

NORDIC SPORT REGIONAL CHAMPIONSHIPS

| | | | | | | | | | | | | | | | |
|---|-----|------|------|------|------|-------|--------|-----------|-------|-----|-----|----|---------|----------|----------|
| U7s | 70m | 100m | 200m | | | | | | | | LJ | | Discus | | Shot Put |
| U8s | 70m | 100m | 200m | | | | | 60mH | | | LJ | | Discus | | Shot Put |
| U9s | 70m | 100m | 200m | 400m | 800m | | 700mW | 60mH | | ^HJ | LJ | | Discus | | Shot Put |
| U10s | 70m | 100m | 200m | 400m | 800m | | 1100mW | 60mH | | ^HJ | LJ | | Discus | | Shot Put |
| MULTI-CLASS U9-U10 | | 100m | 200m | 400m | 800m | | | | | | *LJ | | *Discus | | Shot Put |
| U11s | | 100m | 200m | 400m | 800m | 1500m | 1100mW | 80mH | | HJ | LJ | TJ | Discus | Javelin | Shot Put |
| U12s | | 100m | 200m | 400m | 800m | 1500m | 1500mW | 80mH | | HJ | LJ | TJ | Discus | Javelin | Shot Put |
| MULTI-CLASS U11-U12 | | 100m | 200m | 400m | 800m | | | | | | *LJ | | *Discus | *Javelin | Shot Put |
| U13s | | 100m | 200m | 400m | 800m | 1500m | 1500mW | 80mH | 200mH | HJ | LJ | TJ | Discus | Javelin | Shot Put |
| U14s | | 100m | 200m | 400m | 800m | 1500m | 1500mW | 80/90mH | 200mH | HJ | LJ | TJ | Discus | Javelin | Shot Put |
| MULTI-CLASS U13-U14 | | 100m | 200m | 400m | 800m | | | | | | *LJ | | *Discus | *Javelin | Shot Put |
| U15s | | 100m | 200m | 400m | 800m | 1500m | 1500mW | 90/100mH | 300mH | HJ | LJ | TJ | Discus | Javelin | Shot Put |
| U16s | | 100m | 200m | 400m | 800m | 1500m | 1500mW | 90/100mH | 300mH | HJ | LJ | TJ | Discus | Javelin | Shot Put |
| U17s | | 100m | 200m | 400m | 800m | 1500m | 1500mW | 100/110mH | 300mH | HJ | LJ | TJ | Discus | Javelin | Shot Put |
| MULTI-CLASS U15-U17 | | 100m | 200m | 400m | 800m | | | | | | *LJ | | *Discus | *Javelin | Shot Put |
| 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.

^ Scissors only

ATHLETE'S NOMINATIONS MUST INCLUDE THE CENTRE BEST PERFORMANCE (CBP)

MAXIMUM OF FIVE (5) EVENTS FOR: WINTER U7 - U8s

SUMMER U7 - U17s

MAXIMUM OF SEVEN (7) EVENTS FOR: WINTER U9-U17s

NORDIC SPORT REGIONAL CHAMPIONSHIPS

For Centre's nomination administration only. DO NOT send to the Association Office. Copy as required

CENTRE:.....

PAGE of

| 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 - U17s Winter Centres ONLY</i> | | | | 4 |
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| MAXIMUM OF FIVE (5) EVENTS FOR: WINTER U7 - U8s SUMMER U7 - U17s | MAXIMUM OF SEVEN (7) EVENTS FOR: WINTER U9-U17s |
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