



IGA NORTHSIDE REGIONAL CHAMPIONSHIPS NOMINATION FORM

**SATURDAY 27 FEBRUARY and SUNDAY 28 FEBRUARY 2010
WRIGHT PARK, QUEANBEYAN**

NOMINATIONS MUST BE RECEIVED BY SATURDAY 13 FEBRUARY 2010

Entry is open to all ACTLAA registered athletes in the U8 to U17 age groups. This is the qualifying event for the ACTLAA STATE CHAMPIONSHIPS. There is a limit to the number of events an athlete can complete in as follows:

- U8 and U9 are limited to a maximum of 5 events,
- U10 to U14 are limited to a maximum of 6 events
- U15 to U17 are limited to a maximum of 7 events

Available events for each age group:

U8	50m, 70m, 100m, 200m, hurdles, discus, shot put, long jump
U9	70m, 100m, 200m, 400m, 800m, hurdles, walk, discus, shot put, long jump, high jump.
U10	70m, 100m, 200m, 400m, 800m, 1500m, hurdles, walk, discus, shot put, long jump, high jump.
U11- U17	100m, 200m, 400m, 800m, 1500m, hurdles, walk, discus, shot put, javelin, long jump, high jump, triple jump.

High jump start heights for Boys and Girls

U9 - 85cm; U10 - 95cm; U11 - 105cm; U12- 115cm; U13 - 120cm; U14 - 125cm; U15-17 130cm

Program has not been finalised but is likely to be

SAT – 50m; 100m; 400; 1500m; Hurdles U8-12; Shot U9, U13-17; Discus U8, U10-12;
 Long U8, 9, 12, 13, 15-17G; Triple U11, 14, 15-17B; High U10, 12, 14-17; Jav U11, 13G 15-17
 SUN – 70m; 200m; 800m; walks; Hurdles U13-17; Shot U8, 10, 11, 12; Discus U9, 13-17;
 Long U10, 11, 14, 15-17B; Triple U12, 13, 15-17G; High U9, 11, 13; Jav U12, 13B, 14

Please tear off and place in box at announcing tent

REGO	NAME	AGE GRP	NOMINATED EVENTS (There are limits on the number of events, see above)

Note: Parents are expected to assist with officiating duties.

Preferred time to assist: 9am-11am / 11am -1pm / 1pm-3pm Saturday / Sunday

Preferred Duty: shot / discus / javelin / marshalling / long jump / triple jump / high jump

(If not filled in a duty will still be allocated)