

	4,5 Yrs	6 Yrs	7 Yrs	8 Yrs	9 Yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs	U/ 16	U/ 18	U/ 20	Open	Masters
60m															
80m															
100m															
200m															
400m															
800m															
1500m															
800m Walk															
1500m Walk															
3000m Walk															
Hurdles															
Long Jump															
Triple Jump															
High Jump															
Shot Put															
Discus															
Javelin															
Hammer															

High Jump : The Flop is not allowed for ages 8,9 & 10

- All hurdle distances as per ANQ Age Limitation Table
- Indicates Events You Wish To Enter By

**Please Print**

Name: .....

Age: .....(as at 31/12/13)

Address: .....

Post Code: .....

Date of Birth: .....Sex (M/F).....

Phone: .....

Club Name:.....

I certify date of birth is correct:

..... (Parent/Guardian)

(If under 18 years)

Program Yes/No (\$ 5.00 each)

\$ .....

Number of Events @ \$4.00

\$ .....

4/5/6 yrs (MAX 5 events) / \$ 8.00 fee

\$ .....

7/8/9 yrs (MAX 7 events) / \$10.00 fee

Masters (MAX 14 events) / \$10.00 fee

**TOTAL**

\$.....

**Are You a Reg. Member ?** ANQ QA LAQ QMA Road Runners or Non-Registered

**Please indicate if you can officiate: Yes / No. Which Event/s:**

## 2013 TRACK & FIELD CARNIVAL



### VENUE

Central Queensland University Oval  
Bruce Highway  
North Rockhampton

**DATE: 22-23rd June 2013**

**Hosted by Central Queensland Athletic Club Inc.**

### IMPORTANT NOTES TO BE READ CAREFULLY

- Athletes Ages **4,5,6,7,8 & 9 yrs Masters** will receive a **participation medal**.
- Age is ACTUAL AGE** in years at **31 December 2013**. Nomination forms **must** be fully **completed** and **signed**.
- Athletes **must** compete in their own **AGE** group. Athletes may compete in **OPEN** events as well as their own age group.
- Entries close on Friday 7th June 2013. No late nominations will be accepted.**
- Nominations and payments may be lodged by post to: **The Secretary CQAC P.O. Box 6559. RED HILL MC. 4701.**
- Non-Registered Athletes accepted. Must sign in as CQAC Trialist for carnival.
- The carnival will be run as per **IAAF Rules. N.B.** All throws & jumps events 10 years to Open 6 throws/jumps for top eight. Masters have 6 throws/jumps. 9yrs & Under 3 throws/jumps.
- Enclosed shoes MUST be worn at all times for all events.**
- Spike shoes may be worn in age groups 10,11 & 12yrs in jav, jumps & laned track events. Ages 13 & over may wear spikes in jav, jumps, laned & unlaned track events. (Put on at start line, taken off at finish line. This rule will be enforced due to safety issues.)
- Enquiries to: Carolyn Johnson – 49282715, o407763552 or e-mail carolynjohnson4@hotmail.com
- Club Athletes to compete in correct club uniforms with registration numbers.
- Hammer competitors cannot compete unless previously coached.

**Please keep this side of the form for future reference**