



**FAMILY
YEARBOOK**

**20
26**

FROM THE CENTRE MANAGER

#teamnambour

I am a passionate advocate for youth sport and my personal belief is that athletics is for everyone. It's about more than sport. It's about building character and the friends you make along the way.

At Nambour Little Athletics, we've built something truly special on the foundation of support and inclusion. While track and field certainly offers individual challenges and incredible personal achievements, it's the power of our community that defines us. That's why, when you join us, you don't just sign up for a sport; you become a member of #teamnambour.

Our culture thrives on enthusiasm, encouragement, and teamwork. Saturdays aren't solely about competition. We celebrate every personal best, and you'll hear us cheering for each other louder than anyone. Wearing our green and gold uniform isn't just about showing club pride; it's a representation of the values we hold dear: sportsmanship, dedication, perseverance, and respect.

Above all, we are proudly inclusive. We wholeheartedly welcome athletes of all abilities because we recognise the unique potential within every single child. Athletes with disabilities aren't just welcome; they are valued members of our team. We are absolutely committed to providing an environment where every child can participate, develop their skills, and experience the joy of being active and personal achievement. #teamnambour is a place where every child feels a sense of belonging, support, and has the opportunity to shine.

2025/2026 Season Recap

Looking back on the year, I am filled with immense pride for everything our athletes and families have achieved together.

For the most part, the weather gods were on our side this year, allowing us to enjoy week after week of sunshine and PBs. Although it was disappointing to have our final three meets washed out by the rain, we were able to get on the track in between for our weekly coaching sessions which were well attended.

Our registration numbers remain strong, and once again, #teamnambour proved that we punch well above our weight class. This was never more evident than at our regional competitions.

I am thrilled to share that Nambour had the highest participation rate of any summer centre at our Regional Relays Carnival. Relays are easily my favourite time of the athletics calendar. There is nothing quite like the energy of our green and gold team cheering each other on. That teamwork was rewarded with:

- An incredible tally of podium finishes.
- Multiple Regional Best Performances.
- A handful of prestigious Queensland Best Performances.

State and National Success

To cap off a cracking year, we reached a major milestone for our club. For the first time since 2013, Nambour had athletes selected for the LAO State Representative team. A massive congratulations to Amaris and Lachie, who represented both Queensland and Nambour at the Australian Little Athletics Championships in April.

Thank you

An athletics season is a massive team effort, and there are two groups of people who make it all possible:

- **To our Fantastic Families:** Without your support for your children and our community, we simply don't have a club. Whether you were raking a pit, timing the track, or just cheering from the sidelines, thank you for being the backbone of our Saturdays.
- **To our Hardworking Committee:** I am so deeply grateful for your dedication. Thank you for everything you do behind the scenes to keep our athletes out on the track in their 'happy place'. See you on the track in 2026/2027.

Lindsie Eastman
Centre Manager

OUR CENTRE

Nambour Little Athletics has a proud history of athletics excellence.

We are a volunteer-based, not-for-profit association established to promote athletics and conduct athletic meetings in the Nambour district.

From very humble beginnings at the Nambour State Primary School, the centre commenced its first season in December 1983 with a handful of athletes.

As member numbers grew, the centre moved to the present PCYC (Police Citizens Youth Club) grounds in 1986. This move and the magnificent efforts of the centre's parents have seen the venue develop into one of the finest Little Athletics grounds in country Queensland.

WHAT IS LITTLE A'S ALL ABOUT?

The concept of Little Athletics was the brainchild of Trevor Billingham and the first competition started in the 1960's in Victoria. The activity has spread throughout Australia commencing in Queensland in 1975. Competing athletes in the first year totalled 1,500 and this number has spiralled to over 80,000 in recent years. The movement has developed philosophies in tune with the needs of those members.

"Little Athletics aims to develop children of all abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in Athletic activities."

FAMILY, FUN & FITNESS

Little Athletics is a FAMILY activity in which children from the ages of four to seventeen learn the basic athletics skills of running, jumping and throwing.

Little Athletics is a FUN activity. All children, regardless of ability are encouraged to participate. Each child is encouraged to improve

their own personal performance.

To do this your Little Athletics Centre provides friendly competitions on Saturday mornings and coaching activities during the week. By joining in these activities and learning HOW to do all these events correctly, your child will have lots of FUN.

Little Athletics is a FITNESS activity. From the simple warm-up exercises which precede each meeting, and each coaching session, to the actual running, jumping and throwing events, all Little Athletics activities are designed to improve your child's FITNESS and well being.

THE AVERAGE LITTLE ATHLETE

Not all competitors can be champions.

This applies in all SPORTS.

Little Athletics was quick to recognise this and accept responsibility to preserve the interest of and rights of ALL members.

There is of course, an obligation to the talented child who may wish to continue in the sport. That obligation is met through coaching facilities and the opportunity to compete in State and National events.

Every effort is made to ensure that this obligation is not met at the expense of The Average Little Athlete.

These are, by far, in the majority.

ALL PARTICIPANTS ARE SUBJECT TO THE EMPHASIS THAT THE PHILOSOPHY IS BASED ON THE PREMISE:

to IMPROVE rather than win.

YOUR COMMITTEE

| POSITION | NAME | PHONE |
|------------------------------|--|--------------|
| CENTRE MANAGER/ REGISTRAR | LINDSIE EASTMAN centremanager@nambourlittleathletics.com.au | 0414 764 548 |
| SECRETARY | KELLY KIDD secretary@nambourlittleathletics.com.au | |
| TREASURER | ROSS PFISTER treasurer@nambourlittleathletics.com.au | |
| COMMITTEE MEMBERS | Richard Kidd, Keffed Cordwell, Samantha Miller, Ros Byrne, Lysa Erbacher, Bianca Erbacher, Patrick Nispel, Odette Carter, Kelly Jenkins, Danna Davidson, Lauralee Sweeney. | |
| PATRON | KEFFED CORDWELL | |



SEASON CALENDAR 2026/2027

| DATE | DAY | TIME | EVENT | VENUE |
|---------------------------------------|----------|--------|--|----------------------------|
| SEPTEMBER | | | | |
| 5 | SAT | 8:00AM | Centre Competition | Nambour LAC |
| 12 | SAT | 8:00AM | Centre Competition | Nambour LAC |
| 19 | SAT | 8:00AM | Centre Competition | Nambour LAC |
| 19 | SAT | | Coles Spring Carnival | Bundaberg AR |
| 26 | SAT | 8:00AM | Centre Competition | Nambour LAC |
| OCTOBER | | | | |
| 3 | SAT | 8:00AM | Centre Competition | Nambour LAC |
| 10 | SAT | 8:00AM | Centre Competition | Nambour LAC |
| 17 | SAT | 8:00AM | Centre Competition | Nambour LAC |
| 24 | SAT | 8:00AM | Centre Competition | Nambour LAC |
| 24 | SAT | | Coles Summer Carnival Series 1 | SAF, Brisbane |
| 31 | SAT | 8:00AM | Centre Competition | Nambour LAC |
| NOVEMBER | | | | |
| 7 | SAT | 8:00AM | Centre Competition | Nambour LAC |
| 14 | SAT | | SUNCOAST REGIONAL RELAYS CARNIVAL | University LAC |
| 21 | SAT | 8:00AM | Centre Competition | Nambour LAC |
| 22 | SUN | | Coles Summer Carnival Series 2 (TBC) | GCPC, Runaway Bay |
| 28 | SAT | 8:00AM | Centre Competition/ Mini Meet | Nambour LAC |
| DECEMBER | | | | |
| 5 | SAT | 8:00AM | Centre Competition | Nambour LAC |
| 12 | SAT | 8:00AM | Centre Competition | Nambour LAC |
| 12 | SAT | | McDONALD'S STATE RELAY CHAMPIONSHIPS | SAF, Brisbane |
| XMAS BREAK – 12 December to 9 January | | | | |
| JANUARY | | | | |
| 9 | SAT | 8:00AM | Centre Competition | Nambour LAC |
| 16 | SAT | 8:00AM | Centre Competition | Nambour LAC |
| 23 | SAT | 8:00AM | Centre Competition | Nambour LAC |
| 30 | SAT | 8:00AM | Suncoast Invitational Pentathlon | Nambour LAC |
| 30-31 | SAT/ SUN | | McDonald's Combined Event Championships | SAF, Brisbane |
| FEBRUARY | | | | |
| 6 | SAT | 8:00AM | Centre Competition | Nambour LAC |
| 13-14 | SAT-SUN | | SUNCOAST REGIONAL CHAMPIONSHIPS | University LAC |
| 20 | SAT | 8:00AM | Centre Competition | Nambour LAC |
| 27 | SAT | 8:00AM | NLAC Quadrathlon | Nambour LAC |
| MARCH | | | | |
| 6 | SAT | 8:00AM | Centre Competition (Back Up Centre Comp) | Nambour LAC |
| 13 | SAT | 8:00AM | Centre Competition (Back Up Centre Comp) | Nambour LAC |
| 19-21 | FRI-SUN | | McDONALD'S STATE CHAMPIONSHIPS | Townsville Sports Precinct |



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REGISTRATION

Nambour Little A's caters for registered children between the ages of 4 to 17 years. The minimum age for registration is 4 years old and you can register on the child's birthday.

