

CENTRE MEMBER NOMINATION FORM FOR LAQ REGIONAL CHAMPIONSHIPS:

TWEED

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

Shaded boxes indicate events which ARE NOT available to that age group	EVENTS		U7's	U8's	U9's	U10's	U11's	U12's	U13's	U14's	U15's	U16's	U17's	
	Sprints	70												
		100												
		200												
	Middle/ Distance	400												
		800												
		1500												
	Walks				700	1100	1100	1500	1500	1500	1500	1500	1500	
	Hurdles	Sprint		60	60	60	80	80	80	G-80				
										B-90	G-90	G-90	G-100	
		200									B-100	B-100	B-110	
			300											
	High Jump													
Long Jump														
Triple Jump														
Discus														
Javelin														
Shot Put														

Surname _____

Contact ph/email _____

First Name _____

B / G U/ _____

Rego No. _____

No Events _____

Fees \$ _____

First Name _____

B / G U/ _____

Rego No. _____

No Events _____

Fees \$ _____

Paid