

REGIONAL CHAMPIONSHIPS

UNDER 7's	Discus	Shot Put			LJ				70m	100m	200m				
UNDER 8's	Discus	Shot Put			LJ		60mH		70m	100m	200m				
UNDER 9's	Discus	Shot Put		HJ	LJ		60mH		70m	100m	200m		800m		700mW
UNDER 10's	Discus	Shot Put		HJ	LJ		60mH		70m	100m	200m	400m	800m		1100mW
UNDER 11's	Discus	Shot Put	Javelin	HJ	LJ	TJ	60mH			100m	200m	400m	800m	1500m	1100mW
UNDER 12's	Discus	Shot Put	Javelin	HJ	LJ	TJ	60mH			100m	200m	400m	800m	1500m	1500mW
UNDER 13's	Discus	Shot Put	Javelin	HJ	LJ	TJ	80mH	200mH		100m	200m	400m	800m	1500m	1500mW
UNDER 14's	Discus	Shot Put	Javelin	HJ	LJ	TJ	80/90mH	200mH		100m	200m	400m	800m	1500m	1500mW
UNDER 15's	Discus	Shot Put	Javelin	HJ	LJ	TJ	90/100mH	200mH		100m	200m	400m	800m	1500m	1500mW
UNDER U16's	Discus	Shot Put	Javelin	HJ	LJ	TJ	90/100mH	200mH		100m	200m	400m	800m	1500m	1500mW
UNDER U17's	Discus	Shot Put	Javelin	HJ	LJ	TJ	90/100mH	200mH		100m	200m	400m	800m	1500m	1500mW
UNDER 15's - 17's PENTATHLON	Discus-B ShotPut-G				LJ		90/100mH			100m-B 200m-G			800m		

An U15 - U17 athlete may nominate for two (2) additional individual events as well as the Pentathlon. The two chosen events may be events that are included in the Pentathlon. The Pentathlon event includes: 100m Hurdles (Boys) 90m Hurdles (Girls), 100m (Boys), 200m (Girls), 800m, Long Jump and Discus (Boys), Shot Put (Girls). The nomination fee is \$10.00 (GST incl.) per Athlete.

Starting Heights for High Jump:

*U9 0.75 *U10 0.85 *U11 0.95 U12 1.05 U13 1.15 U14 1.20 U15 1.25 U16 & U17 1.30 *Scissors only

Individual High Jump Events: The bar will be raised by 5cm until six (6) athletes remain then not less than 2cm. The last remaining athlete of an event, in consultation with the Chief may elect the increments not less than 1 cm.

Pentathlon: Starting heights - refer to Competition Handbook. The bar will be raised 3cm throughout the competition.

ATHLETE'S NOMINATIONS MUST INCLUDE THE CENTRE BEST PERFORMANCE (CBP)

MAXIMUM OF FIVE (5) EVENTS FOR: WINTER U7 - U8'S
SUMMER U7 - U17'S

MAXIMUM OF SEVEN (7) EVENTS FOR: WINTER U9-U17'S

REGIONAL CHAMPIONSHIPS

For Centre's nomination administration only. DO NOT send to the Association Office. Copy as required

CENTRE:.....

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FULL NAME please print & list in age group order	Age Group	Boy / Girl	Rego No	1 st Event & CBP		2 nd Event & CBP		3 rd Event & CBP		4 th Event & CBP		5 th Event & CBP		6 th Event & CBP		7 th Event & CBP		Total No. of Events
<i>EG: Mary Smith</i>	<i>U10</i>	<i>G</i>	<i>306</i>	<i>LJ</i>	<i>2.86</i>	<i>Discus</i>	<i>13.50</i>	<i>100m</i>	<i>17.2</i>	<i>60mH</i>	<i>18.9</i>			<i>6th & 7th event choice for Winter Centres U9 - U17's ONLY</i>				<i>4</i>

ATHLETE'S NOMINATIONS MUST INCLUDE THE CENTRE BEST PERFORMANCE (CBP)
 MAXIMUM OF FIVE (5) EVENTS FOR: WINTER U7 - U8'S | MAXIMUM OF SEVEN (7) EVENTS FOR: WINTER U9-U17'S
 SUMMER U7 - U17'S