Mid South Coast Zone Championships **CENTRE ENTRY FORM ONLY**

Hosts: Shoalhaven Venue: Shoalhaven High School, Park Road, Nowra Date : 2nd & 3rd Dec, 2023 Entries Close : 17/11/23

NAME : _		NAME :		NAME :		
AGE GR	OUP : U/ BOY / GIRL	AGE GR	OUP : U/ BOY / GIRL	AGE GROUP : U/		
REGO No	0. :	REGO N	o. :	REGO No. :		
	J/11 may enter a maximum of 4 events. J/17 may enter a maximum of 6 events.		J/11 may enter a maximum of 4 events. U/17 may enter a maximum of 6 events.	U/7 To U/11 may enter a I U/12 To U/17 may enter a		
Pleas	se list events in order of preference.	Pleas	se list events in order of preference.	Ple	ease list events in or	
	EVENTS		EVENTS		E	
1st Choice		1st Choice		1st Choice		
2nd Choice		2nd Choice		2nd Choice		
3rd Choice		3rd Choice		3rd Choice		
4th Choice		4th Choice		4th Choice		
5th Choice	(U/12 To U/17 Athletes Only)	5th Choice	(U/12 To U/17 Athletes Only)	5th Choice	(U/12 To	
6th Choice	(U/12 To U/17 Athletes Only)	6th Choice	(U/12 To U/17 Athletes Only)	6th Choice	(U/12 To	
	ualifies will this athlete attend the Regional Wollongong? Yes \(\text{No} \)		ualifies will this athlete attend the Regional Wollongong? Yes \(\text{\backslash} \) No \(\text{\backslash}	If he/she qualifies will this ath Champs at Wollongong?		
This nor	mination form is for Centre use only.	This no	mination form is for Centre use only.	This nomination form is		

-									
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 Wollongong? Yes No This nomination form is for Centre use only.									
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SATURDAY'S EVENTS

SUNDAY'S EVENTS

	Age Group									
Event	7	8	9	10	11	12	13	14	15	17
50m	Χ									
100m	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ
P/Start	Χ									
400m		Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ
60m/h		Χ	Χ	Χ						
1500m					Χ	Χ	Χ	Χ	Χ	Χ
200m/h							X	Χ		
300m/h									Χ	Χ
3000m							X	Χ	Χ	Χ
Discus	В	G	В	G	В	В	В	В	G	G
H/Jump			G	В	G	G	G	В	G	G
Javelin					В	В	В	G	В	В
L/Jump		Χ	В	G	В	В	G	G	В	В
S/Put	G	В	G	В	G	G	G	G	В	В
T/Jump					G	G	В	В	G	G

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

Legend: X = Boys & Girls

G = Girls B = Boys