

Combined Events Championships

15th & 16th June, 2013

Townsville Sports Reserve

Burke Street, NORTH WARD 4810



Combined Events

Heptathlon (in order) - UNDER 18 - OPEN WOMEN

Day 1 100m Hurdles High Jump Shot Put 200m

Day 2 Long Jump Javelin 800m

Decathlon (in order) - UNDER 18 - OPEN MEN

Day 1 100m Long Jump Shot Put High Jump 400m

Day 2 110m Hurdles Discus Pole Vault Javelin 1500m

Octathlon (in order) - UNDER 18 MEN & OPEN MEN

Day 1 100m Long Jump Shot Put 400m

Day 2 110m Hurdles High Jump Javelin 1000m

N.B. : There will be at least 30 minutes between the finish of one event and the start of the next where possible.

Weight Pentathlon (Minimum age 14 to 17yrs, U20, Open, Masters)

Shot Put, Discus, Javelin, Hammer, Heavy Weight

(First 3 throws in individual events will count towards WP points)

AGE GROUPS: Under 18 and Open athlete's age will be calculated as at 31 December 2013, Masters athlete's is age on 1st day of competition

NOMINATIONS CLOSE – 9th June 2013

ATHLETE INFORMATION - PLEASE PRINT

Nominations close 10th June 2013

Surname:

First..... Sex M / F

Date of Birth/...../..... Age as at 31.12.2013.....

Masters Athletes age as 1st day of competition.....

Address.....

City..... Post Code..... Phone

Email.....

Club Name

FEES:

Sports Reserve Levy
(Payable by all athletes) @ \$7.00 per athlete
or \$12 maximum per family \$

Decathlon @ \$20.00 \$.....

Heptathlon @ \$20.00 \$.....

Octathlon @ \$20.00 \$.....

Weight Pentathlon @ \$15.00 \$.....

Event Program programs @ \$5.00 each \$.....

TOTAL \$.....

Nomination forms and fees should be forwarded to your CLUB SECRETARY or to the ANQ office PO Box 68, BELGIAN GARDENS 4810.

ANQ CONTACT info: Phone 07 47 214998: Fax No 07 47 216573

Email: admin@athleticsnorthqld.org.au