

**CENTRE MEMBER
NOMINATION FORM FOR LAQ COMPETITIONS:**

Centre: _____

This nomination form is for the use of Centre athletes and may be copied for nominating purposes for each of the following LAQ competitions by ticking the appropriate box. Regional Championship Nom.'s must be lodged through your Centre.

Regional Championships
 Nordic Sport
 Junior Carnival / Senior Pent

Medibank
 Senior Carnival / Junior Pent
Nom. fees:
\$10 per athlete for all competitions

McDonalds Winter Championships & U7 & U8 Carnival
 Spring Carnival

REFER TO CENTRE COMMITTEE FOR NOMINATIONS CLOSING DATES & MAXIMUM NUMBER OF ENTRIES		REGIONAL CHAMPIONSHIPS (U7 - U17's) (max 7 events - Winter; 5 events - Summer) Winter 7 & 8's Carnival & Winter Championships - U9 - U17's (max 7 events) & Spring Carnival ~ U7-U17's (max 5 events)											
		JUNIOR CARNIVAL (U7 - U10's)				SENIOR CARNIVAL (U11 - U17's)							
EVENTS		U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	
		Sprints	70										
100													
200													
Middle/ Distance	400												
	800												
	1500												
Walks	700												
	1100												
	1500												
	*3000												
Hurdles	60												
	80												
	90												
	100											*G	
	*110												
	200												
Long Jump													
High Jump													
Triple Jump													
Shot Put													
Discus													
Javelin													
<i>U15 - U17's</i> Winter C'ships / Regional Pent													
PENTATHLON (Jun or Sen)													

Please note that Events with an * are events only offered at the Winter Championships, Spring Carnival & Senior Carnival.

Surname _____ Contact ph/email: _____
 First Name _____ B/G U/ _____ DoB. _____ Rego No. _____ Fees \$ _____
 First Name _____ B/G U/ _____ DoB. _____ Rego No. _____ Fees \$ _____
 Parent / Guardian: (name) _____ Total Fees \$ _____

I am prepared to officiate at the _____
 (please nominate at least one event & details)

Nomination form can be mailed, faxed or emailed. Payment can be Cash, Cheque or Direct Deposit
 Little Athletics Queensland Direct Deposit: Bendigo Bank, BSB: 633 000
 Postal: PO Box 6037, Fairfield Gardens QLD 4103 Account No.: 1256 10782
 Fax: 07) 3255 9438 Account Name: Queensland Little Athletics
 Email: info@laq.org.au / k.lunt@laq.org.au