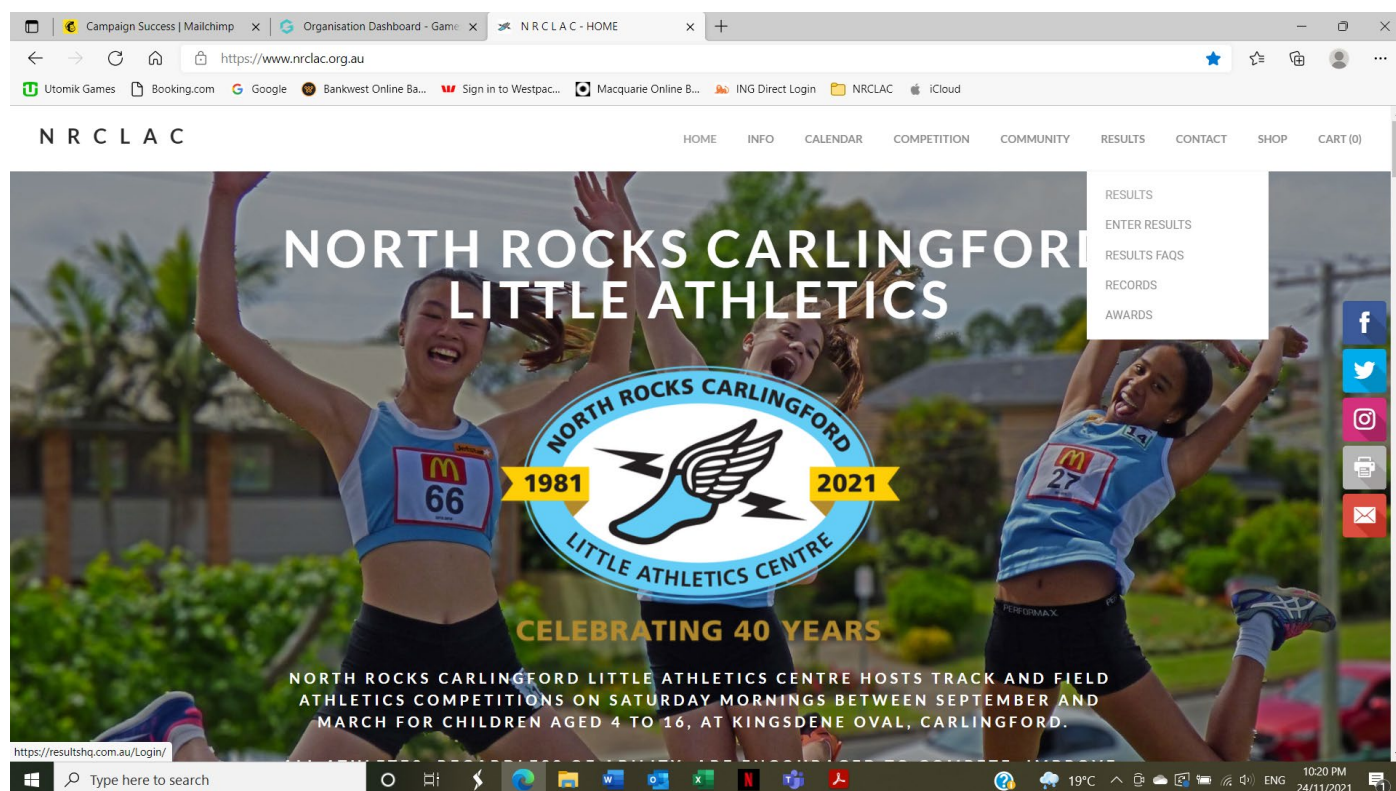
