**CUMBERNAULD AMATEUR ATHLETICS CLUB 2018 CLUB CHAMPIONSHIPS**

**SATURDAY 15TH SEPTEMBER 2018, GREENFAULDS HIGH SCHOOL**

**Competition starts at 10.00 am, please arrive no later than 9.15 am.**

Choose 3 events from the choices below:

* 1 Field & 2 Track, or
* 2 Field & 1 Track, and
* U11 & U13 athletes, please get your coach to sign this form before submission.

|  |  |  |
| --- | --- | --- |
|  | **Track** | **Field** |
| **U11 Athletes** | 60 m | Cricket Ball Throw |
| 150 m |
| 600 m | Long Jump |
|  |
| **All Other Athletes** | Hurdles | High Jump |
| 75 m (U13 only) | Long Jump |
| 100 m | Triple Jump (U15 or above) |
| 150 m (U13 only) | Shot Put |
| 200 m | Discus |
| 300 m / 400 m | Javelin |
| 800 m | Hammer |
| 1500 m |  |
| 1500 m Steeplechase (U17 or above) |  |

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**Tear Off Slip and Submit**

|  |  |  |
| --- | --- | --- |
| **Childs Name:** | **Date of Birth:** | **Age Group Entered:** |
| **Event 1:** | **PB:** |
| **Event 2:** | **PB:** |
| **Event 3** | **PB:** |
| **U11 & U13 Athletes Coaches Signature:** |

As always at these events, parental help on the day would be much appreciated, no experience is required and a light lunch will be provided to those who help.

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| **I will / will not** be able to help on 15th September (please delete accordingly) |
| Signature of Parent or Guardian: |

**ALL FORMS TO BE RETURNED BY THURSDAY 13TH SEPTEMBER 2017**