



**2024**

**Information**

**Package**



# TOWNSVILLE NORTH STAR ATHLETICS CLUB

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# TOWNSVILLE NORTH STAR ATHLETICS CLUB

## 2024 Registration Information Package

Thank you for your enquiry regarding membership for the 2024 Townsville North Star Athletics Club track and field season.

### **About Townsville North Star Athletics Club (TNSAC) -**

Established in 1962, TNSAC is Townsville's premier track and field club. Our association is coordinated by a number of generous volunteers, mainly parents who donate their time to ensure the club continues to benefit the wider Townsville community.

TNSAC provides an affordable, community based active outlet and caters for individuals of all capabilities and ages from five years onwards. Our club is affiliated with Athletics North Queensland, which affords our members the eligibility to nominate for any Athletics Australia (AA) sanctioned events nation-wide.

TNSAC has a number of accredited coaches associated with the club who specialise in mentoring a variety of age groups and track and field events. Our weekly club competitions are conducted at the Townsville Sports Reserve affectionately known as the 'Red Track', which boasts state of the art track and field facilities. Over the years our club has produced a large quantity of noteworthy athletes that have competed and medalled at state, national, International competitions and the Olympics.

Whether you're looking to make new friends, enjoy an active lifestyle or compete at the next Olympic Games, Townsville North Star Athletics Club will have an event to suit you or your child.

### **About Athletics North Queensland (ANQ) –**

ANQ is Queensland Athletics' appointed agent in North Queensland. ANQ has over 3000 registered members and consists of almost forty separate track and field and road running clubs. These clubs stretch all over North Queensland from Rockhampton in the south, Longreach and Mount Isa in the west, and Cairns in the north. The ANQ office is located at Sports House, North Ward.



# TOWNSVILLE NORTH STAR ATHLETICS CLUB

## Parental Involvement

Athletics offers a great opportunity for all children to learn the basic motor skills, to keep fit and to socialise with others. For those who wish to progress further in the sport, the pathways are also there.

No other sport offers such a wide range of events to all ages and to all levels of competitors. This is also one downside on that it makes athletics the most labour intensive of ALL sports.

All weekly training and track and field events conducted at our weekly club competitions are subject to parental involvement. PARENTS/GUARDIANS NEED TO ASSIST WITH THE RUNNING OF EACH EVENT. If there are not enough parents present to officiate each event in a safe and timely manner, then the event will be cancelled.

## Club Uniform

All athletes must wear the TNSAC club uniform when competing at all club competitions and track and field carnivals. Uniforms can be purchased online or from the registration desk at each club competition. Online uniform purchases can be made by following link:

[www.revolutionise.com.au/townsvillenorthstar/shop/](http://www.revolutionise.com.au/townsvillenorthstar/shop/)

## Club Training

\$5 training fee per athlete, per session.

This is the fifth year in which TNSAC will be holding training sessions at the Townsville Sports Reserve (Red Track).

11 years - seniors will be on a Wednesday afternoon at 4:45pm – 5:45pm

7-10 year olds will be on a Wednesday afternoon at 4:45pm – 5:45pm

There will be no training at all on school or public holidays.

Cancellation of training due to rain will depend on how bad the rain is, and a decision will be made by 1pm on training days.



# TOWNSVILLE NORTH STAR ATHLETICS CLUB

## 2024 Membership Structure and Fees

Membership for the 2024 season runs from 1<sup>st</sup> April 2024 to 31<sup>st</sup> March 2025.

**FULL MEMBERSHIP:** The complete  
package 5yrs to 9yrs: \$250  
10yrs and above: \$275



Registration with Athletics North Queensland as a Townsville North Star member  
ANQ registration package.

Access to participate at all ANQ sanctioned Carnivals and Championships  
throughout the season.

(carnival and championship nomination costs not included)

Eligible to nominate for State and National Championships until 31<sup>st</sup> March 2025.

(qualifying standards must be met in order to nominate)

Unlimited access to weekly TNSAC competition nights.

Unlimited access to weekly TNSAC training sessions (\$\$ training session fee TBC)

Eligible to accumulate “competition points” which contribute to some end of season  
trophies.

Eligible to have weekly competition performances recognized for “Club Records”

Eligible to receive awards on Presentation Day (minimum 50% attendance at TNSAC  
club competitions required)

Invitation to attend end of season Presentation Day function FREE OF CHARGE.

### **FAMILY DISCOUNTS:**

Where 3 or more “immediate family” members take out full membership a \$50 discount will  
apply to the 3<sup>rd</sup> membership.

