

**LAQ CENTRE MEMBER HARD COPY  
NOMINATION FORM FOR LAQ COMPETITIONS:**

Centre: \_\_\_\_\_

This nomination form is for the use of Centre athletes and may be copied for nominating purposes for each of the following LAQ competitions by ticking the appropriate box. This form **MUST** be received by the Hard Copy Closing Date.



The Ronald McDonald House Charities  
Winter Carnival (max 7 events)



Coles Spring Carnival (max 5 events)

Nomination fees: \$15 per athlete per competition

EVENTS		U7	U8	U9	U 10	U11	U12	U13	U14	U15	U16	U17	
Shaded boxes indicate events which ARE NOT available to that age group	Sprints	70											
		100											
		200											
	Middle/	400											
	Distance	800											
		1500											
	Walks	700											
		1100											
		1500											
		3000											
	Hurdles	60											
		80								G			
		90								B	G	G	
		100									B	B	G
		110											B
		200											
		300											
	Long Jump												
	High Jump												
	Triple Jump												
Shot Put													
Discus													
Javelin													
Winter Heptathlon	Boys: 100m, 800m, Sprint Hurdles, High Jump, Long Jump, Discus, Javelin Girls: 200m, 800m, Sprint Hurdles, High Jump, Long Jump, Javelin, Shot Put												

Age groups calculated as at 31<sup>st</sup> December

Surname \_\_\_\_\_ Contact ph/email: \_\_\_\_\_

First Name \_\_\_\_\_ B/G U/ \_\_\_\_\_ DoB. \_\_\_\_\_ Rego No. \_\_\_\_\_

First Name \_\_\_\_\_ B/G U/ \_\_\_\_\_ DoB. \_\_\_\_\_ Rego No. \_\_\_\_\_

First Name \_\_\_\_\_ B/G U/ \_\_\_\_\_ DoB. \_\_\_\_\_ Rego No. \_\_\_\_\_

Parent / Guardian: (name) \_\_\_\_\_ Total Fees \$ \_\_\_\_\_

Nomination form can be posted or emailed.  
Little Athletics Queensland  
Postal: PO Box 355, Sunnybank QLD 4109  
Email: k.lunt@laq.org.au / info@laq.org.au

Payment can be Cash, Cheque or Direct Deposit  
Direct Deposit: Bendigo Bank, BSB: 633 000  
Account No.: 1256 10782  
Account Name: Queensland Little Athletics  
Use "Your Surname" & "Name of Comp" as the Reference

Centre use only

Receipt No: \_\_\_\_\_ Amount received: \_\_\_\_\_