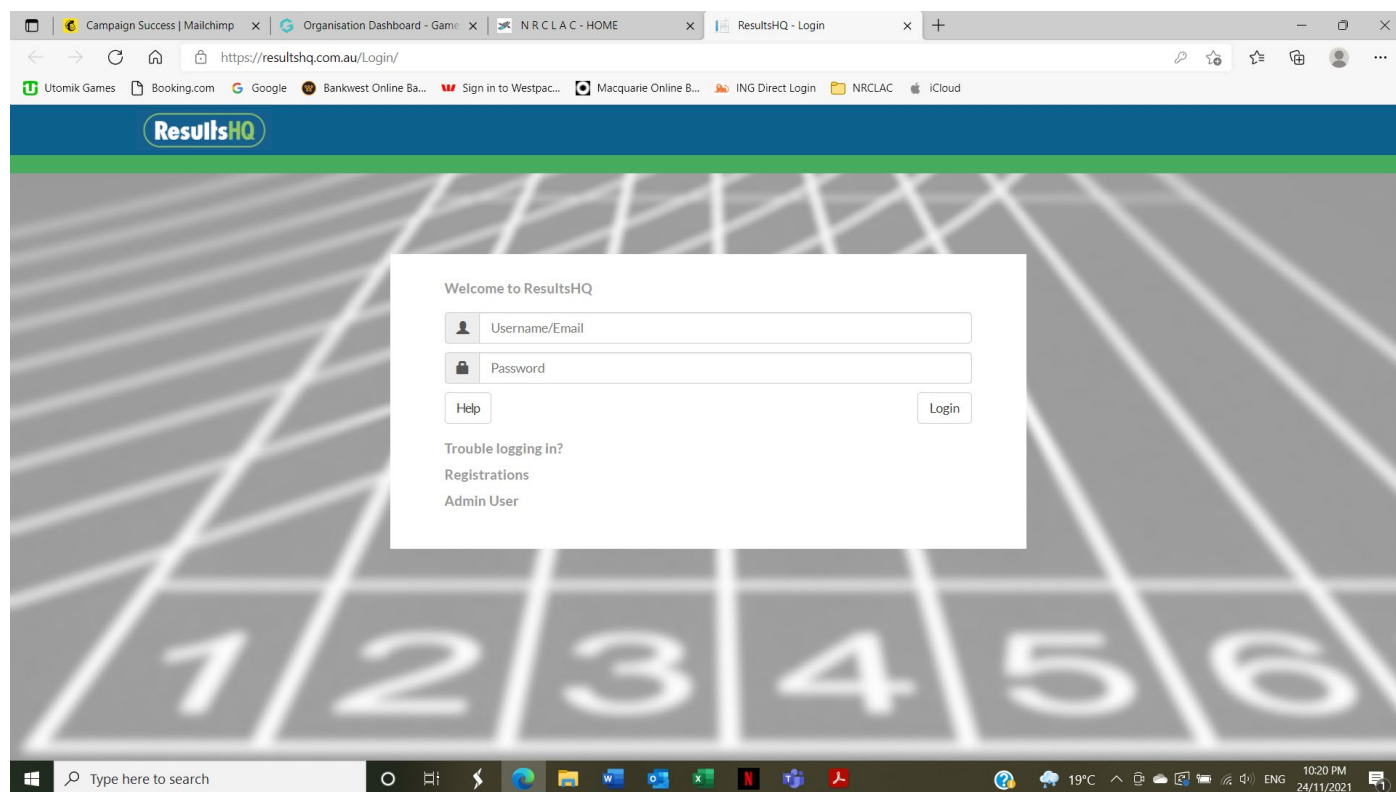


