

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's	U8's	U9's	U10's	U11's	U12's	U13's	U14's	U15's	U16's	U17's	
	Sprints	70											
		100											
		200											
	Middle/ Distance	400											
		800											
		1500											
	Walks			700	1100	1100	1500	1500	1500	1500	1500	1500	1500
	Hurdles	Sprint		60	60	60	80	80	80	G-80			
										B-90	G-90	G-90	G-100
		200									B-100	B-100	B-110
			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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