



Benita Willis Shield/Qld 5000m Championships

Venue: SAF, QSAC, Nathan

Date: 17/11/2018

Timetable: **Draft as at 23/10/2018**



Track				Field		
03:30PM	200m Hurdles	Female		02:00PM	Hammer	Female
03:35PM	200m Hurdles	Male				
03:45PM	300m Hurdles	Female/Male		03:15PM	Discus A Grade	Male
04:00PM	400m Hurdles	Female				
04:15PM	400m Hurdles	Male				
04:30PM	2k Steeple @76.2cm	Female		04:30PM	Discus B Grade	Male
04:45PM	2k Steeple @76.2cm	Male			High Jump	Male
					Triple Jump A Grade	Female
05:00PM	100m	Female				
05:30PM	100m	Male		05:45PM	Hammer	Male
					Triple Jump B Grade	Female
06:00PM	200m	Female				
06:30PM	200m	Male				
				07:00PM	Discus A Grade	Female
07:00PM	400m	Female			High Jump	Female
07:30PM	400m	Male			Triple Jump A Grade	Male
08:00PM	5000m B Grade	Female		08:15PM	Discus B Grade	Female
08:30PM	5000m B Grade	Male			Triple Jump B Grade	Male
08:50PM	5000m A Grade (Championship Race)	Female				
09:10PM	5000m A Grade (Championship Race)	Male				

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

SHIELD MEET SPECIFIC COMPETITION RULES FOR THE 2018-19 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 may 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 may 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.**