

CENTRE USE ONLY | NOMINATION FORM FOR LAQ REGIONAL CHAMPIONSHIPS

This nomination form may be copied for nominating purposes and returning to your affiliated Centre. Check with your Centre Committee for the closing date.

Nomination fees: \$20.00 per athlete.													
Shaded boxes indicate events which ARE NOT available to that age group	EVENTS	U7s	U8s	U9s	U10s	U11s	U12s	U13s	U14s	U15s	U16s	U17s	
	Sprints	70											
		100											
		200											
	Middle/ Distance	400											
		800											
		1500											
	Walks				700	1100	1100	1500	1500	1500	1500	1500	1500
	Hurdles	Sprint		60	60	60	80	80	80	G-80	G-90	G-90	G-100
										B-90	B-100	B-100	B-110
			200										
		300											
	High Jump				^	^							
Long Jump													
Triple Jump													
Discus													
Javelin													
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: _____



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