

2026 NEW ZEALAND DEVELOPMENT TOUR

Athlete & Parent Information Pack



WELCOME

Welcome and congratulations to each athlete on their selection for the 2026 Little Athletics Queensland New Zealand Development Tour. We are very excited they have been selected to be part of this team and trust that each athlete will represent our Association with pride.

Little Athletics Queensland aims to encourage athletes to remain involved in Little Athletics throughout their senior years, which is why we have organised this tour. We also hope that they will feel encouraged to stay involved in the wonderful sport of Athletics as they move into adulthood, either competitively or socially. The purpose of this tour is a development opportunity for athletes of all skill levels and it is not necessary to be an elite athlete to take part in the tour.

Myself, Joanna Spyro, Bec Brice, Aaron Norton and Nick Bennett are your Team Management for the duration of the tour and we know that both athletes and managers alike will value this special experience representing Little Athletics Queensland internationally. This tour is a total team experience for the athletes and managers. Parents do not travel with or stay as part of our team.

We have 29 athletes in the Team as well as 5 Managers, giving us a touring team of 34 people. Profiles for each Manager are included in this booklet. As Managers, we are experienced in managing junior sports teams, so if athletes have any problems throughout the trip, we are there to help and to make sure each athlete has a truly memorable time in New Zealand.

The team will spend 10 days travelling, training and competing throughout the South Island of New Zealand. All travel, accommodation and tours have been pre booked and a copy of the itinerary is included for information. This year's Tour takes us to Nelson for the first time in the Tour's history, which is very exciting!

There will be a tour meet and greet held on Saturday 29th November at 9.30am at QSAC, Brisbane and all tour members are expected to attend. Further information on this meeting is provided in this document.

If at any time in the lead up to the tour, athletes or parents have any questions, I can be contacted on the following details:

Work: (07) 3892 9409

Mobile: 0404 491 580

Email: s.kruger@laq.org.au

Athletes, enjoy your time with the team and on tour, make lots of new friends, stay focussed on your events on competition day and support your fellow team members. Be Your Best – but above all, have fun and enjoy this once in a lifetime experience!

Shannon Kruger
LAQ Operations Manager

OUR TEAM

GIRLS


Name	Centre
Abigail Lee-Archer	Caboolture
Arabella Rochford	Helensvale
Arya Trent	Deception Bay
Elke Knapp	Tweed
Emme Hindle	Chinchilla
Estayah Sempf	Ormeau
Isabelle Hill	The Gap
Jessica Heap	Deception Bay
Kaley Croot	The Gap
Katelyn Trent	Deception Bay
Kiara Waterman	Strathpine
Lucille Ivosevac	Strathpine
Maci Ritchie	University of the Sunshine Coast
Mia-Marie Clegg	Ross River
Samantha Henning	Chinchilla
Tiahnee Baker	Nanango
Tilly Ojiako-Pettit	Tweed
Zoe Renton	Toowong Harriers

OUR TEAM

BOYS

Name	Centre
Bryce Gornall	Maleny
Cameron Emmerig	Strathpine
Eli Sheppard	Arana
Fletch Eaton	Toowoomba
Haydn Joseph	Beaudesert & District
Lachlan Roberts	Mt Gravatt
Noah Mazlin	Toowoomba
Oliver Findlay	West Bundaberg
Riley Simpson	Townsville Central
Sebastian Bryan	City North
Sonny Edwards	Maleny

Our Team list is current as of 10th September and is subject to change. A final Team list will be provided to all athletes once all positions have been confirmed.



TOUR MANAGER PROFILES

Shannon Kruger

Shannon has been involved with Little Athletics from the age of 7 when she joined Aspley Little Athletics Centre. She competed from the U7 age group, right through to U15's and enjoyed at success State level during her older years in a range of events, particularly High Jump.



In 2001, she joined the LAQ Staff as a part time Development Officer, before taking on her current position as Operations Manager. She has been LAQ's Operations Manager since 2005, taking short breaks in 2015 and 2019 to have her two children. She has worked for LAQ for 24 years and is passionate about her career and her role working with junior athletes. Since working for LAQ, Shannon has taken on various team and athlete duties, which includes the administration and management of:

- 7 Summer & 5 Winter Coaching Camps held throughout Queensland
- 3 Australia Cup (U14) teams for competitions held both in Brisbane and Canberra
- 18 State Teams (U13 & U15) that competed at the Australian Little Athletics Championships (ALAC's) with competitions being held in rotation in all States and Territories across Australia
- 16 New Zealand Development Tours

As well as working with athletes and teams in Little Athletics, Shannon has previously been appointed the Technical Manager with Queensland Athletics and went away with their state teams for at least eight years. She was also a Team Manager for the Australian team that competed at the 2017 Oceania Athletics Championships in Fiji.

Shannon is an experienced Technical Official, previously holding Athletics Australia Level B in Administration and Jumps and Level C in Track, Throws and Administration / Technical. She has worked in the Call Room as the Chief / Manager for the Australian Open National Championships, Australian All Schools Championships and Pacific School Games and was also an Official at the 2006 Melbourne Commonwealth Games. Shannon has a Bachelor degree in Leisure Management, majoring in Sports Management from Griffith University.

