

CENTRE MEMBER NOMINATION FORM FOR LAQ REGIONAL CHAMPIONSHIPS:

Nom.'s AND Fee's must be lodged through your Centres.													
Shaded boxes indicate events which ARE NOT available to that age group	EVENTS	U7	U8	U9	U 10	U11	U12	U13	U14	U15	U16	U17	
	Sprints	70											
		100											
		200											
	Middle/ Distance	400											
		800											
		1500											
	Walks Hurdles	Sprint			700	1100	1100	1500	1500	1500	1500	1500	1500
				60	60	60	60	60	80	G-80			
										B-90	G-90	G-90	G-90
										B-100	B-100	B-100	
Hurdles	200												
Long Jump													
High Jump													
Triple Jump													
Shot Put													
Discus													
Javelin													
U15 - U17's Pentathlete													
Boys: 100m, 800m, Sprint Hurdles, Long Jump, Discus / Girls: 200m, 800m, Sprint Hurdles, Long Jump, Shot Put													

Surname _____ Contact ph/email: _____

First Name _____ B/G U/ Rego No. _____ No Events _____ Fees \$ _____

First Name _____ B/G U/ Rego No. _____ No Events _____ Fees \$ _____

Centre use only Receipt No: _____ Amount received: _____



CENTRE USE ONLY

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	Walks Sprint Hurdles				700	1100	1100	1500	1500	1500	1500	1500	1500
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