

2023 McDonald's State Championships

Information for Athletes, Parents & Team Managers

We look forward to welcoming you to the 2023 McDonald's State Championships. We suggest that the following information provided for athletes, parents and Team Managers is read prior to attending the competition.

General Information for All

- Events at this Championship will only be postponed or cancelled due to extreme weather conditions. Decisions will be made on the day of competition. Any updates will be posted on the LAQ website and Facebook page.
- While COVID restrictions have been relaxed, we ask that everybody follow hygiene guidelines. If you are showing signs of illness, please refrain from attending the competition.
- We have nearly 1600 athletes nominated to compete. Please allow plenty of time to find a car park and to enter the arena.
- If you are bringing your own tent, make sure you only use small tent pegs.
- The Canteen will NOT be operating, however there will be a number of different food vendors available. They will be located at the southern end of the arena closest to Burke Street. (Cash & EFPOS accepted)
 - You can use this [link](#) or refer to the QR code below to see the menu available.
- There is no dedicated area for warm up and practice, however the back oval can be used when there is no Discus event in progress.
- The Final Event Order, an e-copy of the Program Booklet and further information can be found by clicking [here](#). Program booklets will not be sold at this event.
- Online results will be available throughout the competition. A link can be found on the LAQ Competition Results page. Users must remember to refresh the web browser when viewing the results multiple times.
- Athletes placing 1st- 3rd will be awarded medals in the middle of the arena. For safety reasons parents are not permitted to enter the arena.
- Neal from Nordic Sport Australia will be in attendance and pre-ordered souvenir shirts can be collected from their display. A small quantity of shirts will also be available for sale.
- Photographs will be taken by Danielle Sibenaler during the competition and made available after the competition for viewing and downloading. Please visit her Facebook page for more details facebook.com/DanielleSPhotography38
- Sharon from Herbert River Trophy Centre will be available for engravings at this competition from 1pm Saturday and all day Sunday. She will be located close to the admin/ recording block opposite the finish line.
- To ensure the events run to time, it is important that parents and guardians come forward to assist at the events when called. We thank you in advance for your assistance.

Information for Team Managers

- Each Centre must ensure that a Team Manager is available at the arena while Centre athletes are competing.
- Team Managers are responsible for reporting errors and withdrawals to the admin/ recording block located opposite the finish line at the Coles end of the arena.
- The role of Team Manager can be shared amongst any number of Centre appointed members. Names must be provided prior to the start of the competition via email to k.lunt@laq.org.au or via check-in on the day of competition using the Team Managers QR code, which will be posted on the outside wall of the admin/recording block.
- Only Team Managers can lodge protests. Protests must be lodged with 15 minutes of the event's completion and be accompanied by the \$55 protest fee. Protests can be lodged in the admin/ recording block.

Information for Athletes & Parents

- When athletes arrive at the venue, there is no need to mark their name off with LAQ. Please find your Centre's Team Manager and advise them of your arrival
- There will only be one call (announcement) per event or event block.
- As program times may be brought forward up to 30 minutes, we recommend athletes arrive at the grounds at least 60 minutes prior to the program time.
- Athletes must present to the Call Room (marshalling area) for all track events. The Call Room is located at the McDonald's end of the arena on the rotunda near the 100m start. For field events, athletes present directly to their event site.
 - It is very important that athletes marshal as soon as a call is made. However, if an athlete is competing in events that may clash, the event Chief and Call Room officials must be advised by the athlete, Team Manager or parent so the officials can manage and escort the athletes to the event at the appropriate time.
 - Parents and coaches are not to enter the Call Room unless advising the Call Room Chief of a withdrawal or clash.
- All athletes must be in correct approved Centre uniform, otherwise, they will not be allowed to enter the competition arena to compete.
 - Registration number, age patch and Coles patch must be attached to the uniform and clearly visible.
- Spike rules: Needle spikes are not permitted. The only style of spikes permitted at LAQ Competitions for a synthetic track and field event areas are Christmas tree and Pyramid style.
 - Track events spikes must not exceed 7mm.
 - Field events spikes must not exceed 9mm.
 - Refer to the Competition Rules & Regulations (page 7) for spike allowances for the U11 – U17 age groups.
- Athletes U13-17 age groups wishing to use their own throwing implements must check-in equipment at least 1 hour prior to the event start time. Equipment can be checked in with the Technical Officials at the equipment shed at the McDonald's end of the track.

