

## 2023 Athletics Nationals Update #1

Welcome to the Athletics Nationals update for 2023. You will find enclosed all the relevant information on how to register for your event, costs of registration, accommodation and uniform package and important event information.

The Event will be held at the [Gold Coast Performance Centre, QLD](#) , starting on Wednesday **19<sup>th</sup> April**, and finishing **Friday 21<sup>st</sup> April**. The competition timetable is as follows,

Wednesday 19<sup>th</sup> April - 4.00pm – 7.30pm  
Thursday 20<sup>th</sup> April - 4.00pm – 7.30pm  
Friday 21<sup>st</sup> April - 10.00am – 1.30pm

### [Provisional event timetable](#)

We will once again be staying onsite at the [Gold Coast Performance Centre, QLD](#) , and our accommodation is booked from Tues 18<sup>th</sup> April through to Saturday 22<sup>nd</sup> April. This was the minimum period we could book this year, but value for money and location makes it an excellent option. We will be providing better cooking facilities this year to elevate the limited cooking option we faced last year.

### Quad Share Rooms



Our lodges provide comfortable, modern, three-star group accommodation.

- ◉ Each lodge has 10 bedrooms
- ◉ Twin, quad and wheelchair rooms available
- ◉ Coach / teacher / manager ensuite rooms
- ◉ Airconditioned in bedrooms
- ◉ Lounge room
- ◉ Kitchenette for basic food preparation
- ◉ Access to a team laundry with washer and dryer
- ◉ Full dining and catering facilities onsite
- ◉ Function / event packages (10-500 people)
- ◉ Free onsite parking and coach parking

### Registration

Your first action is to ensure you will meet the qualifying times for each of the events. This is important because you must be inside these times / distances / heights to be able to register points for the team. Below are the current qualifying standards for the 2023.

Men	Event	Women
<b>Track</b>		
11.50 secs (11.74)	100m	13.00 secs (13.24)
23.50 secs (23.74)	200m	27.30 secs (27.54)
53.00 secs (53.14)	400m	62.0 secs (62.14)
2:02.00 mins	800m	2:24.00 mins
4:15.00 mins	1,500m	5:05.00 mins
16:45.00 mins	5,000m	23:00.00 mins
36:00.00 mins	10,000m	44:00.00 mins
10:55.00 mins	3,000m steeplechase	12:30.00 mins
17.30 secs (17.54)	110m hurdles	-
-	100m hurdles	18.00 secs (18.24)
60.00 secs (60.14)	400m hurdles	70.0 secs (70.14)
27:00.00 mins	5,000m walk	30:30.00 mins
<b>Field</b>		
3.20 m (start height 3.00)	Pole vault	2.40 m (start height 2.00)
1.80 m (start height 1.75)	High jump	1.45 m (start height 1.45)
12.50 m	Triple jump	9.50 m
5.85 m	Long jump	4.30 m
40.00 m	Javelin	26.00 m
32.00 m	Hammer Throw	26.00 m
32.00 m	Discus	26.00 m
11.00 m	Shot put	9.50 m
<b>Combined events</b>		
per AA Track & Field Championships	Decathlon	-
	Heptathlon	per AA Track & Field Championships



Your second action to be selected for this event is to complete the [Expression of Interest](#) form, and this must be completed by new and returning students. All athletes need to be eligible to compete in this event, which means they must be enrolled student in semester one. If you do, make the qualifying times then you will be contacted by Liam Tully Athletics Team manager. He will provide you with a code for the UniSport website, so that you can register for the event.

Every athlete must register for the event online. The process will require you to create an account if you haven't already got one. Complete your personal details, upload your photo, and select your category of participation. Complete the registration steps and make payment via PayPal. A guest checkout option is available for those who do not have a PayPal account. Receive your confirmation of registration via email.

UniSport Registration [click here](#)

## Event Costs

For 2023, the registration fee will stay as one fixed fee allowing participants to enter unlimited events (pending qualification standards).

To develop the event experience for all attending (and following feedback received from both competitors and UTMs) several enhancements will be made to this year's event, including:

- An official event opening, including a Welcome to Country
- Livestream

Registration Type	Cost	Open	Closed
Early Bird	\$175.00	Wednesday 22 <sup>nd</sup> Feb	Sunday 26 <sup>th</sup> March 11:59pm
Late	\$225.00	Monday 27 <sup>th</sup> March	Friday 7 <sup>th</sup> April 11:59pm

Accommodation: Nights Stay	Cost	Check In	Check Out
2 night stay	\$130	Wed 18 <sup>th</sup> April	Fri 21 <sup>st</sup> 9.00 am
4 night stay	\$160	Tues 18 <sup>th</sup> April	Sat 22 <sup>nd</sup> by 10.00 am

All athletes must wear the official Winged Victory Uniform for this event. If you have previously represented the University, it is the same uniform, so you would not need to purchase a new uniform.

University Winged Victory Uniform	Cost
Men's vest	\$50.00
Women's vest	\$50.00
Women's crop top	\$45.00
Winged Victory Travel polo	\$40.00

All payments for Uniform and accommodation will be paid via the e-cart system, which is on the Intersport page. This will be active March 3<sup>rd</sup>, 2023.



## Important Contact Numbers and emails.

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