

NOMINATION FORM FOR LAQ COMPETITIONS:

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
Shaded boxes indicate events which ARE NOT available to that age group	Sprints 70											
	100											
	200											
	Middle/ 400											
	Distance 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												
U15 - U17's 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.
Little Athletics Queensland
Postal: PO Box 6037, Fairfield Gardens QLD 4103
Fax: 07) 3255 9438
Email: info@laq.org.au / k.lunt@laq.org.au

Payment can be Cash, Cheque or Direct Deposit
Direct Deposit: Bendigo Bank, BSB: 633 000
Account No.: 1256 10782
Account Name: Queensland Little Athletics