

Redlands Club Carnival, Sunday 29th January 2023

Redlands Athletics invites you, your family and supporters to our 2023 Club Carnival.

We are once again being hosted by Sheldon College on their World Athletics rated tartan track providing ideal preparation for your Regional Championships.



Maximum 5 events per athlete U7-17 (U6 - 4 events). Nomination fee \$20 per athlete, \$15 for U6 athletes.

Nominations close midnight Saturday 22nd January 2023.

No late nominations will be accepted.

Nominations only by ResultsHQ.

Participation medal for U6 athletes only. Medals for placegetters U7-U17 athletes.

Age category in accordance with LAQ age group policy for the 2022/23 Summer Season.

Athletes must compete in their LAQ age groups and uniforms.

Standard LAQ Footwear, SunSmart, Smoking and Alcohol policies apply. No pets allowed at the venue.

Standard LAQ Competition Rules will be in use at this event.

No refund policy applies unless event cancelled due to adverse weather, COVID or any other reason outside of the club's control.

Carnival Start Time - 8am

Athletes for all track events must report to our Call Room 20 minutes prior to the advertised start time with the exception of Racewalkers who are 30 minutes prior to their event start time.

Field event athletes proceed directly to their designated event location.

Private implements are not permitted.

2023 Club Carnival Program

	8:00am	8:30am	9:00am	9:30am	10:00am	10:30am	11:00am	11:30am	12:00pm	12:30pm	1:00pm
U6	SHOT		100M		70M	LONG			DISCUS		
U7	LONG		100M		70M		200M		SHOT		500M
U8	DISCUS		100M		70M	SHOT	200M		LONG		700M
U9	700 Walk		100M	DISCUS	Race		200M	HIGH	400M		800M
U10	1100 Walk		100M	SHOT	Runners	HIGH	200M		400M		800M
U11	1100 Walk		100M	HIGH	1500M	DISCUS	200M		400M		800M
U12	1500 Walk		100M	LONG	1500M		200M		400M	SHOT	800M
U13	1500 Walk	DISCUS	100M		1500M		200M		400M	HIGH	800M
U14	1500 Walk	SHOT	100M		1500M		200M		400M	LONG	800M
U15	1500 Walk	HIGH	100M		1500M	SHOT	200M		400M	DISCUS	800M
U16	1500 Walk	HIGH	100M		1500M	SHOT	200M		400M	DISCUS	800M
U17	1500 Walk	HIGH	100M		1500M	SHOT	200M		400M	DISCUS	800M

- Ideal preparation event for your Regional and State Championships.
- Full canteen facilities & coffee van with EFTPOS available (no cash out)
 - Convenient off-street parking close to the track.
 - Club tents permitted on shady grassed areas.
 - Elevated spectator viewing areas.

Carnival Rules

TRACK

All track events are timed finals

WALKS

U9	700m
U10/11	1,100m
U12-17	1,500m

FIELD

60 second rule applies to all field events

DISCUS, SHOT & LONG JUMPS

3 trials per athlete
All events straight finals
No top 8

HIGH JUMP

Maximum 3 consecutive misses OR 4 misses in total
Starting heights: U9 60cm, U10 70cm, U11 80cm, U13 100cm & U15 above 120cm
Increments: 5cm, 5cm, 5cm then 3cm

MEDALS

U9 - U17 - medals for all placegetters U6-U8 participation medal only
Enquiries; info@redlandsathletics.org.au or our Event Facebook Page

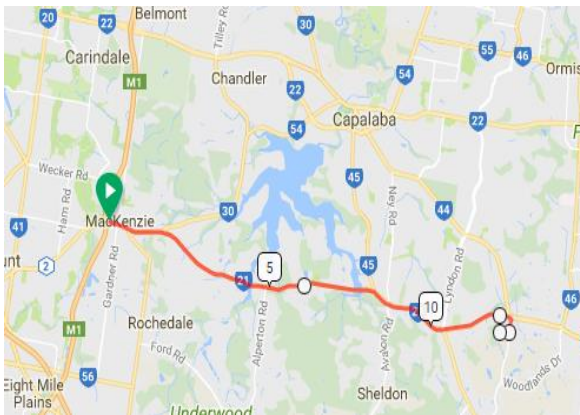


How to find us....

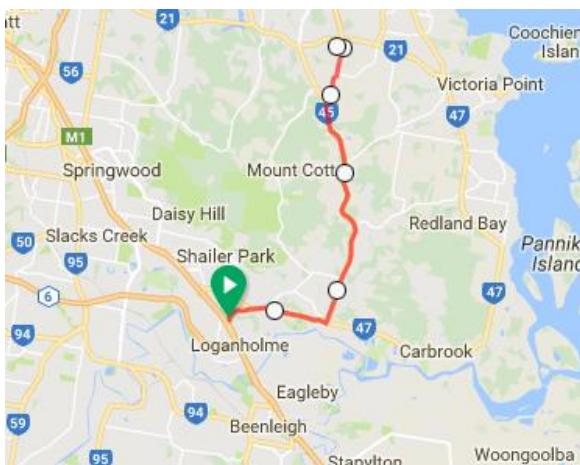
Sheldon College is located on Taylor Road, Sheldon.
When entering the College please use Gate 1 to access the main carpark and overflow carpark.
The athletics track is a short walk on sealed surfaces.



