

# LANSW STATE RELAYS 2017 NOMINATION FORM

LOCATION: - SOPAC Homebush



Cherrybrook LA's

Under 8 – Under 11 Saturday 18 November

Under 12 – Under 17 Sunday 19 November

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 folder in the club room by Friday October 20, 2017.

Please check that your child is available on the event date above. Both track and field relays are contested on the day.

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 **and** attendance and performance at relay practice for 4x100m relays

**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

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 October 27.

One parent per team is required to manager each team & will be given all the team's details to coordinate relay practice.

ALL Athletes at State Relays must be accompanied by an adult & will be required to do a rostered duty on the day.

**PREFERENCE = WHICH RELAY YOUR CHILD WOULD LIKE TO DO MOST – EG. 4X100 1<sup>ST</sup>, 3x 1j 2<sup>ND</sup>, Throws 3rd**

ATHLETES NAME \_\_\_\_\_ AGE GROUP \_\_\_\_\_ REGO No \_\_\_\_\_

This form confirms that the above named athlete is available and has permission to nominate to compete at the 2017 NSW Little Athletics State Relay Championship.

EVENT	Tick box to Nominate	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		Nominations available to U8 and U9 Athletes only. Timed finals 2 boy and 2 girl athletes are selected per age group.
4 x 400m Mixed Relay	U10-U17 only		Nominations available for U10 – U17 athletes. Times finals 2 boys and 2 girls are selected per age group eg, U11's 2 girls 2 boys Run as Timed finals
4 x Middle Distance U8 = 700m U8-U15 = 800m	U8-U15 only		Nomination available for all athletes U8 – U15. Timed finals Junior day, 1 athlete from U8 (runs 700m), U9, U10, U11 per gender Snr day, 1 athlete from U12, U13, U14, U15. Younger subs allowed
Junior jumps relay 3X Long jump	U8-U10 only		Nomination available for U8 U9 and U10 Athletes Only 3 athletes are selected per team, up to 2 teams/agegroup/per gender
Junior throws relay: 2x Discus Shot	U8, U9 U10 only	LJ <input type="checkbox"/> Disc <input type="checkbox"/> Shot <input type="checkbox"/>	Nomination available for U8 U9 and U10 Athletes Only 3 athletes are selected per team, up to 2 teams/agegroup/per gender Eg. U8 girls 2 teams of 3x LJ, 3x throws
Senior Jumps relay: Long Jump / High Jump Triple Jump	U11-U17 only	HJ <input type="checkbox"/> LJ <input type="checkbox"/> TJ <input type="checkbox"/>	Nomination available for U11-U17 athletes. Up to 2 teams of 3 athletes are selected 1xLJ 1x HJ 1x TJ /age group/gender – eg. U11 girls 2x teams of 1xLJ, 1xTJ, 1xHJ
Senior Throws relay Shot Discus Javelin	U11-U17 only	Shot <input type="checkbox"/> Disc <input type="checkbox"/> Jav <input type="checkbox"/>	Nomination available for U8-U17 athletes 2 athletes are selected for Shot Put + 2 for Discus per age group per gender – eg. U8 boys 2 shot 2 disc

**Track relay team managers** are required to co-ordinate training times for track relays, and walk team to marshalling on the day.

**Field relay team managers** just need to walk the team to marshalling on the day

**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 willing to do a rostered duty.

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