As one of your Managers for the New Zealand Development Tour, Shannon brings aboard knowledge and experience not only from previous New Zealand Teams, but also in dealing with junior athletes from all of the above listed roles. She's thrilled at the prospect of being able to make a positive contribution to the athletes attending this Tour. She believes they all have a unique competitive opportunity that not many athletes will ever experience in their career journeys. It is rare in athletics to be part of a touring team such as this, where the emphasis is not only focussed on an individual's performance, but also the bonds and friendships that the team will form. Shannon is really looking forward to again being part of the excitement for the athletes on Tour and is keen to ensure that all involved have a positive and thoroughly enjoyable experience.

TOUR MANAGER PROFILES

Joanna Spyro

Joanna has over 17 years of experience in Little Athletics, contributing as a parent, coach, and Centre Manager at the Goodna Little Athletics Centre (LAC). Her involvement began when her son was five, and her passion for the sport grew rapidly as she took on various roles within the Centre. As a coach, Joanna discovered her love for helping athletes of all abilities achieve personal bests, while fostering a fun and supportive environment.



Throughout her tenure at Goodna LAC, Joanna developed comprehensive coaching programs and provided guidance to athletes across all age groups. Additionally, she took on a mentorship role, supporting both new and experienced coaches within her Centre and beyond.

In addition to her work at Goodna LAC, Joanna runs her own squad of junior and senior athletes, many of whom have achieved State and National level success. Notably, some of her athletes have competed at and broken records at the Pan Pacific Games. She also collaborates with another coach to enhance the strength and conditioning programs for junior and senior athletes.

Joanna has played a significant role in the development of the Athletics program at The Springfield Anglican College for the past nine years. Under her guidance, the Junior TAS Team secured first place at the JTAS carnival, making history for the college. Additionally, Joanna is responsible for implementing strength and conditioning programs for both the junior and senior rugby teams at the college. She also coaches the college's cross-country teams and runs the Athletics Development program at Westside Christian College, conducting three gym sessions per week for senior students and staff.

Beyond her coaching roles, Joanna has contributed to Little Athletics Queensland (LAQ) as a coach at the 2012 and 2013 Summer and Winter Coaching Camps, held in Sunshine Coast and Townsville. She has also participated in numerous LAQ coaching clinics, McDonald's Development Squad Clinics and All Comers Coaching Clinics. For over 12 years, she has served as an LAQ State Team Manager, finding the experience highly rewarding. Joanna's dedication was recognized in 2013 when she was awarded LAQ's Coach of the Year, and again in 2016 with the LAQ Merit Award. In 2019, she was honoured with LAQ's Distinguished Merit Award for her outstanding service and contributions to Little Athletics in Queensland.

Joanna holds a Level III Advanced Event Coach qualification in Sprints, Jumps, Hurdles, and Relays, as well as a current junior coaching license for soccer. She is a qualified Personal Trainer with a Cert III and Cert IV in Fitness and a Diploma in Fitness, specializing as both an Older Adult and Younger Children's Trainer. Additionally, Joanna holds a Cert IV in Training and Assessment, as well as certifications in Aggressive Behaviour Management (Cert III and IV).

In her professional role as an educator and healthcare professional, Joanna draws upon her experience in supervising large groups, having taught educational courses within Health and being a registered nurse and mental health practitioner. Her ability to manage diverse groups, provide tailored instruction, and foster a collaborative learning environment have been integral to her success as a coach and educator.

This marks Joanna's fourth New Zealand Development Tour, and she is excited to contribute her knowledge gained from years of experience with LAQ's State Team to the athletes on this tour. She believes the opportunity will be a valuable experience for all involved, fostering growth and development both on and off the field.

TOUR MANAGER PROFILES

Bec Brice

Bec is a highly qualified and experienced Little Athletics coach who brings a wealth of knowledge and a passion for nurturing young talent. From sprinting techniques to long jump form, athletes will benefit from Bec's guidance, which fosters skill development, confidence and a love for sports.

Bec had a successful personal Athletics career spanning from Tiny Tots right through to competing in several State teams and holding a State and National record for Long Jump in the Under 13 age group.

Bec was involved with Noosa Little Athletics Centre for seven years as a committee member and has been coaching since 2010. She completed her Level 2 Jumps coaching course in 2012 and has coached a number of State representatives and National medallists. Outside of Little Athletics, Bec loves coaching several sports at a local school in Noosa.

This year was Bec's 11th year as a State Team Selector for the LAQ State Team and her second year as a State Team Manager. In 2016, she was also a Manager at the Little Athletics Australia National U15 Coaching Camp in Canberra. And in 2016, Bec was awarded an LAQ Merit Award, for her commitment and contributions to her Centre, Region and to LAQ. This will be Bec's eighth New Zealand tour with Little Athletics Queensland, and as a mother of three very sporty and active children, Bec is well equipped to deal with young athletes both on and off the track. She has travelled to the South Island of New Zealand several times with her family and knows the area well. Bec believes that the New Zealand Development Tour is an amazing experience for the athletes and creates lifelong memories and friendships. Bec also believes that by giving the children opportunities like the New Zealand Development Tour, it will encourage the older athletes to stay involved in Athletics.

Bec Brice isn't just a skilled athletics coach, she is also exceptional at supervising children during trips and outings. With a keen eye for safety and a warm, nurturing approach, Bec ensures that every athlete under the team's care enjoys a safe and memorable experience. Her ability to manage group activities, coupled with a knack for creating an inclusive and fun environment, makes Bec the perfect choice for touring. Rest assured, your child will be in capable hands, exploring, learning, and having a blast under Bec's guidance.



