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***Association Awards for  
Athletes, Adults & Centres***



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## CLOSING DATES

NB. A copy of the minutes of the Centre committee meeting where the nomination was endorsed **MUST** accompany **ALL** nominations.

### ATHLETES

Award	Closing Date	Details
Graduation Certificate	No specific closing date	Nomination form enclosed
Ten Year Athlete Participation Award	No specific closing date	Nomination form enclosed
George Harvey Award Leadership Award	Wednesday 4 <sup>th</sup> March 2026	Nomination form enclosed. Announced / presented at State Championships
Most Improved Athlete Award	Wednesday 4 <sup>th</sup> March 2026	Nomination form enclosed. Announced / presented at State Championships

### ADULTS

Life Membership	Friday 17 <sup>th</sup> April 2026	Nomination form enclosed. Announced / presented at LAQ Annual General Meeting <b><u>if awarded</u></b>
Frank Knight Memorial Coach of the Year	Friday 17 <sup>th</sup> April 2026	Nomination form enclosed. Announced / presented at LAQ Annual Conference
Distinguished Merit Award	Friday 17 <sup>th</sup> April 2026	Nomination form enclosed. Announced / presented at LAQ Annual Conference
Merit Award	Friday 17 <sup>th</sup> April 2026	Nomination form enclosed. Announced / presented at LAQ Annual Conference
Honour Certificate	No specific closing date	Nomination form enclosed
10, 15, 20, 25, 30, 35, 40 Year Service Award	No specific closing date	Nomination form enclosed
Volunteer of the Year	Friday 17 <sup>th</sup> April 2026	Nomination form enclosed. Nomination to be based on the current season only. Announced / presented at LAQ Annual Conference.
Alison Quirke Official of the Year	No specific closing date	Winner is selected by the Board of Directors, upon recommendation from the LAQ Officials Committee
Officials Merit Award	Friday 17 <sup>th</sup> April 2026	Nomination form enclosed. Announced / presented at LAQ Annual Conference.
Junior Official of the Year	No specific closing date	Winner is selected by the Board of Directors, upon recommendation from the LAQ Officials Committee

### CENTRE AWARDS

Centre of the Year	Friday 17 <sup>th</sup> April 2026	Three categories, open to all Summer & Winter Centres
Highest Re-registration % (All Centres)	Chosen by the Association	Based on registration figures at the end of the current season. Announced / presented at the LAQ Annual Conference
Highest Registration Increase (All Centres)	Chosen by the Association	Based on registration figures at the end of the current season. Announced / presented at the LAQ Annual Conference



## **10 YEAR ATHLETE PARTICIPATION AWARD**

The nominee must have had a minimum of ten (10) years participation at a Qld Little Athletics Centre during which time they have demonstrated the desire to foster the aims of Little Athletics within the Centre and the Community. Should you have an athlete who has been involved with another Little Athletics Centre in Queensland, that involvement can form part of the minimum required 10 years.

The nominee should have shown a level of commitment to their Centre as an athlete and may have been involved on the Centre Committee and assisted at other levels of the Centre (eg officiating / coaching / administration). Involvement at another centre would count towards the mandatory ten years.

A recommendation must be passed by a resolution of the Centre Committee which is duly recorded in the Centre minutes.

Centres may like to announce the awards at their AGM / Break up. Badges will be available on application.

**There is no specific closing date.**

***A copy of the Centre minutes where the nomination was made is to accompany the nomination.***

# TEN YEAR ATHLETE PARTICIPATION AWARD

## NOMINATION FORM

*This nomination must be accompanied by a copy of the Centre committee minutes from which the recommendation for nomination was made*

If there is more than one nominee all details can be included on the same form

**CENTRE** .....

**NOMINEE** .....  
(Name and Number of Years Service)

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.....  
**CENTRE MANAGER (Signed)**

.....  
**SECRETARY (Signed)**

.....  
(Date signed)

..... **DATE BADGE /S REQUIRED BY**

Office Use Only: Minutes Received with Nomination:	<input type="checkbox"/>	Date : _____
Date sent to Centre: _____		Initials: _____

## GEORGE HARVEY LEADERSHIP AWARD

### The Award

The Board of Management decided in 1992 to honour the hard work and dedication of George Harvey, the Association's first Life Member (1984). George is considered by many as the patriarch of Little Athletics in Queensland. He first became involved in 1975 and after gaining considerable experience at Centre Level moved onto the Queensland State Board of Management, serving as President from 1979 to 1989 and becoming a principal driving force behind the Association during its formative years. In 1989 he stepped down from that position to take on Presidency of the Australian Little Athletics Union, a position he held until April 1994. He was Chief Executive Officer of the QLAA from July 1993 until May 1996. In April 1996, he was honoured with the award of Life Membership of Australian Little Athletics.

The George Harvey Award is presented each year to one girl and one boy who best demonstrate they embrace the ideals of Little Athletics. The criteria encompasses those attributes George himself believes are important not only in Little Athletics but also to any individual's growth and development.

