

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

CENTRE USE ONLY

CENTRE MEMBER NOMINATION FORM FOR LAQ REGIONAL CHAMPIONSHIPS:

Nom.'s AND Fee's must be lodged through your Centres.

EVENTS		U7	U8	U9	U 10	U11	U12	U13	U14	U15	U16	U17
		Sprints	70									
	100											
	200											
Middle/	400											
Distance	800											
	1500											
Walks				700	1100	1100	1500	1500	1500	1500	1500	1500
Hurdles	Sprint		60	60	60	60	60	80	G-80			
									B-90	G-90	G-90	G-100
										B-100	B-100	B-110
	200											
	300											
Long Jump												
High Jump												
Triple Jump												
Shot Put												
Discus												
Javelin												
U15 - U17's Heptathlete		Boys: 100m, 800m, Sprint Hurdles, High Jump, Long Jump, Discus, Javelin Girls: 200m, 800m, Sprint Hurdles, High Jump, Long Jump, Javelin, Shot Put										

Surname _____ Contact ph/email: _____

First Name _____ B/G U/ Rego No. _____ No Events _____ Fees \$ _____

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Centre use only Receipt No: _____ Amount received: _____



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