TOUR MANAGER PROFILES

Aaron Norton

Aaron began his Little Athletics journey as an Under 7 athlete and continued through to Under 15, developing a lifelong passion for the sport. He is now in his eighth year as Centre Manager at Ashmore Little Athletics Centre.

As an athlete, Aaron excelled in sprints, hurdles, and long jump, achieving success at both state and national levels. He became a State and National Champion, setting multiple Queensland and Australian records in the 100m, 200m, 200m hurdles, and long jump between the ages of 10 and 18. His achievements include representing Australia at the World School Games, where he placed 5th in the 100m and 6th in the long jump.



Within Little Athletics, Aaron claimed numerous state titles in individual and multi-event competitions. As an Under 13 athlete, he represented Queensland at the Australian Little Athletics Championships (ALAC), winning silver medals in the 100m, long jump, and 4x100m relay, along with a bronze in the 200m.

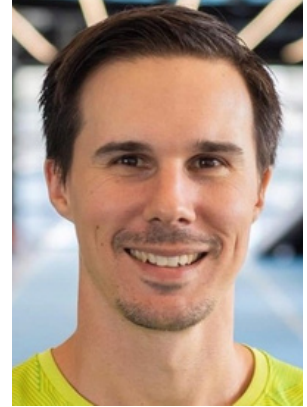
Today, Aaron is a Level 2 accredited coach specialising in sprints, hurdles, and horizontal jumps. He coaches a small squad of young athletes, focusing on skill development and fundamentals. With his background in personal training, he also incorporates strength and conditioning for older athletes, supporting their growth in athletics as well as other sports such as soccer, netball, and basketball.

In addition to coaching, Aaron has served as Team Manager for the past three ALAC campaigns and is preparing for his second New Zealand development tour. He looks forward to guiding and supporting athletes as they pursue their own athletic journeys.

TOUR MANAGER PROFILES

Nick Bennett

Nick is an experienced coach and team manager, returning for his eighth New Zealand Development Tour. He has also been a long-standing Team Manager with the LAQ State Team at the Australian Little Athletics Championships (ALAC). Nick takes pride in creating safe, supportive, and enjoyable environments for young athletes to thrive when travelling and competing away from home.



Nick has served as Head Coach at the University of the Sunshine Coast Little Athletics Centre since it began in 2007, and in 2025 was honoured with Life Membership. He loves helping the Centre's athletes have fun whilst developing their skills in all Little Athletics competitions.

Nick's own athletics journey began as a sprinter, regularly competing at State and National level. In his senior year he captained both Brisbane Boys College and the Queensland Schools Track and Field teams, with the 100m sprint his favourite event. He also played representative rugby and soccer.

Now as a coach, Nick has enjoyed contributing at numerous LAQ development clinics, LAQ summer camps, and with QLD Athletics State Teams and Target Talent Programs. In his own squad, he has coached athletes from Little Athletics success to international medallists on Australian U18 & U20 teams. Nick has also coached senior athletes at the Commonwealth Games and World Paralympic Championships. For his commitment, passion and dedication to Little Athletics, Nick was named LAQ's Coach of the Year in 2017 and received an LAQ Merit Award in 2020.

Nick is a Level 4 Coach in Sprints/Hurdles/Relays, Level 2 Coach in Jumps, Level 2 ASCA Professional Coach, and holds a Sport & Exercise Science (Honours) degree. From prep to pro sport, Nick is passionate about helping athletes of all ages develop their speed and athleticism, whilst building confidence on and off the track, field or court.

Nick believes the New Zealand Development Tour provides athletes with a fantastic opportunity to develop independence, focus on preparation, and take responsibility for their performances in both individual and team settings. He is excited to once again assist the Queensland team and ensure every athlete has a positive and rewarding tour experience.

TOUR LEVY

The cost for each athlete will be \$4,600. This amount covers the following:

- Return airfares from Brisbane to New Zealand
- Internal flight from Christchurch to Nelson
- Airport and government taxes
- Ground transportation costs in New Zealand
- Travel insurance
- 9 night's accommodation
- All meals and food for 10 days
- Competition Fees
- Uniforms
- Tours and sightseeing activities

The only other money that will be required from athletes is personal spending money and payment for a passport, if you don't already have one. For athletes that live outside of the South East area, travel to and from Brisbane airport prior to the team's departure is not included in the above cost.

All athletes are required to pay a \$2,000 deposit by **Wednesday 17th September 2025**. This payment must be made by direct deposit (details below).

The remaining \$2,600 is due by **Friday 14th November** and payment can be made either by direct deposit or via donations through the Australian Sports Foundation (ASF). Details for ASF donations are on the next page.

Due to the high demand of this tour, any athlete that fails to pay the required amounts by the due dates will forfeit their place on the team and their spot will be offered to another athlete.

Families are welcome to pay the entire \$4,600 by Wednesday 17th September if they wish, but there is no expectation to do so.

If you choose to withdraw from the Tour after your selection, but prior to our departure, you will be charged for any non-refundable amounts that have already been paid (eg. flights, accommodation, tours etc).

Details for payments are as follows:

1. Direct Deposit

All deposits are due via direct deposit to the following account:

Account Name: Queensland Little Athletics Association
Bank: Bendigo Bank
BSB: 633000
Account No.: 125610782
Reference: NZ CHILD'S SURNAME

Please ensure you use the abbreviation NZ followed by your child's surname (eg. NZ SMITH) as the reference so we can determine where the money is from.