### The Athlete

Eligibility for the award will **not** be restricted by athletic ability as demonstrated on the track and in the field. The athletes selected will have been regular attendees of Centre and Regional competitions and will have displayed a willingness to participate in the full range of Little Athletics events. They will have been involved in Little Athletics for a minimum of 5 years and will currently be in the U15 - U17 Age Groups.

### Required Attributes

<b>LEADERSHIP:</b>	Provides an example to others and shows a desire to assist in the development of skills in others.
<b>RESPECT:</b>	Is always courteous, shows regard for fellow athletes and officials and accepts the judges' decisions.
<b>PERSERVERENCE:</b>	Performs with determination to attain personal goals even if difficulties and setbacks are encountered.
<b>SPORTSMANSHIP:</b>	Abides by a code of fair play and is gracious in victory and defeat.
<b>ENTHUSIASM:</b>	Irrespective of ability, displays a keenness to become involved in all activities.
<b>FINALLY:</b>	The athlete should have been an ambassador for little athletics, proud of his/her involvement in the sport and have promoted it amongst his/her peers.

### Nominations

Nominations can be submitted by the athlete's Centre or from the athlete themselves. If more than one nomination per Centre is received, the Centre will be asked to endorse only ONE athlete for this award.

Nominations to be sent to [info@laq.org.au](mailto:info@laq.org.au)

Nominations for the Award will close on Wednesday 4<sup>th</sup> March 2026.

### NOMINATION FORM

*This nomination must be accompanied by a copy of the Centre committee minutes from which the recommendation for nomination was made*

**PLEASE NOTE THIS AWARD IS OPEN TO UNDER 15 - UNDER 17 ATHLETES ONLY**

CENTRE: .....

NOMINEE: ..... UNDER: .....

- Number of years involved with Little Athletics (**NOTE:** minimum of 5 years)  
.....
- Number of **Centre** meets attended in past 3 years  
..... out of ..... meetings conducted
- Attended all Regional Relay and Regional Championships over the past 3 years  
YES / NO  
If NO please state reason .....  
.....  
.....

NOMINATED BY:  INDIVIDUAL Name of Nominator: .....

OR

CENTRE

.....  
CENTRE MANAGER (Signed)

.....  
SECRETARY (Signed)

.....  
(Date Signed)

Office Use Only:	Minutes Received with Nomination: <input type="checkbox"/>	Date: _____
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Please complete the following based on the athletes contribution in the following areas.

**NOMINEE IS INVOLVED WITH:**

Officials Program  Yes  No

Qualifications:

.....  
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Coaching at Centre  Yes  No

Qualifications:

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.....

Administration Tasks  Yes  No

Tasks Undertaken:

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Leadership Role at Centre  Yes  No

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Other Roles at Centre (eg. First Aid Assistant)

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Assistance Given at Regional Level

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Assistance Given at Association Level

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List any awards won by the athlete

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**LEADERSHIP:**

Assists with Centre meet warm ups	<input type="checkbox"/> Always	<input type="checkbox"/> Usually	<input type="checkbox"/> Sometimes
Competes in Centre Uniform	<input type="checkbox"/> Always	<input type="checkbox"/> Usually	<input type="checkbox"/> Sometimes
Conduct is what is expected of a senior athlete	<input type="checkbox"/> Always	<input type="checkbox"/> Usually	<input type="checkbox"/> Sometimes
Assist with equipment	<input type="checkbox"/> Always	<input type="checkbox"/> Usually	<input type="checkbox"/> Sometimes
Acts as an Age Marshall (where appropriate) at Centre	<input type="checkbox"/> Always	<input type="checkbox"/> Usually	<input type="checkbox"/> Sometimes
Attends Centre training sessions	<input type="checkbox"/> Always	<input type="checkbox"/> Usually	<input type="checkbox"/> Sometimes
Assists at Centre training sessions	<input type="checkbox"/> Always	<input type="checkbox"/> Usually	<input type="checkbox"/> Sometimes
Encourages others to assist at Centre	<input type="checkbox"/> Always	<input type="checkbox"/> Usually	<input type="checkbox"/> Sometimes

Further Comment:

.....  
.....  
.....

**RESPECT**

Shows respect to other athletes by always competing at their best	<input type="checkbox"/> Always	<input type="checkbox"/> Usually	<input type="checkbox"/> Sometimes
Accepts officials decisions with grace	<input type="checkbox"/> Always	<input type="checkbox"/> Usually	<input type="checkbox"/> Sometimes

Further Comment:

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.....  
.....

**PERSEVERANCE**

- Sets goals and strives to attain them  Always  Usually  Sometimes
- Participates in all events offered at Centre for their age group  Always  Usually  Sometimes
- Participates in Regional and State Competitions  Always  Usually  Sometimes

Further Comment:

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**SPORTSMANSHIP**

- Respects the rules of competition and fair play  Always  Usually  Sometimes
- Is gracious in victory and defeat  Always  Usually  Sometimes
- Encourages other athletes in their performances  Always  Usually  Sometimes
- Congratulates other athletes on their performances  Always  Usually  Sometimes

Further Comment:

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**ENTHUSIASM**

- Involved in all Centre Activities (fundraising, working bees etc)  Yes  No
- Assists on sign-on days  Yes  No
- Has attended LAQ camps / clinics  Yes  No
- Has attended other relevant workshops  Yes  No

Further Comment:

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**AMBASSADOR**

List the ways in which this athlete has been an ambassador for your Centre and has promoted Little Athletics amongst his / her peers

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**ATHLETES' COMMENTS**

What have you enjoyed most about your involvement in Little Athletics?

