



Ipswich Little Athletics - 2025 Twilight Carnival

- Please be on site 30 minutes prior to the start time of your event as it may be called early.
- There is no call room so please marshal at the field events directly or at the start area of the race you are competing in.
- LAQ footwear and spike rules are in force.
- Three attempts at all field events. LAQ carnival rules apply for High Jump which is three failures at one height or four failures overall.
- Under 6-8 athletes will all be presented with a participation medal.
- We will be having Jo Harlow as our photographer taking the best pictures of our athletes. If you **do not** wish to have your athlete's photo published please email joharlow71@gmail.com with your athlete's name, club, age and registration number.
- Results from other centres will not be available via Results HQ as we cannot upload them. Results will be printed on the day and available for viewing. If your centre would like their athlete's results emailed to them please ask the centre to email ipsla1981@gmail.com. Please do not send individual emails.
- It is forecast to be extremely hot. Please bring plenty of fluids, hats, sunscreen and adequate sun protective equipment. We will comply with Little Athletics Australia extreme weather policy and we will be actively monitoring the conditions. Please practise active cooling strategies. Safety is our highest priority and we will pause the carnival should conditions fall foul of the LAA policy.