## How to Navigate to Zone Nominations

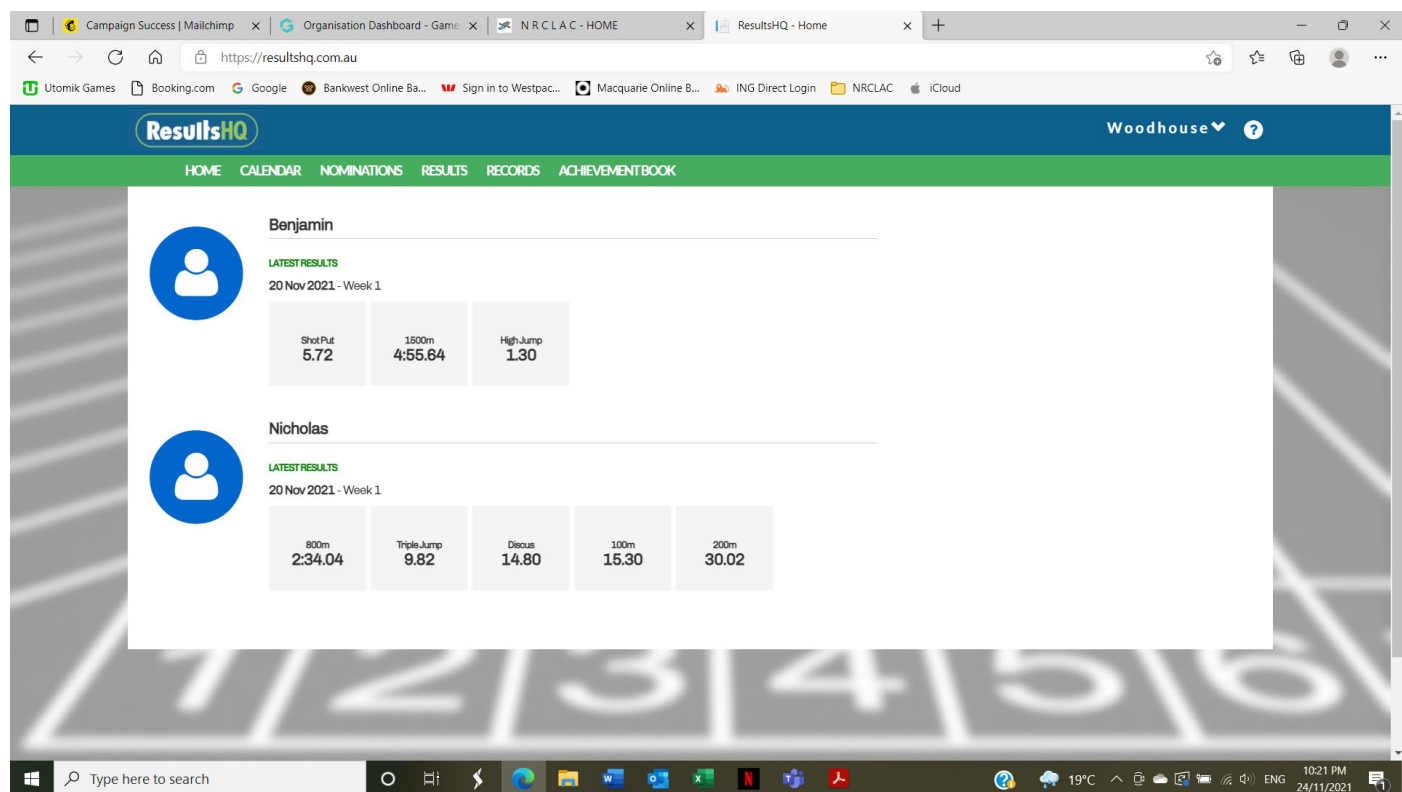
1 - On the NRCLAC website, find 'Results' at the top right-hand side of the screen.



2 – Log into your Results HQ account using the email address and password used during the registration process.



### 3 – Click on ‘Nominations’ on the top green menu options.



The screenshot shows the ResultsHQ website interface. The top navigation bar is green with the following menu items: HOME, CALENDAR, NOMINATIONS, RESULTS, RECORDS, and ACHIEVEMENT BOOK. The user is logged in as 'Woodhouse'. The main content area displays two athlete profiles:

