

Mid South Coast Zone Championships

CENTRE ENTRY FORM ONLY

Hosts : Shoalhaven Venue : Shoalhaven High School, Park Road, Nowra
Date : 12th & 13th Dec, 2015 Entries Close : 27/11/15

NAME : _____

AGE GROUP : U/____ BOY / GIRL

REGO No. : _____

U/7 To U/12 may enter a maximum of 4 events.
U/13 To U/17 may enter a maximum of 6 events.

Please list events in order of preference.

	EVENTS
1st Choice	
2nd Choice	
3rd Choice	
4th Choice	
5th Choice	(U/13 To U/17 Athletes Only)
6th Choice	(U/13 To U/17 Athletes Only)

If he/she qualifies will this athlete attend the Regional Champs at Lake Illawarra? Yes ☐ No ☐

This nomination form is for Centre use only.

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SATURDAY'S EVENTS

Event	Age Group									
	7	8	9	10	11	12	13	14	15	17
50m	X									
100m	X	X	X	X	X	X	X	X	X	X
P/Start	X									
400m		X	X	X	X	X	X	X	X	X
60m/h		X	X	X	X	X				
1500m				X	X	X	X	X	X	X
200m/h							X	X	X	X
3000m							X	X	X	X
H/Jump			X		G	B	G	B	G	B
L/Jump		X		X		X	G	G	B	B
T/Jump					X		B	B	G	G
S/Put	B	B	X		X		G	G	B	B
Discus	G	G		X		X	B	B	G	G
Javelin					G	G	B	G	B	G

SUNDAY'S EVENTS

Event	Age Group									
	7	8	9	10	11	12	13	14	15	17
70m	X	X	X	X						
200m	X	X	X	X	X	X	X	X	X	X
P/Start		X								
800m			X	X	X	X	X	X	X	X
80m/h							X	G		
90m/h								B	G	
100m/h									B	G
110m/h										B
700m/w			X							
1100m/w				X	X					
1500m/w						X	X	X	X	X
H/Jump				X	B	G	B	G	B	G
L/Jump	X		X		X		B	B	G	G
T/Jump						X	G	G	B	B
S/Put	G	G		X		X	B	B	G	G
Discus	B	B	X		X		G	G	B	B
Javelin					B	B	G	B	G	B

Legend: X = Boys & Girls
G = Girls
B = Boys