

# Maryborough Little Athletics Centre Open Day

Sunday 4<sup>th</sup> February 2024

Jack Pascoe Reserve, Gillies Street, Maryborough

- First event starts at 9:45am.
- Full canteen facilities available.



Entries	All entries to be received by 11:59pm on Wednesday, 31 <sup>st</sup> January 2024. <b>No late entries will be accepted.</b> Please nominate through <a href="#">ResultsHQ</a> or email to <a href="mailto:maryborough@lavic.com.au">maryborough@lavic.com.au</a> . Contact David Tull on 0414 885 183 for more information.
Entry Fee	\$7 per event, with a maximum of 5 events per competitor. If registering through ResultsHQ then payment will be made during the registration process. Otherwise, please make payment to bank account "Maryborough Little Athletics Centre", BSB 633-000, Account 1399 66600 with your family name as a reference.
Uniform	All competitors must be registered with Little Athletics Victoria. ▪ <b>Centre uniform and Subway Registration Patch must be worn to compete.</b>
Special conditions	Athletes will not be permitted to progress age groups. We reserve the right to set a maximum number of competitors per event. If maximum entries for any event are received before the closing date, preference will be given to the earliest received. We reserve the right to cancel any event or combine age groups because of insufficient entries for that event. We may also combine boys and girls. If these conditions occur, medals and ribbons will still be awarded for separate age groups and genders. ▪ <b>The first event starts at 9:45am sharp.</b>
Competition	The time of events cannot be given in advance as we reserve the right to adjust the timetable based on entries. Spikes and starting blocks for Under 11–17 only. Any spikes must not exceed 7mm in length. ▪ <b>Medals are awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>; all other competitors will receive ribbons.</b>
Officials	Parents are required to assist with running events.

Please circle events being entered and keep for your records.

Under 6	70	100						LJ			SP	DISC	
Under 7	70	100	200					LJ			SP	DISC	
Under 8	70	100	200				60H	LJ			SP	DISC	
Under 9		100	200	400	800		60H	LJ			SP	DISC	
Under 10		100	200	400	800		60H	LJ		1100W	SP	DISC	
Under 11		100	200	400	800	1500	60H	LJ	TJ	1100W	SP	DISC	JAV
Under 12		100	200	400	800	1500	60H	LJ	TJ	1500W	SP	DISC	JAV
Under 13–17		100	200	400	800	1500	80/90/100H	LJ	TJ	1500W	SP	DISC	JAV

Cut here, and send bottom portion to Maryborough Little Athletics Centre.

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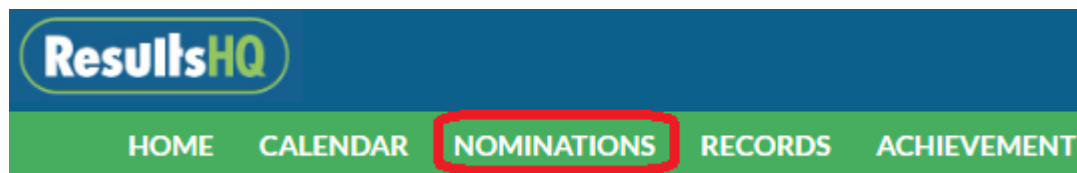
Athlete name(s)	Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Centre						
Parents name				Mobile #		
Position						

## Roles

<b>Straight Track</b>
Starter
Marshall
Chief Timekeeper
Recorder / Ribbons
<b>Circular Track</b>
Starter
Marshall
Chief Timekeeper
Recorder / Ribbons
<b>Jump pit 1 - Long jump</b>
Chief
Assistant
Recorder / Ribbons
<b>Jump pit 2 - Triple jump</b>
Chief
Assistant
Recorder / Ribbons
<b>Shot put</b>
Chief
Assistant
Recorder / Ribbons
<b>Discus</b>
Chief
Assistant
Recorder / Ribbons
<b>Javelin</b>
Chief
Assistant
Recorder / Ribbons
<b>Canteen</b>
9:30 - 11:45 Assistant
11:45 - 2:00 Assistant
<b>BBQ</b>
9:30 - 11:45 Assistant
11:45 - 2:00 Assistant

## Online Entry Process

1. Login to **ResultsHQ** using your email address.  
<https://resultshq.com.au>  
Use the **Forgot your Password** function to recover lost password.
2. Click **Nominations** on the top menu bar.



3. Click **Begin Nomination** button next to the **MLAC Open Day** line.

### Nominations

Nominating from: Maryborough LAC

Host Centre	Meet	Meet Date	Cut off Date	
Maryborough LAC	<a href="#">MLAC Open Day</a>	04 Feb 2024	31 Jan 2024	<a href="#">Begin Nomination</a>

4. Tick up to 5 events for each athlete and then click **Next** button.
5. Select a duty from the list of duties and then click **Next** button.
6. Click **Next** button on the Summary page once you are happy with the events, otherwise click the **Edit** button.
7. Select **Credit Card** or **PayPal** from the **Payment Method** list, enter payment details and then click **Pay Now** button.