TOUR LEVY

2. Australian Sports Foundation Donations


LAQ has partnered with the Australian Sports Foundation (ASF), who offer a fundraising platform where families and friends can make tax-deductible donations to assist with raising funds for your athlete. Every dollar raised through donations to the ASF will go directly towards your athlete and the New Zealand Tour and reduce the costs you have to pay.

Each athlete will have their own profile with a unique link. This link will be send directly to you from ASF. Feel free to pass this link through your networks to help raise money.

Raising money for your child's Tour levy through the ASF is a fantastic way to help save money. All donations made go towards your child's total levy, which means less for you to pay as a parent. However, please note the following:

- There is a 5% ASF administration fee deducted to any funds raised.
- Any funds (less 5% administration fee) raised through your child's link, will be removed from the fee payable by you.
 - For example, if you were able to raise \$2,730 or more through your individual donation link, you will personally have \$0 to pay for your child to attend the New Zealand Tour.
 - If you manage to raise \$2,000 in donations, you will be required to pay the remaining \$700 via bank transfer (which is \$2,000 in donations, less 5% administration fee = \$1,900 discount on the \$2,600 levy payable).
- Credit card and administration fees apply and can affect the final total payable amount.
- Donations are non-refundable, even if your child withdraws from the tour.
- Any money raised over and above the \$2,600 through your child's link will be allocated towards other general expenses for running the tour. Additional funds cannot be refunded or allocated to another athlete.
- You can check your child's donation progress at any time by contacting Shannon Kruger
- If you have not reached your final payment amount two days before the due date, you will need to make a direct deposit to LAQ to cover the remaining funds. LAQ will advise you on how much this will be. These funds must be received by LAQ by the scheduled due date.
- All donations are tax deductible.

If you would like further information or clarification on this method of payment, please contact Shannon Kruger.



TOUR MEETING

In preparation for the trip to New Zealand, athletes are required to attend our tour meeting. The purpose of this meeting is to allow athletes and personnel to meet and get to know each other prior to the team going away. LAQ will also be providing further information and updates about the tour, our expectations and guidelines for behaviour.

The meet and greet will also allow all parents and athletes to ask any questions they may have. Furthermore, athletes will be receiving their uniforms at this meeting.

The meeting details are as follows:

Venue: QSAC, Nathan

Date: Saturday 29th November 2025

Time: 9.30am

The meeting will be held in the Sprinters Room at QSAC on Level 4 in the main stadium building. Simply go through the glass front entrance, take the lift up to level 4 and follow the signs.

Athletes that are located in remote areas are encouraged to attend this meeting, but are not expected too. If you are unable to attend, you must arrange a suitable time for an online meeting via Teams or a face-to-face meeting with Shannon Kruger before the end of November. Your uniforms will then be posted out to your home address or collected from the LAQ Office.

TOUR ITINERARY

The following itinerary provides athletes and parents with details of our day to day activities. All athletes will participate in all training, fitness and group activities. Note that the order of some activities may change to what is listed below.

Saturday 10th January

8.10am Depart Brisbane for Christchurch
Qantas QF133
2.40pm Land in Christchurch
ON Christchurch

Sunday 11th January

9am Group fitness activity
4pm Group activity - Hanmer Springs
ON Christchurch

Monday 12th January

9am Athletics training
2pm Group activity - Antarctic Centre
ON Christchurch

Tuesday 13th January

9am Athletics training
2pm Group activity - Gondola
ON Christchurch

Wednesday 14th January

10.20am Depart Christchurch for Nelson
Air New Zealand NZ5858
11.15am Land in Nelson
4pm TBC - meet with local athletes
ON Nelson

Thursday 15th January

9am Group activity - TBC
3pm Games March Past & Opening Ceremony
ON Nelson

Friday 16th - Sunday 18th January

All day Colgate Games competition
ON Nelson

Monday 19th January

11am Check in for flight home
1.15pm Fly Nelson to Auckland
Air New Zealand NZ5072
4.10pm Fly Auckland to Brisbane
Air New Zealand NZ147
4.55pm Arrive Brisbane

ON = Overnight



TOUR ITINERARY

- Day 1 Fly to Christchurch (1)
- Day 2-4 Christchurch
- Day 5 Fly to Nelson (2)
- Day 6 - 9 Nelson (competition)
- Day 10 Fly home



ACCOMMODATION

Accommodation for the duration of the Tour has been fully booked. Details are as follows:

Christchurch

University of Canterbury, College House
100 Waimairi Road, Upper Riccarton
Saturday 10th - Wednesday 14th January (4 nights)

Nelson

Nelson Girls College, Clarice Johnstone House
400 Trafalgar Street, South, Nelson
Wednesday 14th - Monday 19th January (5 nights)

Athletes are allocated one bed each at all accommodations. In Christchurch, athletes will be in single rooms units within our own blocks. Each unit will sleep between 3 and 5 people. In Nelson, the team will be in twin share dorm rooms.

All linen, pillows and towels are provided at each accommodation. Toiletries are not provided at any of our accommodation. Please ensure you bring all necessary toiletries with you, including soap or body wash, shampoo, conditioner etc.

FOOD & MEALS

All meals for the duration of the Tour are supplied by our accommodations, including on competition days.