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**PLEASE DESCRIBE IN ONE HUNDRED (100) WORDS OR LESS WHY THIS ATHLETE IS WORTHY OF NOMINATION FOR THIS AWARD**

*(Please note that if chosen for the award, this description maybe used to describe the athlete at the State Championships and on the LAQ website)*

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## MOST IMPROVED ATHLETE AWARD

### The Award

- One nomination per Centre.
- Is perpetual, with the recipient each year receiving a small permanent commemorative replica.
- Is to be made to ONE athlete per year.
- Is open to boys and girls of all age groups.
- Is based on personal achievements over a range of events ie  
Sprints and Hurdles      Middle Distance and Walks      Throws      Jumps
- The recipient of the award is to be decided by LAQ based on performance information presented by the Centres. All nominations must be accompanied by a copy of the Centre meeting minutes from which the recommendation for nomination was made, together with copies of your Centre's competition recording details (GameDay or Timing Solutions) for the athlete showing Centre level performances at ALL eligible meetings\*\* whether nominated weeks or not.  
*\*\*see Competition Eligibility*
- Nominations must be made on the approved form (page 14 of this booklet).
- The winner will be announced and the Trophy presented at the State Championships each year.

### Eligibility Period

<b>SUMMER SEASON CENTRES</b>	Any ten (10) weeks from the first competition day of the Centre's season to three (3) weeks prior to the State Championships.
<b>WINTER SEASON CENTRES</b>	Any ten (10) weeks from the first competition day of the Centre's season to the last competition day.

**For all Centres, the actual ten (10) individual weeks are to be submitted with nominations, accompanied by a copy of the Centre recording sheets, by the due date. This allows for the required number of weeks to be selected at the end of the period, eliminating the problems caused by lost weeks, due to wet weather etc.**

### Competition Eligibility

- Open to Centre level competition only.
- This excludes Regional and Association days. Other InterCentre competition is eligible.

### Eligibility Of Venues

Open to competitions held at all venues.

### Note

Individual events for each age group are as indicated on the pink and blue achievement cards.

**Event Groups**

<b>Sprints &amp; Hurdles</b>	All Hurdles; 70m, 100m, 200m.
<b>Middle Distance &amp; Walks</b>	400m, 800m, 1500m, 700m walk, 1100m walk, 1500m walk, 3000m walk, and U7/8 200m
<b>Throws</b>	Discus, Javelin, Shot Put
<b>Jumps</b>	High Jump, Long Jump, Triple Jump.

**Points Score**

Points are to be awarded for **exceeding personal bests** on the basis of one point per event group per nominated week **ie a maximum of four (4) points per athlete per nominated week**. The point for a particular group can be scored for any event within the group however only one (1) point per group per nominated week can be scored. The number of nominated weeks is ten (10) therefore the maximum number of points possible during the eligibility period is forty (40).

**Definition Of Personal Best**

This is defined as the athletes **best performance** from **all** Centre level performances of the **current season**, prior to the first selected week of the 10 week period. Subsequent performances in the selected period should include progressive improved performances (each entry) from the initial best performance, recorded prior to the first week of the selected period. Each improved performance in each event group gains one (1) point.

Athletes who do not have a best performance prior to the selected 10 week period, the first performance of the period is to count as the best performance and entered at the top of the nomination form. **No** points can be gained from this performance.

**Note:** The personal best details which are to be recorded at the top of the nomination form are for the athletes personal best at the start of the season. These are the performances on which all improvements are based.

**Procedure For Drawn Result**

In the case of a drawn result the award will be decided on the greatest number of individual events comprising the final score. If the result is still drawn the award is to be made at the discretion of the Board of Directors and this decision is final.

**Nominations**

Nominations can be submitted by the athlete's Centre or from the athlete themselves.

Proof of performances must be submitted with the nomination form. This can be done through reports from ResultsHQ. Please do not send individual event paperwork from each competition week.

Nominations to be sent to [info@laq.org.au](mailto:info@laq.org.au)

Nominations for the Award close on Wednesday 4<sup>th</sup> March 2026.

