

LAQ Member Nomination Guide

To nominate for the HART Winter Regional Championships, please use the nomination link <https://laq.sport80.com/public/widget/8> and select your correct Region.

To check your Centre's Region please click here [Centres-by-Regions-WINTER.pdf](#)

To get started with the nomination process, please enter your email address and follow the instructions to enter your password if prompted to do so.

The screenshot shows a web browser displaying the registration page for the HART Central North Regional Championships. The page features a background image of a runner. Overlaid on the image are three white boxes. The top box contains the event title and dates. The middle box lists the location and registration dates. The bottom box provides information about the platform's relevance. To the right, a 'Get Started' box prompts the user to enter their email address.

HART Central North Regional Championships

13th September 2025 to 14th September 2025

North Rockhampton High School, Dean Street, Rockhampton, Queensland, 4700

Registrations open 25th July 2025 11:59 PM (AEST)

Registrations close 1st September 2025 11:59 PM (AEST)

This platform is only relevant for registered members of Centres within the Central North Region: Agnes Water, Bargarra, Biloela, Gin Gin, Gracemere, Moura, Nth Rockhampton.

Get Started

Enter your email address below. This will help us find your account or direct you through the process.

Email Address *

Field is required

Continue

Select the profile of the child that you are nominating for the HART Winter Regional Championships. **ONLY THIS SEASON REGISTERED ATHLETES ARE ELIGIBLE**

The screenshot shows the 'Select Profile' screen within the nomination system. At the top right is a 'Home' button. The main content area has a search bar and a list of profiles. The profile for 'Seth Teal' is selected, showing his name, gender, and membership number. Below the list is an 'Add New Profile' button and a 'Back' button.

Select Profile

Pick from your profiles OR add a new profile.

Search

PROFILES

	Membership Number	
Seth Teal Male	53064	Select

Add New Profile

Back

Select the nomination/entry fee and choose the events the athlete will be participating in. Choose up to a maximum of 7 events. Once completed, please select next.

NB. Events proceeding with MC are for Multi-Class athletes (athletes with disabilities) with classification only.

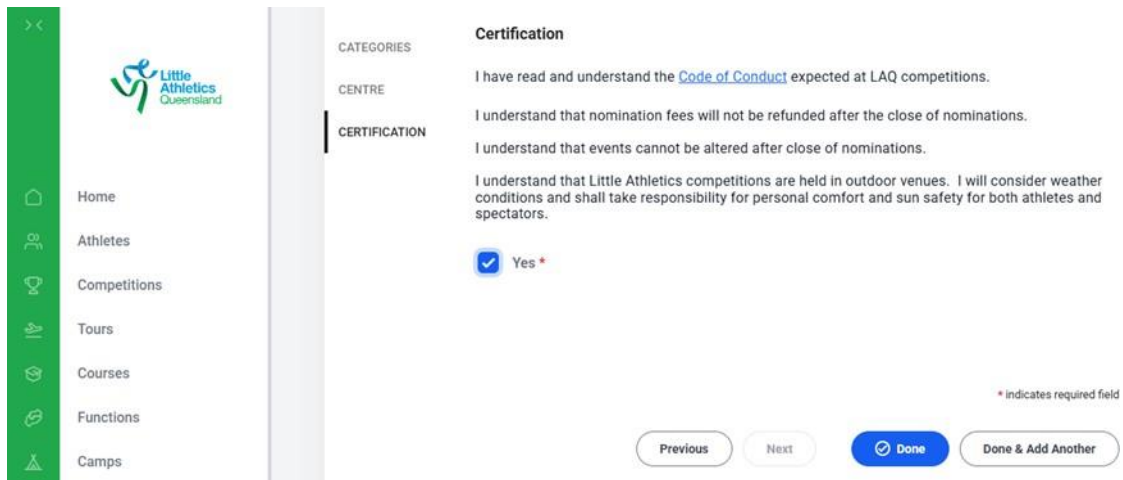
The screenshot shows the 'Categories' section of the nomination form. On the left is a green sidebar with the 'Little Athletics Queensland' logo and a menu: Home, Athletes, Competitions, Tours, Courses, Functions, Camps, and Purchase History. The main content area has a 'CATEGORIES' header and a 'CENTRE' dropdown menu. Below this, there are sections for 'Nomination Fee *' (with an 'Entry Fee' checkbox and a fee of '\$22.50') and 'Event List *'. The 'Event List' contains a grid of checkboxes for various events, including MC 100 Metres U15 to U17 Girls, MC 200 Metres U15 to U17 Girls, MC 400 Metres U15 to U17 Girls, MC 800 Metres U15 to U17 Girls, MC Discus U15 to U17 Girls, MC Javelin U15 to U17 Girls, MC Long Jump U15 to U17 Girls, MC Shot Put U15 to U17 Girls, 100 Metres U17 Girls, 100m Hurdle U17 Girls, 1500 Metres U17 Girls, 1500m Race Walk U17 Girls, 200 Metres U17 Girls, 300m Hurdle U17 Girls, 400 Metres U17 Girls, 800 Metres U17 Girls, Discus U17 Girls, High Jump U17 Girls, Javelin U17 Girls, Long Jump U17 Girls, Shot Put U17 Girls, and Triple Jump U17 Girls.