Breakfast - athletes make their own food choices for breakfast from the continental buffet. There is a variety of options for athletes to choose from. The team will eat as a group in the dining hall at a set time each morning.

Lunch - in Christchurch, athletes will make their own sandwiches, wraps or salad for lunch each day. There are plenty of options available for them to choose from. Lunches will then be packed into eskies and taken with us. In Nelson, the kitchen staff will prepare lunch for the team.

Dinner - will consist of preset dinner and dessert and the team will eat as a group in the dining hall at a set time each night.

Morning and afternoon tea - will be provided each day for the group, and usually consists of fruit, other snack items and various sweet treats.

On competition days, athletes will have lunch provided for them. However, there will be various food vendors at the venue if they wish to purchase additional food for themselves. This will be at their own expense.

If an athlete has any specific dietary requirements due to food related allergies or cultural beliefs, please let us know so we can look after these needs for them. Unfortunately, due to the nature of this tour, we cannot cater for athletes that choose vegan diets.

There will be opportunities for athletes to purchase snack foods in New Zealand, should they want them. For this reason, we encourage athletes to only bring with them what they require on the plane.



UNIFORMS & CLOTHING

All athletes will receive uniforms as part of the team and will be required to wear this uniform throughout the Tour, including competition days. No exceptions will be made to this. However, athletes will not be required to be in tour uniform for the entire duration of the trip. In fact, for most of the trip they will be wearing their own casual clothes. The only time they will be required to wear the tour uniform is on the flights to and from New Zealand, on competition days and when we are doing various group tours. Tour Management will wash athlete's clothes after each competition day and throughout the week after each use.

With this in mind, athletes should bring enough casual clothing with them for the duration of the trip. Please be mindful that the articles of clothes brought on Tour are appropriate. Athletes will be asked to change if clothing is deemed unacceptable by the Tour Managers, which includes articles of clothing that are offensive or inappropriate. We also maintain a smart casual dress standard for all meals – proper footwear must be worn (no thongs), no singlets or daggy t-shirts and certainly no hats or caps when we are dining out at restaurants. This is to ensure that our Team looks respectable and is portraying a good image for our sport.

All athletes should ensure that they bring appropriate footwear for training and casual wear. Joggers are essential for our training sessions and must be taken on Tour.

New Zealand's summer months generally bring warm temperatures and sunshine. Days are long and sunny and nights are usually mild. On the South Island, temperatures range on average in summer from 9 - 28 degrees. For this Tour, we will be based in the northern part of the South Island. While the temperatures in January are usually quite pleasant at that time of year, if the weather turns miserable it can get very cold, particularly in the early mornings and evening/nights. So we encourage all athletes to bring a couple of warmer items of clothing with them, just in case. We have had years where the weather during the day has turned rather unpleasant and if it's rainy, it gets extremely cold.

We will update everyone closer to the Tour about the expected weather conditions. This will help you to pack accordingly to ensure that you bring appropriate clothes for the expected weather conditions.



UNIFORMS & CLOTHING

Each athlete will receive the following items as part of their Tour uniform.

- 2 x maroon shirts
- 1 x black shirt
- 1 x hoodie
- 1 x track pants
- 1 x competition singlet or crop top
- 1 x cap or bucket hat
- 1 x backpack

Size charts are provided for each item for ease of selection. Please choose carefully as uniforms are made to order and we cannot offer exchanges for incorrect sizes. If in doubt, we recommend ordering the next size up. Note that BOYS and GIRLS sizes listed are Kids sizes (not Youth).

For competition uniforms, male athletes have a singlet, female athletes have the choice of either a singlet or crop top. Female athletes can select only one style.

We understand that athletes are particular and individual with their preferred type of bottoms worn during competition. Therefore, we ask that athletes supply their own competition bottoms. These can either be bike pants, briefs or shorts or a combination. However, please note they must be **black only** in colour, above knee length and free from any advertising.

For our training sessions, athletes are free to wear what they like, there are no restrictions on logos or brand advertising.



UNIFORMS & CLOTHING

TEE

MEN

SIZE	XS	S	M	L	XL	2XL	3XL
1/2 CHEST (CM)	50	53.5	56	58.5	62	66	68.5
LENGTH HSP (CM)	67	71	73.5	76	78.5	81	83.5

WOMEN

SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL
1/2 CHEST (CM)	47	49.5	52	54.5	57	59.5	62	64.5	67
LENGTH HSP (CM)	67	69	72	75	77	79	81	83	85

BOYS

SIZE	K2	K4	K6	K8	K10	K12	K14
1/2 CHEST (CM)	32	36	38.5	42	44	46	48
LENGTH HSP (CM)	48	52	55	58	60	62	64

GIRLS

SIZE	K4	K6	K8	K10	K12	K14
1/2 CHEST (CM)	34	36	38	40	42	44
LENGTH HSP (CM)	48	51	54	57	60	63



UNIFORMS & CLOTHING

HOODIE

ONE SIZE FITS ALL

SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL
BODY WIDTH (CM)	49	52	55	58	61	64	67	70	73
BODY LENGTH (CM)	69.5	72	74.5	77	79.5	82	84.5	85.5	86.5



TRACK PANT

MEN

SIZE	S	M	L	XL	2XL	3XL	5XL
1/2 WAIST STRETCHED (CM)	52	55	58	61	64.5	68	71.5
1/2 WAIST RELAXED (CM)	34	37	40	43	46.5	50	53.5