Children registered for this season will be organised into age groups according to their year of birth. This registration is valid for 12 months and covers all LAQ events in this period.

| YEAR OF BIRTH | AGE GROUP FOR COMPETITION |
|---------------|---------------------------|
| 2023-2022 | Tiny Tots |
| 2021 | Under 6 |
| 2020 | Under 7 |
| 2019 | Under 8 |
| 2018 | Under 9 |
| 2017 | Under 10 |
| 2016 | Under 11 |
| 2015 | Under 12 |
| 2014 | Under 13 |
| 2013 | Under 14 |
| 2012 | Under 15 |
| 2011 | Under 16 |
| 2010 | Under 17 |

WHAT DO YOU GET WHEN YOU REGISTER?

The fee covers registration and affiliation with Little Athletics Queensland and Sunshine Coast PCYC ground fees for Saturday competitions.

Athletes are encouraged to become members of the PCYC. Individual and family memberships are available and enquiries should be made at the PCYC desk.

Included in your registration:

- Saturday competition at the PCYC grounds as per our season calendar
- Mid week coaching (NLAC coaches and visiting guest coaches).

- Registration pack including family yearbook (1 per family), gifts from LAQ and McDonald's Achievement Card
- Family login to ResultsHQ, our competition results portal. Access all competition results and nomination to carnivals.
- Contribution to the nomination fee for SunCoast Regional Relays carnival (U7-17 athletes)

Your registration and affiliation with Little Athletics Queensland enables you to compete at any Little Athletics Centre in Queensland. If you can't make our weekly centre meet and you'd still like to compete (or want to compete multiple times a week), nearby centres on the Sunshine Coast have regular weekly meets on Friday nights and Saturday afternoons. And, if you're away on holidays (in Queensland), you can compete at the local Little Athletics Centre too! See your Centre Manager for more information.

QUEENSLAND ATHLETICS MEMBERSHIP

LAQ provides a pathway for athletes to compete through Queensland Athletics (QA). Please refer to the QA website for more information on minimum ages, registration fees and local clubs.



CENTRE INFORMATION

Centre competition is conducted at the PCYC Grounds, Youth Avenue, Burnside on Saturday mornings between 8:00am and approx 10.30am and is open to all athletes registered with the centre, visiting athletes from other centres who register on the day, and other visitors who register on the day.

WEEKLY CHECK IN

Please note that any child not signed in by their parent on a competition day or coaching session is not covered by insurance against any injury.

The Committee of Nambour Little Athletics have a duty of care towards all of our registered athletes. Children cannot attend Nambour Little Athletics without a parent/guardian in attendance for the duration of the session.

This is in line with the agreement all parents/ carers signed upon registering with the Centre. Athletes will not be allowed to compete if their parents/ guardians are not in attendance for the duration of the competition.

PARENT HELP

Parent assistance is **VITAL** at our weekly competitions.

On competition days parents can support athletes in a variety of ways with little or no experience. You can learn as you go and it's a lot of fun.

Parents, carers and grandparents can help us in the following ways:

- Set-up and pack-up the equipment
- helping in the canteen
- becoming an Age Marshall and recording results and measurements
- place judging in track events
- spiking, retrieving and measuring events such as discus, shot put and javelin
- spiking, measuring and raking the landing pit at the long jump and triple jump events
- helping at high jump.

If you have any questions, just ask one of our Committee members (you'll find us in the green shirts).

CANTEEN

The centre operates a canteen on competition mornings. Your support of the canteen is appreciated as profits go directly towards improving our facilities, equipment and providing awards for the athletes.

FIRST AID

In the unfortunate event that an injury occurs to one of the children, please take him or her to the clubhouse where we will render all assistance possible. If the child cannot be moved please notify us immediately. A first aid kit is available at all times and where possible someone trained in the application of first aid will also be available.

CENTRE NEWS

Don't forget to visit our website and our Facebook page, to stay up to date with all the news and events happening around our centre such as:

- closing dates for nominations of all the regional and centre carnivals
- officials and coaches education opportunities
- athlete coaching clinics which may be happening
- reminders about important issues such as bringing your water bottle, wearing hats and sun safety.

Please ensure you provide a current email address with your registration to keep up to date with the latest news by email also.

[facebook.com/nambourlittleathletics](https://www.facebook.com/nambourlittleathletics)

[instagram.com/nambourlac](https://www.instagram.com/nambourlac)

www.nambourlittleathletics.com.au

RAINY DAYS OR WET GROUNDS

If rain or ground conditions results in cancellation of a competition day, notification will be posted on our Facebook page. We will also endeavour to send an email and/or text message. Notification will be prior to 7:30am.

ON-LINE RESULTS

See results from every week, season best performances, graphs of results, print your own performance tickets and more. Here are the instructions:

1. Go to www.resultshq.com.au
2. Log in with your email address and password, or if you have forgotten your password or using the system for the first time, click on "forgot your username"
3. Type in your email address (that you used to register) and you will be emailed your username and password. This will be a family login so you will see results for all your children in one place
4. Go back to www.resultshq.com.au and enter your username and password
5. Once logged in you will see your children's name(s), a list of recent meets, upcoming meets, a button to view our centre records, and from time to time messages from the club
6. Click on your child names and it will show results for the most recent meet. You can access results from all meets here, and print out tickets.

DOGS

The PCYC, including all buildings, ovals and facilities has a NO DOGS policy. Dogs are not permitted on the grounds at any time. This includes coaching session, clinics or at any of our competition meets.

SMOKING POLICY

Smoking is not permitted in any competition or spectator area during any Little Athletics Competition – including Centre Level Competitions.

Athletes, Coaches, Officials, and Spectators are reminded that smoking is inappropriate behaviour in a sporting environment and are asked to respect this smoking policy.

IS THERE ANY INSURANCE?

All members and voluntary helpers are covered to some degree by insurance policies, which the centre has as a result of its affiliation with Little Athletics Queensland. Information can be obtained from your Centre Secretary.

PLEASE NOTE THAT THE LITTLE ATHLETICS INSURANCE POLICY DOES NOT COVER ANY CHILD WHO LEAVES THE AREA CONTROLLED BY THE OFFICIALS UNLESS THE CHILD IS TRAVELLING DIRECTLY TO OR FROM HOME OR THE PLACE OF COMPETITION.

COACHING

Event coaching will be held mid week at the PCYC Grounds. Times may vary so be sure to check the noticeboard, newsletters and Facebook page for the most up to date information.

Coaching will cover specific areas according to the athletes needs and coach availability. Please discuss your event preferences with the Centre Manager.

Coaching is not compulsory, however we encourage all athletes to attend to improve on their skill development and technique in all events.



CODE OF CONDUCT

CODE OF CONDUCT

Sport has a special place in Australian society. We are proud of our sporting tradition.

Winning, of course, is a vital part of that tradition – but not as important as the spirit of Australian sport. This spirit stems from our commitment to fair play. Little Athletics Queensland (LAQ) has published the following code of conduct which Nambour Little Athletics endorses.

PARENTS

- Condemn all violent or illegal acts, whether they are by athletes, coaches, officials, parents or spectators.
- Respect the official's decisions. Don't complain or argue about actions or decisions during or after an event.
- Do not engage in unsportsmanlike language, harassment or aggressive behaviour.
- Encourage athletes to play by the rules and to respect opposing athletes and officials.
- Never ridicule or scorn an athlete for making a mistake, respect their efforts.
- Understand that sport is part of a total life experience, and the benefits of involvement go far beyond the final placing of an event.
- Participate in positive cheering that encourages the athletes in the Centre you are supporting. Don't engage in any cheering that taunts or intimidates opponents, their fans or officials.
- Remember that children participate in Little Athletics for their own enjoyment, not yours!
- At all times follow the directions of the Competition Manager and/or other competition day officials.
- Never arrive at a Little Athletics competition under the influence of alcohol or drugs. Never bring alcohol or drugs to a Little Athletics competition or training.

ATHLETES

- Be a good sport. Respect all good performances whether from your Centre or the opponents and shake hands with and thank the opposing athletes and officials after the event – win, lose or draw.

- Participate for your own enjoyment and benefit.
- Always respect the official's decision.
- Never become involved in acts of foul play.
- Honour both the spirit and intention of the competition rules and live up to the highest ideals of ethics and sportsmanship. Avoid gamesmanship and respect the traditions of the sport.
- Never engage in disrespectful conduct of any sort including profanity, sledging, obscene gestures, offensive remarks, trash-talking, taunting or other actions that are demeaning to other athletes, officials or supporters.
- Care for and respect the facilities and equipment made available to you during training and competition.
- Safeguard your health. Don't use any illegal or unhealthy substances.
- Recognise that officials and coaches are volunteers who give up their time to provide their services. Treat them with the utmost respect.
- Do not bet or otherwise financially speculate, directly or indirectly, on the outcome or any other aspect of a Little Athletics or Athletics event or competition in which you are involved.

BREACHING THE CODE OF CONDUCT

The code of behaviour as set down is to be followed by all athletes. Any breaches of this code will be dealt with in the following manner.

In the first instance, the Centre Manager/ Age Marshall will speak with the athlete's entire age group to remind the group of the expected standards of conduct.

If the behaviour is deemed unsafe or causes harm to others or damage to equipment, the Centre Manager/ Age Marshall will speak to the athlete along with the athlete's parents and the athlete may be excluded from the event they are currently participating in.

Should a further breach occur, the athlete will be excluded from the day's competition.



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LAQ CARNIVALS & COMPETITION

Centres registered with Little Athletics Queensland are divided into geographic regions for competition purposes. The Nambour Little Athletics Centre is part of the SunCoast Region along with Bli Bli, Bribie, Caboolture, Caloundra, Cooloola Coast, Deception Bay, Glasshouse, Gympie, Maleny, Maroochy, Nanango, Noosa, South Burnett, Wamuran and University.

The following pages outline just some of the LAQ competitions and carnival opportunities available for our athletes. Details of centre carnivals can be found on the LAQ website in the event calendar.

