



# 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
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										
	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											

Age groups calculated as at 31<sup>st</sup> 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 \$** \_\_\_\_\_

<p>Nomination form can be posted or emailed.                  Little Athletics Queensland                  Postal: PO Box 355, Sunnybank QLD 4109                  Email: k.lunt@laq.org.au / info@laq.org.au</p>	<p>Payment can be Cash, Cheque or Direct Deposit                  Direct Deposit: Bendigo Bank, BSB: 633 000                  Account No.: 1256 10782                  Account Name: Queensland Little Athletics                  Use "Your Surname" &amp; WC as the Reference</p>
<p>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.</p>	