CENTRE: \_\_\_\_\_

SEASON: 2025/2026

ATHLETE: \_\_\_\_\_

AGE GROUP: \_\_\_\_\_

PERSONAL BESTS:  
(refer note in criteria)

SPR/HDL		DIST/WLK		THROWS	
60MH		400 M		DISCUS	
80MH		800 M		JAVELIN	
90MH		1500 M		SHOT PUT	
100MH		700M W			
110MH		1100M W		JUMPS	
200MH		1500M W		HIGH JUMP	
300MH		3000M W		LONG JUMP	
70 M				TRIPLE JUMP	
100 M					
200 M					

Week/Date	EVENT	SPR/HDL	DIST/WLK	THROW	JUMP	Total Points to Date
1. .... / .... / ....	TIME/DIST					
	POINTS					
2. .... / .... / ....	TIME/DIST					
	POINTS					
3. .... / .... / ....	TIME/DIST					
	POINTS					
4. .... / .... / ....	TIME/DIST					
	POINTS					
5. .... / .... / ....	TIME/DIST					
	POINTS					
6. .... / .... / ....	TIME/DIST					
	POINTS					
7. .... / .... / ....	TIME/DIST					
	POINTS					
8. .... / .... / ....	TIME/DIST					
	POINTS					
9. .... / .... / ....	TIME/DIST					
	POINTS					
10. .... / .... / ....	TIME/DIST					
	POINTS					
						TOTAL POINTS

## LAQ HONOUR CERTIFICATE

The nominee must have had a minimum of five (5) years service at LAQ Centre level during which time they have demonstrated the desire to foster the aims of Little Athletics within the Centre.

The nominee should have shown a level of commitment higher than that expected of a normal Centre parent and would normally have been involved for a period of time on the Centre Committee. Duties should have exceeded the requirements of a normal Centre Committee position.

The nominee must be of excellent character and be supported by a resolution of the Centre Committee, which is duly recorded in the Centre minutes.

Certificates will be available on application in writing to the Board of Directors.

### Note

The written application must include the number of years of involvement as this is recorded on the certificate.

### Nominations

All nominations must be submitted through the Centre and there is no limit on the number of nominations per Centre.

Nominations to be sent to [info@laq.org.au](mailto:info@laq.org.au)

There is no specific closing date.

### NOMINATION FORM

*This nomination must be accompanied by a copy of the Centre committee minutes from which the recommendation for nomination was made*

NAME .....

CENTRE .....

NUMBER OF YEARS INVOLVED WITH CENTRE .....

DETAILS OF INVOLVEMENT WITH CENTRE .....

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.....  
CENTRE MANAGER (Signed)

.....  
SECRETARY (Signed)

.....  
(Date signed)

..... DATE CERTIFICATE/S REQUIRED BY

Office Use Only: Minutes Received with Nomination: <input type="checkbox"/>	Date : _____
Date sent to Centre: _____	Initials: _____

## 10, 15, 20, 25, 30, 35 and 40 YEAR SERVICE AWARD

The nominee must have had a minimum of ten (10) years service to LAQ during which time they have demonstrated the desire to foster the aims of Little Athletics within the Centre and the Community. Should you have a member who has been involved with another Little Athletics Centre in Queensland, that involvement can form part of the minimum required 10 years.

The nominee should have shown a level of commitment higher than that expected of a normal Centre parent and would normally have been involved for a period of time on the Centre Committee and assisted at other levels of the Association (eg officiating / coaching / administration). Duties should have exceeded the requirements of a normal Centre Committee position. Involvement at another Centre would count towards the mandatory ten years.

The nominee must be of excellent character and the recommendation passed by a resolution of the Centre Committee which is duly recorded in the Centre minutes.

Centres may like to announce the awards at their AGM / Break up. Badges will be available on application.

### **Nominations**

All nominations must be submitted through the Centre and there is no limit on the number of nominations per Centre.

Nominations to be sent to [info@laq.org.au](mailto:info@laq.org.au)

There is no specific closing date.

### NOMINATION FORM

*This nomination must be accompanied by a copy of the Centre committee minutes from which the recommendation for nomination was made*

If there is more than one nominee all details can be included on the same form

Please ensure you include the number of years service for each person

CENTRE .....

NOMINEE  
(Name and Number of Years Service) .....

.....

.....

.....

.....

.....  
CENTRE MANAGER (Signed)

.....  
SECRETARY (Signed)

.....  
(Date signed)

..... DATE BADGE /S REQUIRED BY

Office Use Only: Minutes Received with Nomination: <input type="checkbox"/>	Date : _____
Date sent to Centre: _____	Initials: _____

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## LAQ LIFE MEMBERSHIP

Centres and the Board of Directors may nominate individuals for Life Membership (of the Association) who:

- has given highly meritorious service towards the growth and development of Little Athletics
- and
- has been involved with Little Athletics for a minimum period of 15 years
- and
- has served at Centre committee and / or Association level and / or National level for a minimum period of 10 years

Individuals will be granted Life Membership if they have:

- received a simple majority vote of the Board of Directors
- and
- received a 75% majority vote of the affiliated Centres

To be considered for Life Membership, a nominee must have given outstanding long term meritorious service and have made significant contributions to Little Athletics over the minimum period listed above. It will be conferred on a person who has rendered exceptional service to Little Athletics over and above that of their peers.

More than one Life Membership may be awarded in any one year, however it is not expected that this award will be made each year.

Profiles of all nominees for Life Membership of the Association must include a recent photograph. This photograph will be included in the ballot paper sent to each Centre for consideration.

