



2021 COLES WINTER CARNIVAL NOMINATION FORM

for NON-REGISTERED (NON-LAQ) ATHLETE

Nominations must be received by 21st June.

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 | | | | | | | | | | | |
| | 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 | Boys: 100m, 800m, Sprint Hurdles, High Jump, Long Jump, Discus, Javelin Girls: 200m, 800m, Sprint Hurdles, High Jump, Long Jump, Javelin, Shot Put | | | | | | | | | | | | |

Age groups calculated as at 31st December

Athletes' affiliation: _____ QA/ANQ Club (if no affiliation leave blank)

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 \$ _____

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|---|--|
| <p>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</p> | <p>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</p> |
| <p>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.</p> | |