



# Redcliffe Little Athletics Carnival



**7 March 2026**

**Langdon Park**

**256 Oxley Avenue, Margate**

**First events commence at 9am**

	70m	100m	200m	400m	800m	1500m	Walks	Long Jump	Triple Jump	High Jump	Shot Put	Discus	Javelin
U6													
U7													
U8													
U9							700						
U10							1100						
U11							1100						
U12							1500						
U13							1500						
U14							1500						
U15							1500						
U16							1500						
U17							1500						
Open							1500						
35+							1500						

Nomination Fees per athlete:           \$15 U6 Athletes           \$20 All other ages groups

Maximum 5 events per athlete. Under 6 athletes maximum 4 events.

Nominations Close: Tuesday 3 March 2026

Nominations for U6-U17 are to be submitted via ResultsHQ. Open and 35+ via email

Event Program will be available on our website: [www.redcliffelittleathletics.org.au](http://www.redcliffelittleathletics.org.au)

For further information, please contact us at [RedcliffeLA@gmail.com](mailto:RedcliffeLA@gmail.com)

Severe Weather Policy: the carnival will be cancelled and all nominations will be refunded.

LAQ Footwear rules will be enforced for all events. [LAQ COC](#) is applicable for all attendees.

## High Jump Rules – Redcliffe Twilight Carnival

Athletes will have a maximum of 3 attempts per height.

Athletes will be eliminated from the competition once their attempts result in either three (3) consecutive fouls or a total of four (4) fouls.

Golf Tees and coloured paper will be provided to use as markers. Hats, water bottles and other similar objects will not be permitted to use as markers.

Starting Heights are as follows:

AGE	U9	U10	U11	U12	U13	U14	U15-17
<b>Girls</b>	0.70	0.75	0.85	0.95	1.05	1.10	1.15
<b>Boys</b>	0.75	0.80	0.90	1.00	1.10	1.15	1.20