

Zone Nomination Form

Athlete: _____

Centre: _____

Age **9 G**

Event	Heat Time	Final Time	Day	Selected
200M	0200	0455	Sat	<input type="checkbox"/>
60M HURDLES	0930	0105	Sat	<input type="checkbox"/>
700M WALKS		0320	Sat	<input type="checkbox"/>
800M	0955	1209	Sat	<input type="checkbox"/>
DISCUS		0820	Sat	<input type="checkbox"/>
JAVELIN		0220	Sat	<input type="checkbox"/>
100M	0240	0455	Sun	<input type="checkbox"/>
400M	1120	1250	Sun	<input type="checkbox"/>
70M	1000	1200	Sun	<input type="checkbox"/>
HIGH JUMP		0947	Sun	<input type="checkbox"/>
LONG JUMP		0100	Sun	<input type="checkbox"/>
SHOT		0815	Sun	<input type="checkbox"/>

Over the two competition days, athletes are limited to the following:

- U7 - U9 maximum of 4 events over the two days - no limit on the amount in one day
- U10 - U12 maximum of 5 events over the two days - no limit on the amount in one day
- U13 - U15 maximum of 6 events over the two days - no limit on the amount in one day

First three place getters in the finals in the U7,U8 and U9 age groups will be awarded gold, silver and bronze medals at this event.

1. Tick which events you wish to enter.
2. This form must be returned to Club Manager no later than _____

***** Late entries will not be accepted *****

3. Your Heats and Quarter Finals (Zones) will be held this year at
McGillverray Oval, Greylands Rd, Mt Claremont
4. Centre uniform registration numbers and age tags must be worn.
5. For U10 to U15 age groups please note that the Zones program is not the same as the States program so if you are successful in advancing through to States please check the WALA web site for the States program

Parents assistance is vital so please indicate the time you will be available to help

I will be available to be an official during the Zones on the following days

Sat (am) _____ Sat (pm) _____

Sun (am) _____ Sun (pm) _____

Signature _____ Phone No _____