COLES WINTER CARNIVAL NOMINATION FORM
FOR NON LAQ REGISTERED ATHLETE(S)
Nominations must be received by close of nominations

Competition will be conducted according to Little Athletics Queensland Rules.
Please place an X in each box the athlete will compete in. Maximum seven (7) events for U7 – U17s

	Nomination fees: $25 per athlete / heptathlete											
EVENTS		**U7s**	**U8s**	**U9s**	**U10s**	**U11s**	**U12s**	**U13s**	**U14s**	**U15s**	**U16s**	**U17s**
Sprints	70					▓	▓	▓	▓	▓	▓	▓
	100											
	200											
Middle/	400	▓	▓									
Distance	800	▓	▓									
	1500	▓	▓	▓	▓							
Walks	700	▓	▓		▓	▓	▓	▓	▓	▓	▓	▓
	1100	▓	▓	▓		▓	▓	▓	▓	▓	▓	▓
	1500	▓	▓	▓	▓	▓						
Hurdles	60	▓				▓	▓	▓	▓	▓	▓	▓
	80	▓	▓	▓	▓				G	▓	▓	▓
	90	▓	▓	▓	▓	▓	▓	▓	B	G	G	▓
	100	▓	▓	▓	▓	▓	▓	▓	▓	B	B	G
	110	▓	▓	▓	▓	▓	▓	▓	▓	▓	▓	B
	200	▓	▓	▓	▓	▓	▓		▓	▓	▓	▓
	300	▓	▓	▓	▓	▓						
High Jump		▓	▓									
Long Jump												
Triple Jump		▓	▓	▓	▓							
Discus												
Javelin		▓	▓	▓	▓							
Shot Put												
Heptathlon		▓ *Boys: 100m, 800m, Sprint Hurdles, High Jump, Long Jump, Discus, Javelin* *Girls: 200m, 800m, Sprint Hurdles, High Jump, Long Jump, Javelin, Shot Put*										

Shaded boxes indicate events which ARE NOT available to that age group

Age groups calculated as at 31st December

Athletes' affiliation: _____ *QA/ANQ Club (if no affiliation leave blank)*

Surname _____   Contact ph/email: _____

First Name _____   B/G   Date of Birth _____   Rego No. _____

First Name _____   B/G   Date of Birth _____   Rego No. _____

First Name _____   B/G   Date of Birth _____   Rego No. _____

Parent/Guardian (*name*): _____   Total Fees $ _____

All participants including non-affiliated member of Little Athletics Queensland, will be covered by insurance for this event,
no additional fees required. Please read the Insurance Policy Information found on the LAQ Webpages.