

CARNIVAL COMPETITIONS

Ronald McDonald House Charities Winter Carnival Maximum of Seven (7) Events Nomination fees: LAQ Registered U7 - U17 (incl. Heptathlete): \$15.00; Non LAQ Registered U7 - U17 (Incl. Heptathlete): \$20.00

Coles Spring Carnival Maximum of Five (5) Events Nomination fees: LAQ Registered U7 - U17: \$15.00; Non LAQ Registered U7 - U17: \$20.00

Coles Summer Carnival Maximum of Five (5) Events Nomination fees: LAQ Registered U7 - U17:\$15.00; Interstate Registered U7 - U17: \$15.00

Age groups calculated as at 31st December Nomination fees will not be refunded

STANDARD CARNIVAL EVENTS																
UNDER 7	70m	100m	200m									LJ		Discus	Shot Put	
UNDER 8	70m	100m	200m						60mH			LJ		Discus	Shot Put	
UNDER 9	70m	100m	200m	400m	800m		700mW		60mH		HJ	LJ		Discus	Shot Put	
UNDER 10	70m	100m	200m	400m	800m		1100mW		60mH		HJ	LJ		Discus	Shot Put	
MULTI-CLASS U9-U10		100m	200m	400m								*LJ		*Discus	Shot Put	
UNDER 11		100m	200m	400m	800m	1500m	1100mW		80mH		HJ	LJ	TJ	Discus	Shot Put	Javelin
UNDER 12		100m	200m	400m	800m	1500m	1500mW		80mH		HJ	LJ	TJ	Discus	Shot Put	Javelin
MULTI-CLASS U11-U12		100m	200m	400m								*LJ		*Discus	Shot Put	
UNDER 13		100m	200m	400m	800m	1500m	1500mW		80mH	200mH	HJ	LJ	TJ	Discus	Shot Put	Javelin
UNDER 14		100m	200m	400m	800m	1500m	1500mW	3000mW	80/90mH	200mH	HJ	LJ	TJ	Discus	Shot Put	Javelin
MULTI-CLASS U13-U14		100m	200m	400m	^800m							*LJ		*Discus	Shot Put	
UNDER 15		100m	200m	400m	800m	1500m	1500mW	3000mW	90/100mH	300mH	HJ	LJ	TJ	Discus	Shot Put	Javelin
UNDER 16		100m	200m	400m	800m	1500m	1500mW	3000mW	90/100mH	300mH	HJ	LJ	TJ	Discus	Shot Put	Javelin
UNDER 17		100m	200m	400m	800m	1500m	1500mW	3000mW	100/110mH	300mH	HJ	LJ	TJ	Discus	Shot Put	Javelin
MULTI-CLASS U15-U17		100m	200m	400m	^800m							*LJ		*Discus	Shot Put	

*Refer to the Multi-Class Handbook or Nomination Form for nomination restrictions & requirements ^ Wheelchair Only; * Ambulant Only*

WINTER CARNIVAL ONLY			
BOYS UNDER 15 - 17's HEPTATHLON	100m, 800m, Sprint Hurdles, High Jump, Long Jump, Discus, Javelin	GIRLS UNDER 15 - 17's HEPTATHLON	200m, 800m, Sprint Hurdles, High Jump, Long Jump, Javelin, Shot Put

Carnival High Jump Starting Heights: *U9: 0.80 *U10: 0.90 U11: 1.00 U12: 1.10 U13: 1.20 U14: 1.25 U15: 1.30 U16 & U17: 1.35
 U15-U17 Heptathlon High Jump Starting Heights: Shall be agreed by the athletes *Scissors only

For High Jump at the Spring & Summer Carnivals, athletes will only be allowed a total of four (4) failures before being excluded from further competition in that event. Each athlete shall have up to three attempts to clear a height. However, if an athlete misses three (3) consecutive attempts, they are also out of the competition. For more information refer to the Competition Handbook.

Registered and non-registered athletes must wear competition clothing that is in line with the LAQ SunSafe & Uniform Policy. Local venue spike rules may apply.