

Little Athletics Queensland is excited to announce its guidelines for the 2024 Coles Australian Little Athletics Championships to be held in Adelaide.

THE TEAM

The Team will comprise of up to 150 athletes in the U13, U14 and U15 age groups. LAQ will be offering a full team experience for selected athletes in 2024. This means all athletes and managers will travel and accommodate together for the duration of the trip, which will take place from Friday 26th – Monday 29th April 2024. No athlete will be allowed to travel and stay with a parent, unless necessary for Multi Class athletes. There will be no exceptions to this.

The breakdown for each age group is as follows:

Individual Events

U13: 32 able bodied (16 per gender) and up to 2 Multi Class athletes – the same as previous years

U14 & U15: Up to 56 able bodied (28 per gender) and up to 2 Multi Class athletes per age group

Combined Events

U15: Only **1 athlete per gender** for the Combined Event competition. U15 athletes cannot compete in both the individual and combined event competitions, they can only compete in one. This is a significant change from previous years.

ELIGIBILITY

Athletes must satisfy the following criteria in the year of selection.

U13, U14 and U15 athletes competing in individual events must attend their respective Regional Championships and have attended at least four of their Little Athletics actual Centre competition days prior to these Regional Championships. They must also attend and compete at the LAQ State Championships.

U15 Combined Event athletes must have attended at least four of their Little Athletic actual Centre competition days prior to the Regional Championships. They must attend and compete in the Heptathlon event at either the LAQ Winter Carnival or LAQ Combined Event Championships.

There will be no selections based on medical or compassionate grounds. Athletes that do not meet all eligibility criteria will not be considered for selection.

SELECTION

For U13, U14 and U15 athletes competing in individual events selection will take place based on results from the **2024 LAQ State Championships**, which will be held in Brisbane on the 22nd – 24th March. Athletes **MUST** attend these Championships if they wish to be considered for selection in individual events.

For U15 Combined Event athletes, selection will take place based on results from the 2024 LAQ Combined Event Championships or 2023 LAQ Winter Carnival.

The team will be selected, principally, on their performances at the 2024 LAQ State Championships (for individual events) and the LAQ Winter Carnival or Combined Event Championships (for U15 Combined Event). Then, and only if necessary, performances at other recently held LAQ sanctioned events will be taken into consideration in the final selection process.

Generally, the U13 athletes will not be selected for one event only, therefore, should endeavour to qualify in the maximum number of events at Regional Championships to increase their opportunity of selection in the State Team.

Individual Events

U13: Athletes are selected on the collective ability of the team to score as many points as possible. Placing in events at the LAQ State Championships does not guarantee selection in the U13 team. This is the same as previous years.

U14 & U15: Athletes who finish in the top 3 at the LAQ State Championships are eligible for selection, with priority of selection given to the top 2 placed athletes.

With all age groups, a maximum of 2 athletes per event will be selected for individual events.

Combined Events

U15: Athletes who finish in the top 3 at the LAQ Combined Event Championships or LAQ Winter Carnival will be eligible for selection, with priority of selection given to the 1st placed athlete with the highest overall point score.

Multi Class athletes must also compete at the 2024 LAQ State Championships and are required to meet a competition standard at these Championships to be considered for selection, which is the McDonald's achievement award blue level.

EVENTS

For a full list of events, please click [here](#).

COSTS

The cost for athletes to be part of the 2024 LAQ State Team will be approximately \$1,700. This covers their flights, accommodation, ground transport, meals, uniforms and team camp costs.

We will continue to update our members as more information becomes available.

Please contact Shannon Kruger in the LAQ Office on 3892 9400 if you have any questions.