

We look forward to welcoming you to the 2023 Coles Summer Carnival and suggest that the following information provided for athletes, parents and Team Managers is read prior to attending the competition.

Important Event Specific Information

This event has received an overwhelming number of entries. To reduce the amount of time athletes are required at an event, many field events including most horizontal and vertical jumps events will be split into two pools, with most of them running concurrently. For the following five (5) events however, pools will be run consecutively, with Pool 2 to commence at the immediate conclusion of Pool 1:

- U9 Boys Discus
- U10 Girls Discus
- U11 Girls Discus
- U11 Boys Discus

Athletes are reminded to carefully check their pool allocation (listed at the end of this document) and ensure they marshal at the event at the required time for their pool. To ensure a smoothly run event, we are unable to accommodate any requests for swapping between pools.

For all events, medals will be awarded only for the best three performances overall, not for each individual pool. Medals can be collected from the medal collection area at the conclusion of both pools once all results have been processed.

The following events will be conducted on the QSAC arena (main stadium) under normal competition standards:

- U9 – U17 Boys & Girls (including Multi-Class) 800m
- U11 & U12 Boys & Girls Javelin
- U14 Boys Triple Jump

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.
- Athletes must present to a Call Room (marshalling area) for all track events. The main Call Room is located at the 100m start end of the arena 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 or Team Manager so the officials can manage and escort the athletes to the event at the appropriate time.
 - Parents or coaches are not to enter the Call Room unless advising the Call Room Chief of a withdrawal.
 - The Call Room for the 1500m, 1500m Walks and the back straight 100m events is located on the grassed area at the 1500m start line – athletes in these events are to marshal at this location.
- There will be no calls (announcements) prior to 8:00am – athletes in track or field events scheduled for 7:30am – 8:10am starts are to report directly to the event before the start time.
 - The first of the Race Walking events at 7:30am will not be called (announced) due to Council noise restrictions.
 - Some of the Race Walking events have been combined. Athletes must report to the secondary Call Room at the 1500m start line as soon as they arrive, U13 B&G and U14G, and the U12 B&G (by 7:00am) and the U10 B&G and U11 B&G (by 7:30am).
 - Athletes competing in the 800m are to marshal in the Call Room in the QSAC stadium. Athletes competing in the U11 & U12 Boys and Girls Javelin, and the U14 Boys Triple Jump field events, are to present directly to their event site in the QSAC main stadium.

- ✓ Athletes should be escorted to the main arena by parents or a Team Manager. Parents are welcome to watch the events from the seats near each event, leaving the area clear of all rubbish.
- There will only be one call (announcement) per event or event block from 8:00am.
- 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.
- 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 Policy for further information.
- Spike Rules: Needle spikes are not permitted. The only style of spikes permitted on the SAF 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.
- 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.
 - Protests are not taken at this 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 Summer Carnival web-calendar page. *Program booklets will not be sold at this event.*
- We have nearly 1300 athletes nominated to compete. Please allow plenty of time to find a car park and to enter the arena.
- We are aiming to have online results 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.
- 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 in whit demountable opposite the canteen, should you have any urgent issues.

- 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.



- There will be a canteen operating for food and beverages, 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.
- 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.

