

NEPEAN ATHLETICS CLUB CHAMPIONSHIPS

Our Club Championships will be held on Wednesday Nights 10th February and 17th February 2016 at the same time as our usual Wednesday night program. The 24th February & 2nd March 2016 has been allocated as backups in case of rain.

You may select (7) seven events over these 2 nights for championships but may compete in as many events as you like each night as part of normal competition.

The cost for championships will be \$7.00per person. Normal competition fee will apply on these nights.

Athletes must have competed on a regular basis on Wednesday evenings. In the case of the walks athletes may enter 2 of the 3 distances.

Nepean Uniforms to worn with rego numbers attached.

Entries close 6.30pm on 10th February, 2016

Program 10th February, 2016

TRACK EVENTS

1500 walk / 5K WALK

100 m

200 m

800m

3k run

FIELD EVENTS

High Jump 1.25cm & above

Shot Put

Long Jump

Javelin

17th February, 2016

TRACK EVENTS

1500walk /3kwalk

1500m

60m

400m

5k run

FIELD EVENTS

Triple Jump

Discus

High Jump 80cm - 1.29m

Hammer

Entry form: Please pay at time of entry.

Name:

Rego No.

The events I wish to enter are:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____