

**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.

Coles
Summer Carnival (max 5 events)

McDonald's
Combined Event Championships

Nomination fees: \$15 per athlete per competition

Shaded boxes indicate events which ARE NOT available to that age group	COMBINED EVENT	U7's	U8's	U9's	U10's	U11's	U12's	U13's	U14's	U15's	U16's	U17's
	Triathlon											
Tetrathlon												
Pentathlon												
Heptathlon												
Track Triathlon												
Jump Triathlon												
Throws Triathlon												
CARNIVAL	U7's	U8's	U9's	U10's	U11's	U12's	U13's	U14's	U15's	U16's	U17's	
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												

Age groups calculated as at 31st December

Surname _____ Contact ph/email: _____

First Name _____ B/G U/ _____ DoB. _____ Rego No. _____ Fees \$ _____

First Name _____ B/G U/ _____ DoB. _____ Rego No. _____ Fees \$ _____

First Name _____ B/G U/ _____ DoB. _____ Rego No. _____ Fees \$ _____

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