Results Page

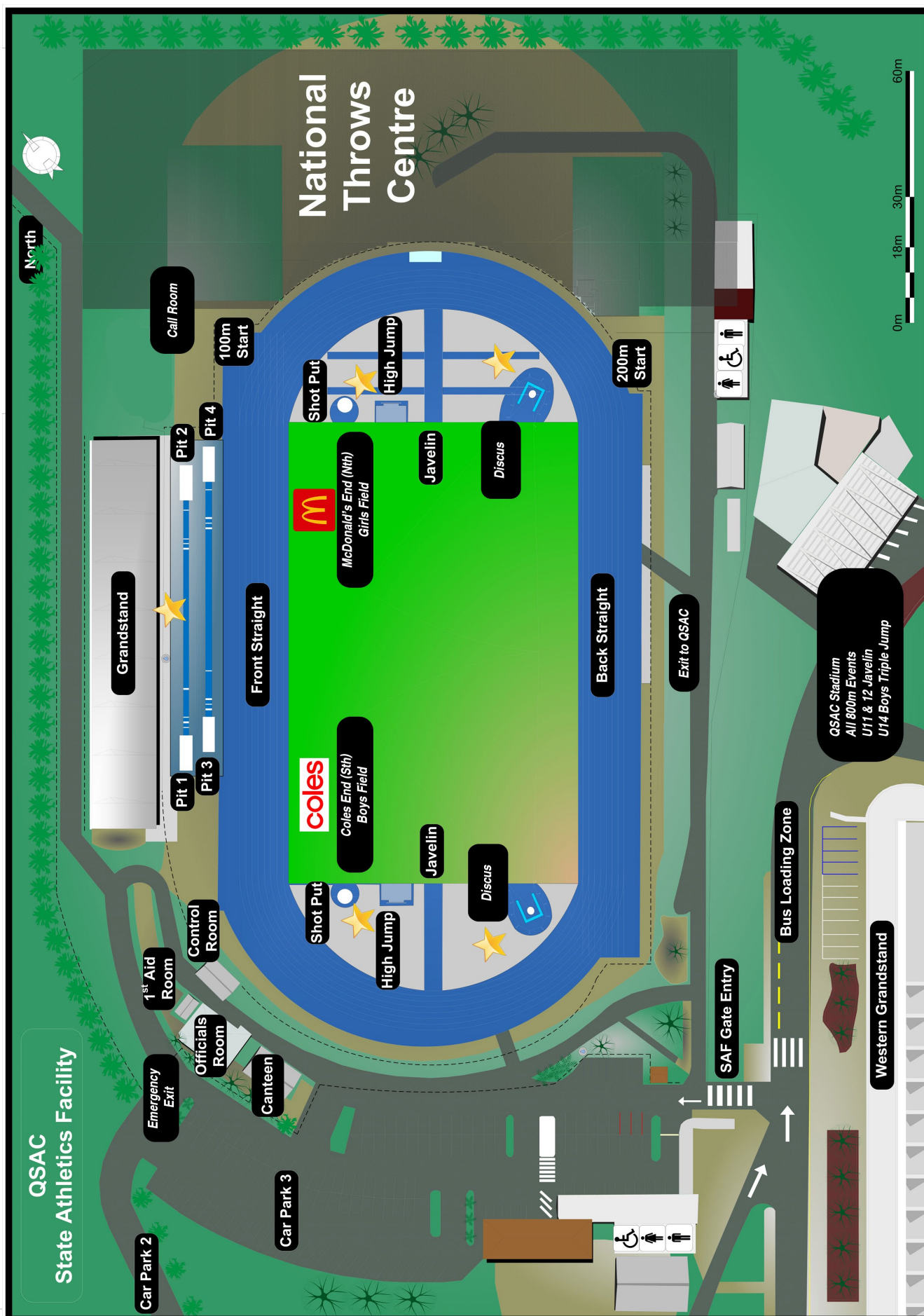


Uniform Policy



Event Calendar/Information





The following pages details athletes' allocations to event pools:

Event 69 Girls U/ 11 Discus 500g

9:45am Pool 1 of 2 Finals

1	Carmody, Eden	Bracken Ridge
2	Allan, Payton	Springwood
3	Fernando, Sophie	Springwood
4	Cox, Ciara	Springwood
5	Brooks, Lily	The Gap
6	McAuley, Sophie	The Gap
7	Brittain, Tessa	The Gap
8	Merchant, Kiarna	Redlands
9	Toohey, Ava	City North
10	Dunlop, Brighton	City North
11	Pool, Imogen	Kenmore
12	Jones, Lauren	Kenmore
13	Bozhoff, Piper	Ipswich
14	Pratt, Peyton	Ipswich
15	Beattie, Nina	Mt Gravatt
16	Weir, Zyaire	Runaway Bay
17	Benedict, Caitlin	Runaway Bay
18	Kaur, Sifti	Souths

10:20am Pool 2 of 2 Finals

1	Rule, Shymika	Rosewood
2	Seeto, Emma	Wynnum Manly
3	O'Connor, Payge	Deception Bay
4	Weber, Sophie	Caloundra
5	Tickle, Bayleigh	Caloundra
6	Best, Lorin	Maryborough
7	Carrigan, Emily	Toowoomba
8	Cole, Tessa	Upper Lockyer
9	Urquhart, Milly	Arana
10	Rackley, Hannah	Arana
11	Cooper, Sarah	Browns Plains
12	Banaszek, Piper	Highfields & District
13	Thierjung, Cate	Tweed
14	Moore, Ebony	Tweed
15	Kandangomuwe, Sanela	Toowong Harriers
16	Anderson, Sarah	Toowong Harriers
17	Bowden, Sienna	Jimboomba
18	Henderson, Zoe	Algester

Event 70 Boys U/ 11 Discus 500g

9:45am Pool 1 of 2 Finals

1	Middleton, William	Tweed
2	Donath-Fredericks, Stone	Tweed
3	Vaughan, Dafydd	Toowong Harriers
4	Sargent, Mack	Toowong Harriers
5	Tveit, William	Toowong Harriers
6	Clare, Sidney	Toowong Harriers
7	Groom, Harrison	Toowong Harriers
8	Tilley, George	Deception Bay
9	Hill, Oliver	Deception Bay
10	Elisaia, Muanu	Ipswich
11	Leadbetter, Darcy	Ipswich
12	Rotbauer, Heath	Ipswich
13	Lee, Caleb	Sunnybank
14	Wong, Ayden	Sunnybank
15	Burge, Leopold (Leo)	Balmoral
16	Talbot, Dominic	Toowoomba
17	Haggarty, Joseph	Toowoomba
18	Wease, Archie	Wamuran
19	Durre, Max	Runaway Bay
20	Schyff, Kynan	Runaway Bay
21	Cross, Oliver	Runaway Bay
22	Rainbow, Tyler	Mt Gravatt