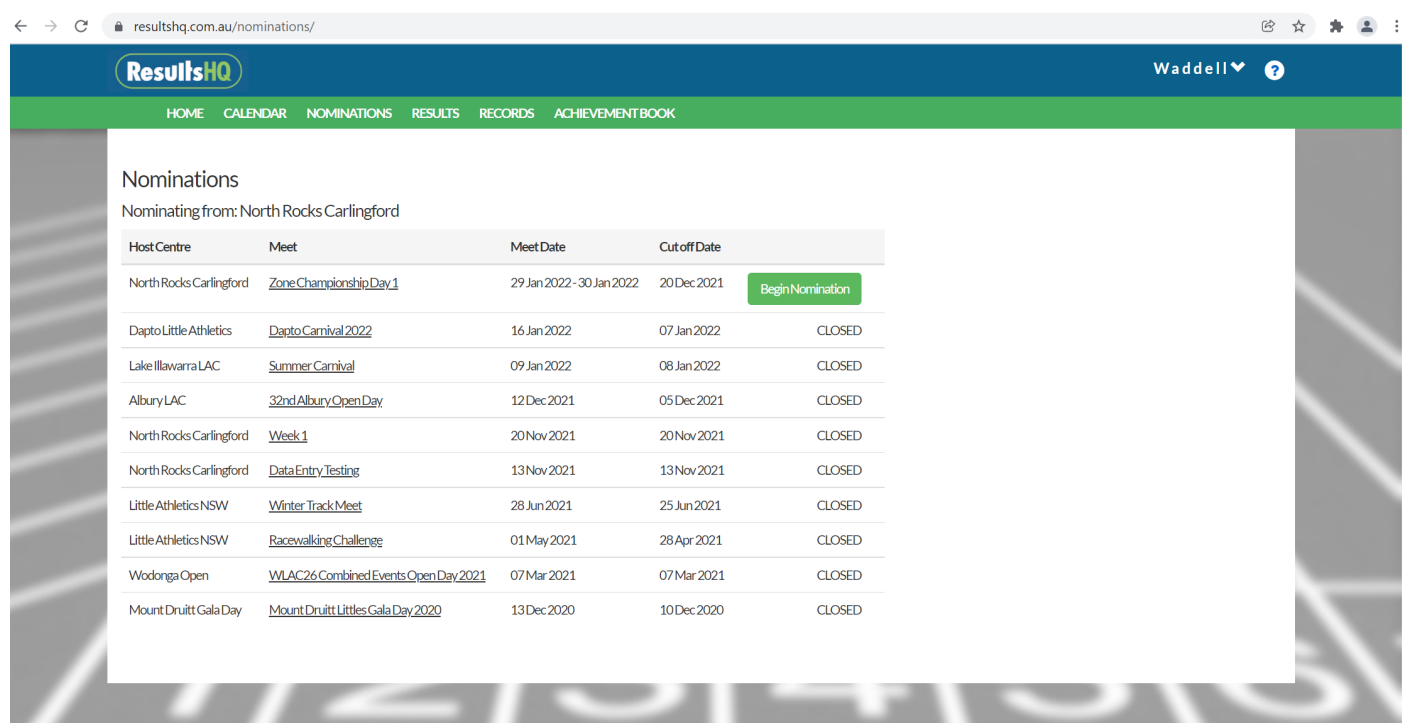
**Benjamin**  
 LATEST RESULTS  
 20 Nov 2021 - Week 1

Event	Result
Shot Put	5.72
1500m	4:55.64
High Jump	1.30

**Nicholas**  
 LATEST RESULTS  
 20 Nov 2021 - Week 1

Event	Result
800m	2:34.04
Triple Jump	9.82
Discus	14.80
100m	15.30
200m	30.02

### 4 – Click on ‘Begin Nomination’ next to Zone Championship



The screenshot shows the ResultsHQ website interface with the 'Nominations' page selected. The user is logged in as 'Waddell'. The page title is 'Nominations' and the subtitle is 'Nominating from: North Rocks Carlingford'.