INTER-CENTRE MEETS

Each season, Nambour LAC enjoys friendly competitions with nearby centres such as Bli Bli, Maroochy and Maleny.

We will be hosting the SunCoast Invitational Pentathlon in January. Check our season calendar for dates and details.

COLES SPRING & SUMMER CARNIVAL SERIES (2026/2027 SEASON)

The COLES SPRING CARNIVAL (19 September, 2026) is held each year at the Bundaberg Region Athletics Facility and is open to all U7-U17 LAQ registered athletes as well as non-LAQ registered (age appropriate) athletes, QA registered U18's to Open athletes.

The COLES SUMMER CARNIVAL SERIES Series 1 – Saturday 24 October, 2026 aims to give all registered athletes in the U7-U17 age groups the opportunity to take part in a large-scale competition, without any of the pressures associated with a Championship. *At the time of print, date & location for series 2 has not been published.*

REGIONAL RELAYS

14 NOVEMBER, 2026 (USC)

This major LAQ event encourages and allows athletes to compete in track and field teams and is by far the most popular of our Association Days both from a competition and spectator basis.

We encourage all our athletes to nominate in all events available to them. Regional Relays

is a competition open to athletes Under 7 and upward. Under 7 and 8 athletes compete at Regional Relays only. No competition is held at a state level for these age groups.

The centre will select teams for both track and field events to compete against other centres from our region.

Teams for track events have 4 members while field teams have 2 members.

RELAY EVENTS PER AGE GROUP

| AGE EVENTS – BOYS & GIRLS EVENTS | |
|----------------------------------|-------------------------------|
| U7 | 4x100 (shuttle), LJ, Dis |
| U8 | 4x100 (shuttle), LJ, SP |
| U9 | 4x100, 4xSwedish, SP, Dis, HJ |
| U10 | 4x100, 4xSwedish, SP, HJ, LJ |
| U11 | 4x100, 4xMedley, Dis, SP, LJ |
| U12 | 4x100, 4xMedley, Dis, HJ, LJ |
| U13 | 4x100, 4xMedley, HJ, SP, Dis |
| U14 | 4x100, 4xSwedish, SP, HJ, LJ |
| U15 | 4x100, 4xSwedish, Dis, HJ, LJ |
| U16 | 4x100, 4xSwedish, Dis, SP, LJ |
| U17 | 4x100, 4xSwedish, Dis, SP, LJ |

| COMBINED AGE MIXED TEAMS | |
|--------------------------|------------------|
| U9-10 | 4x100, 4xSwedish |
| U11-13 | 4x100, 4xMedley |
| U14-17 | 4x100, 4xSwedish |

RELAY TEAM SELECTION POLICY

Selection of Track Relay Teams will be determined from recorded performances of nominated athletes in order to maximise the opportunity of qualifying teams.

In some cases, athletes will be selected in teams with athletes in other age groups in track teams. The composition of Track Relay Teams including the allocation of positions within the team will

LAQ CARNIVALS & COMPETITION

be determined by the Centre Committee.

Athletes selected;

- must run in their nominated team
- must run in their allocated position (leg), and
- must run the distance leg of the relay for which they are selected in Medley and Swedish relays.

By submitting your nomination, you agree to the above selection policy.

If you have any questions or are seeking advice as to whether your children should enter, please speak to a member of our committee. They will be pleased to help you understand the significance of putting in your nomination form for these relays.

STATE RELAY CHAMPIONSHIPS

12 DECEMBER, 2026 (SAF)

The first three place getters (track) in each event and first two place getters (field – boys, girls and mixed teams) at the Regional Relay Day qualify to compete in the State Relay Championships against centres from all over Queensland. This is one of LAQ's most exciting meetings.

REGIONAL CHAMPIONSHIPS

13 & 14 FEBRUARY, 2027 (USC)

Nominations for this event are open to all athletes in the U7-U17 age groups including MultiClass athletes. Athletes in the U7-U8 age groups do not progress to State Championships but will receive participation medals if competing at this carnival.

This is an individuals championship event and medals are presented to athletes placed 1st, 2nd and 3rd in each event for athletes aged U9-U17.

The first 4 place getters in each event qualify to compete at the State Championships event (excluding events with qualifying standards i.e. race walking and distance events).

For full details of event eligibility, qualifying times and distances and events per age group, please refer to the LAQ Competition Handbook on the LAQ website.

STATE CHAMPIONSHIPS

19–21 March, 2027 (Townsville)

The first four place getters (U9-U17) in each event at the Regional Championships qualify to compete at the State Championships.

MultiClass athletes have the opportunity of direct nomination provided they have competed at Regional Championships.

COMBINED EVENT CHAMPIONSHIPS

30–31 January, 2027 (SAF)

The Combined Event Championships is oriented as a Championship Event for U9 – U17's and offers participation for U7 – U8's.

The number of combined events per age group is a graduated increase to reduce undue pressure on younger athletes and encourage athlete's development. A strong emphasis is on the participation of children in a wider range of events, rather than the early specialisation in one or two specific events.

Additionally, the State Team Selectors will refer to the U15 Heptathlon results when selecting athletes for the State Team.

Full eligibility and nomination information can be found on the LAQ website.



COMPETITION RULES

All events conducted by the centre are done so under the rules laid down by Little Athletics Queensland. LAQ has adopted the rules set down by the IAAF Handbook except as modified to suit the needs of the children.

The LAQ Competition Handbook can be found on the LAQ website. Some rules are:

CENTRE UNIFORM

The official competition uniform is:

- Club Polo Shirt
Yellow with Bottle Green and White flashes, Bottle Green Sleeves and Collar
- Club Racing Singlet
Yellow with Bottle Green and White flashes and Green trim
- Club Racing Crop
Yellow with Bottle Green and White flashes and Green trim
- Bottle Green Shorts, Briefs or Bike Pants.
Where green shorts/ pants are not available, black shorts/ pants may be substituted.
- Green Peak Cap or bucket hat.

These items are available from the Clubhouse.

It is also centre policy that jewellery NOT be worn during competition.

IT IS A REQUIREMENT TO WEAR CORRECT AND COMPLETE CENTRE UNIFORM AT ALL LAQ COMPETITIONS.

This includes:

ATHLETE REGISTRATION NUMBER

These patches must be firmly affixed to the front of the athlete's top so as to be clearly visible at all times.

COLES SPONSOR PATCH

The Coles patch is to be affixed to the right breast of the Athlete's top.



CLUB UNIFORM PRICES

| | |
|---|---------|
| Club Polo Shirt | \$40.00 |
| Club Singlet/ Crop Top | \$35.00 |
| Shorts | \$20.00 |
| Bike Pants (New) | \$25.00 |
| Bike Pants (Plain) | \$15.00 |
| Peak Cap | \$25.00 |
| Bucket Hat | \$25.00 |
| UNIFORM PACK Club Shirt, Shorts/ Bike Pants & Hat | \$80.00 |

COMPETITION RULES CONT'D



FOOTWEAR

Shoes are compulsory for all events regardless of the track surface.

Spike shoes may NOT be worn by

- athletes in the Under 6,7,8,9 and 10 age groups. This includes spike shoes with the spikes removed.
- competitors in any event that has a pack start (except for Under 13+)

Spike shoes may be worn by

- athletes U11 upward for the long and triple jumps, high jump, javelin and any individual event run entirely in lanes.
- athletes U13 upward for all events except shot put, discus and walk events.

Spike shoes may be worn only **IMMEDIATELY PRIOR TO THE EVENT** and **DURING THE EVENT**.

They **MUST** be removed **IMMEDIATELY** after the event is finished. It is **NOT PERMITTED** to wear spike shoes at any other time.

Parents are especially asked to ensure your children are aware of the serious injury that may be caused to other people from the wearing of spiked shoes. Your assistance in preventing such injuries is appreciated.

The maximum spike length permitted is 7mm for synthetic track, 9mm synthetic field and 12mm for any grass event.

LAQ – Spikes Specifications

| Age Group | Laned | Unlaned | Relays | Field | | |
|---------------|-------|---------|--------|---------|---------|-----|
| | | | | H/Jumps | V/Jumps | Jav |
| U6-U10 | | | | | | |
| U11 | SWS | | Ir* | SWS | SWS | SWS |
| U12 | SWS | | Ir* | SWS | SWS | SWS |
| U13 | SWS | SWS | SWS | SWS | SWS | SWS |
| U14 | SWS | SWS | SWS | SWS | SWS | SWS |
| U15 | SWS | SWS | SWS | SWS | SWS | SWS |
| U16-U17 | SWS | SWS | SWS | SWS | SWS | SWS |

Key:
 SWS – Spike Shoes with spikes
 Ir – Athletes competing in Laned Relays
 * – Athletes competing in U13-U17 teams

ATHLETE AWARDS

Nambour Little Athletics present a number of awards annually to our member athletes. Our centre's award criteria is published on our website.

AMY WALKER LEADERSHIP AWARD

Amy Walker was a Nambour Little Athlete in the late 80's to early 1990's.

Amy was a prodigious talent and fierce competitor and went on to become an U20 Australian Representative in Long Jump and Triple Jump with Personal Best performances of 6.10m in Long Jump and 12.79m in Triple Jump.

Amy is remembered as embodying the very best of Little Athletics' ideals of dedication and sportsmanship. She was an athlete that made other athletes and spectators stop and watch. She was awe inspiring.

Sadly, Amy passed in 2025. The Nambour Little Athletics committee think it is only fitting that our centre remembers Amy and the values she embodied with an athlete award named in her honour.

