

# NORDIC SPORT AUST. REGIONAL RELAYS ~ EVENT TABLE

The standard events for U7s & U8s are 4x70m, 4x100m & Long Jump, plus Discus for U7s and Shot Put for U8s. However; it is at the Regions discretion to offer some/all of these events and may vary between the Regions. Refer to the Region Event Order for events offered.

U7s	4 x 70m (shuttle)	4 x 100m (shuttle)			Long Jump	Discus	
U8s	4 x 70m (shuttle)	4 x 100m (shuttle)			Long Jump		Shot Put
U9s		4 x 100m	Swedish Relay	^ High Jump		Discus	Shot Put
U10s		4 x 100m	Swedish Relay	^ High Jump	Long Jump		Shot Put
U11s		4 x 100m	Medley Relay		Long Jump	Discus	Shot Put
U12s		4 x 100m	Medley Relay	High Jump	Long Jump	Discus	
U13s		4 x 100m	Medley Relay	High Jump		Discus	Shot Put
U14s		4 x 100m	Swedish Relay	High Jump	Long Jump		Shot Put
U15s		4 x 100m	Swedish Relay	High Jump	Long Jump	Discus	
U16s		4 x 100m	Swedish Relay		Long Jump	Discus	Shot Put
U17s		4 x 100m	Swedish Relay		Long Jump	Discus	Shot Put
CAT U9 - U10s		4 x 100m	Swedish Relay				
CAT U11 - 13s		4 x 100m	Medley Relay				
CAT U14 - U17s		4 x 100m	Swedish Relay				
MULTI-CLASS U9 - U12s		2 x 100m			Long Jump	Discus	
MULTI-CLASS U13 - U17s		2 x 100m			Long Jump	Discus	

The nomination fee is \$5.00 (GST incl.) per event per athlete.

^Scissors only

ATHLETE'S FIELD NOMINATIONS MUST INCLUDE THE CENTRE BEST PERFORMANCE (CBP)  
MAXIMUM OF FIVE (5) EVENTS FOR U7 - U17S