



LA's STATE RELAYS 2009 NOMINATION FORM

DATES: - Under 8's – Under 11's Saturday 28th November
Under 12's – Under 17's Sunday 29th 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 23rd 2009**.

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 may only compete in either track or field relays (not both). Further information regarding the State Relays is available at www.cherrybrookathletics.org.au

A copy of this nomination form is also available on the website.

If your child is selected in the Cherrybrook Team for State Relays, they will receive a selection letter via email by Friday 6th November. A team selection list and Program will also be posted up at the oval and on the web site as soon as they become available. For enquiries please contact Nicky Jenneke (Championships Officer) Ph:9651 6565 or email:- mjellybeans@bigpond.com

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 at an allocated event. We also ask that a parent from each relay team nominate as that teams Manager.

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 2009 NSW Little Athletics State Relays.

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			Nomination available to U8 and U9 Athletes only 2 boy and 2 girl athletes are selected per age group.
4 x 400m Mixed Relay			Nomination available for U10 – U17 athletes 2 boy and 2 girl athletes are selected per age group
4 x Middle Distance Relay U8's = 700m U8-U15's = 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 the under signed understand that an adult must be in attendance at the carnival and willing to do a rostered duty.

Signed _____

Date _____

Parent / Guardian