

Regional Relays

The South East Regional Relay Carnival is on **Sunday 11th November 2018**.

Regional Relays is one of the highlights of our club season. Athletes compete together as a team against other clubs in our region including Algester, Balmoral, Beenleigh, Browns Plains, Mt Gravatt, Redlands, Springwood, Sunnybank and Wynnum Manly. The top three teams in each event in the U9-U17 age groups go through to the State Championships in December. It's an exciting day as the kids work together and cheer each other on.

So how does it work?

Teams of 4 are created for track events. In some age groups, there may be multiple teams for the one event, and some athletes can run with older age groups as they are needed. Girls can also help out a boys team needing an extra member.

For the field events, all athletes compete together and the top two results on the day are added together forming Jimboomba team 1, the next two best scores become Jimboomba team 2 etc.

How do I nominate?

To nominate, please complete the form below and either hand it in at the office or give it to your Age Marshall together with your nomination fees (\$3.50 per event). Each age group will have an assigned team manager who will put together teams for your age group and keep in touch with you about your team, the competition and training times (optional).

Please note:

Except in extenuating circumstances, athletes nominating for the relays **MUST** compete on the Regional Relay day and **MUST** be available to compete on the State Relay day should their team make it through. (The State Relay Carnival is on **Saturday 15th December 2018**.) Failing to show means the entire team may miss out on their event and the athlete's other team members will be very disappointed. If an athlete can only complete at Regional Relays, a substitute must be pre-arranged should the team make it

Nomination Form (\$3.50 per event)

Athlete Name _____ Membership Number _____

Parent/Carer Name _____

Phone _____ Email _____

EVENT	U7B	U7G	U8B	U8G	U9B	U9G	U10B	U10G	U11B	U11G	U12B	U12G	U13B	U13G	U14B	U14G	U15B	U15G	U16B	U16G	U17B	U17G	
4 X 70m																							
4 x 100m																							
4 x 200m																							
Swedish Relay																							
Medley Relay																							
Track Total																							

Place the number of athletes per field event in the appropriate age group column(s).

High Jump																							
Long Jump																							
Shot Put																							
Discus																							
Field Total																							

Starting Heights for High Jump:

*U9: 0.75 *U10: 0.85 U12: 1.05 U13: 1.15 U14: 1.20 U15: 1.25 *Scissors only

Increments: The bar will be raised 7cm, 7cm, 7cm and then by 5cm thereafter.