

LAQ competition nominations must be submitted by the approved e-nomination platform unless indicated otherwise.

Coles Winter Carnival (WC)	Venue: TSR, Townsville	Competition Date: 24 <sup>th</sup> & 25 <sup>th</sup> June 2023 Nomination Fees: \$20.00 / Athlete or Heptathlete Entry Limits: Maximum seven (7) Events <a href="#">e-nomination</a> Closing date: Mon 12 <sup>th</sup> June, 9:00am
Coles Spring Carnival (SPRC)	Venue: Bundaberg	Competition Date: Saturday 23 <sup>rd</sup> September 2023 Nomination Fees: \$20.00 / Athlete Entry Limits: Maximum five (5) Events <a href="#">e-nomination</a> Closing date: Mon 11 <sup>th</sup> Sept, 9:00am
Coles Summer Carnival (SUMC)	Venue: SAF, Nathan	Competition Date: Saturday 28 <sup>th</sup> October 2023 Nomination Fees: \$20.00 / Athlete Entry Limits: Maximum five (5) Events <a href="#">e-nomination</a> Closing date: Mon 16 <sup>th</sup> Oct, 9:00am
McDonald's Combined Event Championships (CEC)	Venue: SAF, Nathan	Competition Date: 2 <sup>nd</sup> & 3 <sup>rd</sup> March 2024 Nomination Fees: \$20.00 / Athlete <a href="#">e-nomination</a> Closing date: Mon 19 <sup>th</sup> Feb, 9:00am

## REGIONAL & STATE CHAMPIONSHIP COMPETITIONS

McDonald's Regional Relays (RR)	Venue & Competition Date are determined by Regional Committee	Nomination fees: \$5.00 / athlete / event Entry Limits: Maximum five (5) Events <i>e-noms must be provided by 9:00am of the closing date</i>
McDonald's State Relays (SR)	Venue: SAF, Nathan	Competition Date: Saturday 2 <sup>nd</sup> December 2023 Nomination Fees: \$24.00/track team/event & \$12.00/field team/event <i>Summer Centre teams: region qualification; Central Coast, Winter Centre Teams &amp; MC Teams: direct nomination.</i> Closing Date: Monday 20 <sup>th</sup> November, 9:00am
Nordic Sport Winter Regional Championships (RC)	Venue & Competition Date are determined by Regional Committee	Nomination Fees: \$20.00 / Athlete Entry Limits: U7 & U8's: Maximum five (5) Events U9 - U17's: Maximum seven (7) Events <i>e-noms must be provided by 9:00am of the closing date</i>
Nordic Sport Summer Regional Championships (RC)	Venue & Competition Date are determined by Regional Committee	Nomination Fees: \$20.00 / Athlete Entry Limits: Maximum five (5) Events <i>e-noms must be provided by 9:00am of the closing date</i>
McDonald's State Championships (SC)	Venue: QSAC, Nathan	Competition Date: 22 <sup>nd</sup> - 24 <sup>th</sup> March 2024 Nomination Fees: \$6.00 / event <a href="#">Nomination through Regional qualification only.</a> Closing Date: Monday 4 <sup>th</sup> March, 9:00am

**e-nomination:** Online nominations via Family ResultsHQ portal. As a self-nomination process, an external system generated tax invoice/receipts are issued once payment\* has been made.  
Online nominations via Centre ResultsHQ portal. A tax invoice/receipts are issued once payment\* has been received.  
Please ensure all event nominations are paid by the due date.  
\*payment method must be either Credit Card or PayPal.

**Closing Date:** Defined as no later than 9:00am on the designated closing date.  
Late nominations are NOT accepted for LAQ Carnival, Region or State competitions after the set date for close of nominations.  
All Fees quoted include GST