

**LAQ 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.



The Ronald McDonald House Charities
Winter Carnival (max 7 events)



Coles Spring Carnival (max 5 events)

Nomination fees: \$15 per athlete per competition

| EVENTS | | U7 | U8 | U9 | U 10 | U11 | U12 | U13 | U14 | U15 | U16 | U17 | |
|--|---|------|----|----|------|-----|-----|-----|-----|-----|-----|-----|---|
| 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 | | | | | | | | | | | | | |
| Winter 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

Surname _____ Contact ph/email: _____

First Name _____ B/G U/ _____ DoB. _____ Rego No. _____

First Name _____ B/G U/ _____ DoB. _____ Rego No. _____

First Name _____ B/G U/ _____ DoB. _____ 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" & "Name of Comp" as the Reference

Centre use only Receipt No: _____ Amount received: _____