



Nambour Little Athletics

McDonald's Summer Regional Relays (U7-U17)

Regional Relays primarily provide friendly Regional Competition for all athletes in these age groups to compete in teams. Track and field relays are provided for. The track teams comprise of four (4) athletes, and the field teams comprise of the total number of nominated athletes for that age groups' event. In addition, Regional Relays are a means for qualifying for the McDonald's State Relay Championships. Being a small centre, we are able to nominate Multi Centre team.

All LAQ Registered U7 - U17's athletes are eligible to compete.

Teams from the U9 - U17 age groups that place 1st - 3rd will be eligible to progress to the McDonald's State Relay Championships.

Date: Saturday 10 November 2018

Location: Noosa Little Athletics, Eenie Creek Road, Sunshine Beach

Nominations Close: Saturday 13th October. All nominations must be lodged through our Centre.

Nominate Fee: \$3.50 per athlete, per event (GST inclusive)

U7 – U8: Maximum 3 events per athlete U9 – U17: Maximum 5 events per athlete											
EVENTS	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
4 x 70m											
4 x 100m											
4 x 200m											
4 x Swedish Medley											
4 x Medley											
Long Jump											
High Jump											
Discus											
Shot Put											

All U7 & U8 athletes will receive a participation medal.