

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.



Senior Carnival (max 5 events) & Junior Pentathlon



Junior Carnival (max 5 events) & Senior Pentathlon

Nomination fees: \$15 per athlete per competition

EVENTS			JUNIOR				SENIOR						
PENTATHLON			U7	U8	U9	U 10	U11	U12	U13	U14	U15	U16	U17
CARNIVAL			JUNIOR				SENIOR						
			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/ Distance	400											
		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												

Age groups calculated as at 30/09/17

Surname _____ Contact ph/email: _____

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

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

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

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

Nomination form can be mailed, faxed or emailed.

Little Athletics Queensland

Postal: PO Box 355, Sunnybank QLD 4109

Fax: 07) 3349 6664

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: _____