

NORDIC SPORT REGIONAL CHAMPIONSHIPS

U7's	70m	100m	200m								LJ		Discus	Shot Put	
U8's	70m	100m	200m					60mH			LJ		Discus	Shot Put	
U9's	70m	100m	200m	400m	800m		700mW	60mH		HJ	LJ		Discus	Shot Put	
U10's	70m	100m	200m	400m	800m		1100mW	60mH		HJ	LJ		Discus	Shot Put	
MULTI-CLASS U9-U10		100m	200m	400m	800m						*LJ		*Discus	Shot Put	
U11's		100m	200m	400m	800m	1500m	1100mW	80mH		HJ	LJ	TJ	Discus	Shot Put	Javelin
U12's		100m	200m	400m	800m	1500m	1500mW	80mH		HJ	LJ	TJ	Discus	Shot Put	Javelin
MULTI-CLASS U11-U12		100m	200m	400m	800m						*LJ		*Discus	Shot Put	*Javelin
U13's		100m	200m	400m	800m	1500m	1500mW	80mH	200mH	HJ	LJ	TJ	Discus	Shot Put	Javelin
U14's		100m	200m	400m	800m	1500m	1500mW	80/90mH	200mH	HJ	LJ	TJ	Discus	Shot Put	Javelin
MULTI-CLASS U13-U14		100m	200m	400m	800m						*LJ		*Discus	Shot Put	*Javelin
U15's		100m	200m	400m	800m	1500m	1500mW	90/100mH	300mH	HJ	LJ	TJ	Discus	Shot Put	Javelin
U16's		100m	200m	400m	800m	1500m	1500mW	90/100mH	300mH	HJ	LJ	TJ	Discus	Shot Put	Javelin
U17's		100m	200m	400m	800m	1500m	1500mW	100/110mH	300mH	HJ	LJ	TJ	Discus	Shot Put	Javelin
MULTI-CLASS U15-U17		100m	200m	400m	800m						*LJ		*Discus	Shot Put	*Javelin

*Refer to the Multi-Class Handbook or Nomination Form for nomination restrictions & requirements * Ambulant Only*

The nomination fee is \$15.00 (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

The bar will be raised be 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.

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

NORDIC SPORT 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
EG: Mary Smith	U10	G	306	LJ	2.86	Discus	13.50	100m	17.2	60mH	18.9			<i>6th & 7th event choice for U9 - U17's Winter Centres ONLY</i>				4

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
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