WOMEN

SIZE	XS	S	M	L	XL	2XL
1/2 WAIST STRETCHED (CM)	42	45.7	49.5	53.2	57	60.7
1/2 WAIST RELAXED (CM)	32.5	36.2	40	43.7	47.5	51.2

KIDS

SIZE	S	M	L
1/2 WAIST STRETCHED (CM)	35	39	43
1/2 WAIST RELAXED (CM)	27.5	31.5	34.5



UNIFORMS & CLOTHING

CORE SINGLET

MEN

SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL
1/2 CHEST (CM)	48	51	53	56	58	61	63	66	68
LENGTH HSP (CM)	68	70	72	73.5	75	76.5	78	79.5	81

WOMEN

SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL
1/2 CHEST (CM)	43	45	47.5	50	52.5	55	57.5	60	62.5
LENGTH HSP (CM)	64	66	68	70	71	72	73	74	76

BOYS

SIZE	K4	K6	K8	K10	K12	K14
1/2 CHEST (CM)	35	37	39	41	43.5	45.5
LENGTH HSP (CM)	50	52.5	55	57.5	60	63

GIRLS

SIZE	G4	G6	G8	G10	G12	G14
1/2 CHEST (CM)	34	36	38	39	40	41
LENGTH HSP (CM)	50	52.5	55	57.5	60	62



CROP TOP

WOMENS

SIZE	XS	S	M	L	XL	2XL
1/2 CHEST (CM)	33	35	37	39	41	43
LENGTH HSP (CM)	32.8	34.8	36.8	38.8	40.8	42.8

GIRLS

SIZE	K6	K8	K10	K12	K14
1/2 CHEST (CM)	27	28	29	30	31
LENGTH HSP (CM)	26.8	27.8	28.8	29.8	3.8



SOUVENIR MERCHANDISE

There will be a range of souvenir merchandise available for purchase at the Colgate Games. This merchandise usually include shirts, towels, hats, caps and other smaller items.

Colgate Games souvenir shirts are available for pre purchase. These shirts are not compulsory and not part of the uniform. However, if your child would like a souvenir shirt, we recommend pre purchasing, as there will only be limited sizes available to purchase at the competition.

The shirts are \$40 each and the design and sizing chart are listed below. Those wishing to pre purchase a shirt can indicate their preferred size when they complete their Athlete Details. The additional funds will be added to your overall team levy total.



T-SHIRT SIZE CHART

YOUTH SIZE CHART

CM	6	8	10	12	14
Chest	38	40	42	44	46
Length	53	56	59	62	65

ADULT SIZE CHART

CM	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Chest	52	54	56	58	60	63	66	69	71
Length	68	70	72	74	76	78	80	82	84

COMPETITION INFORMATION

COLGATE GAMES

The Colgate Games will be held in Christchurch on **Friday 16th - Sunday 18th January 2026**.

For this competition, LAQ U14 athletes are referred to as Grade 13 and LAQ U15 athletes are referred to as Grade 14 athletes.

The full list of events offered and specifications for each age group is listed below.

Event	Grade 13 (LAQ U14)	Grade 14 (LAQ U15)
100m	✓	✓
200m	✓	✓
400m	✓	✓
800m	✓	✓
1500m	✓	✓
Hurdles	✓ Girls: 80m Boys: 80m	✓ Girls: 80m Boys: 100m
Race Walk	✓ 1600m	✓ 2000m
Long Jump	✓	✓
High Jump	✓	✓
Discus	✓ Girls: 1kg Boys: 1kg	✓ Girls: 1kg Boys 1.25kg
Shot Put	✓ Girls 3kg Boys: 4kg	✓ Girls 3kg Boys: 4kg

COMPETITION INFORMATION

COLGATE GAMES

Competition General

Athletes can compete in up to five (5) individual events. LAQ will also be selecting some athletes to form relay teams in the 4x100m and mixed Medley. These teams will be selected while in New Zealand.

Athletes and relay teams who place 1st, 2nd or 3rd in a final will receive a placegetter medal.

Spike shoes may be worn during competition and must be removed at the immediate completion of the event, before the athlete leaves the arena. There are restrictions on the type and length of spikes athletes can use, which are as follows:

- 6mm maximum for Track and Long Jump
- 9mm maximum for High Jump
- Cones or pyramid spikes ONLY



Track Specific Rules

Entries are not accepted for the following combination of events: 100m / 1500m and 200m / 800m.

Athletes in the Grade 13 and Grade 14 age groups must use a crouch start WITH blocks for all track events up to and including the 400m.

A maximum of 3 non-South Island athletes will be allowed to progress from heats to finals in laned track events and a maximum of 4 in the 800m. This includes both international athletes and those from the North Island.

COMPETITION INFORMATION

COLGATE GAMES

Hurdle specifications have changed from last year and are as follows:

Hurdles	Grade 13 Girls	Grade 13 Boys	Grade 14 Girls	Grade 14 Boys
Distance	80m	80m	80m	100m
Height	0.762m	0.762m	0.762m	0.838m
Lead in	12m	12m	12m	13m
Between	7.5m	7.5m	8m	8.5m
Run out	15.5m	15.5m	12m	10.5m

Field Specific Rules

In field events, three throws, puts and jumps will apply to the Discus, Shot Put and Long Jump respectively. Three attempts at each height will be allowed in the High Jump, but three consecutive failures means elimination.