### **FAIRPLAY VOUCHERS:**

Fairplay vouchers are available for eligible children/young people aged 5 – 17 years. For more  
information please visit: [www.qld.gov.au/recreation/sports/funding/fairplay/apply](http://www.qld.gov.au/recreation/sports/funding/fairplay/apply)



# TOWNSVILLE NORTH STAR ATHLETICS CLUB

**TRIALS:** For the beginning athlete, school athlete or casual user

**(Maximum of 3 “trial” visits after which athletes are required to join as a full member to continue)**

**All age groups: Competition fee: \$10/competition**

(payable **BEFORE** you compete in that night’s competition)



Athletes will NOT be registered with Athletics North Queensland as a TNSAC member.

Ineligible to participate at ANQ sanctioned Carnivals and Championships during 2024.

Ineligible to participate at State and National Championships.

Access to a MAXIMUM of 3 weekly TNSAC competition nights at \$10 per competition.

No access to TNSAC training sessions.

Ineligible to accumulate “competition points” which contribute to end of season trophies.

Ineligible to have weekly competition performances recognized for “Club Records”

Ineligible to receive awards at the end of season Presentation Day.

No invitation to attend Presentation Day function.

## ***MEMBERSHIP UPGRADE:***

A trialling athlete may upgrade to full membership at any time by paying the total cost of the full membership.



# TOWNSVILLE NORTH STAR ATHLETICS CLUB

**For those athletes who have exceptional circumstances  
eg. Athletes who live out of Qld but wish to be TNSAC members to allow  
them to compete at higher levels of competition.**



Athletes who believe they qualify for this form of membership need to submit details of their circumstances to the TNSAC committee for individual assessment. Terms and conditions of “special” memberships will be set by the committee.

## **VISITORS:**

**Athletes from another Athletics Australia or Little Athletics affiliated club wishing to compete at a TNSAC competition night.**

**All age groups: Competition fee: \$10/competition** (payable before you compete in that night’s competition)

Access to unlimited weekly TNSAC competition nights at \$10 per competition.

No access to TNSAC training sessions.

Ineligible to accumulate “competition points” which contribute to end of season trophies.

Ineligible to have weekly competition performances recognized for “Club Records”

Ineligible to receive awards on Presentation Day.

No invitation to attend Presentation Day function.



# TOWNSVILLE NORTH STAR ATHLETICS CLUB

## Registration

Prior to registering all athletes must –

Pay any fees outstanding from previous seasons – registrations will not be accepted until outstanding fees are paid.

If you have signed up previously with Athletics North Queensland in the last 3 years, please include your ANQ registration number when renewing your registration.

If this is your first season at TNSAC **we need to sight your birth certificate**. Please present this when registering in person or when collecting your ANQ registration numbers. Alternatively, a copy can be emailed to [info@townsvillenorthstar.org.au](mailto:info@townsvillenorthstar.org.au)

Parents of Athletes under 16 must also complete a registration form for Insurance purposes.

## How to Register

Registration can be submitted in one of four ways –

Online through our website:

<https://client.revolutionise.com.au/townsvillenorthstar/site/edit/108153/>

In person at one of our 2024 Sign on Days – Saturday 2nd March and Sunday 3rd March from 10am to 12pm at the Townsville Sports Reserve.

In person at any of our club competition nights at the Registration office beside the Finish line.

### **RevSport Athlete Registration Instructions to Manage Fair play Vouchers From TNSAC website (instructions for members)**

“TNSAC” accepts Fair Play vouchers for the 2024 season. To use this voucher for membership, please register the athlete via the age group Fairplay voucher payment class using our online membership system below. This will ensure the membership can be updated to an athlete class. When attending your first club day, please hand in your voucher to the club's registrar at the start of the day.

Alternatively you can email your voucher to [info@townsvillenorthstar.org.au](mailto:info@townsvillenorthstar.org.au) prior to your first club day. An electronic invoice will be sent to your email for payment of the difference between the voucher of \$150.00 and the season membership fee.





# TOWNSVILLE NORTH STAR ATHLETICS CLUB

## Frequently Asked Questions

**Q. I couldn't make it to your Sign On Days. Can I register at any other time?**

A. Yes, you can sign up online through our website or at any of our club competitions.

**Q. How much does membership cost?**

A. Full membership costs \$250 for 9 years and under and \$275 for 10 years and over. We also accept "Fair Play Vouchers" to eligible children/young people.

[www.qld.gov.au/recreation/sports/funding/fairplay/apply](http://www.qld.gov.au/recreation/sports/funding/fairplay/apply)

**Q. How can I pay for membership?**

A. Cash and EFTPOS/credit card facilities are available.

**Q. Can I get a family discount?**

A. Where three or more "immediate family" members take out full membership, a \$50 discount will apply to the 3<sup>rd</sup> or more membership.

