



2010 Central Coast Zone Championships

The Zone Championships will be held at the Central Coast Regional Athletics Track (Mingara). This championship carnival is the coast's interclub event with some athletics qualifying for the Regional Carnival. The dates for these Zone Championships are **Friday 10th, Saturday 11th and Sunday 12th December 2010.**

Each athlete from the U/7 to U/17 age groups may nominate themselves to compete at these Zone Championships. You may enter 4 events (U13 to U17 may enter 6). (High jump has starting heights that may be higher than at our centre competition.)

Our centre pays your non-refundable entry fee for you as an athlete, so if you are not available this weekend **do not** nominate yourself we **do not** want to pay for athletes that do not attend.

If your child participates at these championships, parents will be placed on a roster to help out in some small way during the course of the weekend, please let Jenny know below which day and which event you would like to help out on other wise you will be just placed on the roster. You will be notified of your duties Friday 3rd December 2010.

This year's programs will be available by pre-order only.
The cost of a program is \$5.00 and the entry cost is \$2.00 per adult per day.

Nomination form- Zone Championships u/7 to u/17 age groups 2010/2011 season

Name: Age group..... Boy / Girl

Events Nominated:

Event one (1). _____

Event two (2). _____

Event three (3) _____

Event four (4) _____

Under 13 to Under 17 athletes can choose another 2 events if they wish

Event five (5) _____

Event six (6) _____

**Please choose your events carefully as we will not be in a position to change them.
We need them handed in on time; no late entries will be accepted.**

Closing date from these nominations Friday 10th November 2010:

Please hand this form to your age manger with the events you wish to compete in.
Age Managers please hand these form into Jenny before you leave for the night.

Parents: I would like to help on Saturday/Sunday (circle one) on field Events
/track /marshalling (please circle one) signed_____