

COLES SUMMER CARNIVAL ~ EVENTS TABLE

Maximum of Five (5) Events

Nomination fees: LAQ Registered U9 - U17: \$20.00
Nomination fees will not be refunded

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	TJ	Discus	Javelin	Shot Put
MULTI-CLASS U11-U12		100m	200m	400m	800m					*LJ		*Discus	*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	TJ	Discus	Javelin	Shot Put
MULTI-CLASS U13-U14		100m	200m	400m	800m					*LJ		*Discus	*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	TJ	Discus	Javelin	Shot Put
MULTI-CLASS U15-U17		100m	200m	400m	800m					*LJ		*Discus	*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 SUMMER CARNIVAL

Centre Hard Copy - Nomination Collection Form - Copy As Required

Late nominations will NOT be accepted
 Nomination fees: \$20.00 / athlete

CENTRE:.....

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

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