**Q. When and where are your club competition nights?**

A. Most Club competitions are held on Friday nights from 6:00pm along with a couple of Sunday twilight meets from 3pm at the Townsville Sports Reserve.

**Q. When does the season start?**

A. Our first club meet being Athlete and Parent Education Programs (APEP) which will be held on the 9th March 2024. Our official first club competition evening will be held on Friday 16th March 2024 from 6pm with a warm-up from 5:40pm.

**Q. What is the Athlete and Parent Education Program (APEP)?**

A. The Athlete and Parent Education Program is a pre-season club night which will run the same events as our club nights. This is an opportunity to educate parents and athletes of the basic rules and techniques, as well as the officiating procedures and safety procedures for athletes and parents. As a club run by volunteers, Parental involvement is essential for the timely and safe running of our competition nights.



# TOWNSVILLE NORTH STAR ATHLETICS CLUB

## **Q. When are your training days and how much does it cost?**

A. Training is provided by coaches accredited by Athletics Australia. Training is additional fee per athlete per session. Training sessions are held on Wednesday afternoons for 10 year old's – Seniors 4:45pm – 5:45pm and Wednesday afternoons for 7-9 year old's from 4:45pm – 5:45pm. Sessions are conducted at the Townsville Sports Reserve.

## **Q. How long does the season go for?**

A. Our season begins in March and extends to the end of September culminating in the ANQ North Queensland Championships held in September (middle weekend in the September school holidays)

## **Q. What extra costs are there?**

A. Club uniforms (compulsory) and appropriate running shoes. Membership entitles our athletes to be able to nominate to compete at many track and field carnivals however these incur additional nomination fees. Optional training for club members

## **Q. What does the club uniform consist of?**

A. TNSAC shirt or singlet or crop top and plain black shorts or plain black bike pants

**\*\*Please note the uniform is compulsory for 2024 to be eligible for club points\*\***

## **Q. How quickly can my child start athletics?**

A. Athletes must be a minimum of five years of age by the 31st of December 2024 to be eligible for membership this season. (DOB 2019 and older)

## **Q. Are there any older athletes in the club?**

A. Yes, while most of our members are youths, we do cater for mature/masters aged and professional athletes.

## **Q. What other events are held throughout the North Queensland track and field season?**

A. Athletics North Queensland assists in the running of many events throughout the year.



# TOWNSVILLE NORTH STAR ATHLETICS CLUB

Full details are available on the ANQ website under the events tab or the following link: [www.revolutionise.com.au/qldathletics/events/](http://www.revolutionise.com.au/qldathletics/events/)

## **Q. At what age can my child compete in spikes?**

A. 10yrs & 11yrs: laned track events, long jump, high jump  
12yrs: laned track events, all jumps, javelin  
13yrs and over: all events except discus and shot put

## **Q. What do I do while my child is competing?**

A. Parental involvement is essential for the timely and safe running of our competition nights. If there are not enough parents present with their children to run the events safely then an event may need to be cancelled.

## **Q. How do I qualify for an end of season trophy?**

A. Athletes must attend a minimum of 50% of club competition nights to be eligible and all outstanding fees must be paid in full.