### **Nominations**

Nominations will only be accepted on the approved form and may be forwarded by Centres, supported by evidence of a **unanimous** vote of the Centre Committee. The Board of Directors may also submit nominations.

There can only be one nomination per Centre.

Nominations to be sent to [info@laq.org.au](mailto:info@laq.org.au)

Nominations for the Award will close on Friday 17<sup>th</sup> April 2026.

*A copy of the Centre minutes where the nomination was made is to accompany the nomination.*

### NOMINATION FORM

*This nomination must be accompanied by a copy of the Centre committee minutes from which the recommendation for nomination was made*

.....  
CENTRE MANAGER (Signed)

.....  
SECRETARY (Signed)

.....  
(Date signed)

- One nomination per Centre
- Please restrict your comments to the nomination form
- The boxes appearing throughout this nomination form are for Office/Board use only

CENTRE .....

NAME OF NOMINEE .....  
(SURNAME) (GIVEN NAMES)

YEAR THEY JOINED THE CENTRE: .....

YEARS OF CENTRE MEMBERSHIP: ..... (Note Minimum 15 Years)

YEARS ON CENTRE COMMITTEE: ..... (Note Minimum 10 Years)

Office Use Only: Minutes Received with Nomination: <input type="checkbox"/>	Date : _____
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• POSITIONS HELD ON CENTRE COMMITTEE

..... YEARS .....POSITION

..... YEARS .....POSITION

..... YEARS .....POSITION

• CENTRE INVOLVEMENT: *(Brief Summary Of Activities Performed At Centre Level)*

.....  
.....  
.....  
.....  
.....

• POSITIONS HELD ON REGIONAL COMMITTEE

..... YEARS .....POSITION

..... YEARS .....POSITION

..... YEARS .....POSITION

• REGIONAL INVOLVEMENT: *(Brief Summary)*

.....  
.....  
.....  
.....  
.....

• POSITIONS HELD AT STATE LEVEL

..... YEARS .....POSITION

..... YEARS .....POSITION

..... YEARS .....POSITION

• ASSOCIATION INVOLVEMENT &/OR BOARD OF DIRECTORS: *(Brief Summary)*

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• OTHER RELEVANT ACHIEVEMENTS/QUALIFICATIONS:  
*(Copy of proof of qualifications to be attached)*

LAQ: .....

OTHER: .....  
*(Eg ATFCA, Athletics Australia)*

• CONTRIBUTION TOWARDS THE DEVELOPMENT OF LITTLE ATHLETICS

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• ANY OTHER RELEVANT ACHIEVEMENTS

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## LAQ DISTINGUISHED MERIT AWARD

Nominees for this award must have attained the following:

- a **minimum** of twelve (12) years service to Little Athletics in Queensland.
- served at Centre, Region and State level or had Board of Directors involvement.
- should have been involved at all levels over and above the call of normal duty and been generally accepted by the majority of people.

As this is a most prestigious award, Centres are urged to give serious consideration to any nomination as only persons with the highest credentials and integrity will be considered by the Board of Directors. Final approval will be by a majority vote of the Board of Directors.

Nominations will only be accepted on the approved form and may be forwarded by Centres, supported by evidence of a **unanimous** vote of the Centre Committee. The Board of Directors may also submit nominations.

More than one award may be presented each year.

### Nominations

Nominations for LAQ Life Membership can only be submitted by Centre's. There can only be one nomination per Centre.

Nominations to be sent to [info@laq.org.au](mailto:info@laq.org.au)

Nominations for the award will close on Friday 17<sup>th</sup> April 2026.

*A copy of the Centre minutes where the nomination was made is to accompany the nomination.*

### NOMINATION FORM

*This nomination must be accompanied by a copy of the Centre committee minutes from which the recommendation for nomination was made*

.....  
CENTRE MANAGER (Signed)

.....  
SECRETARY (Signed)

.....  
(Date signed)

- Please restrict your comments to the nomination form
- The boxes appearing throughout this nomination form are for Office/Board use only

CENTRE .....

NAME OF NOMINEE .....  
(SURNAME) (GIVEN NAMES)

YEAR THEY JOINED THE CENTRE: .....

YEARS OF CENTRE MEMBERSHIP: ..... (Note Minimum 12 Years)

YEARS ON CENTRE COMMITTEE: ..... (Note Minimum 3 Years)

Office Use Only: Minutes Received with Nomination: <input type="checkbox"/>	Date : _____
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• POSITIONS HELD ON CENTRE COMMITTEE

..... YEARS ..... POSITION

..... YEARS ..... POSITION

..... YEARS ..... POSITION

• CENTRE INVOLVEMENT: *(Brief Summary Of Activities Performed At Centre Level)*

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• POSITIONS HELD ON REGIONAL COMMITTEE

..... YEARS ..... POSITION

..... YEARS ..... POSITION

..... YEARS ..... POSITION

• REGIONAL INVOLVEMENT: *(Brief Summary)*

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• POSITIONS HELD AT STATE LEVEL

..... YEARS ..... POSITION

..... YEARS ..... POSITION

..... YEARS ..... POSITION

• ASSOCIATION INVOLVEMENT &/OR BOARD OF DIRECTORS: *(Brief Summary)*

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• OTHER RELEVANT ACHIEVEMENTS/QUALIFICATIONS:  
*(Copy of proof of qualifications to be attached)*

LAQ: .....

