

Essential Information



Information for Athletes, Parents & Team Managers

We look forward to welcoming you and your family to the 2026 Coles Winter Carnival at the Townsville Sport Precinct.

The following information is provided for athletes, parents and Team Managers to read prior to attending the Winter Carnival.

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.

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).

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. Draft Event Order click [HERE](#)

TEAM MANAGERS

Each Centre should 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 Coles end of the arena (opposite the finish line). Late nominations or changes to events are not excepted.

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 at the equipment shed near the 200m start-line.

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PROGRAM GUIDE

The full program guide will be available on the LAQ FB page and webpage, 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 rotunda at the McDonald's / 100m start end of the arena.

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!

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.

For U9 - U17 athletes, track event place getter medals can be collected from the Admin Block on ground level - opposite the finish line once results have been confirmed, field event medals will be presented at the relevant event.

A dais will be set up near the Admin Block 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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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 Winter 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.

DID YOU KNOW?

Every Athlete that records a result will add to the Centre chances of winning the Participation Weighted Points Trophy!!

CANTEEN

A Canteen will be operated by Townsville Central offering food and beverages throughout the competition. Cash and EFTPOS payments will be accepted.

TINY TOTS & U6 ACTIVATION

Tiny Tots and U6 athletes (and their parents!) are invited onto the Centre arena at 12:30pm for an action-packed session of fun. Jump, run, and play while learning the basics of track and field in a super fun, supportive environment!

GIFT RACE

U9 – U17 athletes who place first overall in their age group in the 100m, may be considered for the 100m Gift race. Male and female participants will be randomly drawn from these first-place getters, announced and invited to compete. 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.

FUN ACTIVATIONS

Relays – Team Up & Take the Track!

Grab your Centre teammates and get ready to race! Nominate now through your Centre for the Relay events:

- 4 x 100m: U9–U17
- 4 x 70m: U7–U8

Teams / races will be grouped as U13–U17, U11–U12, U9–U10, and U7–U8.

Speed, teamwork, and Centre pride—don't miss it!

March Past – Show Your Colours!

Step out with pride and represent your Centre in the March Past! Whether you've got a big team or just a few, every Centre counts—so come along, join the parade, and celebrate being part of the Little Athletics community.

MEDAL ENGRAVER

Sharon from Herbert River Trophy Centre will be available for engravings. She will be located close to the Admin block opposite the finish line. \$4 per medal.