## **Q. What do I do if I've left something at the Sports Reserve?**

A. Please see our volunteers at the registration desk on the following Friday night for collection of lost property.

## **Q. If I have a question or concern on a competition night whom should I speak to?**

A. Please approach a committee member who can be identified by their white or blue polo shirt.





# TOWNSVILLE NORTH STAR ATHLETICS CLUB

## North Star Calendar

<b>JAN</b> 20	<b>SUMMER SERIES MEET 1</b> Saturday 20th January 3pm – 8pm Townsville Sports Reserve	SUNSET MEET
<b>FEB</b> 4	<b>SUMMER SERIES MEET 2</b> Sunday 4th February 3pm – 8pm Townsville Sports Reserve	PERMIT MEET
<b>FEB</b> 17	<b>SUMMER SERIES MEET 3</b> Saturday 17th February 3pm – 8pm Townsville Sports Reserve	PERMIT MEET
<b>MARCH</b> 2-3	<b>TOWNSVILLE NORTH STAR SIGN ON DAYS</b> Saturday 2nd (10am-12pm) – Sunday 3rd March (Online only) Townsville Sports Reserve	CLUB- SIGN ON
<b>MARCH</b> 8	<b>ATHLETE &amp; PARENT EDUCATION PROGRAM</b> Friday 8th March 6pm Townsville Sports Reserve	APEP MEET
<b>MARCH</b> 14-17	<b>QUEENSLAND CHAMPIONSHIPS (U/14- OPEN)</b> Thursday 14th – Sunday 17th March Main Stadium, QSAC, Nathan	QLD STATE CHAMPS
<b>MARCH</b> 15	<b>TNSAC COMP 1</b> Friday 15th March 6pm Townsville Sports Reserve	CLUB MEET
<b>MARCH</b> 22-24	<b>LITTLE ATHLETICS McDONALD'S STATE CHAMPIONSHIPS</b> Friday 22nd – Sunday 24th March Main Stadium, QSAC, Nathan	LAQ CARNIVAL
<b>MARCH</b> 24	<b>TNSAC COMP 2</b> Sunday 24th March 4pm Townsville Sports Reserve	SUNDAY ALL-COMERS CLUB MEET

<b>APRIL</b> 11-14	<b>OPEN U20 AUSTRALIAN ATHLETICS CHAMPIONSHIPS</b> Thursday 11 <sup>th</sup> March – Sunday 14 <sup>th</sup> April Adelaide	AUSTRALIAN CHAMPS
<b>APRIL</b> 15-19	<b>JUNIOR U14-U18 AUSTRALIAN ATHLETICS CHAMPIONSHIPS</b> Monday 15 <sup>th</sup> April – Friday 19 <sup>th</sup> April Adelaide	AUSTRALIAN CHAMPS
<b>APRIL</b> 26	<b>TNSAC COMP 3</b> Friday 26 <sup>th</sup> April 6pm Townsville Sports Reserve	CLUB MEET
<b>MAY</b> 3-6	<b>NQ GAMES</b> Friday 3 <sup>rd</sup> – Monday 6 <sup>th</sup> May Cairns	CARNIVAL
<b>MAY</b> 10	<b>TNSAC COMP 4</b> Friday 10 <sup>th</sup> May 6pm Townsville Sports Reserve	CLUB MEET
<b>MAY</b> 17	<b>TNSAC COMP 5</b> Friday 17 <sup>th</sup> May 6pm Townsville Sports Reserve	CLUB MEET
<b>MAY</b> 24	<b>TNSAC COMP 6</b> Friday 24 <sup>th</sup> May 6pm Townsville Sports Reserve	CLUB MEET
<b>MAY</b> 25-26	<b>MACKAY TRACK AND FIELD CARNIVAL</b> Saturday 25 <sup>th</sup> – Sunday 26 <sup>th</sup> May Mackay Aquatic & Recreation Complex	CARNIVAL
<b>MAY</b> 31	<b>TNSAC COMP 7</b> Friday 31 <sup>st</sup> May 6pm Townsville Sports Reserve	CLUB MEET
<b>JUNE</b> 1-2	<b>LEVEL 2 COACHING COURSE</b> Saturday 1 <sup>st</sup> – Sunday 2 <sup>nd</sup> June Townsville Sports Reserve	ANQ COACHING EVENT
<b>JUNE</b> 1-2	<b>CAIRNS CORAL COAST TRACK &amp; FIELD CARNIVAL</b> Saturday 1 <sup>st</sup> – Sunday 2 <sup>nd</sup> June Barlow Park, Cairns	CARNIVAL
<b>JUNE</b> 4-8	<b>OCEANIA ATHLETICS CHAMPIONSHIPS</b> Tuesday 4 <sup>th</sup> – Saturday 8 <sup>th</sup> June Suva, Fiji	WORLD CHAMPIONSHIPS
<b>JUNE</b> 7	<b>TNS COMP 8</b> Friday 7 <sup>th</sup> June 6pm Townsville Sports Reserve	CLUB MEET