OTHER: .....  
*(Eg ATFCA)*

• CONTRIBUTION TOWARDS THE DEVELOPMENT OF LITTLE ATHLETICS

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• ANY OTHER RELEVANT ACHIEVEMENTS

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## LAQ MERIT AWARD

- Nominees must have given a minimum of eight (8) years service at Centre level. This involvement should clearly demonstrate a commitment to furthering the growth and development of the Centre. The nominee should normally have been involved for a period of at least three years at Centre Committee level.
- In addition nominated persons should have had regular involvement at Association competitions.
- Only persons of high character and show an unselfish willingness to work for the betterment of Little Athletics should be considered for nomination.
- Nominations will only be accepted on the approved form and are to be forwarded by Centres or individuals to the Board of Directors supported by evidence of a majority vote of the Centre Committee.
- Final approval will be by a majority vote of the Board of Directors.
- A maximum of ten (10) awards per year will be approved by the Board of Directors.

### Nominations

Nominations can be submitted by Centre's or individuals themselves. If submitted by the Centre, the nomination must be accompanied by a copy of the Centre committee minutes from which the recommendation for the nomination was made.

Nominations to be sent to [info@laq.org.au](mailto:info@laq.org.au)

Nominations for the award will close on Friday 17<sup>th</sup> April 2026.

### NOMINATION FORM

CENTRE .....

NAME OF NOMINEE .....  
(SURNAME) (GIVEN NAMES)

YEAR THEY JOINED THE CENTRE: .....

YEARS OF CENTRE MEMBERSHIP: ..... (Note Minimum 8 Years)

YEARS ON CENTRE COMMITTEE: ..... (Note Minimum 3 Years)

NOMINATED BY:  INDIVIDUAL Name: .....  
OR  
 CENTRE

.....  
CENTRE MANAGER (Signed)

.....  
SECRETARY (Signed)

.....  
(Date signed)

- Please restrict your comments to the nomination form
- The boxes appearing throughout this nomination form are for Office/Board use only

Office Use Only: Minutes Received with Nomination: <input type="checkbox"/>	Date : _____
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• POSITIONS HELD ON CENTRE COMMITTEE

..... YEARS .....POSITION

..... YEARS .....POSITION

..... YEARS .....POSITION

• CENTRE INVOLVEMENT: *(Brief Summary Of Activities Performed At Centre Level)*

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• POSITIONS HELD ON REGIONAL COMMITTEE

..... YEARS .....POSITION

..... YEARS .....POSITION

..... YEARS .....POSITION

• REGIONAL INVOLVEMENT: *(Brief Summary)*

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• POSITIONS HELD AT STATE LEVEL

..... YEARS .....POSITION

..... YEARS .....POSITION

..... YEARS .....POSITION

• ASSOCIATION INVOLVEMENT: *(Brief Summary)*

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• OTHER RELEVANT ACHIEVEMENTS/QUALIFICATIONS:  
*(Copy of proof of qualifications to be attached)*

LAQ: .....

OTHER: .....  
*(Eg ATFCA)*

• CONTRIBUTION TOWARDS THE DEVELOPMENT OF LITTLE ATHLETICS

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• ANY OTHER RELEVANT ACHIEVEMENTS

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## VOLUNTEER OF THE YEAR AWARD

This is an annual award (1 only each year) that is based on involvement in the **current season only (2025/2026 season)**. Nominations must come from Centres and the award is open to all Centre members, however, not necessarily intended to be for the dedicated Committee Member.

No limit of involvement with Little Athletics is placed on the nominee (eg. one year, five years) as it depends totally on the nominees involvement for that year only.

Final approval will be by a majority vote of the Board of Directors.

### **Award**

All nominees will receive a certificate and the winner will receive a certificate and suitably inscribed plaque.

### **Nomination is simple:**

Write in 100 words or less the reason your Centre believes the nominee is worthy of the title Volunteer of the Year.

### **Nominations per Centre**

There can only be one nomination per Centre.

Nominations to be sent to [info@laq.org.au](mailto:info@laq.org.au)

Nominations for the award will close on Friday 17<sup>th</sup> April 2026.

*A copy of the Centre minutes where the nomination was made is to accompany the nomination.*



## FRANK KNIGHT MEMORIAL COACH OF THE YEAR AWARD

### Introduction

The Frank Knight Memorial Coach of the Year Award aims to promote, encourage and reward quality Little Athletics coaching. This award will be presented to an individual who, in the opinion of the Board, has made the most significant contribution to Little Athletics within their community. This individual, by their coaching and enthusiasm promotes the values and philosophies of Little Athletics and junior sport in general and is prepared to extend their qualifications for the development of athletes. To nominate a coach, simply complete the attached nomination form, together with their full résumé. Make sure that you also supply the additional information required. A special presentation will take place in June at the LAQ Conference.

