

Coles 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

Age groups calculated as at 31st December

Nomination fees will not be refunded

STANDARD CARNIVAL EVENTS															
U7's	70m	100m	200m								LJ		Discus		Shot Put
U8's	70m	100m	200m					60mH			LJ		Discus		Shot Put
U9's	70m	100m	200m	400m	800m		700mW	60mH		HJ	LJ		Discus		Shot Put
U10's	70m	100m	200m	400m	800m		1100mW	60mH		HJ	LJ		Discus		Shot Put
MULTI-CLASS U9-U10		100m	200m	400m	800m						*LJ		*Discus		Shot Put
U11's		100m	200m	400m	800m	1500m	1100mW	80mH		HJ	LJ	TJ	Discus	Javelin	Shot Put
U12's		100m	200m	400m	800m	1500m	1500mW	80mH		HJ	LJ	TJ	Discus	Javelin	Shot Put
MULTI-CLASS U11-U12		100m	200m	400m	800m						*LJ		*Discus	*Javelin	Shot Put
U13's		100m	200m	400m	800m	1500m	1500mW	80mH	200mH	HJ	LJ	TJ	Discus	Javelin	Shot Put
U14's		100m	200m	400m	800m	1500m	1500mW	80/90mH	200mH	HJ	LJ	TJ	Discus	Javelin	Shot Put
MULTI-CLASS U13-U14		100m	200m	400m	800m						*LJ		*Discus	*Javelin	Shot Put
U15's		100m	200m	400m	800m	1500m	1500mW	90/100mH	300mH	HJ	LJ	TJ	Discus	Javelin	Shot Put
U16's		100m	200m	400m	800m	1500m	1500mW	90/100mH	300mH	HJ	LJ	TJ	Discus	Javelin	Shot Put
U17's		100m	200m	400m	800m	1500m	1500mW	100/110mH	300mH	HJ	LJ	TJ	Discus	Javelin	Shot Put
MULTI-CLASS U15-U17		100m	200m	400m	800m						*LJ		*Discus	*Javelin	Shot Put
Refer to the Multi-Class Handbook or Nomination Form for nomination restrictions & requirements * 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. Needle / pin spikes are prohibited on synthetic tracks at LAQ Competitions.

CARNIVAL

Centre Hard Copy Nomination Form - Copy As Required

CENTRE:.....

PAGE.....of.....

FULL NAME please print & list in age group order	Date Of Birth	Age Group	Boy / Girl	Rego No	1 st Event & BP		2 nd Event & BP		3 rd Event & BP		4 th Event & BP		5 th Event & BP		Hept ✓	6 th Event & BP		7 th Event & BP	
EG: Mary Smith	00/00/0000	U10	G	306	LJ	2.86	Discu s	13.50	100m	17.2	60m H	18.9			WINTER CARNIVAL ONLY				

ATHLETE'S NOMINATIONS MUST INCLUDE THE BEST PERFORMANCE (BP)
WINTER: MAXIMUM OF SEVEN (7) EVENTS