Mid South Coast Zone Championships CENTRE ENTRY FORM ONLY

Hosts : Shoalhaven Venue : Shoalhaven High School, Park Road, Nowra Date : 2nd & 3rd Dec, 2023 Entries Close : _____

NAME :		NAME :		NAME	:			
AGE GROUP : U/_	BOY / GIRL	AGE GROU	P : U/ BOY / GIRL	AGE G	ROUP : U/ BOY / GIRL			
REGO No. :		REGO No. :		REGO	REGO No. :			
	nter a maximum of 4 events. nter a maximum of 6 events.		may enter a maximum of 4 events. 7 may enter a maximum of 6 events.		o U/11 may enter a maximum of 4 events. o U/17 may enter a maximum of 6 events.			
Please list events in order of preference.		Please li	st events in order of preference.	Ple	Please list events in order of preference.			
	EVENTS		EVENTS		EVENTS			
1st Choice		1st Choice		1st Choice				
2nd Choice		2nd Choice		2nd Choice				
3rd Choice		3rd Choice		3rd Choice				
4th Choice		4th Choice		4th Choice				
5th Choice	(U/12 To U/17 Athletes Only)	5th Choice	(U/12 To U/17 Athletes Only)	5th Choice	(U/12 To U/17 Athletes Only)			
6th Choice	(U/12 To U/17 Athletes Only)	6th Choice	(U/12 To U/17 Athletes Only)	6th Choice	(U/12 To U/17 Athletes Only)			
•	his athlete attend the Regional ? Yes No		ies will this athlete attend the Regiona llongong? Yes		If he/she qualifies will this athlete attend the Regional Champs at Wollongong? Yes No			
This nomination fo	orm is for Centre use only.	<u>This nomin</u>	ation form is for Centre use only.	<u>This r</u>	This nomination form is for Centre use only.			

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SATURDAY'S EVENTS

SUNDAY'S EVENTS

	Age Group												
Event	7	8	9	10	11	12	13	14	15	17	Event	7	8
50m	Х										70m	Х	Х
100m	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	200m	Х	Х
P/Start	Х										P/Start		Х
400m		Х	Х	Х	Х	Х	Х	Х	Х	Х	800m		
60m/h		Х	Х	Х							80m/h		
1500m					Х	Х	Х	Х	Х	Х	90m/h		
200m/h							Х	Х			100m/h		
300m/h									Х	Х	110m/h		
3000m							Х	Х	Х	Х	700m/w		
Discus	В	G	В	G	В	В	В	В	G	G	1100m/w		
H/Jump			G	В	G	G	G	В	G	G	1500m/w		
Javelin					В	В	В	G	В	В	Discus	G	В
L/Jump		Х	В	G	В	В	G	G	В	В	H/Jump		
S/Put	G	В	G	В	G	G	G	G	В	В	Javelin		
T/Jump					G	G	В	В	G	G	L/Jump	Х	
											S/Put	В	G
											- / -		

	Age Group									
Event	7	8	9	10	11	12	13	14	15	17
70m	Х	Х	Х	Х						
200m	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х
P/Start		Х								
800m			Х	Х	Х	Х	Х	Х	Х	Х
80m/h					Х	Х	Х	G		
90m/h								В	G	
100m/h									В	G
110m/h										В
700m/w			Х							
1100m/w				Х	Х					
1500m/w						Х	Х	Х	Х	Х
Discus	G	В	G	В	G	G	G	G	В	В
H/Jump			В	G	В	В	В	G	В	В
Javelin					G	G	G	В	G	G
L/Jump	Х		G	В	G	G	В	В	G	G
S/Put	В	G	В	G	В	В	В	В	G	G
T/Jump					В	В	G	G	В	В

Legend: X = Boys & Girls

G = Girls

B = Boys