



IGA NORTHSIDE REGIONAL CHAMPIONSHIPS

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

ENTRY: OPEN TO ALL ACTLAA REGISTERED U8 to U17 ATHLETES.

ENTRIES MUST BE PROVIDED TO YOUR CENTRE BY SATURDAY 13 FEBRUARY 2010

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.

- 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

ATHLETES MUST COMPETE IN THE REGIONAL CHAMPIONSHIPS TO QUALIFY FOR THE ACTLAA STATE CHAMPIONSHIPS

High jump start heights for Boys and Girls

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

ENTRY FORM TO REGIONALS

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

Preferred Official Duty _____ (Saturday / Sunday) (Morning / Afternoon)

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

Please hand form in to Centre Team Management today so official's duties and event entries can be organised.