



Northern Metro Region (NMR) TRACK & FIELD CHAMPIONSHIPS 2010 / 2011

ENTRY FORM

Entries close: Saturday 18 December 2010

NMR Venue: Coburg LAC, Harold Steven's Athletics Track on 19th & 20th February, 2011, 8.30am start.

Melways reference: Map 18 A10

Each athlete can compete in a maximum of four events - with the cost being \$5.00 per event.

U7 & U8 athletes: Medals will be awarded for 1st, 2nd & 3rd place getters.

Qualifying requirement: Athletes must have competed in 50% of available competition days since they registered this season to be eligible to enter. If not, a medical certificate is required.

No Late Entries will be accepted after this date. It is up to the athlete and parent to submit their form by the due date.

Event Qualifying requirement: Athletes wishing to do **High Jump** must be able to jump over the Region and State starting height as demonstrated by performances this season, and/or for the **Walk event**, meet the qualifying times below.

Please see Janet Dawson and/or Elda Carbone our **Records and Rankings Team** to see if you qualify for heights, times and 50% participation requirement.

| Age Group | Run | Run | Run | Run | Run | Run | Walk | Hurdle | Hurdle | Hurdle | Hurdle | Hurdle | High Jump | Long Jump | Triple Jump | Shot Put | Discus | Javelin |
|-----------|-----|------|------|------|------|-------|-------|--------|---------------|---------------|---------------|--------|-----------|-----------|-------------|----------|--------|---------|
| U7 | 70m | 100m | 200m | | | | | | | | | | | LJ | | SP | DIS | |
| U8 | 70m | 100m | 200m | | | | | | | | | | | LJ | | SP | DIS | |
| U9 | 70m | 100m | 200m | 400m | 800m | | 1100W | 60mH | 80mH | | | | HJ | LJ | TJ | SP | DIS | |
| U10 | 70m | 100m | 200m | 400m | 800m | | 1100W | 60mH | 80mH | | | | HJ | LJ | TJ | SP | DIS | |
| U11 | 70m | 100m | 200m | 400m | 800m | 1500m | 1500W | 60mH | 80mH | | | | HJ | LJ | TJ | SP | DIS | JAV |
| U12 | 70m | 100m | 200m | 400m | 800m | 1500m | 1500W | 60mH | 80mH | | | | HJ | LJ | TJ | SP | DIS | JAV |
| U13 | | 100m | 200m | 400m | 800m | 1500m | 1500W | | 80mH | | | 300mH | HJ | LJ | TJ | SP | DIS | JAV |
| U14 | | 100m | 200m | 400m | 800m | 1500m | 1500W | | 80mH GIRLS | 90mH BOYS | | 300mH | HJ | LJ | TJ | SP | DIS | JAV |
| U15 | | 100m | 200m | 400m | 800m | 1500m | 1500W | | | 90mH GIRLS | 100mH BOYS | 300mH | HJ | LJ | TJ | SP | DIS | JAV |

| Region & State Walk Qualifying Times | U9 - 1100m | | U10 - 1100m | | U11 - 1500m | | U12-1500m | | U13 -1500 | | U14 - 1500 | | U15 - 1500m | |
|---|----------------|------|----------------|-------|-----------------|-------|-----------------|-------|----------------|-------|---------------|-------|---------------|-------|
| | 8 mins 30 secs | | 8 mins 00 secs | | 10 mins 30 secs | | 10 mins 15 secs | | 9 mins 45 secs | | 9mins 30 secs | | 9mins 30 secs | |
| Region & State High Jump Starting Heights | U9 G | U9 B | U10 G | U10 B | U11 G | U11 B | U12 G | U12 B | U13 G | U13 B | U14 G | U14 B | U15 G | U15 B |
| Metres | 0.90 | 0.95 | 1.00 | 1.05 | 1.05 | 1.15 | 1.15 | 1.25 | 1.25 | 1.35 | 1.30 | 1.40 | 1.35 | 1.45 |

STARTING BLOCKS may be used by U12 – U15 only. **CROUCH STARTS** are to be used by U12 – U15 age groups in all laned events

SPIKES (Conical maximum length 7mm) may be worn by U12 – U15 age groups in laned events only (up to 400m) plus T J, H J & Javelin.

UNIFORM: Preston Reservoir singlets are required to be worn on the day. Uniform is black shorts, no leggings.

Please fill in the form with your 4 chosen events and return it to Anthony Pospisil, Secretary with the entry fee by Saturday 18th December 2010.

| | | |
|--------------------------|-----------|-------------------|
| Athlete Name: | Age Group | circle Boy / Girl |
| Event 1: | Event 2: | |
| Event 3: | Event 4: | |
| Contact Mobile Phone No. | | |

The parent / guardian of the athlete understands that he/she will be expected to officiate on behalf of the centre for at least part of the day at competitions at which his/her child participates and agrees to provide this assistance.

Signed: _____ Parent / Guardian Name _____

We have read the above conditions. My child understands them and I agree to them.

Paid YES / NO

Date ____/____/ 2010