Online Results



Food Vendors

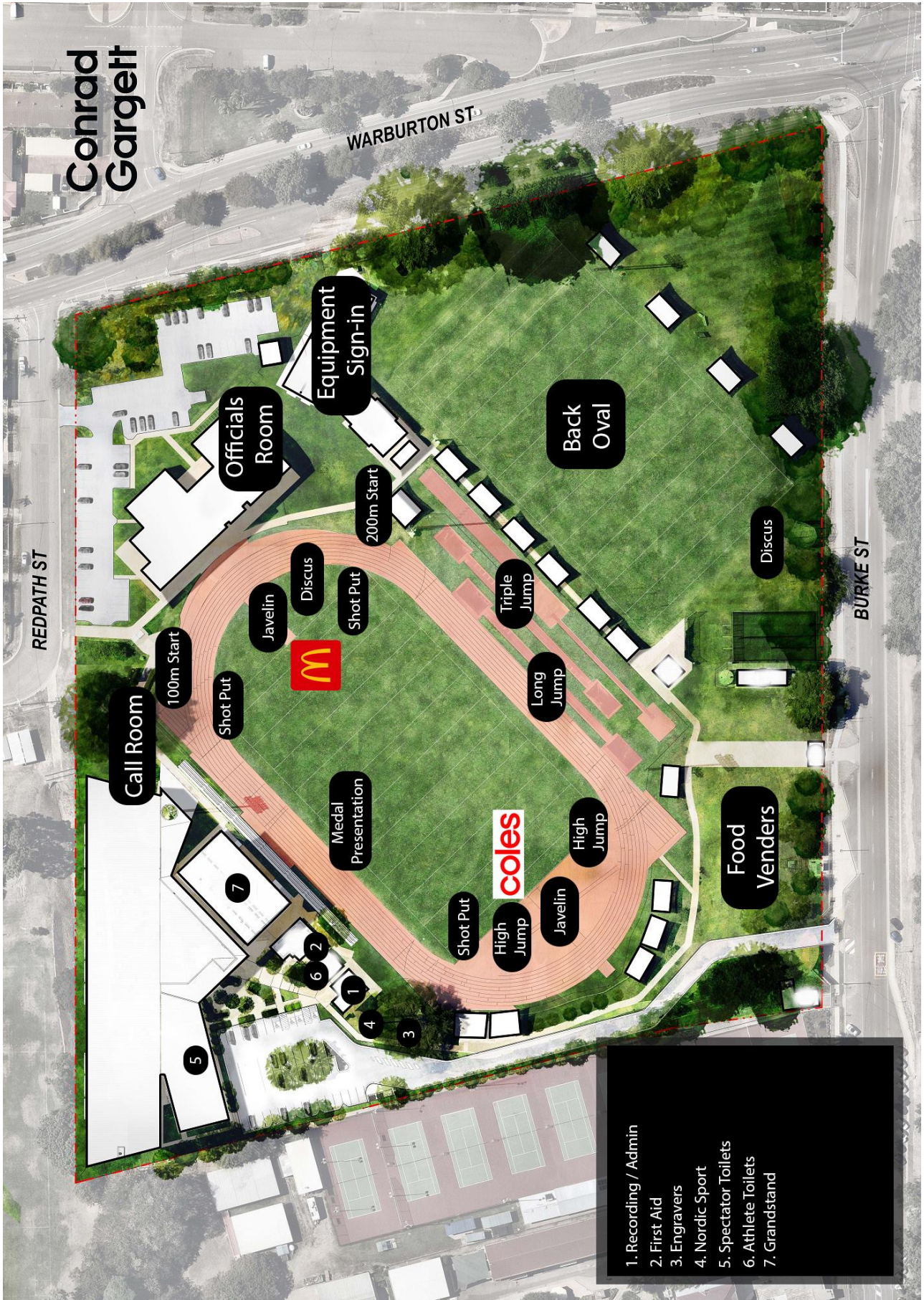


Event Order



Townsville City Council is a Strategic Partner of LAQ for these State Championships.

For more information on Townsville City Council and what the Townsville and surrounding area has to offer, visit www.townsville.qld.gov.au and www.townsvillenorthqueensland.com.au



1. Recording / Admin
2. First Aid
3. Engravers
4. Nordic Sport
5. Spectator Toilets
6. Athlete Toilets
7. Grandstand