

**CENTRE / REMOTE MEMBER USE ONLY: NOMINATION FORM FOR LAQ REGIONAL CHAMPIONSHIPS:**

Nomination fees: \$15.00 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	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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											B-90	G-90	G-90
		200										B-100	B-100
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	High Jump			^	^								
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