

Regional Relays Nomination Form

Sunday 11 November 2018

Queensland State Athletics Centre (QSAC)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| U7 | U8 | U9 | U10 | U11 |
| 4 x 70m | 4 x 70m | 4 x 100m | 4 x 100 m | 4 x 100 m |
| 4 x 100m | 4 x 100m | 4 x 200m | 4 x 200 m | Swedish Relay\* |
| Long Jump | Long Jump | High Jump | High Jump | Long Jump |
| Discus | Shot Put | Shot Put | Long Jump | Shot Put |
|   |   | Discus | Shot Put | Discus |
|   |   |   |   |   |
| U12 | U13 | U14 | U15 | U16/17 |
| 4 x 100m | 4 x 100m | 4 x 100m | 4 x 100m | 4 x 100m |
| Swedish Relay\* | Medley Relay^ | Medley Relay^ | Medley Relay^ | Medley Relay^ |
| Long Jump | High Jump | High Jump | High Jump | Long Jump |
| High Jump | Shot Put | Long Jump | Long Jump | Shot Put |
| Discus | Discus | Shot Put | Discus | Discus |

\*Swedish Relay 100m, 300m, 200m, 400m

^Medley Relay 200m, 200m, 400m, 800m

Athlete Name:

Boy/Girl  Age Group

Please check the relevant event/s that the athlete is nominating for:

4 x 70m relay [ ]  High Jump [ ]

4 x 100m relay [ ]  Long Jump [ ]

4 x 200m relay [ ]  Shot Put [ ]

Swedish Relay\* [ ]  Discus [ ]

Medley Relay^ [ ]

Parent Name

Parent Contact Number

Please return competed form to marinabingham@hotmail.com by 20th October