AWARD CRITERIA

This award is presented each year to a boy or girl who best demonstrate they embrace the ideals of Little Athletics. The criteria encompass those attributes we believe are important not only in Little Athletics but also to any individual's growth and development. The required attributes of the recipient of this award are Leadership, Respect, Perseverance, Sportsmanship and Enthusiasm.

Amy was the inaugural recipient of the LAQ George Harvey Leadership Award (1992). The recipient of the Nambour Little Athletics Amy Walker Leadership award will be our centre's nominee for this very prestigious athlete recognition by our association.

| SEASON | RECIPIENT |
|-----------|--------------|
| 2025/2026 | Hugh Pfister |
| 2024/2025 | Kupa Kidd |



ATHLETE AWARDS

The two centre Perpetual Shields, one each for a boy and girl, are presented to those athletes who demonstrate Consistency, Club Loyalty and all round effort. Named in honour of long-serving committee members who have made significant contributions to Nambour Little Athletics.

The criteria is:

- have been registered members of the centre for a minimum of 2 years
- are in the Under 10 to Under 17 age group
- attend on a regular basis
- attempt all events on the program enthusiastically.

These awards recognise the 'quiet-achievers' who show up every week and do every event – without being the fastest or strongest. It honours the history of our club and rewards long-term commitment to the sport.

JULIE COUSINS PERPETUAL SHIELD

| SEASON | RECIPIENT |
|-----------|--------------------|
| 2025/2026 | Desiree Moore |
| 2024/2025 | Zoe Vrolijk |
| 2023/2024 | Alexis Loadman |
| 2022/2023 | Eden Austin |
| 2021/2022 | Shylah Cordwell |
| 2020/2021 | Soraya Royer |
| 2019/2020 | Alexandra Angus |
| 2018/2019 | Alisha Royer |
| 2017/2018 | Alexandra Kase |
| 2016/2017 | Grace Brimelow |
| 2015/2016 | Kirra Bond |
| 2014/2015 | Annabelle Woods |
| 2013/2014 | Madison Jordan |
| 2012/2013 | Troy-Anne Cordwell |
| 2011/2012 | Cecilia Webbe |

Award recipients pre 2011 can be found on our website.

ERIC REA PERPETUAL SHIELD

| SEASON | RECIPIENT |
|-----------|----------------------------------|
| 2025/2026 | Riley Ledger |
| 2024/2025 | Eamon Schell |
| 2023/2024 | Mick Erbacher & Finnley Evans |
| 2022/2023 | Kupa Kidd |
| 2021/2022 | Jack Porter |
| 2020/2021 | Eli Cordwell |
| 2019/2020 | Zayne McDonald |
| 2018/2019 | Brandon MacRae |
| 2017/2018 | Jack Bannister |
| 2016/2017 | Lachlan Bangham |
| 2015/2016 | Louis Rogers |
| 2014/2015 | Jamie Griffith |
| 2013/2014 | Cameron Labinsky |
| 2012/2013 | Kodi Heinemann |
| 2011/2012 | Corey McNeish |



MOST IMPROVED

Most Improved Trophies are based on accumulated personal best performances over the season. Trophies are awarded to Junior (TT to U11) & Senior (U12 to U17) Boys & Girls.

JUNIOR GIRLS

| SEASON | RECIPIENT/S |
|-----------|---|
| 2025/2026 | Winner Tyla Byrne R/Up Elli Winter |
| 2024/2025 | Winner Tyla Byrne Winner Alice Keady R/Up Amelia Erbacher |
| 2023/2024 | Winner Tyla Byrne Winner Holly Heeks R/Up Jana Hegazy |
| 2022/2023 | Winner Holly Heeks R/Up Tyla Byrne |
| 2021/2022 | Winner Eliana Foley R/Up Sophie Pearson |
| 2020/2021 | Winner Alice Keady R/Up Sophie Pearson |
| 2019/2020 | Aidan Pfister |
| 2018/2019 | Poppy Whitehouse |
| 2017/2018 | Sage Milne |
| 2016/2017 | Pauline Martin & Matilda Hammond |
| 2015/2016 | Grace Brimelow |
| 2014/2015 | Harley-Rose Heinemann |
| 2013/2014 | Lily Plowman |
| 2012/2013 | Holly de Klerk |

JUNIOR BOYS

| SEASON | RECIPIENT/S |
|-----------|---|
| 2025/2026 | Winner Louie Smith R/Up Owen Paketama |
| 2024/2025 | Winner Kingsley Carter R/up Luca Alagich |
| 2023/2024 | Winner Neo Erbacher R/up Luca Alagich |
| 2022/2023 | Winner Andre du Plessis R/up Jason Swan R/up Flynn Austin |
| 2021/2022 | Winner Jamie O'Donnell R/up Cooper Crossno |
| 2020/2021 | Winner Patrick Pantovich R/up Mason Ledger |
| 2019/2020 | Riley Parmenter |
| 2018/2019 | Charlie Bannister |
| 2017/2018 | Jude Brimelow |
| 2016/2017 | Brayth Boxer |
| 2015/2016 | Kyl Emery |
| 2014/2015 | Jake Simpson |
| 2013/2014 | Jack Bannister |
| 2012/2013 | Scott Hannaford |



ATHLETE AWARDS CONT'D

MOST IMPROVED – SENIOR GIRLS

| SEASON | RECIPIENT | |
|-----------|-----------------------|----------------------|
| 2025/2026 | Winner | Amelia-Leah Davidson |
| | R/up | Kylah Davidson |
| 2024/2025 | Winner | Jade Moore |
| | R/up | Aavah Waldon |
| 2023/2024 | Winner | Zoe Vrolijk |
| | R/up | Molly Pearson |
| 2022/2023 | Winner | Molly Pearson |
| | R/up | Alicia Royer |
| 2021/2022 | Winner | Matilda Ryan |
| | R/up | Eden Austin |
| 2020/2021 | Winner | Shylah Cordwell |
| | R/up | Charlie Windred |
| 2019/2020 | Grace Brimelow | |
| 2018/2019 | Soraya Royer | |
| 2017/2018 | Amali Oliver | |
| 2016/2017 | Maddison Montgomerie | |
| 2015/2016 | Harley-Rose Heinemann | |
| 2014/2015 | Troy-Anne Cordwell | |
| 2013/2014 | Hannah Paulsen | |
| 2012/2013 | Kenley Wyllie | |

MOST IMPROVED – SENIOR BOYS

| SEASON | RECIPIENT | |
|-----------|------------------------|-------------------|
| 2025/2026 | Winner | Neo Erbacher |
| | R/up | Eli Skerman |
| 2024/2025 | Winner | Kabiona Balebanga |
| | R/up | Braxton Byrne |
| 2023/2024 | Winner | Kupa Kidd |
| | R/up | Eamon Schell |
| 2022/2023 | Winner | Mick Erbacher |
| | R/up | Leon Saseve |
| 2021/2022 | Winner | Oliver Ryan |
| | R/up | Richard Blackman |
| 2020/2021 | Winner | Crispin Jackson |
| | R/up | Jack Porter |
| 2019/2020 | Brandon Macrae | |
| 2018/2019 | Scott Hannaford | |
| 2017/2018 | Jamie Griffith | |
| 2016/2017 | Scott Hannaford | |
| 2015/2016 | Jonathan Angus | |
| 2014/2015 | Jordan Hill | |
| 2013/2014 | Corey mcNeish | |
| 2012/2013 | Blade Heinemann-Tilley | |



MALE & FEMALE ATHLETE OF THE YEAR

Male & Female athlete of the year is awarded to one athlete with the most strong and consistent performances across the season.

This includes weekly centre competitions as well as LAQ carnivals and competitions. The recipients of this award demonstrate consistent high-level performance eg. PB's at a McDonald's Blue Level across a number of events and/ or qualifying for State Championships in more than one event.

In addition, the athlete must display positive sportsmanship to fellow athletes, officials and coaches and represent Nambour Little Athletics with distinction.

Female Athlete of the Year

| SEASON | RECIPIENT |
|-----------|---|
| 2025/2026 | Winner Aavah Waldon R/up Zoe Vrolijk |
| 2024/2025 | Evie Davidson |
| 2023/2024 | Evie Davidson |
| 2022/2023 | Sophie Pearson |
| 2021/2022 | Keeley Porter |
| 2020/2021 | Ellie Bailey |
| 2019/2020 | Kiralee Atherton |



Male Athlete of the Year

| SEASON | RECIPIENT |
|-----------|--|
| 2025/2026 | Winner Kupa Kidd R/up Jackson Burns |
| 2024/2025 | Lachlan Heeks |
| 2023/2024 | Aidan Loadman |
| 2022/2023 | Cooper Crossno |
| 2021/2022 | Kupa Kidd |
| 2020/2021 | Riley Parmenter |
| 2019/2020 | Hugh Pfister |



CLUB CHAMPION

The Club Champion Award acknowledges an athlete who demonstrates the most significant performance at a competition outside of the weekly Nambour centre competitions.

For example:

- Setting a new club or regional record
- Regional Championship medal recipient
- State Championship medal recipient
- LAQ Carnival medal recipient
- Selection in an LAQ State Representative Team or Development Squad

In addition, the athlete must display positive sportsmanship to fellow athletes, officials and coaches and represent Nambour Little Athletics with distinction.

| SEASON | RECIPIENT |
|-----------|-----------------------|
| 2025/2026 | Amaris Gael Conroy |
| 2024/2025 | Amaris Gael Conroy |
| 2023/2024 | Lachlan Heeks |
| 2022/2023 | Aidan Loadman |
| 2021/2022 | Christiaan du Plessis |
| 2020/2021 | Kupa Kidd |
| 2019/2020 | Keeley Porter |

ATHLETE AWARDS CONT'D

RISING STARS

The recipients of these awards are selected by our coaching team. Recipients must show consistency of effort, dedication and commitment to continual improvement and a positive attitude and effort in competition.