10:30am Pool 2 of 2 Finals

1	Rigby, Jacob	Wynnum Manly
2	Aumua, Brandon	Wynnum Manly
3	Astill, Ethan	Wynnum Manly
4	Ealson, Oliver	Wynnum Manly
5	Uhlmann, Harrison	Wynnum Manly
6	Sa'u, Justus	Wynnum Manly
7	Baker, Ethan	Browns Plains
8	Sempf, Dawson	Ormeau
9	Agbi, Samuel	Ormeau
10	Denning, Hayden	Gympie
11	Kruger, Hayden	Highfields & District
12	Brandon, Bailey	Bracken Ridge
13	Bennett, William	Warwick
14	HAIGH, Joshua	Redlands
15	Smith, William Kiu Pelham	Arana
16	Moncur, Jacob	Gold Coast
17	Alexander-Powell, Charlie	Gold Coast
18	Alexander-Powell, Smith	Gold Coast
19	Hornbuckle, Kody	Laidley
20	Jordan, Riley	Jimboomba
21	Kwan, Marcus	City North
22	Mathews, Connor	Springwood

Event 212 Boys U/ 9 Discus 500g

3:05pm Pool 1 of 2 Finals

1	Geagea, Conor	Toowong Harriers
2	Burrage, Sebi	Toowong Harriers
3	Marchant, Austin	Algester
4	Abraham, Spencer	West Bundaberg
5	Harvey, Edward	Granite Belt
6	Conway, Declan	Caboolture
7	Faulkner, Matawaiaorangi	Wynnum Manly
8	Rigby, Oscar	Wynnum Manly
9	Miller, Angus Reid	Caloundra
10	Ryan, Cade	Balmoral
11	Cameron, Harry	Balmoral
12	Scott, Jonathan	Balmoral
13	Tairea, Jersey	Balmoral
14	Tukuafu, Viliami	Ipswich
15	Elisaia, Moana	Ipswich
16	Heath, Daniel	Ashmore
17	Cosgrave, Joshua	Ashmore
18	Urena Moline, Aleix	Glasshouse District
19	Knapp, Benji	Tweed

3:35pm Pool 2 of 2 Finals

1	Nia Nia, Mason	Mt Gravatt
2	Gajda, Leonardo	Mt Gravatt
3	Hills, Joshua	Mt Gravatt
4	Trent, Benjamin	Deception Bay
5	Duncan, Jacob	Deception Bay
6	Slade-Su'ema, Jairus	Bracken Ridge
7	Swadling, Jacob	Bracken Ridge
8	Jatheeshan, Dharun	Centenary
9	Marley, Brock	Springwood
10	Cherry, Ethan	Springwood
11	Malouf, Kye	Springwood
12	Allan, Roman	Springwood
13	Dunlop, Charlton	City North
14	Toohey, James	City North
15	Martin, Kash	City North
16	Richmond, RJ	Browns Plains
17	Whittle, Jameson	Browns Plains
18	Duncan, Hamish	Maroochy

Event 259 Girls U/ 10 Discus 500g

4:15pm Pool 1 of 2 Finals

1	Roberts, Amelia	Mt Gravatt
2	Shand, Preeya	Centenary
3	Devereux, Nadia	Centenary
4	Josipovic, Nina	Souths
5	Josipovic, Clara	Souths
6	South, Tahlia	Runaway Bay
7	Blackburn, Izzy	Runaway Bay
8	Hatfield, Ruby	Runaway Bay
9	Fox, Sophia	Caloundra
10	Plummer, Chernaya	Caloundra
11	Wert, Willow	Springwood
12	Elliott, Matilda	Gold Coast
13	Duhig, Amelia	Gold Coast
14	Ryan, Tara	Toowong Harriers
15	Gower, Chloe	Toowong Harriers
16	Wert, Indieharna	Springwood
17	Vuniwaqa, Naomi	Deception Bay
18	Jackson, Grace	Glasshouse District

4:50pm Pool 2 of 2 Finals

1	Prowse, Mila	Redlands
2	Nelisi, Willow	Redlands
3	Houwen, Ivy	Redlands
4	Richardson, Violet	Toowoomba
5	Fenn, Porscha	Toowoomba
6	Broksch, Eden	Toowoomba
7	Goodsir, Arabella	Ipswich
8	Roney, Adara	Ipswich
9	Grinter, Saige	Bracken Ridge
10	Rene, Arlena	Wynnum Manly
11	Rackley, Grace	Arana
12	Hughes, Saskia	The Gap
13	Bathie, Zaelia	Tweed
14	Williams, Freya	Tweed
15	Powell, Harper	Tweed
16	Zietek, Elliot	Wynnum Manly
17	O'Sullivan, Xaliyah	Jimboomba
18	Brady, Piper	Aspley