

We look forward to welcoming you to the 2023 Coles Spring Carnival. The following information is provided for athletes, parents and Team Managers and we encourage you to read it prior to attending the competition.

General Information for All

- The Final Event Order, an e-copy of the Program Booklet and further information can be found on the LAQ Coles Spring Carnival web-calendar page or by clicking [here](#).
- Program booklets will not be sold at this event.
- Online results will be available throughout the competition. A link can be found on the LAQ Competition Results page or by using the QR code below and displayed around the arena. Users must remember to refresh the web browser when viewing the results multiple times.
- LAQ will also be trialling a new app (Track Meet Manager) with live real-time results. It is a subscription-based application but can be used to view any LAQ conducted competition results. The links below can be used for more information and downloading (fees apply). Please note that this system is still in trial phase and LAQ will not make any guarantee as to the immediacy of results.



- To ensure the events run to time, it is important that parents and guardians come forward to assist at the events when called. We thank you in advance for your assistance.
- The Admin and Recording team will be located at the end of the building adjacent the canteen, should you have any urgent issues.
- West Bundaberg LAC will be operating a canteen, accepting cash and EFTPOS payments.
- There is no dedicated area for warm up and practice, please speak with an official if you wish to use an event area.
- For U9 – U17 athletes, track event place getter medals can be collected from inside the arena near the finish line once results have been confirmed, field event medals will be presented at the relevant event.
- U7 & U8 athletes will receive participation medals. Presentations will be made at approximately 2:30pm for U7s and 3:45pm for U8s. Listen for the announcement calling for athletes to gather on the arena.
- Gift Race: U9 – U17 athletes that place first overall in their age group in the 100m, have an opportunity to participate in the 100m Gift race. Each participating athlete starts from an adjusted start line based on their 100m race time, the fastest athlete in the race starts from the start line. 1st – 3rd placed athletes will be awarded a Gift Race trophy.
- If you are bringing your own tent, make sure you only use small tent pegs and or sufficient weights.
- Events at this Carnival will only be postponed or cancelled due to extreme weather conditions. Decisions will be made on the day of competition. Any updates will be posted on the LAQ website and Facebook page.

Information for Team Managers

- Each Centre must ensure that a Team Manager is available at the arena while Centre athletes are competing. In the absence of a Team Manager, parents are asked to provide such details as required.
 - Team Managers are responsible for reporting errors and withdrawals to the Admin Block located opposite the finish line at the Coles end of the arena.
 - The role of Team Manager can be shared amongst any number of Centre appointed members.

Information for Athletes & Parents

- When athletes arrive at the venue, there is no need to mark their name off with LAQ. Please find your Centre's Team Manager and advise them of your arrival.
- There will only be one call (announcement) per event or event block.
- As program times may be brought forward up to 30 minutes, we recommend athletes arrive at the grounds at least 60 minutes prior to the program time.
- Athletes must present to the Call Room (marshalling area) for all track events. The Call Room is located at the start of the 100m under the Nordic Sport (orange) tents. For field events, athletes present directly to their event site.
 - It is very important that athletes marshal as soon as a call is made. However, if an athlete is competing in events that may clash, the event Chief and Call Room officials must be advised by the athlete, Team Manager, or parent so the officials can manage and escort the athletes to the event at the appropriate time.
 - Parents and coaches are not to enter the Call Room unless advising the Call Room Chief of a withdrawal or clash.
- When presenting to the Call Room or field of play, all athletes must be wearing the correct Centre uniform in accordance with the LAQ Uniform Policy. The uniform must be worn in compliance with the items design, e.g., not rolled up or down.

Refer to the LAQ Uniform and SunSafe Policies for further information.

- Spike Rules: Needle spikes are not permitted. The only style of spikes permitted on the BRAF synthetic track and field event areas are Christmas Tree and Pyramid style.
 - At track and Long / Triple Jump events: spikes must not exceed 7mm
 - At High Jump and Javelin events: spikes must not exceed 9mm.

Refer to page 7 of the Competition Rules and Regulations Handbook for spike allowances for the U11 – U17 age groups.

- Athletes U13 - 17 age groups wishing to use their own throwing implements must check-in equipment at least 1 hour prior to the event start time. Equipment can be checked in with the Technical Officials at the equipment shed at the Coles end of the track.

Event Order



Online Results



