIC COMPETITION RULES FOR THE 2017-18 SEASON

### DISCUS, HAMMER, JAVELIN AND SHOT PUT:

**Where the number of entries is 20 or fewer:** All competitors will receive 4 attempts, with the top 8 ranked athletes receiving a further 2 attempts. Para Athletes who achieve a performance equal to or greater than **95%** of the IPC qualifying standard will qualify for the Top 8.

**Where the number of entries exceeds 20:** The entries will be split as follows:

**A Grade:** Top 12 athletes based on nominated performances all of whom will receive FOUR attempts with Top Eight receiving a further 2 attempts, para athletes whose submitted entry mark is equal to or greater than **95%** of the IPC qualifying standard will be placed in the A Grade for their event.

**B Grade:** The remaining athletes will be placed in the B Grade pool and will receive **FOUR** attempts only for the event. If entry numbers exceed 40 then a further split may also be made to the B Grade.

### LONG JUMP, TRIPLE JUMP:

**Where the number of entries is 20 or fewer:** All competitors will receive 4 attempts, with the top 8 ranked athletes receiving a further 2 attempts. Para Athletes who achieve a performance equal to or greater than **95%** of the IPC qualifying standard will qualify for the Top 8.

**Where the number of entries exceeds 20:** The entries will be split as follows:

**A Grade:** Top 12 athletes based on nominated performances all of whom will receive FOUR attempts with Top Eight receiving a further 2 attempts, para athletes whose submitted entry mark is equal to or greater than **95%** of the IPC qualifying standard will be placed in the A Grade for their event.

**B Grade:** The remaining athletes will be placed in the B Grade pool and will receive **FOUR** attempts only for the event. If entry numbers exceed 40 then a further split may also be made to the B Grade.

**\*\*\*The Para Athletics 95% standard will only apply to the classifications and events within the Athletics Australia Qualifying standards.**