

# COLES WINTER CARNIVAL

Maximum of Seven (7) Events

Nomination fees: LAQ Registered U7 - U17 (incl. Heptathlete): \$20.00; Non LAQ Registered U7 - U17 (Incl. Heptathlete): \$25.00

Age groups calculated as at 31<sup>st</sup> December

Nomination fees will not be refunded

U7s	70m	100m	200m							LJ		Discus		Shot Put	
U8s	70m	100m	200m					60mH			LJ		Discus		Shot Put
U9s	70m	100m	200m	400m	800m		700mW	60mH		^ HJ	LJ		Discus		Shot Put
U10s	70m	100m	200m	400m	800m		1100mW	60mH		^ HJ	LJ		Discus		Shot Put
U11s		100m	200m	400m	800m	1500m	1100mW	80mH		HJ	LJ	TJ	Discus	Javelin	Shot Put
U12s		100m	200m	400m	800m	1500m	1500mW	80mH		HJ	LJ	TJ	Discus	Javelin	Shot Put
U13s		100m	200m	400m	800m	1500m	1500mW	80mH	200mH	HJ	LJ	TJ	Discus	Javelin	Shot Put
U14s		100m	200m	400m	800m	1500m	1500mW	80/90mH	200mH	HJ	LJ	TJ	Discus	Javelin	Shot Put
U15s		100m	200m	400m	800m	1500m	1500mW	90/100mH	300mH	HJ	LJ	TJ	Discus	Javelin	Shot Put
U16s		100m	200m	400m	800m	1500m	1500mW	90/100mH	300mH	HJ	LJ	TJ	Discus	Javelin	Shot Put
U17s		100m	200m	400m	800m	1500m	1500mW	100/110mH	300mH	HJ	LJ	TJ	Discus	Javelin	Shot Put
U15-U17 HEPT BOYS		100m			800m			100/110mH		HJ	LJ		Discus	Javelin	
U15-U17 HEPT GIRLS			200m		800m			90/100mH		HJ	LJ			Javelin	Shot Put
MULTI-CLASS U9-U10		100m	200m	400m	800m						*LJ		*Discus		Shot Put
MULTI-CLASS U11-U12		100m	200m	400m	800m						*LJ		*Discus	*Javelin	Shot Put
MULTI-CLASS U13-U14		100m	200m	400m	800m						*LJ		*Discus	*Javelin	Shot Put
MULTI-CLASS U15-U17		100m	200m	400m	800m						*LJ		*Discus	*Javelin	Shot Put
<i>Refer to the Multi-Class Handbook or Nomination Form for nomination restrictions &amp; requirements * Ambulant Only</i>															

^Scissors only

For High Jump at the Carnivals, athletes will only be allowed a total of four (4) failures before being excluded from further competition in that event. Each athlete shall have up to three attempts to clear a height. However, if an athlete misses three (3) consecutive attempts, they are also out of the competition. For more information refer to the Competition Handbook.

Registered and non-registered athletes must wear competition clothing that is in line with the LAQ SunSafe & Uniform Policy. Needle / pin spikes are prohibited on synthetic tracks at LAQ Competitions.