Coming from the North..Exit M1 at Mt Gravatt / Capalaba Road, follow signs to Victoria Point, turn right at roundabout into Taylor Road.



Coming from the South...Exit M1 at Cleveland Beenleigh Redland Bay Road, turn left into Mt Cotton Road, right into Woodlands Drive then left in Taylor Road.



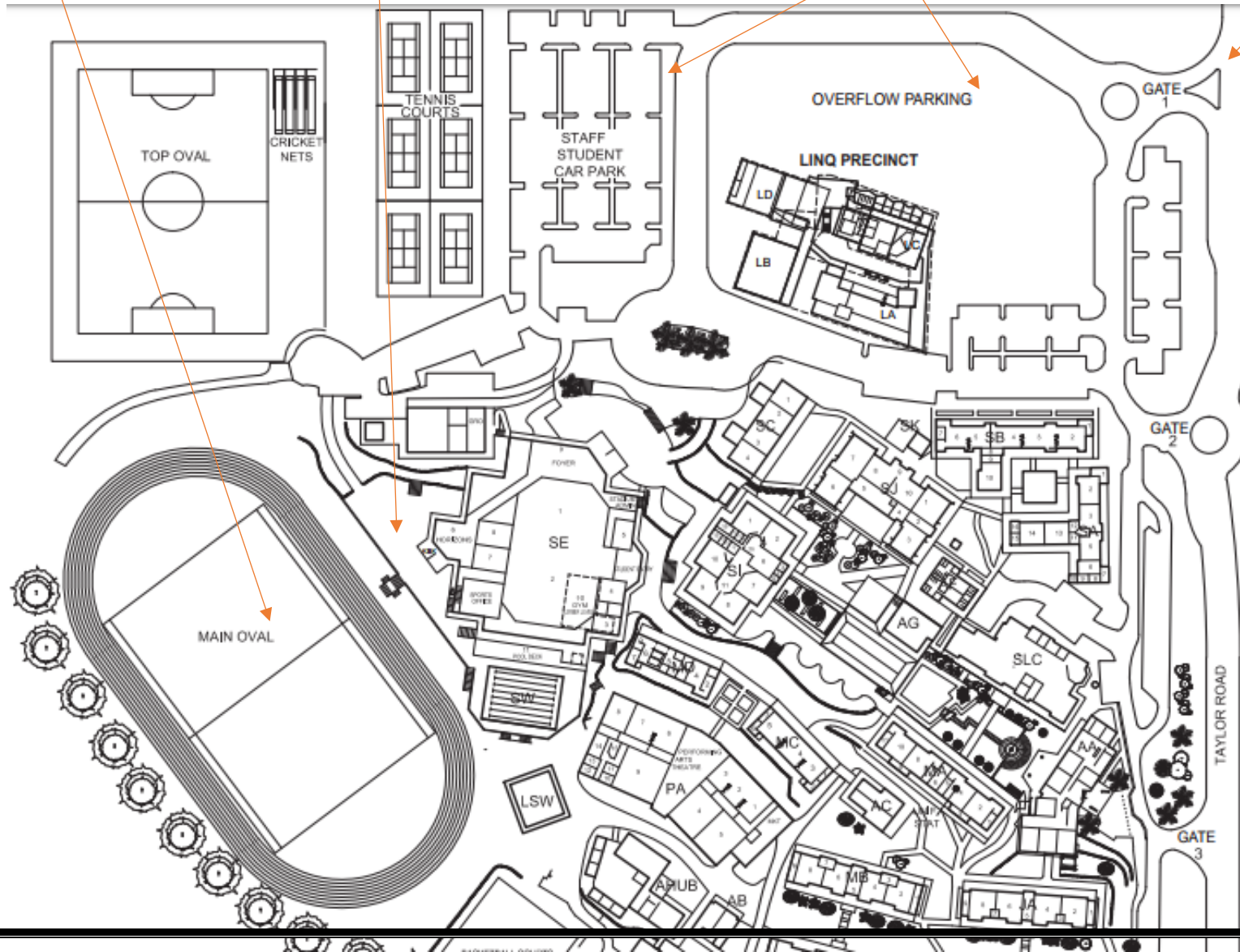
School Map

Track & Facilities

Canteen / Raised Viewing Area

Parking Here

Parking Entrance (Gate 1)



Event Location Map

Boys Discus – On Top Oval

Girls Shot Put

Girls High Jump

Girls Discus

Walks / 1500m
Start

Patron Tents Permitted

Boys Shot

200m Start

100m Start

First Aid

Finish Line Tent

Canteen / BBQ

Toilets

Medal Presentation

Call Room – Track Only

Boys High Jump

B&G Long Jump

