



2018 LANSW STATE RELAYS NOMINATION FORM – CHERRYBROOK ATHLETICS

Under 8 - Under 11: Saturday 17th November 2018

Under 12 - Under 17: Sunday 18th November 2018

Sydney Olympic Park, Homebush

All registered club members from Under 8 to Under 17 are eligible to nominate. Selection will be based on performance and attendance.

U8-U11 athletes may only compete in either track OR field relays (not both).

U12-U17 may compete in both track and field relays but there will be no clash management.

ALL athletes competing at State Relays must be accompanied by an adult & parents will be required to sign up for a rostered duty.

One parent per team is required to manage each team (**Track team managers** are required to co-ordinate training times for track relays, and walk team to marshalling on the day; **Field team managers** walk the team to marshalling on the day)

If your child is interested in representing Cherrybrook at these Championships, please complete the form below and return it to the mail box located near the Sign in desk by Friday October 19, 2018.

Team selections will be posted on the Cherrybrook Athletics website by Friday November 2, 2018.

Please indicate your child's preference below. For example, 4 x100m 1st, Throws relay 2nd, Throws relay 3rd

ATHLETE'S NAME: _____ AGE GROUP: _____ REGO No: _____

EVENT	Age Group	Preference	Relay Selection Information
4 x 100m Relay	U8 - U17		4 athletes are selected per age group per gender U8-U17 Relay order to be worked out by team manager Heats and finals
4 x 200m Mixed Relay	U8 & U9 only		2 boys and 2 girls' athletes are selected per age group. Timed finals
4 x 400m Mixed Relay	U10 - U17 only		2 boys and 2 girls' athletes are selected per age group. Timed finals
4 x Middle Distance U8 = 700m U9-U15 = 800m	U8-U15 only		U8 – U11: 1 athlete from U8 (runs 700m), U9 - U11 (run 800m) U12 – U15 Maximum of 1 x U15; 2 x U14; 3 x U13 or 4 x U12 Timed finals
Junior jumps relay 3X Long jump	U8-U10 only		3 athletes performing long jump per team Centres may enter up to 2 teams in each field relay
Junior throws relay 2x Discus Shot	U8, U9, U10 only	Disc <input type="checkbox"/> Disc <input type="checkbox"/> Shot <input type="checkbox"/>	2 athletes performing discus & 1 athlete performing shot put Centres may enter up to 2 teams in each field relay
Senior Jumps relay Long Jump / High Jump Triple Jump	U11-U17 only	HJ <input type="checkbox"/> LJ <input type="checkbox"/> TJ <input type="checkbox"/>	1 athlete performing each discipline per team Centres may enter up to 2 teams in each field relay
Senior Throws relay Shot Discus Javelin	U11-U17 only	Shot <input type="checkbox"/> Disc <input type="checkbox"/> Jav <input type="checkbox"/>	1 athlete performing each discipline per team Centres may enter up to 2 teams in each field relay

Team manager? YES / NO (Please circle). If no team manager nominates, 1 will be allocated from parents within the team.

Parent Name _____ I understand that an adult must be in attendance and I will be required to complete a rostered duty.

Mobile _____ Email _____ Signature _____