

CENTRE MEMBER
 NOMINATION FORM FOR LAQ COMPETITIONS

CENTENARY

McDONALDS REGIONAL RELAYS

Sunday 10th November 2013
 University of Queensland, St Lucia

Nomination Fee: NO ADDITIONAL CHARGE - this is covered by your registration fee

CLOSING DATE: 18th October 2013

This form must be returned to the Nominations officer by this date or your nomination cannot be accepted.

*Forms may be emailed to **clac.nominations@gmail.com***

EVENTS		Maximum of 5 events per athlete (Please tick)															
		U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17					
Shaded boxes indicate events which ARE NOT available to that age group	Relays	4 x 70m															
		4 x 100m															
		4 x 200m															
		Medley (2 x 200m + 1 X 400m + 1 x 800)															
	High Jump (Starting Height)			0.75m	0.85m	0.95m		1.15m	1.20m	1.25m							
	Long Jump																
	Shot Put																
	Discus																

Surname _____ Contact ph/email _____
 First Name _____ Rego No. _____
 Boys/Girls _____ Age Group U _____ No. of Events _____ Fees \$ _____

Parent/Guardian: (name) _____

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

We urge every one of our Little Athletes to attend Regional Relays. A Perpetual Shield is presented to the most successful centre of the carnival based on placing and attendance.

This is a fun event for ALL abilities.

All Under 7 and Under 8 athletes are presented with a participation medal for their efforts.

For the more serious athletes, successful teams will qualify for the State Relays held at SAF, Nathan on Saturday, 14th December 2013.

The track relay teams are made up of 4 runners. Every effort will be made for all track nominations to be placed in a team. This may be an all girls or boys team or a mixed team. The QLA Competition Handbook outlines how the teams are determined, usually based on this seasons club performances.

For field event nominations, the athletes are not placed into teams. If the combined results from the top two athletes from our centre for that event and age group place in the top three at this meet, those athletes will progress to the State Relays as a team.