<b>JUNE</b> 14-16	<b>FESTIVAL OF ATHLETICS</b> Friday 14th – Sunday 15th June Townsville Sports Reserve	ANQ/CHAMPIONSHIP EVENT
<b>JUNE</b> 21	<b>TNS COMP 9</b> Friday 21st June 6pm Townsville Sports Reserve	CLUB MEET
<b>JUNE</b> 22-23	<b>LITTLE ATHLETICS NORTH QLD WINTER CARNIVAL</b> Saturday 22nd – Sunday 23rd June Townsville Sports Reserve	LAQ CARNIVAL
<b>JULY</b> 12	<b>TNS COMP 10</b> Friday 12th July 6pm Townsville Sports Reserve	CLUB MEET
<b>JULY</b> 21	<b>TNS COMP 11</b> <b>Sunday</b> 21st July 3pm Townsville Sports Reserve	SUNDAY CLUB MEET
<b>JULY</b> 26-11	<b>OLYMPIC GAMES</b> Friday 26th July- Sunday 11th August Paris, France	OLYMPICS
<b>AUGUST</b> 2	<b>TNS COMP 12</b> Friday 2nd August 6pm Townsville Sports Reserve	CLUB MEET
<b>AUGUST</b> 5-9	<b>PRIMARY INTERSCHOOL TRACK &amp; FIELD MEET</b> Monday 5 <sup>th</sup> - Friday 9 <sup>th</sup> August Townsville Sports Reserve	SCHOOL CARNIVAL
<b>AUGUST</b> 11	<b>TNS COMP 13</b> <b>Sunday</b> 11th August 3pm Townsville Sports Reserve	SUNDAY ALL-COMERS MEET
<b>AUGUST</b> 12-16	<b>SECONDARY INTERSCHOOL TRACK &amp; FIELD MEET</b> Monday 12 <sup>th</sup> - Friday 16 <sup>th</sup> August Townsville Sports Reserve	SCHOOL CARNIVAL
<b>AUGUST</b> 23	<b>TNS COMP 14</b> Friday 23rd August 6pm Townsville Sports Reserve	ALL-COMERS CLUB MEET
<b>AUGUST</b> 27-31	<b>WORLD ATHLETICS CHAMPIONSHIPS</b> Tuesday 27 <sup>th</sup> – Sunday 31 <sup>st</sup> August Lima, Peru	WORLD CHAMPS
<b>AUGUST</b> 27	<b>NQ PRIMARY TRACK &amp; FIELD MEET</b> Tuesday 27th August Townsville Sports Reserve	SCHOOL CARNIVAL

<b>AUGUST</b> 29	<b>NQ SECONDARY TRACK &amp; FIELD MEET</b> Thursday 29th August Townsville Sports Reserve	SCHOOL CARNIVAL
<b>AUGUST</b> 30	<b>TNS COMP 15</b> Friday 30th August 6pm Townsville Sports Reserve	CLUB MEET
<b>SEPT</b> 6	<b>TNS COMP 16</b> Friday 6th September 6pm Townsville Sports Reserve	CLUB MEET
<b>SEPT</b> 27-29	<b>NORTH QUEENSLAND TRACK &amp; FIELD CHAMPIONSHIPS</b> Friday 27th – Sunday 29th September Townsville Sports Reserve, Townsville	NQ CHAMPS
<b>OCT</b> 6	<b>TNS AGM &amp; PRESENTATION - TBC</b> Saturday 6th September 6pm Townsville Sports Reserve	
<b>OCT</b> 8-10	<b>QLD PRIMARY TRACK &amp; FIELD CHAMPIONSHIPS</b> Tuesday 8 <sup>th</sup> – Wednesday 10 <sup>th</sup> October Main Stadium QSAC, Nathan	QLD STATE CHAMPS
<b>OCT</b> 11-14	<b>QLD SECONDARY TRACK &amp; FIELD CHAMPIONSHIPS</b> Friday 11 <sup>th</sup> – Monday 14 <sup>th</sup> October Main Stadium QSAC, Nathan	QLD STATE CHAMPS
<b>NOV</b> 28-2	<b>SCHOOL SPORT NATIONAL CHAMPIONSHIPS 12Y and UNDER</b> Thursday 28 <sup>th</sup> November – Monday 2nd December Sydney Olympic Park Athletic Centre, New South Wales	NATIONAL CHAMPS



# TOWNSVILLE NORTH STAR ATHLETICS CLUB

## Further Resources

Athletics North Queensland (ANQ)

<http://athleticsnorthqld.org.au>



Queensland Athletics (QA)

<http://www.qldathletics.org.au>



Athletics Australia (AA)

<http://athletics.com.au>



### **CLUB VENUE**

Townsville Sports Reserve  
14 Warburton Street,  
North Ward  
TOWNSVILLE QLD 4810

### **CLUBHOUSE**

2A Rowland Street,  
North Ward  
TOWNSVILLE QLD 4810

### **CORRESPONDENCE**

Townsville North Star  
Athletics Club Inc  
PO Box 3194  
HERMIT PARK QLD 4812

### **CONTACT US**

PH: 0428 867 827  
E: [info@townsvillenorthstar.org.au](mailto:info@townsvillenorthstar.org.au)  
WEB: [www.townsvillenorthstar.org.a](http://www.townsvillenorthstar.org.a)

**Our committee and existing members look forward to  
welcoming you to our 2024 season!**