Host Centre	Meet	Meet Date	Cut off Date	Action
North Rocks Carlingford	<a href="#">Zone Championship Day 1</a>	29 Jan 2022 - 30 Jan 2022	20 Dec 2021	<a href="#">Begin Nomination</a>
Dapto Little Athletics	<a href="#">Dapto Carnival 2022</a>	16 Jan 2022	07 Jan 2022	CLOSED
Lake Illawarra LAC	<a href="#">Summer Carnival</a>	09 Jan 2022	08 Jan 2022	CLOSED
Albury LAC	<a href="#">32nd Albury Open Day</a>	12 Dec 2021	05 Dec 2021	CLOSED
North Rocks Carlingford	<a href="#">Week 1</a>	20 Nov 2021	20 Nov 2021	CLOSED
North Rocks Carlingford	<a href="#">Data Entry Testing</a>	13 Nov 2021	13 Nov 2021	CLOSED
Little Athletics NSW	<a href="#">Winter Track Meet</a>	28 Jun 2021	25 Jun 2021	CLOSED
Little Athletics NSW	<a href="#">Racewalking Challenge</a>	01 May 2021	28 Apr 2021	CLOSED
Wodonga Open	<a href="#">WLAC26 Combined Events Open Day 2021</a>	07 Mar 2021	07 Mar 2021	CLOSED
Mount Druitt Gala Day	<a href="#">Mount Druitt Littles Gala Day 2020</a>	13 Dec 2020	10 Dec 2020	CLOSED

5 – View the events available for your children then click on ‘Begin Nomination’ at the bottom of the screen.

Please note that all children registered under the email address entered will be listed. Scroll down to see each child and make their event nominations.

## Nomination - Zone Championship Day 1 29 Jan 2022

Hosted By: North Rocks Carlingford | Nominating From: North Rocks Carlingford

Contact: Chelsea Woodhouse info@nrclac.org.au 0412743523

### Nomination Preview

Heidi Waddell 10 F Max. Events: 4

#	Event	Age	Gender	Type	Info	Time	Fee
33	400m	10	F	Heat		29 Jan 1:40 PM	\$0.00
51	60m Hurdles	10	F	Heat		29 Jan 7:40 AM	\$0.00
75	100m	10	F	Heat		29 Jan 11:52 AM	\$0.00
107	Long Jump	10	F	Heat		29 Jan 8:00 AM	\$0.00
132	Discus	10	F	Heat		29 Jan 11:00 AM	\$0.00
161	1100m Walk	10	F	Heat		30 Jan 8:31 AM	\$0.00
177	800m	10	F	Heat		30 Jan 10:16 AM	\$0.00
203	200m	10	F	Heat		30 Jan 1:54 PM	\$0.00
265	70m	10	F	Heat		30 Jan 11:24 AM	\$0.00
299	High Jump	10	F	Heat		30 Jan 10:00 AM	\$0.00
322	Shot Put	10	F	Heat		30 Jan 2:00 PM	\$0.00

Begin Nomination

6 – Select the events you wish to nominate your child/children in. Events with a clash will be highlighted red.

Then press ‘Next’ at the top left-hand side of the screen.

Events

Summary

Payment

Next

### Events

*Note:* You can withdraw your nomination from any of the events you submitted in previous transactions that have not yet been marked as Accepted (fully finalised) by the Host Centre by deselecting the relevant checkbox and resubmitting this transaction at the payment screen. If you have already paid for the event, you must select another event so as not to reduce the payment total. Any request for refund, however, must be approved and handled by the Centre.

