

**CENTRE MEMBER
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.

<input type="checkbox"/>
<input type="checkbox"/>

Spring Carnival (max 5 events)

McDonalds Winter Championships & U7 & U8 Carnival (max 7 events)

<input type="checkbox"/>
<input type="checkbox"/>

Medibank Senior Carnival / Junior Pent (max 5 events)

Quest Newspapers Junior Carnival / Senior Pent (max 5 events)

Nom. fees: \$10 per athlete for all competitions

REFER TO CENTRE COMMITTEE FOR NOMINATIONS CLOSING DATES		JUNIOR CARNIVAL (U7 - U10's)				SENIOR CARNIVAL (U11 - U17's)						
EVENTS		U7	U8	U9	U 10	U11	U12	U13	U14	U15	U16	U17
		Sprints	70									
100												
	200											
Middle/ Distance	400											
	800											
	1500											
Walks	700											
	1100											
	1500											
	3000											
Hurdles	60											
	80											
	90											
	100											B&G
	110											B
	200											
Long Jump												
High Jump												
Triple Jump												
Shot Put												
Discus												
Javelin												
U15 - U17's Winter C'ships Pentathlete												
<i>Boys: 100m, 800m, Sprint Hurdles, Long Jump, Discus / Girls: 200m, 800m, Sprint Hurdles, Long Jump, Shot Put</i>												
PENTATHLON (Junior or Senior)												

Surname _____ Contact ph/email: _____

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

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

Parent / Guardian: (name) _____ Total Fees \$ _____

I am prepared to officiate at the _____
(please nominate at least one event & details)

Nomination form can be mailed, faxed or emailed. Little Athletics Queensland Postal: PO Box 6037, Fairfield Gardens QLD 4103 Fax: 07) 3255 9438 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
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