

We look forward to welcoming you and your family to the 2024 McDonald's State Championships. The following information is provided for athletes, parents, and Team Managers to read prior to attending the competition.

Additional information including the Final Event Order and e-copy of the Program Booklet can be found on the [LAQ State Championships webpage](#). Access to results will be through the [LAQ Competition Results page](#), or by using the QR code displayed around the arena.

### 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
- 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.
- There will only be one call (announcement) per event or event block. It is very important that athletes marshal as soon as a call is made.
  - Athletes in track events must present to the Call Room (marshalling area) which is located at the 100m start end of the arena under the grandstand.
    - Athletes that arrive at the Call Room after athletes in the same heat have been handed over to the Start Marshall will not be able to join the race.
  - Athletes in field events are to report directly to the event site before the start time.
    - Athletes that arrive at a field event after the last athlete in the 3<sup>rd</sup> round has finished their trial will not be able to join the competition.
- Parents or coaches are not to enter the Call Room or the event area unless advising the Chief of a withdrawal or to provide a clash form.
- When presenting to the Call Room or field of play, all athletes must wear the correct Centre uniform in accordance with the LAQ Uniform Policy. The uniform must be worn in compliance with the items design e.g., not rolled up or down.  
*[Refer to the LAQ Uniform Policy for further information.](#)*
- Spike Rules: Needle spikes are not permitted. The only style of spikes permitted on the QSAC synthetic track and field event areas are Christmas Tree and Pyramid style.
  - At track and Long / Triple Jump events: spikes must not exceed 7mm
  - At High Jump and Javelin events: spikes must not exceed 9mm.  
*[Refer to page 7 of the Competition Rules and Regulations Handbook](#) 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.

### 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](mailto: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 hub.
- 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.



# 2024 McDonald's State Championships

## Information for Athletes, Parents & Team Managers

### General Information for All

- We have just over 2,000 athletes nominated to compete. Carparking will be particularly busy, so please allow yourself plenty of time to find a park and enter the arena. Ensure you follow all directions provided by ground staff.

- Access times:

SAF (entry and exit gate)	Athletes /Coaches	Friday: 1pm, Saturday: 7am, Sunday: 7am
QSAC Foyer Doors to T&F Room	Officials	Friday: 11am, Saturday: 6am, Sunday: 6.30am
QSAC Main Sth Ramp South Pedestrian Gate	Patrons	Friday: 2pm, Saturday: 7am, Sunday: 7am

- There is no grassed space for tents, however, the Western Grandstand will be open to spectators and the first 2 rows of the eastern and southern stands will also be open to spectators and coaches (coaches note the areas marked as coaches' boxes). Spectators using the higher levels of the northern, eastern and southern stands will be asked to leave and risk the grandstand being closed for all. Team Managers, we ask that you ensure your members are using the accessible areas appropriately.
- Athletes placing 1<sup>st</sup> - 3<sup>rd</sup> will be awarded medals in the middle of the arena. For safety reasons parents are not permitted to enter the arena to take photos.
- 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. Please note the event areas allocated to your Region/Centre:
  - Central Coast, Central North & Met West Centres: Discus & Javelin
  - Downs & South West, Sun Coast & Maranoa Centres: Shot Put
  - Met North & South Coast Centres: Long / Triple Jump
  - South East, North Qld & Tropical North Centres: High Jump
- The SAF arena has been provided as a dedicated area for warm up and practice. All athletes must be accompanied by an adult. Calls / announcements will not be made in this arena and calls from the main arena may not be heard.
- Canteen and coffee outlets will be operating on the 2<sup>nd</sup> level concourse, offering food and beverages throughout the weekend. Cash and EFTPOS payments will be accepted.
- The Nordic Sport Australia merchandise area will be on the 2<sup>nd</sup> level concourse. Pre-ordered souvenir shirts can be collected from Nordic Sport by the designated Centre representative after 3:30pm on Friday. A small quantity of shirts will also be available for sale.
- Medal Shots will be the official photographer during this competition, they will be setup on the 2<sup>nd</sup> level concourse. Photos will be available for viewing online here: <https://www.medalshotsphotos.com/laq-events> or use this Facebook link <https://www.facebook.com/medalshots/> Prints from \$17.50 will be available to take home from the event, and an online delivery will also be available.
- Peter from Affordable Trophies will be available for engraving at this competition on Saturday and Sunday. They will be located on the 2<sup>nd</sup> level concourse.
- For the first time, the McDonald's State Championships will be live streamed through a new partnership with KommunityTV! Coverage will include 2 simultaneous streams covering an even mix of boys' and girls' events, across both field and track events. Access is included in your News Limited digital subscription or can be accessed for just \$5/week, head to [kommunitytv.com.au](http://kommunitytv.com.au) More information on how to sign up and the events being covered will be shared in the lead-up to the event.
- Events at these Championships will only be postponed or cancelled due to extreme weather conditions. Decisions will be made on the day of competition and updates will be posted on the LAQ website and Facebook page.