RISING STARS – GIRLS

| SEASON | RECIPIENT |
|-----------|---|
| 2025/2026 | Poppy Whitehouse, Savannah Baird, Echo Radford |
| 2024/2025 | Maddison Pereira, Valerie Hoeksema, Torah Birch |
| 2023/2024 | Zara Pfister, Desiree Moore, Sophie Baird, Savannah Beagley |
| 2022/2023 | Alexis Loadsmann, Alice Keady, Piper Couacaud |
| 2021/2022 | Madisyn Ryan, Mahli Ryan, Brigitte du Plessis |
| 2020/2021 | Heidi Allen, Billie-Mae Weier |
| 2019/2020 | Ellie Bailey, Makayla Atherton, Ayla Cope |
| 2018/2019 | Mia Couacaud, Ruby Couacaud |
| 2017/2018 | Sophie Kavanagh, Lexi Sheavils |
| 2016/2017 | Neve Boxer, Natasha Hammond |

RISING STARS – BOYS

| SEASON | RECIPIENT |
|-----------|--|
| 2025/2026 | Albert Hobbs, Charlie Hoffman, Franklin King, Jarrah Miller, Emmett Schliebs |
| 2024/2025 | Kai Nispel, Joshua Bestwick, Nathan Bestwick, Jackson Burn, Levi Ormond |
| 2023/2024 | Slater Byrne, Eli Skerman, Benjamin O'Dea, Kingsley Carter |
| 2022/2023 | Lachlan Heeks, Lucas Uluvalu, Matthew van Biljon, Braxon Byrne |
| 2021/2022 | Evan Blackman, Thomas Kalkman, Walker-Lee Mooney |
| 2020/2021 | Jason Swan, Riley Ledger |
| 2019/2020 | Kupa Kidd, Eli Cordwell, Tjamarli Tyson-Purcell |
| 2018/2019 | Jack Pearce, Oliver Whitehouse |
| 2017/2018 | Benjamin Cope, Ben Howard |
| 2016/2017 | Jude Brimelow, Hugo Martin |



Spirit Award

This award is designed to recognise the athletes who embody the spirit of Nambour Little Athletics.

This award isn't about the number of gold medals won or records broken. It is about the character of an athlete who shows up every Saturday with a smile and a 'can-do' attitude. They might not be the one breaking records, but they are the ones who cheer for their friends, who shake hands at the finish line, and who find the courage to keep going when the going gets tough. Their contribution lifts us all.

| SEASON | RECIPIENT |
|-----------|---|
| 2025/2026 | Amelia Chapman Grayson Smith Mick Erbacher Mazon McDougall |

LAQ State Team

Selection in the LAQ State Team is a rare and prestigious honour. Past athlete LAQ team members are listed below.

| YEAR | ATHLETE |
|------|-------------------------------------|
| 2026 | Lachlan HEEKS Amaris Gael CONROY |
| 2013 | Zach PAYNTER |
| 2003 | Wade KELLY Ainsley ACKERMAN |
| 1992 | Amy WALKER |
| 1987 | Kerrie McMARTIN |

Volunteer of the Year

This award isn't just any recognition; it's a heart-felt celebration of someone who brings an extra dose of magic to #teamnambour. Whether they're cheering from the sidelines, lending a helping hand, or working in the background to spread joy in our community, this award is our chance to say a big "thank you" to someone who makes our centre shine.

| SEASON | VOLUNTEER OF THE YEAR |
|-----------|----------------------------|
| 2025/2026 | Ros Byrne |
| 2024/2025 | Kelly Kidd Ross Pfister |
| 2023/2024 | Samantha Miller |

Life Members

Life Membership of the Nambour Little Athletics centre is awarded for outstanding contribution to the centre over a significant period of time.

| YEAR | LIFE MEMBER |
|------|-----------------|
| 2020 | Julie Cousins |
| 2020 | Robert Angus |
| 2020 | Maree Angus |
| 2013 | Maureen Murphy |
| 1993 | Keffed Cordwell |
| 1993 | Eric Rea |



CENTRE BEST PERFORMANCES

MALE

FEMALE

60M

| | | | | | | | |
|-----|--------------------|-------|------|-----|-------------------|-------|------|
| U7 | Matthew van Bijlon | 11.29 | 2021 | U7 | Piper COUCAUD | 11.50 | 2022 |
| U8 | Jackson BURNS | 10.63 | 2025 | U8 | Savannah BAIRD | 11.24 | 2024 |
| U9 | Levi ORMOND | 9.88 | 2025 | U9 | Savannah BAIRD | 10.01 | 2025 |
| U10 | Nathan BESTWICK | 9.22 | 2024 | U10 | Evie DAVIDSON | 9.85 | 2023 |
| U11 | Nathan BESTWICK | 8.95 | 2026 | U11 | Evie DAVIDSON | 9.17 | 2024 |
| U12 | Amaris Gael CONROY | 8.36 | 2025 | U12 | Sienna HAMILTON | 9.07 | 2024 |
| U13 | Amaris Gael CONROY | 8.11 | 2026 | U13 | Sienna HAMILTON | 8.57 | 2026 |
| U14 | Aidan LOADSMAN | 8.06 | 2024 | U14 | Aavah WALDON | 8.48 | 2025 |
| U15 | Kupa KIDD | 8.08 | 2024 | U15 | Charlie MACKENZIE | 8.92 | 2024 |
| U16 | Kupa KIDD | 8.01 | 2025 | U16 | Eden AUSTIN | 9.98 | 2024 |
| U17 | Trae BROOKS | 9.41 | 2023 | U17 | Alisha ROYER | 15.06 | 2023 |

70M

| | | | | | | | |
|-----|-----------------|-------|------|-----|----------------|-------|------|
| U7 | Mathew McDONALD | 11.90 | 1989 | U7 | Nicole CASTRO | 12.30 | 1991 |
| | Rhyder McDONALD | 11.90 | 2019 | U8 | Eliee BAILEY | 11.40 | 2019 |
| U8 | Timothy HOY | 11.30 | 2002 | U9 | Aleesha HANSEN | 10.80 | 1993 |
| U9 | Wade KELLY | 10.50 | 2000 | U10 | Starlea WYLLIE | 10.40 | 2006 |
| U10 | Riley PARMENTER | 10.20 | 2018 | | Aleesha HANSEN | | 1994 |
| | Wade KELLY | | 2001 | | | | |
| | Benn WATKINS | | 1994 | | | | |

100M

| | | | | | | | |
|-----|--------------------|-------|------|-----|----------------------|-------|------|
| U7 | John RYAN | 16.70 | 1986 | U7 | Julia ADAMS | 18.00 | 1989 |
| U8 | Mark HANSEN | 16.20 | 1995 | U8 | Jessica BASTIN-BYRNE | 16.60 | 1995 |
| | Greg RIMMELZWAAN | | 1993 | | Tracey MAY | | 1985 |
| U9 | H. DOVER | 14.94 | 2003 | U9 | Aleesha HANSEN | 15.20 | 1993 |
| | Wade KELLY | | 2000 | | Julia STIRRUP | | 1985 |
| U10 | Greg RIMMELZWAAN | 14.10 | 1995 | U10 | Aleesha HANSEN | 14.50 | 1994 |
| U11 | Wade KELLY | 13.40 | 2002 | U11 | Aleesha HANSEN | 14.20 | 1995 |
| U12 | Amaris Gael CONROY | 12.88 | 2025 | | Julie RUTLEY | | 1985 |
| U13 | Amaris Gael CONROY | 12.21 | 2026 | U12 | Sienna HAMILTON | 13.53 | 2025 |
| U14 | Peter SLEEP | 12.30 | 1995 | U13 | Sienna HAMILTON | 13.12 | 2026 |
| U15 | Peter SLEEP | 11.90 | 1996 | U14 | Aavah WALDON | 13.00 | 2026 |
| U16 | Cameron LABINSKY | 12.40 | 2016 | U15 | Amy WALKER | 13.00 | 1993 |
| U17 | Cameron LABINSKY | 11.95 | 2017 | U16 | Cecilia WEBBE | 13.40 | 2013 |
| | | | | U17 | Cecilia WEBBE | 13.71 | 2015 |

MC

| | | | | |
|-----|-----------------|--------|-----|------|
| U9 | Grayson SMITH | 53.56% | T37 | 2025 |
| U10 | Grayson SMITH | 57.08% | T37 | 2025 |
| U11 | Hugh PFISTER | 73.27% | T20 | 2021 |
| U12 | Hugh PFISTER | 71.96% | T20 | 2022 |
| U13 | Hugh PFISTER | 72.16% | T20 | 2023 |
| U14 | Hugh PFISTER | 74.26% | T20 | 2024 |
| U16 | Scott HANNAFORD | 70.27% | T20 | 2020 |
| U17 | Scott HANNAFORD | 70.27% | T20 | 2021 |

MC

| | | | | |
|-----|---------------|--------|-----|------|
| U9 | Aidan PFISTER | 59.31% | T20 | 2021 |
| U10 | Aidan PFISTER | 59.85% | T20 | 2021 |
| U11 | Aidan PFISTER | 64.94% | T20 | 2023 |
| U12 | Aidan PFISTER | 63.08% | T20 | 2024 |
| U13 | Aidan PFISTER | 68.17% | T20 | 2025 |
| U15 | Alisha ROYER | 47.08% | T20 | 2021 |
| U16 | Soraya ROYER | 58.67% | T20 | 2020 |
| U17 | Soraya ROYER | 48.06% | T20 | 2020 |