The award will be based on the winter season concluding September / October 2025 and the summer season concluding March 2026.

### Guidelines For Selection

- Made a significant contribution to Little Athletics in their community.
- Promotes the values and philosophies of Little Athletics and junior sport in general.
- Must be a member of /or affiliated with a Centre over the 12-month qualifying period.
- Must have been actively coaching Little Athletes of varying age and ability in a variety of event groups on a regular basis.
- Must hold a current ATFCA or Australian Athletics accreditation Level I or above.
- Preferable to have assisted LAQ as a coach at a minimum of one coaching clinic.
- Preferable to have attended at least one updating coaching workshop or seminar.
- Must have met the criteria and guidelines as identified in the “Coaches Code of Conduct”.

### Note

Other activities that may complement your application are:

- Availability to undertake an ITLAS presenter’s training course - a pre-requisite of a minimum of two years as an accredited Level I coach is required prior to being eligible for this training course.
- Complete an additional group discipline area at a Level II course.

### Nominations per Centre

There can only be one nomination per Centre.

Nominations to be sent to [info@laq.org.au](mailto:info@laq.org.au)

Nominations for the award will close on Friday 17<sup>th</sup> April 2026.

*A copy of the Centre minutes where the nomination was made is to accompany the nomination.*

### NOMINATION FORM

NAME OF COACH .....

CENTRE .....

ACCREDITATION .....

EXPIRY DATE .....

LAQ COACHING CLINICS .....

ITLAS's PRESENTED .....

WORKSHOPS / SEMINARS  
ATTENDED .....

OTHER EVENTS THEY HAVE  
ATTENDED AS A COACH .....

PLEASE DESCRIBE IN ONE HUNDRED (100) WORDS OR LESS WHY THE NOMINEE SHOULD RECEIVE THIS  
AWARD:

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CENTRE MANAGER (Signed)

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SECRETARY (Signed)

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(Date Signed)

Office Use Only: Minutes Received with Nomination:  Date : \_\_\_\_\_

## ALISON QUIRKE OFFICIAL OF THE YEAR AWARD

### The Award

The Alison Quirke Official of the Year Award aims to promote, encourage and reward quality Little Athletics Officials. This award will be presented to an individual who, in the opinion of the Board, has made the most significant contribution to Little Athletics as an Official. A special presentation will take place in June at the LAQ Annual Conference.

### Guidelines For Selection

- Must have a minimum of five (5) years service as an Official at Association or Centre Competitions.
- Significant participation as an Official at Association (including Regional) and Centre meets in the current season.
- Provides a high standard of officiating.
- Offers mentoring and assistance to new Officials.
- Relates well to athletes and fellow Officials.
- Is respected by his / her peers.

### Selection Process

The LAQ Officials Committee will recommend candidates for this award based on the above guidelines to the Board of Directors. Final approval will be by a majority vote of the Board of Directors.

## OFFICIALS MERIT AWARD

### The Award

The Officials Merit Award aims to promote, encourage and reward upcoming Little Athletics Officials. This award will be presented to individuals who, in the opinion of the Board, have shown significant involvement, contribution and a willingness to learn as an Official. A special presentation will take place in June at the LAQ Annual Conference.

A maximum of two (2) recipients may receive the awards in any one season / year.

LAQ Centres, Regional Committees or the LAQ Officials Committee may submit nominations for this award. Centres and Regional Committees must ensure that the appropriate nomination form is completed when nominating an Official for this award.

### Guidelines For Selection

- Must have a minimum of three (3) years service as an Official at Association or Centre Competitions.
- Significant participation as an Official at LAQ Regional and Centre meets in the current season.
- Provides a very sound standard of officiating.
- Seeks and participates in mentoring and learning opportunities.
- Relates well to athletes and fellow Officials.
- Is respected by his / her peers.

### Selection Process

The LAQ Officials Committee will recommend candidates for this award based on the above guidelines to the Board of Directors. Final approval will be by a majority vote of the Board of Directors.

Nominations to be sent to [info@laq.org.au](mailto:info@laq.org.au)

Nominations for the award will close on Friday 17<sup>th</sup> April 2026.

*A copy of the Centre minutes where the nomination was made is to accompany the nomination.*

### NOMINATION FORM

NAME OF OFFICIAL .....

CENTRE .....

ACCREDITATION .....

LAQ COMPETITIONS  
ATTENDED .....

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WORKSHOPS / SEMINARS  
ATTENDED .....

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OTHER EVENTS THEY HAVE  
ATTENDED AS AN OFFICIAL .....

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PLEASE DESCRIBE IN ONE HUNDRED (100) WORDS OR LESS WHY THE NOMINEE SHOULD RECEIVE THIS AWARD:

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NOMINATOR (Name & Sign)

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POSITION

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(Date Signed)

Office Use Only: Minutes Received with Nomination:  Date : \_\_\_\_\_

## JUNIOR OFFICIAL OF THE YEAR AWARD

The LAQ Junior Official of the Year Award aims to promote, encourage and reward upcoming Junior Little Athletics Officials. This award will be presented to an individual who, in the opinion of the Board, have shown significant involvement, contribution and a willingness to learn as a Junior Official. A special presentation will take place in March at the LAQ State Championships.

