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 : _____

AGE GROUP : U/_____   BOY / GIRL

REGO No. : _____

U/7 To U/11 may enter a maximum of 4 events.
U/12 To U/17 may enter a maximum of 6 events.

Please list events in order of preference.

	EVENTS
1st Choice	
2nd Choice	
3rd Choice	
4th Choice	
5th Choice	(U/12 To U/17 Athletes Only)
6th Choice	(U/12 To U/17 Athletes Only)

If he/she qualifies will this athlete attend the Regional Champs at Wollongong?   Yes ☐   No ☐

This nomination form is for Centre use only.

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SATURDAY'S EVENTS

Event	Age Group
Event	7	8	9	10	11	12	13	14	15	17
50m	X									
100m	X	X	X	X	X	X	X	X	X	X
P/Start	X									
400m		X	X	X	X	X	X	X	X	X
60m/h		X	X	X						
1500m					X	X	X	X	X	X
200m/h							X	X		
300m/h									X	X
3000m							X	X	X	X
Discus	B	G	B	G	B	B	B	B	G	G
H/Jump			G	B	G	G	G	B	G	G
Javelin					B	B	B	G	B	B
L/Jump		X	B	G	B	B	G	G	B	B
S/Put	G	B	G	B	G	G	G	G	B	B
T/Jump					G	G	B	B	G	G

SUNDAY'S EVENTS

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

Legend: X = Boys & Girls
G = Girls
B = Boys