MALE

FEMALE

200M

| | | | | | | | |
|-----|--------------------|--------|----------|-----|------------------|--------|----------|
| U7 | Tony CORDWELL | 34.50 | 1987 | U7 | Julia ADAMS | 37.10 | 1989 |
| U8 | Timothy KING | 31.80 | 1988 | U8 | Tracey MAY | 34.90 | 1985 |
| U9 | William COLE | 31.20 | 1989 | U9 | Tracey MAY | 32.20 | 1986 |
| U10 | Nigel GARDINER | 30.00 | 1988 | U10 | Aleesha HANSEN | 29.80 | 1994 |
| U11 | Wade KELLY | 27.70 | 2002 | U11 | Kris-Ann FRANCIS | 27.50 | 1988 |
| U12 | Amaris Gael CONROY | 26.11 | 2025 | U12 | Aleesha HANSEN | 28.10 | 1996 |
| U13 | Amaris Gael CONROY | 24.39 | 2026 | U13 | Sienna HAMILTON | 27.05 | 2026 |
| U14 | Peter SLEEP | 25.00 | 1995 | U14 | Zoe VROLIJKS | 27.30 | 2026 |
| U15 | Peter SLEEP | 25.20 | 1996 | U15 | Cecilia WEBBE | 28.18 | 2013 |
| U16 | Kupa KIDD | 25.36 | 2025 | U16 | Cecilia WEBBE | 27.89 | 2014 |
| U17 | Jonathan ANGUS | 26.20 | 2016 | U17 | Cecilia WEBBE | 30.21 | 2015 |
| MC | | | | MC | | | |
| U9 | Grayson SMITH | 55.35% | T37 2025 | U9 | Aidan PFISTER | 59.53% | T20 2021 |
| U10 | Grayson SMITH | 53.08% | T37 2025 | U10 | Aidan PFISTER | 53.90% | T20 2021 |
| U11 | Hugh PFISTER | 63.95% | T20 2021 | U11 | Aidan PFISTER | 59.17% | T20 2023 |
| U12 | Hugh PFISTER | 66.74% | T20 2022 | U12 | Aidan PFISTER | 64.08% | T20 2024 |
| U13 | Hugh PFISTER | 61.36% | T20 2023 | U13 | Aidan PFISTER | 66.96% | T20 2025 |
| U14 | Mick ERBACHER | 59.87% | T20 2025 | U15 | Alisha ROYER | 39.73% | T20 2021 |
| U16 | Scott HANNAFORD | 64.03% | T20 2020 | U17 | Soraya ROYER | 54.97% | T20 2020 |
| U17 | Scott HANNAFORD | 66.14% | T20 2021 | | | | |

300M

| | | | | | | | |
|----|--------------|-------|------|----|----------------|---------|------|
| U8 | Lennox SMITH | 59.83 | 2024 | U8 | Savannah BAIRD | 1:03.77 | 2024 |
|----|--------------|-------|------|----|----------------|---------|------|

400M

| | | | | | | | |
|-----|--------------------|---------|----------|-----|-----------------------|---------|----------|
| U9 | William COLE | 1:13.00 | 1989 | U9 | Jessica McMAHON | 1:14.20 | 1996 |
| U10 | Brett PORTER | 1:08.70 | 1985 | U10 | Aleesha HANSEN | 1:12.90 | 1994 |
| U11 | Brett PORTER | 1:03.90 | 1986 | U11 | Evie DAVIDSON | 1:08.10 | 2025 |
| U12 | Amaris Gael CONROY | 59.44 | 2025 | U12 | Aleesha HANSEN | 1:07.20 | 1996 |
| U13 | Amaris Gael CONROY | 56.59 | 2026 | U13 | Brooke DRYDEN | 1:08.20 | 2002 |
| U14 | Lee VELVICK | 59.20 | 1995 | U14 | Lynette REA | 1:04.50 | 1988 |
| U15 | Kupa KIDD | 56.64 | 2025 | U15 | Rebecca DIPPEL | 1:06.00 | 2002 |
| U16 | Kupa KIDD | 55.66 | 2026 | U16 | Eden AUSTIN | 1:12.41 | 2024 |
| U17 | Cameron LABINSKY | 56.41 | 2017 | U17 | Kenley WYLLIE | 1:20.00 | 2015 |
| MC | | | | MC | | | |
| U9 | Grayson SMITH | 50.99% | T37 2025 | U9 | Aidan PFISTER | 53.68% | T20 2021 |
| U10 | Grayson SMITH | 56.86% | T37 2026 | U10 | Aidan PFISTER | 54.76% | T20 2021 |
| U11 | Neo ERBACHER | 49.81% | T20 2025 | U11 | Aidan PFISTER | 50.45% | T20 2022 |
| U12 | Mick ERBACHER | 54.10% | T20 2023 | U13 | Grace BRIMELOW | 68.26% | T38 2019 |
| U13 | Mick ERBACHER | 53.97% | T20 2023 | U16 | Harley-Rose HEINEMANN | 53.46% | T35 2019 |
| U14 | Mick ERBACHER | 53.67% | T20 2025 | U17 | Harley-Rose HEINEMANN | 54.29% | T35 2020 |
| U16 | Scott HANNAFORD | 59.85% | T20 2019 | | | | |
| U17 | Scott HANNAFORD | 64.27% | T20 2021 | | | | |

800M

| | | | | | | | |
|-----|------------------------|---------|----------|-----|-----------------------|---------|----------|
| U9 | Jude BRIMELOW | 2:44.00 | 2018 | U9 | Keeley PORTER | 2:58.43 | 2020 |
| U10 | Albert HOBBS | 2:34.82 | 2026 | U10 | Evie DAVIDSON | 2:48.27 | 2024 |
| U11 | Lachlan HEEKS | 2:30.99 | 2024 | U11 | Evie DAVIDSON | 2:38.31 | 2025 |
| U12 | Lachlan HEEKS | 2:20.17 | 2025 | U12 | Lucy KILLIP | 2:33.80 | 1999 |
| U13 | Lachlan HEEKS | 2:14.64 | 2026 | U13 | Lucy KILLIP | 2:29.50 | 2000 |
| U14 | Aaron CRAIG | 2:23.00 | 1990 | U14 | Lynette REA | 2:43.00 | 1988 |
| U15 | Stephen COGHLIN | 2:14.70 | 2001 | U15 | Savannah BEAGLEY | 2:37.08 | 2024 |
| U16 | Eli SKERMAN | 2:19.78 | 2026 | U16 | Savannah BEAGLEY | 2:41.92 | 2025 |
| U17 | Jonathan ANGUS | 2:18.52 | 2016 | U17 | Cecilia WEBBE | 3:18.00 | 2014 |
| MC | | | | MC | | | |
| U9 | Grayson SMITH | 53.55% | T37 2025 | U9 | Aidan PFISTER | 48.50% | T20 2020 |
| U10 | Grayson SMITH | 57.05% | T37 2026 | U13 | Grace BRIMELOW | 76.00% | T38 2019 |
| U11 | Tjamarli TYSON-PURCELL | 48.74% | T20 2020 | U16 | Harley-Rose HEINEMANN | 64.92% | T35 2020 |
| U12 | Mick ERBACHER | 57.06% | T20 2023 | U17 | Soraya ROYER | 39.88% | T20 2020 |
| U13 | Mick ERBACHER | 57.63% | T20 2023 | | | | |
| U14 | Mick ERBACHER | 57.49% | T20 2025 | | | | |
| U16 | Scott HANNAFORD | 62.31% | T20 2020 | | | | |
| U17 | Scott HANNAFORD | 56.88% | T20 2020 | | | | |

MALE

FEMALE

1500M

| | | | | | | | |
|-----|----------------|---------|------|-----|-------------------|---------|------|
| U11 | Lachlan HEEKS | 5:04.45 | 2024 | U11 | Lucy KILLIP | 5:41.10 | 1998 |
| U12 | Lachlan HEEKS | 4:40.50 | 2025 | U12 | Lucy KILLIP | 5:17.60 | 1999 |
| U13 | Lachlan HEEKS | 4:35.88 | 2026 | U13 | Lucy KILLIP | 5:09.70 | 2000 |
| U14 | Simon MAHER | 5:13.00 | 2000 | U14 | Sharon MARRINGTON | 5:49.50 | 1994 |
| U15 | James BATHERAM | 5:13.90 | 2003 | U15 | Rebecca DIPPEL | 5:59.10 | 2002 |
| U16 | Eli SKERMAN | 4:57.58 | 2014 | U16 | Claire ELLEN | 5:56.80 | 2003 |
| U17 | Jonathan ANGUS | 4:50.79 | 2016 | | | | |

60M HURDLES

| | | | | | | | |
|-----|-----------------|-------|------|-----|-----------------|-------|------|
| U8 | Cameron STEWART | 12.10 | 1996 | U8 | Rebecca SIMPSON | 12.70 | 2001 |
| | Elijah FOND | | 1996 | U9 | Sharna McIntOSH | 12.00 | 2000 |
| | Mark HANSEN | | 1995 | U10 | Aleesha HANSEN | 10.50 | 1994 |
| U9 | Mark HANSEN | 10.80 | 1996 | | | | |
| | Tyrone FOND | | 1996 | | | | |
| U10 | Dean HAMILTON | 11.20 | 1994 | | | | |

