



Benita Willis Shield/Qld 5000m Championships

Venue: SAF, QSAC, Nathan

Date: 17/11/2018

Timetable: **Final as at 16/11/2018**



Track				Field		
03:30PM	200m Hurdles	Female		02:00PM	Hammer	Female
03:30PM	200m Hurdles	Male				
03:40PM	300m Hurdles	Female/Male		03:30PM	Discus	Male
03:40PM	400m Hurdles	Female				
03:55PM	400m Hurdles	Male				
04:20PM	2k Steeple @76.2cm	Female		04:30PM	Triple Jump	Female
04:35PM	2k Steeple @76.2cm	Male				
05:00PM	100m	Female	Heat 1			
05:04PM	100m	Female	Heat 2			
05:08PM	100m	Female	Heat 3			
05:12PM	100m	Female	Heat 4			
05:16PM	100m	Female	Heat 5			
05:20PM	100m	Female	Heat 6			
05:24PM	100m	Male	Heat 1			
05:28PM	100m	Male	Heat 2			
05:32PM	100m	Male	Heat 3			
05:36PM	100m	Male	Heat 4			
05:40PM	100m	Male	Heat 5			
06:00PM	200m	Female	Heat 1	05:45PM	Hammer	Male
06:03PM	200m	Female	Heat 2		High Jump	Male/Female
06:06PM	200m	Female	Heat 3			
06:09PM	200m	Female	Heat 4			
06:12PM	200m	Female	Heat 5			
06:15PM	200m	Female	Heat 6			
06:20PM	200m	Male	Heat 1			
06:23PM	200m	Male	Heat 2			
06:26PM	200m	Male	Heat 3			
06:29PM	200m	Male	Heat 4			
07:15PM	400m	Female	Heat 1			
07:18PM	400m	Female	Heat 2			
07:21PM	400m	Female	Heat 3			
07:24PM	400m	Male	Heat 1			
07:27PM	400m	Male	Heat 2			
07:30PM	400m	Male	Heat 3			
07:50PM	5000m A Grade (Championship Race)	Female		07:00PM	Discus	Female
08:20PM	5000m A Grade (Championship Race)	Male			Triple Jump	Male
08:40PM	5000m B Grade	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.**