



NQ GAMES
IT'S OUR GAMES
Mackay 2026



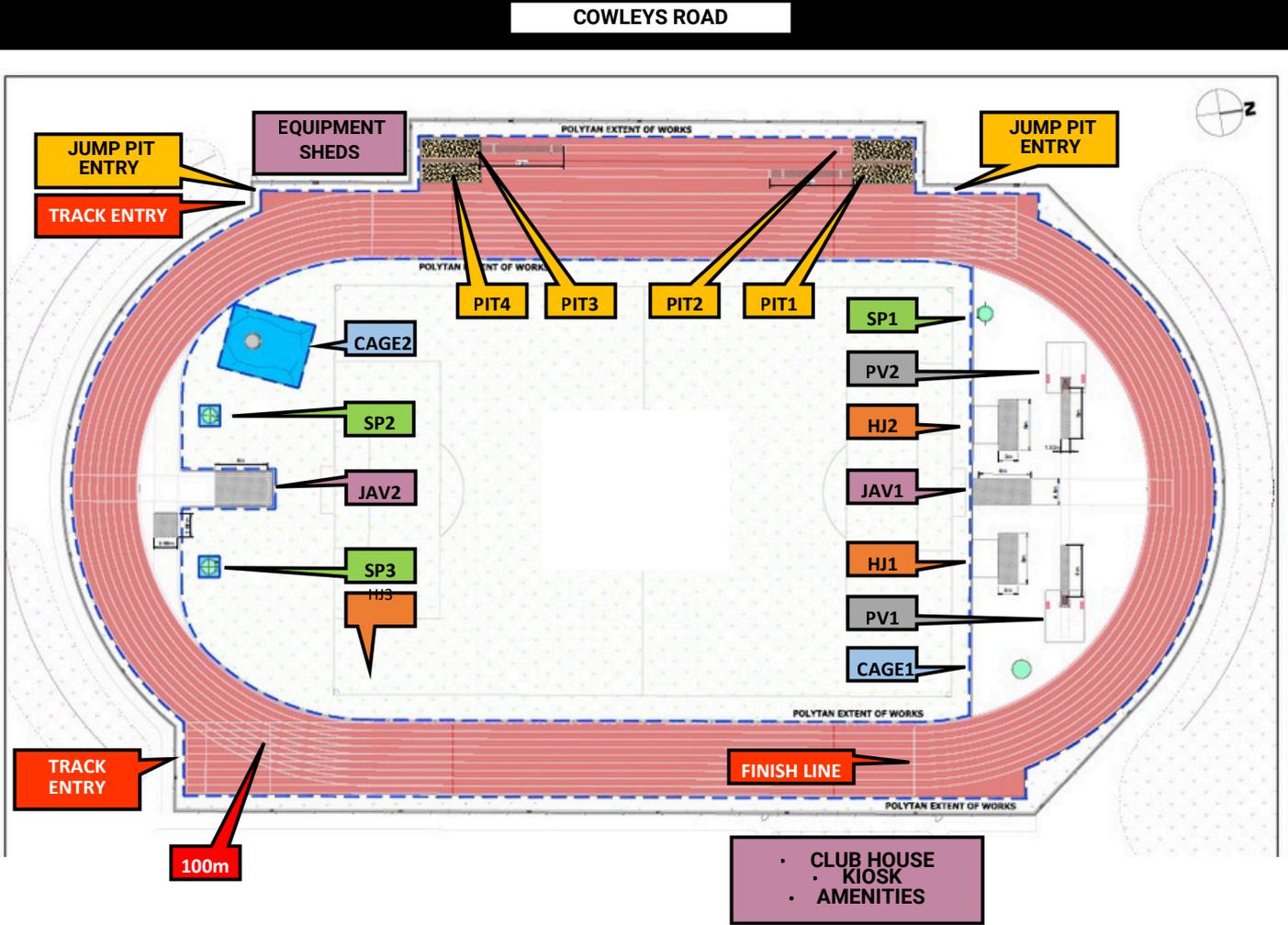
NORTH QUEENSLAND
SPORTS FOUNDATION.





PRESIDENTS WELCOME

Mackay Aquatic Centre Map





EVENT DATES

The NQ Games is for anyone – you don't need to be a member of an athletics club to participate.

Events will commence at 8am on Saturday 2nd of May 2026 and will finish approximately at 5.00pm. Events on Sunday 3rd May 2026. Starting at 8am and finishing approximately at 1.00pm.

RULES

The NQ Games will be conducted according to the rules of World Athletics, World Para Athletics, Australian Athletics, and Athletics North Queensland.

AGE RULING

Age is actual age in years as of 31st December 2026. Master's Athletes (athletes over the age of 30) will compete in their age based on the 1st day competition. Athletes 14yrs+ can register in their own age group and Opens only.



