



NON LAQ REGISTERED ATHLETE NOMINATION FORM

Nominations must be lodged by 10th June.

2020 THE RONALD MCDONALD HOUSE CHARITIES WINTER CARNIVAL

Competition will be conducted according to Little Athletics Queensland Rules.

Please place an X in each box the athlete will compete in. Maximum seven (7) events for U7 - U17's

Nomination fees:\$20 per athlete / heptathlete													
EVENTS		U7's	U8's	U9's	U10's	U11's	U12's	U13's	U14's	U15's	U16's	U17's	
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												
	Heptathlon	<i>Boys: 100m, 800m, Sprint Hurdles, High Jump, Long Jump, Discus, Javelin</i> <i>Girls: 200m, 800m, Sprint Hurdles, High Jump, Long Jump, Javelin, Shot Put</i>											

Age groups calculated as at 31st December

Athlete(s) are affiliated with the _____ **ANQ Club / School**

Surname _____ Contact ph/email: _____

Address _____

First Name _____ B/G _____ Date of Birth _____ Rego No. _____

First Name _____ B/G _____ Date of Birth _____ Rego No. _____

First Name _____ B/G _____ Date of Birth _____ 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" & WC as the Reference

All participants including non-affiliated member of Little Athletics Queensland, will be covered by insurance for this event, no additional fees required. Please read the Insurance Policy Information found on the LAQ Webpages.