



Essential Information



Information for Athletes, Parents & Team Managers

We look forward to welcoming you and your family to the 2025 Coles Spring Carnival. The following information is provided for athletes, parents and Team Managers to read prior to attending the competition.

PARKING & ARRIVAL

While there are a number of carparking areas, at times these areas may be busy, so please allow yourself enough time to find a park and enter the arena.

When athletes arrive at the venue, there is no need to mark their name off with LAQ. Please find your Centre's Team Manager or gather with other members from your Centre.

As event 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. Final Event Order click [HERE](#)

TENTS

If using tents on the grass areas, be sure to use tent pegs no larger than 20cm; or appropriate weights (the winds can be quite strong).

TEAM MANAGERS

Each Centre must ensure that a Team Manager is available at the arena while Centre athletes are competing.

Team Managers are responsible for reporting errors and withdrawals to the Recording room located in the Admin Block at the McDonald's end of the building.

The role of Team Manager can be shared amongst any number of Centre appointed members. Team Managers should check-in on arrival using the Team Managers QR code, which will be posted on the outside wall of the admin/recording hub.

Protests are not accepted at this competition.

EQUIPMENT CHECK-IN

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 in the shed at the McDonalds end of the arena.



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PROGRAM GUIDE

The full program guide will be available on the LAQ FB page, featuring online result links, athletes lists and more. Stay tuned!

ANNOUNCEMENTS

There will only be one call (announcement) per event or event block.

Athletes in track events must present to the Call Room (marshalling area) which is located on the inside of the arena at the 100m start end.

Athletes that arrive at the Call Room after their allocated heat (marshalled athletes) have been handed over to the Start Marshall will not be able to join the race.

Athletes in field events are to report directly to the event site before the start time. Athletes that arrive at a field event after the last athlete in the 3rd round has finished their trial will not be able to join the competition.

Parents or coaches are not to enter the Call Room or the event area unless advising the Chief of a withdrawal or to provide a clash form.

PARENT ASSISTANCE

To ensure the events run to time, it is important that parents and guardians come forward to assist. Whether it is measuring, spiking, raking, or recording, your support makes an enormous difference - and you will have the best seat in the house to cheer on your athlete!

Register your availability [HERE](#)

RESULTS & MEDALS

Results will be posted through AthleticLIVE.

The link will be posted to the LAQ Facebook page, can be found on the LAQ Competition Results page or by using the QR code displayed around the arena across the weekend.

Athletes placing 1st - 3rd will receive medals at the field events and from the tent located inside the arena at the finish line end for track events. U7 & U8 athletes will receive participation medals. Presentations will be made at approximately 2:30pm for U7s and 3:45pm for U8s.

A dais will be set up for photos. For safety reasons parents are not permitted to enter the arena to take photos.

UNIFORM & FOOTWEAR

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. Click [HERE](#) for the Uniform policy.

Refer the Competition Rules and Regulations Handbook for spike allowances for the U11 – U17 age groups. Spike shoes must ONLY be worn during an event.

Needle spikes are not permitted. The only style of spikes permitted on the 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.



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MERCHANDISE

The Tribal Sport pre-ordered merchandise can be collected by Team Managers (or a parent where there are no other families nominated). The collection point shall be outside the Admin Block between the times listed below:

- 9:30 – 10:30am
- 11:30am – 12:30pm
- 2:30 – 3:30pm

Use this link [HERE](#) to pre-order your Spring Carnival tee. Cut off to order your merchandise is 14 September.

PHOTOGRAPHER

Jo from [Jo Harlow Photography](#) will be the official photographer during this competition. Photos taken during the competition will be made available a week following the Spring Carnival. The link to all photos will be posted on the LAQ Facebook page once they are ready to view.

CANCELLATIONS

Events at this Carnival will only be postponed or cancelled due to extreme weather conditions. Decisions will be made on the day of competition and updates will be posted on the LAQ website and Facebook page.

CANTEEN

A Canteen operated by the West Bundaberg Athletics Club will be operating offering food and beverages throughout the competition. Cash and EFTPOS payments will be accepted.

GIFT RACE

U9 – U17 athletes that place first overall in their age group in the 100m, may be offered an opportunity to participate in the 100m Gift race - 8 males and 8 females will be drawn randomly from the 1st place getters and invited to participate.

Each participating athlete shall start from an adjusted start line based on their 100m race time. 1st – 3rd placed athletes will be awarded a Gift Race trophy.