TECHNICAL INFORMATION CENTER

The Technical Information Centre (TIC) will be open from Friday afternoon at 2pm. The TIC is the building located behind the photo finish tent near the 100m finish line.

Medals

Medals will be presented at this event. Track medals will be given out at the finish line after the race and field medals will be given out at the field site.

4-9yrs will be given a participation medal and certificate at 3.30pm Saturday afternoon.

UNIFORMS

Athletes can wear any apparel/clothing they wish if it is not offensive or discriminatory in nature.

PARA ATHLETES

Para-Athletes that supply a classification, who are 10 years and older enter in their own age division.

SCRATCHINGS

If an athlete fails to scratch (remove themselves) from an event after confirmation or does not compete in all rounds of an event for which s/he has nominated for (doesn't include passing a round in a field event), s/he may not be permitted to compete further as outlined in World Athletics Rule TR4.4. This ruling will be applied to all athletes above the age of 10.

CALL ROOM

There will be NO call room for these games. Track events are to report directly to the start line of the race in progress, ie. 100m race to the start of the 100m, 200m race to the start of the 200m etc...

Athletes must report to their field event site no less than 20 minutes before the scheduled starting time for their FIELD event to advise their intention to compete.

Athletes are encouraged to be at the event site 30 minutes before the event start time for warm up. Failure to comply with this Rule may result in the athlete being scratched from that event.

PROGRESSIONS:

AGE	INDIVIDUAL FIELD EVENTS	HIGH JUMP	TRACK
4 – 9 Years	3 trials each	N/A	Timed Finals
10–17 Years, Masters	3 trials each with top 8 going into 1 extra round (4 in total)	Normal	Heats will be run where there are more than 8 athletes entered in each age group/gender for the 100m, 200m, 400m and short hurdles.
18 – 19 Years, Open	3 trials each with top 8 going into 3 extra round (6 in total)	Normal	Heats will be run where there are more than 8 athletes entered in each age group/gender for the 100m, 200m, 400m and short hurdles.

CROUCH STARTS AND BLOCKS

Athletes aged 14 to opens must crouch start in all events up to and including 400m. Starting blocks are optional and athletes use blocks provided by the competition. Athletes in the masters age categories have the choice of doing crouch starts, three point starts and standing starts.

PRIVATE IMPLEMENTS

Athletes who wish to include their own throwing implements in the equipment pool (private implements may be used by any athlete in the competition), must lodge them with the Technical Manager at the Technical Equipment Room, no later than three hours before the scheduled starting time of the event on the day of competition or on a previous day. The implements will be impounded until after the competition when athletes may collect them from the Technical Equipment Room. A list of implements on offer at these Championships can be viewed below.

SPIKES

Spikes may be worn by athletes 10 and up. Athletes aged 10 to 11 can only wear spikes in laned events. Athletes 12 plus can wear spikes in any event other than discus, hammer and shot put. Please refer to the chart and image below for more information.

EVENTS	MAXIMUM SPIKE SIZE	TYPE
Track Events	7mm	Christmas tree, inverted Christmas tree, Short/long Pyramid
Long & Triple Jumps	7mm	Christmas tree, inverted Christmas tree, Short/long Pyramid, Jump
High Jump & Javelin	9mm for heel	Christmas tree, inverted Christmas tree, Short/long Pyramid, jump



PROTESTS

Protests should be given verbally to the event referee within 30 minutes of the event being conducted. Appeals against the referee's decision should be lodged in writing, accompanied by the nominated sum of \$50, within 30 minutes of the decision being announced. Necessary paperwork may be obtained from the Technical Information Centre. If the appeal is unsuccessful the money is forfeited.

APPROVED SHOE LIST

Please [CLICK HERE](#) for the current list* of shoes deemed approved by World Athletics (listed under Manuals & Guidelines).

*Please note that World Athletics continually amend the Approved Shoe List as they complete their testing of shoes, therefore athletes should ensure they check this list on a regular basis.



HEAT ALLOCATION / LANE DRAW

Thirty (30) minutes before the scheduled starting time for an event, heat allocation and lane draws will be conducted for track events.

WARM UP

Athletes are permitted to warm up on the back straight. Please just be mindful of circular races that may be on at that time. There is no access to the field of play by spectators and coaches.

START RULE

World Athletics Rule TR16 will apply in full for all competitions conducted under the jurisdictions of ANQ, with the following dispensation: In the case of any competition (or part thereof) conducted exclusively for athletes competing in the under 14 age group and younger, Rules TR16, 16.6-7.2 and TR16, 16.8 shall be applied.

Athletes 14 to Open will compete under the No False Start rule.