



# LANSW STATE RELAYS 2011 NOMINATION FORM

**DATES:** - Under 8 – Under 11 Saturday 26 November  
Under 12 – Under 17 Sunday 27 November

**LOCATION:** - Sydney Olympic Park Athletics Centre, Homebush

Dear Parents/ Guardian

If your child is interested in representing Cherrybrook at the NSW Little Athletics State Relays, please complete the form below and return it to your age manager or to the State relay tub in the club room by Friday **October 21, 2011**.

Before completing the form, please check that your child is available on the event date above.

Both track and field relays are contested on the day and all registered club members from Under 8 to Under 17 are eligible to nominate for a place on the team. Selection will be based on performance, however athletes in U8-U11 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 and athletes have to return to marshalling for their second event. Further information regarding the State Relays is available at [www.cherrybrookathletics.org.au](http://www.cherrybrookathletics.org.au) A copy of this nomination form is also available on the website.

Team selections will be posted on the Cherrybrook athletics website by Friday 11 November. One parent per team will act as the team manager and will be notified with all the team's details to coordinate relay practice.

Please note that ALL Athletes at the State Relays must be accompanied by an adult who will be required to assist with a rostered duty on the day.

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ATHLETES NAME

AGE GROUP

REGO No  
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This form confirms that the above named athlete is available and has permission to nominate to compete at the 2011 NSW Little Athletics State Relay Championship.

EVENT	Tick box to Nominate	Number Preference	Relay Selection Information
4 x 100m Relay			Nomination available to all U8-U17 athletes. 4 athletes are selected per age group per gender U8-U15 and 2 girls and 2 boys for the U17's.
4 x 200m Mixed Relay			Nominations available to U8 and U9 Athletes only 2 boy and 2 girl athletes are selected per age group.
4 x 400m Mixed Relay			Nominations available for U10 – U17 athletes 2 boy and 2 girl athletes are selected per age group
4 x Middle Distance Relay U8 = 700m U8-U15 = 800m			Nomination available for all athletes U8 – U15 Only one athlete per age group per gender is selected for this event. Athletes selected in this event cannot compete in the 200m or 400m relay as well.
Long Jump			Nomination available for U8 and U9 Athletes Only 4 athletes are selected per age group per gender
Long Jump / High Jump			Nomination available for U10-U17 athletes Two athletes are selected for Long Jump and 2 for High jump per age group per gender.
Shot / Discus			Nomination available for U8-U17 athletes Two athletes are selected for Shot Put and Two for Discus per age group per gender.

Contact Name \_\_\_\_\_ Relay Team Manager? YES / NO Please circle

Email \_\_\_\_\_ Mobile \_\_\_\_\_

I understand that an adult must be in attendance at the carnival and willing to do a rostered duty.

Signed \_\_\_\_\_  
Parent / Guardian

Date \_\_\_\_\_