

# McDONALD'S REGIONAL RELAYS NOMINATION INFORMATION SHEET

CENTRE .....

U7 – U17 (U6 athletes MAY NOT compete)

Maximum 5 events per child. Nomination fee - \$3.50 per athlete per event - (GST inclusive)

The standard events for U7's & U8's are 4x70m, 4x100m & Long Jump, plus Discus for U7's and Shot Put for U8's. However; it is at the Regions discretion to offer some/all of these events and may vary between the Regions. Refer to the Region program for events offered.

For Centre Administraiton use only. Place the number of **track teams** to be entered in the appropriate age group column(s).

EVENT	U7B	U7G	U8B	U8G	U9B	U9G	U10B	U10G	U11B	U11G	U12B	U12G	U13B	U13G	U14B	U14G	U15B	U15G	U16B	U16G	U17B	U17G
4 X 70m																						
4 x 100m																						
4 x 200m																						
Swedish Relay																						
Medley Relay																						
Track Total																						

Place the number of athletes per field event in the appropriate age group column(s).

High Jump																						
Long Jump																						
Shot Put																						
Discus																						
Field Total																						

Starting Heights for High Jump:

\*U9: 0.75      \*U10: 0.85      U12: 1.05      U13: 1.15      U14: 1.20      U15: 1.25

*\*Scissors only*

Increments:      The bar will be raised 7cm, 7cm, 7cm and then by 5cm thereafter.