

“QUEST COMMUNITY NEWSPAPERS” JUNIOR CARNIVAL & SENIOR PENTATHLON

7th March 2010, UQ, St Lucia

NOMINATION INFORMATION AND FORM FOR CENTRE’S NOMINATING ATHLETES - COPY AS REQUIRED

Closing Date for nominations: Hard Nominations: Wednesday 24th February 2010; E-nomination: 9:00am 1st March , this nominations form not required

CENTRE:.....

PAGE of .

FULL NAME please print & list in age group order	Age Group	Boy / Girl	Rego No	PENT ONLY	1 st Event & CBP		2 nd Event & CBP		3 rd Event & CBP		4 th Event & CBP		5 th Event & CBP		Total No. of Events
EG: Mary Smith	U10	G	306	<input checked="" type="checkbox"/>	LJ	2.86	Discus	13.50	100m	17.2	60mH	18.9			4

**MAXIMUM OF 5 INDIVIDUAL EVENTS PER ATHLETE (U7-U10’S) OR PENTATHLON (U11-U17’S ONLY)
ATHLETE’S NOMINATIONS MUST INCLUDE THE CENTRE BEST PERFORMANCE (CBP);**

“QUEST COMMUNITY NEWSPAPERS” JUNIOR CARNIVAL & SENIOR PENTATHLON

7th March 2010, UQ, St Lucia

NOMINATION INFORMATION AND FORM FOR CENTRE'S NOMINATING ATHLETES - COPY AS REQUIRED

Closing Date for nominations: Hard Nominations: Wednesday 24th February 2010; E-nomination: 9:00am 1st March, this nominations form not required

Summary of Events

Junior Carnival Events

UNDER 7's	Discus	Shot Put			LJ				70m	100m	200m				
UNDER 8's	Discus	Shot Put			LJ		60mH		70m	100m	200m				
UNDER 9's	Discus	Shot Put		HJ	LJ		60mH		70m	100m	200m		800m		700mW
UNDER 10's	Discus	Shot Put		HJ	LJ		60mH		70m	100m	200m	400m	800m		1100mW

Senior Pentathlon

U11 BOYS	60MH	100M	800M	High Jump	Discus		U11 GIRLS:	60MH	100M	800M	Long Jump	Shot Put
U12 BOYS:	60MH	100M	800M	Long Jump	Shot Put		U12 GIRLS:	60MH	100M	800M	High Jump	Discus
U13 BOYS:	80MH	100M	800M	High Jump	Discus		U13 GIRLS:	80MH	100M	800M	Long Jump	Shot Put
U14 BOYS:	90MH	100M	800M	High Jump	Shot Put		U14 GIRLS:	80MH	100M	800M	High Jump	Shot Put
U15 BOYS:	100MH	100M	800M	Long Jump	Discus		U15 GIRLS:	90MH	100M	800M	Long Jump	Discus
U17 BOYS:	100MH	100M	800M	Long Jump	Discus		U17 GIRLS:	90MH	100M	800M	Long Jump	Discus

Starting Heights for High Jump:

*U9: 0.80 *U10: 0.09 *U11: 1.00 U12: 1.10 U13: 1.20 U14: 1.25 U15: 1.30 U17: 1.30 ***Scissors only**

Individual High Jump Events: The bar will be raised by 5cm until six (6) athletes remain then not less than 2cm. The last remaining athlete of an event, in consolation with the Chief may elect the increments not less than 1 cm. Pentathlon: the bar will be raised 3cm throughout the competition

MAXIMUM OF 5 INDIVIDUAL EVENTS PER ATHLETE (U7-U10'S) OR PENTATHLON (U11-U17'S ONLY)

ATHLETE'S NOMINATIONS MUST INCLUDE THE CENTRE BEST PERFORMANCE (CBP);