Fee - \$15 per athlete
Max 5 events per athlete

CENTRE MEMBER NOMINATION FORM FOR LAQ REGIONAL CHAMPIONSHIPS:

		Nom.'s	AND Fe	e's must	be lodg	ed throu	ıgh your	Centre	S.			
which ARE NOT available group	EVENTS	U7	U8	U9	U 10	U11	U12	U13	U14	U15	U16	U17
	Sprints 7	0										
	10	0										
	20	0										
	Middle/ 40	0										
	Distance 80	0										
	150	0										
	Walks			700	1100	1100	1500	1500	1500	1500	1500	1500
	Hurdles Sprir	nt	60	60	60	60	60	80	G-80			
events v									B-90	G-90	G-90	G-100
eve that										B-100	B-100	B-110
ate (to the	20	0										
ica	30	0										
pu	Long Jump											
es	High Jump											
X	Triple Jump											
Shaded boxes indicate to t	Shot Put											
ade	Discus											
Sh	Javelin											
U15	- U17's Heptathlete				Hurdles, H ırdles, Higl							

Surname Contact p					oh/email:				
First Name		B/G	U/	Rego No	No EventsFees \$				
First Name		B/G	U/	Rego No	No EventsFees \$				
Centre use only	Receipt No:				Amount received:				

Fee - \$15 per athlete
Max 5 events per athlete

CENTRE USE ONLY

CENTRE MEMBER NOMINATION FORM FOR LAQ REGIONAL CHAMPIONSHIPS:

CLIV	TRE WEINIDER NOWIN											
		Nom.'s	AND Fe	e's must	be lodg	ed throu	ugh your	⁻ Centre	S.			
)T available	EVENTS	U7	U8	U9	U 10	U11	U12	U13	U14	U15	U16	U17
	Sprints 70)										
	100)										
	200)										
NOT	Middle/ 400											
ARE	Distance 800											
	1500											
which group	Walks			700	1100	1100	1500	1500	1500	1500	1500	1500
	Hurdles Sprint		60	60	60	60	60	80	G-80			
ents v									B-90	G-90	G-90	G-100
events that age										B-100	B-100	B-110
	200								844444444			
lica	300											
ind	Long Jump											
es	High Jump											
Xoc	Triple Jump											
ρ	Shot Put											
Shaded boxes indicate to t	Discus											
	Javelin											
U15	- U17's Heptathlete				Hurdles, H urdles, Hig							
<u> </u>					, ,		<u> </u>	<u> </u>		<u> </u>		

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:			Amou	ınt received:				