Select your Centre from the drop-down menu and select next. If you have another athlete to nominate, please select 'Done & Add Athlete' at the bottom of the page.

NB. If a Centre name has not appeared in the drop down selection, your athlete is not registered for the current season and therefore cannot nominate for this event.

The screenshot shows the 'Centre' selection step of the nomination form. The sidebar is the same as in the previous screenshot. The main content area has a 'CENTRE' dropdown menu. Below this, there is a section for 'Centre' with a text box for 'Select Centre' and a list of available centres: 'Unaffiliated' and 'Agnes Water / 1770 & District Little Athletics Centre (Queensland - 1011)'. A red asterisk indicates a required field. At the bottom, there are buttons for 'Previous', 'Next', 'Done', and 'Done & Add Another'.

You must agree to the Terms and Conditions and then select done.



The screenshot shows a mobile application interface for Little Athletics Queensland. On the left is a green sidebar with navigation icons and labels: Home, Athletes, Competitions, Tours, Courses, Functions, and Camps. The main content area is titled 'Certification' and includes a 'CERTIFICATION' section with three statements for agreement. The first statement is 'I have read and understand the [Code of Conduct](#) expected at LAQ competitions.' The second is 'I understand that nomination fees will not be refunded after the close of nominations.' The third is 'I understand that events cannot be altered after close of nominations.' The fourth is 'I understand that Little Athletics competitions are held in outdoor venues. I will consider weather conditions and shall take responsibility for personal comfort and sun safety for both athletes and spectators.' Below these statements is a checkbox labeled 'Yes' with a red asterisk. At the bottom right, there is a legend '* Indicates required field' and four buttons: 'Previous', 'Next', 'Done' (highlighted in blue), and 'Done & Add Another'.

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 Little Athletics Queensland

CATEGORIES

CENTRE

CERTIFICATION

Certification

I have read and understand the [Code of Conduct](#) expected at LAQ competitions.

I understand that nomination fees will not be refunded after the close of nominations.

I understand that events cannot be altered after close of nominations.

I understand that Little Athletics competitions are held in outdoor venues. I will consider weather conditions and shall take responsibility for personal comfort and sun safety for both athletes and spectators.

☒ Yes *

* Indicates required field

Previous Next Done Done & Add Another

Once you have reached the payment basket select checkout and proceed to make payment for the nomination.

If you experience any issues, please don't hesitate to reach out for assistance.

You can do this by clicking 'Contact Support' at the bottom of the screen or alternatively you can email: support@littleathleticsqueensland.zendesk.com