Heidi Waddell 10 F Max. Events: 4 **Max events selected.**

#	Event	Age	Gender	Type	Info	Time	Fee	
33	400m	10	F	Heat		29 Jan 1:40 PM	\$0.00	<input checked="" type="checkbox"/>
51	60m Hurdles	10	F	Heat		29 Jan 7:40 AM	\$0.00	<input type="checkbox"/>
75	100m	10	F	Heat		29 Jan 11:52 AM	\$0.00	<input type="checkbox"/>
107	Long Jump	10	F	Heat		29 Jan 8:00 AM	\$0.00	<input checked="" type="checkbox"/>
132	Discus	10	F	Heat		29 Jan 11:00 AM	\$0.00	<input type="checkbox"/>
161	1100m Walk	10	F	Heat		30 Jan 8:31 AM	\$0.00	<input type="checkbox"/>
177	800m	10	F	Heat		30 Jan 10:16 AM	\$0.00	<input checked="" type="checkbox"/>
203	200m	10	F	Heat		30 Jan 1:54 PM	\$0.00	<input type="checkbox"/>
265	70m	10	F	Heat		30 Jan 11:24 AM	\$0.00	<input type="checkbox"/>
299	High Jump	10	F	Heat		30 Jan 10:00 AM	\$0.00	<input checked="" type="checkbox"/>
322	Shot Put	10	F	Heat		30 Jan 2:00 PM	\$0.00	<input type="checkbox"/>

There is a potential clash of event times for the indicated events. Members can still be nominated to compete in these events.

7 – Check the events nominated and again press ‘Next’ at the top left-hand side of the screen

**ResultsHQ**

Nomination - Zone Championship Day 1 29 Jan 2022

Hosted By: North Rocks Carlingford | Nominating From: North Rocks Carlingford

Contact: Chelsea Woodhouse info@nrclac.org.au 0412743523

Previous

Events

Summary

Payment

Next

## Summary

### Events

Heidi Waddell 10 F Edit

#	Event	Type	Info	Time	Pre Selection
33	400m	Heat		29 Jan 1:40 PM	
107	Long Jump	Heat		29 Jan 8:00 AM	
177	800m	Heat		30 Jan 10:16 AM *	
299	High Jump	Heat		30 Jan 10:00 AM *	

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SOLUTIONS

8 – Click on ‘Payment’ – Please note that there is no entry fee

**ResultsHQ**

Nomination - Zone Championship Day 1 29 Jan 2022

Hosted By: North Rocks Carlingford | Nominating From: North Rocks Carlingford

Contact: Chelsea Woodhouse info@nrclac.org.au 0412743523

Previous

Events

Summary

Payment

## Payment

Item	Price	Payment Method ▾
Payment not required. Please select Cash/EFT to continue.		

Timing Solutions ABN 78 087 339 624

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9 – Choose 'Cash/EFT'

**ResultsHQ**

Nomination - Zone Championship Day 1 29 Jan 2022

Hosted By: North Rocks Carlingford | Nominating From: North Rocks Carlingford

Contact: Chelsea Woodhouse info@nrclac.org.au 0412743523

Previous

Events

Summary

Payment

Payment

Item	Price
Payment not required. Please select Cash/EFT to continue.	

Payment Method ▾

Cash/EFT

Timing Solutions ABN 78 087 339 624

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SOLUTIONS

10 – Click on 'Pay Cash/EFT'

**ResultsHQ**

Nomination - Zone Championship Day 1 29 Jan 2022

Hosted By: North Rocks Carlingford | Nominating From: North Rocks Carlingford

Contact: Chelsea Woodhouse info@nrclac.org.au 0412743523

Previous

Events

Summary

Payment

Payment

Item	Price
Payment not required. Please select Cash/EFT to continue.	

Cash/EFT ▾

Pay Cash/EFT

Timing Solutions ABN 78 087 339 624

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SOLUTIONS



## Nomination - Zone Championship Day 1 29 Jan 2022

Hosted By: North Rocks Carlingford | Nominating From: North Rocks Carlingford

Contact: Chelsea Woodhouse info@nrclac.org.au 0412743523

[Print](#)

## Receipt

Nomination ID: T155763

Payment Reference: CASH\_b864ca82

Payment Date: 26 Nov 2021 10:38 PM UTC

## Events

Heidi Waddell 10 F

#	Event	Type	Info	Time	Pre Selection
33	400m	Heat		29 Jan 1:40 PM	
107	Long Jump	Heat		29 Jan 8:00 AM	
177	800m	Heat		30 Jan 10:16 AM *	
299	High Jump	Heat		30 Jan 10:00 AM *	