### Guidelines For Selection

- Must have provided a minimum service of not less than 50% of Association Competitions and current season's Regional competitions.
- Participation as an Official at LAQ Regional and Centre meets in the current season.
- Provides a very sound standard of officiating.
- Seeks and participates in mentoring and learning opportunities.
- Relates well to athletes and fellow Officials.

### Nominations & Selection Process

Nominations can be submitted by Centre's or individuals themselves. If submitted by the Centre, the nomination must be accompanied by a copy of the Centre committee minutes from which the recommendation for the nomination was made.

The LAQ Officials Committee will recommend candidates for this award based on the above guidelines to the Board of Directors. Final approval will be by a majority vote of the Board of Directors.

Nominations to be sent to [info@laq.org.au](mailto:info@laq.org.au)

Nominations for the award will close on Wednesday 4<sup>th</sup> March 2026.

### NOMINATION FORM

NAME OF JUNIOR OFFICIAL .....

CENTRE .....

ACCREDITATION .....

LAQ COMPETITIONS  
ATTENDED .....

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OTHER EVENTS THEY HAVE  
ATTENDED AS AN OFFICIAL .....

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WORKSHOPS / SEMINARS  
ATTENDED .....

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PLEASE DESCRIBE IN ONE HUNDRED (100) WORDS OR LESS WHY THE NOMINEE SHOULD RECEIVE THIS  
AWARD:

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NOMINATOR (Name & Sign)

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POSITION

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(Date Signed)

Office Use Only: Minutes Received with Nomination: Date : \_\_\_\_\_

## CENTRE OF THE YEAR AWARDS

The LAQ Centre of the Year Awards will be presented each year to the Centre that best demonstrates how they have been a leader and innovator in delivering upon the Little Athletics core values of Family Fun and Fitness for the current season.

This will be demonstrated through the following five criteria, where Centre's must have achieved in at least three of Criteria One - Four, and Criteria Five:

- Criteria One: Diversity & Inclusion:** The Centre to demonstrate how it is nurturing an inclusive culture and delivering an inclusive and safe environment for athletes and diverse participants to connect, inspire and achieve together.
- Criteria Two: Innovation:** The Centre to demonstrate innovation when delivering the Little Athletics experience and programs to build depth and the longevity of the Centre and Little Athletics as a community sport of choice.
- Criteria Three: Community:** The Centre to demonstrate how it has connected with and made a positive impact in the local community through direct engagement activity, the use of social media and other activities.
- Criteria Four: Governance:** The Centre to demonstrate how it's values and support systems are structured via the Centres Governance structures, policies and procedures which exemplifies the highest standards in ethical behaviours and integrity.
- Criteria Five: National:** The Centre to demonstrate how it has participated in and excelled in national activities and campaigns to include at least the Coles Community Round.
- Other Criteria:** The outstanding achievements that have been made in and out of competition in the previous Season -Summer or Winter or both.

Centre's must ensure they use a word limit of 150 words for each of the above criteria and submit documents and photos with their nomination to support details in the criteria above.

### Categories & Definitions

The Awards are broken into three categories as listed below:

Category One	Category Two	Category Three
Major City Little Athletics Centre of the Year	Inner Regional Little Athletics Centre of the Year	Outer Regional & Remote Little Athletics Centre of the Year
A Little Athletics Centre located in Major Cities of Australia	A Little Athletics Centre located in Inner Regional Australia	A Little Athletics Centre located in Outer Regional, Remote and Very Remote Australia

To find which category your Centre fits into, definitions are generally based on the Australian Bureau of Statistics Classes of remoteness as found within the link below:

<https://storymaps.arcgis.com/stories/3e64dfb19529465dbcc09ed838da6557>

(Link updated 07/01/2025)

### The winning Centre will receive:

1. A \$1,000 voucher to spend with an LAQ sponsor
2. Certificate and wall plaque
3. Nomination of their Centre for the Little Athletics Australia Centre of the Year Award

Nominations to be sent to [info@laq.org.au](mailto:info@laq.org.au)

Nominations for the award will close on Friday 17<sup>th</sup> April 2026.





**CRITERIA FIVE: NATIONAL**

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## REGISTRATION AWARDS

The Registration Awards are based on Centre registration figures from the previous season and the winners are chosen by the Association. Both Summer and Winter Centres are eligible for this award.

To be eligible for the Award, Centres must have all eligible Little Athletics members (Tiny Tots - Under 17) registered with LAQ from the previous season.

Centre's must also have a minimum of 40 registered athletes to be eligible.

Six awards are presented annually in the following two categories:

- Highest Re-registration Percentage
- Highest Registration Increase

With each category broken into the following numbers:

- 40 - 100 athletes
- 101 - 250 athletes
- 251+ athletes

**The winning Centres will receive:**

1. A \$500 gift voucher from an LAQ sponsor
2. Certificate and wall plaque