

METROPOLITAN EAST SCHOOL SPORT

13 - 19YRS FIELD EVENT NOMINATION FORM

(THE EVENTS LISTED BELOW **ARE NOT** CONDUCTED AT METROPOLITAN EAST SCHOOL SPORT REGIONAL TRIALS BUT WILL BE CONTESTED AT THE QSS 13-19 YEARS TRACK & FIELD STATE CHAMPIONSHIPS)

Complete this form for consideration for selection in the Metropolitan East School Sport 13-19yrs T & F Team to compete at the QRSS 13-19yrs Track and Field State Championship.

Student's Name			
Date of Birth		Age Group	
School		Gender	
Parent/Carer Name			
Parent/Carer Mobile			
Parent/Carer email			

Select (✓) your desired event and complete the details.

NOTE: Results must be from a sanctioned Qld Athletics event held on or after 30 September 2024. Times must meet Met East / QSS qualifying standards (refer to table at bottom of page).

Select (✓)	Event	Name of Meet (must be sanctioned)	Date of Meet	Result (Distance)
	Hammer Throw			
	Pole Vault			

Attach verified results or the nomination form will not be accepted.

Successful nominations to be highlighted and displayed at the Metropolitan East School Sport Regional Track and Field Trials on Thursday 28 & Friday 29 August 2025.

EMAIL NOMINATION FORM + COPY OF VERIFIED RESULT + CERTIFICATE OF COMPETENCE (separate form) TO: rachel.graves@ged.qld.gov.au at the Metropolitan East School Sport Office
BY 4PM 15 August 2025.

The Activity consent and Certificate of Competence must be submitted with this nomination form. If the certificate of competence is not supplied, the nomination will not be considered.

Nomination must meet MESS / QRSS qualifying standards:

Event	13 Years	14 Years	15 Years	16 Years	17 Years	18-19 Years
Hammer - Boys	28.00 m 3kg	28.00 m 4kg	32.00 m 4kg	35.00 m 5kg	35.00 m 5kg	32.00 m 6kg
Pole Vault - Boys	2.30 m	2.30 m	2.30 m	2.70 m	2.70 m	3.00 m
Hammer – Girls	26.00m 3kg	27.00 m 3kg	28.00 m 3kg	30.00 m 3kg	32.00 m 3kg	27.00 m 4kg
Pole Vault - Girls	2.00 m	2.00 m	2.00 m	2.00 m	2.00 m	2.00 m