80M HURDLES

| | | | | | | | |
|-----|--------------------|-------|------|-----|-------------------|-------|------|
| U11 | Cooper CROSSNO | 13.87 | 2023 | U11 | Molly MONTGOMERIE | 16.21 | 2021 |
| U12 | Amaris Gael CONROY | 14.40 | 2025 | U12 | Jade MOORE | 15.96 | 2025 |
| U13 | Peter SLEEP | 13.50 | 1994 | U13 | Bridgette SIMPSON | 15.38 | 2005 |
| | | | | U14 | Fiona TURNBULL | 14.80 | 1995 |

90M HURDLES

| | | | | | | | |
|-----|-------------|-------|------|-----|-------------------|-------|------|
| U14 | Peter SLEEP | 13.20 | 1995 | U15 | Bridgette SIMPSON | 17.30 | 2007 |
| | | | | U16 | Cecilia WEBBE | 16.80 | 2013 |

100M HURDLES

| | | | | | | | |
|-----|------------------|-------|------|-----|---------------|-------|------|
| U15 | Peter SLEEP | 14.40 | 1996 | U17 | Kenley WYLLIE | 20.90 | 2015 |
| U16 | Cameron LABINSKY | 15.90 | 2016 | | | | |

200M HURDLES

| | | | | | | | |
|-----|---------------|-------|------|-----|---------------|-------|------|
| U13 | Dean HAMILTON | 28.70 | 1997 | U13 | Brooke DRYDEN | 33.80 | 2002 |
| U14 | Peter SLEEP | 27.50 | 1995 | U14 | Brooke DRYDEN | 31.80 | 2003 |

300M HURDLES

| | | | | | | | |
|-----|-----------|-------|------|-----|---------------|-------|------|
| U15 | Kupa KIDD | 43.35 | 2025 | U15 | Desiree MOORE | 53.91 | 2026 |
| U16 | Kupa KIDD | 42.07 | 2026 | | | | |

700M WALK

| | | | | | | | |
|----|------------|---------|------|----|-------------|---------|------|
| U9 | Mark BOGLE | 4:34.00 | 1991 | U9 | Chloe KELLY | 3:55.40 | 2002 |
|----|------------|---------|------|----|-------------|---------|------|

1100M WALK

| | | | | | | | |
|-----|----------------------|---------|------|-----|--------------|---------|------|
| U10 | Nicholas COLLINGWOOD | 6:37.80 | 2002 | U10 | Chloe KELLY | 6:51.60 | 2003 |
| U11 | Matthew KELLY | 6:52.54 | 2001 | U11 | Sophie TIVER | 6:36.24 | 2010 |

1500M WALK

| | | | | | | | |
|-----|------------------|----------|------|-----|----------------|----------|------|
| U12 | Stephen CORDWELL | 9:12.00 | 1990 | U12 | Teneka MEIKLE | 9:11.63 | 2001 |
| U13 | Matthew KELLY | 8:21.24 | 2003 | U13 | Michelle KENNY | 9:40.60 | 2010 |
| U14 | Stephen CORDWELL | 8:45.00 | 1992 | U14 | Claire ELLEN | 9:08.19 | 2001 |
| U15 | Tony ELMS | 7:23.00 | 1990 | U15 | Claire ELLEN | 8:31.50 | 2002 |
| U16 | David COGHLAN | 8:44.70 | 2003 | U16 | Claire ELLEN | 8:45.70 | 2003 |
| U17 | Jonathan ANGUS | 13:29.00 | 2015 | U17 | Cecilia WEBBE | 11:26.85 | 2014 |

MALE

FEMALE

LONG JUMP

| | | | | | | | |
|-----|------------------|--------|----------|-----|------------------|--------|----------|
| U7 | Ryan HOSACK | 3.66 | 1988 | U7 | Roxy CROWE | 2.96 | 2025 |
| U8 | Steven LEDGER | 3.46 | 1992 | U8 | Sarah HERON | 3.23 | 1991 |
| U9 | Mark HANSEN | 3.91 | 1996 | U9 | Sharna MCINTOSH | 3.58 | 2000 |
| U10 | Wade KELLY | 4.37 | 2001 | U10 | Amy WALKER | 4.11 | 1988 |
| U11 | Wade KELLY | 4.80 | 2002 | U11 | Ainsley ACKERMAN | 4.58 | 2002 |
| U12 | Wade KELLY | 5.23 | 2003 | | Amy WALKER | | 1989 |
| U13 | Aidan LOADSMAN | 5.09 | 2024 | U12 | Amy WALKER | 4.81 | 1990 |
| U14 | Kevin ASPINALL | 5.55 | 1995 | U13 | Amy WALKER | 4.89 | 1991 |
| U15 | Joshua CORCORAN | 5.89 | 2011 | U14 | Amy WALKER | 4.92 | 1992 |
| U16 | Cameron LABINSKY | 5.54 | 2017 | | Zoe VROLIJKS | 4.92 | 2026 |
| U17 | Jonathan ANGUS | 5.46 | 2015 | U15 | Amy WALKER | 5.31 | 1993 |
| | | | | U16 | Cecilia WEBBE | 4.64 | 2014 |
| | | | | U17 | Cecilia WEBBE | 4.84 | 2014 |
| MC | | | | MC | | | |
| U9 | Grayson SMITH | 37.22% | F37 2025 | U9 | Aidan PFISTER | 43.15% | F20 2021 |
| U10 | Grayson SMITH | 43.13% | F37 2025 | U10 | Aidan PFISTER | 45.73% | F20 2021 |
| U11 | Hugh PFISTER | 52.48% | F20 2022 | U11 | Aidan PFISTER | 47.18% | F20 2023 |
| U12 | Hugh PFISTER | 60.86% | F20 2023 | U12 | Aidan PFISTER | 41.70% | F20 2024 |
| U13 | Hugh PFISTER | 59.55% | F20 2023 | U13 | Grace BRIMLOW | 54.26% | F38 2020 |
| U14 | Hugh PFISTER | 58.11% | F20 2024 | U14 | Aidan PFISTER | 46.05% | F20 2025 |
| U16 | Scott HANNAFORD | 51.30% | F20 2019 | U15 | Alisha ROYER | 32.85% | F20 2021 |
| U17 | Scott HANNAFORD | 52.87% | F20 2020 | U16 | Soraya ROYER | 38.00% | F20 2020 |
| | | | | U17 | Soraya ROYER | 38.96% | F20 2020 |

TRIPLE JUMP

| | | | | | | | |
|-----|----------------|-------|------|-----|------------------|-------|------|
| U11 | Peter SLEEP | 9.24 | 1992 | U11 | Ainsley ACKERMAN | 9.11 | 2002 |
| U12 | Lawrie OLMEDO | 10.12 | 1988 | U12 | Ainsley ACKERMAN | 10.07 | 2003 |
| U13 | Peter SLEEP | 11.22 | 1994 | U13 | Dana PRINGLE | 11.06 | 1997 |
| U14 | Peter SLEEP | 11.66 | 1995 | U14 | Amy WALKER | 10.99 | 1992 |
| U15 | Peter SLEEP | 11.84 | 1996 | U15 | Amy WALKER | 11.34 | 1993 |
| U16 | Jonathan ANGUS | 10.93 | 2014 | U16 | Cecilia WEBBE | 9.87 | 2014 |
| U17 | Jonathan ANGUS | 11.18 | 2015 | U17 | Cecilia WEBBE | 9.87 | 2014 |

HIGH JUMP

| | | | | | | | |
|-----|----------------|------|------|-----|------------------|------|------|
| U9 | Joel COUACAUD | 1.15 | 1995 | U9 | Starlea WYLLIE | 1.13 | 2005 |
| U10 | Benn WATKINS | 1.28 | 1994 | U10 | Starlea WYLLIE | 1.25 | 2007 |
| | Brett PORTER | | 1985 | U11 | Ainsley ACKERMAN | 1.38 | 2002 |
| U11 | Benn WATKINS | 1.37 | 1995 | U12 | Ainsley ACKERMAN | 1.54 | 2003 |
| | Brenden MAY | | 1985 | U13 | Amy WALKER | 1.55 | 1991 |
| U12 | Brenden MAY | 1.46 | 1986 | U14 | Amy WALKER | 1.58 | 1992 |
| U13 | Richard FRENCH | 1.55 | 1985 | U15 | Amy WALKER | 1.68 | 1993 |
| U14 | Simon MAHER | 1.56 | 2000 | U16 | Claire ELLEN | 1.54 | 2003 |
| U15 | Peter SLEEP | 1.71 | 1996 | U17 | Cecilia WEBBE | 1.43 | 2014 |
| U16 | Jonathan ANGUS | 1.60 | 2014 | | | | |
| U17 | Jonathan ANGUS | 1.72 | 2015 | | | | |

VORTEX

| | | | | | | | |
|-----|--------------------|-------|------|-----|------------------|-------|------|
| U7 | Matthew van BILJON | 22.32 | 2023 | U7 | Piper COUACAUD | 12.43 | 2023 |
| U8 | Lachlan WALLACE | 26.44 | 2021 | U8 | Annabelle BURN | 14.38 | 2025 |
| U9 | Joshua BESTWICK | 32.63 | 2025 | U9 | Sophie PEARSON | 13.89 | 2022 |
| U10 | Joshua BESTWICK | 35.41 | 2025 | U10 | Sophie PEARSON | 24.42 | 2023 |
| U11 | Nathan BESTWICK | 37.95 | 2025 | U11 | Sophie PEARSON | 28.64 | 2023 |
| U12 | Amaris Gael CONROY | 42.73 | 2025 | U12 | Alice KEADY | 33.70 | 2026 |
| U13 | Amaris Gael CONROY | 46.82 | 2026 | U13 | Sienna HAMILTON | 31.52 | 2026 |
| U14 | Riley PARMENTER | 48.35 | 2023 | U14 | Desiree MOORE | 33.94 | 2024 |
| U15 | Kupa KIDD | 53.12 | 2025 | U15 | Savannah BEAGLEY | 30.80 | 2024 |
| U16 | Kupa KIDD | 56.09 | 2026 | U16 | Eden AUSTIN | 17.27 | 2022 |
| U17 | Trae BROOKS | 39.55 | 2024 | U17 | Alisha ROYER | 10.91 | 2023 |