Only implements supplied by the organising committee can be used for the competition.

High Jump starting heights are as follows:

Grade 13	Grade 14
Girls: 1.20m Boys: 1.25m	Girls: 1.25m Boys: 1.30m

COMPETITION INFORMATION

COLGATE GAMES

FRIDAY

DAY ONE - Morning Girls / Boys 400m Heats Grades 12, 13, 14 Girls / Boys 800m Heats Grades 10, 11 Girls 200m Heats Grade 10, 11 Girls Long Jump Grade 8, 12, 14 Girls High Jump 10, 11 Girls Shot Put Grade 9, 14 and Para Girls Discus Grade 13 Boys 100m Heats Grade 10, 11 Boys Long Jump Grade 8 Boys High Jump Grade 12 Boys Shot Put Grade 9, 14 Boys Discus Grade 7, 10, 11 and Para Boys 60m Grade 7, 8, 9 Girls/Boys 1200m Race Walk Grade 12 Girls/Boys 1600m Race Walk Grade 13 Girls/Boys 2000m Race Walk Grade 14	DAY ONE – Afternoon Girls / Boys 400m Finals Grade 12, 13, 14 Girls / Boys 800m Finals Grade 10, 11 Girls / Boys 4 x 100m Relays Heats Grade 10,11 Medley Relays Grade 12,13,14 Girls 200m Grade 7,8,9 Girls 200m Semis, Finals Grade 10, 11 Girls Long Jump Grade 13 Girls Shot Put Grade 11, 12 Girls Discus Grade 7 Boys 100m Hurdles Heats, Finals Grade 14 Boys 100m Semis, Finals Grade 10, 11 Boys 4 x 100m Relays Grade 7,8,9 Boys Long Jump Grade 14 Boys Discus Grade 12 Girls/ Boys 80m Hurdles Heats, Finals Grade 12, 13, Girls 80m Hurdle Grade 14 Heat, Final Boys High Jump Grade 13
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SATURDAY

DAY TWO - Morning Girls 100m Heats Grade 10, 11, 12, 13, 14 Boys High Jump Grade 11 Girls High Jump Grade 13 Girls Discus Grade 8, 11, 12 Boys 200m Heats Grade 10, 11, 12, 13, 14 Boys Long Jump Grade 9, 10, 13 Boys Shot Put Grade 7, 13 Girls/Boys 1500m Grade 10, 11, 12,13, 14 Girls Long Jump Grade 10	DAY TWO – Afternoon Girls / Boys 4 x 100m Relay Grade 10,11,12,13,14 Boys Discus Grade 8 Girls 100m Grade 7, 8, 9 Girls 4 x 100m Relay Grade 7, 8, 9 Girls Shot Put Grade 7 Girls Discus Grade 10 Boys 200m Finals Grade 7, 8, 9 Boys 200m Semis, Finals Grade 10, 11, 12, 13, 14 Boys Discus Grade 14 Girls High Jump Grade 14 Girls 100m Semis Grade 10, 11, 12, 13, 14 Girls 100m Finals 10, 11, 12, 13, 14 Boys Shot Put Grade 12 Girls Long Jump Grade 9
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COMPETITION INFORMATION

COLGATE GAMES

SUNDAY

DAY THREE - Morning	DAY THREE – Afternoon
Girls / Boys 400m Heats Grade 10, 11	Girls / Boys 400m Final Grade 10, 11
Girls / Boys 800m Heats Grade 12, 13, 14	Girls / Boys 800m Final Grade 12, 13, 14
Girls 200m Heats Grade 12, 13, 14	Medley Relays Grade 10, 11
Girls Discus Grade 14	Girls / Boys 4 x 100m Relay Grade 12, 13, 14
Girls Long Jump Grade 7, 11	Girls 60m Grade 7, 8, 9 Divisions
Girls High Jump Grade 12	Girls 200m Semis, Finals Grade 12, 13, 14
Girls Shot Put Grade 13	Girls Shot Put Grade 8, 10
Girls Discus Grade 9	Boys Long Jump Grade 11
Boys 100m Heats Grade 12, 13, 14	Boys High Jump Grade 10
Boys 100m Grade 7, 8, 9	Boys Discus Grade 9
Boys Long Jump Grade 7, 12	Boys 100m Semis, Finals Grade 12, 13, 14
Boys High Jump Grade 14	
Boys Shot Put Grade 8, 10, 11	
Girls/Boys 1200m Race Walk Grade 10, 11	

This is a draft program and may be subject to change depending on athlete entry numbers.

CODE OF CONDUCT

The LAQ Code of Conduct forms the basis for our expectations of behaviour from our tour members. Parents should go through this detail with their athlete so they are familiar with our expectations.

Respect for Team Mates and Team – LAQ Tour Members:

- Are encouraged to demonstrate their best effort at all times – ahead or behind
- Will always wear their uniform in an appropriate manner and as required
- Will only be permitted to leave the team area for competition-related reasons or for emergencies and only then with the permission of Team Management
- Will show the utmost respect for the Team Management throughout the tour. Athletes will respect their rules and decisions and understand that choices are made for the benefit of the whole team.
- Never use offensive language towards Team Management
- Never enter the opposite gender's room at any time
- Understand that acts of inappropriate sexual behaviour between any team members will not be tolerated.
- Respect the curfew time as set by the Team Management. This will be enforced to ensure all athletes are given the opportunity to compete at their best.
- Will never engage in any acts of bullying.

