## COLES SPRING CARNIVAL ~ EVENTS TABLE

Maximum of Five (5) Events

Nomination fees: LAQ Registered U7 - U17: \$20.00 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 |
| MULTI-CLASS U9-U10  |     | 100m | 200m | 400m | 800m |       |        |           |      | *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  | ТJ | Discus  | Javelin          | Shot Put |
| MULTI-CLASS U11-U12   |     | 100m | 200m | 400m | 800m |       |        |           |      | *LJ |    | *Discus | <b>*</b> Javelin | Shot Put |
| U13s  |     | 100m | 200m | 400m | 800m | 1500m | 1500mW | 80mH      | HJ   | LJ  | TJ | Discus  | Javelin          | Shot Put |
| U14s  |     | 100m | 200m | 400m | 800m | 1500m | 1500mW | 80/90mH   | HJ   | LJ  | ТJ | Discus  | Javelin          | Shot Put |
| MULTI-CLASS U13-U14   |     | 100m | 200m | 400m | 800m |       |        |           |      | *LJ |    | *Discus | <b>*</b> Javelin | Shot Put |
| U15s  |     | 100m | 200m | 400m | 800m | 1500m | 1500mW | 90/100mH  | HJ   | LJ  | TJ | Discus  | Javelin          | Shot Put |
| U16s  |     | 100m | 200m | 400m | 800m | 1500m | 1500mW | 90/100mH  | HJ   | LJ  | TJ | Discus  | Javelin          | Shot Put |
| U17s  |     | 100m | 200m | 400m | 800m | 1500m | 1500mW | 100/110mH | HJ   | LJ  | ТJ | Discus  | Javelin          | Shot Put |
| MULTI-CLASS U15-U17   |     | 100m | 200m | 400m | 800m |       |        |           |      | *LJ |    | *Discus | <b>*</b> Javelin | Shot Put |
| Refer to the Multi-Class Handbook or Nomination Form for nomination restrictions & requirements * Ambulant Only |     |      |      |      |      |       |        |           |      |     |    |         |                  |          |

**^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.

This competition is only open to registered Athletes. All athletes must wear the approved Centre Uniform and abide by the SunSafe, Uniform Policies, and Foot wear rules. Needle / pin spikes are prohibited on synthetic tracks at LAQ Competitions.

## **COLES SPRING CARNIVAL**

Centre Hard Copy - Nomination Collection Form - <u>Copy as Required</u>

Late nominations will NOT be accepted

Nomination fees: \$20.00 / athlete

| FULL NAME<br>please print & list in<br>age group order | Date Of Birth | Age<br>Group | Boy /<br>Girl | Rego No | 1<br>Event |      | 2 <sup>nd</sup><br>Event & BP |       | 3 <sup>rd</sup><br>Event & BP |      | 4 <sup>th</sup><br>Event & BP |      | 5 <sup>th</sup><br>Event & BP |  |
|--|---------------|--------------|---------------|---------|------------|------|-------------------------------|-------|-------------------------------|------|-------------------------------|------|-------------------------------|--|
| EG: Mary Smith   | 00/00/0000    | U10          | G             | 306     | LJ         | 2.86 | Discus                        | 13.50 | 100m                          | 17.2 | 60mH                          | 18.9 |                               |  |
|  |               |              |               |         |            |      |                               |       |                               |      |                               |      |                               |  |
|  |               |              |               |         |            |      |                               |       |                               |      |                               |      |                               |  |
|  |               |              |               |         |            |      |                               |       |                               |      |                               |      |                               |  |
|  |               |              |               |         |            |      |                               |       |                               |      |                               |      |                               |  |
|  |               |              |               |         |            |      |                               |       |                               |      |                               |      |                               |  |
|  |               |              |               |         |            |      |                               |       |                               |      |                               |      |                               |  |
|  |               |              |               |         |            |      |                               |       |                               |      |                               |      |                               |  |
|  |               |              |               |         |            |      |                               |       |                               |      |                               |      |                               |  |
|  |               |              |               |         |            |      |                               |       |                               |      |                               |      |                               |  |
|  |               |              |               |         |            |      |                               |       |                               |      |                               |      |                               |  |
|  |               |              |               |         |            |      |                               |       |                               |      |                               |      |                               |  |
|  |               |              |               |         |            |      |                               |       |                               |      |                               |      |                               |  |
|  |               |              |               |         |            |      |                               |       |                               |      |                               |      |                               |  |

MAXIMUM OF FIVE (5) EVENTS ATHLETE'S NOMINATIONS SHOULD INCLUDE THE BEST PERFORMANCE (BP)