MALE

FEMALE

DISCUS

| | | | | | | | |
|-----|------------------------|-------|------|-----|-----------------|-------|------|
| U7 | Kurt WRIGHT | 15.89 | 2005 | U7 | Jodie McMARTIN | 18.06 | 1986 |
| U8 | Steven LEDGER | 19.14 | 1992 | U8 | Jodie McMARTIN | 25.20 | 1987 |
| U9 | Brett GILL | 23.94 | 1993 | U9 | Jodie McMARTIN | 28.38 | 1988 |
| U10 | Daniel SNOWDEN | 29.20 | 1994 | U10 | Jodie McMARTIN | 29.76 | 1989 |
| U11 | Ben MAYES | 27.84 | 1990 | U11 | Jodie McMARTIN | 29.74 | 1990 |
| U12 | Brett PORTER | 28.30 | 1987 | U12 | Kerrie McMARTIN | 33.32 | 1987 |
| U13 | Blade HEINEMANN-TILLEY | 33.00 | 2014 | U13 | Jade MOORE | 31.27 | 2026 |
| U14 | Kevin ASPINALL | 32.80 | 1995 | U14 | Kerrie McMARTIN | 38.18 | 1989 |
| U15 | Brad STILLA | 39.88 | 1990 | U15 | Kerrie McMARTIN | 36.30 | 1990 |
| U16 | Brandon MACRAE | 40.20 | 2024 | U16 | Alexandra ANGUS | 29.45 | 2019 |
| U17 | Jonathan ANGUS | 31.75 | 2016 | U17 | Alexandra ANGUS | 31.75 | 2019 |

| | | | | | | | |
|-----|-----------------|--------|-----|------|--------------|-----------------|-----------------|
| MC | | | | MC | | | |
| U9 | Neo ERBACHER | 18.25% | F20 | 2023 | U9 | Aidan PFISTER | 19.32% F20 2021 |
| U10 | Grayson SMITH | 24.41% | F37 | 2025 | U10 | Aidan PFISTER | 18.06% F20 2021 |
| U11 | Hugh PFISTER | 34.92% | F20 | 2019 | U11 | Aidan PFISTER | 24.13% F20 2023 |
| U12 | Hugh PFISTER | 31.86% | F20 | 2022 | U12 | Aidan PFISTER | 19.55% F20 2023 |
| U13 | Hugh PFISTER | 37.32% | F20 | 2023 | U13 | Grace BRIMELOW | 42.82% F38 2020 |
| U14 | Hugh PFISTER | 34.06% | F20 | 2025 | U14 | Aidan PFISTER | 19.29% F20 2025 |
| U16 | Scott HANNAFORD | 33.06% | F20 | 2020 | U15 | Alisha ROYER | 22.85% F20 2020 |
| U17 | Scott HANNAFORD | 32.43% | F20 | 2020 | U16 | Alisha ROYER | 25.28% F20 2021 |
| | | | | U17 | Alisha ROYER | 23.53% F20 2023 | |

SHOT PUT

| | | | | | | | |
|----|------------------------|-------|------|-----|--------------------|-------|------|
| 7 | Cohen Williams | 6.24 | 2018 | U7 | Jodie McMARTIN | 7.31 | 1986 |
| 8 | Steven LEDGER | 7.33 | 1992 | U8 | Jodie McMARTIN | 7.14 | 1987 |
| 9 | Trent VAN GOALE | 7.47 | 1991 | U9 | Jodie McMARTIN | 8.25 | 1988 |
| 10 | Danny SNOWDEN | 8.89 | 1994 | U10 | Jodie McMARTIN | 9.22 | 1989 |
| 11 | Blade HEINEMANN-TILLEY | 9.13 | 2012 | U11 | Jodie McMARTIN | 9.87 | 1990 |
| 12 | Brandon MACRAE | 9.87 | 2020 | U12 | Kerrie McMARTIN | 13.20 | 1987 |
| 13 | Kevin ASPINAL | 12.79 | 1994 | U13 | Kerrie McMARTIN | 13.62 | 1988 |
| 14 | Cameron LABINSKY | 11.13 | 2014 | U14 | Kerrie McMARTIN | 12.49 | 1989 |
| 15 | Ethan CUTLER | 12.70 | 2014 | U15 | Kerrie McMARTIN | 12.91 | 1990 |
| 16 | Brandon MACRAE | 12.18 | 2023 | U16 | Troy-Anne CORDWELL | 9.85 | 2018 |
| 17 | Jonathan ANGUS | 10.71 | 2016 | U17 | Troy-Anne CORDWELL | 10.22 | 2018 |

| | | | | | | | |
|-----|-----------------|--------|-----|------|-----|----------------|-----------------|
| MC | | | | MC | | | |
| U9 | Grayson SMITH | 23.57% | F37 | 2025 | U9 | Aidan PFISTER | 25.74% F20 2021 |
| U10 | Grayson SMITH | 26.31% | F37 | 2026 | U10 | Aidan PFISTER | 26.80% F20 2021 |
| U11 | Hugh PFISTER | 42.27% | F20 | 2021 | U11 | Aidan PFISTER | 31.34% F20 2023 |
| U12 | Hugh PFISTER | 46.09% | F20 | 2023 | U12 | Aidan PFISTER | 39.36% F20 2023 |
| U13 | Hugh PFISTER | 40.77% | F20 | 2023 | U13 | Grace BRIMELOW | 49.36% F38 2020 |
| U14 | Hugh PFISTER | 48.12% | F20 | 2024 | U15 | Alisha ROYER | 39.57% F20 2021 |
| U16 | Scott HANNAFORD | 37.13% | F20 | 2019 | U16 | Alisha ROYER | 38.15% F20 2021 |
| U17 | Scott HANNAFORD | 36.89% | F20 | 2020 | U17 | Alisha ROYER | 36.66% F20 2020 |

JAVELIN

| | | | | | | | |
|-----|------------------|-------|------|-----|--------------------|-------|------|
| U11 | Brett PORTER | 31.82 | 1986 | U11 | Jodie McMARTIN | 23.90 | 1986 |
| U12 | Brett PORTER | 38.16 | 1987 | U12 | Kerrie McMARTIN | 35.76 | 1987 |
| U13 | Mathew MEIKLE | 30.80 | 1999 | U13 | Kerrie McMARTIN | 30.38 | 1988 |
| U14 | Adam GRIFFITHS | 36.86 | 1998 | U14 | Troy-Anne CORDWELL | 25.52 | 2016 |
| U15 | Cameron LABINSKY | 39.00 | 2016 | U15 | Troy-Anne CORDWELL | 28.86 | 2016 |
| U16 | Cameron LABINSKY | 38.95 | 2017 | U16 | Troy-Anne CORDWELL | 30.22 | 2018 |
| U17 | Jonathan ANGUS | 36.95 | 2015 | U17 | Troy-Anne CORDWELL | 30.49 | 2019 |

| | | | | | | | |
|-----|-----------------|--------|-----|------|--------------|-----------------------|-----------------|
| MC | | | | MC | | | |
| U11 | Hugh PFISTER | 33.46% | F20 | 2021 | U11 | Aidan PFISTER | 19.48% F20 2023 |
| U12 | Hugh PFISTER | 43.52% | F20 | 2023 | U12 | Aidan PFISTER | 21.27% F20 2023 |
| U13 | Hugh PFISTER | 37.17% | F20 | 2023 | U13 | Grace BRIMELOW | 27.35% F38 2019 |
| U14 | Hugh PFISTER | 41.64% | F20 | 2025 | U14 | Aidan PFISTER | 27.65% F20 2026 |
| U16 | Scott HANNAFORD | 25.14% | F20 | 2019 | U15 | Alisha ROYER | 16.09% F20 2021 |
| U17 | Scott HANNAFORD | 24.50% | F20 | 2020 | U16 | Harley-Rose HEINEMANN | 22.08% F35 2019 |
| | | | | U17 | Alisha ROYER | 18.25% F20 2023 | |

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GRANTS

Our new Long Jump pit and runway duplication was funded by the Gambling Community Benefit Fund as part of the Queensland Government.



Queensland
Government

CENTRE MEMBER NOMINATION FORM FOR LAQ REGIONAL RELAYS:

Centre: _____

| EVENTS | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U16 | U17 |
|--------------------|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|
| 4 x 70m | | | | | | | | | | | |
| 4 x 100m | | | | | | | | | | | |
| 4 x 200m | | | | | | | | | | | |
| 4 x Swedish Medley | | | | | | | | | | | |
| 4 x Medley | | | | | | | | | | | |
| Long Jump | | | | | | | | | | | |
| High Jump | | | | | | | | | | | |
| Discus | | | | | | | | | | | |
| Shot Put | | | | | | | | | | | |

Shaded boxes indicate events which
 ARE NOT
 available to that age group as a team

Nominations must be lodged through your Centre.
 REFER TO CENTRE COMMITTEE FOR NOMINATIONS CLOSING DATES & MAXIMUM NUMBER OF ENTRIES

Surname _____

Contact ph/email: _____

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

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

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

Centre use only Receipt No: _____ Amount received: _____

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