Respect for Other Teams & Officials – LAQ Tour Members:

- Shall never engage in disrespectful conduct of any sort including profanity, sledging, obscene gestures, offensive remarks, trash-talking, taunting or other actions that are demeaning to other athletes, officials or supporters
- Are encouraged to treat athletes and personnel from other teams with respect
- Are encouraged to be good sports. Respect all good performances whether from your Team or the opponents and shake hands with and thank the opposing athletes and officials after the event – win, lose or draw.
- Are encouraged to address officials in a polite manner and thank officials after an event
- Will always respect the official's decision
- Are encouraged not to argue with officials. Understand that you have the right to question an official's decision – but in a polite manner.
- Recognise that officials and coaches are volunteers who give up their time to provide their services. Treat them with the utmost respect.

General – LAQ Tour Members:

- Shall never become involved in acts of foul play
- Shall honour both the spirit and intention of the competition rules and live up the highest ideals of ethics and sportsmanship. Avoid gamesmanship and respect the traditions of the sport.
- Will care for and respect the facilities and equipment made available to you during training and competition
- Will respect the property and premises in which you are accommodated
- Safeguard your health. Don't use any illegal or unhealthy substances.
- Be responsible as you are representing your family, your Little Athletics Centre and Little Athletics Queensland

Breach of Code of Conduct – A breach in the code of conduct may result in the athlete being:

- Banned from the remainder of the Tour
- Sent home on the first available flight
- Any additional expenses incurred will be the responsibility of the parents
- Parents and Little Athletics Centre will be notified of the breach and if required, it will be dealt with by the Little Athletics Centre under the Zero Tolerance Policy
- If the incident involves a criminal offence, the Police will be involved without question
- Further disciplinary action may be considered depending on the seriousness of the breach

PRE-DEPARTURE CHECKLIST

The following checklist is suggested as a guide. Athletes are not limited to the items listed below and are welcome to bring whatever clothes, footwear and belongings they feel are necessary for the duration of the trip. Please ensure that all clothing is appropriate, keeping in mind that you are representing LAQ while on tour.

Athletes must make sure that all tour uniform items they receive are taken on tour. More specific information about what to wear on the plane will be provided later in the year.

Things you must do before you pack:

- Label all clothing and other belongings with either your name or initials
- Label all bags with your name, address and a contact phone number of one of the Tour Managers
- Make a list of all personal items that you are bringing

Please note that any electronic devices such as mobile phones, tablets etc are taken at your own risk. LAQ will not be responsible for any loss or damage to property.

Items you need to pack:

- Tour competition singlet / crop top
- Tour hoodie
- Tour tracksuit pants
- 3 x Tour t-shirts
- Tour cap or bucket hat
- Tour backpack
- Competition bottoms (black)
- Competition shoes (spikes, throwing shoes)
- Joggers
- Wallet or purse with personal spending money
- Any prescribed medication, puffers, etc.
- Laundry bag
- Sufficient underwear and socks for 12 days
- Casual clothes for duration of trip
- Footwear - casual shoes, thongs
- Clothing suitable for cooler weather (eg. jeans, jumper etc.)
- Swimming Togs
- Towel - for swim session
- Waterproof jacket or poncho
- Personal effects / toiletries (body wash, deodorant, toothbrush, toothpaste, shaving gear, hair care etc)
- Sleepwear
- Chargers for electronic items
- Drink bottle for use on day of competition
- **PASSPORT – VERY IMPORTANT!!**

It is very important that you do not forget to pack your **PASSPORT**. This document must be carried safely in your backpack at the airport and throughout the flight. Quite simply, if you forget your passport, you cannot travel with the team and will forfeit your place on the Tour.

WHAT YOU NEED TO DO NEXT

Now that you've read all the information in this booklet, here is an easy step-by-step guide on what to do next.

1. Click on the link below to complete your required details before **Wednesday 17th September**.
2. Pay your \$2,000 deposit before **Wednesday 17th September**. This will secure your place on the tour. Payment details are listed on the Tour Levy pages of this booklet.
3. Email your athlete ID photo and copy of your passport photo page (if you already have one) to s.kruger@laq.org.au by **Wednesday 17th September**. The athlete ID photo will be used to create your NZ ID so a photo where the athlete is smiling is most appropriate.
4. Apply for your passport, if you don't already have one.
 - Please do this as soon as possible. There can be lengthy delays in obtaining a passport, so apply now to ensure you receive it before December.
 - Go to www.passports.gov.au to apply and for more details.
 - Costs involved in obtaining a passport are not included in the tour levy.
5. Pay your remaining \$2,600 **before Friday 14th November**.
6. Email the following items to s.kruger@laq.org.au **by Friday 14th November**:
 - Copy of passport (photo page only) if not already sent
 - Medical certificate / letter for all prescribed drugs, medications and dosages

Due to the high demand for this tour, if your deposit is not paid and details are not completed by Wednesday 17th September, your child will forfeit their place on the tour and their spot will be offered to another athlete. There will be no exceptions to this.

ATHLETE

DETAILS

QUESTIONS ?

If you have any questions, please don't hesitate to contact:

Shannon Kruger

LAQ Operations Manager

s.kruger@laq.org.au

(07) 3892 9409

0404 491 580

