

# Mid South Coast Zone Championships

## CENTRE ENTRY FORM ONLY

**Hosts : Albion Park    Venue : John O'Dwyer Oval, Croome Road Sporting Complex**  
**Date : 14th & 15th Dec, 2019    Entries Close : 29/11/19**

NAME : \_\_\_\_\_

AGE GROUP : U/\_\_\_\_ BOY / GIRL

REGO No. : \_\_\_\_\_

U/7 To U/11 may enter a maximum of 4 events.  
 U/12 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/12 To U/17 Athletes Only)
6th Choice	(U/12 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						
1500m					X	X	X	X	X	X
200m/h							X	X		
300m/h									X	X
3000m							X	X	X	X
Discus	B	G	B	G	B	B	B	B	G	G
H/Jump			G	B	G	G	G	B	G	G
Javelin					B	B	B	G	B	B
L/Jump		X	B	G	B	B	G	G	B	B
S/Put	G	B	G	B	G	G	G	G	B	B
T/Jump					G	G	B	B	G	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	X	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
Discus	G	B	G	B	G	G	G	G	B	B
H/Jump			B	G	B	B	B	G	B	B
Javelin					G	G	G	B	G	G
L/Jump	X		G	B	G	G	B	B	G	G
S/Put	B	G	B	G	B	B	B	B	G	G
T/Jump					B	B	G	G	B	B

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